

Making a *difference*
yesterday, today & tomorrow



2025

30th
anniversary



oasis

counseling for
women & children

annual report

president's message



For 30 years, Oasis has been a place where hope takes root. It began in 1995 with Anne Bruno LaRussa's vision to make quality mental health care accessible to women, children, and families who might otherwise go without it. Since then, her idea has grown into something that has touched thousands of lives across Alabama.

That original vision continues to guide Oasis today. Through the skill and compassion of our clinical team and staff, the organization works to improve the quality of life for women, children, and families by providing exceptional, professional mental health care in a safe and nurturing environment. It is a promise carried forward every day by the people who serve our clients directly.

This year, Oasis provided more than 5,700 counseling sessions and served nearly 1,000 clients and family members. Each person and family brought a story of courage and possibility. The numbers matter, but the real story lives in the quieter moments—a little more confidence, a healthier relationship, a family finding its footing, someone beginning to believe that things can get better.

The impact of Oasis continues to grow. In 2025, staff and clinicians served clients from ages 3 to 78 and helped expand services to 19 counties across Alabama, including a 20.4% increase in services outside Jefferson County. Their work reached families additionally in Bibb, Blount, Calhoun, Chilton, Coosa, Cullman, Elmore, Etowah, Fayette, Franklin, Lee, Limestone, Montgomery, Shelby, St. Clair, Talladega, Tuscaloosa and Walker counties, showing what is possible when compassionate care is brought closer to the people who need it.

To the therapists and clinical team, thank you for meeting people with such skill and compassion. To the staff, Board, Advisory Council, volunteers, and community partners, thank you for helping sustain the foundation that makes this work possible. And to the donors and funders, thank you for believing that healing, access, and hope are worth investing in.

Looking ahead, there is so much to be grateful for and so much hope for what comes next. Oasis continues to help create change one life, one family and one community at a time.

With appreciation,

A handwritten signature in black ink, reading "Marsha D. Morgan".

Marsha D. Morgan

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our mission

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

our goals

- To connect women, children & families to quality, professional mental health care services.
- To increase our clients' abilities to cope with the challenges in their lives & find healing from the hardships & traumas of their pasts.
- To ensure all services are accessible & 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 & chronic anxiety; grief from a death or divorce; personality disorders; &/or relationship difficulties.

Oasis' children & 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/partners & families
- Dialectical Behavior Therapy (DBT) – individual & skills group therapy
- Trauma Recovery Therapy: trauma-focused CBT & Lifespan Integration (LI)
- Case management
- Community education, outreach & engagement

Success looks like this...

Client feedback throughout 2025 reflects the meaningful difference counseling at Oasis continues to make in the lives of women, children and families. Clients consistently identified the availability of telehealth services and Oasis's sliding-fee scale as essential in helping them overcome financial, transportation, work and family barriers to receiving care. Among survey respondents, more than half reported reduced symptoms of depression, nearly half experienced reduced anxiety; and many described improvements in emotional regulation, self-awareness, interpersonal relationships and overall quality of life. These outcomes reinforce Oasis' commitment to providing accessible, compassionate and effective mental health care to those who need it most.

 **Joy*** - A middle-aged woman entered services carrying the long-term effects of early childhood trauma experienced while moving through the foster care system. At intake, she reported persistent symptoms consistent with post-traumatic stress, including hypervigilance, emotional numbness, difficulty trusting others, and a deep sense of shame that had followed her into adulthood.

Through consistent, trauma-informed counseling, she began learning how her early experiences shaped her nervous system and relationships. Sessions focused on building safety, emotional regulation, and self-compassion before gently processing traumatic memories at her pace. Over time, she developed effective coping strategies, increased insight, and a renewed sense of personal agency.

Today, she reports significantly reduced trauma symptoms, improved sleep, and healthier interpersonal boundaries. Most importantly, she describes feeling grounded in the present. She now views herself not as a survivor alone, but as a resilient individual with hope, direction, and a strengthened sense of self-worth.

 **Anthony & Deborah*** - Two young siblings were referred to Oasis following the loss of both parents to substance use. They were placed in the care of their great grandmother, who sought support to help them navigate grief, behavioral changes, and emotional instability during a major life transition. Initially, both children displayed signs of trauma, including anxiety, difficulty concentrating, and challenges expressing emotions. Therapy focused on age-appropriate grief processing, emotional identification, and strengthening attachment within their new caregiving environment. Their caregiver also received guidance and support to better understand trauma responses and foster stability at home.

Over time, the siblings demonstrated remarkable progress. They became more emotionally regulated, engaged more positively at school, and developed healthier ways to communicate their needs. Today, they are thriving academically, emotionally, and socially within a safe and nurturing family system.

* Names and photos depicted are not actual Oasis clients.

2025 *outcomes*

5,713 mental health sessions

3,482 adult women sessions (ages 19+)

641 adolescent girl sessions (ages 13-18)

1,477 boy & girl sessions (ages 3-12)

113 Dialectical Behavior Therapy (DBT)
adult group sessions

38% teletherapy sessions (expanded
access in AL counties)

1291 mental health intake calls

59% intake-session completion rate

978 clients served

468 adult women

93 adolescent girls

216 children

208 additional family members

other

244 collaborative sessions for couples, parents & families

541 DBT adolescent individual sessions (69% increase from 2024)

422 Intake sessions

122 elderly women total participation - Wise Women Group

12 average attendance - Wise Women monthly support groups

demographics

- age range: 3 to 78
- 63% of services in Jefferson County
- 20.4% increase in expansion of services outside Jefferson County
- 37% of services in 18 other AL counties: Bibb, Blount, Calhoun, Chilton, Coosa, Cullman, Elmore, Etowah, Fayette, Franklin, Lee, Limestone, Montgomery, Shelby, St. Clair, Talledega, Tuscaloosa, Walker
- 71% of women - Head of Household
- 65% women - employed (full, part-time)
- 79% Low Income (HUD)
- 64% Very Low Income Limit (HUD)
- 44% Extremely Low Income Limit (HUD)



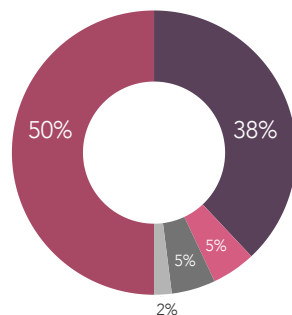
86%



12%

2% non-binary

caucasian	50%
african american	38%
hispanic	5%
biracial	5%
asian & other	2%

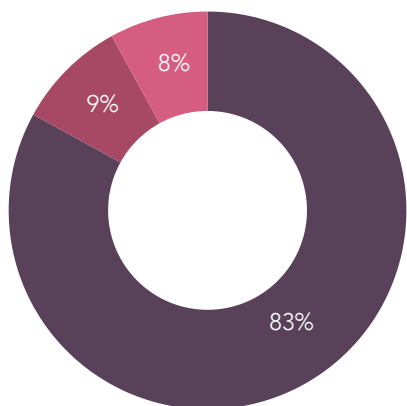
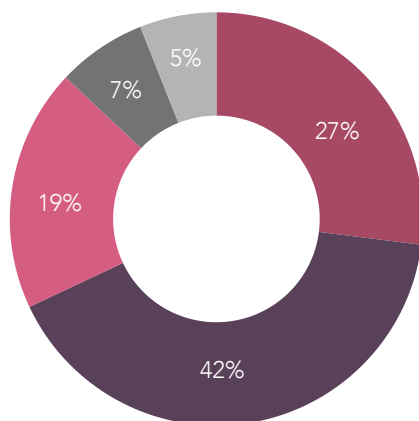


2025

financial analysis

revenues

■ foundation grants	27%	375,500
■ contributions	42%	576,324
■ counseling fees	19%	257,546
■ United Way	7%	102,500
■ Oasis Foundation	5%	67,200
total	100%	1,379,070



expenses

■ programs	83%	1,175,483
■ mgmt/general	9%	128,109
■ fundraising	8%	109,021
total	100%	1,412,613

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OASIS COUNSELING FOR WOMEN & CHILDREN FOUNDER (1938-2022)

Oasis Counseling was founded in 1995 by Anne Bruno LaRussa, a true visionary & champion for mental health. At a time when local community mental health centers focused solely on treating serious mental illness (SMI), individuals struggling with more common mental health disorders were often left without accessible or affordable care. LaRussa recognized this egregious gap.

Driven by compassion & conviction, she saw the critical need for professional, high-quality counseling services in the Birmingham area—especially for those who were financially vulnerable. By establishing Oasis, she created a safe haven for women, children & families navigating the challenges of mental health concerns. She gave dignity, voice & access to those who otherwise may have gone unseen, unsupported or untreated.

For over 30 years, Oasis has directly served nearly 50,000 individuals—helping them heal from past trauma, develop healthy coping skills & achieve greater stability within their families, schools, workplaces & communities.

After 30 years of making a
difference,
we are setting our sights on tomorrow



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