



*counseling for
women & children*

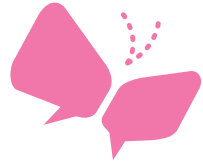


***"We should not feel embarrassed by
our difficulties, only by our failure to grow
anything beautiful from them."***

- Alain De Button

**ANNUAL
REPORT**

**20
18**



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)
- Trust Based Relational Intervention (TBRI®)
- Art Therapy
- LifeForce® Yoga for Depression and Anxiety
- Case Management
- Outreach and Education

IN OUR CLIENTS' WORDS

“

I'm so grateful for Oasis! I am no longer living in an abusive relationship with my old boyfriend.”

“I don't know how I could have managed without Oasis' help when my 8 year old grandson came to live with me after his mama went to prison for selling drugs.”

“My child got kicked out of daycare. Oasis helped him learn to control his temper and calm himself down.”

“My mom is very controlling and made me go to counseling at Oasis. I was really mad until I realized I was feeling better about myself.”

“My mother's boyfriend sexually assaulted me when I was 15. I was so embarrassed and hated myself, but my counselor listened and helped me cope with the shame.”

“My counselor didn't judge me even though I had lost my kids to DHR. She helped me learn from my mistakes and get my kids back in my life.”

2018 OUTCOMES

Sessions **5411** Completed Sessions

2485
Child/Youth
Sessions

399
Collaborative
Sessions

2926
Adult Individual
Sessions

1345
Clients Served

New Services

136 Face-to-face case management sessions with clients

148 Child-Parent therapeutic Sessions

Outreach

Individuals: **1127** | Outreach Events: **22**

Wise Women

44 group participants

136 duplicated

12 group sessions

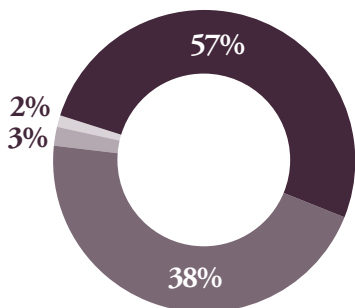
Pathways

80 group participants

108 duplicated

8 group sessions

Demographics



57% Caucasian 3% Hispanic
38% African-American 2% Other

67% annual household income of **\$25,000 or less**

3-85 Age range of all people served



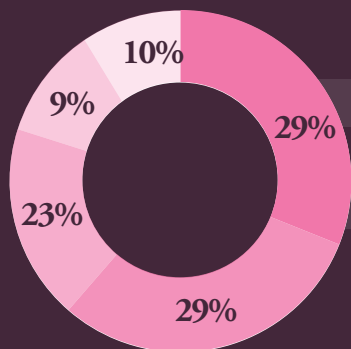
89%
Female



11%
Male

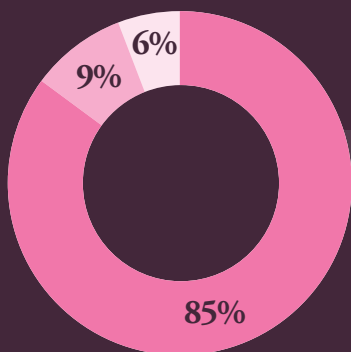
FINANCIAL ANALYSIS

Revenues



Foundation Grants	266,350	29%
Contributions	267,378	29%
Counseling Fees	204,459	23%
Endowment	84,000	9%
United Way	89,695	10%
TOTAL	\$911,882	100%

Expenses*



Programs	765,437	85%
Management/General	86,338	9%
Fundraising	57,767	6%
TOTAL	\$909,542	100%

**Does not include depreciation*

\$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. 1 in 5 adults and 1 in 5 children in America experience a mental illness in their lifetime. At Oasis, quality mental health care is provided by licensed professional counselors at an affordable rate, giving access to low-income families in need of services. The average fee for services is \$15 a session, compared to \$100 or more a session in the private sector. Agencies and physicians refer clients to Oasis because of its reputation for quick access to quality services.

For clients with needs beyond mental health issues, a social worker is available to provide case management services to Oasis clients. Case management offers an additional level of support and assists clients with putting social services in place to empower them to change and improve their own circumstances. 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 and thrive.

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
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***“Working with my Oasis counselor
has changed my life forever.”
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