



# Maria Droste 2021 ANNUAL REPORT



MariaDroste.org



**Maria Droste**  
Counseling Center<sup>SM</sup>

Colorado's Center for Mental Health

**Maria Droste Counseling Center is a Denver-based nonprofit mental health service organization comprised of mental health professionals, learners and volunteers who are passionate about community, learning, and service. Our uniquely sustainable model of traditional and co-located mental health counseling and clinical training is delivered in collaboration with a group of expert private clinicians.**

## *Mission*

We provide accessible, community-centered, high-quality mental health counseling and clinical training. We serve those seeking healthier lives, regardless of ability to pay.

## *Vision*

Maria Droste Counseling Center seeks to be the leader in high-quality, sustainable, and innovative mental health programs and services for underserved populations. Maria Droste intends to cultivate a strong internal culture for all members: therapists, staff, and board.

# Clarity Statement

## **WHO ARE WE?**

We are an organization of mental health professionals, learners, and volunteers embedded in our community.

## **WHY DO WE EXIST?**

Mental health regardless of wealth; improving access to care.

## **HOW ARE WE DIFFERENT?**

We are a unique, scalable model of practitioners who pay it forward.

## **WHERE ARE WE GOING?**

We are responding to evolving community needs with purposeful growth.

## **WHAT ARE THE VALUES THAT GUIDE OUR BEHAVIOR?**

### **COMMUNITY:**

*Internally* We are committed to promoting a culture of belonging and embracing our differences.

*Externally* We cultivate partnerships that are socially responsible and respect diversity in all its forms.

### **LEARNING:**

*Internally* We are passionate learners dedicated to self-awareness and continual growth.

*Externally* We help clients with personal growth to achieve a higher level of fulfillment.

### **SERVICE:**

*Internally* We make a difference by empowering one another with accountability and compassion.

*Externally* We respect the dignity of those we serve by delivering accessible, quality care.

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# BOARD OF DIRECTORS



04

## PRESIDENT

**Demetrius Parker**

Training & Organizational Development Program Manager | City and County of Broomfield



**Bragg Hemme**

Healthcare Shareholder | Polsinelli



**Chad Gillam**

Special Counsel/Attorney | Hall & Evans, LLC



**Claudia Crosse-Wynn, PhD**

Psychologist Candidate | All Health Network



**David Telpner**

Technology Consultant



**Kayla Casteel**

Manager/Commercial Banking Associate | Commerce Bank



**Kim Stromgren, LPC**

Group Practice Liaison | Maria Droste Counseling Center



**Renee Cohen**

Realtor | Coldwell Banker Realty



**Richard Altman, MD**

Assistant Professor of Medicine | University of Colorado Denver



**Scott Worrell**

Managing Director | Newmark Knight Frank



**Shannon Groves**

Director of Government Relations | Kaiser Permanente



**Tamara K. Vincelette, Esq.**

Attorney | Tamara K. Vincelette, P.C.



## VICE PRESIDENT

**Michelle Wiley, LPC**

Strategic Mental Health Leader



## SECRETARY

**Patrice Hawkins**

Deputy Executive Director | Denver Human Services



## TREASURER

**Eric Cornejo**

Retired, Financial Services



## CHIEF EXECUTIVE OFFICER

**Sandra T. Mann, PsyD**

Maria Droste Counseling Center



## A MESSAGE FROM OUR BOARD CHAIR

"I am thrilled to be a part of the important work that Maria Droste does in the community. Particularly with the pandemic environment that we are living with now, access to quality mental health resources has become paramount to everyone."

- Demetrius Parker



# YOUNG PROFESSIONALS BOARD

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## MANIT LOHANI

### Co-Chair

Sr Director, HR Systems | Optum



## RYAN GUYTON

### Co-Chair

Community Lending Officer |  
Colorado Enterprise Fund



## ADRIAN CHEANG

Financial Services Professional |  
Charles Schwab & Co. Inc



## AMELIA POWER

Attorney | Owner of Power Law



## ELLIOT S. LONG

Regional Cash Management  
Advisor | KeyBank



## GERLIE LOYOLA

Client Services Supervisor |  
Aveanna Healthcare



## JAMES NELSON

Sr. Manager, Business  
Consulting | Ernst & Young



## MATTSON SMITH

Attorney | Montgomery,  
Amatuzio, Chase, Bell, Jones, LLP



## MICHELLE GIBSON

Associate Attorney | Livelihood Law



## MITCHELL WHITE

Teammate Experience and  
Development Specialist | Optum



## OLIVIA TURNER

Senior Geologist | Oxy



## SUZETTE GASCA

Commercial Portfolio Manager CRA  
Coordinator | Collegiate Peaks Bank



### A MESSAGE FROM OUR CO-CHAIR

"I am proud to volunteer my time with Maria Droste as co-chair of the Young Professionals Board. I am passionate about helping others and ensuring they have access to mental health services. Maria Droste is working to address barriers to mental healthcare, which is the driving force for the work I do on the YPB."

- Ryan Guyton



## A Message of Hope



Due to our continued COVID-19 pandemic, we have seen an incredible increase in need for services. We are working steadfastly to address these needs as we grow purposefully in response. This has included combating provider burnout with wellness activities and virtual connection points, leaning into diversity, equity and inclusion to advance how we work and serve, and overall advancing the value of being part of the Maria Droste community. The ways I see our team leaning into this work inspires me and gives me hope that while these times continue to be hard, we are laying the foundation of our future. A future where our mission is not only more critical than ever, but recognized and supported for the value it brings to us all.

- Dr. Sandra T. Mann, CEO

## Client Success Story

Maya and I started working together at a local school in September. Within a few minutes of our first session, she was visibly anxious, shaking, and her eyes darted for the door. Her fear seemed so strong I thought she was going to run. But she didn't. She stayed for 27 sessions.

Maya began to open up about sexual abuse she endured and the fear she experienced, as well as her dreams and hopes for the future. After 6 months of working together, she ended our last session by giving me a big hug and **thanked me for letting her feel safe for the first time in a while.**

- A Children First Counselor





# CLIENT-FACING SERVICES AND PROGRAMS



07

## CHILDREN FIRST

The Children First program has served the unique mental health needs of children and their families with on-site children's counseling services at **17 local schools**. In 2021, we were able to provide **over 3,300 sessions** to students ranging from ages 5 to 18 - nearly a **700 session or 27% increase** from 2020!



## INTEGRATED CARE

Integrated Care works to grow mental health services and access in Colorado by partnering with sites such as senior living facilities, affordable housing, family justice centers, and other medical settings. We help more Coloradans get the help they need. In 2021, we were able to provide **over 1,600 sessions** to clients in the **Denver Metro Area**.



## OPTIONS PROGRAM

The Options Program matches clients with intern, fellow, and TTG providers in the MDCC office regardless of their ability to pay. Providers in the Options Program saw an **increase of about 4,000 sessions** in 2021 compared to 2020, providing **over 14,000 sessions** to our clients.



## SURVIVORS MENTAL HEALTH PROGRAM

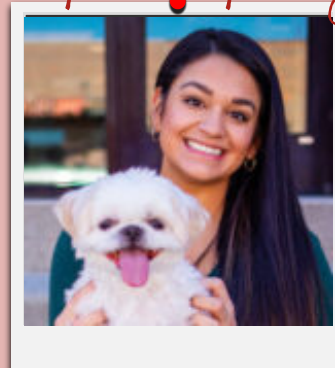
The Survivors Mental Health Program (SMHP) provides comprehensive mental health care to adult survivors of violence who have serious mental health problems. In 2021, SMHP was able to provide nearly **500 sessions** to clients!



## # OF CLIENTS BY PROGRAM

- Children's First 368
- Integrated Care 189
- Options Program 992
- SMHP Program 26

## Therapist Spotlight



Lindsay Rojas, LCSW, AASW  
**"If I have the passion and time to do something good for the community, I'm going to do it. If we have the resources to be involved and make change, why wouldn't we?"**

Lindsay truly embodies this commitment to do good for the community. Learn more about Lindsay and our other TTG members by reading our Spotlights at [bit.ly/3I0XW3I](https://bit.ly/3I0XW3I)

## What is the Therapist Group (TTG)?

The Therapist Group (TTG) is a collective of licensed counselors, social workers, and psychologists with varied areas of expertise that are committed to providing high-quality, private counseling services to ensure that each individual is receiving the best care possible.

Learn more about our TTG members at [bit.ly/3zvei25](https://bit.ly/3zvei25)



# CLINICAL TRAINING, MACRO INTERNSHIP, & VOLUNTEERS

*Congrats to our 2021 Clinical Training cohort who graduated in June of 2021!*

Since 1994, the University of Denver, the University of Colorado, Naropa University, Regis University, Metro State University, and more have been trusting Maria Droste with training hundreds of graduate students in their counseling degree programs. Over the years, Maria Droste has launched over 800 new therapists into their mental health careers after training at MDCC.



**CLINICAL INTERN COHORT: 53**  
**POSTGRADUATE FELLOWS: 12**

**MACRO INTERN COHORT: 4**  
**VOLUNTEERS: 61**

*In 2021, we worked with a total 57 interns from 8 universities!*

Clinical interns are a crucial part of the work we do. At Maria Droste, we have a unique model for giving back. Each year, The Therapist Group trains and supervises more than 25 graduate level therapists from eight universities throughout Colorado. These student therapists treat individuals in a variety of settings including schools, supportive housing, and integrated care settings. They provide services to a diverse group of people regardless of their ability to pay. Read one intern's story of the impact she was able to make for a Maria Droste client.

## *Clinical Intern Spotlight*

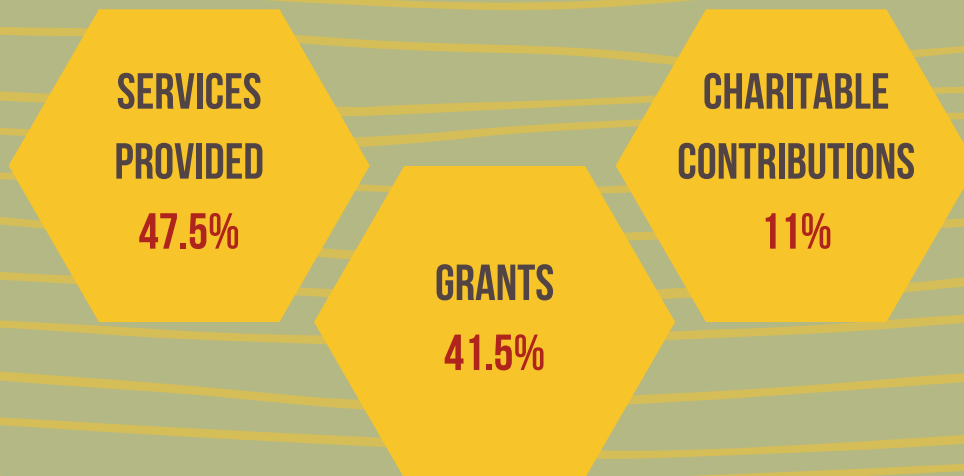
"Nadia and I started working together in June of this year after she reached out for help to manage her anxiety. Nadia is a first generation immigrant and was struggling with the conflicting messages of her two cultures. Anxiety was present in how she sat, gestured, thought, spoke, and even breathed. By the time we met, Nadia was already at the end of her rope, struggling to function in all areas of her life and losing hope for a far-away sense of peace. In our work together, Nadia learned how to relate to anxiety with less judgement, allowing her to explore where it came from, what its function was, and what it might be telling her about what she needs. Nadia and I are still working together, slowly processing the traumas of her childhood and finding small successes in her daily life. **Nadia is healing.**" - Lily Bernuth



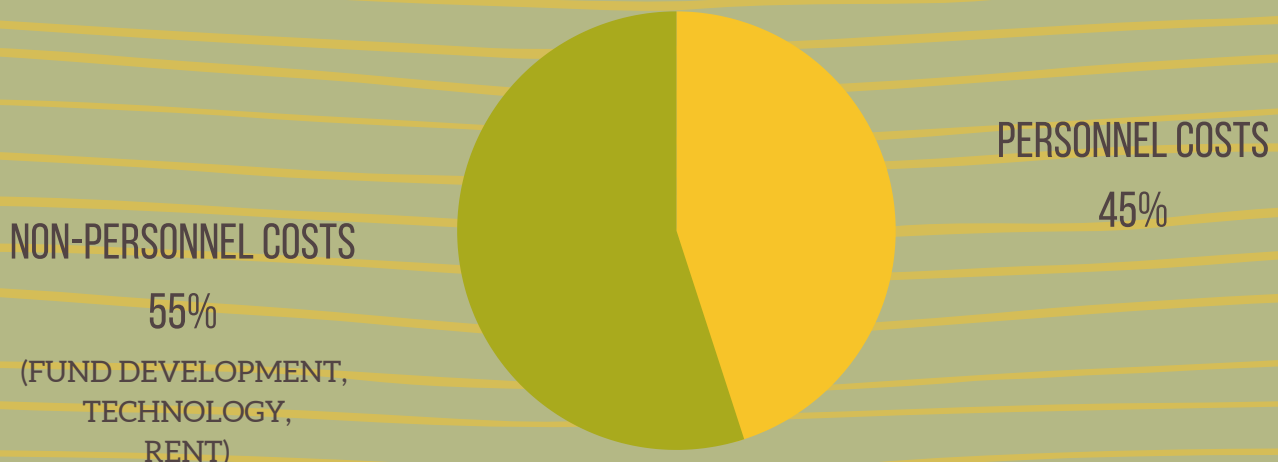
# FINANCIALS

As the pandemic continued in 2021, the MDCC community was faced with further challenges. Despite the absence of our annual gala or additional COVID relief funding, we were able to meet our fundraising goals - and it's thanks to our wonderful community.

## SOURCES OF REVENUE

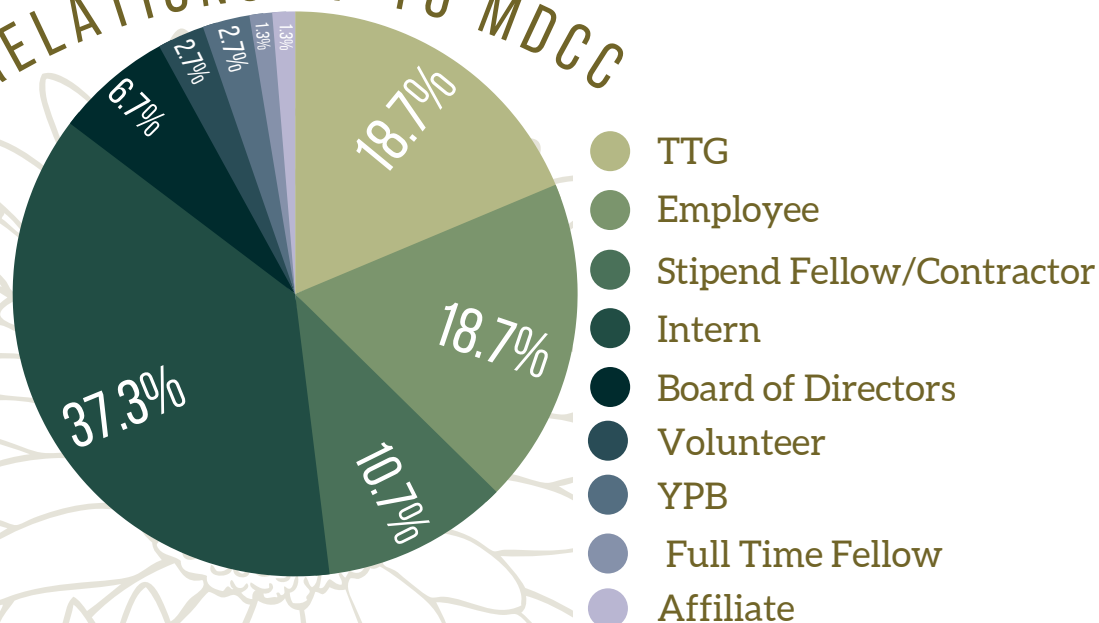


## USES OF FUNDS



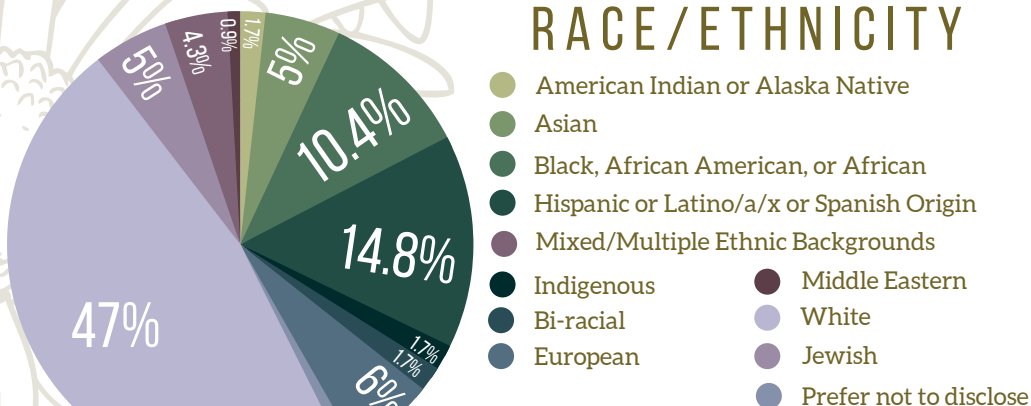


## RELATIONSHIP TO MDCC

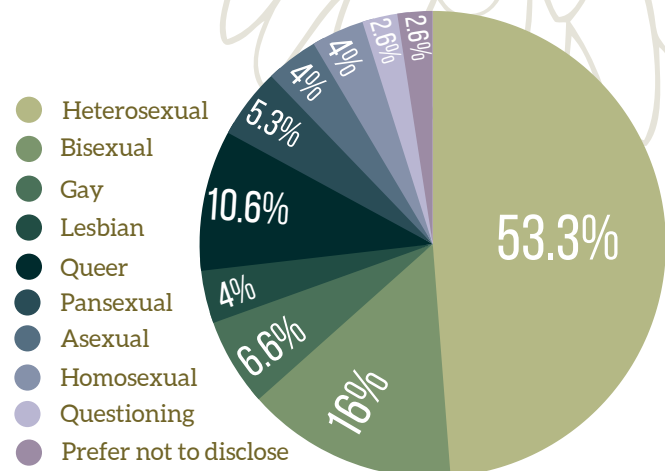


One of the goals of our Justice, Equity, Diversity and Inclusion plan is to learn more about the different identities and needs in our community. The 2021 JEDI Self Reporting Survey allowed us to analyze categories such as race/ethnicity, gender, religion, sexual orientation, and disability status.

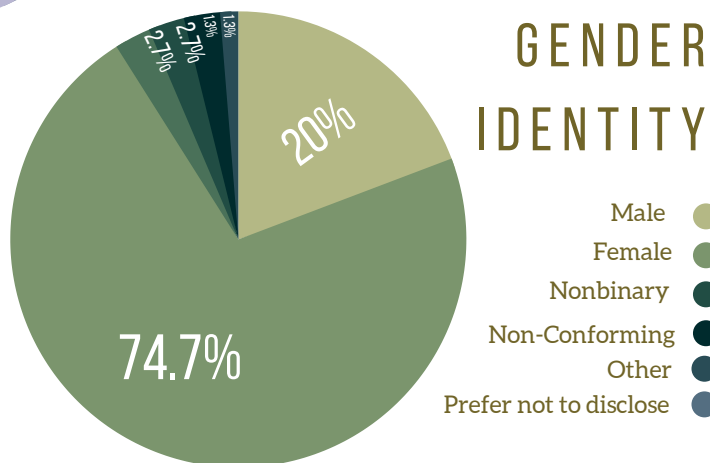
## RACE/ETHNICITY



## SEXUAL ORIENTATION



## GENDER IDENTITY





# DIVERSIFYING THE WORKFORCE

## MENTAL AND BEHAVIORAL HEALTH

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01

### Community-informed strategic plan

Outlining concrete steps for recruitment and retention of more diverse providers at MDCC



02

### Increase provider diversity

BIPOC, LGBTQIA+, or who hold another systemically marginalized identity



03

### Approach

Provide clients with a provider who reflects their background and lived experiences to foster trust between parties and improve treatment's effectiveness



04

### Increase collaboration across the behavioral health sector

Starting with key partners: La Cocina, Envision:You, and Jacquelyn Stanton Consulting, Metro State University, and AOPYO



05

### Multi-Year Initiatives

Planning and piloting marketing efforts, MDCC will reach more diverse audiences, changing the composition of the workforce at a systems-level



06

### Funding

Funding from the Rose Community Foundation enables MDCC to start the strategic planning phase; additional sources are needed to sustain this multi-year project



07

### Evaluation

Surveying new MDCC providers on how supported they feel, gaps that remain, recommendations for improvement, etc.



Approximately 86% of mental health professionals are white and there is a lack of providers with diverse gender identities and sexual orientations (APA, 2020). This gap in shared understanding can create further harm in the therapeutic space and discourage clients from seeking care for years to come.

In 2021, Maria Droste began collaborating with other Colorado-based non-profits to grow and nourish the provider pool in Colorado by actively removing barriers that providers from diverse backgrounds may experience in seeking careers in the behavioral health field.

Together, in 2022, we aim to develop a broad plan to recruit, train, and retain a diverse pool of behavioral health providers more reflective of the community served.

**Email [Diversifying@MariaDroste.org](mailto:Diversifying@MariaDroste.org) with any questions.**



Maria Droste  
Counseling Center.  
Colorado's Center for Mental Health





# Giving Societies

In response to a growing demand for services, we updated our planned donation giving webpage, launched projects on broader fundraising work, as well as designed a new giving society to fundraise for affordable mental healthcare. With an eye toward the future, we established **The Linda E. McKinzie Endowment Fund**. This fund will ensure counseling access will remain in perpetuity. The Legacy Society was created to increase our donor engagement and highlight the importance of our donor base in making our mission possible.

**Thank you to all of our donors for supporting our community!**

## The Commitment

Reserved for those who have included Maria Droste Counseling Center in their estate plans and wish to leave a legacy as a mental health champion.



## Society Members

Linda McKinzie  
Sue Kamler

Reserved for those who have committed to supporting mental health access throughout their lives.

These donors have given over **\$50,000** cumulatively to Maria Droste Counseling Center in their lifetime.

\$50,000+



Dr. Joel and Lorna Chapa  
Linda McKinzie  
NextFifty Initiative  
Rose Community Foundation  
Sisters of Mercy West Midwest Community  
Sisters of St. Francis  
Spirit Of Christ Catholic Community  
The Anschutz Foundation  
The Colorado Trust  
The Jay and Rose Phillips Family Foundation of Colorado  
Virginia Hill Charitable Foundation  
The LARRK Foundation

ECA Foundation

Ellen McKinzie

Impact 100 Metro Denver

Jennifer Bater & David Anderson

Jesse Wolff

A.V. Hunter Trust

Caring for Colorado Foundation

Caring for Denver Foundation

Catherine and Jay Reano

Community First Foundation

Connie Burwell White & William White Foundation

Reserved for those who believe mental health care should be accessible in the 21st century.

These donors have given a cumulative **\$10,000** in the last 3 years.

\$10,000+



Jesse Wolff  
Linda McKinzie



Sisters of St. Francis  
The Anschutz Foundation

The Jay and Rose Phillips Family Foundation of Colorado

To learn more about each society level and the impact they have on the community, please visit

<http://bit.ly/Mariasociety>

# Giving Societies 13

## Maria's Champion



*\$5,000 to \$10,000  
annually*

Aaron Oberg  
Bragg Hemme  
Collegiate Peaks Bank  
First Plymouth Congregation Church  
Polsinelli

Susan & Paul J. Walker  
The Edward Madigan Foundation  
The Joshua Rosenthal Fund  
The Stafford Family Foundation

## Maria's Protector



*\$2,500 to \$4,999  
annually*

Bethany Lutheran Church  
Bill Ohs  
Chad Gillam  
Colorado Access  
Hall & Evans, LLC  
Joan Brennan

Luchsinger Family Foundation  
Michael and Tamara Webb  
Most Precious Blood - Social Concerns Comm.  
Optumcare Management  
Dr. Sandra & Jonathan Mann  
Schlessman Family Foundation

## Maria's Supporter



*\$1,000 to \$2,499  
annually*

Alan Arbuckle & Eric Cornejo  
Alder Grove Health Services Inc.  
Augustana Lutheran Church  
BOK Financial  
Brunick Family Foundation  
Christ on the Mountain Catholic Church  
Chuck & Jean Townsend  
Claudia Gray and Becky Sharp  
Community Shares of Colorado  
Demetrius and Talya Parker  
High 5 Plumbing  
Jim Donovan  
Kaiser Permanente  
Kim Fitzgerald

Dr. Larry & Maria Seid  
Laura Brinkman  
Metro State University  
Michelle Wiley  
Mile High United Way  
Nancy Alterman  
Olivia Hansen  
Patti Klinge  
Richard & Natasha Altman  
Russ Newton  
Russell K. & Susan Haskell  
Scott Worrell

Seefried Family Fund  
Shannon Groves  
Sisters of the Good Shepherd Province of  
Mid-North America  
Tamara Vincelette  
Tatonka Capital Coporation  
Teresa and Bill Elder  
The Esperance Family Foundation Inc.  
Travis Turner  
UC Denver, School of Education &  
Human Development  
Zell Family  
Zim Consulting



MDCC aims to work with sponsors and partners to contribute to the vision that everyone, regardless of their ability to pay, deserves counseling and mental health access. In 2021, our sponsors and collaborators made an undeniable impact in the lives of Coloradans.

Beyond fundraising events and ensuring the continued access to counseling, sponsors and partners helped to train the next generation of therapists and allowed us to transition to telehealth in the midst of the pandemic. These sponsors allowed us to provide life-enhancing programs that directly affected the well-being of thousands of children and adults. Our partner sites also illustrate their commitment to mental health by embedding our counselors into their operations throughout the year.

**Thank you to all of our sponsors and partners for your vital role in the fight against mental health stigma and for ensuring access to equitable, high-quality mental health care!**



# SPONSORSHIPS & PARTNERSHIPS CONT'D

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MDCC is proud to partner with these incredible community organizations and schools:



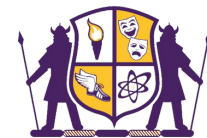
**ECPAC**  
EARLY CHILDHOOD  
PARTNERSHIP  
OF ADAMS COUNTY



Learn more at [MariaDroste.org/about-us/integrated-care-co-locations/](https://MariaDroste.org/about-us/integrated-care-co-locations/)



**COLFAX**  
ELEMENTARY  
*Where Learning and  
Community Connect*



**DENVER  
NORTH**  
HIGH SCHOOL



**PLACE BRIDGE ACADEMY**



**TRAYLOR ACADEMY**  
PERSEVERE. RESPECT. CELEBRATE.



Learn more at [MariaDroste.org/about-us/children-first-counseling-program/](https://MariaDroste.org/about-us/children-first-counseling-program/)



# Community Engagement



## MARCH MADNESS

The Young Professionals Board organized Maria Droste's first March Madness Fundraiser. Basketball fans and mental health supporters alike gathered for a Watch Party and raised funds for MDCC.

## CO BEHAVIORAL HEALTH SUMMIT

Rebecca Holmes Cepero, LPC, ACD, NCC presented on Critical Collaboration in Addressing Intimate Partner Violence at the CO Behavioral Health Summit as part of our partnership with the Rose Aandom Center.



## BUILDING BRIDGES

Building Bridges provided Shift training for our staff, therapists and interns to grow our organization's skills in anti-oppressive work, with an emphasis on racial identity development.



# Community Engagement



## BIPOC MENTAL HEALTH MONTH

In July, Maria Droste engaged in conversations around BIPOC Mental Health Month, sharing videos from BIPOC providers on our Youtube and social media channels.

## ADOPT A FAMILY | TATONKA

Tatonka Education Services (TES) partnered with our development team and interns to donate toys, clothes, and other items to sponsor ten families receiving services at Maria Droste, providing gifts for their entire family this holiday season.



## TEACHER SELF-CARE BASKETS

We collected donations to create baskets full of goodies and wellness items for staff at our 17 Children First schools to promote self-care for our essential workers.



## 9th Annual Charity Golf Tournament

sponsored by:



**A.O.P.Y.O.**  
The Apprentice of Peace Youth Organization



Jennifer Bater & David Anderson  
Jim Donovan  
Nancy Dale Designs



**Maria Droste**  
**Counseling Center**  
Annual Golf  
Tournament

COVID-19 presented many obstacles, but we were able to hold our 2021 golf tournament with 106 participants. Golfers had fun on the greens and at the luncheon and awards ceremony. It was a huge success! In the last 5 years alone, the tournament has raised over \$200,000 and has provided over 4,000 sessions to children and families who would otherwise not be able to receive counseling services.



## GROWTH IN 2021

*2021 was a year of great growth for Maria Droste.*

We expanded our Children First program to 17 schools in the Denver community.



We grew from 18 to 24 TTG providers to meet increased demand.



We renovated our suites, creating a refreshed space to serve our clients and support our staff within our bustling Colorado Blvd offices. With these updates, we also expanded our technological capacity.



*We are excited for another year of growth and continuing to provide accessible, high-quality, community-centered mental healthcare in 2022.*





# Maria Droste Counseling Center<sup>SM</sup>

Colorado's Center for Mental Health

*Connect With Us!*

Maria Droste Counseling Center  
1355 South Colorado Blvd, Suite C-100  
Denver, Colorado 80222-3305

Phone: 303-867-4600

Email: [Intake@MariaDroste.org](mailto:Intake@MariaDroste.org)



[MariaDroste.org](http://MariaDroste.org)