



IMPACT
family counseling

ANNUAL REPORT



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2020

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



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.

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CLIENT DEMOGRAPHICS

PROGRAMS & SERVICES

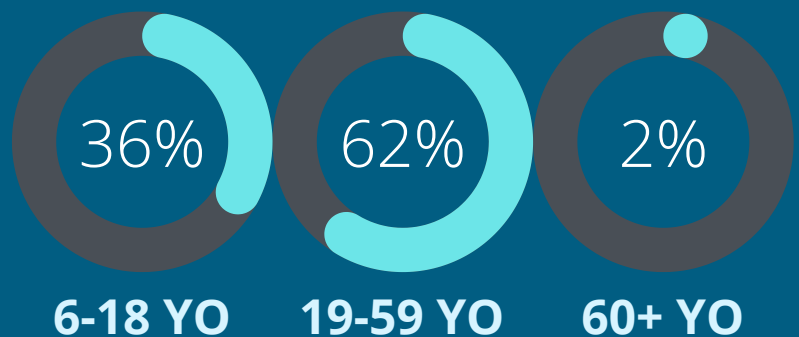
Impact offers services to families and individuals through five programs: Outpatient Counseling, Family Strengthening Program (FSP), Relationships that Matter (RTM), Successful Schools, and Mentoring. Impact served **1380** clients in 2020.



1380
CLIENTS SERVED

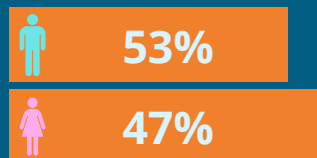
AGE

The age clients served across program types ranged from 6 to 60+ years old. 36% were ages 6-18 years old, 62% were 19-59 years old, and 2% were 60+ years old.



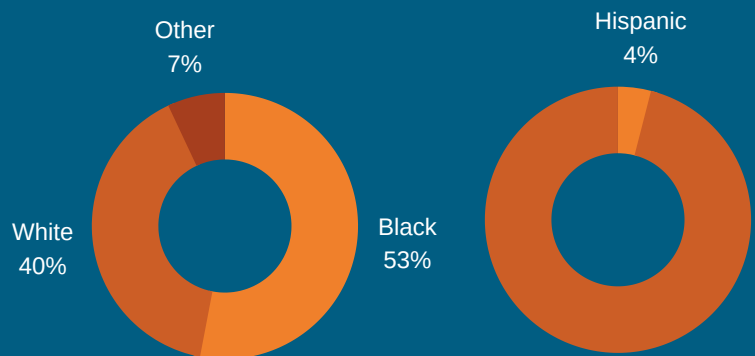
GENDER

53% of clients served were male and 47% were female.



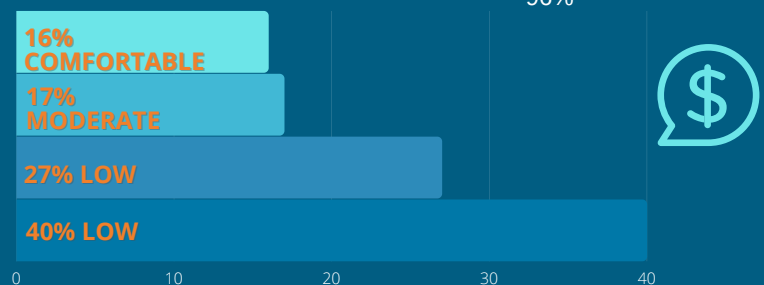
RACE/ETHNICITY

53% of clients served identified as black, 40% as white, and 9% identified as some other ethnicity. Of these clients, 4% identified as Hispanic.



SOCIO-ECONOMIC STATUS

40% of clients served reported a household income of less than \$17,900, 27% less than \$29,850, 17% less than \$47,750 and 16% more than \$47,750.



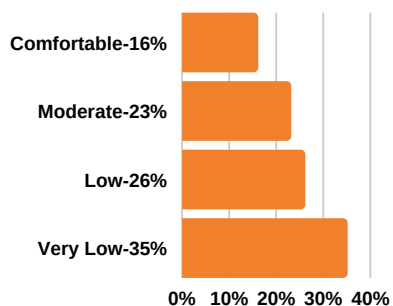


OUTPATIENT COUNSELING

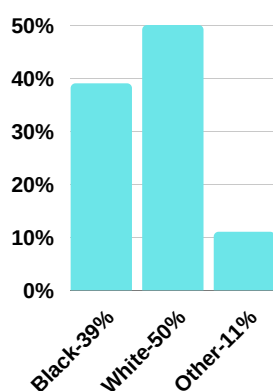
Outpatient Counseling provides private therapy services to the general public as needed on a sliding scale fee. Individuals, couples, and group counseling is available with a licensed therapist. Services are available for most social problems such as depression, anxiety, conflict, martial trouble, and anger management. In 2020, we were able to offer telehealth sessions to accomodate clients during the COVID-19 pandemeic.

Outpatient Demographics:

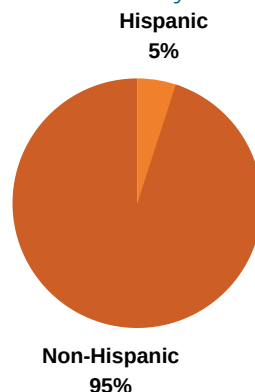
Socio-Economic Status



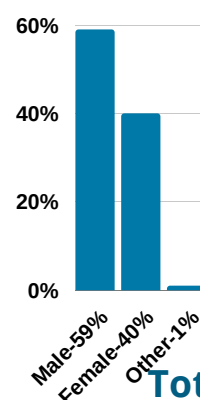
Race



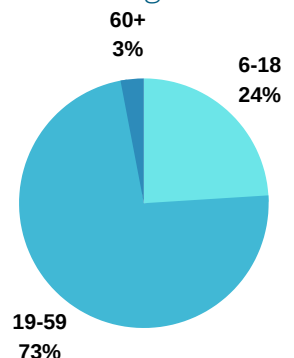
Ethnicity



Gender



Age



Total Served: 402

51%

showed an increase in healthy relationships



68%

demonstrated an improvement in healthy coping skills



OUTPATIENT PROGRAM OUTCOMES

62%

improved communication skills



57%

increased positive self-esteem and confidence

57%

improved conflict resolution skills

58%

increased rational thinking and judgment



52%

decreased depression issues





RELATIONSHIPS THAT MATTER

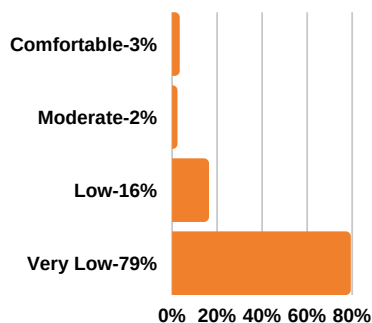
Relationships that Matter (RTM) provides two different service areas: *Relationship Education* and *U-TURN*.

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

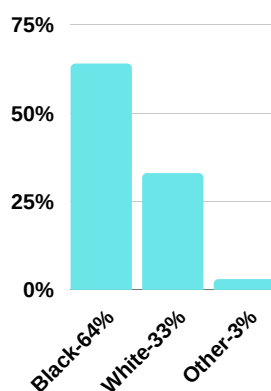
U-Turn offers adults on government subsidies a 3-week class designed to teach basic life and workplace skills such as job readiness to help move the person off subsidies and into meaningful employment.

Relationships that Matter Demographics:

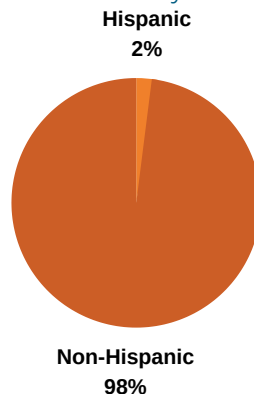
Socio-Economic Status



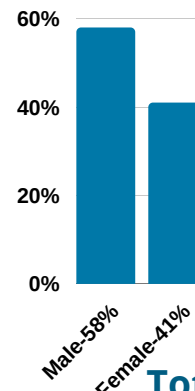
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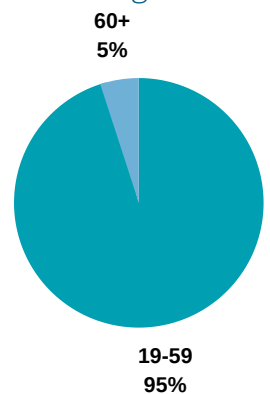
Ethnicity



Gender



Age

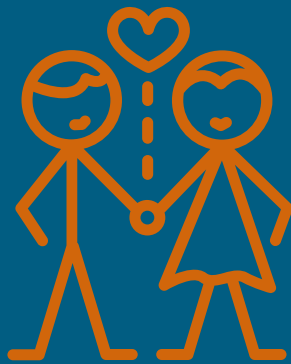


Total Served: 348

RELATIONSHIPS THAT MATTER PROGRAM OUTCOMES

79%

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



79%

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

80%

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



85%

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

86%

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



75%

reported an increase in their knowledge of positive parenting skills

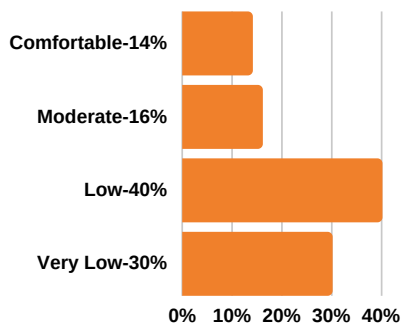


FAMILY STRENGTHENING

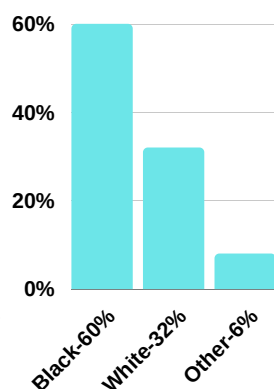
The Family Strengthening Program (FSP) is designed to teach life skills to both parents and youth. Participants are referred to IMPACT by school systems, court systems, and the community at large. The families participate in a series of classes teaching parenting skills for adults and character development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

Family Strengthening Demographics:

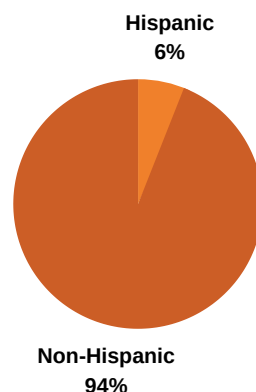
Socio-Economic Status



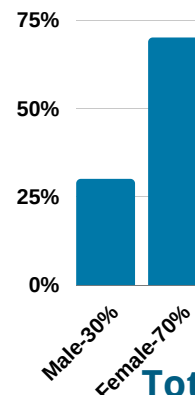
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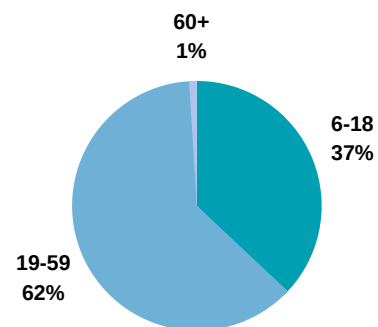
Ethnicity



Gender



Age



Total Served: 203

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



75% of adults reported an improvement in their commitment to using positive techniques to handle anger

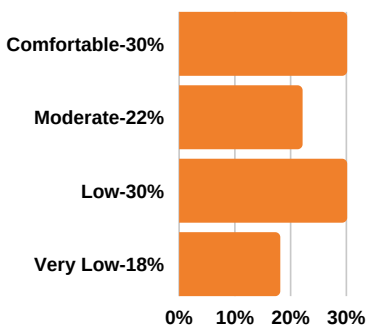


SUCCESSFUL SCHOOLS

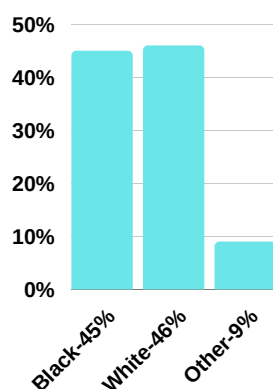
The Successful Schools Program provides school counselors and behavioral support specialists to various school systems to assist with managing the maladaptive behaviors of students. Special education coordinators, school counselors, principals, and teachers refer students to IMPACT. Intervention services 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:

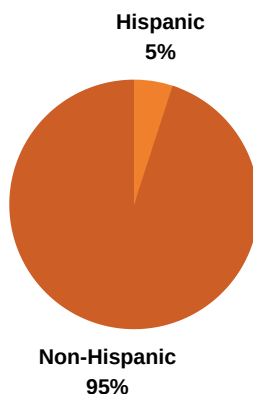
Socio-Economic Status



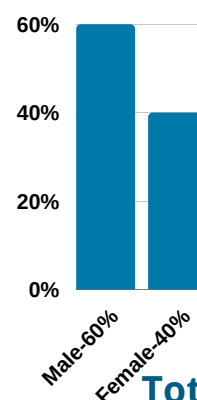
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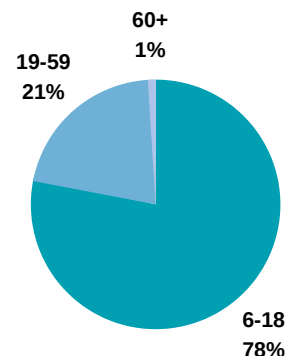
Ethnicity



Gender



Age



Total Served: 343

SUCCESSFUL SCHOOLS PROGRAM OUTCOMES

94% of students demonstrated an understanding of positive anger management/conflict resolution skills



96% of students demonstrated an understanding of positive communication skills

53% of students reported an increase in their ability to appropriately handle anger and work out conflict with others



54% of middle and high school students reported an increase in their ability to make good decisions

52% of students reported an increase in their ability to keep behavior within acceptable limits, so they do not get into trouble



58% of elementary students reported a greater understanding of how to control their angry or mad feelings

53% of students reported a greater understanding of how to choose the right thing to do



52% 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)

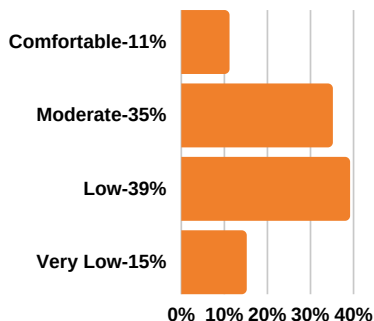


MENTORING

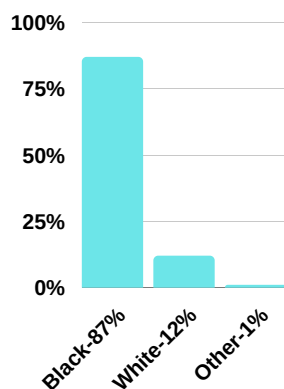
The Mentoring Program provides adult mentors for children with a disability or who have been impacted by incarceration. Youth ages 4-18 are matched with a caring adult from the community. The Adult Mentoring Program matches incarcerated male adults with community members who help the men with acclimation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

Mentoring Demographics:

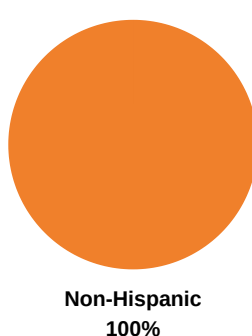
Socio-Economic Status



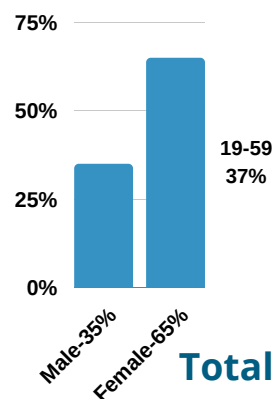
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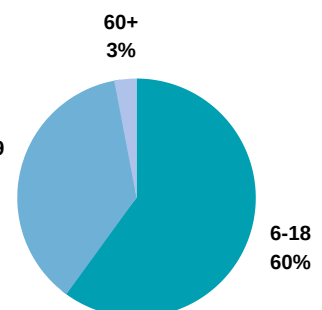
Ethnicity



Gender



Age



Total Served: 84



2020 FINANCIAL STATEMENT

Support & Revenue

Government Grants & Contracts	\$615,576
Contract Service Fees	\$893,068
United Way	\$90,874
Contributions	\$123,117
Outpatient Program Fees	\$48,946
CARES Act Funding	\$336,000
Interest Income	\$2,071
Total Operating Support & Revenue	\$2,109,652

Non-Operating Activity

Building Tenant Rent	\$115,802
Building Tenant Expenses	\$102,124
Total Non-operating Income	\$13,678

Operating Expenses

Programs	\$1,733,484
Management and General	\$197,449
Fundraising	\$13,053
Total Operating Expenses	\$1,943,986

Liabilities & Net Assets

Current Liabilities	\$105,275
Long Term Liabilities	\$961,295
Total Liabilities	\$1,066,570
Net Assets without Donor Restrictions	\$2,271,912
Total Net Assets	\$2,271,912
Total Liabilities and Net Assets	\$3,338,482

Change in Net Assets without Donor Restrictions

Net Assets without Donor Restriction, beginning of year

Net Assets without Donor Restrictions, end of year

IMPACTING BIRMINGHAM ONE FAMILY AT A TIME!

