



SAMARITAN CENTER

The Path to WellnessSM



2019 ANNUAL REPORT

We heal hearts, provide hope, and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.



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Year In Review

In 2019 Samaritan Center provided hope and healing to nearly 3,000 people. With an eye toward the future, we developed a three-year strategic road map for moving into a new decade. As we re-affirmed commitment to our mission, staff members shared reasons they come to work every day. I was inspired by phrases like, "to restore hope; to heal wounds; to provide insight; to inspire; to help people overcome pain, fear, shame, grief, or guilt." These statements of purpose remind me that the work we do is powerful.

All of us experience mental and emotional stress, periods of transition and critical life events, and professional counseling by a licensed therapist can help individuals manage and cope with these events.

When emotional wounds are deep, Samaritan Center therapists can help provide hope and healing for individuals and families coping with trauma, grief, feelings of hopelessness and suicidality. Through a variety of research-based modalities, we are well-equipped to treat anxiety, depression, anger, relationship discord, post traumatic stress, family violence, moral injury and substance abuse.

Our work has never been so important, and on behalf of our Board, Advisory Board and staff, I invite you to join us in helping every single person reach their full potential and creating our vision of a healthy and compassionate



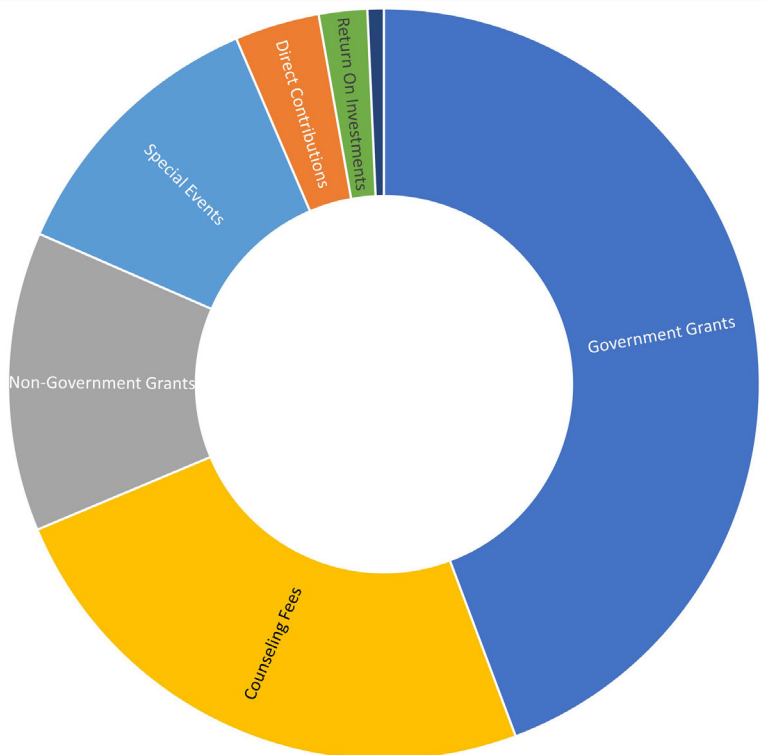
community where every individual achieves mental, physical, spiritual and social well-being.

Cindy Long, CEO

623

individuals from low-income households received services

Revenue: \$2,077,033



Our Programs

Integrative Medicine

Integrative Medicine is the integration of body-centered treatments with therapies focused on mind and spirit to create unlimited potential for healing and wellness.

A number of physical ailments have their roots in chronic stress, anxiety, trauma, grief, loss, and depression that often go untreated. Integrative Medicine leverages the power of the mind-body connection to heal the root cause while simultaneously relieving symptoms.

Treatments include acupuncture, Chinese and Western herbal medicine, nutrition counseling and supplementation, fire cupping (also called Asian Bodywork Therapy), and massage therapy. These are used, often in addition to counseling, to treat the physical symptoms that often accompany emotional stress and mental illness. Free classes, such as Pilates for Pain Relief and Tai Chi, are also offered through Integrative Medicine.

Hope for Heroes & MVPN

Hope for Heroes provides counseling and integrative medicine to service members, veterans, their spouses and children suffering from service-related trauma and the stress that often accompanies the transition from military to civilian life. Hope for Heroes therapists are selected for their extensive military experience, clinical expertise with Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI), and competency with the military culture.

Samaritan Center operates the only state legislated veterans' re-entry dorm in Texas. The intensive 90-day program provides classes and group therapy on PTSD, substance abuse, relationships, communication,

leadership and coping skills, as well as peer groups and meditation. Upon release, graduates are linked with job placement and housing resources.



The Hope for Heroes program is funded by a grant from the Texas Veterans Commission Fund for Veterans' Assistance (for more information, visit www.TVC.Texas.gov) and the Kozmetsky Foundation, as well as donations and event proceeds. 100% of net revenue from the Veterans Ball and the Samaritan Cup golf tournament are also used to support this program. We provide services to more veterans, service members, their spouses, and children than any other private agency in Central Texas.

2,146

counseling sessions provided at no cost to veterans & military families

670

military clients received Integrative Medicine services

126

veterans & family members attended skills-building workshops

104

veterans received peer support & counseling at Travis State Jail Re-entry Dorm & Travis County Correctional Complex through Hope for Heroes



MVPN (Military Veteran Peer Network) is a state-wide network of veterans committed to supporting other veterans and their families. These veteran peers are trained to identify and stabilize veterans who may be experiencing a mental health crisis or struggling to find

employment, housing, childcare or other resources. Samaritan Center operates the program in Travis County with two Peer Services Coordinators who actively recruit other veterans to serve as volunteer mentors. In addition, MVPN trains law enforcement in Central Texas in military competency and service-related trauma.

621

law enforcement received military competency & crisis training: Austin PD, TX State Troopers, Travis County Sheriff Dpt, UT Police

466

veterans received peer support through our MVPN

Samaritan Center

Children & Whole Families

Samaritan Center is committed to treating all ages and whole families. Funding partners including Michael and Susan Dell Foundation, City of Austin, Georgetown Health Foundation, United Way of Williamson County and City of Georgetown, and donations, make it possible to provide services to low-income, uninsured and under-insured individuals and families. In an effort to increase access to care for our

whole community, we also take Medicaid, Medicare and most commercial insurance.

To better serve children, we partner with Walnut Creek Elementary School, Let it Shine Preschool Academy, and Upward Bound at Southwestern University to provide on campus services to children, parents and faculty.

Organizational Excellence

One of four pillars in our new Strategic Plan is Organizational Excellence and we are striving for excellence at all levels. We are committed to superior clinical standards of treatment, demonstrated through client outcomes and successful accreditation. In 2019, the Solhiten Institute conducted a site visit and review. All 37 standards were met. Among the positive comments in the final report was:

"This Accreditation Review revealed stellar results. While it is not surprising that the Center is operating very well, it is wonderful to have such a site visit."

A robust client outcomes system, A Collaborative Outcomes and Management Network (ACORN) is a valuable tool in measuring improvement in clients and adjusting treatment plans as necessary. Annual Client Survey results show that 87% of clients reported that Samaritan Center had met their needs very

"The reality is that there are not a lot of organizations out there working every day to help those who have mental health problems. There are some different foundations, but no one quite active in the same way as the Samaritan Center

And it's that reaching out to connect, to give them places where they can go when they're sliding into depression that there isn't another alternative."

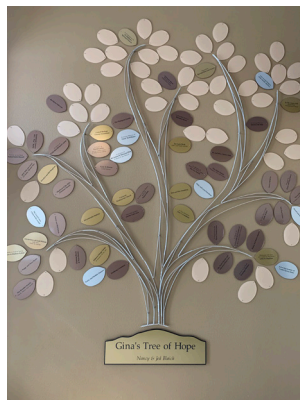
- Admiral Bobby R. Inman, Advisory Board Member

or extremely well, and 89% reported they would recommend us to friends and family.

The Strategic Plan calls for ensuring a well-informed and diverse Board of Trustees and a commitment to serving a diverse community. In 2020, these initiatives will be priorities as we strive to reduce the disparities in health equity and increase access to high quality mental health and wellness services to underserved, multicultural families. Our plans for 2020 include opening an office in Dripping Springs, in partnership with several community leaders and organizations, to fill a gap in services for this growing rural community. Our Hope for Heroes program will expand to serve first responders and their families.

Thank You

A major portion of the funds for Center operations are provided by charitable donations and grants from generous individuals, businesses, congregations, and foundations. Fundraising events include an annual golf tournament, the Samaritan Cup, and our annual Veterans Ball.



Supporters of Samaritan Center are encouraged to become lasting contributors and add a leaf to the Tree of Hope in their name or to honor a loved one. Please call (512) 451-7337, extension 212, for details on how you can participate in this special and meaningful tribute.

Samaritan Center

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	Rajesh S. Harripersad, LPC, LCDC, Director of Military Programs	Shawna Moss, LCSW-S, Clinical Director

Community Partners

Thank you to our major 2019 funding partners, to whom we are extremely grateful:

Texas Veterans Commission
City of Austin
Michael & Susan Dell Foundation
Kozmetsky Family Foundation
The Meadows Foundation
Georgetown Health Foundation
Seeds of Strength
United Way of Williamson County
City of Georgetown

We are grateful to businesses, churches, and individuals that also provide funding through grants, donations, and sponsorships of \$5,000 or greater in 2019, including:

PCSI
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Topfer Family Foundation
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Kozmetsky Family Foundation



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Supporters

Thank you to our 2019 contributors, for their generous support of our holistic approach to mental health care.

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Carol Ann and Dale Jackson
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anonymous gifts

Gifts reflect those contributed to Samaritan Center between \$4,999 - \$500 in 2019. Please forgive any omissions and notify of us of errors that may have occurred.



Samaritan Center for Counseling and Pastoral Care is a 501(c)(3) organization, Tax ID #74-1832864 and has earned the Platinum Seal of Transparency at Guidestar.org

