



IMPACT

family counseling

ANNUAL REPORT

 WWW.IMPACTAL.ORG

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2021

*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

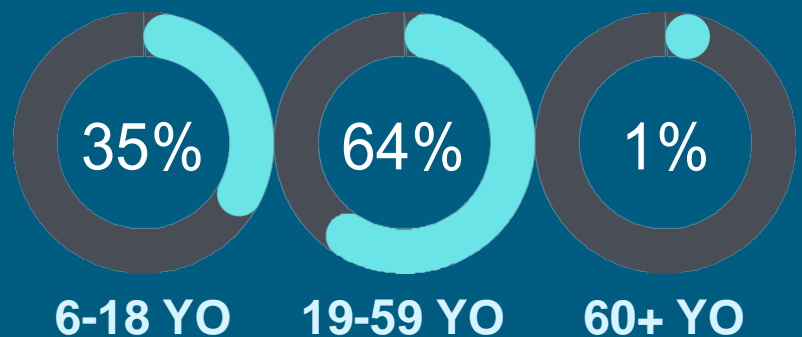
Impact offers services to families and individuals through five programs: Outpatient Counseling, Family Strengthening Program (FSP), Relationships that Matter (RTM), Successful Schools, and Mentoring. Impact served **1380** clients in 2020.

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.

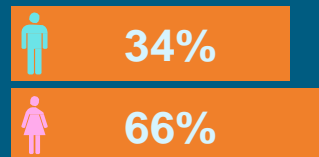


1479
CLIENTS SERVED



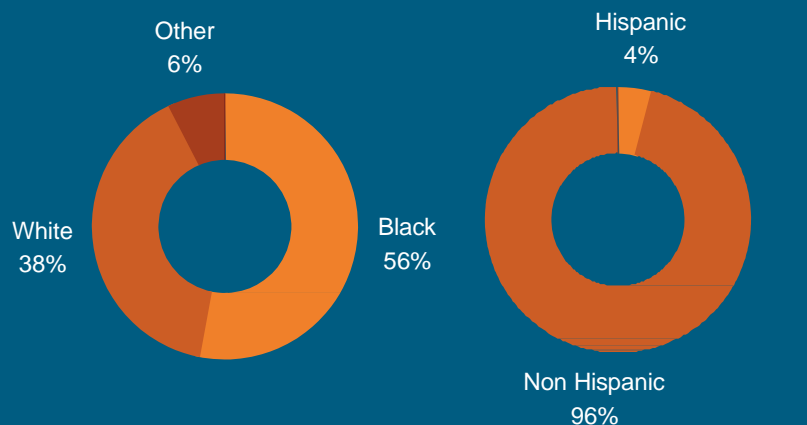
GENDER

34% of clients served were male and 66% were female.



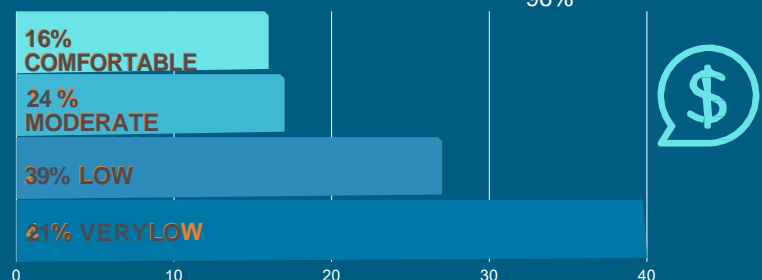
RACE/ETHNICITY

56% of clients served identified as black, 38% as white, and 96% identified as some other ethnicity. Of these clients, 4% identified as Hispanic.



SOCIO-ECONOMIC STATUS

21% of clients served reported a household income of less than \$17,900, 39% less than \$29,850, 24% less than \$47,750 and 16% more than \$47,750.

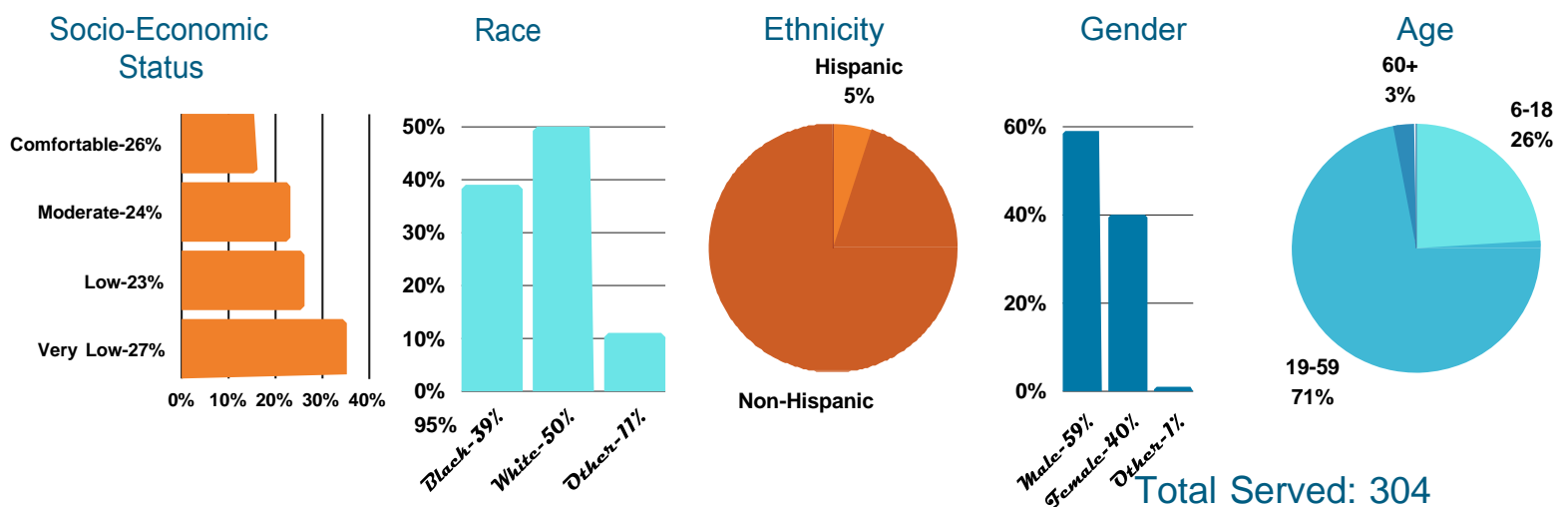




OUTPATIENT COUNSELING

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, marital trouble, and anger management. In 2020, we were able to offer telehealth sessions to accommodate clients during the COVID-19 pandemic.

Outpatient Demographics:



62%



showed an increase in healthy relationships

71%

demonstrated an improvement in healthy coping skills



OUTPATIENT COUNSELING

69%

improved communication skills



62%

increased positive self-esteem and confidence

65%

improved conflict resolution skills

58%

increased rational thinking and judgment



52%

decreased depression issues





RELATIONSHIPS THAT MATTER

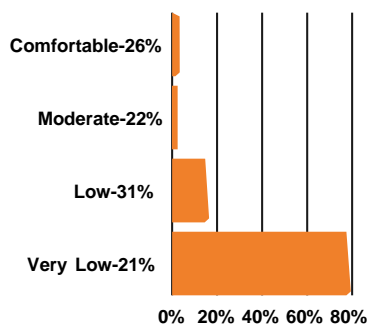
Relationships that Matter (RTM) provides two different service areas:
Relationship Education and *U-TURN*.

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

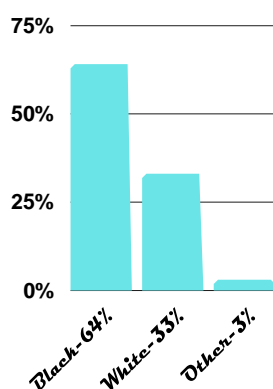
U-Turn offers adults on government subsidies a 3-week class designed to teach basic life and workplace skills such as job readiness to help move the person off subsidies and into meaningful employment.

Relationships that Matter Demographics:

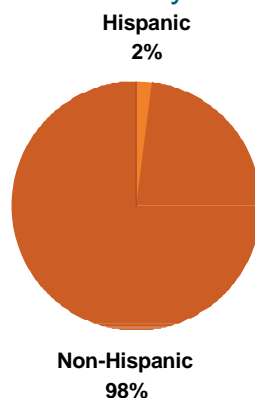
Socio-Economic
Status



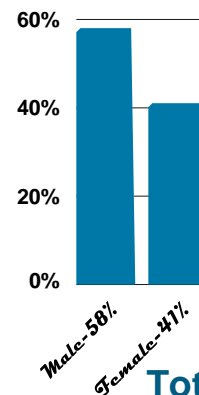
Race



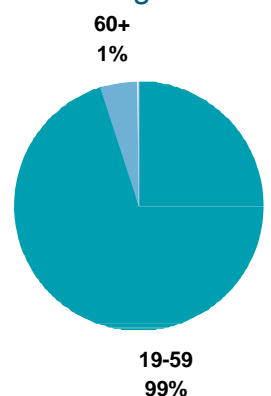
Ethnicity



Gender



Age

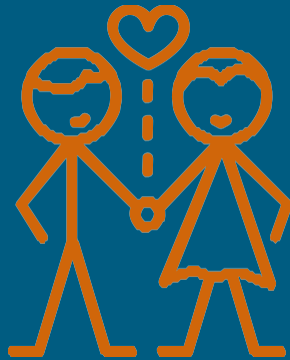


Total Served: 348

RELATIONSHIPS THAT MATTER

80%

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



81%

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



88%

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

84%

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



78%

reported an increase in their knowledge of positive parenting skills

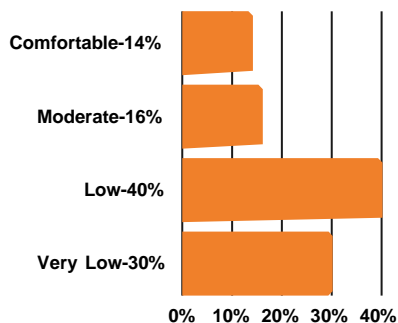


FAMILY STRENGTHENING

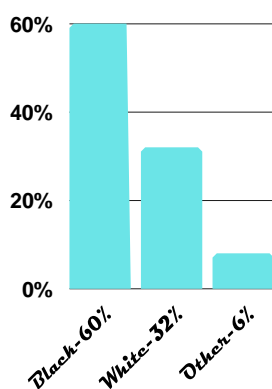
The Family Strengthening Program (FSP) is designed to teach life skills to both parents and youth. Participants are referred to IMPACT by school systems, court systems, and the community at large. The families participate in a series of classes teaching parenting skills for adults and character development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

Family Strengthening Demographics:

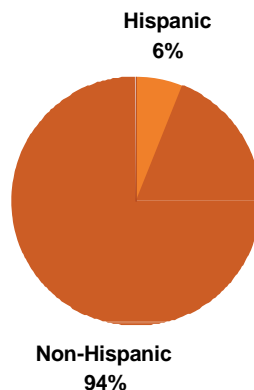
Socio-Economic Status



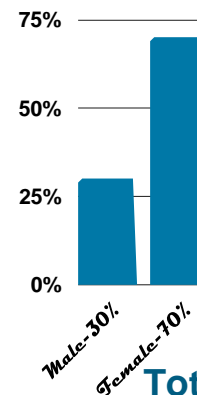
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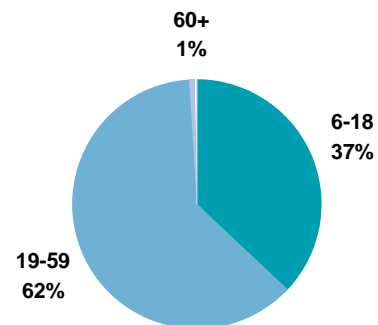
Ethnicity



Gender



Age



Total Served: 20

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



68% of teens reported an improvement in their ability to keep his/her behavior within acceptable limits, so they do not get into trouble



77% of adults reported an improvement in their commitment to using positive techniques to handle anger



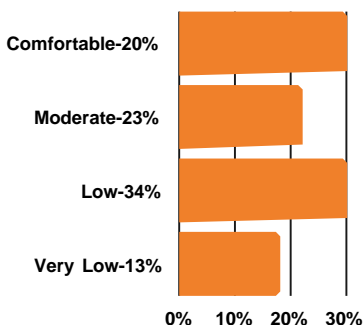


SUCCESSFUL SCHOOLS

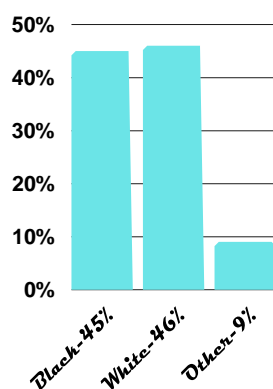
The Successful Schools Program provides school counselors and behavioral support specialists to various school systems to assist with managing the maladaptive behaviors of students. Special education coordinators, school counselors, principals, and teachers refer students to IMPACT. Intervention services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

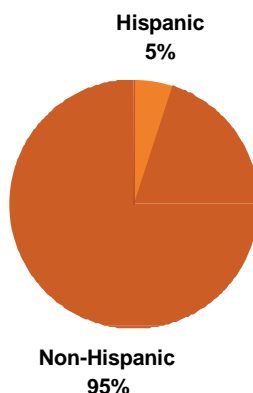
Socio-Economic Status



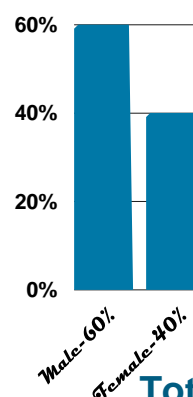
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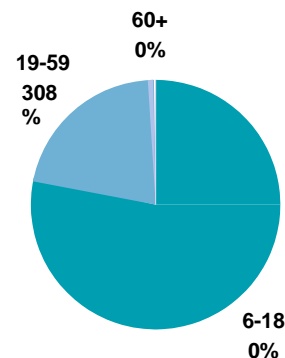
Ethnicity



Gender



Age



Total Served: 308

SUCCESSFUL SCHOOLS PROGRAM OUTCOMES

82% will have an understanding of positive anger management/conflict resolution skills



85% will have an understanding of positive communication skills

61% of students reported an increase in their ability to appropriately handle anger and work out conflict with others



66% of middle and high school students reported an increase in their ability to make good decisions

61% of students reported an increase in their ability to keep behavior within acceptable limits, so they do not get into trouble



64% of elementary students reported a greater understanding of how to control their angry or mad feelings

65% of students reported a greater understanding of how to choose the right thing to do



68% of students reported a greater understanding of how to communicate with others

82% of students had a decrease in the number of suspensions they received*



84% of students had a decrease in the number of disciplinary reports received*

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

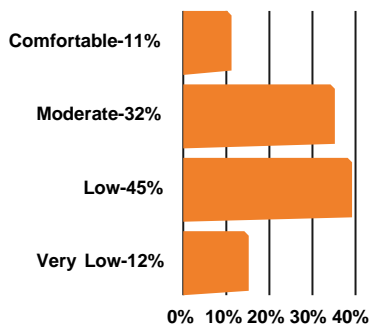


MENTORING

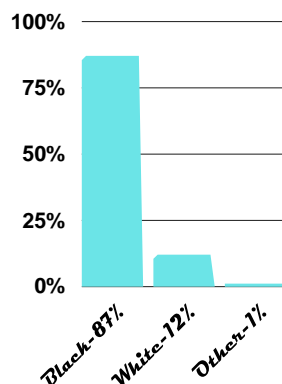
The Mentoring Program provides adult mentors for children with a disability or who have been impacted by incarceration. Youth ages 4-18 are matched with a caring adult from the community. The Adult Mentoring Program matches incarcerated male adults with community members who help the men with acclimation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

Mentoring Demographics:

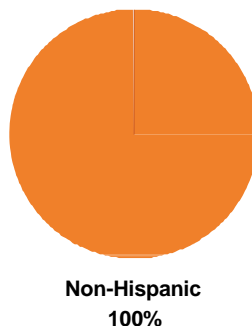
Socio-Economic Status



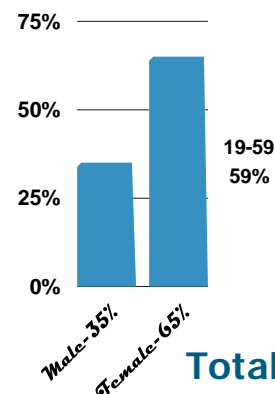
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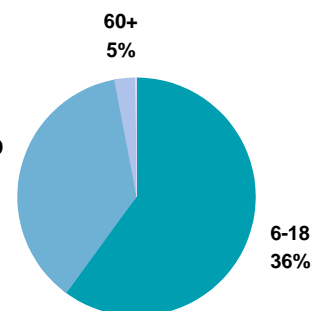
Ethnicity



Gender



Age



Total Served: 84

2021 Audited Financial Statements

Operating Revenues	2021
Contractual Service Fees	\$ 1,493,211
Government Grants and Contracts	\$ 585,919
Contributions	\$ 127,956
United Way	\$ 81,833
Outpatient Program Fees	\$ 80,211
CARES Act Funding	\$ 262,016
Gain on the Sale of Equipment	\$ 20,300
Other Income	\$ 1,217
TOTAL OPERATING REVENUES	\$ 2,652,663
Operating Expenses	
Program Services	\$ 1,959,313
Support Services	\$ 192,515
TOTAL OPERATING EXPENSES	\$ 2,151,828
Non -Operating Activities	
Building, rental tenant Income	\$ 98,668
Building, rental tenant Expense	\$ 100,994
Total Non-Operating Income	(\$2,326)
Changes in Net Assets	\$ 498,509
Net Assets, beginning of the year	\$ 2,271,912
Net Assets, end of the year	\$ 2,770,421

IMPACTING BIRMINGHAM ONE FAMILY AT A TIME!

