

# THE • PRO • BONO COUNSELING PROJECT

## A Report of the 19th Year



Couples & Cancer Professional Education Workshop Featured: Carole Seddon, LCSW-C, BCD (Volunteer Clinician/Speaker), Barbara Anderson (Executive Director) & Marc Silver (Breast Cancer Husband, Author/Speaker)

A public service project of:

Greater Washington Society for Clinical Social Work  
Licensed Clinical Professional Counselors of Maryland  
Maryland Chapter, NASW  
Maryland Psychiatric Society  
Maryland Psychological Association  
Maryland Society for Clinical Social Work, Inc  
Maryland Association of Marriage and Family  
Therapists  
Psychiatric Advanced Practice Nurses of Maryland



## Report of the 19th Year



### A NOTE FROM EXECUTIVE DIRECTOR

Ms. G, a mother of two young children who had recently separated from her abusive husband, talked about the relationship that she was building after just one month, with a clinical social worker referred by the Pro

Bono Counseling Project. "It's a miracle. I couldn't do this on my own and where would I be? I am very thankful." Three years later, her therapist reported that they are still working together in a fee-paying relationship, because Ms. G has a good job and insurance. About miracles, Helen Keller said, "When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another." The Miracle Worker must have known that therapists working with the Pro Bono Counseling Project are helping clients to find their own miracles every day. At the Pro Bono Counseling Project, we also believe in what Mother Teresa said, "The miracle is not that we do this work, but that we are happy to do it." Thank you to all of the therapists who were happy to work miracles this year.

### A NOTE FROM BOARD PRESIDENT

To the licensed providers and our supporters, I want to applaud you. In a time of recession, it can be difficult to provide both therapy hours and financial support. However, this is the time when the need is the greatest. Our volunteer clinicians provide high quality care to those in need. Specific programs serving specific populations include: caregivers, victims of violence, returning military from Iraq and Afghanistan and their families. The Jean Steirn cancer program, serving cancer patients and their families, received a Health Care Hero award from "The Daily Record".

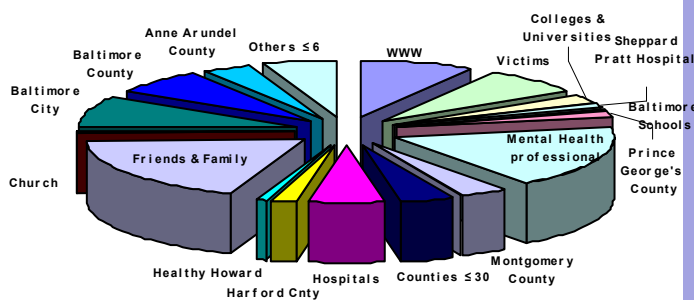
Without all of your support, the Pro Bono Counseling Project would not be able to continue to meet our mission: *to assure that all Maryland residents requesting mental health care, regardless of income, are linked with volunteer licensed mental health professional and other necessary supportive services.* Thanks ever so much for your dedication for the past 19 years.



## Providing access to care Linking clients with therapists

The 667 currently active therapists of the Pro Bono Counseling Project volunteered 5,871 clinical hours with 843 clients from April 1, 2009 through March 31, 2010. During the past nineteen years, 1,487 clinicians have participated in the Pro Bono Counseling Project.

### Source of Client Referrals 2009-2010



### CLIENT PROFILE 2009-2010

AGE	Ages 3 to 84	Average age 38	
RACE	White 58%	Black 35%	Latino 5% Other 2%
GENDER	Female 69%	Male 31%	

Although requests for care doubled during the past five years, the PBCP **maintained its reputation for responsiveness** with coordinators of clinical and programmatic services and has never had a waiting list. Additionally, the PBCP is now **assisting programs in 8 states** to include CO, MA, NC, Ohio, TN, NYC, CA and Washington, DC in their efforts to replicate our program in their regions.

## Continuing Programs Make Strides

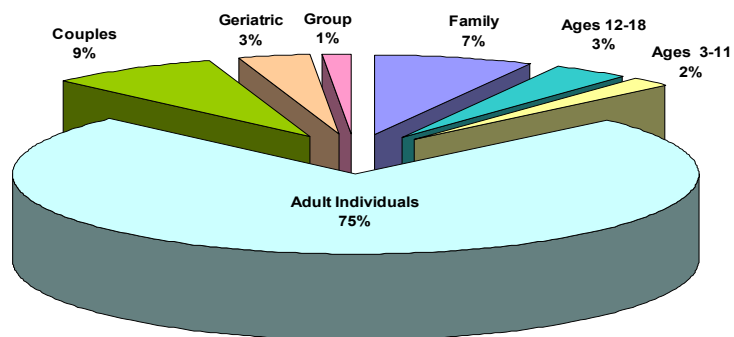
**Jean Steirn Cancer Program** – includes Beyond Breast Cancer and Families Surviving Cancer Together and links families and individuals who have received a diagnosis of cancer with therapists throughout Maryland who are donating their services. Funded this year by the Susan G. Komen for the Cure, Maryland Affiliate and Maryland Home and Community Care Foundation. **[266 Cancer Patients Helped this Year]**

**Victims of Violence** – links therapists with families and individuals throughout MD who are referred from State's Attorney's Offices for each county, law enforcement municipality, county / state offices. Funded by a VOCA grant of the Department of HR and a grant from the American Recovery and Reinvestment Act. **[770 Victims Helped this Year]**

**Private Counseling for Public Service** – works with the Veterans Administration, National Guard, the DHMH and others to link service men and women and their loved ones with local participating therapists who provide mental health care particularly to those who are serving in the National Guard and Reserves since 9/11/2001. Funded by the Department of Health and Mental Hygiene. **[72 Families Helped this Year]**


**Transition and Depression: Elderly and Underserved**—reaches out to the elderly to provide therapy for those who are experiencing the debilitating effects of depression, particularly if it is caused by illness, grief or loss, transition or victimization from crimes, domestic violence and / or financial exploitation, who are over 55 years old and who are without supplementary insurance to Medicare. **[116 Seniors Helped this Year]**

## Requests 2009-2010



## Newer Programs Make Progress

2nd Year Programs!



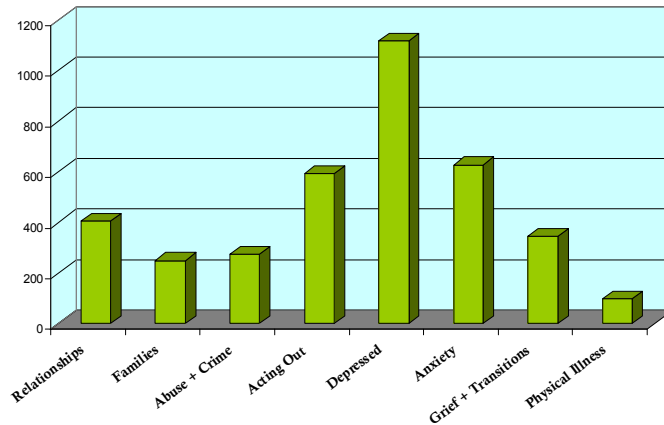
Clinicians at Parenting Workshop  
Photo by John Kardys

**Parenting Alone: Building Healthy Families** – brings therapists together with women who are single parents and leaving shelters with their children and parenting alone for the first time, single-parent families who are referred by school social workers and psychologists, families that are temporarily without a parent because one of them is deployed to Iraq or Afghanistan, and families who have lost a parent because of terminal illness. Funded by the Boys Home of Baltimore, Inc., and Target Stores. [137 Single Parents Helped this Year]

**Caring for Caregivers** – offers therapy for loved ones who are the informal caregivers of someone diagnosed with a serious illness. Builds on long term relationships with the Multiple Sclerosis Society, Alzheimer's Association, National Alliance for the Mentally Ill and now the Blue and Gold Star Families of injured veterans, this program is funded by Jacob and Hilda Blaustein Foundation and a generous award from the MetLife Foundation. [120 Caregivers Helped this Year]

**Healthy Howard** – partners with a total health care program offered to Howard County residents who are ineligible for any entitlement program; linking participants in the program with PBCP volunteer therapists in Howard County.

## Major Types of Requests 2009-2010



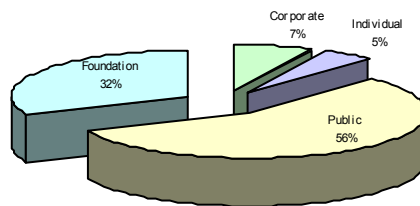
## FINANCIAL ACTIVITIES

THE PRO BONO COUNSELING PROJECT, INC.		
STATEMENTS OF ACTIVITIES		
For the Years Ended April 30, 2009 and 2008		
	2009	2008
<b>UNRESTRICTED SUPPORT AND REVENUE</b>		
Contributions	\$ 76,073	\$ 48,938
Government grants	124,514	124,925
Program fees	5,218	14,188
Investment Income	1,783	6,800
Net assets released from restrictions	245,784	225,000
Distribution of restrictions	(108,554)	(108,854)
<b>Total unrestricted support and revenue</b>	<b>362,703</b>	<b>311,807</b>
<b>EXPENSES</b>		
Program services	288,847	277,803
General and administrative	2,008	45,381
Fundraising	17,894	17,455
<b>Total expenses</b>	<b>308,709</b>	<b>340,639</b>
Change in unrestricted net assets	(46,371)	(8,707)
<b>TEMPORARILY RESTRICTED NET ASSETS</b>		
Contributions	105,000	85,000
Net assets released from restrictions	(108,554)	(108,884)
Distribution of restriction	(3,234)	(3,854)
Change in temporarily restricted net assets	(6,788)	(32,821)
<b>Change in net assets</b>	<b>(10,925)</b>	<b>(32,821)</b>
<b>NET ASSETS</b>		
Beginning of year	282,620	315,441
End of year	<b>\$ 271,695</b>	<b>\$ 282,620</b>

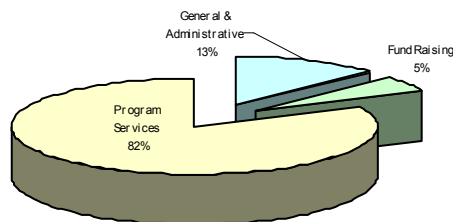
The Notes to Financial Statements are an integral part of these statements.

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### FY 2010 REVENUE \$362,703



### FY2010 EXPENSES \$362,703



## 19 years of progress Testimonials

"I got a job now and I feel more sure of myself."

"Talking to my therapist helps me express my frustrations . . . I don't know what I would be doing if I hadn't found the Pro Bono Counseling Project."

"I am incredibly thankful for her. I was falling apart and couldn't afford counseling."

"It's the best help I've ever gotten. . . My therapist is absolutely wonderful." The Pro Bono Counseling Project, "definitely helped save my life. I didn't know what dark alley I was going to go down."

"I am definitely making progress. There has been a change in my well-being, which is positive. "

### Highlights of the Year

- ◆ Requests for care increased 20% in the past 3 years to 3512 this year
- ◆ 5871 hours of clinical care were donated for . . .
  - 770 victims of violence
  - 266 individuals/families diagnosed with cancer
  - 137 single-parent families
  - 120 caregivers of chronically ill loved ones
  - 72 families serving in the military

And families, couples and individuals who had no access to care, but wanted to make a change in their lives.

### 5 PLANS FOR 20TH YEAR

1. Celebrate 20th anniversary with special initiatives
2. Expand national training/technical assistance network
3. Improve website and initiate new social media tools
4. Continue fundraising initiatives unique to PBCP
5. Evaluate client needs and current programs

# THE • PRO • BONO COUNSELING PROJECT

## PBCP Board of Directors

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**President - Elect**

Marvin Hoss, JD, EDD  
**Past President**

Barbara S. Bond  
**Secretary**

Brett Newberger, CPA  
**Treasurer**

Barbara Anderson  
**Executive Director**

“Therapy has been life changing; I can't say enough good things about my therapist. I could not focus in school before, and now I can focus and I am doing well.”

Helen S. Barnes, RN-C, MA

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## THANK YOU TO OUR GENEROUS FUNDERS

### Public Funders

ARRA-DHR

Baltimore County  
Office of Community  
Conservation

Howard County

Maryland Department  
of Health & Mental  
Hygiene

Maryland Department  
of Human Resources



### Private Funders

Jacob & Hilda Blaustein Foundation

The Lois & Irving Blum Foundation

Boys Home Society of Baltimore, Inc.

Delta Sigma Theta Sorority, Inc. (Baltimore)

Susan G. Komen for the Cure MD Affiliate

MD Home & Community Care Foundation

Met Life Foundation/

National Alliance for Caregiving

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Target