

# 2017 Annual Report



## Dear Friends,

As Chair of the Board of Directors, it is again my sincere pleasure to thank the staff, board, and supporters of COMPASSion Counseling for a year marked by sustained progress and new growth. Thanks to the generous continued support of Maryville FUMC through the 2016 Christmas offering, COMPASSion started the year out strong. Under the capable leadership of our executive director, we have continued to extend services into the community.

We begin 2018 the strongest we have ever been, with a new strategic plan in place, excited about the continued development of CC and seeing evidence of its positive impact on the community. We are extremely grateful for your continued support in fulfilling our vision to be the leading provider of services that promote resilience and well-being in our area. May we continue to work together to make Blount County stronger, healthier, and more resilient in 2018.

Many thanks and blessings,

Greta Smith, Ph.D., 2017 Board Chair

## Dear Friends,

You may have come across the phrase, “Gratitude is the memory of the heart.” Thank you for believing in the COMPASSion Counseling’s (CC) mission and providing the support and resources the center needs. We would not have come this far without out your continued support.

As the Executive Director of CC, I often wonder whether CC is moving in the right direction, what is the right direction, how do we know whether CC is moving in the right direction, what is CC’s compass or what are CC’s compasses, is there an internal compass and an external compass that CC needs to follow, etc. So many questions, right!. Remember those compasses that were attached to windshields or dashboards that set us in the right direction? How needs of the time and new innovations change things!

The mission, vision and values of CC are our internal compasses. However, there are external compasses that sets us in the right direction. They are the voices of you, voices of those who seek CC’s services, voices of the board of directors, staff, volunteers and interns, and voices of the agencies, schools, foundations, churches, businesses, individuals that we partner with, and seek guidance and support from, the voices that cannot be ignored.

When CC launched a strategic planning process in November, we needed to listen to your voices. We heard you say that CC’s services are needed but folks, especially those who need CC’s services are unaware of CC’s presence in the community. Though it takes time for CC to be known in the community, we will be making an effort to make our presence known.

As we begin the new year, I look forward to paying more attention to the internal and external compasses and working towards leading an organization that instills hope, builds resilience and promotes mental health and well-being in the community. May you continue to be the CC’s external compass that sets us in the right direction!

With many thanks,

Lakshmie Napagoda, RGS, LCSW, Executive Director

## 2017 Board of Directors

Greta Smith, Ph.D.- Chair  
Jared Anderson, J.D. - Vice Chair  
Wayne Everbach – Treasurer  
Lauren Fugate, LPC- Secretary  
Donna Bailey - Director  
Carole Long, M.D. - Director  
Rev. Dr. Anne McKee - Director  
Rev. Catherine Nance - Director

## Staff Members

Lakshmie Napagoda, RGS, LCSW,  
- Executive Director  
Cheryl Blanchard, LMSW  
Janet Hatmaker, LPC-MHSP, NCC

# 2017 Services Offered

Services Offered	# of persons Served	#of hours
<b>Counseling</b>		
Individuals, Couples and families	68	248.25
<b>Education</b>		
Anger and Stress Management	31	91
Co-Dependency	12	6
Visual Journaling	4	8
<b>Resiliency Building</b>		
Alcoa City Schools (ACS) - RB Sessions	29	41
ACS - Choices and Consequences sessions	600	26
Blount Elementary Schools	148	49
<b>Clergy Consultation Groups</b>	7	24
Community Education - Stress Management	15	4
<b>Total</b>	<b>914</b>	<b>497.25</b>
<b>In-Kind services</b>		\$7,050.00

*“Every kid in our group has the anger issues, the mom/dad issues, depression and yet every single time she (Janet Hatmaker, CC’s Counselor) walks in, every kid breaks out in a smile because we all know for a day it will be okay... She was there when I was on the verge of dropping out.....”*

*-Resiliency Building class participant*



# 2017 Collaborations

**Alcoa City Schools:** As a result of the partnership CC established with Alcoa City Schools in spring 2016, CC had the opportunity to provide Resiliency Building sessions to students at PAL and the High School on a weekly-basis and Choices and Consequences sessions to high school students on a monthly-basis. A Discretionary grant CC received from the United Way Blount made it possible for us to continue these services into 2017.

**Blount Elementary Schools:** Thanks to a grant from the Trinity Health Foundation, CC offered six-week long Resiliency Building (RB) Classes to  
72 fourth grade students at Rockford Elementary School and  
76 fourth grade students at Eagleton Elementary Schools.  
CC will be offering a 6-week long RB series to second and fourth grade students at Porter Elementary School in January 2018.

CC facilitated a series of Anger Management class to clients of **True Purpose Ministries**.

**Harbours Gate (HG)** invited CC to facilitate a series of Co-Dependency class to its program participants.

CC continues to offer Anger Management classes to adults referred by the **Blount Justice Center**.

**Broadway United Methodist Church** generously offers space for CC's educational services as needed-basis.

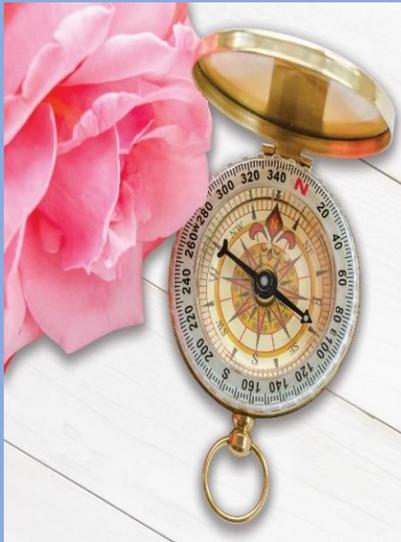
## Colleges and Universities:

The Marketing Class of **Maryville College** partnered with CC as they were seeking an agency to complete their class project. CC listened to these college students' findings and recommendations, as they were presenting their class projects to their classmates and to the CC's board.

CC is approved to be one of the **University of Tennessee (UT) Social Work (SW) Department's** agencies to provide internship opportunities for master level SW students. As a result, CC has been fortunate to receive two young women, who have a passion for mental health and well-being. These interns have been a great help to CC, especially in facilitating RB sessions to young students at Blount School elementary schools. The Interns will be completing their internship in April 2018

**UT Counseling Department** renewed the partnership it created in spring 2016. An intern was assigned to CC in spring 2017, who was instrumental in creating and facilitating a co-dependency class throughout the semester.

A set of CC's external compasses!



**Our 2<sup>nd</sup> annual COMPASSION ROSES Annual Brunch** was the highlight of the year. This event featured Chamique Holdsclaw, a former Lady Vol, who spoke about the importance of mental health. Chamique inspired the event attendees as she shared some of the struggles that she experienced during her professional career.

**Sponsors:** Anonymous donor via Broadway United Methodist Church, Paradigm Wealth Management, Camellia Trace Apartments, Denso, West Chevrolet, Mortgage Investors Group, Vicki Everbach, Anne McKee, Sherry Paul and Debra Whaley, Janet McCoy, First United Methodist Church, Gregory A. Ward, CRPC®, Francis & Evelyn Weiskopf, Bob Ramsey, and individual donors.

**Silent Auction** was supported by local businesses and friends of CC.



## Grants and Support

**Trinity Health Foundation Phase 1 Grant:** COMPASSion Counseling (CC) was one of the nine recipients of the 2017 Phase 1 grant of the Trinity Health Foundation (THF). This grant made it possible for us to get to know the THF's staff and board members, learn the grant process, establish a partnership with Blount County Schools, and offer six-week long Resiliency Building classes to fourth and second grade students at three elementary schools.

**First United Methodist Church (FUMC)** continues to be the beacon of hope for CC. In addition to their yearly contribution, FUMC made it possible for CC to receive two small grants via FUMC.

**Fairview United Methodist Church** continued to support CC by sending a monthly contribution to CC.

The grants from the **Sisters of the Good Shepherd of MNAP** and the **Blount Memoria Hospital Foundation** made it possible for CC to provide counseling services to those who are unable to pay the full fee for their counseling sessions.

**Maryville College Bonner Program** made a grant to CC to support the RB program that were offered at Rockford Elementary School.

Two years in a row, CC was the recipient of the **Alcoa Kiwanis Club's Antique Appraisal Fair** proceeds.

**Neuro Science Associates** made a generous monthly contribution to CC, starting August 2017.

## Strategic Planning (SP)

Jennifer Wackerhagen, CEO and President of United Way Blount set us in the right direction as she assisted CC with the preliminary planning of the SP.

Damon Rawls of DRC Business Consulting facilitated a three-hour board retreat and guided CC board and staff towards creating a Strategic Plan for CC.

Some of the Goals of this plan includes:

1. Starting an Ambassador Program
2. Expansion of the board
3. A fundraising event to be held in spring 2018

The strategic planning process also resulted in revising the mission and vision statements of CC.

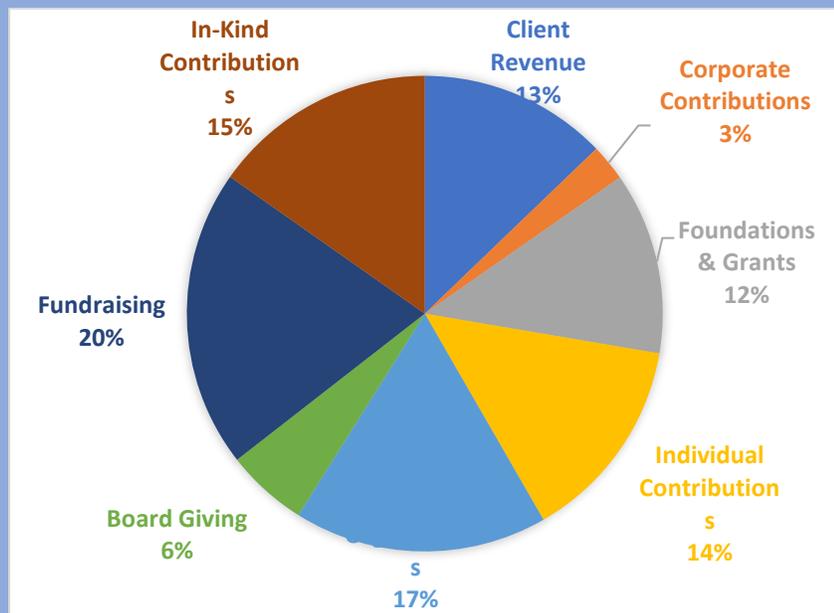
The new Mission Statement: Our Mission is to provide counseling and education that instills hope, builds resilience and promotes mental health and well-being.

The new Vision Statement: Our Vision is to be the leading organization that promotes resilience and well-being in our area.

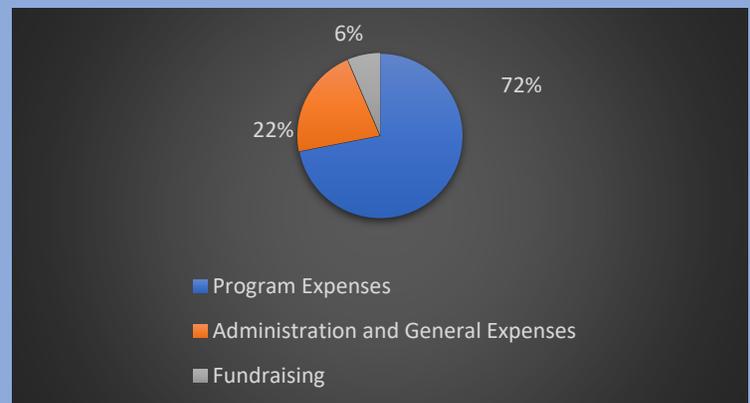


# Financial Statements

Revenue	
Client Revenue	\$ 13,453.00
Corporate Contributions	2,609.00
Foundations & Grants	13,000.00
Individual Contributions	14,710.00
Religious Organizations	18,084.00
Board Giving	5,832.00
Fundraising	21,300.00
In-Kind Contributions	16,010.00
<b>Total</b>	<b>\$104,998.00</b>



Expenses	
Program Expenses	\$ 60,617.00
Administration and General	18,252.00
Fundraising	5,416.00
<b>Total</b>	<b>\$ 84,285.00</b>



These numbers are unaudited for calendar year-end 2017.

COMPASSion Counseling marked its 2<sup>nd</sup> Anniversary on November 10, 2017.

## COMPASSion Counseling

(501) (C) (3) Nonprofit Organization

331 W. Broadway Avenue

Maryville, TN 37801

Phone:(865) 724-2325

Fax: 1+(865) 205-9539

Email: [Info@cccmaryville.org](mailto:Info@cccmaryville.org)

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*It's time to give with*



*What will you give?*



TUESDAY

Thank you for giving on #Giving Tuesday.

