

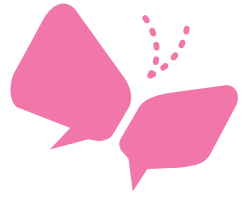


counseling for women & children



ANNUAL
REPORT

20
16



OUR MISSION

To help women and children heal, grow and overcome difficult life circumstances by providing affordable mental health counseling and innovative educational programs in a respectful and nurturing environment.

OUR GOALS

- To connect women and children to quality, professional mental health services.
- To increase our clients' abilities to cope with the challenges in their lives and heal from the hardships of their pasts.
- To ensure all services are affordable, removing cost as a major barrier to treatment.

OUR SERVICES

- Core Counseling for women, parents, couples, and families
- Play Therapy for children ages 3-12
- Counseling for adolescent girls ages 13-18
- Parent-Child Relationship Therapy
- Art Therapy
- LifeForce® Yoga for Depression and Anxiety
- Outreach and Education

IN OUR CLIENTS' WORDS...

2016

“

Counseling gives me hope that my life can be better.

I have set goals and boundaries and I'm learning how to make better decisions.

I can stand up for myself more. My self-confidence is growing.

I really like that sessions take place in an old house. It makes the process less intimidating and less clinical.

I'm thankful my appointment was scheduled so quickly.

I understand my child better and I am a better parent now!

My son has begun to deal better with his extreme anxiety and fear over speaking to others.

Counseling has really helped my grandkids' behavior at home and in school. And helped my daughter work through the problems she is facing.

I feel safe at Oasis.

Coming to Oasis turned out to be a life-saving decision for me.

2016 OUTCOMES

Sessions **6732** Completed Sessions

2671
Child/Youth Sessions (20% increase from 2015)

642
Collaborative Sessions (59% increase from 2015)

3419
Adult Individual Sessions (14% increase from 2015)

1321
Clients Served (16% increase from 2015)
(305 additional family members served)

Outreach

Individuals: 1513 | Outreach Events: 66

Wise Women

46 group participants

244 duplicated

17 group counseling sessions

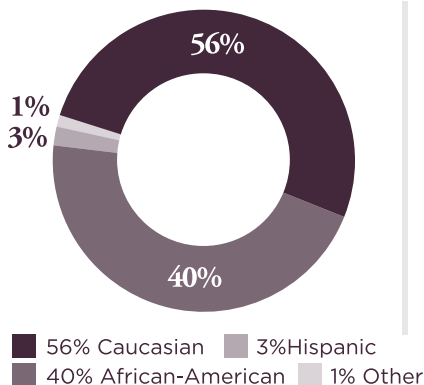
Pathways

84 group participants

162 duplicated

12 group counseling sessions

Demographics



74% annual household income of **\$25,000 or less**

3-84 Age range of all people served



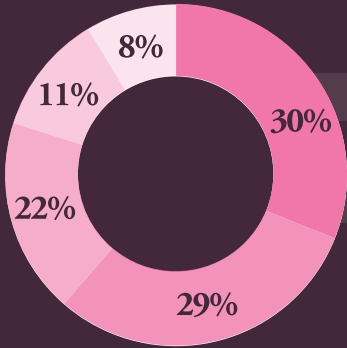
90%
Female



10%
Male

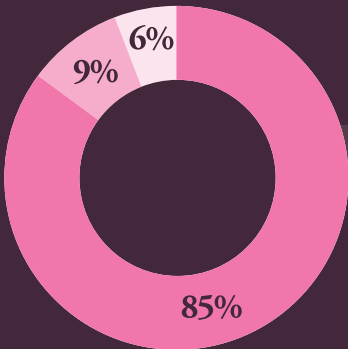
FINANCIAL ANALYSIS

Revenues



Foundation Grants	306,000	30%
Contributions	\$291,759	29%
Counseling Fees	229,824	22%
Endowment	110,267	11%
United Way	84,209	8%
TOTAL	\$1,022,059	100%

Expenses



Programs	877,641	85%
Management/General	94,203	9%
Fundraising	63,123	6%
TOTAL	\$1,034,967	100%

\$15 Average fee for self-paying clients



PRESIDENT'S MESSAGE



On behalf of the licensed counselors, administrative staff, volunteers, Board of Directors, Junior Board, and, most importantly, clients of Oasis, I would like to extend my most sincere thanks for your support of our organization. Through your generosity, **in 2016 Oasis provided the most counseling sessions it has ever provided!**

As compared to 2015 (a previous record year!), Oasis experienced a **16% increase** in the number of clients served, a **14% increase** in the number of adult counseling sessions, a **20% increase** in the number of children and adolescent counseling sessions, and a **59% increase** in the number of marriage and family sessions! This year, we have even hired a 4th registered play therapist to help meet the needs of children in our community.

Thank you for your part in helping to provide outreach, education and counseling services to those in need in our community. Your generosity makes us all better.

Carey McRae

Board President
2015-2016

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