



Youth & Family Counseling

Healthy individuals, strong families, thriving communities

*Opening doors to mental healthcare
so people can cope, heal, and thrive.*

Mental health is the
foundation of ***EVERYTHING.***



2018 Impact Report

Our Clients



Gender

61% Female
39% Male



Age

22%	0-12	16%	30-44
22%	13-17	20%	45-64
14%	18-29	6%	65+



Ethnicity

62%	Caucasian
14%	Latino/Hispanic
4%	African American
2%	Asian
18%	Multicultural or unknown



Income

49% low income
(Within 200% of DHHS poverty threshold)



Most frequent diagnoses

- Adjustment disorder – severe, problematic response to change
- Anxiety
- Depression
- Trauma / Post Traumatic Stress Disorder (PTSD)
- Childhood onset conditions (e.g. ADHD, autism spectrum, behavioral problems)
- Chronic and severe mental health conditions (e.g. bipolar disorder, major depression, schizophrenia)
- Substance abuse/ dependence

Mental health is the foundation of **EVERYTHING**.

At Youth & Family Counseling, we know that mental health provides the solid foundation we all need to reach our full potential. Yet every day we see how a difficult life transition, traumatic event, severe depression, or other mental health challenge can crack this foundation, causing damage and instability in a person's life.

Youth & Family Counseling is here to help people of all ages and all walks of life cope with their challenges and heal from traumatic events. With the support of our caring licensed therapists, our clients' foundations are repaired and strengthened, so they can move forward with their lives, engage in healthy relationships, and be productive members of society.



Our clients come from 29 Lake County zip codes, McHenry, Cook, and DuPage counties, as well as Wisconsin.

Top 5 client hometowns: Libertyville, Mundelein, Round Lake, Waukegan, Grayslake

Our Impact in 2018



In 2018, Youth & Family Counseling served more clients, and **changed more lives**, than ever before.

9,417 sessions were delivered (+16% vs. 2017)

11% of clients received counseling in Spanish

\$242,233 provided in need-based fee subsidies

26% of clients treated for trauma-related issues

8% of sessions delivered in Waukegan, Round Lake or Mundelein

22% of clients were under age 12
(serving children is a specialty – few providers work with this age group)

Opening doors to mental healthcare

Our service delivery strategies are designed to help families from all walks of life access our professional counseling.

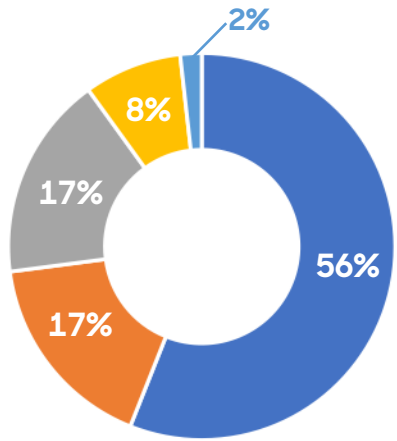
- We bring counseling to under-served communities by sending our therapists to partner locations (“co-locations”) including:
 - Erie HealthReach Waukegan Medical Center
 - Waukegan Public Library
 - Nicasa in Round Lake (mostly Spanish-speaking clients)
 - Mundelein High School (serving low-income students)
- We serve Lake County’s growing Hispanic population by providing culturally-sensitive counseling in fluent Spanish.
- We make sure our services are affordable by:
 - Contracting with private insurance plans as in-network providers
 - *40% of our clients used private insurance*
 - Working with Medicaid Managed Care (MCO) plans, which cover low-income families
 - *40% of our clients were able to use their MCO plans **
 - Offering need-based fee subsidies for low-income clients who are uninsured or under-insured
 - *20% of our clients received services through our sliding scale fee subsidy program*



We believe *everyone* should have access to mental healthcare when they need it – the well-being of our children, families and communities depends on it.

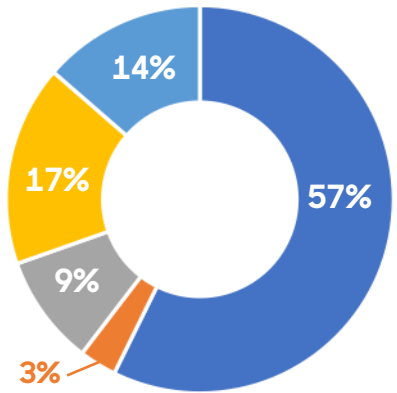
* Most providers don’t accept Medicaid Managed Care plans due to low reimbursement rates and administrative hurdles. For Youth & Family Counseling, serving families covered by these plans is a mission priority.

Our Financials



Revenue

Service Fees*	\$ 715,653
Special Events**	\$ 215,901
Contributions	\$ 218,478
Grants	\$ 104,497
Local Government	\$ 22,833
Total	\$ 1,277,362



Expenses

Counseling Program	\$ 731,376
Education & Training	\$ 39,833
Outreach	\$ 117,689
Management & General	\$ 214,987
Fundraising	\$ 173,836
Total	\$ 1,276,832





Audited

* Service Fees - earned income from client fees and insurance payments

** Special Events - Trivia Night and Gala (net revenue shown)

Helping our clients **cope, heal, and thrive**

Youth & Family Counseling is proud of our well-trained team of 16 counselors, therapists, and clinical social workers. These licensed professionals are successful in treating complex clinical cases because of their skill in:

-  Developing strong therapeutic relationships,
-  Making accurate assessments and diagnoses,
-  Developing and administering effective treatment plans, and
-  Engaging clients in the therapeutic process.

Depending on specific client needs, our clinicians develop treatment plans drawing from a number of proven, evidence-based clinical approaches including:

-  Cognitive behavioral therapy (CBT)
-  Dialectical behavioral therapy (DBT)
-  Psychodynamic theory
-  Emotion focused therapy (EFT)
-  Acceptance and commitment therapy (ACT)
-  Play therapy (for children)
-  Equine-assisted therapy
-  Eye Movement Desensitization & Reprocessing (EMDR)



It takes a village **to change lives.**

Youth & Family Counseling is able to provide mental health treatment to people from all walks of life thanks to the generous investment of many supporters – both organizations and individuals – in our community.

Thank you to our co-location partners

for helping us bring counseling to under-served communities by providing office space for our therapists.

Erie HealthReach Waukegan
Medical Center

Mundelein High School

Nicasa (Round Lake)

Waukegan Public Library

Thank you to our wonderful Auxiliary

for making our Gala a great success, and supporting our mission throughout the year.

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*Auxiliary President,
Gala Co-Chair*

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Thank you to our funders and corporate sponsors **for investing in our mission to improve access to mental healthcare in Lake County.**

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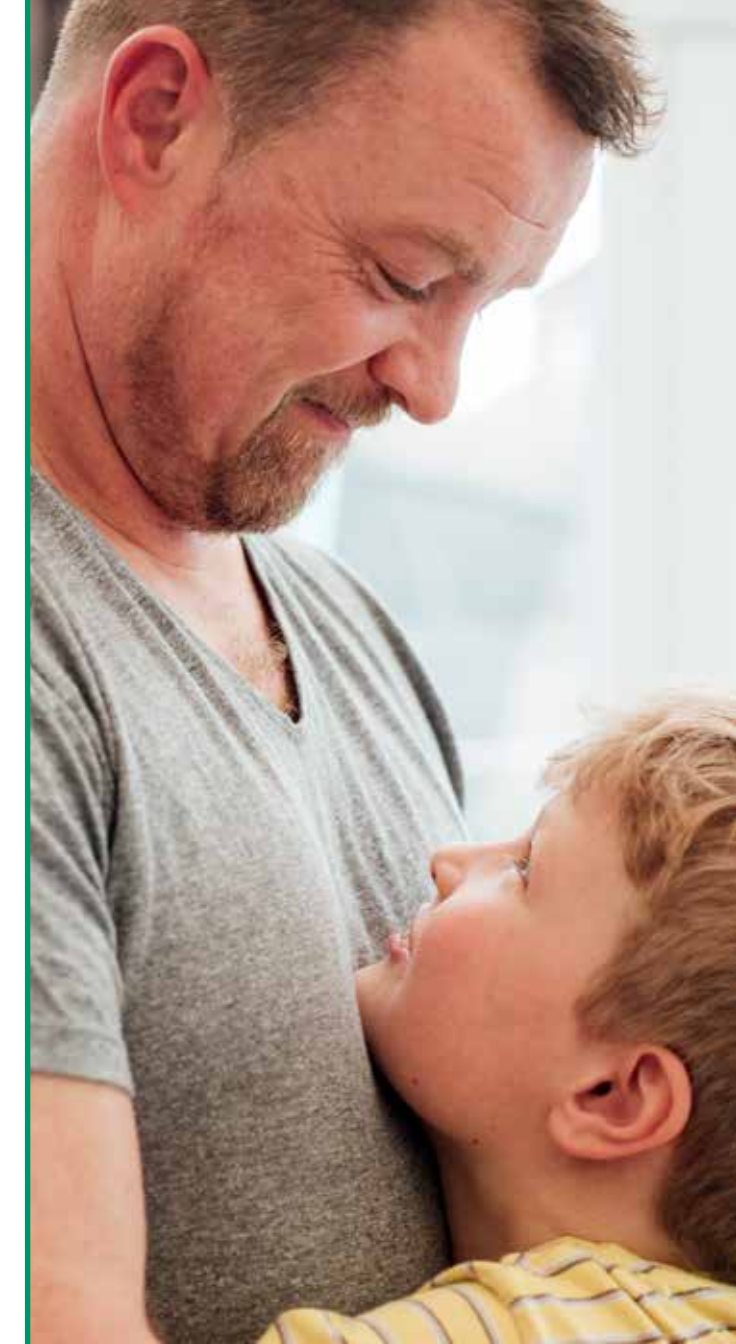
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Thank you to our generous donors

for helping us transform the lives of hundreds of children, teens, adults and families in 2018.

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