



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

Colorado's Center for Mental Health

2022

# Annual Report



Mental Health Regardless of Wealth

A stylized illustration of a diverse group of people of various ages, ethnicities, and genders, rendered in a flat, modern style with a warm color palette of oranges, browns, and yellows. The illustration is positioned at the top of the page, behind the main title.

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Supporting the Mission





The Covid-19 pandemic and associated mental health epidemic has demanded we respond to an enormous need for safety net mental health services. Support from new and long supporting foundations and donors have been incredibly impactful in helping us respond to these needs. I am grateful Our community is truly developing awareness of the need for mental health care and access to it for our most vulnerable members.

True to our intention, we have responded to the evolving needs in our community with purposeful growth. We expanded our clinical provider pool at all levels and worked with existing and new community partners to ensure services developed and remained aligned with client needs. We returned to in person learning and community and advanced our technology systems to more flexibly support today's hybrid environment. We've further invested in our culture and people in ways that demonstrate our commitment to justice, equity diversity and inclusion. We've dedicated space to shared learning and commitment to action, fostering a culture committed to anti racism in all aspects of what we do and say.

Knowing change happens at multiple levels, we've acted as an agent of change in the larger sphere beyond MDCC. We published our Diversifying the Workforce strategic plan which engaged providers, educational partners, government entities, insurance payors and funders in countless conversations about systemic changes necessary for us to realize equitable access to behavioral health care. It's a long game but we're committed.

This year marked the fourth year in our strategic plan. Intended originally to be a three year plan, our initiatives have remained poignant and aligned with our organizational change and that of the world around us. Next year we look forward to engaging our stakeholders in developing our next strategic plan. One that will continue to press us forward as a leader in quality, affordable mental health counseling and clinical training, both directly serving our community members now and preparing the next generation of mental health providers and leaders to do so in the future.

*Dr. Sandra Mann*

Chief Executive Officer, MDCC





# A Letter from the Board

MDCC has evolved significantly since I joined the board three years ago. This year has been no different. Our work as a Board of Directors has called us to engage in deeper ways to help the organization adjust to incredible growth and change. We've expanded and diversified our board—identities, expertise, committees. We've spent time listening to staff managing the day to day and therapists serving on the ground to understand how we can best support, retain and advance our valued staff. We've supported initiatives like expanding compensation and benefits, structural changes that better support our complex operations, and coaching and learning to foster the way teams work best together post Covid and help people stay and advance their careers at MDCC.

I am proud of the work and accomplishments that MDCC continues to do day in and day out! My identities as a black male born into poverty compels me to bring mental health awareness and access to all communities but especially those communities where stigma around mental health are more prevalent than receiving the care that may be needed. My life experience and love for humanity guide me as chair to do what I can to strengthen the board in an effort to support the long-term success of MDCC staff that empowers us to do our best work. Together we can, and will continue, to provide access to our fellow Coloradans that struggle with mental health—regardless of their ability to pay. We are here to heal and with your support healing is what we shall do!

I ask and I hope that you will join me on this journey by supporting MDCC and the work we do to heal and save lives.

*Demetrius "D" Parker*

Chairman, Board of Directors, MDCC





# OUR BOARD



**Demetrius Parker**  
President



**Bragg Hemme**



**Michelle Wiley**  
Vice President



**David Telpner**  
Vice President



**Eric Cornejo**  
Treasurer



**Claudia Crosse Wynn**



**Patrice Hawkins**  
Secretary



**Manit Lohani**



**Aliena Martinez**



**Richard Altman, MD**



**Ben Beadle Ryby**



**Shannon Groves**



**Scott Worrell**



**Maria Droste**  
Board of Directors

# Client Success Story



Recollections from an MDCC clinician...

"One of the reasons I love the work that **Maria Droste** does is because our model truly **addresses systemic barriers** to care. This is clear with the family I have worked with over the last year, who upon moving to Denver and enrolling their youngest child in school at one of our **Children First** partner schools became connected with me and our programming.

After talking with this student's mom, it became clear that she was hoping to get all 3 of her kids enrolled in therapy, but wasn't sure how to manage this as they were all different ages and enrolled at different schools. We were able to get her 2 other children connected with therapists through MDCC's **Options** outpatient center, where all 3 kids eventually came for sessions simultaneously! Our team was excited to learn that the next school year, the oldest would be attending one of our partner schools! They decided to do sessions at school for the rest of the year, and the whole family had their own special relationship with their own therapist, which began to change the family narrative around seeking outside support."

*"Children are  
the living  
messages we  
send to a time  
we will not  
see."  
-JFK*



# Clarity Statement

## 01 WHO ARE WE?

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

## 02 WHY DO WE EXIST?

Mental health regardless of wealth; improving access to care.

## 03 HOW ARE WE DIFFERENT

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

## 04 WHERE ARE WE GOING?

We are responding to evolving community needs with purposeful growth.



### 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.

# Values

## 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 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.

#### A BRIEF HISTORY OF

## Maria Droste Counseling Center

Maria Droste Counseling Center was founded in 1989 to bridge the gaps in available counseling services for underserved populations in the Denver area.

- 1989**  
Later in 1989, the **Options Program** officially launches, providing counseling on a sliding-fee scale.
- 1989**  
**Maria Droste opens its doors** on Grant Street in Denver, CO - with just a few counselors and a vision!
- 1990**  
MDCC kicks off the **Children First Program** to bring mental health services to Denver-area elementary schools. The same year, Maria Droste starts its **Internship Training Program**, providing training and experience for Masters Level interns from 6 local universities.
- 1993**  
To meet the needs of growing programs, Maria Droste moves into its **current location at 1355 S. Colorado Boulevard.**
- 2000**  
Maria Droste introduces **The Survivors Mental Health Program** to provide specialized mental health services to survivors of trauma and abuse.
- 2001**  
To raise funds for programs, Maria Droste hosts its first **Annual Charity Golf Tournament.**
- 2014**  
Commemorating its 25th anniversary, Maria Droste hosts its **first Annual Gala** and recognizes mental health leaders in the community.
- 2015**  
The **Integrated Behavioral Health Program** launches to take mental health services into underserved communities across Colorado.
- 2017**  
Maria Droste expands its training programs to advance the education of **Post-Graduate Fellows.**
- 2019**  
Maria Droste **celebrates 30 years as a counseling center.**
- 2020**  
Confronting a global pandemic, Maria Droste begins to **offer telehealth services** to support clients at home, and safely **expands services to rural Colorado communities** through the Post-Graduate Fellowship Program.
- 2021**  
Eyes on the future, MDCC revamps its website with plans to grow all its programs and **bring affordable services to more Coloradans.**



# Clinical Training

**MDCC's Largest and  
Most Diverse Cohort To  
Date!!**

**DIVERSIFYING THE WORKFORCE:  
INVESTING IN THE FUTURE OF COLORADO'S MENTAL HEALTH**



Welcoming Graduate Students from  
DU, UC, Naropa, MSU, Regis & More!

✓ Interns receive education and support that enables them to begin seeing clients with us almost immediately. Our interns often say that this program is where they learned to put the theory and ideas they have learned in their masters or doctoral programs into practice. Our emphasis is on client centered therapy that meets clients where they are at. MDCC's Fellows are post graduate therapists working towards licensure.

✓ Fellows learn to deepen and strengthen their therapeutic practice and develop advanced therapeutic techniques. During this two year program they begin to develop any specialties they may be interested in.

✓ Our Clinical Training programs seek to foster community minded therapists that are able to offer excellent client care. We are working towards expanding the number of trainees we support and ensuring that trainees from all backgrounds have sustainable opportunities to work with us.

**2022 COHORT**

**36 INTERNS**

**THERAPIST TRAINED\***

**>800**

**\*since 1989**



# Clinical Training



## Congrats to our 2022 Clinical Training cohort who graduated in June!!

Our 2021-2022 Clinical Interns and Fellows were a diverse and passionate group! Our trainees that graduated in June had unique challenges and growth edges as a cohort that experienced the necessity of telehealth during times of high COVID-19 transmission. This was a challenging experience for many of our trainee therapists that allowed them to develop skills to support clients both in-person and online. Ultimately, I am confident that the therapists who have graduated are able to offer accessible and high quality mental health care that will change many lives. I appreciated this cohort's ability to give and receive feedback in a way that has improved our clinical training programs – thank you for learning with us and letting us learn from you! We wish you fulfilling and successful careers.



**ELIZABETH  
OCHELTREE, MA**

2022 MDCC  
Fellowship

## Clinical Fellow Spotlight

*"Thank you for the many experiences and opportunities you help make possible at Maria Droste. I am grateful for my time at this incredible agency and I know I am the therapist I am today because of my time at Maria Droste Counseling Center."*



# Internal Programs

## Options

The Options Program at Maria Droste Counseling Center provides in person and telehealth psychotherapy to individuals across the lifespan, as well as families, couples, and groups, regardless of wealth or ability to pay. This program utilizes licensed providers from the Therapist Group, postgraduate fellows, as well as clinical interns to provide quality, comprehensive outpatient behavioral health services for a variety of presenting concerns and diagnoses.

In 2022, the Options program also partnered with a number of community organizations including the Denver Actors Fund, Colorado Village Collaborative, and the YESS Institute to provide individual therapy to the members of these community-based organizations.

## Survivors Mental Health Program

Our Survivors Mental Health Program provides mental health counseling, crisis intervention, and resource navigation to survivors of trauma, including sexual assault, childhood physical abuse, and domestic violence. The goals of our Survivors Mental Health Program are to:

1. provide financially accessible, culturally competent, and comprehensive care to survivors of trauma with serious mental health concerns,
2. To eliminate or significantly reduce post-traumatic stress symptoms over time
3. To achieve high ratings of client satisfaction
4. and serve as a resource to other community victim service providers regarding mental health issues for survivors of violence.

This program specifically focuses on providing support to survivors of trauma who are uninsured, underinsured, have unaffordable annual deductibles or copays, do not have Medicare or Medicaid, are ineligible for Crime Victim Compensation, or are otherwise unable to afford the cost of services. SMHP prevents individuals from falling through the cracks of the existing mental health and victim services systems and is designed specifically to address post-traumatic stress, severe depression, anxiety, addiction, and suicidal impulses.



Kate Trewartha

## A Message from Kate

We've been through a lot in these last few years and I feel so lucky to have such an incredible community here at Maria Droste Counseling Center. Each and every member of the Maria Droste community is such a vital part of the work we do - from our courageous clients to our skillful providers, dedicated staff, generous volunteers, and devoted executive and young professionals boards. As I reflect on the work we've done over the past year, I am tremendously proud and honored to have had the opportunity to be involved in such life changing work.

DIR. INTERNAL PROGRAMS & COMPLIANCE

# Co-Located Programs

Children First assists children and families facing adverse circumstances by providing counseling, mentoring, and support at more than 18 Metro Denver Pre-K-12 schools. To ensure that youth with the highest behavioral health needs and decreased access to resources receive care, most MDCC partner schools have high percentages of students who qualify for free or reduced-price lunch and/or are English language learners.

Counselors help children age three and up who are in crisis, at risk for school failure, and/or need more consistent and individualized attention than school counselors can offer.

We value socially responsible partnerships and work to co-locate in places where people live, work, and receive services to reduce barriers to care. Our newest partner, Women's Bean Project, also recognizes the very real barriers that individuals face in efforts to change their circumstances, and addresses this by providing a robust transitional employment program that includes job coaching, onsite healthcare, financial literacy, and more.

Together, we are able to offer therapy sessions to women in their program free of charge while they are on the job, ensuring that stress and trauma don't get in the way of their success.



CHILDREN FIRST

Where People  
Live, Work,  
Learn, & Play

INTEGRATED CARE



Kavod Senior Life has been a wonderful Integrated Care partner for several years, and our partnership has allowed MDCC to reduce barriers to mental healthcare for older adults in our community. Over the last two years, our staff therapist Maren Benevento and her canine co-therapist, Korra, have created more opportunities for Kavod residents to consider the benefits of therapy. This comes at a crucial time when older adults are facing increased stressors due to the COVID-19 pandemic.

Older adults have experienced different narratives around therapy throughout their lifetimes, and for some, there is the notion that therapy is reserved for those who have mental illness. Maren and Korra's work in book clubs and "Coffee with Korra" sessions have created natural opportunities for residents to interact with therapeutic providers and get a sense of how therapy can benefit anyone – including those who are mentally healthy!

We are grateful to Maren, Korra, and all of our Kavod therapists for stewarding this important work. Thank you Kavod Senior Life for your continued partnership!



[heather\\_rera@mariadroste.org](mailto:heather_rera@mariadroste.org)

# MEET *our* SCHOOLS



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



ESCUELA DE LENGUAJE DUAL  
**BRYANT WEBSTER**  
DUAL LANGUAGE SCHOOL



**DENVER  
NORTH**  
HIGH SCHOOL



*Thank you for your continued partnership  
in caring for the mental health of our  
community...*



## Co-Located Partners



Rose Andom Center



**ECPAC**  
EARLY CHILDHOOD  
PARTNERSHIP  
OF ADAMS COUNTY



**Kavod**  
SENIOR LIFE  
*Honor. Community. Jewish Values.*



**WOMEN'S  
BEAN PROJECT™**



## The Therapist Group At Maria Droste Counseling Center<sup>SM</sup>

“



*We would like to extend a very special thank you to Kim Stromgren, LCSW. Completing her MDCC internship in 2013, Kim has supported our organization, as a Therapist Group Member, Practice Liason, and recently finishing a term serving on our Board of Directors. She continues to serve MDCC clients as well as helping to recruit and supervise the next generation of Colorado's mental health providers.*

### THERAPIST GROUP SPOTLIGHT





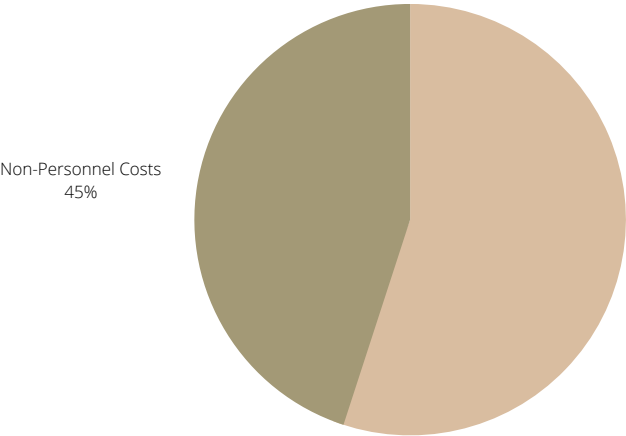
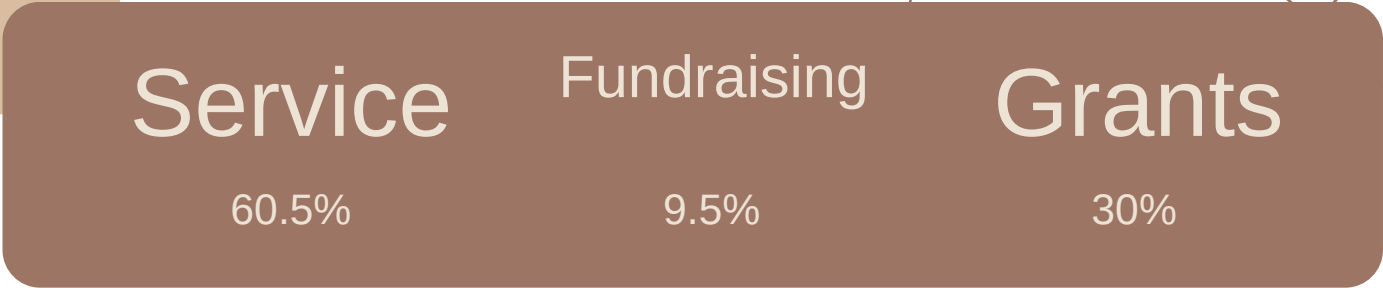
# About our Programs



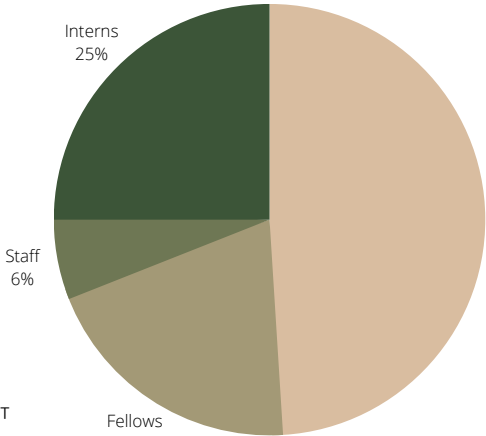
|                                 |   | Sessions |
|---------------------------------|---|----------|
| Children First                  | The Children First Program has served the unique mental health needs of children and their families with on-site counseling services at 18 schools. In 2022, we provided over 4,600 sessions to students (nearly 25% increase from 2021) from Denver to Baca County.  | 4,617    |
| Integrated Care                 | Integrated Care programming helps Coloradans get the support they need where they live, work, and receive other services. We partner with senior living facilities, family justice centers, and other settings to reduce critical barriers to care. In 2022, we provided over 1,900 sessions to clients in the Denver-metro area. | 1,912    |
| Options                         | The Options Program matches clients with providers, regardless of their ability to pay.   | 13,342   |
| Survivors Mental Health Program | The Survivors Mental Health Program provides comprehensive mental health care to adult survivors of violence who experience severe mental health challenges. In 2022 SMHP saw nearly 20% growth in sessions delivered.  | 602      |

# Maria Droste at a Glance

## REVENUE <sup>2022</sup>



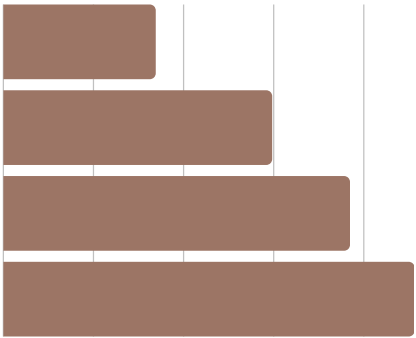
Use of Funds



Clients Served By Provider

GROWING TO MEET

## COLORADO'S MENTAL HEALTH NEEDS



Year-to-Year Growth



2019-2022  
Annual Revenue



# Justice Equity Diversity Inclusion



Building upon the work of the previous 33 years, MDCC has expanded its Diversifying the Workforce Initiative with the hopes of investing in the future of Colorado's mental health.

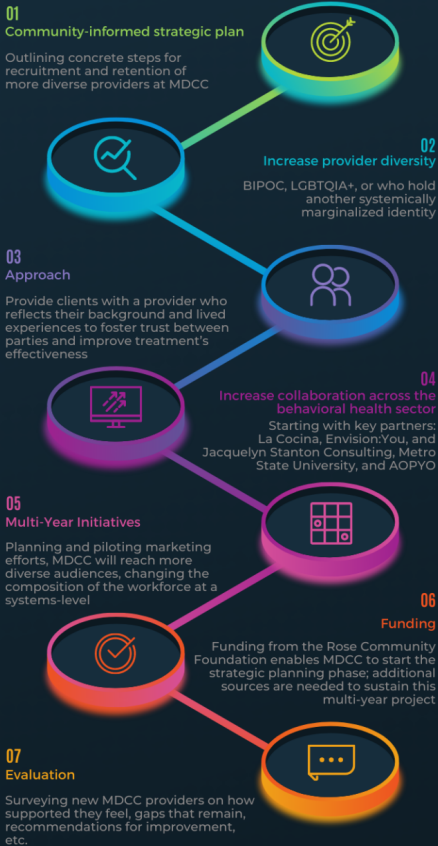
LET'S WORK TOGETHER

MARIA DROSTE  
J.E.D.I.

## COMMUNITY SPACES:

- ✓ BIPOC Therapist Community Space and BIPOC Intern Support Group
- ✓ LGBTQUIA+ Therapist Community Spaces and LGBTQUIA+ Intern Support Group
- ✓ White Awareness space for allies to congregate and educate

## Diversifying the Workforce Clinical and Behavioral Health



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.

WWW.MARIADROSTE.ORG

# Diversifying the Workforce

In 2022 MDCC launched it's JEDI Action group as a companion to its discussion group launched in 2021. The goal was to synergize strategic discussions with strategic actions in the hopes of creating large-scale systemic change both internally and throughout Colorado.

CLIENTS OF DIVERSE  
BACKGROUNDS  
53% BIPOC  
37% 2SLGBTQ+

CHANGE  
WORDS+ACTION

## DIVERSIFYING THE WORKFORCE

JUSTICE EQUITY DIVERSITY INCLUSION

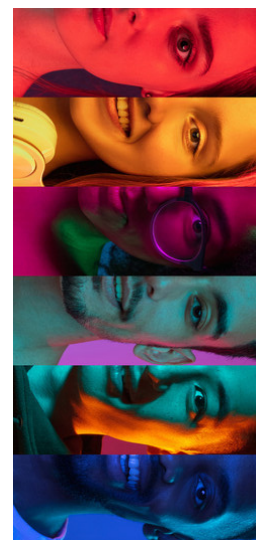
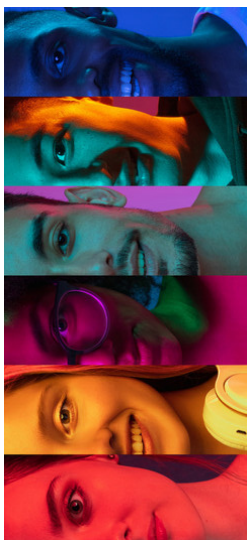
Established JEDI Action Committee to steward change for the communities we serve

White Awareness companion space created to support diversity efforts across organization.

2SLGBTQ+ Space to support clinicians and staff

DtW Phase 2: Building the Provider Pool

*Investing in the Future of Colorado's Mental Health*





# NAN DESU KAN 2022

*In partnership with Nan Desu Kan 2022, Colorado's largest anime convention, MDCC raised over \$29,000!!!*



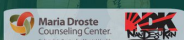
New  
Sponsor!

Nan Desu Kan

**COSTUME BALL & NIGHT MARKET**

**THURSDAY 9/1  
7:00pm-12:00am**

**Pay at the door:  
\$10 with costume, \$20 without**







# 10TH ANNUAL MDCC GOLF TOURNAMENT

*For over 10 years the MDCC  
Charity Golf Tournament has  
helped to provide critical  
services to marginalized  
communities in need.*

*This year we raised over  
\$80,000 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 by giving over **\$50,000** cumulatively to Maria Droste Counseling Center in their lifetime.



A.V. Hunter Trust  
Caring for Colorado Foundation  
Caring for Denver Foundation  
Catherine and Jay Reano  
Colorado Access  
Community First Foundation  
Connie Burwell White & William White Foundation

ECA Foundation  
Ellen McKinzie  
Impact 100 Metro Denver  
Jennifer Bater & David Anderson  
Jesse Wolff

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  
Susan and Paul Walker  
The Anschutz Foundation  
The Colorado Trust  
The Jay and Rose Phillips Family Foundation of Colorado  
Virginia Hill Charitable Foundation  
The LARRK Foundation

Reserved for those who believe mental health care should be accessible in the 21st century by giving a cumulative **\$10,000** in the last 3 years.



Allan Brown  
Christ on the Mountain Catholic Church  
Collegiate Peaks Bank  
Connie Burwell White & William White Foundation  
Edward Madigan Foundation

Jesse Wolff  
Joan Brennan  
John Farrell  
Joshua Rosenthal Fund  
Dr. Judith Mann

Kathy and Stephen O'Leary  
Linda McKinzie  
Mile High United Way  
Most Precious Blood - Social Concerns Comm.  
Polsinelli  
Schlessman Family Foundation  
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/MariasSociety>



# Giving Societies

## Maria's Champion



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

Anschutz Foundation  
Collegiate Peaks Bank  
Ellen McKinzie  
Susan & Paul Walker  
Al & Karen Spies

Fidelity Charitable  
Joan Brennan  
Dr. Sandra & Jonathon Mann  
Dr. Judith Mann  
Kaiser Permanente  
Linda McKinzie

Most Precious Blood Church  
Rose Community Foundation  
Schlessman Family Foundation  
The Denver Foundation  
Scott Worrell  
Polsinelli

## Maria's Protector



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

Brunick Family Foundation  
Gretchen C. Seefried  
Alder Grove  
Bragg Hemme  
Joel Chapa

Luchsinger Family Foundation  
Patti Klinge  
Russell Haskell  
Women's Foundation of Colorado

## Maria's Supporter



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

Barb Riegel  
Ben Beadle-Ryby  
Colorado Gives 365  
Eric Cornejo  
Jennifer Bater  
Jim Donovan  
Demetrius Parker  
Claudia Crosse Wynn

Joel Chapa  
Mark Upshaw  
Michele Wiley  
Nancy Alterman  
Richard Altman  
University of Colorado Denver  
Zim Consulting

To learn more about each society level and the impact they have on the community, please visit <http://bit.ly/MariasSociety>

## AN MDCC TOY STORY



MAKING THE PLAYROOM COME ALIVE

YOU CAN DROP OFF YOUR TOYS AT: 1355 S. COLORADO BLVD, DENVER, CO 80222  
Or Donate to equip our play therapy rooms:



COMMUNITY FIRST FOUNDATION

# COLORADO GIVES DAY



ColoradoGivesDay.org Dec. 6

POLSINELLI

Thank You  
To Our Sponsors  
2022

JENNIFER  
BATES  
DAVID  
ANDERSON

STEVEN  
WRIGHT



OF PENANCE & CHRISTIAN CHARITY



Maria Droste  
Counseling Center  
Annual Golf  
Tournament

JIM  
DONOVAN



ALDER GROVE  
WELLNESS GROUP



COLLEGIATE  
PEAKS BANK  
Division of Glacier Bank



JOEL  
CHAPA

Thank  
you!

NEWMARK



# Thank You!!!

Our mission would not be possible  
without the support of our donors  
and sponsors!!!

