

CLINICAL AND HOLISTIC SERVICES

WE OFFER:

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

A NEW PARTNERSHIP

One of the Center’s primary 2022 initiatives utilized the skills of our interns from the Center’s Clinical Training Program to fill a need to serve individuals and families who are unable to afford services or those needing help while on a waitlist. The interns provided counseling services at our satellite location at Grace Methodist Church in Des Moines in conjunction with the Grace Free Medical Clinic, part of the Free Clinics of Iowa network. This partnership was supervised by Chris Ogle, a licensed independent social worker at the Center.

The Center’s endowed Clinical Training Program has created a steady stream of qualified mental health professionals who practice in the state of Iowa.



LEFT TO RIGHT: Center Clinical Training Program interns Addison Malinski, Chelsea Cox and Olivia Jefferies.



2022 BY THE NUMBERS

**2,367** individuals served by 30 clinicians through counseling, psychiatry and psychological testing.

**24,080** clinical sessions provided.

**512** children and adolescents served through Children Overcoming Obstacles of Life (C.O.O.L.).

**30%** of clinical referrals came from physicians or other health care providers.

**25%** of services were subsidized for clients who were uninsured, underinsured or from low-income households.

**57%** of clients accessed services for anxiety or depression.

**44%** of sessions were accessed via telehealth.

**384** hours of clinical supervision and training provided by Center clinicians.

**437** individuals served through Leadership & Spiritual Life, education and renewal programs.

2022 FINANCIAL MILESTONES

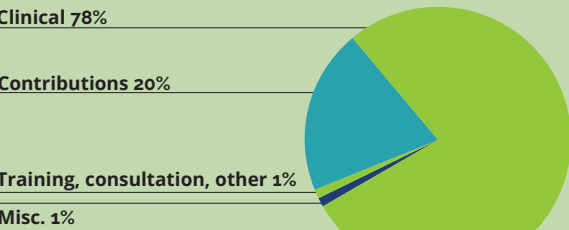
**\$3.23 million** Mind & Spirit Counseling Center operating budget.

**\$657,800** given to the Center by a broad base of community donors.

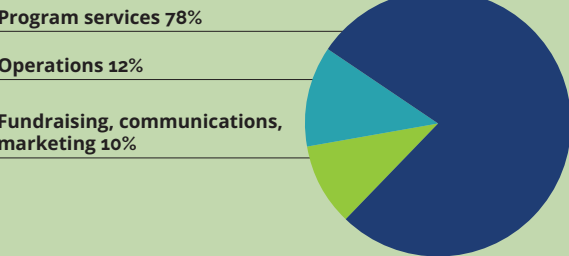
**\$872,100** The Clinical Training Program Endowment at the Community Foundation of Greater Des Moines grew to \$872,100 thanks to a large investment by the Polk County Board of Supervisors and other generous donors.

**\$222,635** raised through contributions to Women Helping Women, the Center’s annual fundraising event.

2022 INCOME



2022 EXPENSES



LEADERSHIP

2022 BOARD OF DIRECTORS

- PRESIDENT  
**Sally Wallace, MBA** Retired, Iowa Clinic Chief Operating Officer
- VICE PRESIDENT  
**Reo Menning** RINAlliance
- IMMEDIATE PAST PRESIDENT  
**Andrea James** Wells Fargo Advisors
- SECRETARY  
**Kevin Carroll** Behavioral Health Services for Unity Point Health
- TREASURER  
**Jane Funk** West Bank
- Aura Baquero Cassab** Bilingual mental health professional
- Tom Fischer** Retired, GuideOne Mutual Insurance and Pioneer Hi-Bred International
- Jann Freed, PhD** The Genesys Group
- Linda Goeldner** Consultant focusing on association management support
- Mary Gottschalk** Retired, Financial Consultant
- Sue Mattison, PhD** Drake University
- Dani Musselman, M. Div** United Methodist Church
- Shirley Poertner** Retired, Poertner Consulting Group
- James Rasmussen** UnityPoint Health Des Moines
- David Sagula** Principal Financial Group
- Kendra Simmons** Fredrikson & Byron, P. A.
- Erica Shannon Stueve** Iowa Primary Care Association
- Marti Wade** Retired, Workiva
- Breanne Ward** ForWard Consulting, LLC
- Jim Hayes** Executive Director, Mind & Spirit Counseling Center

CONTACT

**Help yourself or a loved one. Schedule an appointment.**  
mindspiritcenter.org/appointment  
info@mindspiritcenter.org | 515.274.4006

**Help others. Make a donation.**  
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A YEAR OF TRANSITION  
REFLECTING  
ON OUR  
PAST  
&  
LOOKING  
FORWARD  
TO OUR  
FUTURE



2022 ANNUAL REPORT





# A YEAR OF REFLECTION. TRANSITION. A 50-YEAR ANNIVERSARY. A NEW NAME. OUR MISSION CONTINUES.

## A TIME TO REFLECT | LOOKING BACK

**1972** | The Des Moines Pastoral Counseling Center was established as an outreach project of the First United Methodist Church. Ray Martin served as the founding Executive Director.

**1973** | The Center incorporated as an independent not-for-profit organization.

**1979** | Ellery Duke appointed as Executive Director.

**1980** | Professional education program established by Jeff Means.

**1981** | Community education initiatives implemented by Eileen Burtle.

**1999** | The Center opened Children Overcoming Obstacles of Life (C.O.O.L.) under the leadership of Grace Sherer and Sara Swansen.

**Thursday, March 18, 1999** | The Center hosted the first annual Women Helping Women event to create awareness and fundraise for mental health services for women and girls. The inaugural event was attended by less than 100 guests and did not make a profit.

Twenty-four years later, the 2022 Women Helping Women luncheon hosted more than 500 guests and raised a record \$222,635.



**2010** | \$2.8 million raised for a new facility in Urbandale — groundbreaking in June. In 2022, this same building housed 44 staff members and served 2,367 individuals.

**2016** | Ellery Duke retired after 40 years of service. Jim Hayes hired as the new executive director in December 2016.

**2020 – 2022** | Transition to 100% telehealth services at the onset of the COVID-19 pandemic.

The Clinical Training Program celebrated 40 years of preparing more than 100 new clinicians to enter the field.

**2022** | In its 50th anniversary year, the Des Moines Pastoral Counseling Center undergoes a name change — Mind & Spirit Counseling Center.



LEFT 2022 Women Helping Women left to right: Co-chair Rachel Hardin, Honoree Sharon Goldford, Speaker Jacquie Easley McGhee, Co-chair Laura Palmer.

## A TIME TO CELEBRATE OUR PAST

A festive staff party on April 6 kicked off a season of 50th Anniversary celebrations.

In June, a reunion party brought together 80 past and present staff and training program participants.

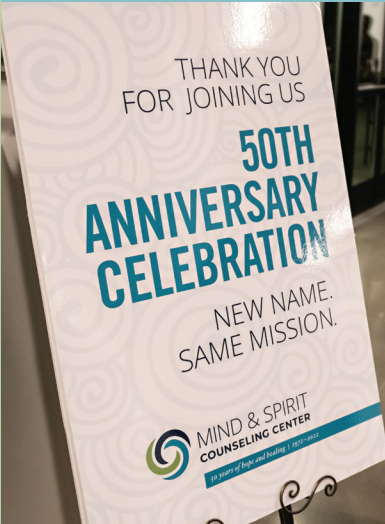
On October 18, the Center hosted its 50th Anniversary Celebration Gala. More than 200 friends, clients and staff attended the gala celebration. Keynote speaker, local TV news anchor Steve Karlin, shared a heartfelt story of his personal mental health struggles.

Keynote speaker Steve Karlin during a lighter moment in his moving presentation about his personal mental health challenges.



## A TIME TO LOOK FORWARD

The Center’s new name revealed at the 50th Anniversary Gala



“Our name and identity have been a source of pride for over 50 years. Our mission has remained resolute over the last half century, providing quality mental health resources regardless of ability to pay. The name change process allowed us to explore how we might best live out that mission for the next 50 years and beyond.

That exploration included how our name might best invite others to walk with us on the path to hope and healing.

Our new name allows us to stay true to our mission and continue our commitment to a holistic healing process involving body, mind and spirit. It is our hope that the new name will help us to be better known as an organization that values the spiritual component of the human experience while not being tied to any religious tradition.

It is also our hope that our new name will help us to grow in other markets in need of our services while continuing to treasure our roots in central Iowa.”

JIM HAYES | EXECUTIVE DIRECTOR

# NEW NAME. SAME MISSION.

## OUR 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.