The Women’s Center

40 years

SERVING THE MENTAL HEALTH & WELL-BEING OF OUR COMMUNITY SINCE 1974

2017 Impact Report
TABLE OF CONTENTS

Table of Contents & Board of Directors.................................2
Letter from our CEO & Executive Director..........................3
Client Stories.......................................................................4-6
Volunteers & Corporate Partners........................................7
Our Services.........................................................................8-10
Annual Events......................................................................11
Financial Overview............................................................12
Partners & Sponsors............................................................13
Individual Donors & Family Foundations............................14-18
Break the Cycle...................................................................19

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Dear Friends,

I have an overwhelming feeling of gratitude as I reflect on our work at The Center. The Women’s Center has compassionately served our community with affordable mental health, domestic violence, career, financial and legal support for another year, which is truly something to celebrate!

Sustaining critical mental health services to anyone, regardless of their ability to pay, can only happen as the result of dedication and effort from hundreds of individuals who share their gifts and serve in special and unique ways. A sincere thank you to our therapists, students, advocates, staff and volunteers who work daily with our clients; the lawyers, financial advisors and career counselors who share their expertise; our Board and committee members who provide valuable expertise in planning and executing the mission; and the many individuals and business partners who understand the importance of The Center and help it remain financially viable through gifts and sponsorships.

A special thank you to our Founding Patron sponsor, CGI Federal, and our Patron Sponsors, Attain and Criterion. Your multi-year commitment helps us to sleep at night, knowing that The Center has your support.

In addition to the 5,036 we served in 2017, I am pleased to share that The Center received funding for an upcoming transition to electronic health records. This transition will happen in 2018, and once in place, will allow The Center to spread its opportunities to serve. We are grateful to CareFirst and The Philip L. Graham Fund for this critical backing.

Looking through these pages, you will get a glimpse of our active year. Numbers tell only a part of the story; the impact of The Center’s services is shared by our clients, showing the difference we can make on lives when we come together. Thank you for your help and support for 43 years. We look forward to continuing our journey of help and healing for many more years to come.

In full appreciation,

Shirley Clark
CEO & Executive Director

5,036 people served by The Women’s Center in 2017
Naheed grew up watching her father abuse her mother, but thought that was just the normal way parents interacted. Victims of domestic violence often come to realize that they have been dealing with this insidious abuse their entire lives. It wasn’t until after her mother’s passing that she realized she had been unaware of the full extent of her father’s and his family’s abuse. Her mother had been shielding her, which hadn’t prepared her for what a relationship should look like.

As an adult, Naheed found herself in unhealthy and violent relationships. Her feelings of worthlessness and despair, commonly seen in victims suffering from trauma reached a point where she could no longer cope.

Fortunately for Naheed, it was then that she was referred to the The Women’s Center and began counseling with a therapist specially trained to work with domestic violence and sexual abuse victims. The sliding-fee scale at the Center, made it one of her only options for affordable therapy, and through her counseling, she began to heal.

At her therapist’s recommendation, she joined the “Break the Cycle” support group and found a safe place to interact with others. While each survivor had different stories, Naheed found it liberating to talk with those who understood what she had been through and support her on her journey forward. With the help of The Women’s Center, Naheed has learned healthy coping skills and now looks forward to helping others. “I now want to empower women to stand up for themselves and not to be ashamed – as I was ashamed for so long.”

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ELIZABETH’S STORY

After losing two family members to mental illness, Elizabeth was desperate to get help for her bipolar disorder. Her psychiatrist was adamant that the only way her medication would be effective is if it was coupled with counseling, but Elizabeth’s budget couldn’t allow a traditional therapist. She feared that her life would forever be ruled by her mental illness.

When she learned about The Women’s Center’s sliding-scale rates, Elizabeth was able to meet with a therapist that comfortably fit her budget. Before her work with The Center, Elizabeth viewed her mental illness as a darkness that couldn’t be tamed, but after working with her therapist, she began to see it as a common, misunderstood disorder that could, in fact, be managed.

“In the safe place at The Women’s Center, I became more educated and therefore, more accepting of my diagnosis.” The Women’s Center has given her the tools to manage her bipolar disorder and she is now an advocate for mental health in her community.
On the outside, “Emily” was a great student at a reputable high school with a group of close friends and a tight-knit family. However, “Emily” was having a difficult time adjusting to her rapidly changing life as college loomed closer and her friends were experimenting with drugs and sex. Over the course of just a few months, “Emily” had become increasingly anxious and reclusive. She began cutting and her parents found through a social media post that she often contemplated suicide. It got to the point that she would only leave her room when it was absolutely necessary.

Thankfully, her parents turned to The Women’s Center to help guide their daughter through this vulnerable, high-stress season in her life. “Emily” worked with a highly trained and compassionate therapist to develop small goals that served as stepping stones to gradually find her way back. “Emily” saw her therapist’s office as a safe place to unpack and process her experiences at school and over time, her thoughts of suicide subsided. She developed alternatives to cutting and was able to prepare for her transition to college.

After a year of therapy, “Emily” is feeling like herself again. She feels comfortable driving to meet friends for coffee, has a part-time job, and has been accepted to a college close to home. “Emily” and her family thank The Women’s Center for helping through a difficult time.

“Emily saw her therapist’s office as a safe place to unpack and process her experiences.”
VOLUNTEERS

Our Volunteers are the life-blood of our organization! Countless members of our community offer their time and talents to answer our phone lines on a daily basis, work on one of our many committees, help with our two major events, and volunteer to serve on our board, just to name a few. We are so humbled and grateful that they have chosen The Women’s Center as a place to give back.

“I love volunteering at The Center. Everyone on the team is wonderful and very devoted to The Center’s mission and I have observed that all of the employees make a difference in people’s lives. Thank you for allowing me to volunteer.”

- Maria Roca

CORPORATE PARTNERS

The Women’s Center proudly partners with local corporations, both large and small, to accomplish our mission of providing affordable mental health services throughout the community. Their philanthropic support allows us to offer sliding scale fees so that everyone in our community can receive the care they need.

In addition, these partnerships provide the ability to engage with the corporations’ employees through volunteer opportunities, our annual leadership conference, webinars, and workshops. In some instances we bring our training in-house and provide learning opportunities at their offices. It’s a win-win for everyone to create a workplace culture that strives to support the mental well-being of their employees.

We are grateful for the support of our Founding Patron, CGI Federal and their president, Tim Hurlebaus.
individual & family counseling

With over 65 professionally trained therapists on staff, The Women’s Center meets the diverse psychological needs of women, men, families, teens, and children by offering numerous services and specialties. In a safe, supportive environment, our clients learn to understand emotions, develop confidence, and regain control of their lives.

support & therapy groups

The Women’s Center offers two types of groups: therapy and support. Our therapy groups aid individuals in processing various experiences or symptoms, allowing them to learn alternative ways of coping, relating, or being. Our support groups provide individuals with a setting in which they are united with others who share certain life experiences and allow them to build a network of support.

Domestic Violence & Sexual Assault Services

The Women’s Center counsels and advocates for hundreds of survivors of domestic violence and sexual assault each year. We provide immediate assistance from trained advocates who provide support, safety planning, court accompaniment, referrals to legal resources and social services, information about obtaining protective orders, and counseling services to help victims and their family heal and gain financial stability.

individuals served by our counseling services

1,915

people served by our Domestic Violence & Sexual Assault Services

577
Workshops & Webinars
We offer a variety of in-person workshops as well as online webinars with an integrated approach that covers an extensive list of subjects that encourage mental, emotional, physical, social, and spiritual aspects of personal growth.

EDUCATIONAL SERVICES INCLUDE:

Separation & Divorce Workshops
The Center offers a wide variety of in-depth workshops that show attendees how to navigate the financial and legal aspects of separation and divorce so that they can make educated decisions in a time of transition and uncertainty. These workshops cover the process of divorce in Virginia, negotiation and collaboration techniques for both out of court and in court procedures, the important legal aspects of child custody, spousal and child support and asset division, as well as presenting comprehensive methods to being financially efficient going through the divorce process.

Financial Counseling
The Women’s Center offers a variety of affordable or free services that educate our community on budgeting, credit, debt management, and more. Financial experts come to The Center to offer one-on-one sessions. Our monthly workshops explain how to navigate financial planning during divorce and separation. Thanks to our corporate partner, Deloitte, we offer free financial counseling during our annual Deloitte Day.

Mediation
Affordable mediation services, provided by certified attorney mediators, are available through The Center to help people better understand their options.
Career Counseling
For individuals seeking employment, facing job loss, changing careers, re-entering the job market, or entering it for the first time, The Women’s Center offers a helping hand. We help people discover “what’s next” through career counseling and coaching, self-assessment tools, networking opportunities, and our annual Leadership Conference.

Clinical Training Program
The Women’s Center has a clinical psychology internship and a multidisciplinary two-semester clinical externship program for students who are enrolled in masters or doctoral degree programs in clinical psychology, counseling or social work. This program helps to prepare our region’s mental health professionals as they embark on this critical work.

CEU Training
In 2017, The Women’s Center began offering Continuing Education Units (CEU) training for counselors, social workers, and other care providers within our community. Expanding its mission to provide comprehensive and compassionate therapy services, The Center offers affordable opportunities for local care providers to access quality mental health programming.
On a Saturday in April, The Women’s Center brought together over 700 women and men to explore the theme “Connect - Act - Inspire.” With a special focus on personal connection, this year’s conference featured the inspiring stories of our honor- ees. We also introduced a new Conference feature – a World Cafe format where senior leaders took part in a meaningful dialogue about advancing the leadership of young women in science, technology, engineering, and mathematics (STEM).

Keynote speakers included Janet Hill, Deborah Rutter, Brittany Perkins, Ann Ratner, Krista Woods, Kimberly Crider, Dr. Arati Prabhakar, and Doreen Gentzler.

Thank you for our most successful gala yet! In October, we were honored to have Janet Hill be the first recipient of our Reaching Forward, Giving Back Award. Our most important fundraiser of the year featured dining, dancing, auctions, and an inspiring community bond. We are humbled by the generosity shown by attendees that evening.

The Women’s Center is grateful to our spon- sors, especially our Patron Sponsors, CGI Federal, Attain, and Criterion Systems, and all the individual donors who made it possible to continue providing our critical services to the community throughout the year.
2017 REVENUE: $3,484,714

Program Fees
$1,429,845

Government Grants
$580,194

Corporate Sponsorships
$520,000

Foundation & Individual Support
$486,277

In-Kind
$361,522

Other
$106,876

2017 EXPENSES: $3,304,597

Program & Services
$2,704,266

Management & General
$320,155

Fundraising
$280,176
2017 CORPORATE & FOUNDATION PARTNERS

$50,000+
CareFirst BlueCross
BlueShield
Cisco Systems, Inc.
Philip Graham Foundation

$49,999-25,000
Attain, LLC
CGI Federal
Criteron Systems, Inc.

$4,999-2,500
4Girls Foundation, Inc.
Access National Bank
Altamira Technologies Corporation
AppDynamics
Capital One
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Cordia Partners
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DLT Solutions
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4Girls Foundation, Inc.
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Mark Warren
Linda Washington
Amber Wason
Lisa Watts
Darcy Weber
Catherine Weed
Madeline Weeks
Molly Weisse-Bernstein
Tarshia Weldon
Renee West
Colleen Wevoda
Deneen Williams
Michael Williams
Nancy Willis
Thomas Willis
Marta Wilson
Martha Wilson
Richard Woodruff
Amanda Wright
Diane Wright
Stacy Yike
Kara Young
Jenny Zhou
Beth Zimmerman
Marie Zwickert
BREAK THE CYCLE

In addition to the 1,071 advocacy sessions provided through The Women’s Center’s Break the Cycle Program, the newly formed support group met 22 times, serving 102 victims of domestic violence on their journey to being life-long survivors. A special thank you to the community volunteers who cook meals, mentor, provide training and coaching, and provide legal and other important advice so that together we provide trusted services in the midst of their challenges.

The Break the Cycle support group at a Paint Night hosted by Bixler Studios LLC and Vienna Presbyterian Church.

1,071 advocacy sessions provided by our Break the Cycle Program
The Women’s Center is able to serve our community because of your generous gifts of time, energy, and financial support. Thank you!