



MARIA DROSTE COUNSELING CENTER 2018 Annual Report

30 Years of Children First Maria Droste therapists assist at-risk children and families by providing counseling, mentoring, and support at schools across metro-Denver, Lamar County, and La Junta County. Program counselors help children who are in crisis, are at-risk for school failure, and/or need more consistent and individualized attention than school counselors can offer.

CHILDREN FIRST counselors specifically address the emotional needs of children from low-income families, including resolving underlying issues, processing emotional or physical trauma, and improving social skills, behavior, and academic competence. In 2018, 462 children and their families received counseling through the Children First program at 18 elementary and high schools. These services consisted of 5,535 hours of counseling. The *Children First* program places highly motivated and committed graduate-level interns in schools to work with existing school staff. Over the years, this team approach has proven to be extremely effective in addressing the needs of children, their families, and the school.

THE OPTIONS PROGRAM Maria Droste serves people who are not helped by the public mental health care system and often lack adequate health insurance or the income necessary to obtain counseling through other resources. **Options is strategically designed to identify at-risk clients who are experiencing serious emotional and situational problems, working individually with each client to resolve issues and promote improvements in daily life, functioning, self-sufficiency, and stability.** To ensure access, Maria Droste counseling fees are offered on a need-based sliding-fee scale, with counseling sessions offered for as low as \$5. In 2018, Options provided 9,189 hours of mental health counseling services to 1,114 unique, low-income individuals and families. This is an increase of 1,423 hours and 322 more clients from 2017. 100% of *Options* clients earn below 200% of the national poverty level. Services are provided by both our highly skilled private practitioners and our graduate-level interns. *Options* clients receive the same excellent quality of care as do all of our clients without regard for much they pay.

INTEGRATED BEHAVIORAL HEALTH CARE Maria Droste co-locates mental health services at partner sites throughout the Denver metro area, minimizing or eliminating barriers such as transportation, time, and money to ensure all individuals in need of health care receive it. Partners for Integrated Behavioral Health Care include Kavod Senior Life, Mercy Housing, Mayfair Internal Medicine, Rose



Andom Center, and Hope Communities. The Integrated Care program provides vital access to safety-net health care in metro-Denver, assisting individuals, families, people who are undocumented, seniors, and refugees in receiving high-quality mental health care they would otherwise go without. Integrated Care provided 949 hours of counseling to 654 clients in 2018.

CLINICAL TRAINING Maria Droste engages 23 graduate-level interns and 9 post-graduate fellows from university counseling programs in Colorado to provide counseling for Options, Children First, and Integrated Care. Interns receive weekly in-services training, gain direct clinical experience, and participate in weekly clinical supervision provided by Maria Droste's highly experienced licensed therapists. Working under the supervision of licensed practitioners, interns provide approximately 15-20 hours of counseling services per week. In 2016, Maria Droste launched its fellowship program which hosts a cohort of 8-12 fellows each year for up to two years. Fellows provide counseling services while receiving a stipend and supervision from the organization's licensed therapists as they seek to meet the requirements needed for licensure as a therapist. Interns and fellows receive ongoing training in areas such as treatment approaches, cultural awareness, consultation, and supervision techniques. As a testament to increased workforce readiness, Maria Droste has hired at least one of their own fellows for the past two years in a row, and 100% of interns have gained employment after completing the program. **Maria Droste has trained approximately 650 interns since its inception, and its first two-year Fellowship Cohort graduated in Spring 2019.**

IN-KIND RESULTS: Maria Droste is a unique organization because we rely heavily on in-kind services. These in-kind services include counseling hours spent in the Children First program, graduate-level interns' hours in the Options program and clinical supervision hours. The total dollar value of all in-kind services for 2018 was \$1 million dollars. **For every \$1 invested in Maria Droste Counseling Center, there is a \$3 return to the community in in-kind services.**



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**Maria Droste
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Colorado's Center for Mental Health

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