Mental Health Regardless of Wealth
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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
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
"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.
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.

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!

2022 COHORT
36 INTERNS

THERAPIST TRAINED*
>800

*since 1989
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 cohorts’ 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.

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.

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

Co-Located Partners

- Montessori Academy of Colorado
- Colfax Elementary
- KIPP Colorado Schools
- Montclair School
- Most Precious Blood Catholic Church
- Doull Elementary
- DSST Wolves
- Dora Moore
- Denver North High School
- American Indian Academy of Denver
- Bryant Webster Dual Language School
- Highline Academy
- Trailblazers
- Rose Aondom Center
- ECPAC Early Childhood Partnership of Adams County
- Kavod Senior Life
- Women’s Bean Project
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

<table>
<thead>
<tr>
<th>Program</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>Children First Program</td>
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<tr>
<td>Integrated Care</td>
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<td>Options Program</td>
<td>13,342</td>
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<tr>
<td>Survivors Mental Health Program</td>
<td>602</td>
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</table>

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.

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.

The Options Program matches clients with providers, regardless of their ability to pay.

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.
Maria Droste at a Glance

**Revenue (2022)**

- **Service**: 60.5%
- **Fundraising**: 9.5%
- **Grants**: 30%

**Use of Funds**

- **Non-Personnel Costs**: 45%
- **Personnel Costs**: 55%
- **Staff**: 6%
- **Interns**: 25%
- **Fellows**: 20%
- **Contract Therapists**: 49%

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**Growth to Meet Colorado's Mental Health Needs**

**Clients Served By Provider**

**Year-to-Year Growth**

**2019-2022 Annual Revenue**
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.

COMMUNITY SPACES:

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

LET’S WORK TOGETHER

MARIA DROSTE

J.E.D.I.
In 2022 MDCC launched its 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.

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

Approximately 85% of mental health professionals are white and only 15% are people of color. This is problematic as people of color and those from minority groups from across the state often experience greater barriers to mental health care.

Diversifying the Workforce

53% BIPOC

37% 2SLGBTQ+
In partnership with Nan Desu Kan 2022, Colorado's largest anime convention, MDCC raised over $29,000!!!
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.

Linda McKinzie
Sue Kamler

**Society Members**

**Legacy Society**

**Lifetime Society**
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

**Century Society**
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
Mike High United Way
Most Precious Blood - Social Concerns Comm.
Polisinni
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](http://bit.ly/MariasSociety)
# Giving Societies

## Maria’s Champion

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<th>Sponsor</th>
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<td>Anschutz Foundation</td>
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<td>Collegiate Peaks Bank</td>
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<td>Ellen McKinzie</td>
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<tr>
<td>Susan &amp; Paul Walker</td>
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<tr>
<td>Al &amp; Karen Spies</td>
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<tr>
<td>Fidelity Charitable</td>
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<tr>
<td>Joan Brennan</td>
<td></td>
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<td>Dr. Sandra &amp; Jonathon Mann</td>
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<td>Dr. Judith Mann</td>
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<tr>
<td>Kaiser Permanente</td>
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<td>Linda McKinzie</td>
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<td>Most Precious Blood Church</td>
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<td>Schlessman Family Foundation</td>
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<td>The Denver Foundation</td>
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<td>Scott Worrell</td>
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<td>Polsinelli</td>
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## Maria’s Protector

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<td>Brunick Family Foundation</td>
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<td>Gretchen C. Seefried</td>
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<td>Alder Grove</td>
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<td>Bragg Hemme</td>
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<td>Joel Chapa</td>
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<td>Luchsinger Family Foundation</td>
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<td>Patti Klinge</td>
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<td>Russell Haskell</td>
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<td>Women’s Foundation of Colorado</td>
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## Maria’s Supporter

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<tr>
<td>Barb Riegel</td>
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<td>Ben Beadle-Ryby</td>
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<td>Colorado Gives 365</td>
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<td>Jennifer Bater</td>
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<td>Jim Donovan</td>
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<td>Demetrius Parker</td>
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<td>Claudia Crosse Wynn</td>
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<td>Joel Chapa</td>
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<td>Mark Upshaw</td>
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<td>Michele Wiley</td>
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<td>Nancy Alterman</td>
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<tr>
<td>Richard Altman</td>
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<td>University of Colorado Denver</td>
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To learn more about each society level and the impact they have on the community, please visit [http://bit.ly/MariasSociety](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

To support our Play Therapy Program for Underserved
Colorado Youth
http://weblink.donorperfect.com/MDCToyDrive

COMMUNITY FIRST FOUNDATION
COLORADO GIVES DAY
ColoradoGivesDay.org Dec. 6

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