

DISCOVERY COUNSELING CENTER

2021-2022 ANNUAL IMPACT REPORT



EXECUTIVE DIRECTOR'S STATEMENT



In 2021 we marked our 50th year of serving our local communities through access to high quality, affordable, and accessible mental health services. Recent years brought heretofore unseen challenges, as we responded to an exponential growth in demand for our services during a public health crisis. Our dedicated and talented staff built a robust telehealth capability to continue care for our clients. With skilled stewardship from our Board of Directors combined with the generous support of our donors we were able to steady our finances and sustain our clinics in Danville and San Ramon when sadly many other community clinics had to close their doors. Already one of the Bay Area's largest and highly regarded training programs for future mental health professionals, we managed in this last year to expand our training opportunities and welcomed the largest class ever to our SCIP program.

In this impact report, we demonstrate our commitment to continue expanding access to mental health services and be dynamic in responding to the evolving needs of our communities. We also highlight The Thrift Station and Friends of Discovery, which is an element of our story that illustrates so beautifully the power of community.

In ways large and small, recent times have challenged many of us to engage in our own metamorphosis of sorts and seek something more meaningful in our lives. It is true of how I became engaged with Discovery's mission. Now it is an opportunity I offer to you. If you don't know us, get to know us. I promise you, you will be amazed at how many in our community have a part in this story. It truly does not get any more local than Discovery Counseling Center.

Bringing mental health support to one individual or family is in itself a worthy effort, and our report focuses on care delivered, but we must also keep in mind that an equally important impact is the one harder to measure - better outcomes for families, schools, workplaces, and communities. That too, is the impact of the work that Discovery Counseling Center does. Your support is what makes this possible, and we are incredibly grateful.

Sunita Bhandari

Executive Director

A NOTE FROM OUR CLINICAL DIRECTOR



In 2021, the Spirit of dedication and commitment at Discovery Counseling Center was more evident than ever! Understanding the mental health challenges that we continue to ace in our community, our team came together in creative, collaborative ways to ensure that our mission to serve informed each decision made.

One of the many accomplishments we achieved in 2021 was becoming approved by the California Psychology Internship Council (CAPIC) as a Pre-Doctoral Internship Site. This means that our training program now accommodates all levels of graduate training including Master's (MFT) Trainees and Associates (AMFT), Pre-Doctoral Practicum, Pre-Doctoral Internship, Externship and Post-Doctoral Fellows.

Today, our agency is stronger and more dedicated than ever. Our clinical team continues to be equipped not only the right tools, but with the heart and fortitude required to continue making lasting impacts. As reflected in this report, the meaningful work we do at Discovery Counseling Center is dynamic, complex, and multifaceted. It requires clear and intentional collaboration, which we hold with grace and courage. We are deeply grateful to the many special people who support the work we do. It is in this community of deep partnership where the Spirit of Discovery continues to live and thrive. Thank you!

Nitsa Dimitrakos
Clinical Director



You will find this QR Code in various places in this report. Just hover over this code with your smartphone camera app and click on the link that appears. That will take you to our website where you can make an online donation to support Discovery Counseling Center. Your support is critical to ensuring we can continue our mission, to provide mental health support to those who need it most. Thank you!

CLINIC



7,246
APPOINTMENTS

\$414,107
SUBSIDIZED SESSION FEES

With thousands of appointments held at our clinic every year, our therapists are working hard to meet the increasing demand for mental health services. **70 percent of our clients qualify for some level of financial assistance** for subsidized session fees.



Individual Therapy

One on one psychotherapy with a trained therapist and a safe space.



Couples/Family Counseling

Working with families and couples in intimate relationships to nurture change and development.



Group Therapy

A safe and structured venue to discuss challenges, under the supervision of a therapist.

Staff Spotlight

Caroline Miller, AMFT
Associate Marriage and Family
Therapist at Discovery Counseling
Center



I came to Discovery in search of opportunities to grow my skills as an MFT trainee. What I found was a tightly connected community of caring and compassionate people, applying their talents in the service of those struggling with mental health issues. I quickly felt nurtured, supported, and guided as I advanced into my associateship.

Like everyone else, I did not expect to have my life and experience altered by a global pandemic. However, what I observed at the clinic was therapists, interns, staff, and management stepping up to embrace new challenges as we all learned to manage and maintain high standards of care for our clients. I was deeply inspired by the willingness and dedication of those around me to learn and implement telehealth services, navigate Covid safety measures, and absorb the sudden influx of new clients.

As I near licensure, I feel incredibly lucky and grateful for my experience at DCC. I feel well supported and prepared, and I look forward to becoming a permanent member of this amazing team.

SCIP & SPP

(SCIP) School Based Counseling Intervention Program



Discovery Counseling Center's School Based Counseling Intervention Program (SCIP) offers mental health services and support to children, adolescents and teens (grades K-12) in each of the 36 school sites in the San Ramon Valley Unified School District.

The program is staffed by "SCIP Counselors" who are graduate students in either Master's programs or Doctoral programs and who are gaining clinical hours of experience towards graduation or licensure to become Licensed Marriage and Family Therapists (LMFT) or Licensed Clinical Psychologists.

SCIP counselors are supervised by licensed staff therapists of Discovery Counseling Center. Both individual and group therapy is offered at no charge to families.



The San Ramon Valley Unified School District is very grateful for the partnership we have had with Discovery Counseling Center for over 30 years. Through this partnership, the SCIP counseling program has supported so many students and their families. This program is so vital for our students' well being.

**Dr. John Malloy, Superintendent,
San Ramon Valley Unified School District**

(SPP) Sports Psychology Program

Through a partnership with JFK University and the San Ramon Valley Unified School District, Discovery Counseling Center launched a new sports psychology program, designed to provide early and effective mental skills and mental health interventions to student athletes at each of the four high schools in the district.



Through individual and group sessions, student athletes are offered the opportunity to address concerns related to their sport performance, pursue mental skills training to improve performance, receive athletic assessments related to their sport, and enhance overall mental health. The opportunity to work through personal concerns through individual counseling is also available, if needed. SPP sessions are conducted by

pre-licensed Discovery Counseling staff under the supervision of licensed mental health and sport psychology professionals.

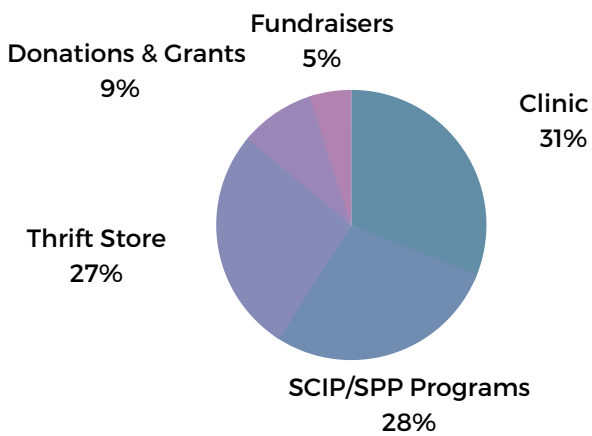
Schools' athletic directors, counselors, and administrators are incredibly grateful for the increased support and everyone is excited to continue working toward developing this partnership.

**Jessica Coulson, Coordinator Social Emotional Well Being
San Ramon Valley Unified School District**

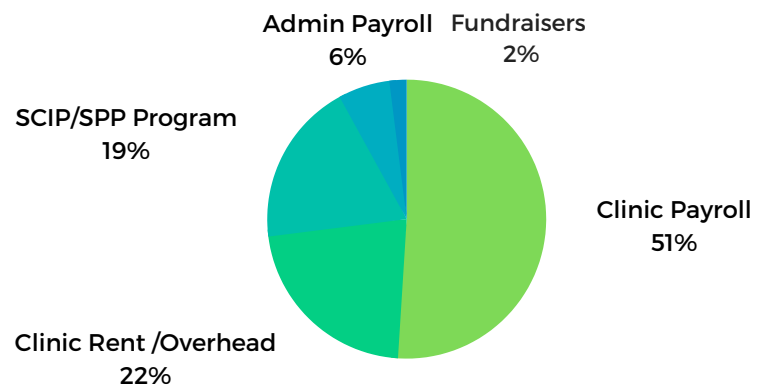


FINANCIALS

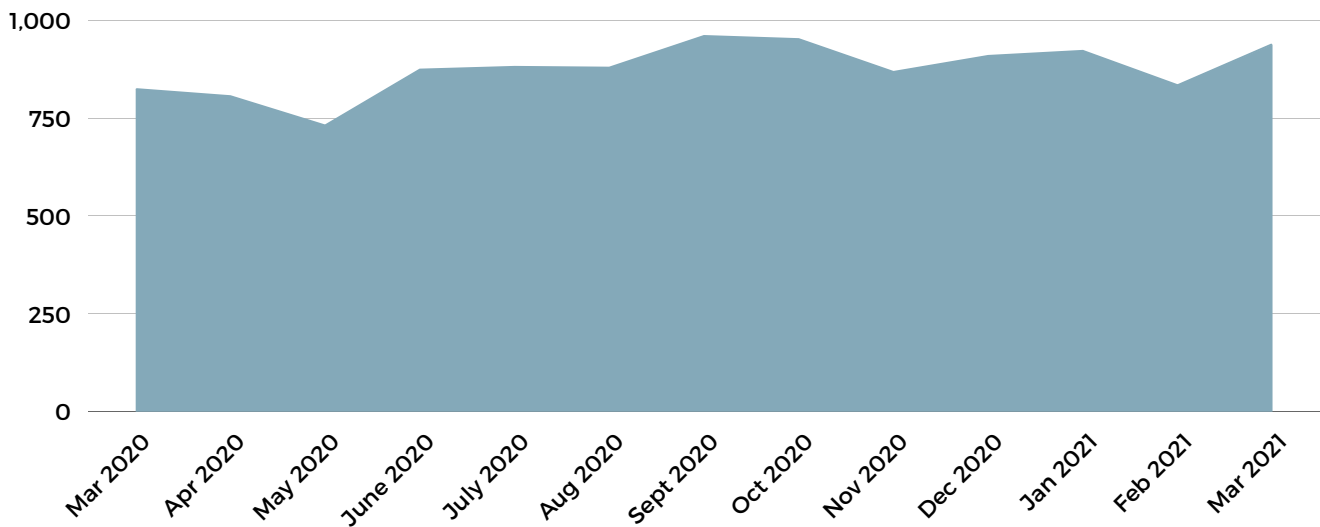
REVENUE



EXPENSES



APPOINTMENT VOLUME

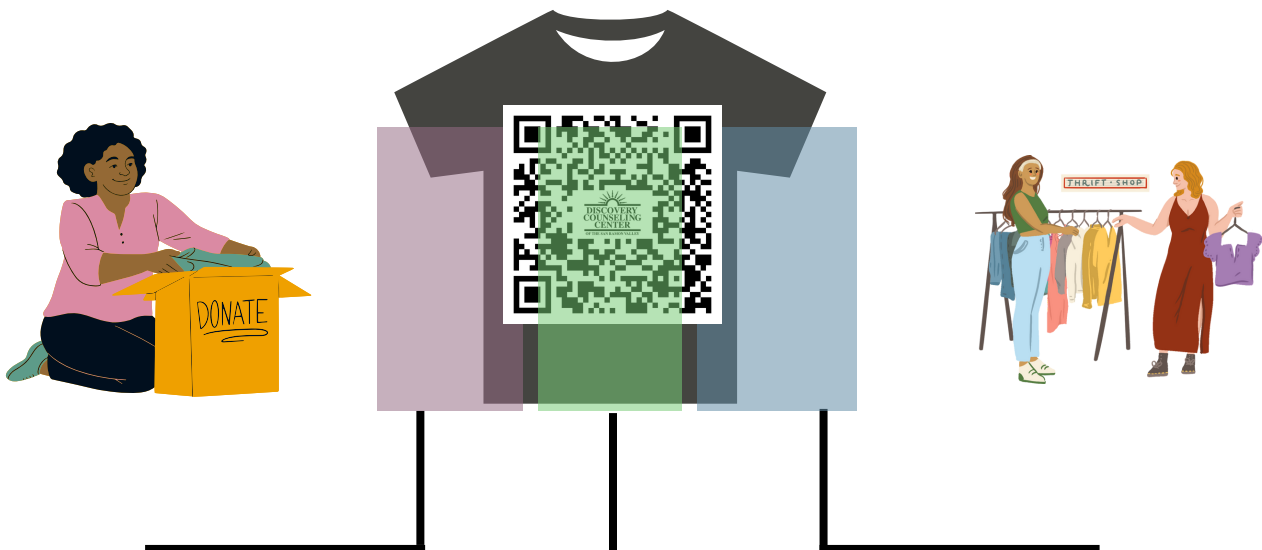


THRIFT STATION



The Friends of Discovery was established in 1972 as a volunteer organization committed to providing a stable funding source in support of the mission, goals, and programs of the Discovery Counseling Center. They also operate the The Thrift Station, located at 486 San Ramon Valley Blvd in the Crossroads Shopping Plaza in Danville. They are open Monday - Saturday 10am to 4pm and staffed entirely by volunteers from the Friends of Discovery. The Shop gratefully accepts donations when open, and are always looking for new volunteers! Or come shop with them! All proceeds go to the Discovery Counseling Center.

WHAT YOUR DONATIONS OR PURCHASES CAN FUND



counseling sessions for individuals and families

70% of our clients qualify for some level of financial assistance, and the average subsidy is \$50 per session.

training the next generation of therapists

It takes 3,000 hours of practical experience to become a licensed marriage and family therapist

community workshops and advocacy on mental health

Discovery Counseling Center offers free workshops to the community on substantive topics throughout the year.

FRIENDS OF DISCOVERY

We are pleased to showcase these volunteers who make such a difference in our local community. If you'd like to volunteer with the Friends of Discovery please call 925-820-1988!

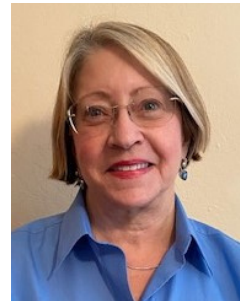


Shirley Jacks, 40 years

It has been a joy being a volunteer at the Thrift Station for the past 40 years in support of DCC's vital mental health services to our schools and community. In my 40 years on the Friends' Board, I have worked with so many hardworking amazing gals and feel they are extended family and the Shop our second home. It is a blessing to be in this loving organization where we have fun providing vital funds for DCC and being together in our village of Friends. Judy Nauman (former Shop Coordinator for 15 years!) calls the Shop "OUR HAPPY PLACE" and it is!

Ann Willoughby, 6 years

The shop is like a second family. I love the camaraderie amongst the volunteers. Their energy and enthusiasm is amazing. We also have very loyal and fun customers who are so happy to be shopping with us. Many of them come in daily, some even two or more times a day. And then, bottom line, all of our energy, enthusiasm and joy supports the exceptional community-based mental wellness services of Discovery.



Mari Walden, 8 years



I was recruited by my sister who is also a volunteer. My previous interactions with the Discovery Counseling Center led me to realize how important the Danville Thrift Station is for their continuing support. Working at the Thrift Station has provided me with friendship and camaraderie. I know I will always enjoy time with my fellow volunteers. I love interacting with our customers and assisting them with their purchases. I plan on continuing my commitment to the Danville Thrift Station for many years to come.

Jenny Ormiston, 3 years

My favorite thing about the Thrift station is people. From the generous community that donate goods for resale, the shoppers delighted with their purchases and the volunteers who are so warm and friendly to all. This truly is my happy place. I love working here and so happy to donate my time for such a worthy cause.



FROM OUR BOARD

Sustaining our Mission

Michael Copeland, Board Chairman



Mental health, an already crucial topic, has only become more salient in all our lives recently. From the classroom to the boardroom and even on the sports field, we're all feeling the residual effects of the pandemic and now face concerns about the economic effects of inflation and a potential recession. As fortunate as we are to live in such a safe and beautiful community, many of our citizens are dealing with stress, anxiety, depression, and other equally serious issues. We continue to see a growing need for mental health services and while Discovery does our best not to turn anyone away who needs our help, 70% of our clients need financial assistance to make counseling affordable for themselves or their family.

In the past, Discovery has been able to match the growing need for services due in large part to the contributions of the Friends of Discovery who tirelessly and brilliantly operate the Thrift Station in downtown Danville. The dedication of these amazing women (and a few men) has been critical to our ability to fulfill Discovery's mission. In addition, each year, we hold an annual Golf Tournament and Evening of Music & Laughter which are highly successful fundraisers. Yet to meet the increasing cost and demand for mental health services, we now must ask for your support.

If you are interested in learning more about how you can help us to continue providing critical mental wellness services within our community, I encourage you to visit our website (www.discoveryctr.net). Every little bit helps and even small donations add up to a big contribution. As Henry Ford once said, **"Coming together is a beginning. Keeping together is progress. Working together is success."**

ENDOWMENT FUND



The Katie Combs Endowment Fund has been established to support Discovery Counseling Center as it continues to provide programs and services to promote the mental wellness of children, families, individuals and seniors in the San Ramon Valley for the next 50 years. A donation to the endowment fund helps to ensure Discovery Counseling Center's long-term financial stability and sustainability and becomes a gift that gives grows and serves for generations to come and eventually provide us with another stable source of income.

We invite you to join us in growing Katie's Fund and providing fruit and shade for the next generation.

DISCOVERY SUPPORTERS

Fiscal Year 2021-22

Anita Cadonau-Huesby
Bill & Carol Dunkle
Claire Humphrey
Danville Rotary Club
David & Judy Rohrbach
David & Sara Selway
Davis Family Foundation
Don & Sharon Ritchie
Don Schmitt
Ed & Linda Best
Elliott & Risedorph Trust
Fidelity Anonymous
GFWC Danville Womens Club
Glen & Linda Novotny
John Albert Kubas
John Malatesta
John O'Donnell
Kathy Chiverton
Kenneth Mintz
Linda and Glen Novotny
Longo Foundation
Marcus & Millichap Foundation
Marianne and Bill Gagen
Mark Traikoff, Laurel Leftwich
Michael & Lisa Picarella
Millie Day Charitable Trust
Neal & Maryanne Mitchell
Ned Chiverton
Network for Good
Pat Wilson
Pershing
Purcell Family Foundation
Quest Foundation
Richard & Joanne Spillane Fund
Robert Combs
Rolling Hills Church
Rumi Varma
San Ramon Valley UMC
St Timothy's Episcopal Church
Sutter Health
T. Rettagliata
Terry Church
Thrift Station
Travis Credit Union Foundation Fund
United Methodist Church

EVENTS

Discovery Counseling Center has two major annual fundraisers, An Evening of Music & Laughter featuring a stand up comedian and band, as well as an annual Golf Tournament. We also offer community workshops throughout the year. Below are some highlights of milestone events and upcoming fundraisers & workshops. For more information on our upcoming events please visit our website at www.discoveryctr.net.

SAVE THE DATES FOR THE DASHED EVENTS!

50th Anniversary Celebration August 2021



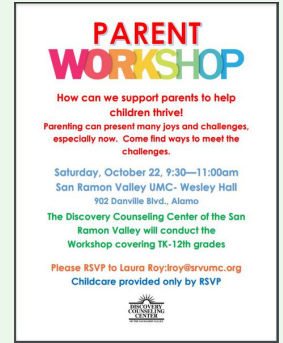
21st & 22nd Annual Golf Tournament September 2021 & 2022



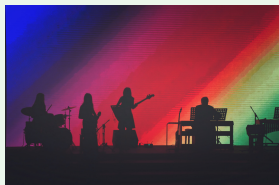
An Evening of Music & Laughter May 2022 @ The Roundhouse



In Person and Zoom Workshop for Families October & November 2022



10th Annual Evening of Music & Laughter May 19, 2023 @ The Roundhouse



Scan for a video about us!

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**DISCOVERY
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CENTER**
OF THE SAN RAMON VALLEY



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