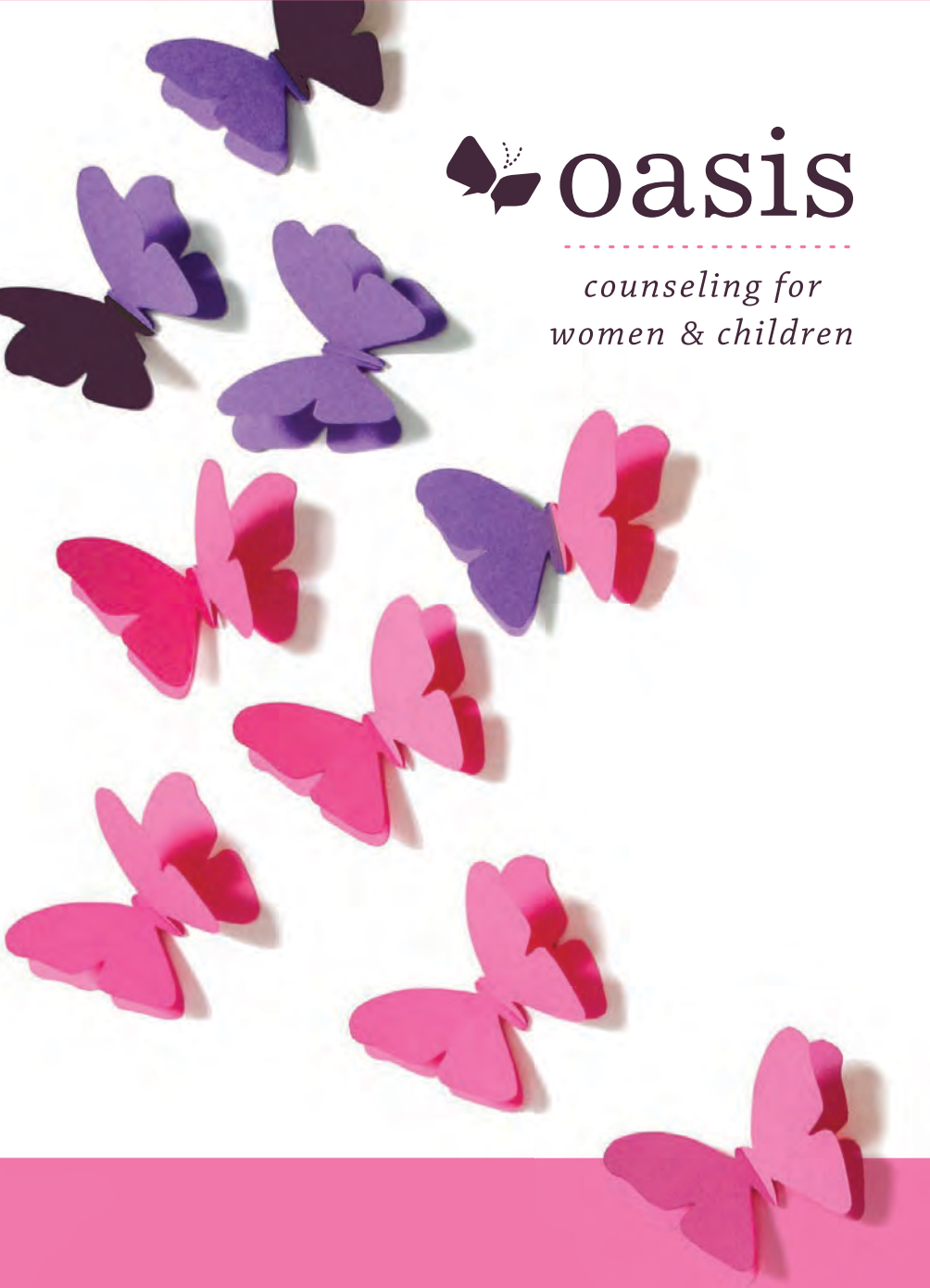




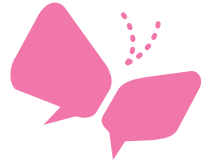
oasis

*counseling for
women & children*



ANNUAL
REPORT

20
19



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 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, couples, and families
- Play Therapy for children ages 3-12
- Counseling for adolescent girls ages 13-18
- Child-Parent Relationship Therapy (CPRT)
- Art Therapy
- LifeForce[®]Yoga for Depression and Anxiety
- EMDR
- Case Management
- Outreach and Education

IN OUR CLIENTS' WORDS



My daughter has learned some coping mechanisms to help with self-control but it is a work in progress.”

“My stress and anxiety levels have decreased. I communicate my feelings better and I control my thoughts better than I used to.”

“The best experience. Life saving! I would have been in the ER if not for my counselor & Oasis.”

“My counselor goes out of her way to give me tools that I use every day and explains things in a way that just makes perfect sense to a victim of childhood trauma.”

“My son has handled conflict situations better than before. His confidence is improving too.”

2019 OUTCOMES

Sessions **5182** Completed Sessions

1991
Child/Youth
Sessions

3191
Adult Sessions

1097 Individual clients + **289** Additional family members

1386 People served

Additional Services

81 Clients received case management

45 Child-Parent therapeutic Sessions

Outreach

Individuals: **848** | Outreach Events: **31**

Wise Women

12 group participants

19 duplicated

4 group sessions

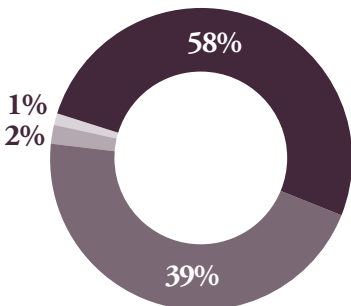
Pathways

18 group participants

18 duplicated

3 group sessions

Demographics



58% Caucasian 2% Hispanic
39% African-American 1% Other

68% annual household income of **\$25,000 or less**

3-85 Age range of all people served



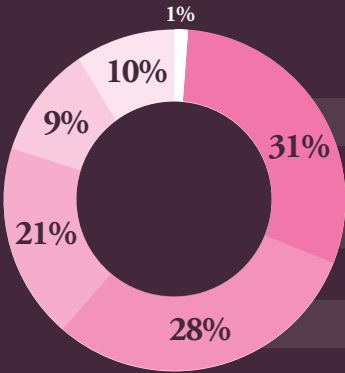
90%
Female



10%
Male

2019 FINANCIAL ANALYSIS

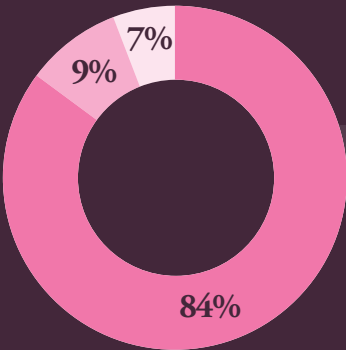
Revenues



Foundation Grants	283,250	31%
Contributions	265,379	28%
Counseling Fees	200,732	21%
Endowment	84,000	9%
United Way	91,665	10%
Other	12,574	1%

TOTAL **\$937,600** **100%**

Expenses*



Programs	782,552	84%
Management/General	88,393	9%
Fundraising	64,988	7%

TOTAL **\$935,933** **100%**

**Does not include depreciation*



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 to you all for your support of our organization!

Mental health services are more in demand now than ever before. Our provision of affordable services makes it possible for our team of skilled professionals to provide support, guidance and hope to so many, and thanks to the generosity of those who supported the growth of our facilities' play therapy services, many children receive the help they need. Because our children are our future, serving children is one concrete way we can continue to serve our community.

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 again for your generous support!

Frances Ross Nolan, J.D.

Board President
2018-2019

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