

A Message from the Board President and Executive Director

FISCAL YEAR 2023 was one of unprecedented growth for the Counseling Center of the North Shore. Our client base grew by 19%, and our clinical staff held 30% more therapy sessions than during the prior year.

The growth that we are experiencing reflects the increasing incidence of mental illness and the vital need for accessible mental health services.

To meet the need for care in the community, we continue to add therapists to our clinical staff. We have also grown our internship program, and this spring we will launch a fellowship program for recent master's program graduates.

We are also providing more community presentations on mental health topics and workshops for mental health professionals. Examples of CCNS educational programs include a presentation for parents titled "Parenting in the Age of TikTok" and a workshop for professional caregivers on "Compassion Fatigue: Signs, Symptoms, and How to Cope."

The Counseling Center of the North Shore's primary reason for being is to provide quality mental healthcare to those who otherwise would not have access to treatment. During FY 2023, we subsidized over \$330,000 in care for our clients. We are grateful to the individuals, foundations, and organizations that support CCNS and make this possible.

We look forward to the year ahead with optimism, motivated by the clients we care for and the mission we serve.

Sincerely,

David Grant
President, Board of Directors

Bob Sanfilippo
Executive Director

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

FISCAL YEAR 2023

ANNUAL IMPACT REPORT

BOARD OF DIRECTORS

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WINNETKA THRIFT SHOP

Jenifer Hoffman, *Store Manager*



www.ccns.org
847.446.8060



“Everything about this experience and my therapist has been tremendously helpful. I could not have afforded therapy any other way. I am very grateful to my therapist and this organization.”

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
- Psychological Testing and Assessments
- Community Education

ACCESS TO CARE

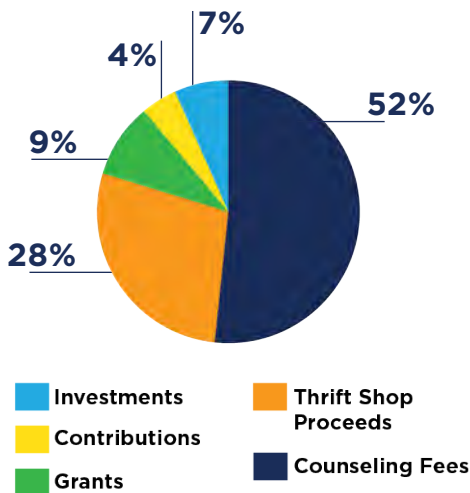
- **CCNS Sliding Fee Scale:** For those without health insurance or with high deductible amounts that make weekly therapy inaccessible, we offer a sliding fee scale. Fees start as low as \$5.00 per session and are based on annual household income and the number of dependents in the household.
- We offer 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

“Therapists are very respectful and understanding. CCNS has been a great outlet and has allowed me to build confidence and see myself in a better light.”

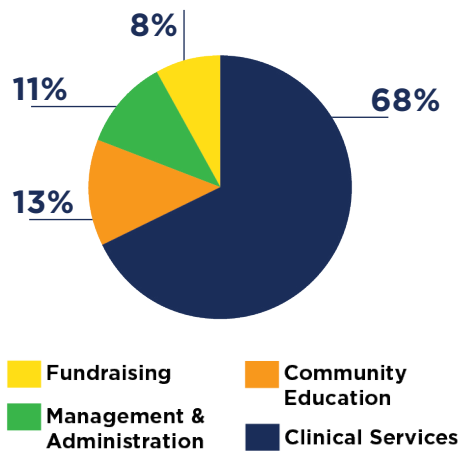


FUNDING OUR MISSION

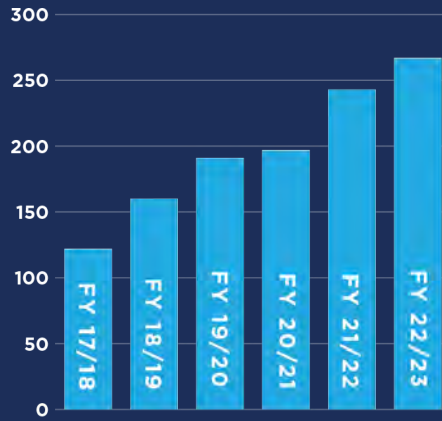
Sources of Income



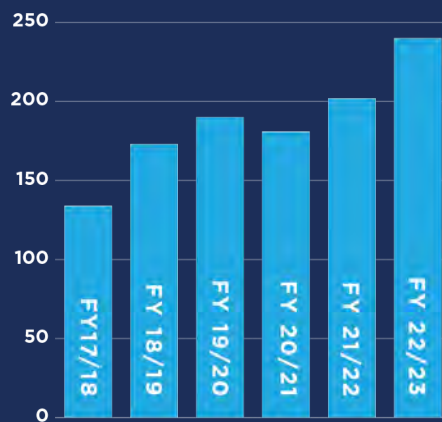
Expenses



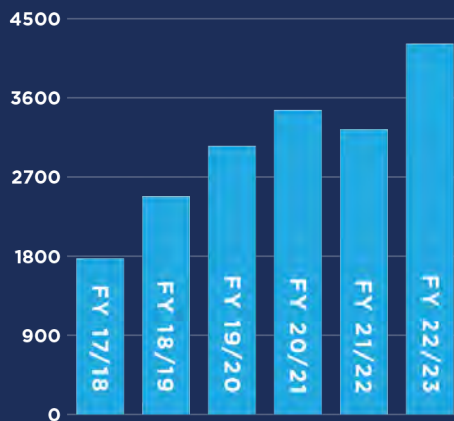
IMPACT DURING THE YEAR



267 INQUIRIES FOR SERVICE, +119% IN 5 YEARS



240 THERAPY CLIENTS, +79% IN 5 YEARS



4,216 THERAPY HOURS, +138% IN 5 YEARS

OVER

1,000

PEOPLE REACHED THROUGH EDUCATIONAL EVENTS AND OUTREACH EFFORTS

OVER

\$330K

IN SUBSIDIZED CARE

93%

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

94%

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

94%

OF CLIENTS SAY THEY WOULD SEEK HELP AT CCNS AGAIN.

“

Top to bottom CCNS is an asset to its patients and its community.”

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, 2022 - June 30, 2023

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
Northfield Township

LEADER \$5,000 - \$9,999
Paul G. Bechtner Fund
Alison Tobey Smart Memorial Fund

ADVOCATE \$2,500 - \$4,999
Christ Church of Winnetka
Kent and Liz Dauten
Bud Getzendanner and Charlene Kunkle
ITW - Illinois Tool Works
Florence H. Matz Special Fund
Winnetka Congregational Church

BENEFACTOR \$1,000 - \$2,499
Anonymous (2)
BMO Harris Bank - Matching Gift Program
Paul Getzendanner and Sonia Madden
David and Leslie Grant
William M. Hales Foundation
Hansen Family Charitable Fund
Lezlie and Bill O'Donnell
Chris and Mary O'Herlihy
William Ryan
The Winnetka Club



My treatment has been wonderful. Financially, the sliding scale has been crucial to me and without it, I may not have been able to benefit from therapy.”

Annual Fund Donors

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

PARTNER \$500 - \$999

Anonymous
Henry and Lele Barkhausen
Mr. and Mrs. Wes Baumann
Chuck and Jane Dowding
Monica Getzendanner
Dr. and Mrs. Steven Jaharis
Elinor K. Hite and Craig S. Morris
Northfield Storage Properties LLC
Debra and Carlos Puce
Mary Ann and Bob Wetoska

SUPPORTER \$250 - \$499

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David and Beth Foster
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Skinner Family Charitable Fund
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ALLY \$25 - \$249

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Bernadette and Maurice Wolff
Olga and Seth Yohalem

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

992½ Green Bay Road | Winnetka, IL | 60093-1722
847.446.8060 | info@ccns.org

www.ccns.org

Donate today!

