

WHO WE ARE

MISSION

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

VISION

The Des Moines Pastoral Counseling 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
- Spiritual Direction
- Leadership and Spiritual Life programs
- Mindfulness Based Stress Reduction (MBSR)
- Clinical training and professional development
- Community education such as suicide awareness

A STORY OF HOPE AND HEALING

A SAFE SPACE FOR GRACIE

Gracie, my granddaughter, came to live with me when she was in 2nd grade. She is now a sophomore in high school. Shortly after she came to live with us, she began her work with her counselor, Elaina Riley, Licensed Independent Social Worker at the Des Moines Pastoral Counseling Center. And I do mean work. She learned to put her shield up with those people with whom she did not feel safe, she found her voice and her words — her unique and complete words. She discovered who she was and who she wanted to be.

So, during the time when Gracie was working so hard, I took the best naps of my life [in the waiting room]. I knew she was safe, secure, and happy to be with Elaina. I joke sometimes that people never really saw me because I was asleep, but it is no joke. Gracie had a safe place; it is my responsibility to pay it back and forward. It is my responsibility to donate my time, energy, knowledge and money to the place and people who have made such a difference in Gracie's life and my life. Life is this funny deal; so often when we need help, we have no means to get it. It is my responsibility to help continue the Center's pledge to provide service to everyone. Who knows, maybe someone else needs to nap in the waiting room...I get it.

By Sally Wallace



“She discovered who she was and who she wanted to be.”

2019 FINANCIALS

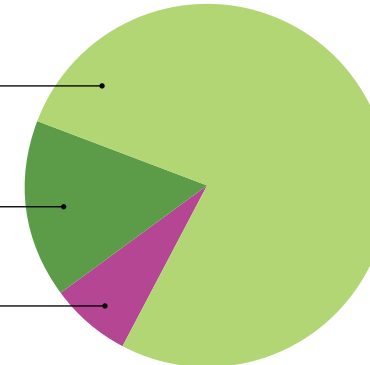
IN 2019, THE DES MOINES PASTORAL COUNSELING CENTER HAD AN OPERATING BUDGET OF \$3.17 MILLION DOLLARS.

INCOME

**Fee for service
77%**

**Contributions
16%**

**Training and
consultation
7%**

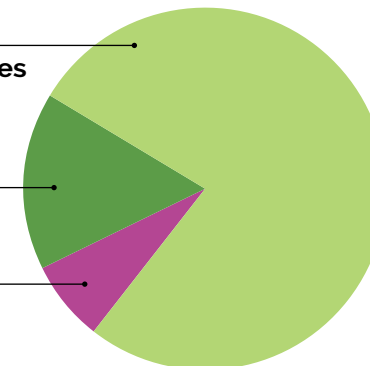


EXPENSES

**Program services
85%**

**Operations
9%**

**Fundraising
costs
6%**



**THANK YOU
to our broad base of
community donors!**

With grateful hearts, we offer a full listing of 2019 donors on our website. Please visit www.dmpcc.org/2019donors.

LEADERSHIP

2019 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 | RSMUS audit firm

Kevin Carroll | Behavioral Health Services for Unity Point Health

Renee Clippert | retired, Principal Financial Group

Elizabeth Coonan | Brown Winick Law

Linda Goeldner | consultant focusing on healthcare policy

Sharon Goldford | retired, Jewish Federation of Greater Des Moines

Ken Johnson | Rural Iowa Healthcare Alliance

Roger Jones | CliftonLarsonAllen LLP

Rachel Lopez | Eurofins North America Food Division

Robyn Mills | Alzheimer's Association

Greg Nichols | Iowa Student Loan

Stephanie Pearl | Realtor, Coldwell Banker, Mid-America Group

Shirley Poertner | Poertner Consulting Group

David Sagula | Principal Financial Group

Erica Shannon Stueve | Iowa Primary Care Association

David Shaw | Penn River Software

CONTACT

Help yourself or a loved one.

Schedule an appointment.*

www.dmpcc.org/intake | info@dmpcc.org | (515) 274-4006

Help others. Make a donation.

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

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GUIDED BY VALUES

2019 ANNUAL REPORT



DES MOINES PASTORAL
COUNSELING CENTER

EXPERIENCE

29,317

sessions of counseling, psychological testing and psychiatry (medication management) provided

2,792

clients assisted through clinical services

1,200

clients served through Leadership and Spiritual Life programs

705

children plus their families served through C.O.O.L. (Children Overcoming the Obstacles of Life), an experiential clinical approach that integrates art, music, sports, play, food and activities

426

sessions of spiritual direction provided

ACCESS

600

individuals gathered for the Center's 21st annual Women Helping Women luncheon, raising \$210,000 for vulnerable women, children and families



21ST ANNUAL LUNCHEON

40

percent of services subsidized for low income clients, with thanks to a broad base of donors

30

multidisciplinary clinicians with masters and/or doctorate level degrees, licensed in their respective fields, provided services

TRUST

30

percent of clinical clients referred by physicians or other mental health providers

30

percent of clinical clients referred by family, friends, or faith group

35

percent of clients' presenting concerns were depression and anxiety.

352

participant hours of Applied Suicide Intervention Skills Training™ (ASIST™)

“Counseling helps me cope, survive, and thrive as best I can with my fatal illness.”

Adult client

RESPECT

100

percent of board and staff donated their time, talents and treasures to the Center above and beyond their job descriptions

500

participant hours of conflict transformation services

120

community members gathered to learn more about men, boys and mental health with Royce White, basketball star and human rights advocate



HOLISTIC APPROACH

2,330

participant hours through the PrairieFire™ spiritual renewal program

144

sessions of Healing Touch and Holistic Nursing

55

participants in Mindfulness Based Stress Reduction Training (MBSR)

“This course is a must for anyone who wishes to reframe how he or she thinks about themselves as well as the world around them. Truly life changing.”

Dr. Andrew Nish, Medical Director of the John Stoddard Cancer Center

34

spiritual directors participated in the Center's professional development statewide event