

Mary Lou Fraser Foundation For Families, Inc.

2020 Annual Report



Mary Lou Fraser Foundation for Families, Inc.

203 Mary Lou Drive • Hinesville, Georgia 31313 • (912) 369-7777



Fraser Counseling Center

A Division of the Mary Lou Fraser Foundation for Families

LETTER FROM THE DIRECTOR

Dear Friends and Partners,

On behalf of the Mary Lou Fraser Foundation for Families Inc., I am pleased to present our 2020 annual report. The past year certainly presented a unique set of challenges for us all. However, I am proud of the work both the Fraser Counseling Center and Helen's Haven Children's Advocacy Center (CAC) were able to accomplish. We are especially grateful to you – our donors, funders, partners, and community members – for the support you provide to make sure our work continues, uninterrupted.

Included in this report are data and metrics highlighting the Fraser Counseling Center's and Helen's Haven CAC's 2020 accomplishments, including a major shift in the way we deliver counseling and therapy services. In an effort to keep our counselors, therapists, and clients safe and connected, we began to offer teletherapy (mental health counseling online or by phone).

Not only has this practice change allowed our services to endure during the COVID-19 crisis but has also improved our ability to reach additional at-risk clients. We are now including teletherapy as part of our services in an effort to address some of the barriers we face as rural mental health providers, including transportation, childcare, and work scheduling conflicts.

As we continue through fiscal year 2021, our priorities include:

- Improving our information technology (IT) infrastructure
- Recruiting and retaining a Medicare/Medicaid-certified provider
- Soliciting partners and grant funding

Sincerely,

Teresa Winn, Executive Director

ABOUT US

FRASER COUNSELING CENTER

MISSION

We believe the healing of body, mind, and spirit is accomplished with the help of caring people. Our mission is to enrich the lives of all who come to us by providing professional counseling, community education, and emotional support in a Christian environment.

VISION

The vision of the Fraser Counseling Center is to be the premier leader in providing behavioral health services, inspiring healing and hope to all who come to us.

HELEN'S HAVEN CHILDREN'S ADVOCACY CENTER

MISSION

To reduce trauma of youth in a safe, non-threatening, child-friendly environment for the evaluation of suspected child abuse and to provide supportive healing to the client and non-offending caregivers.

VISION

To provide comprehensive, trauma-informed support to all child victims of abuse and family violence and to provide prevention education resources and activities which support the reduction of victimization of children in our community.

FRASER COUNSELING CENTER 2020 IMPACT

The Fraser Counseling Center offers individual, family, and child therapy utilizing a variety of evidence-based treatment modalities. In 2020, we are proud to have offered:

2,582 TOTAL THERAPY SESSIONS
FOR **374** UNIQUE CLIENTS

341 SCHOOL-BASED YOUTH MENTAL HEALTH SESSIONS
FOR **68** STUDENTS



The vision of Dr. Fraser was to offer treatment and support to all people in need, **regardless of their ability to pay**. Because many of the individuals we treat are either uninsured or underinsured, we have established the Fraser Counseling Center **Hope and Healing Fund to cover the cost of unreimbursed expenses**.

In 2020, the Fraser Counseling Center provided **22 clients with financial assistance, totaling 76 hours of therapy**, from the Hope and Healing Fund to either initiate or to continue treatment.

HELEN'S HAVEN CAC 2020 IMPACT

The purpose of Helen's Haven Children's Advocacy Center is to reduce youth trauma in a safe, non-threatening, child-friendly environment. In 2020, we provided **evidence-based services for supportive healing at no cost** to our clients, including:

1,618 THERAPY SESSION

244 FORENSIC INTERVIEWS

379 INDIVIDUALS SERVED

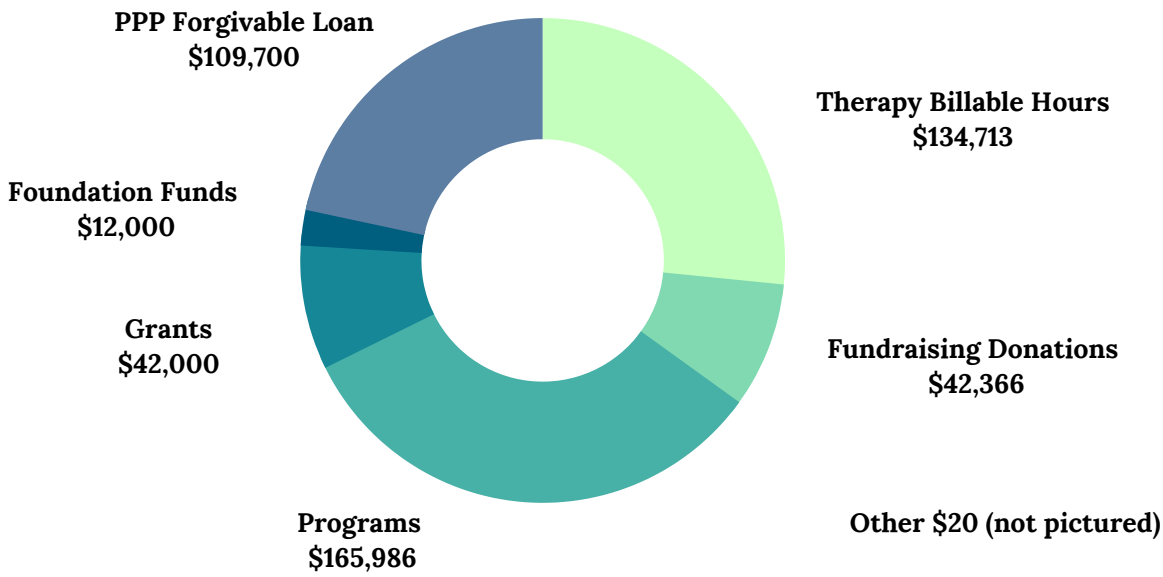
Additionally, we distributed **prevention information to 1,310 individuals**



Helen's Haven CAC is proud to uphold Dr. Fraser's vision of services for all individuals and families by offering all of our assistance free of charge. We provide the following for children ages 3 to 17, their non-offending parents, and families:

- Crisis intervention
- Forensic interviews
- Specialized trauma-focused therapy
- Medical and community referrals
- Trauma and victim assistance
- Advocacy
- Workshops and preventive services to all communities we serve

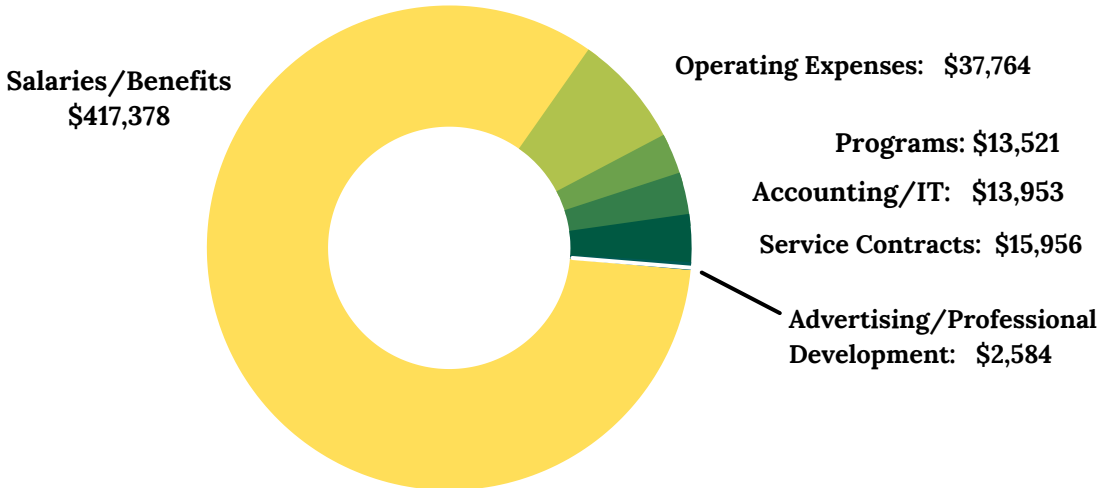
2020 FRASER COUNSELING CENTER REVENUE



TOTAL: \$506,785

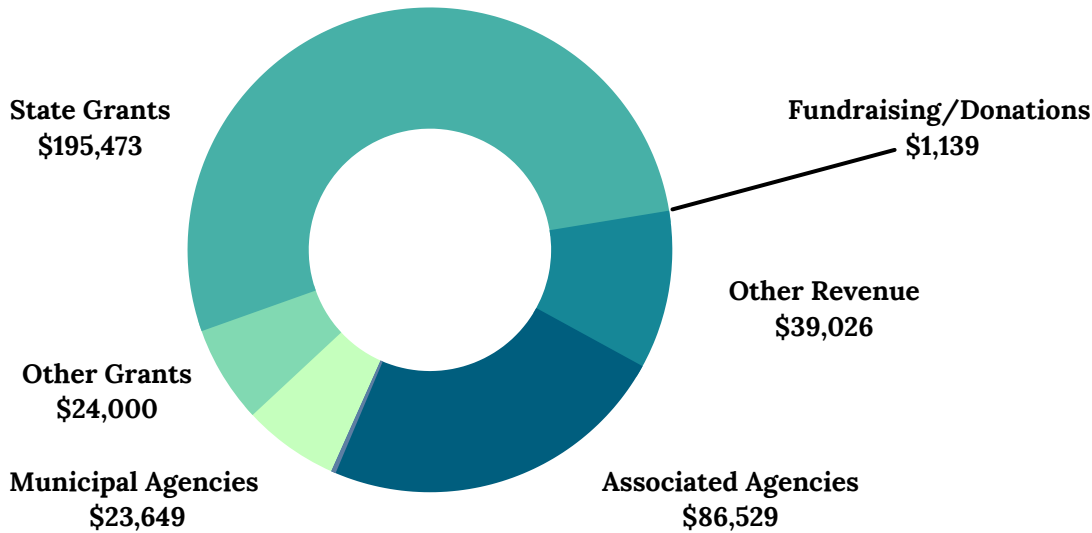
.....

2020 FRASER COUNSELING CENTER EXPENSES



TOTAL: \$501,156

2020 HELEN'S HAVEN CAC REVENUE

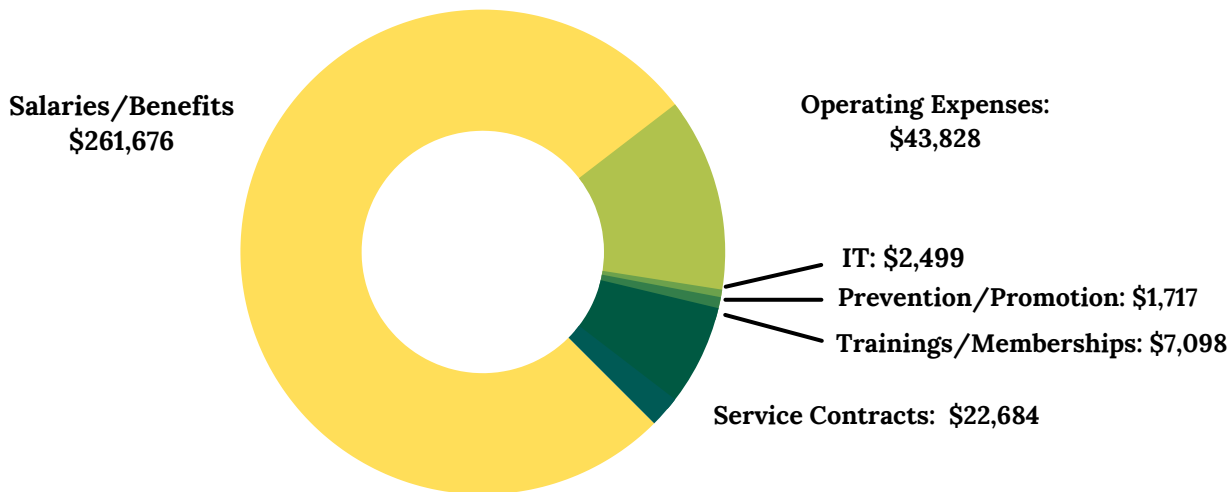


TOTAL: \$369,814

*\$33,555 of reported revenue is reimbursement for 2019 expenses

.....

2020 HELEN'S HAVEN CAC EXPENSES



TOTAL: \$339,502

YEAR IN REVIEW: NEWS AND MILESTONES

As our organization continues to grow, we are proud of the milestones and accomplishments made in 2020. We are pleased to report that **renovations of office space at Helen's Haven Children's Advocacy Center are complete!** By expanding, we are able to offer therapy to additional families from Liberty and surrounding counties. Helen's Haven CAC **now offers teletherapy** in addition to in-person sessions. Also in 2020, we began providing **Parent-Child Interaction Therapy (PCIT)**, a family-centered treatment approach for children age two to seven.

Additionally, leadership at Fraser Counseling Center has established a **new electronic medical records (EMR) system.** By upgrading our EMR, the client experience will be improved by making registration, appointment requests, teletherapy sessions, and payment processes easier and more user-friendly. This, coupled with the **addition of new administration staff,** have allowed the Fraser Counseling Center to better support clients with appointments and connections to much-needed resources. Our staff is also working to **optimize data collection and analysis,** which allows us to track and improve client outcomes in addition to becoming more competitive in securing grants and other funding.

Lastly, please join us as we celebrate the journey to licensure of new therapists at Helen's Haven Children's Advocacy Center, **Haley McCaffrey** and **Rebecca Loskoski,** as well as the retirement of **Greg Loskoski** and **Barbara "Bo" Williams,** both long-time members of the Fraser Counseling Center family. Many thanks to all of our partners and friends as we continue to strive to improve our organization and client experience!



BOARD OF DIRECTORS

Sherry Somerville, President

Clint Fraser (Advisor)

Joe Ford, Vice President

Tara Jennings

Sandra Jenkins, Secretary

Karen Krupp

Laura Stafford, Treasurer

HOPE AND HEALING FUND

My father, Dr. Whitman Fraser, dedicated more than 27 years of his work career to serving the people of Hinesville. Throughout his life, he remained committed to the ideal that everyone, regardless of their ability to pay for services, deserves mental and physical healthcare. Through the Hope and Healing Fund, we continue to uphold that legacy.

The Hope and Healing Fund began in 2004 and has been known as the Scholarship Fund. We recently changed the name as we merged this giving opportunity with our holiday season tree lighting event that is held each year. During the Hope and Healing Fund campaign, we offer our partners, sponsors, and friends the opportunity to honor someone special who has made a significant impact in their lives. Your donations, in honor or memory of a family member, friend, mentor, or other important person, allow us to “pay it forward.” One hundred percent of these funds go directly to an individual or family in need of financial support to start or continue therapy. During the remainder of the year, ten percent of every donation also goes to this fund.

In 2020, we held the Hope and Healing fund virtually. We placed signs honoring loved ones, along with holiday lights, throughout the lawn at the Fraser Counseling Center. It was a moving event for me as I remembered my parents, Whit and Mary Lou, and my sister, Gwynn McGregor.

I am proud to report that, with your help, we raised more than \$4,496 for the fund in 2020 and were able to support therapy for 22 individuals and families. Please consider honoring someone special to you this holiday seasons by donating to the Hope and Healing Fund. Together, we can support our community’s access to quality mental healthcare.

Sherry Somerville
Board President

JONATHAN'S STORY OF HOPE AND HEALING

Jonathan, a 26 year-old originally from Oklahoma, was in between jobs and living with extended family when he sought help at the Fraser Counseling Center. He had moved with his family to Hinesville two years ago, as his father is in the Army and now stationed at Fort Stewart. When he moved, he left behind a support group of friends but he was hopeful that he would find a job and educational opportunities in Georgia.

Jonathan had a history of anxiety and depression, and as the Covid pandemic worsened, so did his symptoms. Jonathan's anxious thoughts, erratic sleep patterns, and ongoing mood issues were severely impacting his ability to work. It felt like an endless cycle that left Jonathan feeling helpless and hopeless. He sought counseling and Jonathan's family was encouraging. However, Jonathan was no longer eligible to be on his family's health insurance plan due to his age.

Thankfully, Jonathan reached out to the Fraser Counseling Center, where generous donors provide a lifeline for people like Jonathan. He was able to receive counseling services; his anxiety and depressive symptoms decreased, and Jonathan began to feel hopeful again. Jonathan set goals with his therapist that included finding a part time job and re-enrolling at a local community college. Jonathan terminated counseling services with his therapist when he found a job and had moved out of his parent's home. Jonathan also enrolled in fall classes at the community college to begin his degree in welding. Jonathan expressed sincere gratitude to the Fraser Counseling Center for their support when he had lost all hope.

SUPPORT

ACKNOWLEDGEMENTS

The staff and providers of The Mary Lou Fraser Foundation for Families, Helen's Haven Children's Advocacy Center, and Fraser Counseling Center wish to offer our sincere thanks to you: our partners, sponsors, and donors. Without your support, we would not be able to offer our vital services to the community.

PARTNERS, SPONSORS, AND DONORS

Andy Jennings

Allenhurst Presbyterian Church

Amazon Smile

Amy Perkins-Murphy

Association of the United States Army

Believing in the NuYu

Bruce Muncher

Bryan County Family Connection

Coastal Harbor Health System

Carrie Jones

Charlene Godley

Clint Fraser

Cornerlight Foundation

Crystal Robinson-West

David Somerville

Dennis Waters

Dennis Waters Rental Property

Dick and Charlotte Goff

Diversity Health Center

Donna Ploth

Dot and Lawrence Evans

Elise Muncher

Floor & Decor Distribution Employees

Ft. Stewart

Gary and Josephine Pendleton and Family

Georgia Center for Nonprofits

GHC Hospice

Haley McCaffrey

Helen Stanford

Helene Harris

Henry Fraser, Sr.

PARTNERS, SPONSORS, AND DONORS

Hinesville First United Methodist Church

Holtzman Real Estate Services

James Welch

JoAnn Hagan

Joe Anderson

Juli Giorgiani

Keisha Flemister

Kelly Stimpert

Kroger

Laura Stafford

Lauren Ward

Liberty County Board of Commissioners

Liberty County Board of Education

Liberty County Chamber of Commerce

Liberty County Family Connection

Linda Parks

Long County Family Connection

Manna House

Mary C. Alexander

Mary Caraballo

Matt Cardella

McIntosh County Family Connection

Michelle Seger

Mike Reed Chevrolet

Presbyterian Women - First Presbyterian Church

Project Linus Volunteers

Rebecca Loskoski

Sabine Powers

Sandra Jenkins

Scott Carrier

Sherry Somerville

St. Philip's Episcopal Church of Hinesville

Tara Jennings

Tattnall County Family Connection

Teresa Winn

Terri Liles

United Way of the Coastal Empire

PARTNERS, SPONSORS, AND DONORS

United Way National Capital Area

United Service Organizations (USO)

Willia Wesley

William G. Webster

William Unruh

Worksource Georgia

YMCA