

2023

annual report



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



oasis

counseling for
women & children

president's message



Healing and hope are essential for a healthy and fulfilling life. The Alabama community is fortunate that Oasis Counseling for Women and Children exists to provide the life-changing qualities of healing and hope to the most vulnerable among us.

At Oasis, over 5,800 therapy sessions were conducted in 2023 to dramatically improve the lives of women and children. Through the selfless and remarkable vision of Oasis' founder, Anne LaRussa, therapy sessions at Oasis provide a positive path forward for over 1,000 people each year. Anne's vision has allowed many women and children to navigate difficult challenges and emerge stronger and better equipped to thrive in a life filled with obstacles.

Fulfilling Anne's vision is possible through a dedicated team of highly qualified caregivers, support personnel, and supporters. The journey to healing and hope begins with Oasis' intake specialists and continues through each client's visit with a therapist who is dedicated to their care. From the first moment of contact with Oasis and throughout individually tailored therapy plans, each client receives compassionate, caring, and high quality mental health care in an atmosphere that is comfortable, warm, and home-like. Through Oasis, clients heal and become more fully themselves.

Behind the scenes of this incredible work is a strong support network focused on ensuring that the critical services provided by Oasis therapists can happen. In particular, Staff, Board members, Advisory Council members, and Junior Board members guide and nurture the mission and vision of Oasis and provide the resources needed for the therapists to provide healing and hope.

And of course, Oasis is able to thrive because of our generous donors. This Annual Report recognizes the community of care and compassion that appreciate Oasis' unique work. We are grateful for the many foundations, companies, and individuals who contribute the resources that are essential for Oasis to provide healing and hope.

I look forward to reading and re-reading Oasis' Annual Report each year to see the great work of everyone involved, and I hope you do too - enjoy!

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Jennings, Adeline (Addie)

McPherson, Angela

Sanders, Dorothy (Kendra)

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.

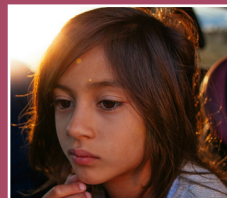
In addition to the previous list, children may also suffer from severe neglect by parents/caregivers; displacement from multiple foster home placement; bullying; trauma resulting from dysfunction in the home due to a parent's substance abuse or mental illness, or witnessing domestic violence even if 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

the faces of oasis

11 year-old boy who was bullied online.



37 year-old woman suffering severe anxiety due to an abusive childhood.



5 year old girl who experienced extreme trauma at the hands of a close family member.



9 year-old boy who witnessed abuse of his mother by her boyfriend.



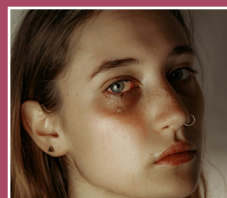
41 year-old mother of two experiencing PTSD from domestic violence.



17 year-old adolescent girl suffering from depression and withdrawing from friends and family.



73 year-old woman, recently widowed, overcome with grief and fear, trying to navigate life alone.



* Actual clients not depicted in photos.

2023 *outcomes*

5,854 mental health sessions

3,249 adult women sessions

873 adolescent girl sessions (ages 13-18)

1,592 boys and girls sessions (ages 3-12)

140 dbt sessions

48% by teletherapy reaching individuals
in over 18 countries

1,116 clients served

488 adults

248 children

129 adolescents

251 additional family members

other

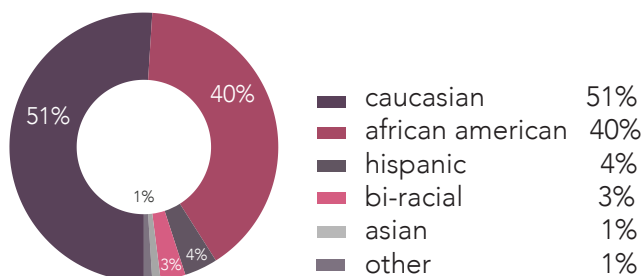
346 collaborative sessions for couples, families, and parents

53 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)

demographics

- 89% of services for clients in Jefferson & Shelby Counties
- 11% of services for clients in other counties
- 82% of clients have Low Income (based on HUD.gov)
- 65% have Very Low Income (based on HUD.gov)
- age range: 3 to 77 years



88%

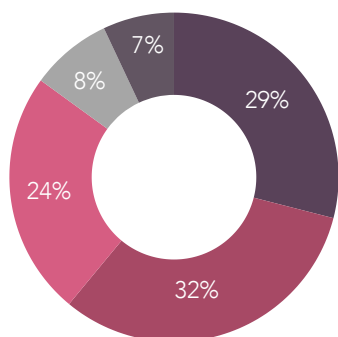
11%

1%

non-binary

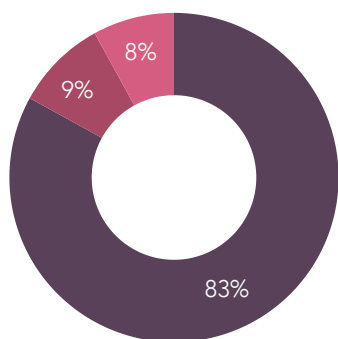
2023

financial analysis



revenues

foundation grants	29%	335,500
contributions	32%	382,062
counseling fees	24%	280,039
United Way	8%	92,996
Oasis Fdn	7%	84,000
total	100%	1,174,597



expenses

programs	83%	1,052,242
mgmt/general	9%	112,454
fundraising	8%	100,379
total	100%	1,265,075

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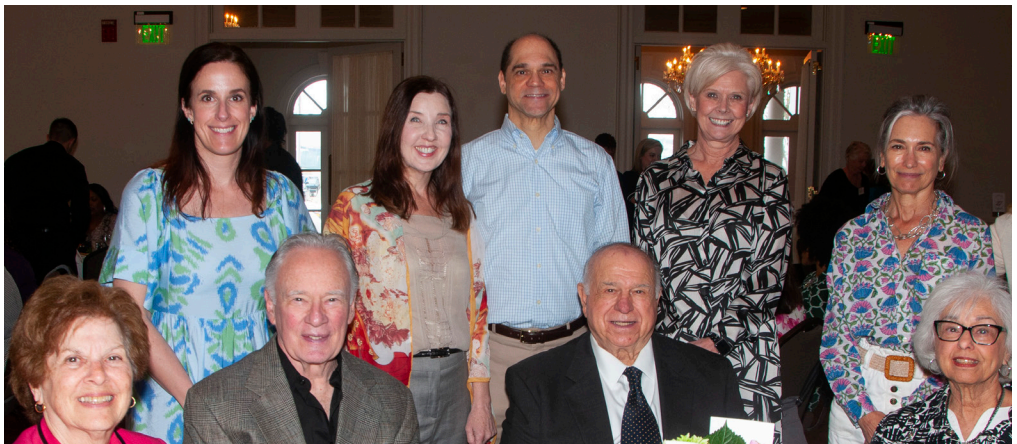
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Faces that make a *difference* at oasis

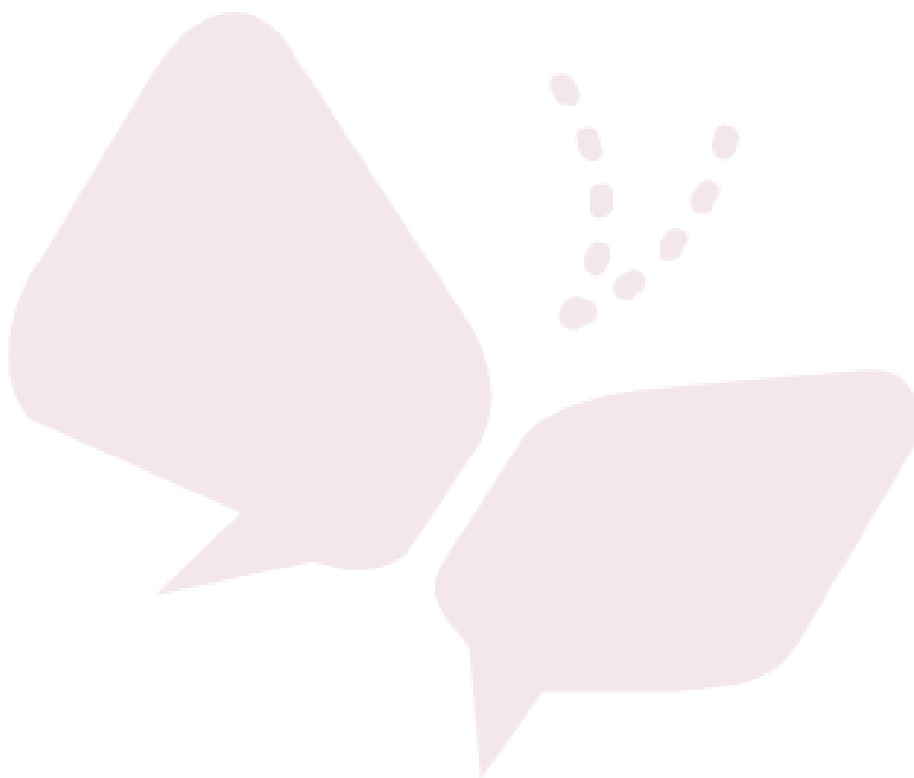




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* Images on the cover and on page 4 are a depiction of Oasis clients. Actual clients not pictured.