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2022 ANNUAL REPORT

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

IMPACT
family counseling

A WORD FROM THE DIRECTOR



I am honored to present our Annual Report for 2022, a testament to the collective impact we have achieved together in advancing IMPACT's mission. As the CEO, it is both humbling and inspiring to reflect on the profound difference we continue to make in the lives of those we serve.

Throughout the past year, our dedicated team has worked tirelessly to provide vital services to individuals and families facing a myriad of challenges. From mental health support to social service interventions, we have remained committed to fostering healing, resilience, and empowerment.

In 2022 we expanded its reach to new communities, ensuring that our services are accessible to those who need them most. We also introduced our Family Reunification and Safe Connections Program to provide a safe place for children to meet with their non-custodial parents.

I am pleased to report that our financial health remains robust, thanks to the generosity of our donors. Your support has enabled us to maintain the quality and accessibility of our services. As we celebrate these achievements, we recognize that the journey ahead is marked by both challenges and opportunities. Your continued support is pivotal to our ability to adapt, innovate, and meet the evolving needs of our community.

In closing, I extend my deepest gratitude to our donors, volunteers, staff, and everyone who has played a role in helping IMPACT shape a brighter and more compassionate future for all. Thank you for your unwavering commitment to our mission.

Signature
GEORGE CASEY, LPC-S, NCC
CEO



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

Mr. Cliff Nail, Chair
Ms. Fonda Hitchcock, Vice-Chair
Mr. Patrick Thompson, Treasurer
Mr. Bart Moore
Ms. Brooke Whatley

Dr. Mieke Thomeer McBride
Mr. Andrew Waits, CPA
Ms. Julie Knox, MSW
Mr. John Thompson
Mr. George Casey, Executive Director

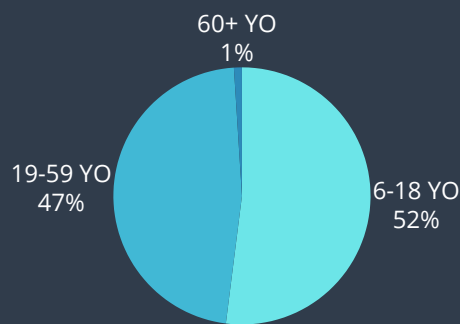
CLIENT DEMOGRAPHICS

PROGRAMS & SERVICES

Impact offers services to families and individuals through six programs: Outpatient Counseling, Relationships that Matter (RTM), Family Strengthening Program (FSP), Successful Schools, Mentoring, and Family Reunification and Safe Connections Program (FRP). Impact served **1479** clients in 2021.

2049

CLIENTS SERVED

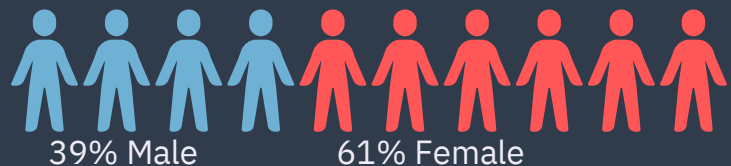


AGE

The age clients served across program types ranged from 6 to 60+ years old. 52% were ages 6-18 years old, 47% were 19-59 years old, and 1% were 60+ years old.

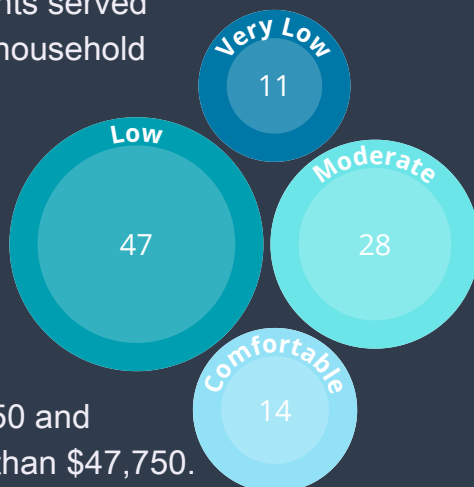
GENDER

39% of clients served were male and 61% were female.



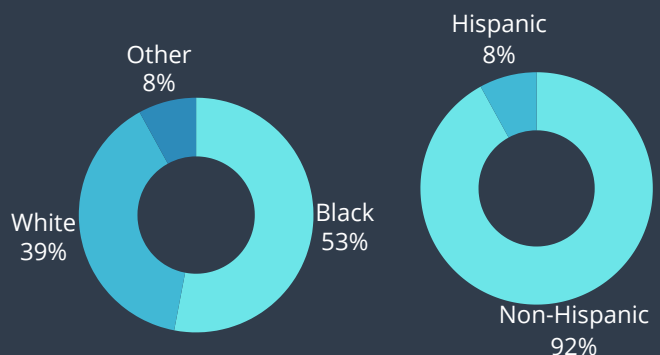
SOCIO-ECONOMIC STATUS

11% of clients served reported a household income of less than \$17,900, 47% less than \$29,850, 28% less than \$47,750 and 14% more than \$47,750.



RACE/ETHNICITY

53% of clients served identified as black, 39% as white, and 8% identified as another race. Of these clients, 8% identified as Hispanic.



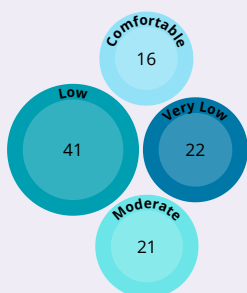


OUTPATIENT COUNSELING

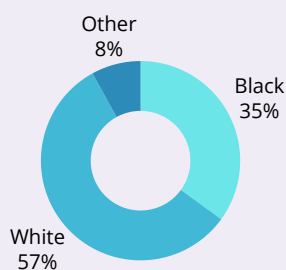
Outpatient Counseling provides private therapy services to the general public as needed on a sliding scale fee. Individuals, couples, and group counseling is available with a licensed therapist. Services are available for most social problems such as depression, anxiety, conflict, marital trouble, and anger management. In 2022, we continued to offer in-person and telehealth sessions.

Outpatient Demographics

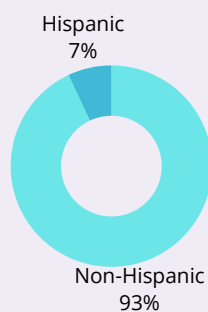
Socio-Economic Status



Race



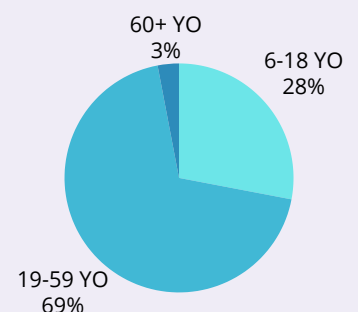
Ethnicity



Gender



Age



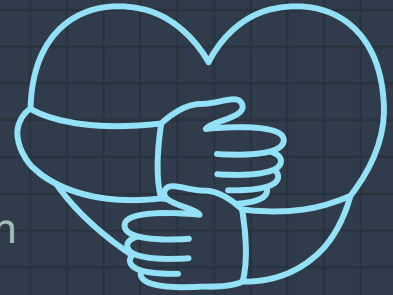
Total Served: 374

71%



showed an improvement in communication skills

74%



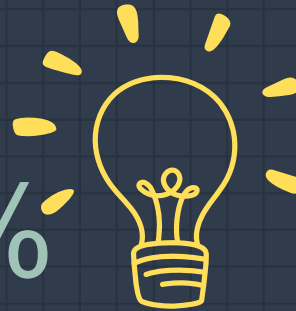
demonstrated an improvement in healthy coping skills

OUTPATIENT COUNSELING PROGRAM OUTCOMES



64%

showed an increase in healthy relationships and support systems

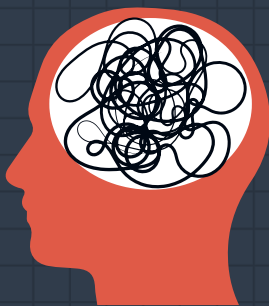


60%

improved conflict resolution and anger management skills

62%

increased positive self-esteem and confidence



66%

decreased issues related to anxiety



61%

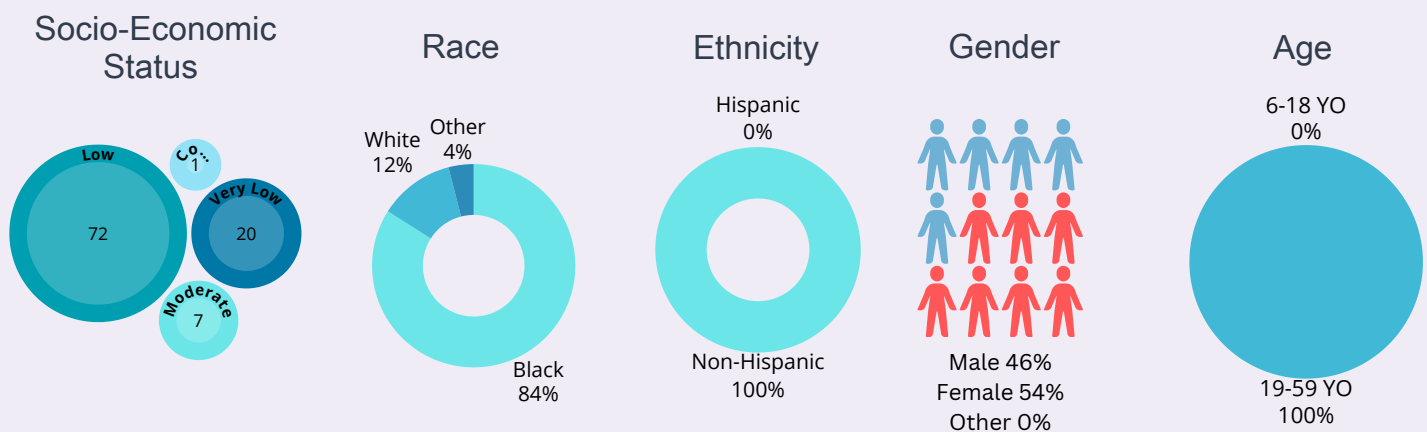
decreased depression issues



RELATIONSHIPS THAT MATTER

Relationships that Matter (RTM) provides two different service areas: Relationship Education and PROVE (Parents Reaching Opportunities through Vocational Education). **Relationship Education** offers couples and individuals group classes on Pre-Marital issues, Marriage Enrichment, and Relationship Education. **PROVE** offers parents of minor children a 12-month program designed to teach life and workplace skills to help move families off subsidies and into meaningful employment.

Relationships that Matter Demographics



Total Served: 123

RELATIONSHIPS THAT MATTER PROGRAM OUTCOMES

76%

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



89%

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

71%

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



94%

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

91%

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



80%

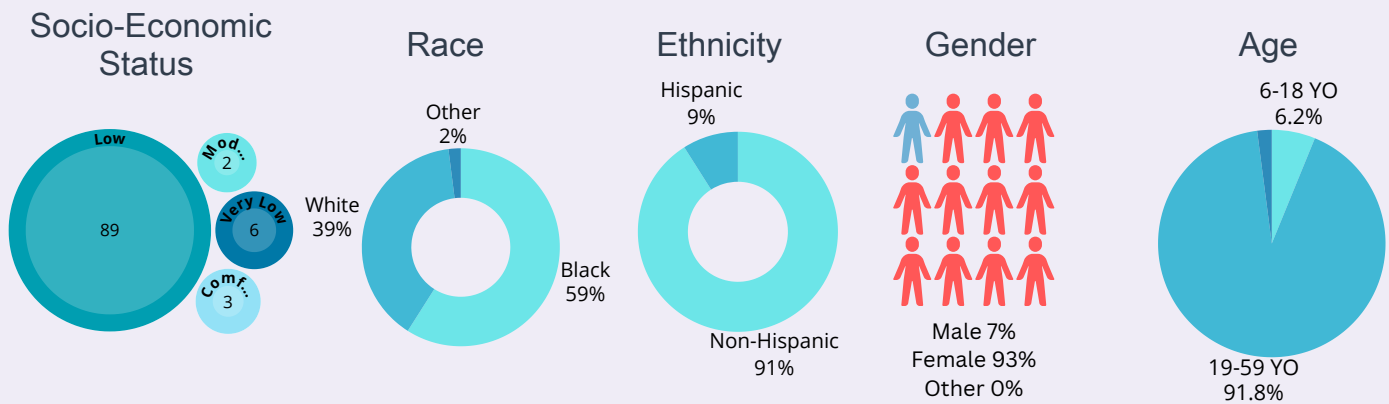
reported an increase in their knowledge of positive parenting skills



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



Total Served: 453

77%

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



92%

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

FAMILY STRENGTHENING PROGRAM OUTCOMES

47%

of teens reported an increase in their commitment to not using substances to cope



79%

of adults reported an improved knowledge of how to diffuse escalating behaviors

81%

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



82%

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

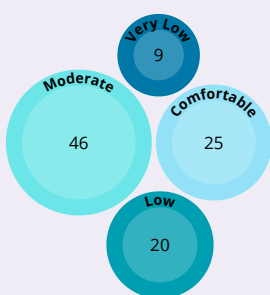


SUCCESSFUL SCHOOLS

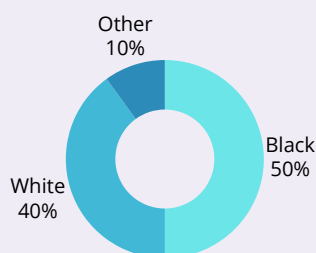
The Successful Schools Program provides school counselors and behavioral support specialists to various school systems to assist with managing the maladaptive behaviors of students. Special education coordinators, school counselors, principals, and teachers refer students to IMPACT. Intervention services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

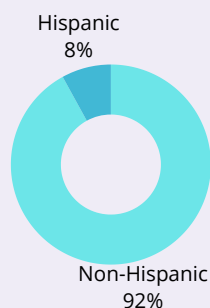
Socio-Economic Status



Race



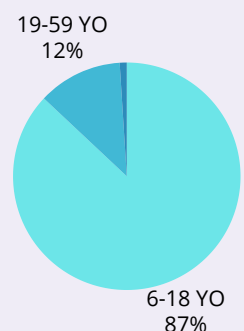
Ethnicity



Gender



Age



Total Served: 822

SUCCESSFUL SCHOOLS PROGRAM OUTCOMES

84% of students demonstrated an understanding of positive communication skills



87% of students reported an increase in their ability to appropriately handle anger and work out conflict with others

77% of middle and high school students reported an increase in their ability to make good decisions



88% of students reported an increase in their ability to keep behavior within acceptable limits, so they do not get into trouble

73% of elementary students reported a greater understanding of how to control their angry or mad feelings

93% of students had a decrease in the number of suspensions they received*



95% of students had a decrease in the number of disciplinary reports received*

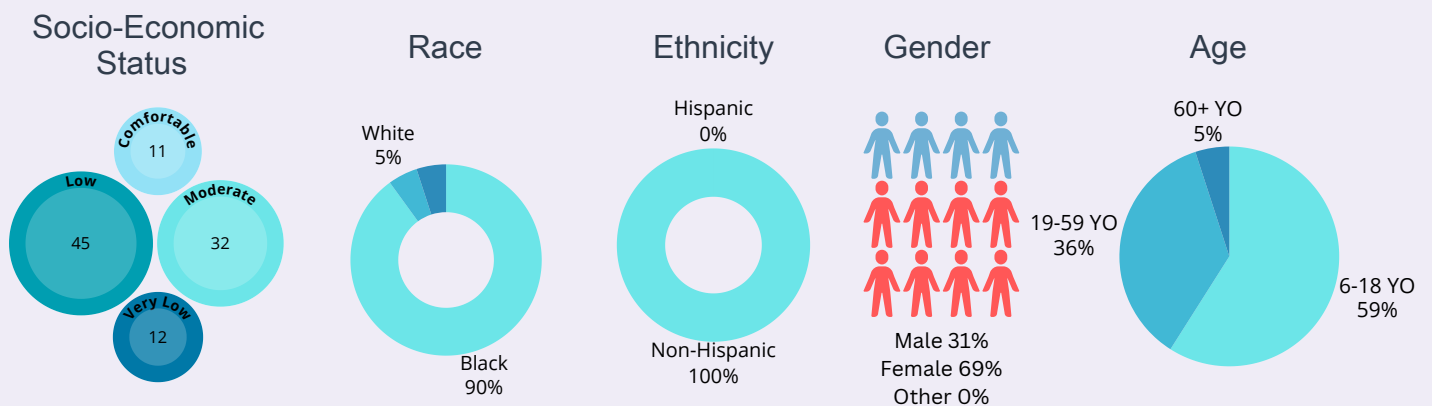
*Not all students receiving counseling had suspensions or disciplinary reports



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



Total Served: 83

76%

improved ability to develop
and maintain peer
friendships



83%

improved
communication
skills

MENTORING PROGRAM OUTCOMES

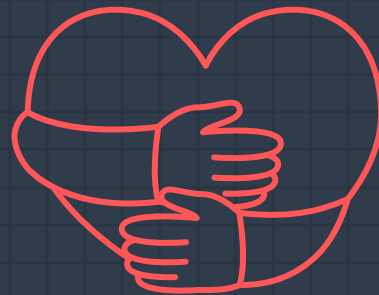


77%

reported
improvement in
their school
academics

85%

improved
self-esteem



90%

improved
ability to
recognize
his/her
positive
qualities

92%

improved
ability to
recognize
bullying



81%

improved their
knowledge of
how to make
good decisions

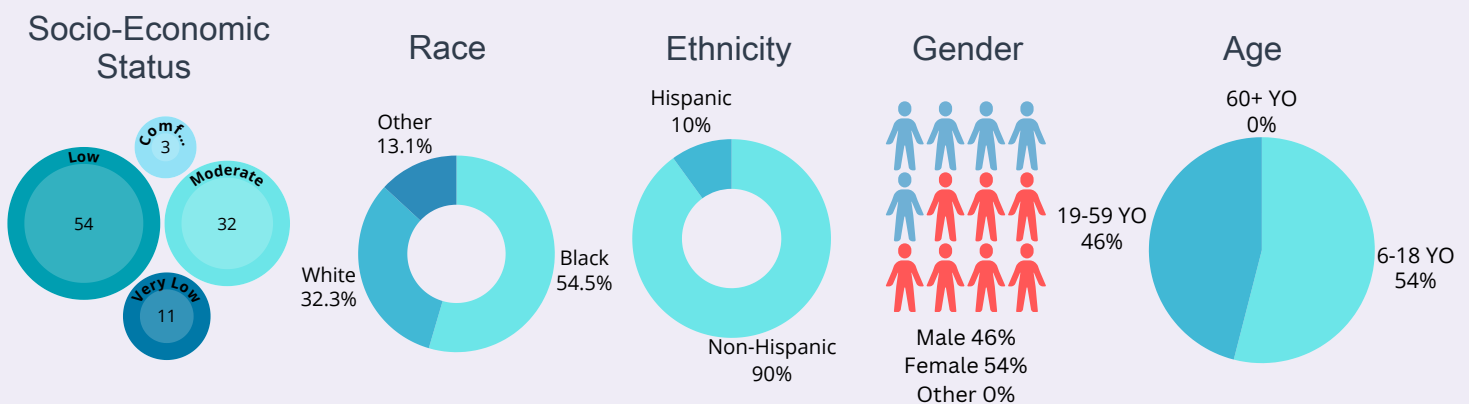




FAMILY REUNIFICATION AND SAFE CONNECTIONS PROGRAM

In 2022, IMPACT began offering supervised visitation and safe exchange services to families with children in out-of-home placement and situations in where a safe, comfortable, and supportive environment is needed due to custody disputes and court orders. IMPACT utilizes safe and secure visitation facilities with areas for individual family time and spaces available to accommodate families with one or multiple children. Parents are provided 1-on-1 coaching with a trained Supervised Visitation Coach.

Family Reunification Demographics



Total Served: 194

2022 Audited Financial Statements

Operating Revenues 2022

Contractual Service Fees	\$ 1,767,760
Government Grants and Contracts	\$ 651,463
In-kind donation of property	\$ 316,000
Outpatient Program Fees	\$ 223,506
Contributions	\$ 73,569
Rental Income	\$ 98,668
United Way contributions	\$ 81,833
COVID relief funding	\$ 121,094
Gain on the Sale of Equipment	-
Other Income	\$ 3,543
TOTAL OPERATING REVENUES	\$ 3,337,436

Operating Expenses 2022

Program Services	\$ 2,609,147
Support Services	\$ 277,653
Rental activities	\$99,968
TOTAL OPERATING EXPENSES	\$ 2,986,768

Changes in Net Assets

Change in Net Assets Without Donor Restrictions	\$ 350,668
Net assets without donor restrictions, beginning of year	\$ 2,770,421
Net assets without donor restrictions, end of year	\$ 3,121,089

IMPACTING BIRMINGHAM ONE FAMILY AT A TIME!

