

IMPACT

family counseling

ANNUAL REPORT



WWW.IMPACTAL.ORG



[@IMPACTFAMILYCOUNSELING](https://www.facebook.com/IMPACTFAMILYCOUNSELING)



[@IMPACTINGAL](https://twitter.com/IMPACTINGAL)



[@IMPACTFAMILYCOUNSELING](https://www.instagram.com/IMPACTFAMILYCOUNSELING)



*Using Christian principles to
build strong families,
support children, and
empower individuals.*

2019



GENERAL INFORMATION

OBJECTIVE: Impact strives to strengthen family relationships, reduce abuse and neglect, and teach positive coping skills so that at-risk youth and families will make positive life choices that benefit themselves and their communities.

VISION: Impact provides Christian Counseling, education, and mentoring to at-risk youth and families utilizing prevention and intervention strategies.

Board Members

Dr. Jacqueline DeMarco, Ph.D., Chair
Mr. Bart Moore, Vice-Chair
Mrs. Brenda Adams, Treasurer
Mr. Bentley H. Patrick
Mr. Jack Prewitt
Mr. Denis J. Devane
Mr. Patrick Thompson

Mr. Will Bryant
Mrs. Renee Fenn
Mr. E. Phillip Powell
Ms. Brooke Whatley
Mr. Clifton Nail
Mr. George Casey, Executive Director

CLIENT DEMOGRAPHICS

PROGRAMS & SERVICES

Impact offers services to families and individuals through five programs: Outpatient Counseling, Family Strengthening Program (FSP), Relationships that Matter (RTM), Successful Schools, and Mentoring. Impact served 2,036 clients in 2019.

AGE

The age clients served across program types, including outpatient counseling, ranged from 6 to 60+ years old. 31% were ages 6-18 years old, 65% were 19-59 years old, and 4% were 60+ years old.

GENDER

46% of clients served were male and 54% were female.

RACE/ETHNICITY

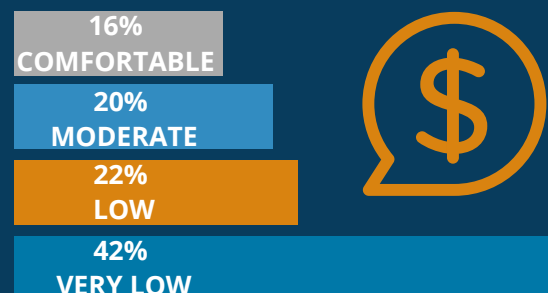
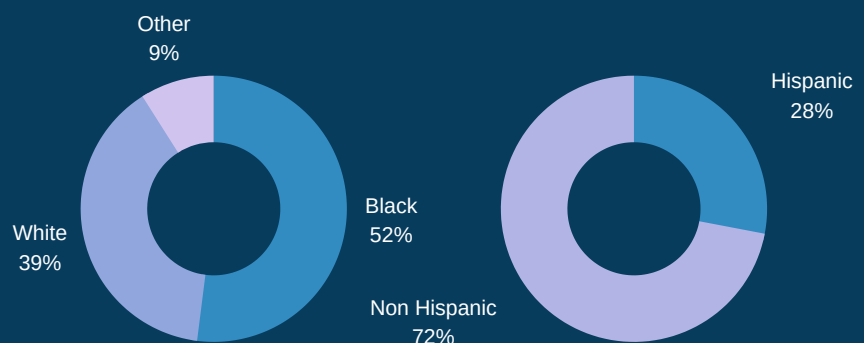
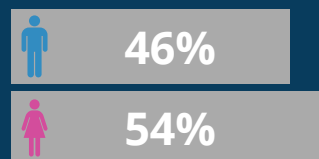
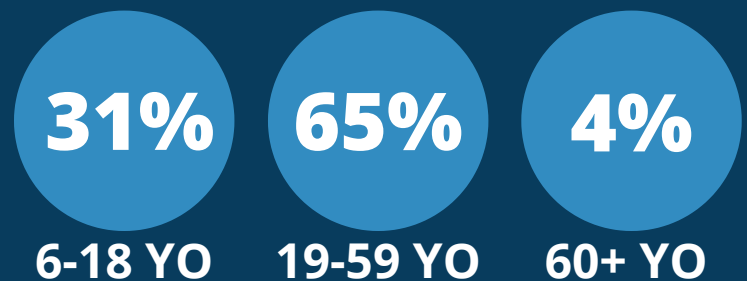
52% of clients served identified as black, 39% as white, and 9% identified as some other ethnicity. Of these clients, 28% identified as Hispanic.

SOCIO-ECONOMIC STATUS

42% of clients served reported a household income of less than \$17,900, 22% less than \$29,850, 20% less than \$47,750 and 16% more than \$47,750.



2036
CLIENTS SERVED

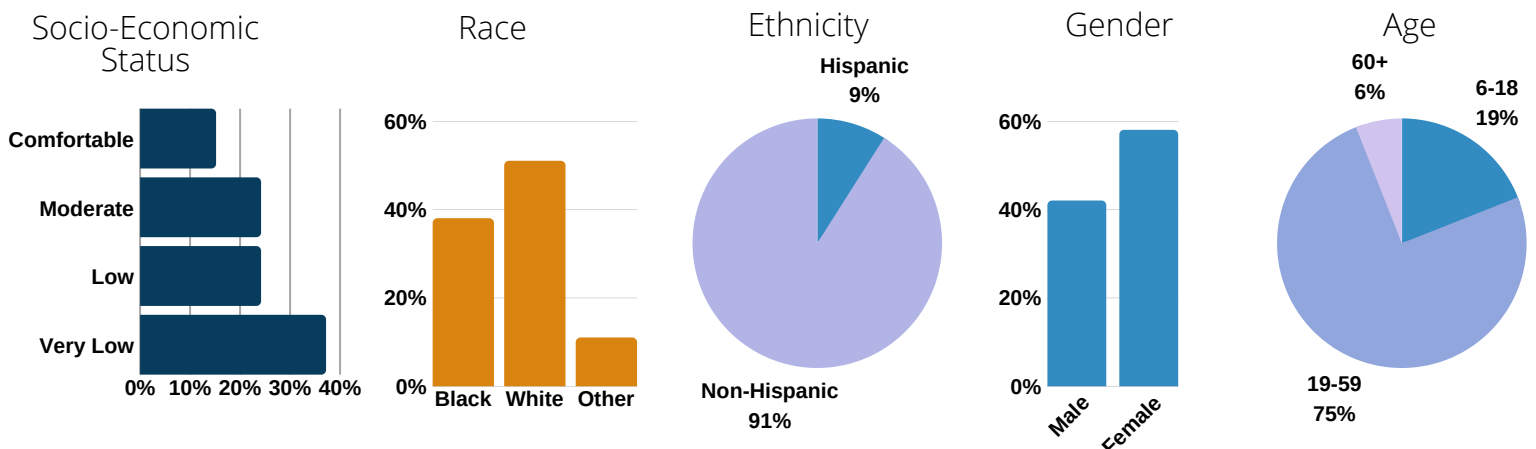




OUTPATIENT COUNSELING

Outpatient Counseling provides private therapy services to the general public as needed on a sliding scale fee. Individuals, couples, and group counseling is available with a licensed therapist. Services are available for most social problems such as depression, anxiety, conflict, martial trouble, and anger management.

Outpatient Demographics:



Total Served: 794

57%

showed an increase in healthy relationships



72%

demonstrated an improvement in healthy coping skills



OUTPATIENT PROGRAM OUTCOMES

68%

improved communication skills



62%

increased positive self-esteem and confidence

46%

improved conflict resolution skills

64%

increased rational thinking and judgment



50%

decreased depression issues





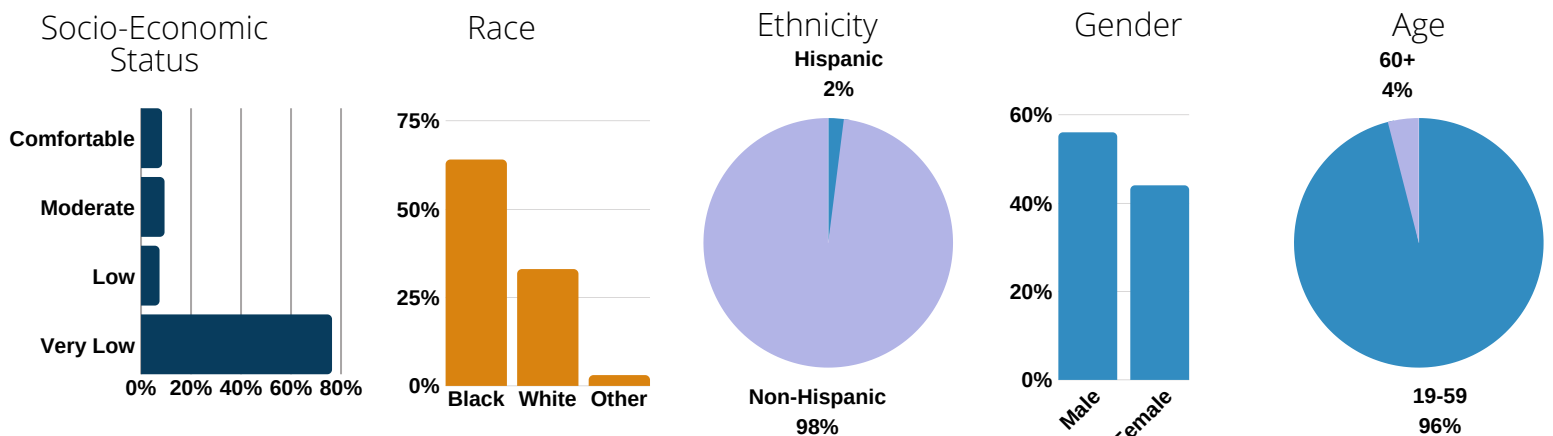
RELATIONSHIPS THAT MATTER

Relationships that Matter (RTM) provides two different service areas: *Relationship Education* and *U-TURN*.

Relationship Education offers couples and individuals group classes on Pre-Marital issues, Marriage Enrichment, and Relationship Education.

U-Turn offers adults on government subsidies a 3-week class designed to teach basic life and workplace skills such as job readiness to help move the person off subsidies and into meaningful employment.

Relationships that Matter Demographics:

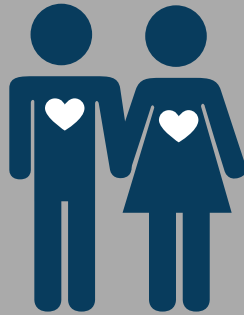


Total Served: 417

RELATIONSHIPS THAT MATTER PROGRAM OUTCOMES

80%

reported an increase in knowledge of new skills and the ability to practice these skills to maintain healthy relationships



87%

reported an improvement in their ability to build better communication in their relationships

82%

reported an improvement in their ability to handle conflict in their relationships and resolve it in a positive manner



71%

reported an increase in their knowledge of differences between financial needs and wants

81%

reported an increase in their ability to cope with the stressors in their life



79%

reported an increase in their knowledge of positive parenting skills

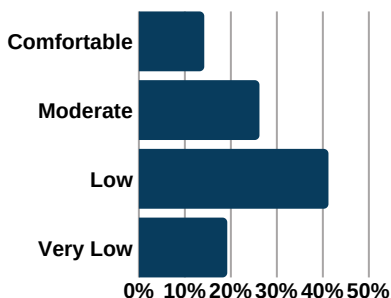


FAMILY STRENGTHENING

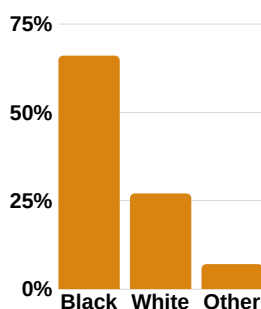
The Family Strengthening Program (FSP) is designed to teach life skills to both parents and youth. Participants are referred to IMPACT by school systems, court systems, and the community at large. The families participate in a series of classes teaching parenting skills for adults and character development for youth.

Family Strengthening Demographics:

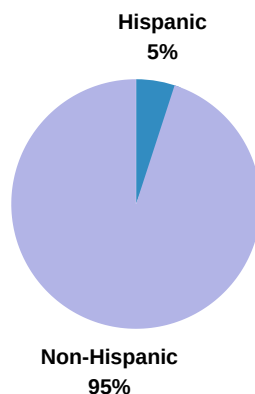
Socio-Economic Status



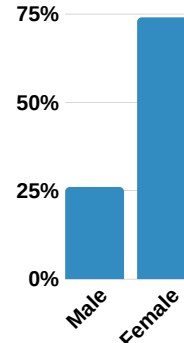
Race



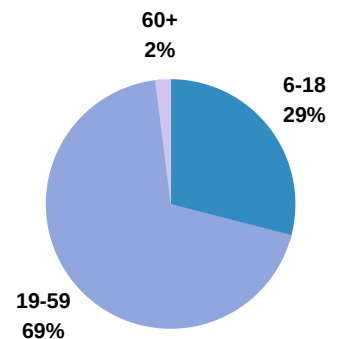
Ethnicity



Gender



Age



Total Served: 318

FAMILY STRENGTHENING PROGRAM OUTCOMES

76% of teens reported an improvement in their commitment to using positive techniques to handle anger



76% of adults reported an improvement in their knowledge of how to set clear limits and boundaries with their child

64% of teens reported an improvement in their ability to keep his/her behavior within acceptable limits, so they do not get into trouble



72% of adults reported an improvement in their commitment to using positive techniques to handle anger

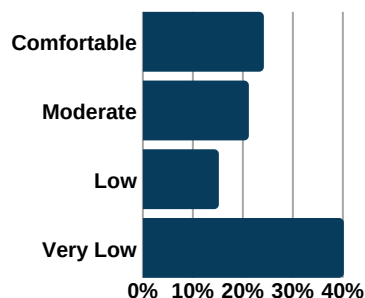


SUCCESSFUL SCHOOLS

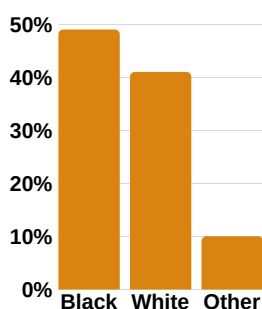
The Successful Schools Program provides school counselors and behavioral support specialists to various school systems to assist with managing the maladaptive behaviors of students. Special education coordinators, school counselors, principals, and teachers refer students to IMPACT. Intervention services are offered individually or within a group setting. IMPACT provides a specialized Day Treatment School for selected students who need a restrictive environment.

Successful Schools Demographics:

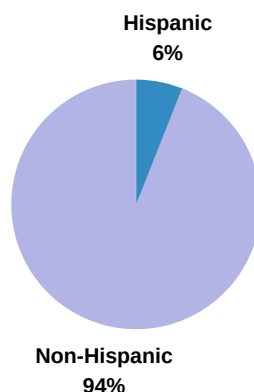
Socio-Economic Status



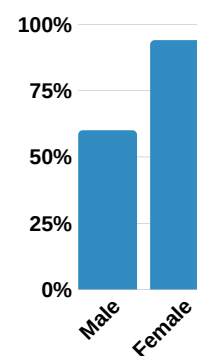
Race



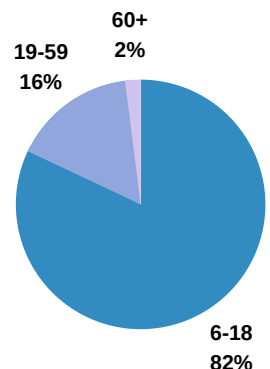
Ethnicity



Gender



Age



Total Served: 429

SUCCESSFUL SCHOOLS PROGRAM OUTCOMES

93% of students demonstrated an understanding of positive anger management/conflict resolution skills



97% of students demonstrated an understanding of positive communication skills

62% of students reported an increase in their ability to appropriately handle anger and work out conflict with others



55% of middle and high school students reported an increase in their ability to make good decisions

55% of students reported an increase in their ability to keep behavior within acceptable limits, so they do not get into trouble



71% of elementary students reported a greater understanding of how to control their angry or mad feelings

77% of students reported a greater understanding of how to choose the right thing to do



66% of students reported a greater understanding of how to communicate with others

75% of students had a decrease in the number of suspensions they received*



86% of students had a decrease in the number of disciplinary reports received*

(*Not all students receiving counseling had suspensions or disciplinary reports)

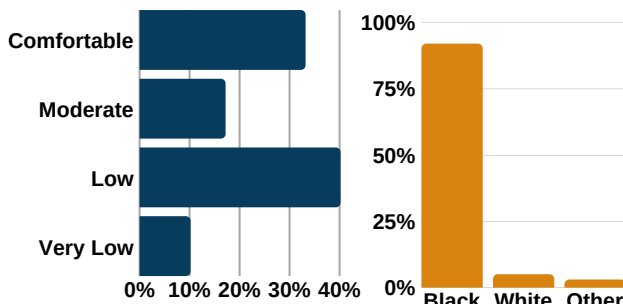


MENTORING

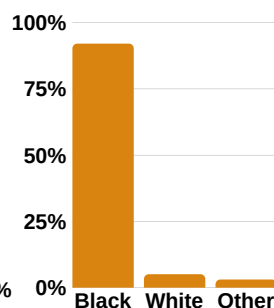
The Mentoring Program provides adult mentors for children with a disability or who have been impacted by incarceration. Youth ages 4-18 are matched with a caring adult from the community. The Adult Mentoring Program matches incarcerated male adults with community members who help the men with acclimation back into society upon release from prison.

Mentoring Demographics:

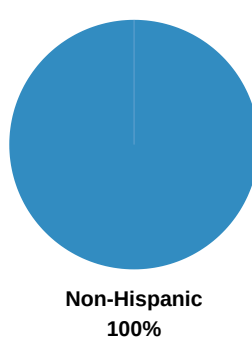
Socio-Economic Status



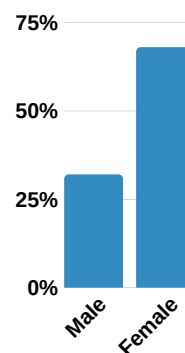
Race



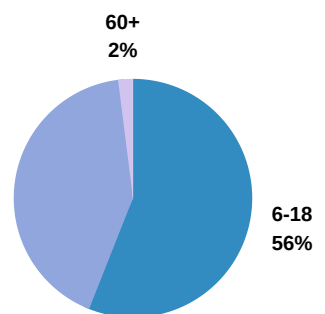
Ethnicity



Gender



Age



Total Served: 78

MENTORING PROGRAM OUTCOMES

64% Improved ability to develop and maintain friendships with peers



64% Improved self-esteem

64% Improved ability to recognize bullying



73% Improved their school academics

64% Improved knowledge of where to get help for a situation involving bullying



73% Improved knowledge of how to make good decisions

82% Improved ability to clearly communicate my ideas or intentions



82% Improved ability to keep behavior within acceptable limits, so that they do not get into trouble



2019 FINANCIAL STATEMENT

Support & Revenue

Government & Community Grants	\$715,755
Contract Service Fees	\$1,182,774
United Way contributions	\$91,818
Outpatient Program Fees	\$30,267
Misc. Income	\$66,886
Total Operating Revenue	\$4,843
	\$2,092,343

Non-Operating Activity

Rental Income	\$136,224
Building Expenses	\$141,461
Deferred Compensation	\$98,000

Expenses

Total Expenses	\$2,057,475
----------------	-------------

Assets

Current Assets	\$680,586
Fixed Assets	\$2,336,601
Total Assets	\$3,550,871

Liabilities

Current	\$209,586
Long Term	\$1,363,039
Total Liabilities	\$1,572,732

Equity

Total	\$1,978,138
-------	-------------

Total Equity & Liabilities

Total	\$3,550,871
-------	-------------

**This financial statement is based on unaudited reports. Final numbers will be updated after the completion of an annual audit.*

***IMPACTING BIRMINGHAM
ONE FAMILY AT A TIME!***



IMPACT

family counseling

