COUNSELING CENTER OF THE NORTH SHORE

#MENTALHEALTHMATTERS

A message from Bob Baker, Board President

STRONG COMMUNITIES ARE BUILT when everyone has access to the care they need. Every day at the Counseling Center of the North Shore, lives are changed through compassionate mental health care. I volunteered to be the Board President because I believe deeply in the importance of our mental health and creating healing and hope with our clients. I invite you to learn more about CCNS in this report and join me in contributing to help our neighbors in need. Thank you.

This past year, CCNS served 246 clients with 4,869 therapy sessions. In order to achieve this level of service, we raised more than $346,000 from donors like you, public and private grants, and proceeds from the Winnetka Thrift Shop. It was a good year, and to keep the positive momentum going in the year ahead, we need your support. The powerful impact that you make with your donation is reflected in the voices of our clients:

- 100% said that they would return to CCNS for help
- Over 90% reported feeling stronger, safer, and more capable of facing life challenges.

Thank you for making a contribution,

Bob Baker, *Board President*

> My therapist has helped me get back to where I feel like my life is worth living again. I cannot thank CCNS enough!"

OUR MISSION

Helping people through life's challenges and transitions by providing access to counseling, therapy, and community education.

FISCAL YEAR 2025

ANNUAL IMPACT REPORT

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Megan Winzeler, LSW

WINNETKA THRIFT SHOP

Elana Shein, *Store Manager*

Mary O'Brien, *Assistant Store Manager*

www.ccns.org
847.446.8060

Get Involved

Donate to CCNS
Volunteer at the Winnetka Thrift Shop
Attend our Community Events
Share our Mission with family & friends

FUNDING OUR MISSION

WINNETKA THRIFT SHOP

3,400 DONATION DROP-OFFS

30 DEDICATED VOLUNTEERS

2,800 HOURS OF VOLUNTEER SERVICE SUPPORTING MENTAL HEALTH CARE

DONATE & SHOP with us, 100% of proceeds fund mental health at CCNS

www.winnetkathriftshop.org

WINNETKA THRIFT SHOP

HOW WE HELP

The Counseling Center of the North Shore (CCNS) is a nonprofit mental health center in Winnetka. Through the generous support of our donors, we provide access to high-quality mental health services to everyone in the community, regardless of their ability to pay.

Our nine licensed and skilled therapists work with clients of all ages to address various mental health issues.

Our services include:

- Individual Therapy for Children, Adolescents, and Adults
- Couples and Family Counseling and Therapy
- Safety Assessments through Partnerships with Schools
- Community Education

"I love the Counseling Center, it has been lifesaving and life changing, highly recommend therapy there. It changed who I am immensely."

ACCESS TO CARE

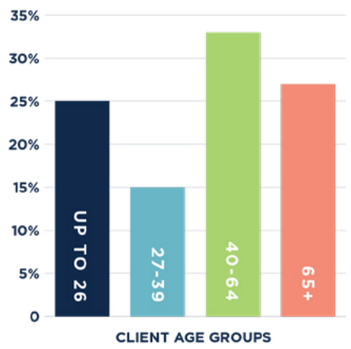
Insurance: CCNS is an in-network provider for Blue Cross Blue Shield PPO, UnitedHealthcare, Cigna PPO, Aetna, and Humana. We also accept Medicare.

CCNS Sliding Fee Scale: For those without health insurance or with high-deductibles, we offer a sliding scale fee. Fees start as low as $5.00 per session and are based on annual household income and the number of dependents in the household.

- We offer clients the option of in-person or telehealth therapy sessions
- We see clients seven days a week and offer daytime and evening appointments
- We offer Spanish-language therapy

Who We Serve

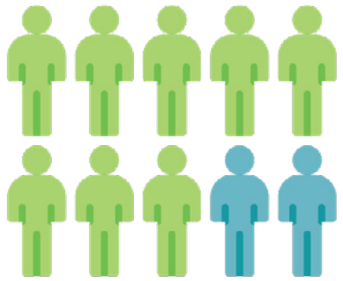
Everyone, clients range in age from 5 to 92. The fastest-growing groups are those under 26 and over 65.



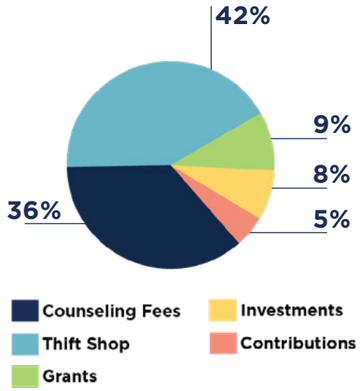
Insurance vs Sliding Scale Fee

Uninsured clients pay as little as $5 and an average of $35/session.

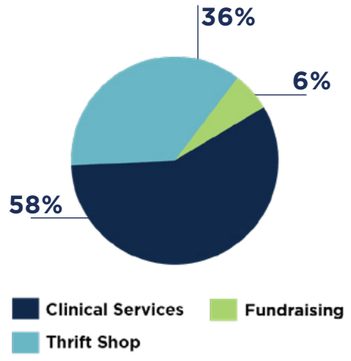
80% INSURED | 20% SLIDING SCALE



Sources of Income

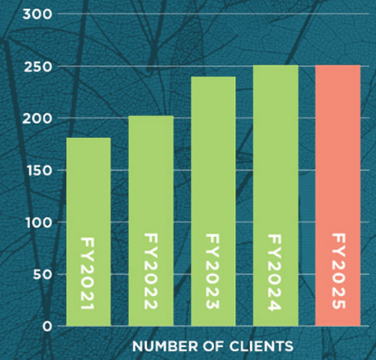


Expenses



IMPACT DURING THE YEAR

246 THERAPY CLIENTS, +45% IN 5 YEARS



1,100

PEOPLE REACHED THROUGH EDUCATIONAL EVENTS AND OUTREACH EFFORTS

OVER **$346K**

IN SUBSIDIZED CARE

4,869 THERAPY HOURS, +88% IN 5 YEARS

100%

OF CLIENTS SAY THEY WOULD SEEK HELP AT CCNS AGAIN.

98%

OF CLIENTS AGREE THAT CCNS IS **AN EMOTIONALLY SAFE PLACE TO WORK ON PERSONAL PROBLEMS.**

97%

OF CLIENTS AGREE WITH THE STATEMENT, **MY SESSIONS WERE HELPFUL TO ME.**

Source: CCNS Annual Client Satisfaction Survey, July 2025

DONOR HONOR ROLL

The Counseling Center is grateful to our dedicated donors who share our mission. **Thank you for making our work possible!**

Giving levels reflect contributions made from July 1, 2024 - June 30, 2025

Counseling Circle Donors

The Counseling Circle is our annual giving donor community comprised of those who contribute $1,000 or more to support every aspect of CCNS' mission.

VISIONARY $25,000+

New Trier Township

CHAMPION $10,000 - $24,999

Janet Grant
Northfield Township

LEADER $5,000 -$9,999

Kent & Liz Dauten
David and Leslie Grant
First Presbyterian Church of Wilmette
Alison Tobey Smart Memorial Fund
Winnetka Congregational Church

ADVOCATE $2,500 - $4.999

Christ Church Winnetka
Bud Getzendanner and Charlene Kunkle
Jim and Carol Hansen
Jerome Stone Legacy Foundation
Florence H. Matz Special Fund at the Chicago Community Trust
Winnetka Northfield Rotary Charitable Foundation
Youth Philanthropy Board-Three PIllars Intiative

BENEFACTOR $1,000 - $2,499

Owen Alexander
Thomas Applegate and Athene Carras
William M. Hales Foundations
Judith Luken-Johnson
Mammel Family Foundation
Geraldi North Foundation
North Shore Community Bank, a branch of Wintrust Bank
Darlene O'Brien
William Ryan
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Anonymous

Annual Fund Donors

The steadfast support of our annual donors provides funding for subsidized mental health care services.

PARTNER $500 - $999

Paul Bechtner Foundation
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Marnie and Brian Schmisek
Patti Van Cleave
Dan and Linnette Wolfberg
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SUPPORTER $250 - $499

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Olga and Seth Yohalem

ALLY $25 -$249

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Anonymous

We have made every effort to ensure the accuracy of this list. If we have made an error, please accept our apology and let us know so we can correct it.

Counseling Center of the North Shore is a 501(c)(3) nonprofit organization. Your gift is fully tax deductible to the extent provided by law.

COUNSELING CENTER OF THE NORTH SHORE
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847.446.8060 | info@ccns.org
www.ccns.org

Donate today!