

Mary Lou Fraser Foundation For Families, Inc.

2022 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 excited to be able to present our 2022 annual report. 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 in 2022. We remain especially appreciative of you — our donors, funders, partners, friends, and community members — for the support you provide so that our work continues, uninterrupted. The past year has given us the opportunity to stretch our capacity and continue building and exhibiting our resilience.

Much appreciation is offered to our Board of Directors. Each one of them has shown dedication to our Mission and offered countless hours of time, support, and advice to help our Senior Leadership Staff stay focused on the providing whole person healing to all those we serve.

Included in this report are data and metrics highlighting the Fraser Counseling Center's and Helen's Haven CAC's 2022 accomplishments. We have worked with individuals and families to *build self-esteem, to reduce anxiety, to strengthen coping mechanisms, and to help improve their social and community functioning.*

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 2023, our priorities include:

- Utilizing our facilities to their fullest by both maintaining our client friendly environment and increasing the amount of therapy hours we offer by filling every office with a therapist ready to help an individual or a family.
- Financial stability and sustainability through diversification of partners and grant funding to ensure our future.

Your support in 2023 is meaningful and necessary for us to continue our work with the individuals and families that need us. Thank you in advance for your prayers, your financial support, and your sharing of our Mission with others in the community. We appreciate your partnership and your trust in our work.

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 2022 IMPACT

The Fraser Counseling Center offers individual, family, and child therapy utilizing a variety of evidence-based treatment modalities. In 2022, we are proud to have offered:

Sessions for 309 clients

2,766 sessions

1,998 school based sessions for 64 students



Foundation employees gathered for a good-bye party for the retiring Margit Williams

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 2022, the Fraser Counseling Center provided **35 clients with financial assistance, totaling 110 hours of therapy**, from the Hope and Healing Fund to either initiate or to continue treatment.

SUCCESS STORY FROM THE FRASER COUNSELING CENTER

In the fall of 2022, a young man, who we will call Jim to protect his confidentiality, 29 years old, reached out to the Fraser Counseling Center to begin sessions. While in therapy with one of our clinicians, he shared that he was having thoughts of harming himself. He did not have a history of suicidal thoughts or actions.

During the session in which he shared his thoughts, the clinician was able to identify protective factors to ensure his immediate safety and created a plan for him to share with his family how he was feeling. Jim committed to weekly sessions with the therapist who is trained in Dialectical Behavioral Therapy focused on reduced thoughts of self-harm, increasing tolerance for distress, and improvement in mood. At his 4th session, Jim was indicating no thoughts of hurting self on his mood and feeling survey completed prior to each session.

Jim continued in therapy for an additional 8 sessions and was not reporting any mood disturbance on the mood and feelings survey by the last session. The therapist and Jim agreed that he has met his clinical goals. Jim decided to end therapy for now. The therapist and Jim created a safety plan that included returning to therapy if his depression symptoms return or if he has any thoughts of suicide.

The therapist reached out to Jim at the beginning of December 2022 (5 weeks after ending therapy) to check on him. Jim reported continued feelings of hope for the future, enjoyment in his daily life, and connections to his friends and family. Your support and contributions help us help individuals like Jim.



HELEN'S HAVEN CAC 2022 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 2022, we provided **evidence-based services for supportive healing at no cost** to our clients, including:

1,216 therapy sessions
213 forensic interviews
272 children served
190 parents/caregivers served

Additionally, we distributed prevention information to 1,323 children and 1,280 adults



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

An adolescent was referred to Helen's Haven Children's Advocacy Center due to allegations of sexual abuse. Following the forensic interview, the teen's parent requested therapy services for the adolescent as well as for them themselves. The parent also had a prior trauma history and was having trouble coping with the abuse experienced by their child.

TF-CBT services were provided to the adolescent victim who met PTSD diagnostic criteria and was experiencing multiple trauma symptoms and self-harming behaviors. During therapy, the adolescent was able to stop self-harming after working on emotional regulation and coping skills. The parent received therapy services to address their own trauma history while also learning techniques to be supportive of their child.

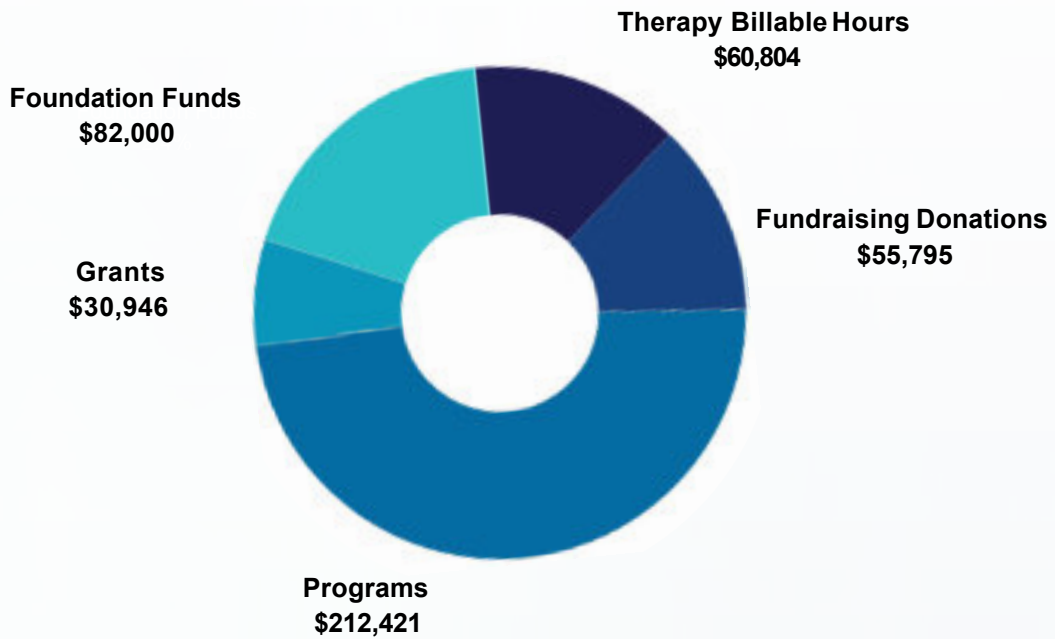
The parent's complex trauma symptoms created additional challenges in coping with the family's situation. The relationship between the parent and adolescent became very strained and challenging due to the dynamics of the experienced abuse and trauma they each experienced. In addition to their individual therapy sessions, they also participated in joint therapy sessions to improve their relationship. The adolescent victim participated in therapy over the course of two and a half years. At the time of completing therapy the adolescent's final trauma assessment score reflected that the adolescent no longer met the criteria for PTSD.

The parent participated in individual therapy sessions for approximately three years prior to completing therapy services at Helen's Haven CAC. The relationship between the adolescent and the parent improved dramatically over the course of therapy, and trauma symptoms were reduced significantly for both the adolescent and the parent.

In total, the adolescent victim and the parent received approximately 170 hours of no cost trauma-informed and evidence-based therapy services as well as other support and victim advocacy services from Helen's Haven Children's Advocacy Center. Your support and contributions help us continue to support other families like this one.



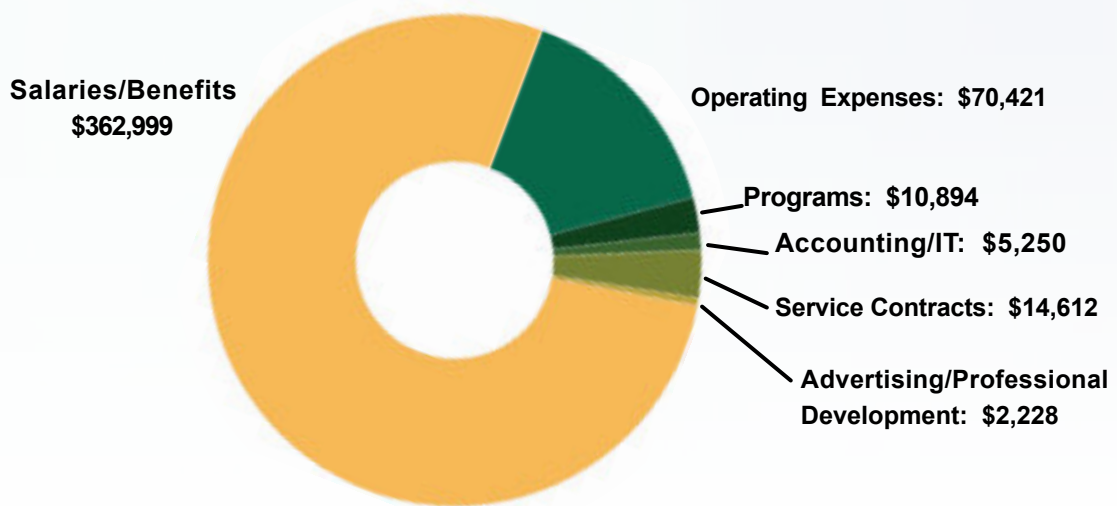
2022 FRASER COUNSELING CENTER REVENUE



TOTAL: \$438,965

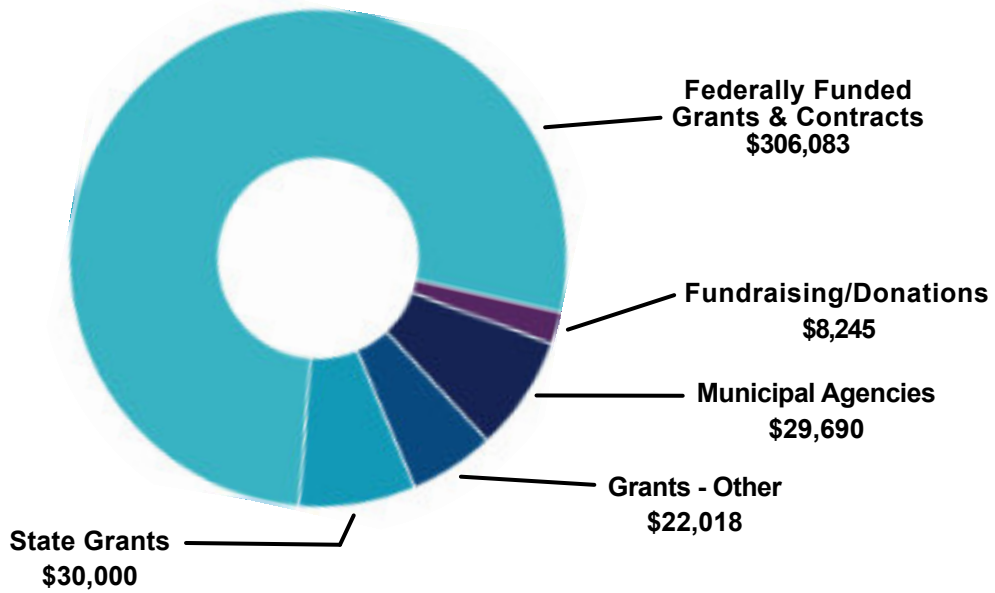
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2022 FRASER COUNSELING CENTER EXPENSES



TOTAL: \$456,599

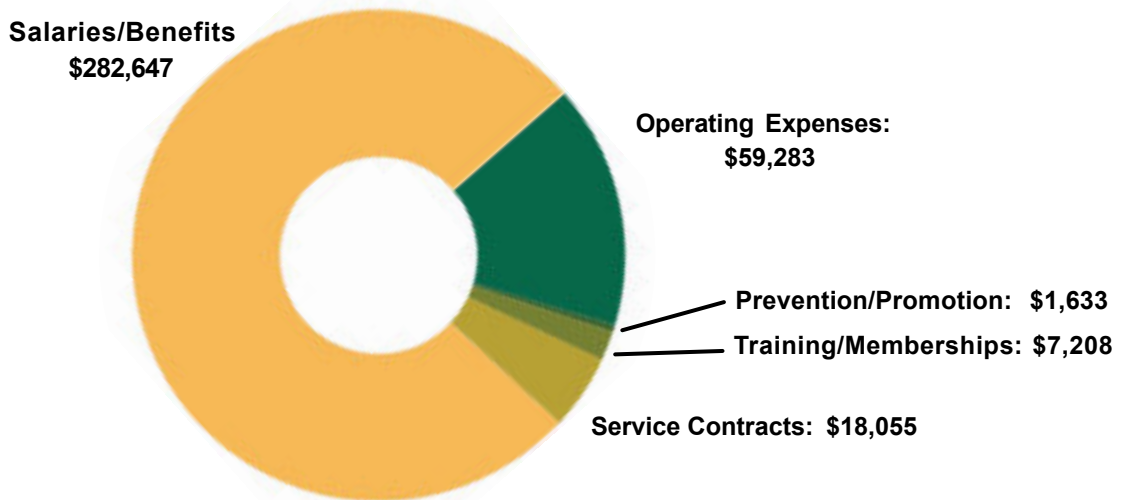
2022 HELEN'S HAVEN CAC REVENUE



TOTAL: \$396,036



2022 HELEN'S HAVEN CAC EXPENSES



TOTAL: \$368,826



Helen's Haven's Heroes

April is National Child Abuse Prevention Month! It is estimated that 3.5 million reports of child abuse and maltreatment are made every year in the United States and during the COVID-19 pandemic, children have continued to remain at risk of abuse. Helen's Haven Children's Advocacy Center has been able to provide hope and healing to 3,191 children and their families thanks to generous donors like you since 2005!

Dennis Waters supplied the materials and expertise to create 4 foot wooden Blue Ribbons for Helen's Haven in 2020. Michelle Seger provided the artistic skills necessary to paint the lettering on each Blue Ribbon. These Ribbons have been displayed outside businesses in our community during the month of April 2022. These Community Champions made generous donations to Helen's Haven CAC in order to sponsor a ribbon outside their businesses and display inside, for their clients, educational materials about child abuse prevention. The Fraser Foundation is very grateful to each of these businesses for partnering with us to help protect our children from child abuse.



Top Row from left to right: South Georgia Bank, YMCA/Fraser Counseling Center (Middle), Geo Vista, Midway Congregational Church/Fraser Center East, Chick-fil-A

Bottom Row from left to right: State Farm, Mike Reed Chevrolet, Allstate, Arnold and Stafford Attorneys at Law

Hope and Healing Event

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 2022. Instead, we created a 12 minute video of the tree lighting which can be viewed here by clicking this link:

<https://www.youtube.com/watch?v=clt3EwPMUtQ>

Our Hope and Healing Event is a fundraiser for our scholarship fund for individuals and families seeking professional counseling who do not have insurance or sufficient resources to pay for that service on their own. Last year 33 clients were assisted through the Hope and Healing Funds, totaling 123 hours of therapy, to either initiate or to continue treatment. Please consider honoring someone special to you this holiday season by donating to the Hope and Healing Fund. Together, we can support our community's access to quality mental healthcare.



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

Sherry Fraser Somerville, President and Treasurer

Joe Ford, Vice President

Steven Asplund, Secretary

Laura Stafford

Jackie Deloach

Christine Abram

Clint Fraser, Advisor

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

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