



counseling for women & children



ANNUAL
REPORT

20
17



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 13-19
- Child-Parent Relationship Therapy (CPRT)
- Art Therapy
- LifeForce® Yoga for Depression and Anxiety
- Case Management
- Outreach and Education

OASIS CLIENTS*



A counselor helps Diane and Hank develop coping strategies for interacting with their son who has substance abuse addiction.



In Play Therapy, Brian age 7, can release built up angry and fearful feelings after witnessing domestic violence.



15 year-old Stacey is learning to cope with depression and suicidal tendencies.



Glenda is dealing with grief at the unexpected loss of her husband, and anxiety about returning to work.

** While the quotes and stories are true, client names and images have been changed to protect the privacy of each client.*

2017 OUTCOMES

Sessions **6025** Completed Sessions

2579
Child/Youth
Sessions

537
Collaborative
Sessions

2909
Adult Individual
Sessions

1223
Clients Served

New Services

76 Face-to-face case management sessions with clients

3 9-week Child-Parent Therapeutic Groups

Outreach

Individuals: **865** | Outreach Events: **58**

Wise Women

37 group participants

164 duplicated

12 group counseling sessions

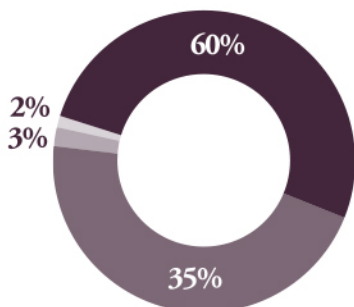
Pathways

92 group participants

134 duplicated

11 group counseling sessions

Demographics



60% Caucasian 3% Hispanic
35% African-American 2% Other

71% annual household income of **\$25,000 or less**

3-85 Age range of all people served



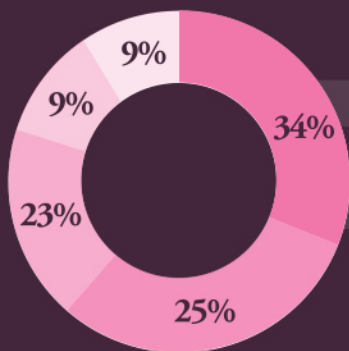
91%
Female



9%
Male

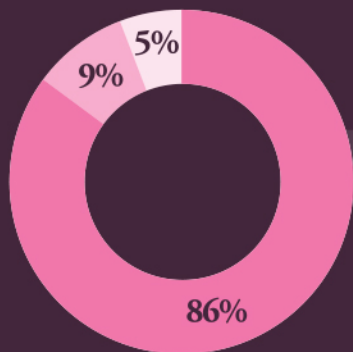
2017 FINANCIAL ANALYSIS

Revenues



Foundation Grants	333,800	34%
Contributions	244,166	25%
Counseling Fees	222,734	23%
Endowment	85,815	9%
United Way	84,864	9%
TOTAL	\$971,379	100%

Expenses



Programs	869,211	86%
Management/General	91,487	9%
Fundraising	48,763	5%
TOTAL	\$1,009,461	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.

It is no secret that life is hard. The women, children, and families who come to our agency are searching for healing and support during some of the most difficult times in their lives. Rest assured that your contributions to Oasis have fueled the agency to provide the professional counseling expertise and safe environment our clients have needed to endure, rise, and shine.

In 2017 Oasis expanded services to treat not only children but parents, foster parents, or other caregivers, utilizing specialized parenting interventions. In partnership with Jefferson County Family Wellness Court, Oasis provided three sets of therapeutic parenting groups, helping parents relate to their children in a developmentally appropriate manner, learn specific skills such as limit setting, conflict resolution, and recognizing and responding to their child's emotions and needs.

Thank you for your support in providing access to affordable mental health services for low-income, uninsured, and underinsured women, children and families in our community.

Kenneth Byrd

Board President
2017-2018

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*“Oasis has changed my
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- Single mother of 3

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