**MISSION**

We walk with people through counseling and education to find hope and healing, and to live a fulfilling life.

**VISION**

The Center will be recognized as the welcoming place for those seeking inspiration, hope, and healing of mind, body, and spirit.

**KEY SERVICES**

- Counseling, including specialized services for children known as C.O.O.L (Children Overcoming the Obstacles of Life)
- Psychiatry (medication management)
- Psychological testing and assessment
- Leadership and Spiritual Life programs
- Spiritual Direction
- Clinical training and professional development
- Mindfulness Based Stress Reduction (MBSR)

**IN 2020, THE DES MOINES PASTORAL COUNSELING CENTER HAD AN OPERATING BUDGET OF $3.17 MILLION DOLLARS.**

**2020 INCOME**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training, consultation and other</td>
<td>16%</td>
</tr>
<tr>
<td>Contributions</td>
<td>17%</td>
</tr>
<tr>
<td>Clinical</td>
<td>67%</td>
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**2020 EXPENSES**

<table>
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<tr>
<td>Fundraising, Communications and Marketing</td>
<td>6%</td>
</tr>
<tr>
<td>Operations</td>
<td>10%</td>
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<tr>
<td>Program Services</td>
<td>84%</td>
</tr>
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**THANK YOU to our broad base of community donors!**

With grateful hearts, we offer a full listing of 2020 donors on our website. Please visit www.dmpcc.org/2020donors.

**2020 BOARD OF DIRECTORS**

- **President**
  - Marti Wade | retired, Workiva
- **Vice President**
  - Andrea James | Wells Fargo
- **Secretary**
  - Sandra Axness | retired, Des Moines Public Schools
- **Treasurer**
  - Joe Lee | KPMG audit firm
- **Community Relations**
  - Kim Caroll | Behavioral Health Services for Unity Point Health
- **Community Relations**
  - Elizabeth Casan | Denmark Davis Brown
- **Community Relations**
  - Tom Fischer | GuideOne Mutual Insurance and Pioneer Hi-Bred
- **Community Relations**
  - Linda Goedeker | consultant focusing on healthcare policy
- **Community Relations**
  - Sharon Goldberg | retired, Jewish Federation of Greater Des Moines
- **Community Relations**
  - Susan Hamilton | Drake University
- **Community Relations**
  - Robyn Mills | Alzheimer’s Association
- **Community Relations**
  - Greg Nichols | Iowa Student Loan
- **Community Relations**
  - Shirley Roster | Pathway Consulting Group
- **Community Relations**
  - David Sagoff | Principal Financial Group
- **Community Relations**
  - Kendra Simmons | Fiduciary & Dreyer, PA
- **Community Relations**
  - Erica Shannon Stueve | Iowa Primary Care Association
- **Community Relations**
  - David Show | Penn River Software
- **Community Relations**
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**2020 ANNUAL REPORT**

**LEADERSHIP**

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**CONTACT**

Help yourself or a loved one.
Schedule an appointment.*
www.dmpcc.org/intake | 515-274-4006

Help others. Make a donation.
www.dmpcc.org/donation
515-274-4006

8553 Urbandale Avenue | Urbandale, Iowa 50322
855-274-4006

*To protect the health of clients and staff during pandemic, the Center is offering high quality telehealth mental health services.

**2020 FINANCIALS**

**VISION**

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INTEGRATING MIND, BODY AND SPIRIT APPROACHES...

3,667 individuals served through counseling, psychiatry (medication management), and psychological testing.

821 individuals served through Leadership and Spiritual Life programs including PrairieFire™, Pastoral Care Specialist™ training, spiritual direction, clergy boundary training, Congregational Assessment Tool™ (CAT), and more.

138 individuals served through education and support including Mindfulness Based Stress Reduction, Survivors of Suicide Loss Support Group, Anti-Racism Book Group, and more.

THROUGH 30 MULTIDISCIPLINARY CLINICIANS...

30 percent of clinical referrals came from physicians or other health care professionals.

27,000 clinical sessions provided including counseling, psychiatry (medication management) and psychological testing.

100 percent of services were transitioned to telehealth for the safety of clients and staff during the COVID-19 emergency.

SERVING PEOPLE OF ALL AGES...

500 seniors accessed clinical services.

600 children and adolescents plus their families, teachers, principals, doctors, lawyers, judges and other key people — were served through the Center’s C.O.O.L. clinic (Children Overcoming the Obstacles of Life) in 2020.

FROM ALL WALKS OF LIFE AND ALL INCOME LEVELS...

2567 individuals ages 20–50 accessed clinical services.

30 percent of clinical clients accessed services through financial assistance because they were from low income households.

70 percent of clients accessed services through direct pay or insurance.

500 children and adolescents plus their families, teachers, principals, doctors, lawyers, judges and other key people — were served through the Center’s C.O.O.L. clinic (Children Overcoming the Obstacles of Life) in 2020.

2020 ANNUAL REPORT | 49 YEARS OF INTEGRATED SERVICES...

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FROM ALL WALKS OF LIFE AND ALL INCOME LEVELS...

49 years as one of the few providers in Central Iowa who serves those who are insured, uninsured and underinsured.

WITH THANKS TO A BROAD BASE OF COMMUNITY SUPPORT.

$512,860 was given to the Center by a broad base of community donors.

$204,000 was raised through donors of Women Helping Women, the Center’s annual fundraising event.

2 fundraising records were broken! Thanks to our generous donors, the Center raised more funds than ever before to increase access to critical mental health services.