

WHO WE ARE

MISSION

The Des Moines Pastoral Counseling Center brings understanding, hope and healing through counseling and education.

VALUES

- Holistic approach, integrating Mind-Body-Spirit to the healing process
- Trust, respect, compassion
- High standards of professional care
- Access for all, regardless of insurance status
- Non-sectarian (not affiliated with a specific religious group)

KEY SERVICES

- Counseling, including specialized services for children
- Psychiatry (medication management)
- Psychological testing and assessment
- Healing touch and other holistic approaches
- Leadership and Spiritual Life programs
- Professional development for clinicians and graduate students
- Community education

STAFF

- A multi-disciplinary roster of 30 licensed clinicians
- Masters and doctorate level education plus credentialing in their respective fields
- Plus a small team of administrators to assist in advancing the Center's mission.



SERVING PEOPLE FROM ALL WALKS OF LIFE

- 60 percent of clients have financial capacity to choose their provider and choose the Center
- 40 percent of clients access high quality care through subsidies, with thanks to a broad base of generous community support
- The Center is one of few providers in the community who serves people from all income levels

COMMUNITY OF SUPPORT

As a nonprofit organization with a mission to serve people from all walks of life, including those who are underinsured or uninsured, the Des Moines Pastoral Counseling Center is grateful for our broad base of community support. Our generous donor base of 1,300 private and public sources includes individuals, corporations, small businesses, foundations and congregations.

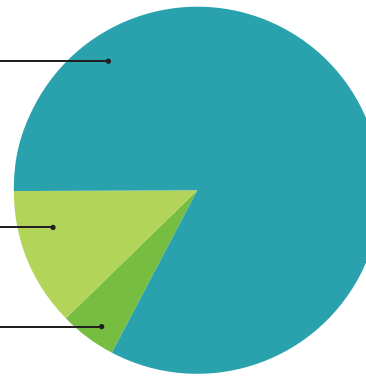
2018 FINANCIALS

2018 INCOME: \$3.2 MILLION

Fee for service
83%

Contributions
12%

Training and
consultation
5%

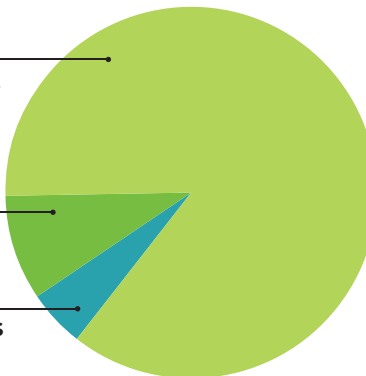


2018 EXPENSES: \$3.2 MILLION

Program services
86%

Operations
9%

Fundraising costs
5%



Thank you

**to our broad base of
community donors!**

With grateful hearts, we offer a full listing of 2018 donors on our website. Please visit www.dmpcc.org/2018donors.

LEADERSHIP

2018 BOARD OF DIRECTORS

PRESIDENT

Sally Wood, retired, Wisconsin Physicians Service Insurance Corporation

SECRETARY

Sandra Axness, retired, Des Moines Public Schools

VICE PRESIDENT

Marti Wade, retired, Workiva

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CONTACT

Help yourself or a loved one,
schedule an appointment.

www.dmpcc.org/intake

info@dmpcc.org / (515) 274-4006

Help others, make a donation:

www.dmpcc.org/donation

(515) 251-6670

8553 Urbandale Avenue / Urbandale, Iowa 50322

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*Open
Your Heart*



**47 YEARS
OF HOPE
AND HEALING**

**2018
ANNUAL
REPORT
SUMMARY**



DES MOINES PASTORAL
COUNSELING CENTER

2018 ACCOMPLISHMENTS

2,690 individuals served through counseling and other clinical services

CLINICAL HIGHLIGHTS

24,000 sessions of counseling, psychiatry or psychological testing

651 children and adolescents, plus their families, served through C.O.O.L.™ (Children Overcoming the Obstacles in Life™)

50 percent of presenting concerns include depression and anxiety

30 percent of referrals come from primary care physicians or other mental health professionals

40 percent of clients access services through subsidies (provided by a broad base of community support)



2,436 individuals served through education and training services

LEADERSHIP AND SPIRITUAL LIFE HIGHLIGHTS



714 faith leaders participated in one of 23 Clergy Boundary Trainings™

427 sessions of spiritual direction

222 hours of Redefining Aging classes

67 individuals participated in the Daring Way™ workshop, based on the research of Brene' Brown

55 participants participated in PrairieFire™ renewal program

EDUCATIONAL HIGHLIGHTS

1,164 hours of MBSR™ (Mindfulness Based Stress Reduction™) classes

753 hours of ASIST™ (Applied Suicide Intervention Skills Training™) training

135 hours of Interface of Spirituality and Psychotherapy class

125 hours of Healing Touch™ / holistic nursing services

74 hours of art activity group

48 hours of Rorschach Performance Assessment System™ (R-PAS™) training

40 24 hours of Trauma Sensitive Practice class levels

POPULATIONS SERVED

- Children, adolescents, adults, seniors
- Students, professionals, blue collar, retired
- Veterans and their families
- Single, married, divorced, coupled
- LGBTQ people
- Spanish speaking community
- Refugees, immigrants
- Clergy, lay leaders, congregations
- Families of addicted loved ones
- First responders including EMS, police, and firefighters

