

# IMPACT REPORT

2023-2024



# INTRODUCTION

This impact report captures the heart of our mission: to empower individuals, families, and young people through accessible, compassionate mental health services.

The need for mental health support in the San Ramon Valley has never been more urgent. We continue to witness increasing demand for counseling services, particularly among children and adolescents facing anxiety, depression, and the lingering effects of isolation. Discovery Counseling Center has responded by expanding our services, growing our team of skilled therapists, and strengthening our community partnerships to ensure that everyone has access to the care they need.

**Our sliding-scale counseling services at our clinic have made it possible for hundreds of individuals and families to receive therapy regardless of their financial circumstances. Through our school-based programs, we have reached over 400 students with crucial early intervention services and fostering emotional resilience among youth. In sum, this year alone between our clinic and school services, we provided 13,511 counseling hours, impacting lives in ways both profound and lasting.**

None of this would be possible without the generosity and commitment of people like you. Your support fuels our mission and helps us build a stronger, healthier community. We are deeply grateful to everyone who has contributed to this work, whether through donations, volunteer hours, or community advocacy. Together, we are making a difference, one life at a time.

Thank you for standing with us on this journey. We look forward to continuing our work together, creating a future where mental health is prioritized and accessible for all.

With gratitude and optimism,

*Sumita Bhandari*  
Executive Director



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# OUR STORY

## BEGINS IN THIS COMMUNITY: FRIENDS OF DISCOVERY



Founded in 1973, the Friends of Discovery is an all-volunteer non-profit organization dedicated to providing a stable funding source in support of the mission, goals and programs of the Discovery Counseling Center. Were it not for their significant financial contributions, Discovery would be unable to sustain our services.

Over 130 volunteers run the Thrift Station the six days a week it is open! Volunteers gratefully accept donations, sort them, stock racks and shelves in the beautiful store and greet customers. The shop relies on donations of new and gently used merchandise from the community and draws customers from the entire Bay Area.

The Friends of Discovery celebrated its 50th anniversary in 2023 and received the Town of Danville's prestigious Award of Merit in December 2023 for its exceptional 50 years of service in support of community mental health.



### **The Thrift Station**

486 San Ramon Valley Blvd., Danville  
*Next to Los Panchos in  
the Crossroads Shopping Center*

**Open for donations and shopping!**  
**Monday – Saturday 10 AM – 4PM**



### **Join our family!**

The Thrift Station is always looking for new volunteers and patrons, whether shopping for treasures or generously providing donations.

**Scan the QR code below or visit our website at [www.discoveryctr.net](http://www.discoveryctr.net):**



# CLINICAL DIRECTOR'S REPORT

I am honored to share the incredible impact we have made this year in our mission to provide accessible and high-quality mental health services to our community. We are grateful for our staff who work tirelessly to support individuals and families in need.

Year after year, we have seen the need for mental health services rising, in the face of a shortage of mental health professionals to meet this demand. At Discovery Counseling Center, we have in this past year provided supervision and training to over 40 pre-licensed clinicians, supporting them on their path from graduate school towards becoming a licensed mental health professional. In addition, through support from local organizations such as the Three Valleys Community Foundation we offer our staff resources to train on meeting the changing cultural makeup of our community in an effort to provide culturally responsive and appropriate services.

If you could listen to the stories of our clients, you would witness the vast range of the human experience: stories of triumph and grief, intense shame and overwhelming joy, love and loss, isolation and connection. You would also see the power of forgiveness—both towards oneself and for others. Each session represents an opportunity for someone to feel seen, supported, and empowered to face life's challenges.

***For many of those who come through these doors, this space may be the only place in their lives where they can share their stories. Here, they have someone who can bear witness to their experiences and remind them that they, and those around them, are valuable and worthy of empathy and compassion. This is what your support—past, present, and future—provides. For that support, may you feel the deep appreciation from all those who benefit from this work.***



Thank you,

*CDs*, LMFT  
Clinical Director



## ***Here's how your Donations Make a Meaningful Difference***

### **\$150**

Could provide up to three sessions of group therapy for a teen who needs help learning how to overcome social anxiety and build friendships with peers.

### **\$250**

Could provide up to a month of counseling for a family struggling to reconnect and communicate more effectively.

### **\$500**

Could support up to two months of therapy for a community member combatting anxiety or depression.

### **\$1,000**

Could support up to four months healing and hope for a family in grief.



Scan this QR Code or visit  
[www.discoveryctr.net/donate](http://www.discoveryctr.net/donate)







# BY THE 2023-24 NUMBERS

Percentage of clients who  
needed financial assistance  
for services

## 75%



Financial assistance  
provided to individuals,  
couples & families

## \$508,657

Percentage of revenue raised  
through clinic services

## 27%



Hours of counseling  
provided for individuals,  
couples & families

## 13,511



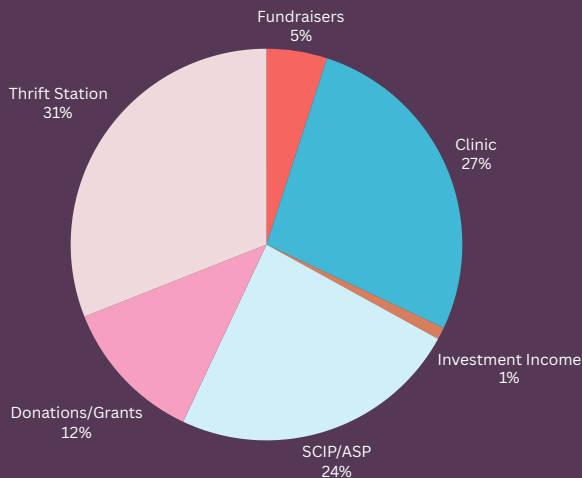
Revenue that must be raised  
through donations,  
fundraisers, and grants

## 48%

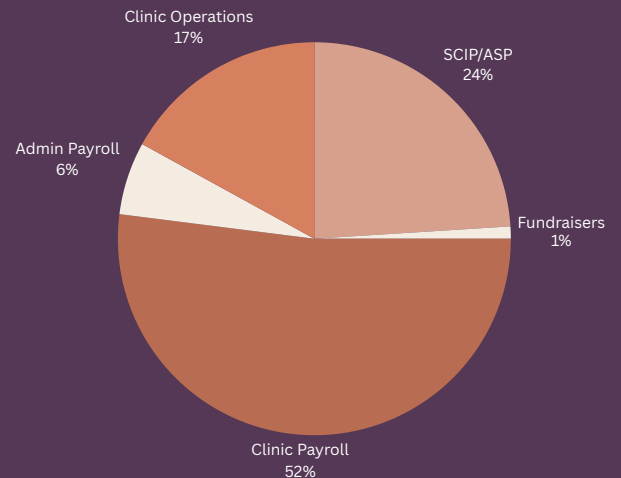


Expenses dedicated  
to providing services

## 93%



### Revenue



### Expenses



# SCHOOL-BASED SERVICES:



## ON-SITE CLINICAL THERAPY

Elisabeth Callahan, LCSW  
Training Program Manager

The 2023-24 school year marked the thirty-fifth year of Discovery Counseling Center's partnership with the San Ramon Valley Unified School District (SRVUSD) through SCIP (School Counseling Intervention Program). The program offers individual and group counseling to all 36 schools in the district. We were honored to supervise 34 therapists who were on site one to two days per week at each elementary, middle and high school providing clinical services to students.

**This year our SCIP counselors served 400 SRVUSD students. From August 2023 through June 2024, the SCIP counselors provided 6,006 counseling sessions and met the following objectives:**

- Conducted individual and group sessions with children and adolescents.
- Consulted and collaborated with parents, family members, school principals, counselors, district social workers, teachers, school psychologists, resource teachers and other members of treatment teams.
- Participated in Student Study Team (SST) meetings and Individualized Education Program (IEP) meetings.
- Offered psychoeducation and support to school staff and families.

"I worked with an 8-year-old who was adopted and had relationship issues with her mother. During sessions, we would practice role playing healthy communication skills and feelings around being adopted since they were changing as she was getting older. Over time this student was able to build confidence in bringing up hard conversations with her mother and use her time in therapy to share her emotions."



Last year, I worked with a student struggling with social anxiety so much that it impacted school attendance and class performance. Together, we identified the student's fears and used anxiety-management skills to gradually increase their comfort in class. We practiced reframing worries, using communication tools, and engaging with peers and teachers. By year-end, attendance and grades improved, and the student reported less distress. This year, they retained progress from SCIP and are focusing on a new treatment area.

## SUBSTANCE ABUSE PREVENTION: ASP



The Alternative to Suspension (ASP) program offers support to teens and their families dealing with substance use issues. This program provides assessment, education, and prevention strategies tailored to help adolescents make healthy choices, resist peer pressure, and develop coping skills. Through an individual student and follow up family consultation with our therapists, the ASP program's goal is to move focus from punitive measures only and address underlying challenges, foster resilience, and reduce substance use in order to promote long-term well-being.



*We are deeply grateful to these donors, whose support empowers us to provide vital mental health services to our community. Your commitment to our mission strengthens our ability to bring hope, healing, and resilience to those who need it most. Together, we are building a healthier, more compassionate community. Thank you for making a difference!*

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# HIGHLIGHTS



# THANK YOU



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