

# 2022

annual report



**oasis**

*counseling for  
women & children*

We will continue to honor Anne's memory by bringing hope and healing to women and children in need, one session at a time.

**in loving memory**

1938-2022

## president's message

2022 brought us back together in person. Some of our gatherings were joyful and others were tinged with sadness. On March 9th, 2022, we lost our beloved founder, Anne Bruno LaRussa. In 1995, with a vision to provide a comfortable home-like environment for those needing access to counseling, Anne restored 3 historic homes in Birmingham's southside where Oasis is currently housed. Her vision was to provide *exceptional* mental health services to women and children in need. Along the way, she inspired passion in many who will continue the work now that she is gone. The Oasis of Hope Luncheon held on April 5th was a time to come together to share stories of Anne's impact on us all, while also looking to the future and the continuing need for quality mental health. Personally, I only met Anne a few times, but feel as though I know her more deeply from the stories I have heard shared by her friends and family. She has left a legacy that will continue to provide transformative services for years to come.



At Oasis, we saw a surge in requests for first-time appointments. We hired two new therapists and a full-time intake counselor to keep up with the demand. We continue to utilize Teletherapy to expand our geographical reach and to help local clients that need the flexibility to receive treatment from home or work. We started new rounds of DBT Group therapy.

The leadership team, administrative staff, and counselors work to maintain the warm and welcoming environment that Oasis is known for and to identify new ways to reach clients and increase public awareness of our services. Our Board of Directors and Junior Board continue to be champions for mental health.

Thank you for investing generously in our mission; with your support, we can continue to serve the women and families who bravely reach out to Oasis for care.

### Jenny Sneed

Oasis Board President 2022

## Tribute to Anne LaRussa

As we remember Anne, we celebrate a beautiful person. She was filled with compassion and a deep loving concern for others. She enriched our community by creating a center for women and children in need of mental health care. Her legacy is not just in her achievements, but in the hundreds of lives she touched by bringing them hope and healing.

May Anne's memory continue to inspire us all to follow her example, and do good things for others

**Kathryn Bowden, J.D., M.Ed.**

Oasis Executive Director

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Clinical Director  
Jan. - Oct. 2022

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Nov. - Dec. 2022

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## 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.

Oasis clients may have experienced trauma from physical, emotional or sexual abuse; severe depression & chronic anxiety; grief from death or divorce; personality disorders, such as OCPD or Borderline; or difficulties in relationships.

In addition to the previous list, children may also suffer from severe neglect by parents/caregivers; displacement from multiple foster home placement; bullying; trauma resulting from dysfunction in the home due to a parent's substance abuse or mental illness, or witnessing domestic violence even if not a victim.

## our services

- Individual Counseling for Women
- Play therapy for boys and girls ages 3-12
- Counseling for adolescent girls ages 13-18
- Collaborative Therapy for couples and family
- Dialectical Behavior Therapy (DBT)
- Therapy for trauma recovery, including EMDR
- Lifespan Integration (LI)
- Case Management
- Outreach and education

## in our clients' words

“Oasis has been a godsend for me, especially when I was recently out of college and making barely enough to support myself.”

- Young woman, age 23



“My daughter's counselor is wonderful. She helps her cope with the death of her father.”

- Mother of 8-year-old girl



“We only have good things to say about Oasis and how it changed our lives.”

- Mother of 14-year-old girl



“I am thankful for the work you all do and the help you provide to the community. My son is getting better”

- Father of 10-year-old boy



“I was a mess before coming to Oasis. Now people make comments all the time about how much calmer I am!”

- Woman with chronic anxiety



# 2022 outcomes

## sessions

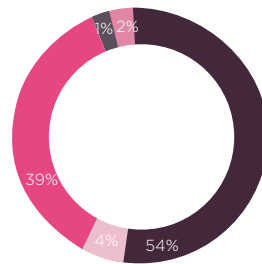
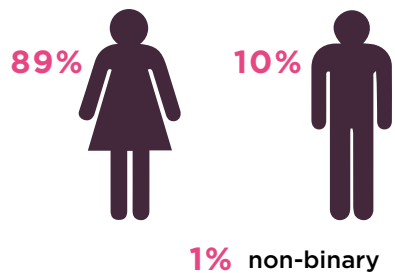
- 5784** completed sessions
  - 2296** child/youth sessions
  - 3001** adult sessions
    - 221** dbt sessions
    - 266** specialized intake sessions
- 1207** total served
  - 966** individual clients + **241** additional family members
- 276** collaborative sessions for couples and families
- 37** Dialectical Behavioral Therapy (DBT) group sessions provided for clients with personality and mood disorders, addiction & substance abuse problems
- 25** elderly women in the Wise Women Group (monthly group)

## outreach

outreach events **23** individuals served **649**

## demographics

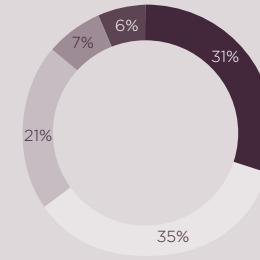
- 89% of services for clients in Jefferson & Shelby Counties
- 11% of services for clients in other counties
- 83% of Oasis clients have Low Income (based on HUD.gov)
- 63% have Very Low Income (based on HUD.gov)
- age range: 3 to 89 years



caucasian	54%
A-A	39%
bi-racial	4%
hispanic	2%
asian	1%

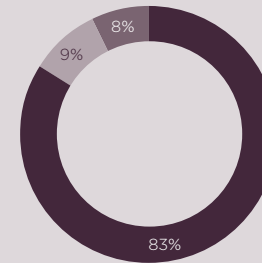
# 2022 financial analysis

## revenues



foundation grants	31%	398,547
contributions	35%	442,276
counseling fees	21%	267,403
Oasis Fdn	7%	84,300
United Way	6%	81,628
<b>total</b>	<b>100%</b>	<b>1,274,154</b>

## expenses



programs	83%	1,073,444
mgmt/general	9%	115,454
fundraising	8%	109,880
<b>total</b>	<b>100%</b>	<b>1,298,778</b>



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