

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)



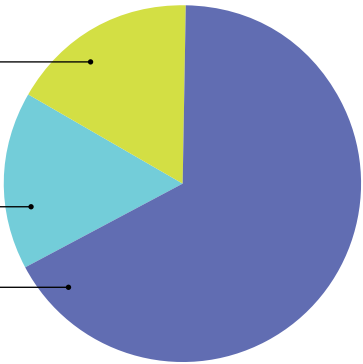
IN 2020, THE DES MOINES PASTORAL COUNSELING CENTER HAD AN OPERATING BUDGET OF \$3.17 MILLION DOLLARS.

2020 INCOME

Training, consultation and other 16%

Contributions 17%

Clinical 67%

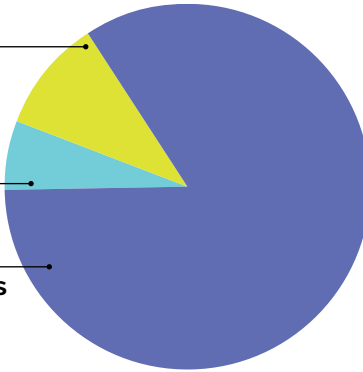


2020 EXPENSES

Fundraising, Communications and Marketing 6%

Operations 10%

Program Services 84%



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](http://www.dmpcc.org/2020donors).

2020 BOARD OF DIRECTORS

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**Marti Wade** | retired, Workiva
- VICE PRESIDENT  
**Andrea James** | Wells Fargo
- SECRETARY  
**Sandra Axness** | retired, Des Moines Public Schools
- TREASURER  
**Joe Lee** | RSMUS audit firm
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CONTACT

Help yourself or a loved one.  
Schedule an appointment.\*  
[www.dmpcc.org/intake](http://www.dmpcc.org/intake) | [info@dmpcc.org](mailto:info@dmpcc.org) | (515) 274-4006

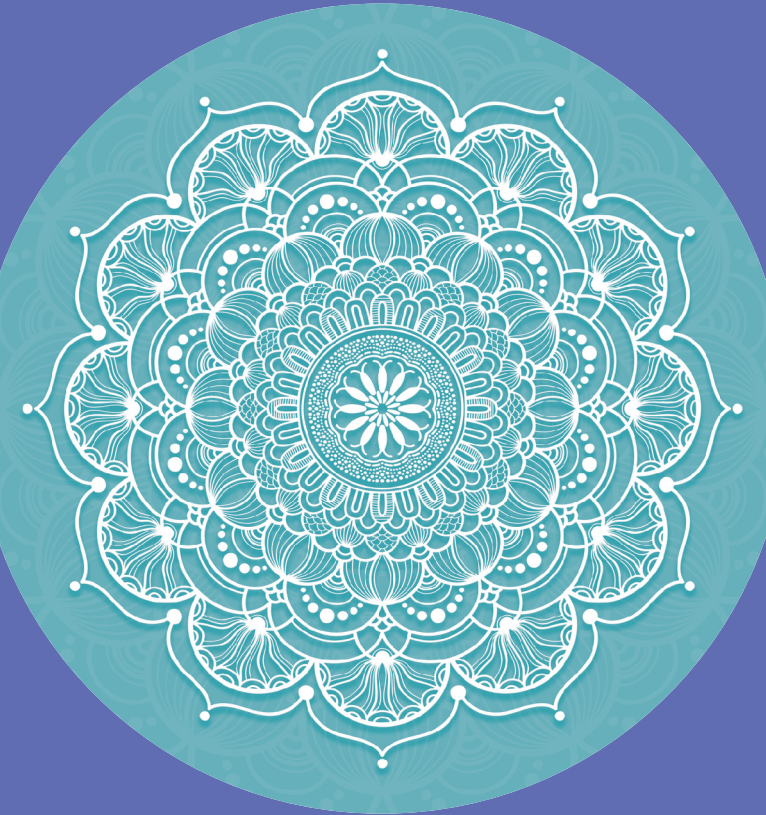
Help others. Make a donation.  
[www.dmpcc.org/donation](http://www.dmpcc.org/donation)  
(515) 564-5122  
8553 Urbandale Avenue | Urbandale, Iowa 50322

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



DES MOINES PASTORAL  
**COUNSELING CENTER**

8553 Urbandale Avenue | Urbandale, Iowa 50322  
(515) 274-4006 | [www.dmpcc.org](http://www.dmpcc.org)  
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HOLISTIC BY DESIGN

49 YEARS OF INTEGRATED SERVICES



DES MOINES PASTORAL  
**COUNSELING CENTER**

## 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



2567

individuals ages 20 – 50 accessed clinical services.



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

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.



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.