



EMMA
IS HURTING
AND NEEDS YOUR
HELP.



**Catholic
Charities**
Diocese of Fort Wayne-South Bend

2017
ANNUAL REPORT

HOW PROFESSIONAL COUNSELING ALLEVIATES POVERTY

TEACHING ONLY WORKS WHEN A STUDENT IS EMOTIONALLY HEALTHY ENOUGH TO RECEIVE IT.

Emma represents all those students in our Catholic schools who show up with aches and pains that no ER can mend. Here in our diocese, we have 13,668 students, and many are dealing with emotional, behavioral or mental-health issues that keep them from academic success.

We see the symptoms every day: an unexplained sadness, a withdrawn demeanor, disruptive behaviors, or difficulty concentrating. Far from being garden-variety discipline problems, these students need our help to get at those deep hurts that hold them back.

And tragically, for many, these issues are a predictor of a life of poverty. Statistics show a strong correlation between a low level of academic achievement and poverty. In our diocese, 11% of households have an income of less than \$15,000.

This is why we are developing professional counseling services for these children and their families. By partnering with principals, guidance counselors and parents, we will use our clinical expertise to treat the hidden pains that prevent Emma from achieving her potential.

WE WERE MET WITH MANY REQUESTS.

When we announced our counseling program last year, we were met with many requests from diocesan priests and school personnel. One reason is affordability: many families cannot pay for the therapy, so we must find a way to subsidize it. Another reason is that students



For more about our Pyramid, see page 6.



referred for therapy to area clinics sometimes have to wait up to four months to see someone. With our counselor on site, the wait drops from months to days. More importantly, we provide professional counseling that Catholics can trust will conform to the teaching of the Church.

This is a joint effort to minister to families who are struggling with trauma, divorce, addiction, etc. Our first school program got underway in South Bend last year. As St. Matthew's principal Sister Gianna Marie reports,

“THE COUNSELING SERVICE HAS BEEN VERY HELPFUL TO MANY OF OUR STUDENTS, AND WE WOULD LIKE TO SEE IT GROW!”

The program expanded this year to St. Aloysius in Yoder. Our Clinical Liaison, Jess Adams (see her story on page 8), visits there one day a week. “It’s been wonderful,” says principal Tina Voors. “We are gaining a whole new perspective on the emotional needs of our kids.”

Professional, affordable mental-health counseling for students is a powerful tool in the goal to help students grow in mind, body and spirit. Please consider helping us expand this vital program.

SCOPE OF NEED



13,668 Students

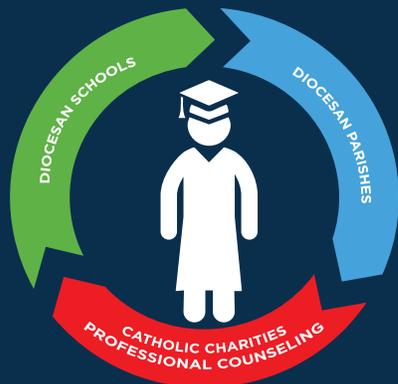


4 High Schools



41 Parish Schools

THREE CATHOLIC PARTNERS ONE CATHOLIC MISSION





SCOPE OF NEED

- 13,668 Students
- 52,323 Catholic Families
- 160,317 Catholics
- 1,247,850 Total Population

A FOUR-PART STRATEGY



PARISHES

Many of our priests tell us their most important need is for trustworthy professional counselors. They see many families and individuals every week whose needs exceed their time or professional expertise.



SCHOOLS

There are times when there are deep-seated emotional or psychological issues coming from our 13,668 students that exceed the time and expertise of our Catholic educators professional capabilities.



HUMAN TRAFFICKING VICTIMS

There is a nationwide epidemic of sex and labor trafficking, and our diocese is no exception. Starting in late 2017, we will help freed victims deal with the trauma of their captivity and adjustment back into the community.



COMMUNITY

Our ambition is to eventually take our faith-based perspective and professional counseling services to the broader community. There are 1.2 million people in our diocese.



A FOUR-PART STRATEGY FOR MEETING OUR PROFESSIONAL COUNSELING NEEDS

Diocesan schools are just the beginning. Like the students we serve today, there are many adults, couples and children outside our schools who are in need a trustworthy Catholic resource for mental-health counseling.

Our parish priests, Catholic schools' personnel, and entire 14 county community leaders tell us their greatest need is for Catholic Charities to provide professional counseling. Our research

revealed that, when dealing with crises such as depression, addiction, overwhelming debt or sadness, and other chronic stressors, the consequences can be dramatic and life-altering.

Why Catholic Charities? We are uniquely qualified with expertise in both mental-health services and the teachings of the Catholic Church. We are the arm of the Church that is called upon to respond to physical, emotional, mental and spiritual needs.

A FOUR-YEAR GOAL

2017

PROJECTION

80

PEOPLE SERVED

2018

PROJECTION

350

PEOPLE SERVED

2019

PROJECTION

550

PEOPLE SERVED

2020

PROJECTION

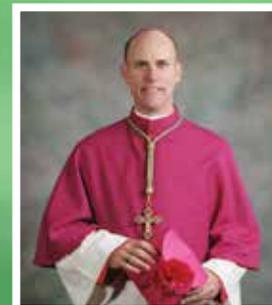
775

PEOPLE SERVED

PLEASE SUPPORT CATHOLIC CHARITIES COUNSELING PROGRAM.

"I am aware of the complex concerns that some members of our parishes and Catholic schools face every day. While our parish priests and Catholic school personnel tirelessly provide pastoral care and outstanding academic and religious education respectively, some of the obstacles children and

families face also require the expertise of our social service arm, which is Catholic Charities. When you give to Catholic Charities' campaign to fund counseling services for parish and school referrals, you make it possible for our Church to more fully respond in love as one Body in Christ."



- Bishop Kevin C. Rhoades

UNDERSTANDING OUR PLACE IN THE PHILANTHROPIC COMMUNITY



SELF-SUFFICIENCY

The client(s) enter a period where they need little or no professional assistance for the issues they are confronting

LONG-TERM SOLUTIONS

We specialize in assisting clients who face complex, long-term issues that prevent them from moving ahead in their lives. These issues often require years of support to address successfully.

SHORT-TERM SOLUTIONS

The initial intervention typically addresses a need or crisis situation in the short-term, which is usually less than one year.

LOCAL CATHOLIC SOLUTIONS TO COMPLEX PROBLEMS

PHASE 2 SERVICES

Many of our clients face complex, long-term issues that prevent them from moving ahead in their lives.

These issues often require years of support to address successfully. We describe these supports as **Phase 2 Services** (see Pyramid above) that often follow some initial intervention. When students are struggling, our Catholic school guidance counselors (see Phase 1 Services) are effective in dealing with most of these situations. There are times, however, when these students or their families need therapeutic counseling from an outside professional who is trained to get at the deep hurts that are not obvious. For example, if a student routinely exhibits disruptive behavior in class, (s)he might be referred to counseling at an off-site clinic, which can

take months before the first visit. Now, though, with our professional counselor on site, the student or family can be evaluated in a matter of days and therapy can begin that will address the need. Plus, everyone has peace of mind from knowing that this therapy will conform to the teaching of the Catholic Church. Parents and priests have expressed gratitude for the immediacy and the Catholicity of treatment. Administrators have expressed appreciation for the services and commented that their eyes have been opened to broader emotional and psychological needs of their students. We are only in six schools at present and need to expand to all four high schools and 34 grade schools. We need your help to achieve this goal.

CLINICAL LIAISON TO PARISH PRIESTS MEET JESS ADAMS

Jess Adams is the newest addition to our Catholic Charities staff.

When we discovered from research that mental-health services were the greatest need, we created the Clinical Liaison position. Jess's position serves as the first step in responding to the many counseling needs identified in our parishes and Catholic schools. Every week, parish priests and school staff encounter students and families, some of whom desperately need more help than they can offer. As a result, professional counselors are in great demand.

To understand how this works, consider the fictional Mr. and Mrs. Smith. They go to their pastor, seeking help with their marriage. He observes that the two are struggling with communication and would like to refer them to a qualified professional. Most importantly, he

wants to make certain this counselor understands and honors the Catholic point of view of marriage as a sacrament.

After receiving the referral from the priest (or his designee), Jess will contact the parties to discuss their needs. She may ask if they have a preference for a male or female counselor, or perhaps one who speaks Spanish. With this information, she will seek out the right fit for their circumstances.

The Clinical Liaison position provides our priests with ongoing support when they need assistance accessing community mental-health resources for their parish or school families. We see this as a vital service so we as a Church can better respond to the emotional, psychological and spiritual needs of Catholics in our diocese.



JESS ADAMS - Clinical Liaison
Masters Degree - Community Counseling



Parish priests and school staff encounter a student or family who need help.



The parish priests contact Jess Adams with a referral for counseling.



Jess reaches out to the party to gather information.



Jess connects them with a suitable counselor based on collected information.



Jess provides the priests with ongoing support.

YOUR GIFT HELPS US **STRENGTHEN FAMILIES**

14,327
PEOPLE SERVED

Alleviating Poverty

568
PEOPLE SERVED

Preserving Life & Dignity

898
PEOPLE SERVED

Building Strong Futures

1,184
PEOPLE SERVED

Creating Next Chapters

604
PEOPLE SERVED

Helping Save Lives

1,690
PEOPLE SERVED

Strengthening Families

69
DCM

Responding in Disaster



19,340

FAMILIES SERVED

AND ALLEVIATE POVERTY

Our goal with every client is to empower them so they can lift themselves out of poverty. Typically, though, they are hindered by emotional and psychological barriers. Here's how we help them overcome those barriers and reach their potential.

STEP
1

MEASURE CAPACITIES

Intellectual
Emotional
Physical
Spiritual

STEP
2

ASSESS AMBITION

Needs
Wants
Dreams

STEP
3

ESTABLISH GOALS

Education
Family
Home

STEP
4

INSTITUTE PROGRAMMING

Job training/placement
Life Skills
Financial Literacy

STEP
5

ASSESS OUTCOMES

Monitor Progress
Evaluate Programming
Modify as Necessary



2016-17 INCOME BY SOURCE

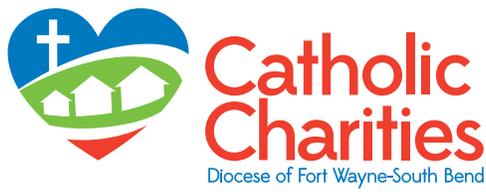
TOTAL INCOME
\$4,182,892



2016-17 EXPENSE BY SOURCE

TOTAL EXPENSES
\$4,239,636





2017 STATEMENT OF ACTIVITIES

	UNRESTRICTED	TEMPORARILY RESTRICTED	TOTAL
SUPPORT & REVENUES:			
Contributions*	\$852,250	-	\$852,250
Foundations & Trusts	514,535	187,326	701,861
Diocese Contributions & Support	471,293	-	471,293
United Way Grants			
• Allen County	120,821	-	120,821
• DeKalb County	47,125	-	47,125
• Steuben County	1,200	-	1,200
• St. Joseph County	33,857	-	33,857
• Noble County	2,000	-	2,000
• Elkhart County	1,104	-	1,104
Contracts	1,747,691	-	1,747,691
Government Grants	109,031	-	109,031
Investment Returns	94,659	-	94,659
Assets released from restrictions	141,312	(141,312)	-
Total Support & Revenue	\$4,136,878	\$46,014	\$4,182,892
* 69% of Contributions are Non-Cash (Material)			
EXPENSES:			
PROGRAMS SERVING PARENTS & CHILDREN			
Adoption	\$45,214	-	\$45,214
Community Dev. (Your Journey Together)	65,808	-	65,808
Counselling	59,858	-	59,858
Disaster Case Management	20,730	-	20,730
ECHO Program - FW	111,861	-	111,861
ECHO PROGRAM - SB	79,677	-	79,677
Hispanic Health Advocate	73,839	-	73,839
Pregnancy Services	30,026	-	30,026
Youth Mentoring	69,944	-	69,944
	\$556,958	-	\$556,958
PROGRAMS PROVIDING BASIC NEEDS			
Resource & Referral - FW	\$160,421	-	\$160,421
Resource & Referral - SB	105,463	-	105,463
Food Pantry - Auburn	323,174	-	323,174
Food Pantry - SB	122,345	-	122,345
	\$711,403	-	\$711,403
PROGRAMS THAT WELCOME THE STRANGER			
Refugee Job Development**	\$296,185	-	\$296,185
Refugee Resettlement**	548,884	-	548,884
Refugee Match Grant**	336,989	-	336,989
Refugee Health**	21,895	-	21,895
Refugee Extended Case Management **	78,689	-	78,689
Refugee SJCH **	63,515	-	63,515
Immigration	256,894	-	256,894
** Funder Restricted	\$1,603,050	-	\$1,603,050
PROGRAMS SERVING SENIORS			
Retired Senior Volunteer Program	\$165,513	-	\$165,513
Senior Community Service Employment Program	592,604	-	592,604
	\$758,117	-	\$758,117
Management & General***	\$374,579	-	\$374,579
Public Relations & Fund Raising	235,529	-	235,529
Total Expenses	\$4,239,636	-	\$4,239,636
Changes in Net Assets from Operations***	\$(102,758)	\$46,014	\$(56,744)

*** Includes Depreciation



SUGGESTED GIFTS



\$500 brings professional case managers to a rural parish



\$1,000 keeps family warm for the winter



\$2,000 provides counseling to families in crisis

HELP US REACH OUT TO UNDER-SERVED AREAS WITH OUR MOBILE UNIT



Melissa Grossman, intern Kristin Kline, and supervisor Jessica Hanna (L-R) provided services at St. Anthony de Padua in Steuben County.

Our Mobile Unit is vital to our mission of strengthening families and alleviating poverty in under-served areas of the diocese. Many times people in need do not have transportation to come to one of our three offices in Fort Wayne, Auburn or South Bend. So now we have the means to reach out to rural parishes, understand their needs, and bring those services to them.

