

2024

annual report



The *difference* that oasis
makes to the many faces
in our community



oasis

counseling for
women & children

president's message



Counseling, compassion, connections, confidence. When clients come to Oasis, this is what they experience. Thanks to the support of our generous donors like you, Oasis is thriving in our community.

Because of you, our therapists are able to provide clients with counseling of the highest quality and instill in them effective strategies for overcoming the challenges they face in life.

Oasis' clients experience compassion and caring, which makes them stronger and more resilient.

At Oasis, clients and therapists connect in a way that enables clients to, in turn, develop fulfilling connections with people in their lives.

The mental health care provided at Oasis gives clients confidence and strength to move through life with renewed passion.

Numerous foundations, companies, and individuals enable Oasis to provide high-quality therapy services to women and children in Alabama, and this Annual Report recognizes each of you and reflects our gratitude to you.

This publication also highlights all of the great work you have enabled us to do in the past year. For example:

- We provided over 6,000 therapy sessions in 2024 to dramatically improve the lives of women and children.
- We provided a positive path forward for over 1,000 women, children, and family members.

What makes it possible for women and children in Alabama to have access to professional, affordable, and compassionate mental health care that helps them thrive in a difficult world? It's the talented and hard-working staff; the dedicated Board of Directors, Advisory Council, and Junior Board; our visionary founder Anne Bruno LaRussa; and the hundreds of supporters – like you!

For all that you do to support and advance the mission of Oasis, we are tremendously grateful!

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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 care services.
- To increase our clients' abilities to cope with the challenges in their lives and find healing from the hardships and traumas of their pasts.
- To ensure all services are accessible and affordable, removing cost as a major barrier to mental health treatment.

Many Oasis clients have experienced trauma from physical, emotional or sexual abuse; severe depression and chronic anxiety; grief from a death or divorce; personality disorders, such as OCPD or Borderline; and/or relationship difficulties.

Oasis' children and adolescent clients struggle with 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

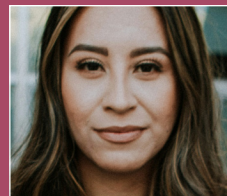
- Individual counseling for adult women (ages 19+)
- Play therapy for boys & girls (ages 3-12)
- Counseling for adolescent girls (ages 13-18)
- Collaborative Therapy for couples & families
- Dialectical Behavior Therapy (DBT) – individual & skills group therapy
- Therapy for trauma recovery, including EMDR
- Lifespan Integration (LI)
- Case management
- Community education, outreach & engagement

Success looks like this...

Referred by a school counselor, a mother enrolled her son, **Roderick***, for counseling at Oasis. Roderick carried the heavy weight of poverty, ongoing school bullying, and feelings of being overlooked – leaving him feeling isolated and powerless. Struggling to express his emotions, he found a safe space to be seen, heard, and valued through the therapeutic playroom at Oasis – something he hadn't experienced before. Through creative play therapy with his counselor, he began to use art, storytelling, and imaginative play to give voice to his experiences and feelings. Over time, Roderick's sense of safety, confidence, and self-worth began to grow. Therapy became a place of empowerment – where his creativity was celebrated and his inner world honored.



Mary*, a Hispanic woman in her 30s, married with three children, sought support for generalized anxiety, recurring nightmares, and ongoing conflict with extended family. Her symptoms, especially the nightmares accompanied by night sweats and sleep disturbance, had persisted for years. Oasis' clinical team trained in Lifespan Integration (LI), a gentle trauma-processing modality, used this approach with her consent. Mary was able to focus on a specific traumatic memory – being sexually assaulted during college, and in just one session, she experienced a dramatic shift. One week later, Mary reported having no nightmares or night sweats related to the trauma. For the first time in years, she was able to sleep peacefully.



Devan*, a woman in her late 20s, came to Oasis Counseling seeking help for severe OCD symptoms, particularly compulsive nighttime checking rituals. She was also coping with the profound loss of her father. After several months of trauma-focused therapy, her symptoms persisted – until her counselor took a deeper look into her developmental history. Through thoughtful exploration, Devan revealed she had received speech therapy throughout her early education and was often reprimanded at home for “not listening.” This prompted her counselor to recommend a hearing assessment – a step outside traditional therapy, but one rooted in holistic care. The evaluation revealed 40% hearing loss. After fitted with hearing aids, Devan experienced a dramatic reduction in her OCD symptoms. Her nightly rituals have nearly disappeared, and she now attends therapy on an as-needed basis, reporting improved clarity, confidence, and peace of mind.



* Names and photos depicted are not actual Oasis clients.

2024 *outcomes*

6,069 mental health sessions

3,486 adult women sessions (ages 19+)

784 adolescent girl sessions (ages 13-18)

1,643 boy & girl sessions (ages 3-12)

156 Dialectical Behavior Therapy (DBT)
adult group sessions

37% by teletherapy (expanded access
in 19 total AL counties)

1322 mental health intake calls

57% intake-session completion rate

1,024 clients served

467 adult women

242 children

119 adolescent girls

196 additional family members

other

317 collaborative sessions for couples, parents & families

374 DBT adolescent individual sessions

15 elderly women in the monthly Wise Women Group

164 Wise Women support group sessions

demographics

- 83.4% of services for clients in Jefferson County
- 16.6% of services for clients in 18 other AL counties
- 84% of clients have Low Income (HUD.gov)
- 69% have Very Low Income (HUD.gov)
- age range: 3 to 90+



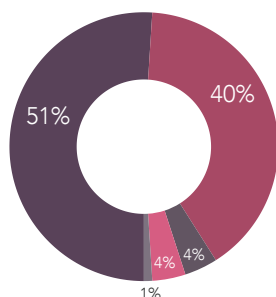
88%



11%

1%

non-binary



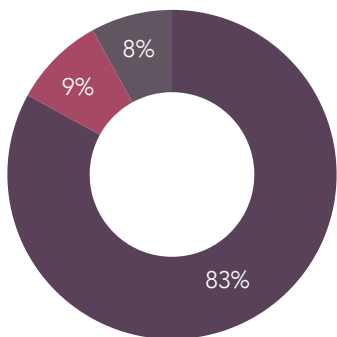
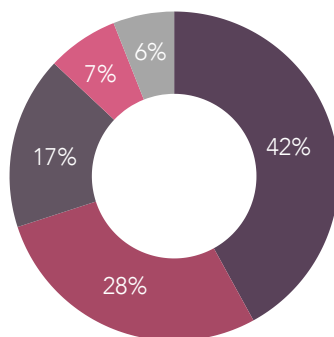
| | |
|------------------|-----|
| caucasian | 51% |
| african american | 40% |
| hispanic | 4% |
| biracial | 4% |
| asian & other | 1% |

2024

financial analysis

revenues

| | | |
|---------------------|-------------|------------------|
| ■ foundation grants | 42% | 626,778 |
| ■ contributions | 28% | 419,343 |
| ■ counseling fees | 17% | 255,553 |
| ■ United Way | 7% | 102,034 |
| ■ Oasis Foundation | 6% | 84,000 |
| total | 100% | 1,487,708 |



expenses

| | | |
|----------------|-------------|------------------|
| ■ programs | 83% | 1,128,264 |
| ■ mgmt/general | 9% | 121,443 |
| ■ fundraising | 8% | 117,648 |
| total | 100% | 1,367,355 |

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