

## Executive Director Message

### Dear Friends,

Humans are inherently designed for companionship, bearing hearts that yearn for connection and the warmth of love. The essence of community lies at the heart of Catholic Charities Bloomington's foundational purpose. For 40 years, our commitment has been to meet individuals and families precisely where they stand, extending aid to anyone in distress, regardless of their beliefs, gender, race, or background.

Serving means more than just providing assistance; it means walking in solidarity with our neighbors in need, ensuring that they are not only seen but also heard. It means sharing in some measure of their hardships, forging genuine connections, and helping them toward alleviating their burdens.

In the midst of our world grappling with the economic, political, and social repercussions of the pandemic, those we serve continue to navigate a challenging path. This is why our steadfast calling to deliver a message of compassion and hope to a world in crisis remains unwavering.

As evidenced in this report, our donors continue to step up with unwavering enthusiasm to support our mission. Your generosity enables us to extend our assistance to each individual we serve while reducing our dependence on government funding with its accompanying constraints. Nevertheless, there is still work to be done to bridge the funding gap, and there is an abundance of good that we aspire to achieve.

We maintain our faith that, as we serve and innovate, divine providence will continue to bless us, as it has during the pandemic. Extraordinary acts of generosity have enabled us not only to endure this challenging period but also to serve with greater depth. We are deeply appreciative of every gift, for every dollar contributes to advancing our mission. We cannot fulfill our mission without your support.

The calling to connect and serve, to stand alongside our neighbors struggling with their mental health, is a fundamental aspect of Catholic Charities Bloomington. We exist for one another, and with your steadfast support, we can impart a message of compassion and hope to a world that is still in great need.



**David J. Bethuram**  
Executive Director

**Dennis Craig**  
Interim Clinical Director

## MISSION STATEMENT

The mission of Catholic Charities Bloomington Counseling Services is to serve all individuals, all couples, and all families by increasing accessibility to quality mental health care in our community.

## 2022–2023 Fiscal Year in Review

**Expenses:**  
**\$1,040,000**



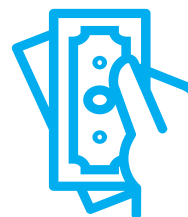
**Revenue:**  
**\$718,000**



**10,074**  
Outpatient sessions  
provided



**43%**  
of clients are children  
under age 18



**24%**  
of clients are on a  
flexible sliding fee  
payment arrangement



**1,426**  
Sessions of specialized therapy  
provided (EMDR, Play Therapy,  
Theraplay techniques)

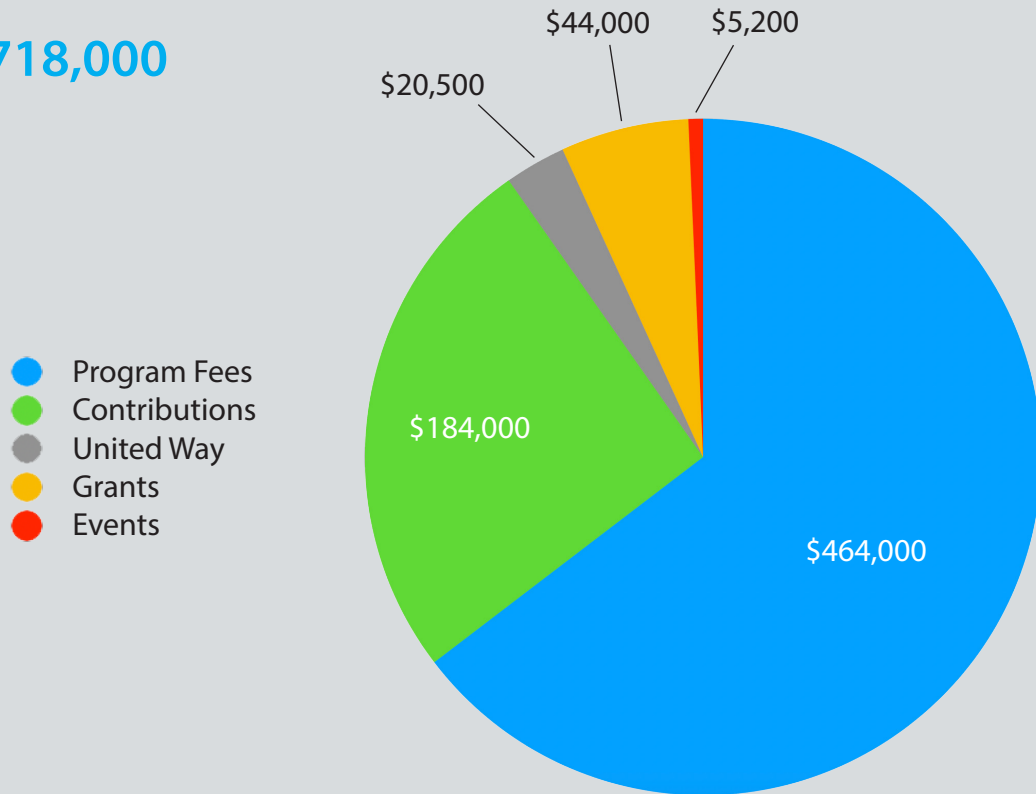


**2,041**  
Clients and family  
members impacted

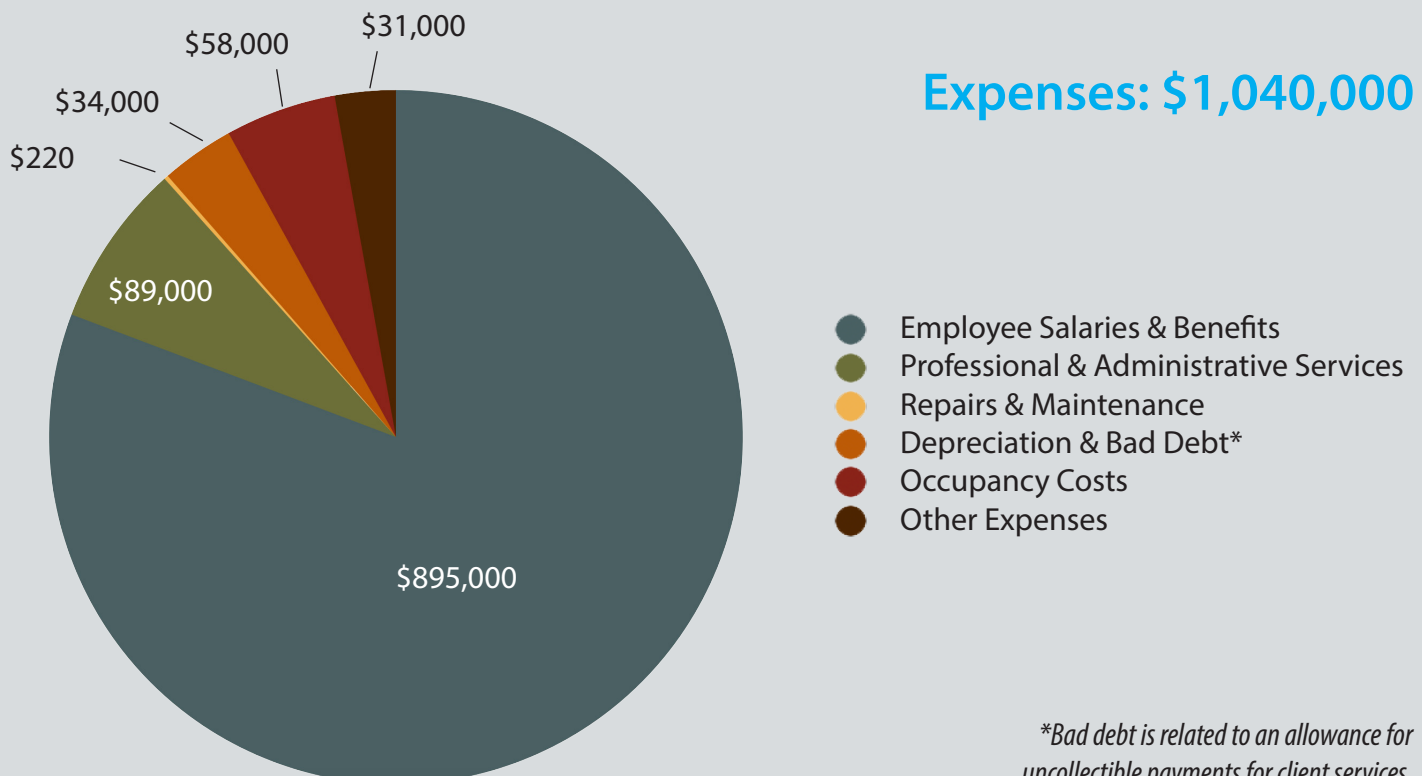
# Financial Information

Operating Funds Only – Fiscal Year Ended 6/30/23

## Revenue: \$718,000



## Expenses: \$1,040,000



*\*Bad debt is related to an allowance for uncollectible payments for client services.*

# Counseling Service Review

The demand for our services continued to grow as we again provided more therapy sessions than the last fiscal year. 24% of clients received specialized therapy (Play Therapy, EMDR and Theraplay techniques).

Catholic Charities Bloomington partners with other organizations to provide counseling services at various locations in the community, including Fairview Elementary, Boys & Girls Club, Monroe County United Ministries, Nurse-FamilyPartnership, IU Health OB, and Riley Physicians.



We have positioned ourselves as a Trauma/Attachment Treatment Center by offering and training our therapists in multiple therapy methods. We plan to create a curriculum to share this knowledge with others in the community.

Catholic Charities received over \$44,000 in grants in 2022-2023. The following organizations granted funds:

- Bloomington City Council- Jack Hopkins Grant
- Community Foundation of Bloomington & Monroe County
- Gannett Foundation
- Sophia Travis Grant
- South Central Indiana REMC
- United Way of Monroe County
- Walmart Giving

## 2023-2024 Update

**Catholic Charities Bloomington is celebrating its 40th anniversary in 2023.**

*Since 1983, we have helped those struggling with mental health find comfort and hope. Born from a request from the Bloomington Deanery priests for "a solid professional marriage and family counseling service," the program has grown into much more.*

*After starting with just one counselor, CCB now has 14 staff members that serve over 500 clients and provides more than 10,000 therapy sessions each year. The celebration of our 40th anniversary culminated with our Annual Benefit Luncheon on September 20 at Ivy Tech Bloomington. We are looking forward to many more years of providing quality, affordable mental health services to our community.*



40 YEAR ANNIVERSARY

# Counseling Success Story



## 2022-2023 Agency Council Members

Heidi Dolson  
Dr. David Gerchak  
LeAnn Luce  
Steve Luce  
Chelsea Rood- Emmerick  
Matthew Russell  
Judy Williams

Maya\* has faced many challenges in life. She experienced significant trauma growing up, having to rely on herself for most of her formative years. Despite these adverse childhood experiences, Maya followed her dreams and met her loving husband. Together for 40 years, they were spouse and partner. Maya and her husband faced a significant challenge when he was diagnosed with a terminal illness. Maya was his health care provider, life manager, spiritual supporter, and friend for 6 years until he passed away. Maya was now facing life alone, managing several challenges including large amounts of medical debt and the development of her own physical health issues that were co-occurring from grief, anxiety, and depression.

Maya suffered in silence for another 6 years relying on her pets for support, companionship, and purpose. She eventually realized that she was still in the grieving process, and it was time to seek support. She called Catholic Charities Bloomington Counseling Services and waited patiently on the waiting list until she was matched with a therapist.

Maya began sharing for the first time about her life, the death of her husband, the challenges of his passing, and the adverse experiences of her childhood. She and her therapist processed the grief of the past and present while addressing the fear of the future. Maya noticed that therapy worsened the feelings of grief, anxiety, and depression initially, but then it became less painful. Maya also noticed that as her emotional pain healed, her outlook regarding her physical health began to lighten as well.

Maya learned that the mind, body, and soul are connected. She took the step to look at herself and say the difficult things out loud to a trained and caring mental health provider. In doing so she was able to go to the vulnerable place where healing occurs and start the next stage of her journey.

Maya knows she will still face challenges, but now has an increased sense of self-esteem, self-worth, and overall balance in her life. She has learned that her suffering is not a burden to others, but an opportunity to have strong connections with friends and that her purpose in life is taking care of herself with love, compassion, and acceptance.





**Catholic Charities**  
*Providing Help. Creating Hope. Serving All.*  
**COUNSELING SERVICES**

**40 YEAR ANNIVERSARY**

**Catholic Charities Bloomington**  
803 N. Monroe St.  
Bloomington, IN 47404  
812-332-1262 | [ccbin.org](http://ccbin.org)

 **Facebook: Catholic Charities Bloomington Counseling Services**  
 **YouTube: CCB Counseling Services**  
 **Instagram: CatholicCharitiesBloomington**