

Annual Report 2019



PRO BONO

COUNSELING
PROJECT

PBCP's 28th Year

The Pro Bono Counseling Project's 28th year marked significant growth and continued support in many different areas. We now have over 800 licensed mental health professionals enrolled as volunteers to provide their services to clients at no cost. In 2019 alone, participating volunteers donated 9,865 hours of mental health therapy to Marylanders in need.

The generosity of our donors and funders continues to grow as well. The Pro Bono Counseling Project (PBCP) received a grant from the Mental Wellness Foundation to provide Eye Movement Desensitization and Reprocessing (EMDR) training to 30 PBCP volunteers at a significantly reduced rate. This training provided clinicians with the knowledge and skills to utilize EMDR therapy in their practice. EMDR is a psychotherapy that can help people recover from trauma and other distressing life experiences, including PTSD, anxiety, and panic disorders.

The Middendorf Foundation provided a grant enabling us to launch a new organization website. Redesigned from the ground up to clearly represent what Pro Bono Counseling has to offer, the layout was reorganized to make it easier to use for people seeking care, volunteers, and supporters. We simplified the website's navigation and ensured it is fully mobile responsive and suitable for a variety of devices. To improve accessibility, we translated more content into Spanish, and worked with a developer familiar with ADA design standards.

In an effort to remove language as a barrier to mental health care access, Pro Bono Counseling formed a partnership with Ayuda to provide interpretation services for clients. Through the Victim's of Crime Act funding, Ayuda provides free interpretation and translation for PBCP clients.

All of your support ensures that we can continue our mission to ensure that all Marylanders have access to the mental health care they deserve.

amy greensfelder, lmsw
EXECUTIVE DIRECTOR

Special Programs

We offer special programs for:

- **CAREGIVERS**
- **COPING WITH CANCER**
- **MILITARY & FAMILY**
- **SINGLE PARENTS**
- **SOUTH ASIAN MARYLANDERS**
- **SPANISH SPEAKING MARYLANDERS**
- **VICTIMS OF VIOLENCE**

PBCP Participants



RACE

Black/African
American - 47%
White - 32%
Asian - 5%
Multiple Races/
Another Race - 16%

ETHNICITY (ANY RACE)

Latino - 14%
South Asian - 3%

GENDER

Female - 69%
Male - 30%
All Other Gender Identities - 1%



2,536 NEW REQUESTS
FOR COUNSELING



3,046 PARTICIPANTS ACTIVE
IN COUNSELING

LANGUAGES

11% of Participants
Spoke a Primary
Language Other Than
English, Including:

ASL	Farsi	Portuguese
Amharic	French	Russian
Arabic	Hindi	Spanish
Bengali	Japanese	Tagalog
Bulgarian	Kikuyu	Tigrinya
Creole	Kiswahili	Urdu
Dari	Korean	Vietnamese
Dutch	Nepali	Yoruba



9,865 DONATED HOURS
OF COUNSELING

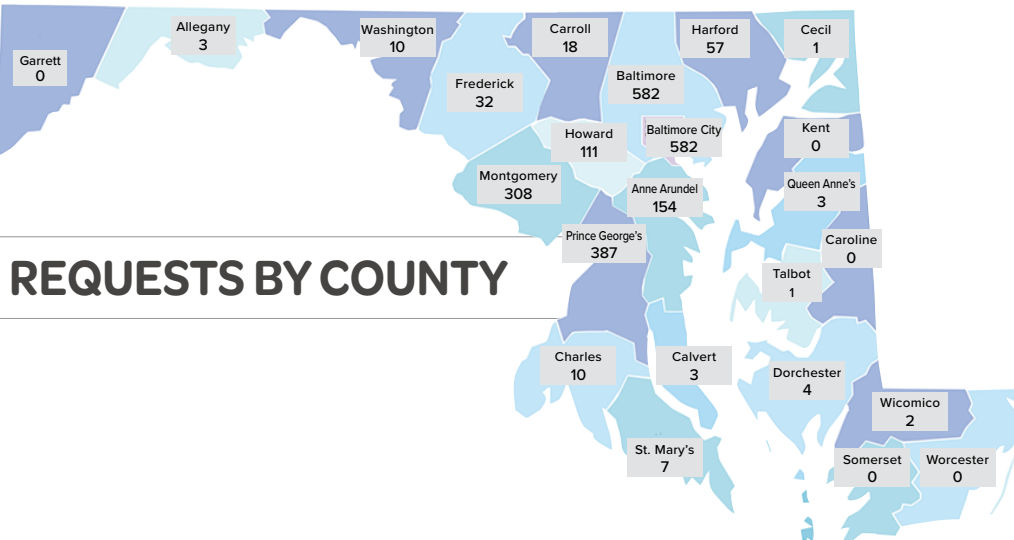
AGE

Age Range: 4 years to 93 years
Average Age: 38 years old



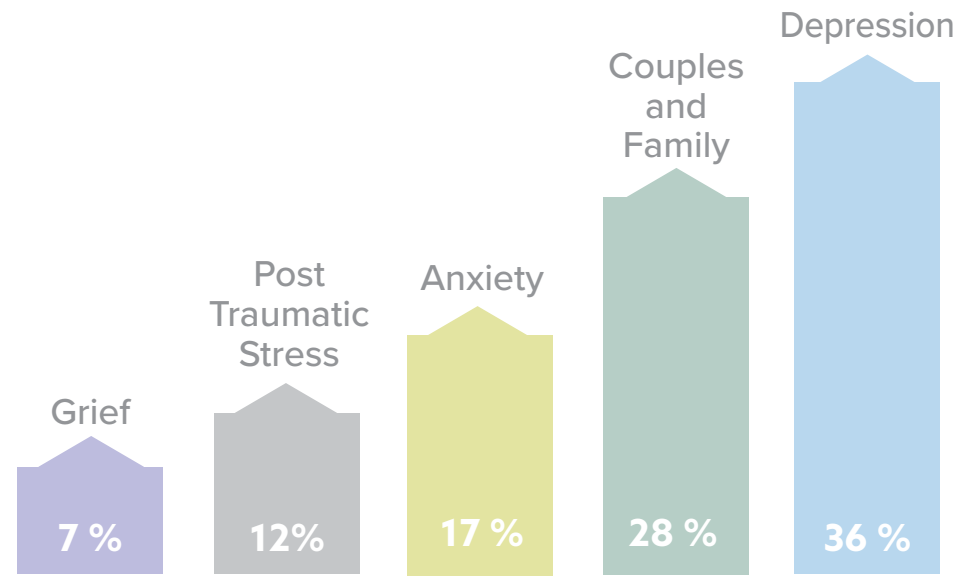
Counseling Requests

Counseling Impacts



REQUESTS BY COUNTY

REQUESTS BY TYPE



“My experience with Pro Bono Counseling is the most wonderful thing that has happened to me.”

A woman in her 70's called Pro Bono Counseling experiencing anxiety and depression. She shared that she had “low self-esteem because my mother and brother were constantly telling me I was wrong and not good enough.” She was matched with a mental health therapist, and after working together for almost 80 sessions, the client stated, “My experience with Pro Bono Counseling is the most wonderful thing that has happened to me.”

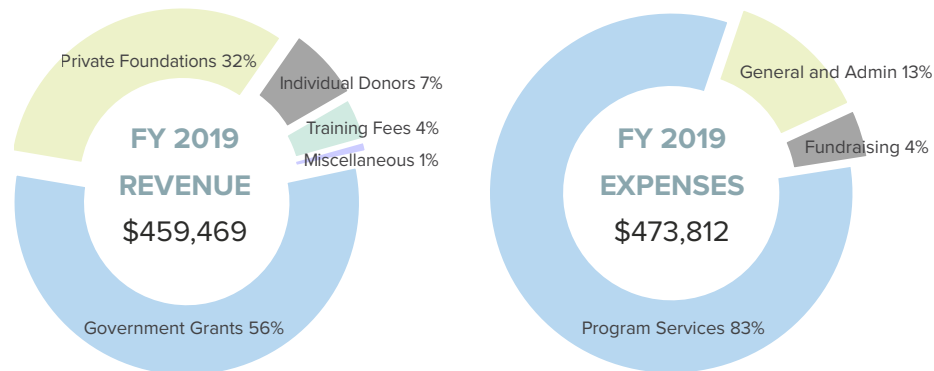
“Pro Bono Counseling has helped me feel so much better.”

A teenager called Pro Bono Counseling due to the trauma he experienced finding the body of his brother who had died from a drug overdose the year prior. He shared that he was struggling with feelings of hopelessness, anxiety, and despair, stating, “I’m afraid of death and letting down people.” He was connected to a mental health therapist and met with them ten times. When he ended therapy, he stated that, “Pro Bono Counseling has helped me feel so much better.”

“I’m really thankful and grateful to my clinician and to Pro Bono Counseling.”

A woman in her 50's called Pro Bono Counseling experiencing depression. She stated, “My spirit is low sometimes.” She separated from an emotionally abusive spouse the previous year. The client shared, “I’m very reserved and don’t let people in. I know that is for a reason but I don’t why- I have a lot of why’s.” She was matched with a mental health therapist and participated in almost 75 hours of therapy. When the client was contacted to check in about how therapy was going and her experience, she stated, “I’m really thankful and grateful to my clinician and to Pro Bono Counseling.”

Financial Overview



The Pro Bono Counseling Project, Inc. Statements of Activities and Changes in Net Assets For the Years Ended April 30, 2019 and 2018

	2019	2018
Support and Revenue:		
Contributions	\$202,065	\$192,592
Government Grants	\$238,565	\$196,961
Program Fees	\$16,410	\$21,385
Investment Income	\$2,136	\$74
Miscellaneous Income	\$293	\$564
Net Assets Released from Restrictions	\$0	\$0
	<u>\$459,469</u>	<u>\$411,576</u>
Expenses		
Program Services	\$391,713	\$303,712
General and Admin	\$61,076	\$50,301
Fundraising	\$21,023	\$19,999
	<u>\$473,812</u>	<u>\$374,012</u>
Changes in Net Assets	<u>(\$14,343)</u>	<u>\$37,564</u>
Net Assets at Beginning of Year	<u>\$302,801</u>	<u>\$265,237</u>
Net Assets at End of Year	<u>\$288,458</u>	<u>\$302,801</u>

Contributors

We sincerely thank and recognize these contributors who donated \$150 or more to the Pro Bono Counseling Project in 2019

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Ms. Joanne Althoff LCSW-C
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Mr. Leroy Terrelonge
Mr. Stuart A. Tiegel
Dr. Gloria K. Vanderhorst
Dr. Susan B. Wait
Mr. Jeffrey Weiss
Ms. Camille Wheeler

PUBLIC FUNDERS

Baltimore County Department of Planning
• Funded counseling for Baltimore County Residents

Behavioral Health Systems Baltimore
• Funded services for veterans, military members, and their families

Governors Office of Crime Control and Prevention
• Funded services for victims of crime, including a specific grant for survivors of homicide

PRIVATE FUNDERS

The Bainum Family Foundation
The Jacob and Hilda Blaustein Foundation
The Charles Crane Family Foundation
The Hoffberger Foundation
Louise D. & Morton J. Macks Family Foundation
The Mental Wellness Foundation
Middendorf Foundation
Towson University South Asian Student Association
Harry and Jeanette Weinberg Foundation

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