



**COUNSELING
CENTER**
OF THE NORTH SHORE

A Message from the Board President

FISCAL YEAR 2024 was one of continued growth for the Counseling Center of the North Shore. Our service levels increased 11% over the prior year, and we subsidized over \$348,000 in care for our clients. To meet the increasing need for accessible, high-quality mental health services, we added therapists to our clinical staff, expanded our internship program, and launched a fellowship program for recent master's program graduates.

In October, we said farewell to Bob Sanfilippo, who has been CCNS' Executive Director for the past seven years. CCNS has grown substantially under Bob's leadership. During his tenure, the number of clients served each year by CCNS has nearly doubled, and our service levels have increased more than 2½ times. With the introduction of our internship and fellowship programs during his tenure, we are now training a new generation of therapists.

Growth often brings new challenges, and at CCNS our challenges include the need for additional clinical services management to manage and support our growing clinical staff and additional physical space for our clinical staff to work.

The Board of Directors has selected Thomas Applegate to be our next Executive Director and to lead the organization in meeting these challenges. Thomas is an experienced and accomplished nonprofit manager. In his prior Executive Director roles, he has demonstrated energetic and effective leadership, working collaboratively with colleagues and stakeholders.

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

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

FISCAL YEAR 2024

ANNUAL IMPACT REPORT

BOARD OF DIRECTORS

David Grant, *President*

Elizabeth Taylor, *Vice President*

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Bob Baker, *Secretary*

Paul Getzendanner*

Peter Hansen

DeDe Kern*

Sally O'Donnell

Olga Yohalem

Leah Wolff

EXECUTIVE DIRECTOR

Bob Sanfilippo, *Outgoing Executive Director*

Thomas Applegate, *Incoming Executive Director*

DIRECTOR OF DEVELOPMENT

Debra Pucé

CLINICAL STAFF

Kim Hassenfeld, *Clinical Director, LCSW*

Norma Canelas, LCPC

Kathy Fink, LCPC

Maddie Mays, LSW

Tommy Nimrod, LCPC

Dr. Jan Roy, Psy. D.

Matthew Silver, LCSW, CADC

Allison Stein, LCSW

Debbie Sternecky, LCSW

PRACTICE ADMINISTRATOR

Suparna Sharma, *Practice Administrator*

WINNETKA THRIFT SHOP

Elana Shein, *Store Manager*



www.ccns.org
847.446.8060

*Board Term Ended 6/24



FUNDING OUR MISSION

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

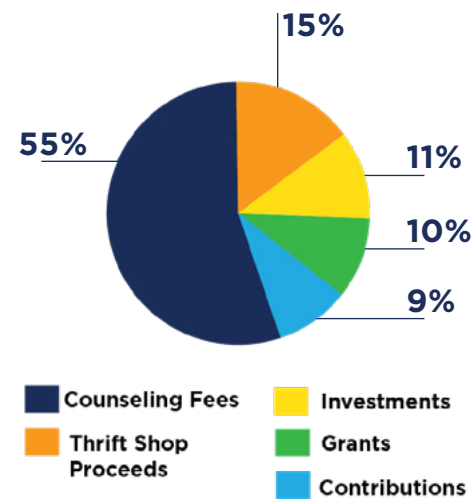
ACCESS TO CARE

- **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

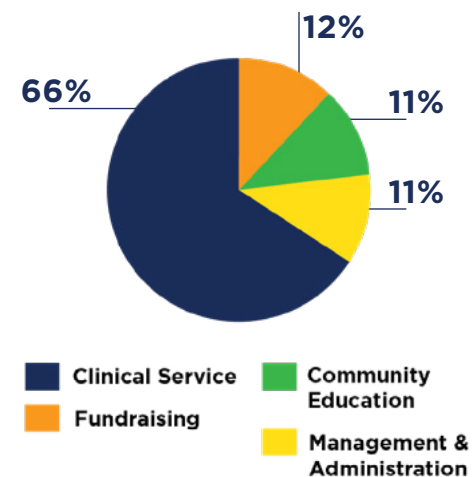
“My therapist has truly made me look at and understand myself differently and with more acceptance and love. It changed my life.”

“I recommend CCNS to anyone who seeks help, they have great knowledgeable therapists with excellent experience. They create a safe environment during the session where you can find needed support.”

Sources of Income



Expenses



IMPACT DURING THE YEAR



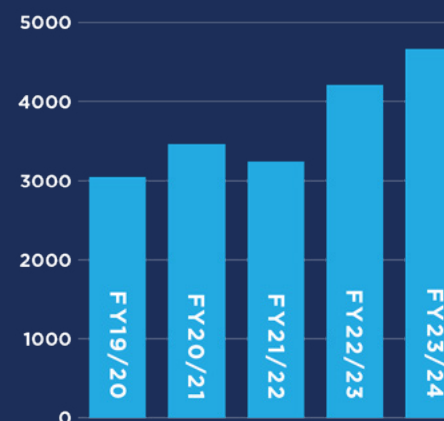
1,000

PEOPLE REACHED THROUGH EDUCATIONAL EVENTS AND OUTREACH EFFORTS

251 THERAPY CLIENTS, +45% IN 5 YEARS

OVER \$348K

IN SUBSIDIZED CARE



98%

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

95%

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

4,668 THERAPY HOURS, +88% IN 5 YEARS

100%

OF CLIENTS SAY THEY WOULD SEEK HELP AT CCNS AGAIN.

“Mental Health should not be associated with money, everyone deserves assistance no matter their financial bracket.”

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, 2023 - June 30, 2024

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

Carl R. Hendrickson Family Foundation
Northfield Township

LEADER \$5,000 - \$9,999

Kent and Liz Dauten
The Edward & Rose Donnell Foundation
Bud Getzendanner and Liz Kunkle
David and Leslie Grant
Mammel Family Foundation
Alison Tobey Smart Memorial Fund

ADVOCATE \$2,500 - \$4,999

Christ Church of Winnetka
Jim and Carol Hansen
ITW - Illinois Toolworks Matching Gift Program
Florence H. Matz Special Fund of Chicago
Community Trust
Frances E. Streit Foundation
Winnetka Congregational Church
Winnetka Northfield Rotary Charitable
Foundation

BENEFACTOR \$1,000 - \$2,499

Mary and David Birkenstein
Monica Getzendanner
Paul Getzendanner and Sonia Madden
William M. Hales Foundation
North Shore Community Bank - Winnetka
Chris and Mary O'Herlihy
William Ryan
Wedner Family Foundation
Youth Philanthropy Board - Three Pillars Initiative

Annual Fund Donors

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

PARTNER \$500 - \$999

Henry and Lele Barkhausen
Paul Bechtner Foundation
Laura Thomas Bergman
BMO Harris Bank - Matching Gift Program

Chuck and Jane Dowding
Fritz and Mary Lee Duda Family Foundation
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Karen and Jim Frank
Harry Grace and Ingrid Anderson
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Elinor K. Hite
Stephanie and Roger Hochschild
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Dr. Robert Mardirossian and M. Lavin
Lezlie and Bill O'Donnell
Laurie and Michael Petersen
Debra and Carlos Pucé
Sandy Rau
Bob Sanfilippo
Marnie and Brian Schmisek
Lisa and Bill Sligh
Northfield Storage Properties LLC
Elaine and Richard Tinberg
Patti Van Cleave
Mary Ann and Bob Wetoska

SUPPORTER \$250 - \$499

Deanna and Wes Baumann
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Joe and Paige Dooley
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Joan and Kevin Evanich
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Joan Golder
Judy and George Harmon
Victor Hlavacek Florist & Greenhouses
Michael Johnson
Loretta and Allan Kaplan
Bill and Nancy Lou Kelly
John and Anne Kern
Robert and Janet Leonard
Julia and John Peterson
Kelly and Colette Quackenbush
Ben and Nancy Randall
Emily Rose
Mr. and Mrs. Michael Scott
Robert Share
Ms. Cathy Shaw
Katherine Van Vlack
Mary Walther
Mark and Colette Wetzel

ALLY \$25 - \$249

Anonymous (2)
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Chris and Elise Ball
Bob and Joanne Baker
Diane Barkley
Diane Beckway
Esther Berry
Gloria and Theodore Biedron
Mary Kathryn Black
Suzanne and Patrick Coffey
Judith and Jerry Conner
Joanna Corelitz
Mr. and Mrs. Dewey B. Crawford
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Laurel and Charles Doherty
Duffy Family
Europa Imports, Inc.
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Calvin Fentress and Andrea Schweitzer
Katie and Brian Flanigan
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Harris and Susan Jackson
Tim Johnson
Richard Jones
Edward Keller
Paula and John Kelly
DeDe Kern
Mitchell Kiesler
Sharon L. King Foundation
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Judith and Murray Krugman
Richard Lalley
David Lee and Heather Libbey
Carolyn and Gregg Lemein
Jason Lockfeer
Judith Luken-Johnson
Jack Mardirossian
Sylvia and Larry Margolies
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Nathan Stein
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Liz Taylor
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Jim and Tess Torvik
Barb and Tom Tubekis
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Valerie Weiss
Jane Westhoff
Whitney Wolf
Bernadette and Maurice Wolff
Olga and Seth Yohalem
Leah Wolff

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.

