

# Catholic Charities

**2015-2016 Annual Report:** Fiscal Year July 1, 2015 – June 30, 2016

## Director's Letter



### *Dear Friends of Catholic Charities,*

All of us at Catholic Charities are very grateful for the messages of support and encouragement we receive each day from people throughout south central Indiana who stand by our mission and support our programs through their volunteer work, their generosity and their prayers. Our dedicated supporters, in communities, large and small, share their commitment to expanding our compassionate, professional mental health and shelter services for children, adults and families from all walks of life. It is only with the help of others that Catholic Charities in Bloomington and Becky's Place in Bedford can fulfill our mission of *charity, service and justice dedicated to providing help to those in need, hope to those in despair and inspiration for others to follow.*

We have faith in the love of God for all his people, both the fortunate and unfortunate among us. We have hope in the enduring social ministry performed each day by our devoted staff, volunteers, advisory council members and community partners.

I hope as you read the information and stories contained in this annual report, you will be inspired to also help those in need in our communities. We continue to need your support and encouragement in the years ahead. Our mission is challenging. These challenges will require all of us at Catholic Charities to rely on the support, prayers and advocacy of all people of good will and the blessings of our Father in heaven.

Sincerely,

**David J. Bethuram**, MA, M.Min., CFLE, AACC

*Executive Director*

*Secretariat for Catholic Charities Archdiocese of Indianapolis*

## Hope for the Hopeless

Robert had lost all hope that life could get better or that anyone would be able to help him. He was so desperate to improve his life, he saw four different counselors over three years, but still felt completely hopeless. Robert had a history of depression and a tendency to drive people away, including his daughter and siblings whom he had not spoken with in over 20 years. Even though he sought out professional help, without any hope, he believed the lie that his wife would be better off without him, and began to have suicidal thoughts.

However, his life had not always been this way. At one point, he had lived on the west coast, was an accomplished engineer and played guitar in a nationally-known band. When he received a diagnosis for multiple sclerosis and diabetes, he thought he had lost his quality of life. Robert started going to counseling in search of hope that he could repair some of his family relationships before he died.

Finally, Robert saw a counselor at Catholic Charities who took the necessary time to get to know and help Robert. Together, they figured out a treatment plan that worked for Robert.

Between proper medication and counseling, Robert found hope for the first time in 30 years. The depression lifted, his relationships were strengthened and his health improved.

Now, Robert goes to the gym several days a week, has reconnected with family members and his marriage is the strongest it has ever been. Robert is a more cheerful and hopeful man. Not only is he physically active, but he plans on touring with a band this year at the age of 65. Catholic Charities has given him the tools he needs to live a more fulfilling, hopeful life.

### Help out Catholic Charities Bloomington simply by shopping for groceries at no extra cost to you!

Simply register your Kroger Plus Card at [Kroger.com/community\\_rewards](http://Kroger.com/community_rewards) (if you do not have one, they are available at the Customer Service desk at any Kroger,) click on 'Sign In' or 'Create an Account,' search for 'Catholic Charities Bloomington' or enter '15757,' click 'enroll' and you will be helping CCB every time you shop!

**Becky's Place Shelter Services** Becky's Place is located in Bedford, Indiana and serves homeless women and their children with support services designed to move them into sustainable living situations. In fiscal year 2015-2016, Becky's Place provided services to more than **100 homeless women and children.**

### Services Provided by Becky's Place:

- Meals
- Shelter
- Case Management
- Support Services
- Counseling
- Educational Resources
- Vocational Training
- Life Skills
- Compassionate, dedicated staff and volunteers

## Creating Stability at Becky's Place

Living at a local park or with friends on and off for over a year, Taylor felt completely alone. To make matters worse, Taylor was attacked and it became essential for her to find a more permanent place to stay. Scared and distrustful, Taylor arrived at Becky's Place. She admitted that she had a history of substance abuse, domestic violence and

homelessness. Taylor was ready for a change and was committed to working the programs at Becky's Place, including counseling from Catholic Charities.

During Taylor's stay she was able to find employment with two local companies, reconnect with family, maintain sobriety and

work on some of her past trauma through counseling. She saved her money and was offered an apartment that met all of her needs. Thanks to the support and programs at Becky's Place, Taylor is currently helping to manage a local restaurant and has found safety, security and stability through hard work and dedication to her new life.

## Support System at Becky's Place

Marissa went through a period where she turned to drugs for comfort, and without the proper support system, Marissa struggled to stay sober. Marissa moved back home with her mother in Indiana hoping to find the stability she so desperately needed. However, Marissa's mother was unable to house her permanently. That's when Marissa called Becky's Place. Knowing that Becky's Place was her only option, Marissa committed to the process and moved in within the week. She was honest, cooperative and willing to try whatever it took to remain sober and create a new, stable life

for herself. Becky's Place became the support system Marissa so needed, giving her hope to move forward.

Marissa immediately started to turn her life around after becoming involved with Becky's Place. She met with her case manager and counselor regularly and started working on herself and dealing with some difficult things from her past. Marissa was able to stay sober and decided that she wanted to become a Certified Nursing Assistant. Through counseling and the continuous encouragement of the Becky's Place staff,

Marissa was able to finish her courses to become a CNA and landed a position locally. She saved and budgeted to finally be able to have a place of her own. Thanks to Becky's Place, Marissa was able to move into her own apartment, maintain sobriety and start a career. After making several inspiring life changes, Marissa has gained self-respect and members of the community have taken note as well. Becky's place provided shelter and created hope for Marissa when she had nowhere else to turn, helping her create a new, stable life.

# Mental Health Services in Brief

Catholic Charities was able to provide a total of **6,345 counseling sessions** to **923 individuals** and **277 families** during the fiscal year 2015-2016. Of these individuals, **75% qualified for Medicaid**, Healthy Indiana Plan or received a sliding-fee scale payment plan due to extreme financial hardship, including: medical or legal bills, lack of affordable insurance or job loss.

## The services provided by Catholic Charities included:

- Individual, family and group counseling
- School counseling
- Teacher training and consultation services
- Psychological and psycho-educational evaluations for adults and children
- Outreach to provide education and supportive services for children, families and adults

## Catholic Charities clinicians offered services at:

- Main office in Bloomington
- Becky's Place in Bedford
- Schools in Bloomington and Bedford community
- Riley Physicians Pediatric Offices in Bloomington
- IU Health Southern Indiana Physician's office



## MISSION STATEMENT

Catholic Charities in Bloomington is dedicated to the enhancement of the dignity and functioning of all persons in the community-at-large through education, social services delivery and advocacy. We are committed to working within our communities to remove barriers reduce quality of life for the poor or for persons marginalized by our society in any way. We are dedicated to providing help and creating hope to all in need in our communities.

# Providing Great Accessibility to Mental Health Care

It is the mission of Catholic Charities to increase accessibility to mental health and behavioral care. We know if people address their mental health challenges early, the issues are minimized and overcome quickly. Often, the symptoms are just a reaction to the context of their life or adapting to transitions in their life. Navigating the mental health system nationwide is a challenge and Bloomington (and surrounding areas) is no different. Increasing accessibility requires addressing the different barriers to seeking help such as stigma, financial issues, transportation and locating the appropriate resources. Another barrier is locating an appropriate therapist with the expertise that matches insurance and availability.

Catholic Charities has not only addressed these barriers in several, key ways, but also provided help and created for all in need

in Bloomington and surrounding areas. Since we share our office with the Boys and Girls Club building, our office parking does not give the impression one is going to receive mental health treatment, and therefore eliminates the stigma associated with receiving mental health care. We also collaborate with IU Health Physicians to be on site to provide intake assessments, provide links to resources and assist those in need with navigating appropriate services.

Another barrier many individuals face is financial. Just because a person has insurance does not mean they can find or easily afford mental health services. We provide a sliding-fee scale based on income for those without insurance, in addition to accepting most commercial insurances and all Medicaid products. Therefore, no one is turned away due to ability, or lack-there-of, to pay for quality services.

Most people also want to have their services where they are familiar. Therefore, we provide services in two schools (Fairview Elementary School in Bloomington and St. Vincent de Paul School in Bedford), and at four physicians' offices in town. The variety of locations as well as easy access along the bus lines often addresses the transportation barrier so many of our neighbors face to accessing quality mental health care.

Regardless the barriers individuals and families face, our goal is to do our part to help them find the resources they need, not just at Catholic Charities, but also throughout the area, maximizing the potential of every person who walks through our doors or calls our offices. We truly want to provide help and create hope for all in need in our communities.

## Angela's Story

Angela's mother first brought her to Catholic Charities for counseling services. Angela was extremely nervous with other people, feeling as if she didn't belong and struggled with ongoing negative thoughts and self-doubts. She was initially hesitant about opening up, and we soon understood why. Angela had a traumatic childhood. Her parents were divorced and both struggled with substance addictions. Angela lived between both of them and her grandparents, which meant she moved several times and attended

several elementary schools. Stability and security were a foreign concept as a little girl.

When counseling initially started, Angela was in 6<sup>th</sup> grade and nervous about middle school. During counseling, she was able to learn calming techniques, identify personal strengths and establish coping strategies. She reluctantly joined a girls group for eight weeks, which focused on overcoming anxiety and building social

skills. During the first sessions, she had to be prompted to participate and gave short responses. By the end of the eight weeks, she was able to share some of her childhood experiences with others, laughed all the time and willingly joined in conversations with the other girls. At the end of the school year, Angela and two other girls from the group participated in a school play together. Angela even had speaking part!

**From the bottom of our hearts,** **THANK YOU** 

We thank God for YOU and your generous **heart**. We walk in the footsteps of Christ every day in our service to the homeless, hungry and hurting men, women and children that come to us for **HELP**. We could not provide **HOPE** without the prayers, goods and financial support that come from your generous **heart**. May God abundantly bless you with all the fruits of the Holy Spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Gal 5:22-23

# Bloomington

Operating Funds Only  
Fiscal Year Ended 6/30/16

## Revenue

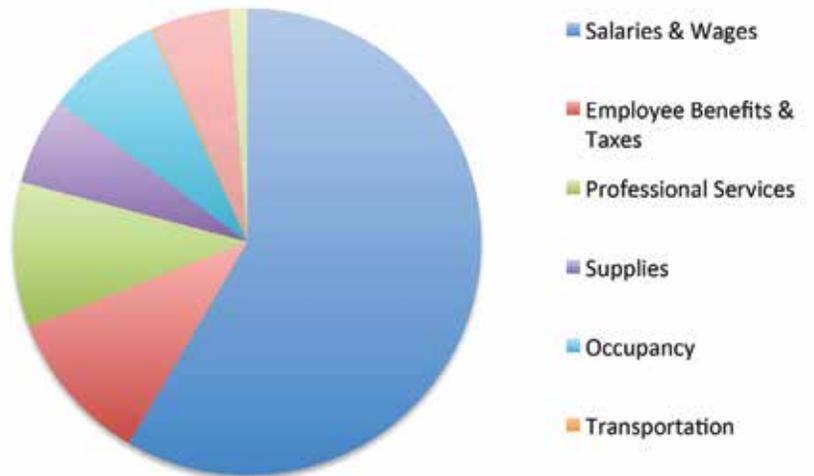
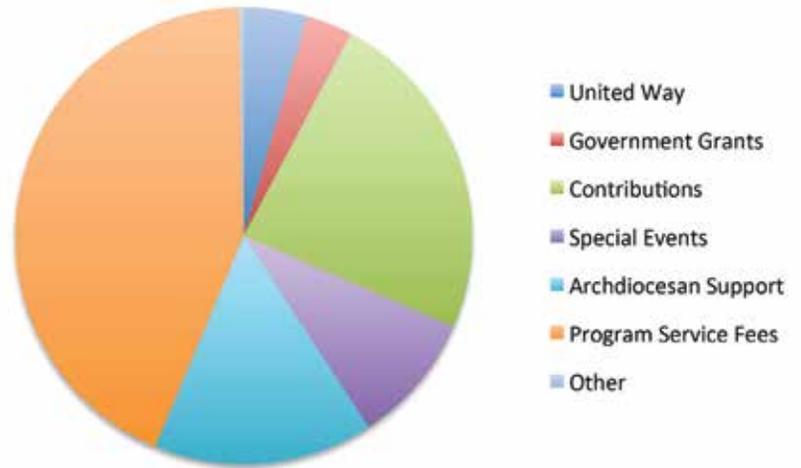
United Way	28,901
Government Grants	21,250
Contributions	153,597
Special Events	60,252
Archdiocesan Support	100,401
Program Service Fees	280,514
Other	1,978
<b>Total Support &amp; Revenues</b>	<b>646,893</b>

## Expenses

Salaries & Wages	452,839
Employee Benefits & Taxes	82,210
Professional Services	77,747
Supplies	46,723
Occupancy	62,269
Transportation	2,754
Specific Assistance	1,046
Other	39,161
Depreciation	9,769
<b>Total Expenses</b>	<b>774,498</b>

## Change in Net Assets (127,605)

Net Assets - Beginning of the year	(194,266)
Net Assets - End of the year	(321,871)



## 2015-2016 Agency Council Members & Staff

### CATHOLIC CHARITIES

#### Agency Advisory Council

Jenny Kincaid, President  
Melanie Castillo-Cullather, Vice-President  
Susan Armeny, Secretary  
Fr. Rick Eldred  
David Gerchak  
Deborah Getz  
Robin Roy Gress  
Patricia Hausmann  
Josephine Kincaid  
Fr. John Meany

#### Ex-officio:

David Bethuram  
O'Connell Case

### Agency Staff

David Bethuram, Executive Director  
Craig Fall, Associate Director  
O'Connell Case, LCSW, Clinical Director  
Kara Baertsch, LMHC, Operations Coordinator  
Sheri Benham, LCSW, Staff Therapist  
Delyn Kazdan, LMHC-A, Staff Therapist  
Kaitlin King, LCSW, Staff Therapist  
Kristin Snyder, MS, Staff Therapist  
Spencer Wardlow, MS, Staff Therapist  
Jessica McDonald, MS, Staff Therapist

John Fischer, Senior Administrative Assistant  
Kiana Vaughn, Administrative Assistant

### BECKY'S PLACE

#### Advisory Council Members

Shawna Girgis  
Father Rick Eldred  
Shelley Kenworthy  
Sister Becky Ryan  
Angie Cosner  
Amber Chastain  
Jenny Morgan  
Gary Sanders  
Karen Wade  
Holly Davis  
Jeff Hudelson

Marty Scherschel  
Teresa Boshears

#### Staff

Corrina Hayes  
Heather Umphress  
Leah Martin  
Leah Walden  
Natalie Watson  
Cassidy Morron  
Melissa Carter  
Donna Keller  
Jamie Taylor  
Amanda Carpenter

**Catholic Charities**  
Providing Help. Creating Hope. Serving All.

**Catholic Charities**

803 N. Monroe Street • Bloomington, IN 47404  
ccbin.org



Community Partner



Working to Reduce Poverty in America.



ARCHDIOCESE OF INDIANAPOLIS  
The Church in Central and Southern Indiana



Providing Shelter, Creating Hope

**Becky's Place**

1108 5th Street • Bedford, IN 47421  
BeckysPlaceBedford.org

Non Profit Org.  
U.S. Postage  
**PAID**  
Indianapolis, IN  
Permit # 3096

**Beer Tasting and Networking Event at The Tap**

Tickets available Sept. 1st online

October 5, 2017

## Upcoming Events

### Becky's Place

**Becky's Place October Event**

Hosted by Limestone Café at The Depot  
October 21, 2017

**Hope Full 5K and Family Fun Run**

November 23, 2017  
Thanksgiving Day

**Christmas Open House**

December 2017

**Mardi Gras**

Hosted by St. Vincent DePaul Catholic Church at their Shamrock Center  
March 3, 2018

### Catholic Charities

**Beer Tasting and Networking Event at The Tap**

Tickets available Sept. 1st online  
October 5, 2017

**Saturday Summit and Brunch**

Hosted by St. Paul Catholic Center  
Fall 2017

**Open House (after hours) at Catholic Charities in Bloomington**

Fall 2017

**Annual Breakfast**

Hosted by St. Paul Catholic Center  
Spring 2018

## Planned Giving

### Remember Us in Your Will!

Including Catholic Charities and/or Becky's Place in your planned giving can continue your ability to provide help, create hope and serve all in need in your community. Planned giving can be as simple as including a bequest provision in your will or naming Catholic Charities as a beneficiary of your retirement plan or life insurance policy. Planned giving is simple and offers many benefits.

If you are 70 1/2, you can make a tax-free gift to the Catholic Community Foundation from your IRA to support our mission.

To learn more about how you can plan a legacy of giving, contact Cheri Bush, Director of Mission Advancement at 317-236-1411, or Joanna Feltz, Director of the Catholic Community Foundation at 317-236-1482 or jfeltz@archindy.org. Together, we can provide help, create hope and serve all for years to come!

Follow us on Facebook to keep up with event dates!

