

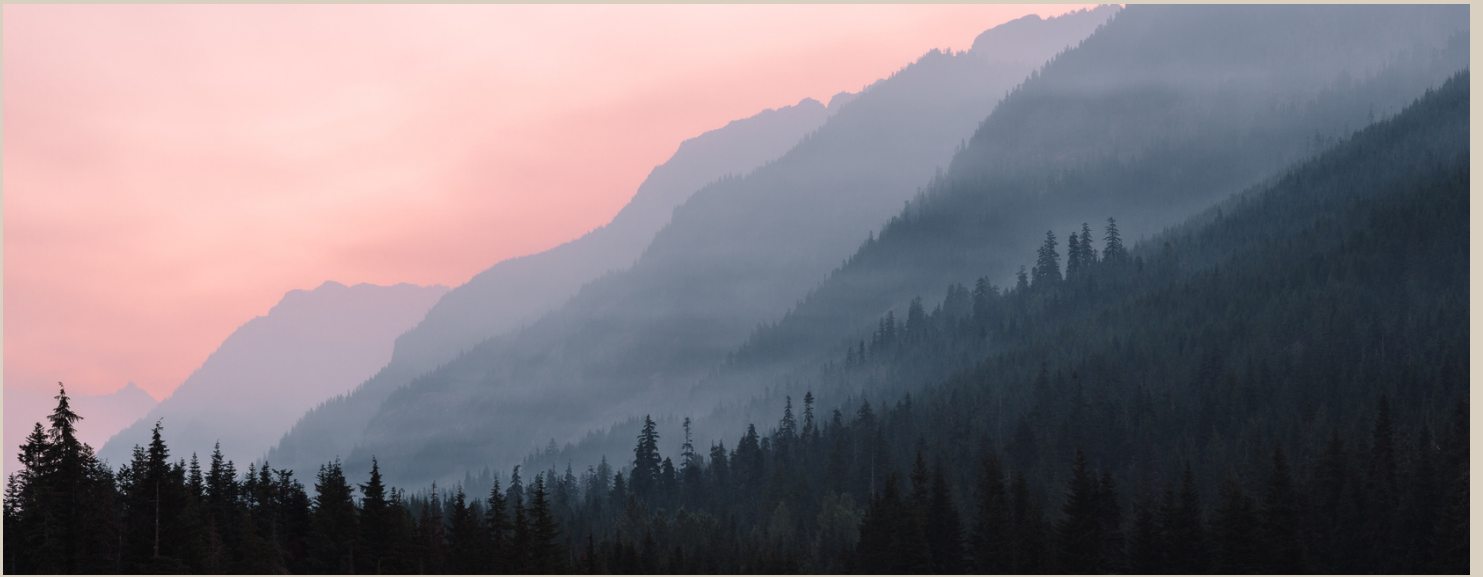


DISCOVERY
COUNSELING CENTER
OF THE SAN RAMON VALLEY

H O P E

2022 - 2023

**ANNUAL
IMPACT
REPORT**



Our FY 2022-23 year was a test of our transition back to more in person services. With operational changes, we were able to respond to the growing demand for mental health support. As you will see in this report, we were able to not only match our prior year's capacity to see clients in our clinic (individual, couples, family, and group therapy), our monthly sessions often reached levels we had not seen in years. We also continued to offer early intervention in our schools through our school-based counseling program and carried out a pilot year of the sports psychology program.

This represents a success because with our commitment to affordability of services, we know more people got the help they sought. However, we also acknowledge there are more sobering undercurrents in the ever-increasing demand for mental health services. People are struggling and need our compassion and support more than ever.

Earlier this year the U.S. Surgeon General said that declining youth mental health is the "crisis of our time", and more recently warned of a societal epidemic of loneliness. The American Academy of Pediatrics, for the first time in its history, declared a national emergency in response to their concern about declining child and adolescent mental health to focus the attention of lawmakers and state and local institutions to take better care of our children and decrease stressors on families. A generation of kids and families are counting on us to keep our eyes focused on access to mental well-being, even as the world barrels forward from the trauma of a worldwide pandemic. Your support is what enables Discovery to be there for those who need us to offer hope and healing, and your commitment to our mission enables us to be here when they need us most. Thank you.

Sumita Bhandari

**A
MESSAGE
FROM OUR
EXECUTIVE
DIRECTOR**



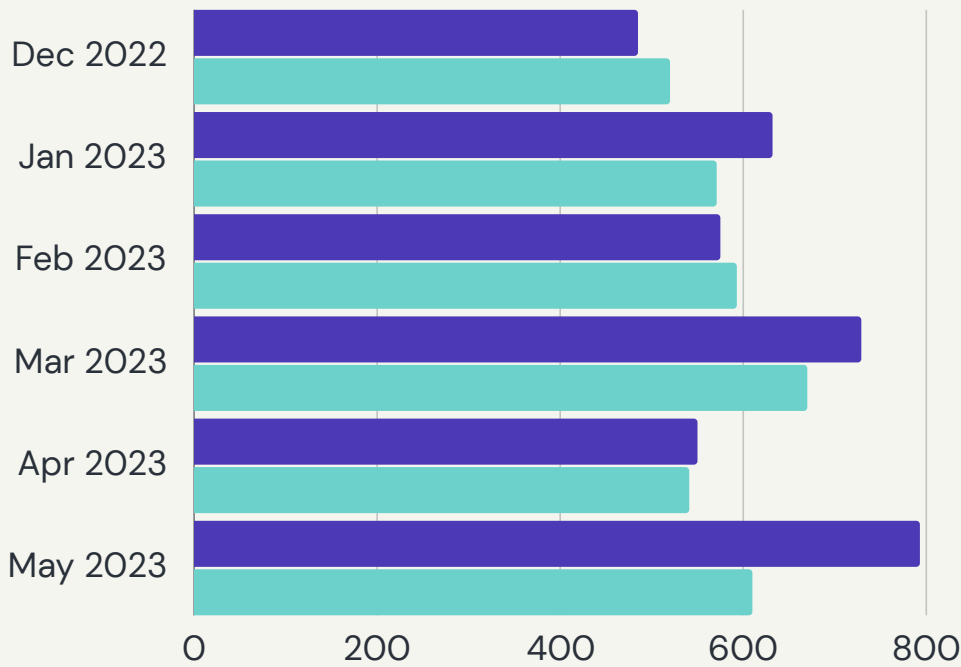
Sumita Bhandari

FY 2022-2023

Year at a Glance

Demand for services continues to grow, and Discovery worked hard to meet our community's mental health needs.

The graph shows monthly sessions Dec '22 - May '23 (dark blue), versus a year prior (light blue).



7,081

Counseling Sessions in our Danville & San Ramon Clinics

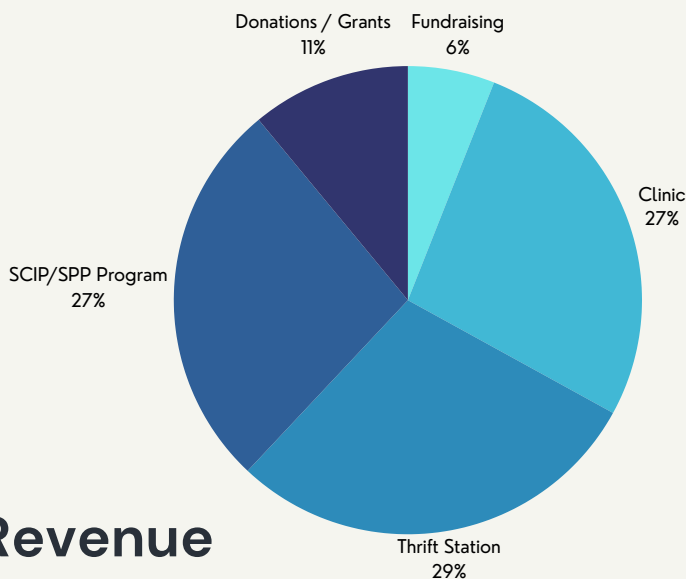
\$428,430

Financial Assistance to subsidize therapy

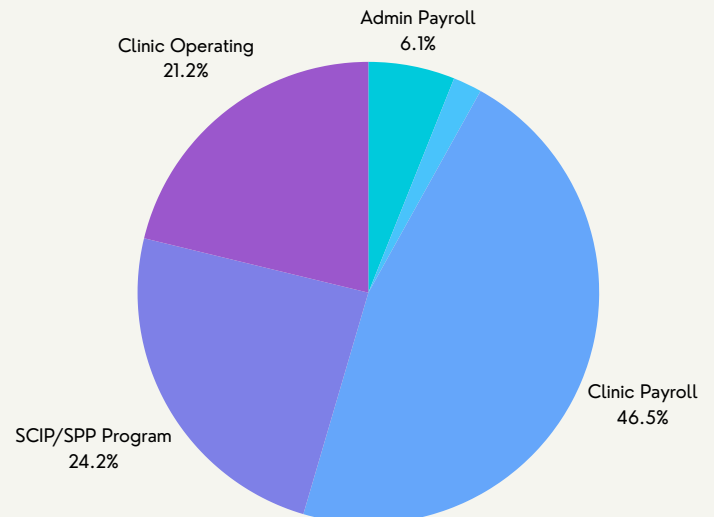
70%

DCC clients who require financial assistance to afford therapy

FINANCIALS



Revenue



Expenses

Behind the Numbers

In this report you will find many numbers and figures. As you read the number and figures included in these pages, remind yourself of what they represent. The substantial number of sessions, in the thousands, are individually each a moment in time where an individual, couple, family or child was held in a compassionate, understanding space with a therapist whose only goal is to help support them in their healing journey.

You will read the dollar amount for the number of subsidized session fees for clients receiving financial aid, in the hundreds of thousands. Each of these dollars represents the opportunity for a person or persons who may not have been able to receive services elsewhere to find the mental health support they need. This number also represents all the donations that the community has provided, either in direct financial contributions to Discovery or through merchandise donations to the Thrift Station.

Proceeds from the Thrift Station represent the many hours its volunteers have put in to sort through, tag and sell the items donated. We would be unable to do the work we do at the level we do without the time and commitment of these amazing, devoted volunteers.

Take the time to digest the other numbers that you find in this report and reflect on what they represent. In this way you will begin to see hints of all the stories that lie behind what makes Discovery Counseling Center such a special and unique mental health agency. We are at our core a community mental health clinic, dedicated to supporting our clients because we know that the community's health is intimately tied to ours.

Thank you.

Christopher Duerrmeier

Christopher Duerrmeier, LMFT
Clinical Director





The Thrift Station celebrates 50 years of support for DCC!

Founded in 1973, the Friends of Discovery is an all-volunteer non-profit organization dedicated to providing a stable funding source in support of the mission, goals and programs of the Discovery Counseling Center.

This year the Friends of Discovery is celebrating 50 years of supporting the Discovery Counseling Center and its mental health services to our local community. Since their inception, they have donated over \$12 million to Discovery through operation of the highly successful and popular Thrift Station, located at 486 San Ramon Valley Boulevard, in the Crossroads Shopping Center in Danville.

The shop has an all-volunteer staff of approximately 120, and is open Monday through Saturday from 10 AM to 4 PM.

The Thrift Station relies on gently used merchandise donations from the community and draws customers from throughout the Bay Area.

The Friends are always looking for new volunteers and patrons, whether shopping for treasures or generously providing donations. All proceeds go to the Discovery Counseling Center. As a testament to the success of the Friends of Discovery, 29% of Discovery's operating income comes from Thrift Station sales.

SHOP
*Monday - Saturday
 10am -4pm*

DONATE
*Please bring your
 donations inside*

VOLUNTEER
*Join the Friends of
 Discovery Family!*



SCHOOL COUNSELING PROGRAM (SCIP)

IMPACT SNAPSHOT

36

Schools

392

Students Supported

5864

Therapy Sessions

Discovery Counseling Center's School Counseling and Intervention Program (SCIP) is a school-based mental health treatment program that offers group and individual counseling services to students all 22 elementary, eight middle, four high schools, and two alternative schools in a partnership with the San Ramon Valley Unified School District (SRVUSD). Each school is provided an on-site mental health counselor one to two days per week.

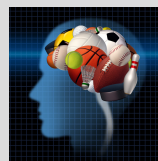
Counselors conduct sessions with children and parents, participate in Student Study Team meetings and IEPs (Individual Education Plan) when requested, and offer consultation to school staff. Services are provided at no charge to district families.

Counseling interns who provide services are second year masters students, doctoral students, and pre-licensed counselors obtaining clinical hours towards California state licensure. All interns participate in three hours of individual and group supervision per week conducted by licensed clinical staff from Discovery Counseling Center.

During the 2022-2023 school year, the SCIP program supported 392 students in 5,864 meetings. Predominant issues among the students seen in SRVUSD schools were stress and anxiety, emotional dysregulation, depression, anxiety, divorce and family transition adjustment, behavior problems in and out of school, peer and social skills deficits, low self-esteem, and social isolation. SCIP is an early intervention program that aims to build strategies and tools for long-term resilience.



Rob Ayala, LMFT
SCIP Program Manager



SPORTS PSYCHOLOGY & DOCTORAL TRAINING

The Sport Psychology Program (SPP) was created in September of 2022, as a dual sport mental performance/counseling program supported by Discovery Counseling Center and SRVUSD. It was designed to provide early and effective mental performance skills and/or mental health interventions and services to the student athletes at the four district high schools. SPP offered student athletes the opportunity to address concerns related to their sport performance, and/or overall mental health through individual one-to-one sessions. SPP also provided support and training to coaches and teams (football, cross-country, soccer, baseball, water polo, stunt, volleyball, softball, and basketball) throughout the year. The team training consisted of topics such as mental toughness, positive self-talk, team communication and cohesion, goal setting, and stress management. Much appreciation to the four doctoral externs (Maite Reece, Alex Long, Alec Stewart, Keanu Henley) who were placed at the high schools due to their unique graduate school training and experience being in a dual doctoral clinical psychology/masters in sport psychology program.

Also, in the summer of 2022 the Discovery Counseling Center achieved accreditation to the California Psychology Internship Council (CAPIC). CAPIC is an association of doctoral academic programs, internships and postdoctoral programs recognized by the California Board of Psychology as a pathway to licensure. CAPIC promotes diverse, local and high-quality psychology training that addresses students' professional needs as well as the mental health needs of our often-underserved communities. This allowed Discovery to bring on Aaron Forman who is an advance level doctoral student with 4 plus years of clinical experience to work in both our school counseling intervention program and the Discovery Center clinic. He has been instrumental in making the intake process as efficient and effective as possible.



Dr. Noah Asch
Doctoral Programs Manager

ALTERNATIVE TO SUSPENSION PROGRAM



Rachel Kincaid, LMFT
ASP Program Manager

The Alternative to Suspension Program (ASP) is a way for Discovery Counseling Center to reach students in SRVUSD that are struggling with substance use and/or conduct issues. This is a two-step early intervention program to reach these students before their behavior becomes more severe. We first conduct an assessment with the student to discuss substances they have used and identify support systems they may have in place. We then invite guardian(s) of the student to join us for a conversation about how to move forward from this event, reviewing any healthier coping techniques the student could be using. We also discuss possible recommendations based on the family and their needs.



Currently, we are seeing many families in the district who are unsure how to discuss nicotine and marijuana use, and how to regulate the behaviors since both nicotine and marijuana are now so easily accessible. ASP helps begin the conversation within families and offers tools to help guardians continue the discussion at home. We also are helping a fair number of students who have been using alcohol at school events, or who have been storing substances in their cars on school property. By offering an honest, informed assessment and conversation through the ASP, we are able to proactively reach and support the community and families that are struggling with these difficult conversations.



SAN RAMON VALLEY MENTAL HEALTH ADVISORY COUNCIL

The San Ramon Valley Mental Health Advisory Council was founded to provide a forum for interested leaders in the community to meet and discuss the community's mental health needs and to propose ideas, strategies and resource options to improve mental health support for those living and working here.

The group meets 3-4 times a year and has grown to include mental health service providers, fire and police representatives, SRVUSD Trustees, City of San Ramon and Town of Danville Council Members, as well as the District 2 County Supervisor. Also at the table are senior school district administrators, nonprofit directors, social workers, and community members, all of whom welcome the opportunity to come together to learn and to support each other.

At the end of each meeting, members of the group share programs and resources with each other and make professional and personal connections that inform and support them in the critically important work that they do in the community.

The next meeting of the San Ramon Valley Mental Health Advisory Council is scheduled for Friday, January 26, 2024, from 11:30AM - 1:00PM.

For more information, please email Discovery Counseling Center Board of Directors member, Kathy Chiverton at kathychiverton@gmail.com



As Chairman of the Board of Directors at Discovery Counseling Center, I am proud to share the impactful work that our organization has been doing.

We strive to ensure that financial constraints do not hinder anyone from seeking the help they need. It is noteworthy that 70% of our clients require financial assistance to make counseling affordable for themselves or their families. This underscores the critical role of our fundraising efforts and the generosity of our supporters in enabling us to fulfill our mission.

Despite these efforts, the increasing cost and demand for mental health services necessitate further support. With over 7,000 clinic and nearly 6000 school-based counseling sessions, serving individual clients and across our 36 school locations in the San Ramon Valley, the need for continued assistance is evident. From the Board leadership perspective, we remain committed to ensuring minimal administrative costs and upholding a clear vision around Discovery Counseling Center's mission.

We invite you to join us in our mission to provide critical mental wellness services within our community. Together, we can continue to make a positive difference in the lives of those seeking mental wellness support.

Every contribution, regardless of size, makes a meaningful impact.



Robert Combs

Robert Combs





What Your Donation Can Do:

We are truly grateful for your support, which makes it possible for us to maintain access to high quality, affordable, and culturally responsive counseling.

\$150

Supports three sessions of group therapy for a teen who needs help with how to build and maintain friendships with their peers.

\$250

Provides a month of counseling for a family struggling to reconnect and communicate more effectively with their teen.

\$500

Supports two months of weekly group therapy for a community member seeking to connect with others in a supportive environment.

\$1,000

Supports 2 professional development trainings for our dedicated Therapists.



Scan this QR Code or visit www.discoveryctr.net/donate

KATIE COMBS ENDOWMENT



The Katie Combs Endowment Fund was established to support Discovery Counseling Center as it continues to provide programs and services that promote the mental wellness of children, families, individuals and seniors in the San Ramon Valley for the next 50 years.

A donation to the endowment fund helps to ensure Discovery Counseling Center's long-term financial stability and sustainability and becomes a gift that gives grows and serves for generations to come.

We invite you to join us in growing Katie's Fund.

Scan the QR Code above or visit: www.discoveryctr.net/donate

Thank
you!

**DISCOVERY COUNSELING CENTER RECOGNIZES
OUR WONDERFUL DONORS FOR THEIR GENEROUS SUPPORT
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William & Jane Collett

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THE KATIE COMBS ENDOWMENT:**

IN HONOR OF:

Jenise Falk
Kathryn Reichert's 100th Birthday
Mary Verstraete
Michael Copeland

IN MEMORY OF:

Balram M. Bhandari
Bill Dunkle
David Selway
Frances Marquis
Pat Behring
Richard Kono
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Bill Dunkle
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Acknowledgements

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Sumita Bhandari



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