

Mary Lou Fraser Foundation For Families, Inc.

2021 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 grateful to be able to present our 2021 annual report. The past year has given us the opportunity to continue building and exhibiting our resilience. However, I am honored to be a part of the work both the Fraser Counseling Center and Helen's Haven Children's Advocacy Center (CAC) were able to accomplish. We are especially appreciative of you — our donors, funders, partners, friends, 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 2021 accomplishments. We have worked with individuals and families to help build the skills that remain necessary in our world to survive and thrive in difficult and demanding situations.

It was a blessing that during 2021 we were able to re-open The Fraser Counseling Center for in person sessions and services while still being able to provide teletherapy services for those clients who still need that flexibility. We were also able to return to our commitment to train the next generation of caring clinicians by inviting interns in helping-profession programs back to our Centers for training.

While this year has seen several staff members move on to retirement or opportunities in other parts of our state, we remain committed to recruiting and maintaining highly trained, caring clinicians and supportive staff members. As we continue through the fiscal year 2022, our priorities include:

- Refreshing our current facilities and looking towards the future for what buildings and infrastructure will be needed to continue providing services for years to come.
- Soliciting partners and grant funding to sustain us into the future.

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 2021 IMPACT

The Fraser Counseling Center offers individual, family, and child therapy utilizing a variety of evidence-based treatment modalities. In 2021, we are proud to have offered:

445 unique clients seen

3,431 sessions

1,037 school based sessions for 93 students



Thanks to Holtzman Real Estate services adopting children during the holiday season.

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 2021, the Fraser Counseling Center provided **33 clients with financial assistance, totaling 123 hours of therapy**, from the Hope and Healing Fund to either initiate or to continue treatment.

HELEN'S HAVEN CAC 2021 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 2021, we provided **evidence-based services for supportive healing at no cost** to our clients, including:

1,021 therapy sessions
244 forensic interviews
302 children served

Additionally, we distributed prevention information to 1,685 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

Success Story for Helen's Haven Children's Advocacy Center

Unfortunately, during the onset and peak of the COVID-19 pandemic, Helen's Haven CAC had to cancel our groups to reduce risks for the children and families we serve. Helen's Haven Children's Advocacy was very excited to once again be able to offer groups for approximately two dozen children and adolescents. And with the impact of the pandemic, groups offered additional support to the children and adolescents who were able to participate.

Groups provide the participants an opportunity to build social skills with peers and develop new skills. In addition, youth learn that they are not the only one who has experienced a traumatic event.

Group participation is open to children ages 7 – 12 and adolescents ages 13-17 who have previously received services at Helen's Haven CAC as well as youth from the communities we serve. The youth learn new skills and information to increase resiliency through their participation in group discussions, learning activities, and activities to creatively express themselves.

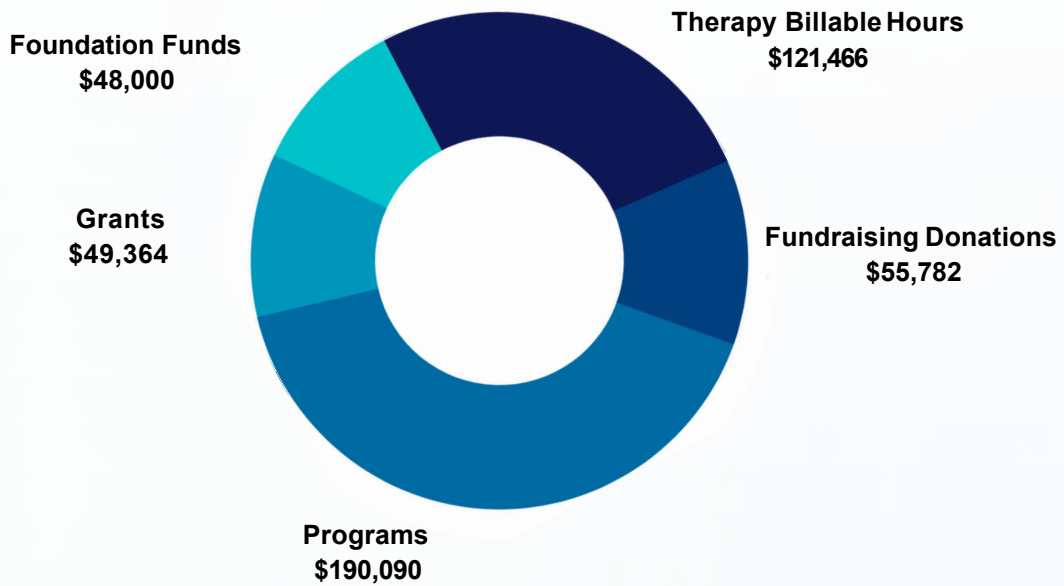
Groups are typically small, typically with between 5-10 participants, and are facilitated by master level social workers. The groups meet once a week for 5 weeks. Participants learn about healthy boundaries and maintaining friendships. They also learn about identifying feelings and healthy ways to express their feelings. Participants also learn about social media and internet safety. Youth learn about self-esteem, identifying their strengths and ways to focus on building positive self-esteem. Participants also learn about bullying and ways to prevent and cope with bullying.

Immediately following each 1 ½ hour group session, participants engage in 30 minutes of yoga activities to learn a healthy coping skill to help manage stress, anxiety, and other negative feelings.

Parents are also engaged with their child's participation throughout the group to offer their child ongoing support beyond the completion of the group. Both our staff and the children and adolescents participating enjoy the group process. We are so grateful to once again offer groups to children and adolescents.



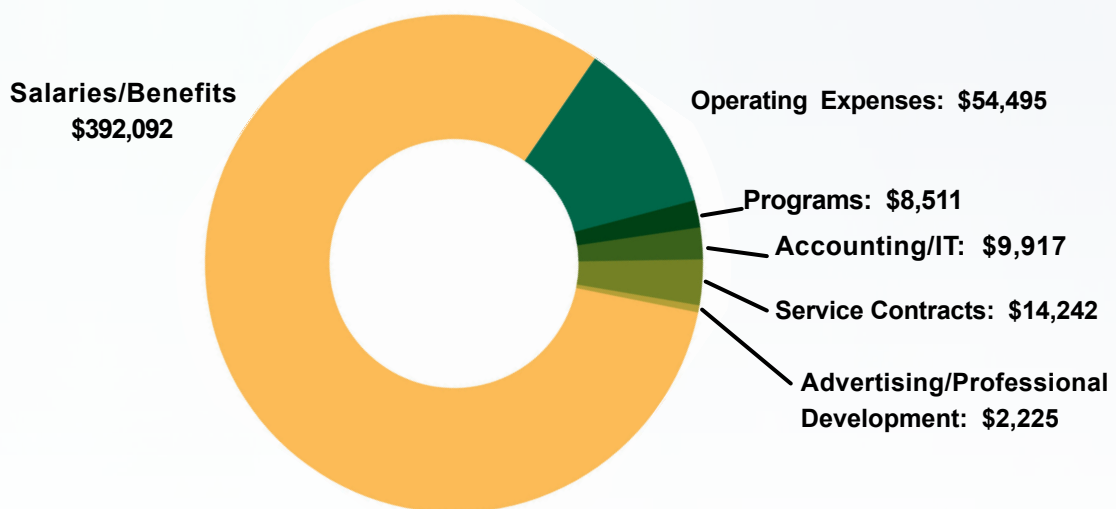
2021 FRASER COUNSELING CENTER REVENUE



TOTAL: \$464,702

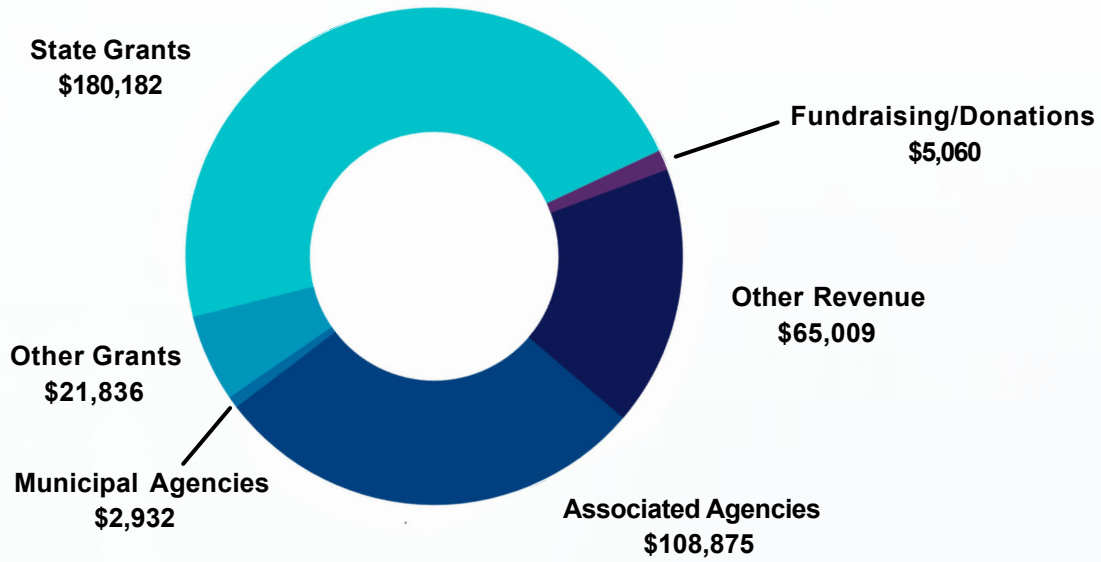
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2021 FRASER COUNSELING CENTER EXPENSES



TOTAL: \$481,482

2021 HELEN'S HAVEN CAC REVENUE

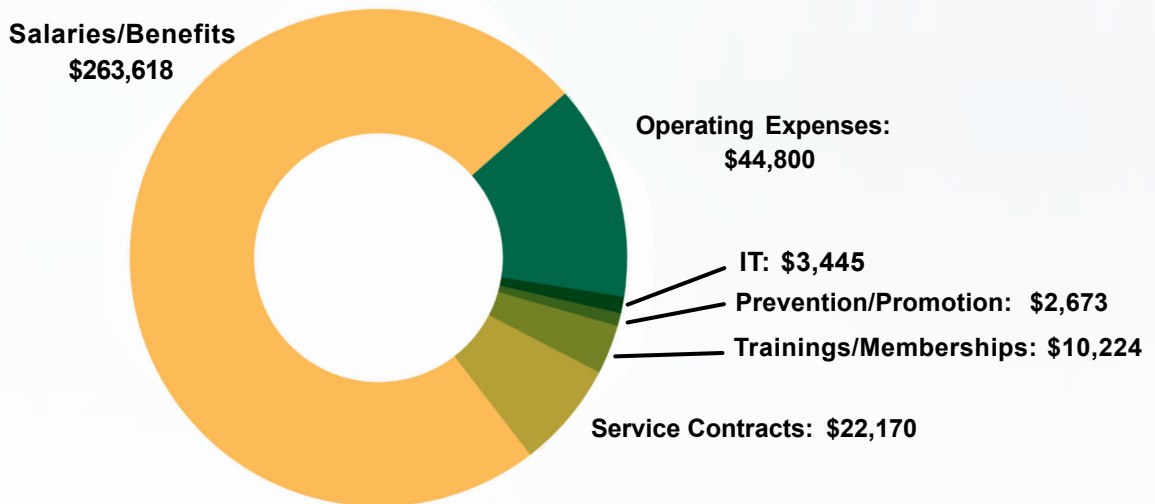


TOTAL: \$383,894

*\$30,912 of reported revenue is reimbursement for 2020 expenses



2021 HELEN'S HAVEN CAC EXPENSES



TOTAL: \$346,930



Community Participation

In 2021, we honored six new Community Champions. They were Allstate, Insurance Company owned and operated by Andy Bennett, State Farm Insurance owned and operated by Melissa Carter Ray, Arnold and Stafford, Attorneys of Law represented by Craig Stafford and Jeff Arnold. Mike Reed's Chevrolet owned and operated by Mike Reed himself and two individuals, Helen Stanford for whom Helen's Haven was named and my middle grand daughter, Laura Ward, who represents my personal donation because of her own efforts to collect toys and monetary donations from her school, the Heritage Christian Academy in Brunswick, Georgia to support the ministry of Helen's Haven which falls under the umbrella of the Fraser Foundation. These six 2021 Community Champions made substantial monetary donations to Helen's Haven and displayed four foot wooden Blue Ribbons outside their businesses during the month of April.....reminding our Community that every child matters and it is our responsibility to help protect our children from abuse.

I wish to express my personal gratitude to all the Heroes of Helen's Haven who participated at the various levels of giving in our first Blue Ribbon Campaign. It was a great success! Dennis Waters, a Fraser Foundation Board Member who has now entered into eternal life, donated the expertise and materials to create the blue ribbons and Michelle Seger shared her artistic talent by painting the words on the Ribbons. We look forward to displaying more blue ribbons during the month of April 2022.



Invitation

Due to the ongoing Pandemic, we could not have an in person Hope and Healing Event to light the Christmas Tree at the Fraser Center in 2021. Instead, we created a video of the tree lighting which can be viewed here by clicking [this link](#).

In 2022, we will again be doing the Christmas Tree Lighting virtually for the same reason. The Christmas Tree Lighting will be Saturday November 19, 2022 and will be videoed and shared on our website. However, you can get involved and help with our Hope and Healing Event Fundraiser. We are building a scholarship fund for those who need help paying for professional therapy. A one hour session of therapy costs \$120. On average, most clients need six sessions to begin to see a shift into a more positive emotional climate around a challenging situation. That brings our total for therapy to \$720 for one struggling family or individual.

I am inviting you to join me in helping others in our community by making a donation in memory or honor of someone special to you that provided love and support at a critical time in your life.

My personal donation will be in memory of my parents, my sister, Gwynn, and my aunt. It is my personal goal to fill the grassy areas in front of the Fraser Center with the names of loved ones that provided enrichment and support to our community by sowing into our lives. See the front office staff at the Fraser Counseling Center to use a credit card.

Checks need to be made out to the Fraser Counseling Center.

Thank you in advance for your generosity during this Season of Giving!

Very grateful for each of you,
Sherry Fraser Somerville
Foundation President



The Mary Lou Fraser Foundation for Families Board of Directors consists of the following members:

Sherry Fraser Somerville, President

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Randy Mayfield

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.

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