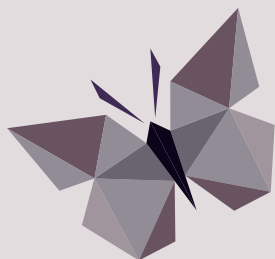




oasis

*counseling for
women & children*



2020

annual report

in our clients' words

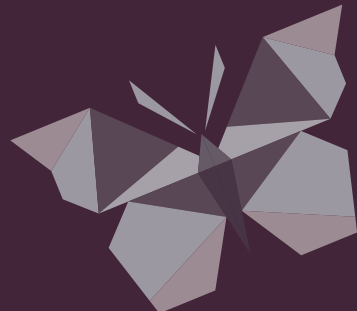
“My counselor is very supportive of me and understands me without judgement.”

“My counselor is AWESOME and has been a great help. Along with other positive changes in my life I'm in a much better place than before seeing her.”

“I see the difference as to who I am and how I handle stress now compared to when I first started. My counselor helped me with emotional issues, relationship issues and self-esteem issues. She is a true God-sent person.”

“My son has learned to communicate feelings better and no longer loses control when upset.”

“As a teenager, I did not understand about healthy relationships. My counselor helped me see the differences, and encouraged me to make better choices.”



our mission

To improve the quality of life for vulnerable women, children and families by providing exceptional, professional mental health care in a safe and nurturing environment.

our goals

- To provide quality, professional mental health services for women and children.
- 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, couples, and families
- Play Therapy for children ages 3-12
- Counseling for adolescent girls ages 13-18
- Child-Parent Relationship Therapy (CPRT)
- Collaborative Therapy for couples, families and parent-child
- Dialectical Behavior Therapy (DBT)
- Therapy for trauma recovery, including EMDR
- Case Management
- Outreach and Education

2020 outcomes

sessions

3831 Completed sessions

1143 child/youth sessions

2688 adult sessions

1038 Total served

758 individual clients + **280** additional family members

426 Collaborative sessions

76 clients received case management

outreach

- Wise Women Group - elderly women residents of Freedom Manor
- Program on hiatus until residents returned in fall of 2020 following renovations
- Delivered care baskets at year-end
- Plans developed to continue virtual group sessions in 2021

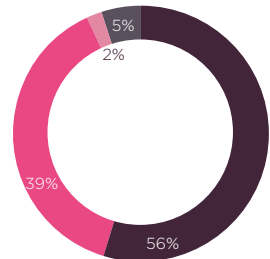
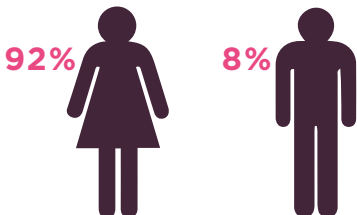
Outreach Events	21
Individuals served	796





meeting the challenges of the covid-19 pandemic during 2020

- Maintained client contact at the onset of the shutdown
- Implemented Distance counseling (teletherapy) service model in one month
- Implemented paperless intake forms and clinical records
- Expanded reach of service delivery through teletherapy
- Implemented plans for training and pilot testing for a new outpatient DBT program
- New hires made team even more interdisciplinary—Oasis now have LPCs, LMFTs, and LCSWs in our clinical team.

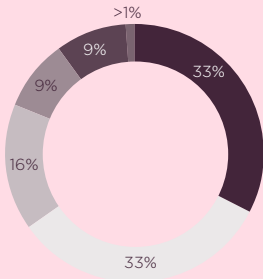
demographics

- LMI clients: 80%
- Age range: 3 to 85 years



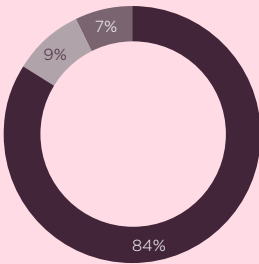
	caucasian	56%
	A-A	39%
	hispanic	2%
	other	5%

2020 financial analysis



revenues

■ foundation grants	33%	317,250
■ contributions	33%	317,041
■ counseling fees	16%	152,601
■ endowment	9%	84,000
■ United Way	9%	90,698
■ other	>1%	4,459
total	100%	966,049



expenses

■ programs	84%	803,252
■ mgmt/general	9%	86,620
■ fundraising	7%	66,689
total	100%	956,561

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 profound gratitude to you all for your support of our organization!



There has never been, during my lifetime, a greater demand for quality mental health services! The pandemic and all the challenges it has brought to all of us have wrecked havoc on the lives of so many in our community and we are grateful to be in a position to help and to now also be able to offer services virtually through telehealth. Our provision of affordable services to women, children and families in need is more critical and important now than ever before. Children are our future and our children have suffered so much in the last year. Our service to children and their families is such a necessary and vital way we can continue to serve our community.

Your contributions to Oasis have enabled the agency to expand our services in this time of great need, but there is so much more work to be done!

Thank you for your help and for your continued support; without you, we could not do this work.

Frances Ross Nolan, J.D.

Oasis Board President
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