



2023 Annual Report



Providing affordable,
professional
mental health counseling



Contents

- Who We Are
- Board and Staff
- Board Chair Message
- Year in Review
- Counseling Hours Provided
- Income Analysis
- Expense Analysis
- Goals
- Help Wellspring Help Others
- Contact Us



Who We Are

Mission Statement

Wellspring Counseling Center promotes healing and hope through affordable, professional mental health counseling.

Vision Statement

Wellspring Counseling Center will be a significant resource for affordable mental health services, partnering with other social service agencies in Collin County and beyond.

Diversity Statement

Wellspring Counseling Center values and respects all people, regardless of race, ethnicity, age, gender, gender identity, sexual orientation, or faith. Our counselors, staff and volunteers are committed to working with each other and our clients in ways that provide high quality mental health care in a culturally competent manner.



2024 Board and Staff



Board of Directors

Chair: Rev. Alice Coder
President: Dr. Carolyn Maurer
Secretary: Jane Clanahan
Treasurer: Barbara Speer
Development: Leslie Harris
At Large: Sally Shaw
At Large: David Roberson



Counselors

John Millerman: Psychologist
Angela Moore: LPC
Kerri Newman: LMFT

INTERNS

Cheryl Jones: Social Work
Ray Myers: LPC



Staff

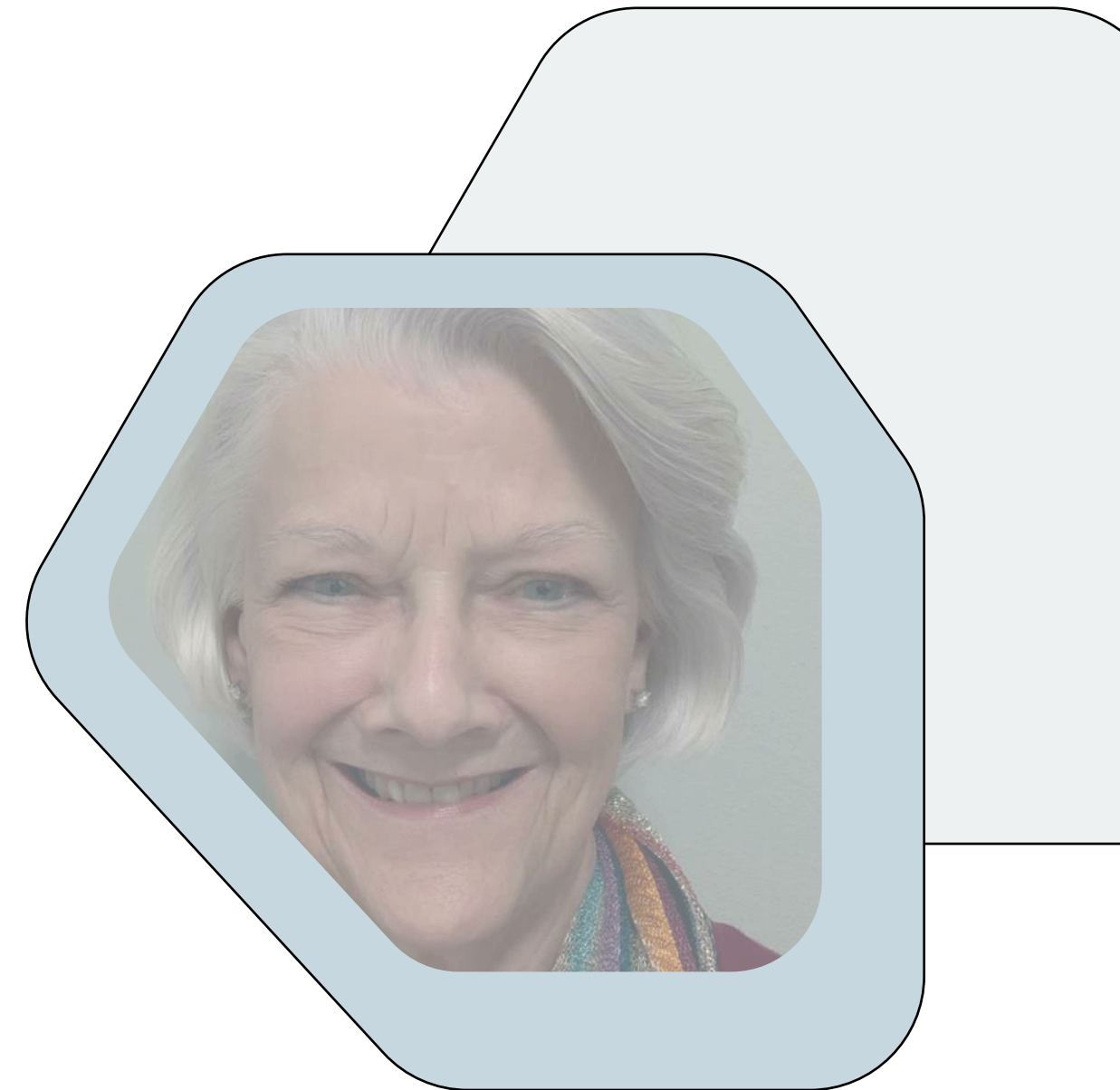
Dr. Carolyn Maurer: Clinical Director
Angela Moore: Program Director
Paul England: Bookkeeper
Ephraim Nitanga: Website, Video



Message From Board Chair Rev. Alice Coder

I am inspired and encouraged by the commitment, dedication and work of the Wellspring Board, staff and counselors. Wellspring saw its first clients in June 2014 as a ministry of First Methodist Plano and has evolved into an independent nonprofit agency. There is much to do to achieve our goal of becoming a valued and trusted partner in our community. We have made strides this past year and are creating specific plans to serve more clients in the coming year and to raise the funds needed to do so.

We appreciate and value the support of the First Church community, our donors and supporters, and the agencies we resource. We look forward to building on these relationships in the coming year.





2023 Year in Review

2023 has been a busy and productive year with many milestones:

- The Board added 3 new members: Sally Shaw, Leslie Harris and Barbara Speer.
- Our Development Director, Leslie Harris, submitted a Hogg Foundation grant and is spearheading our first fundraiser on March 2.
- Wellspring began work with a strategic planning consultant. That work continues in 2024.
- Wellspring established a relationship with Family Promise Grayson County and continues to support LifePath Systems, Journey of Hope and Family Promise Collin County.
- Wellspring began exploring collaborations with FUMC Allen and Grace UMC in Sherman.
- Wellspring applied for and received a grant from the North Texas Conference to film 3 videos on a mental health topic. The first one, by counselor Angela Moore on grief, is on the Wellspring website. It also was sent to the North Texas Conference, First UMC Plano, and Grace UMC Sherman. The other two will be completed in early 2024.
- Wellspring provided 2 grief support seminars and a divorce recovery seminar at no cost to FUMC Plano or the participants.
- With Rev. Judith Reedy, Dr. Carolyn Maurer and Angela Moore developed and offered programming following the Allen Outlet Mall shooting and the arson at the Unitarian Church.
- New part-time staff were added: a bookkeeper and social media director.

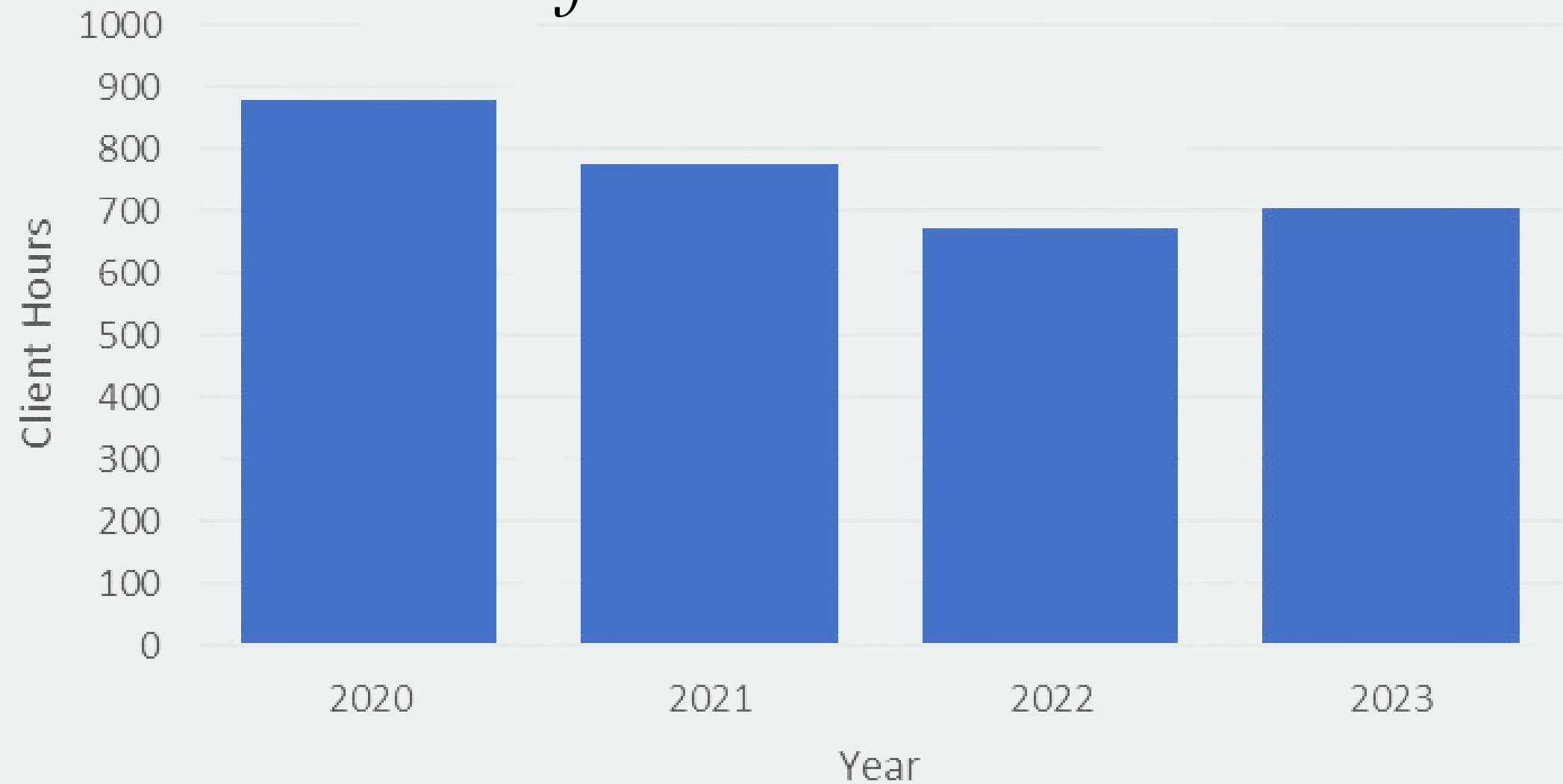


Counseling Hours

Counseling Hours Rise Slightly from 2022

The number of counseling hours provided by Wellspring declined from 2020 to 2022, but rose slightly in 2023. We are engaging in a purposeful effort to increase the number of clients and counseling hours in 2024.

Counseling Hours Provided Per Year

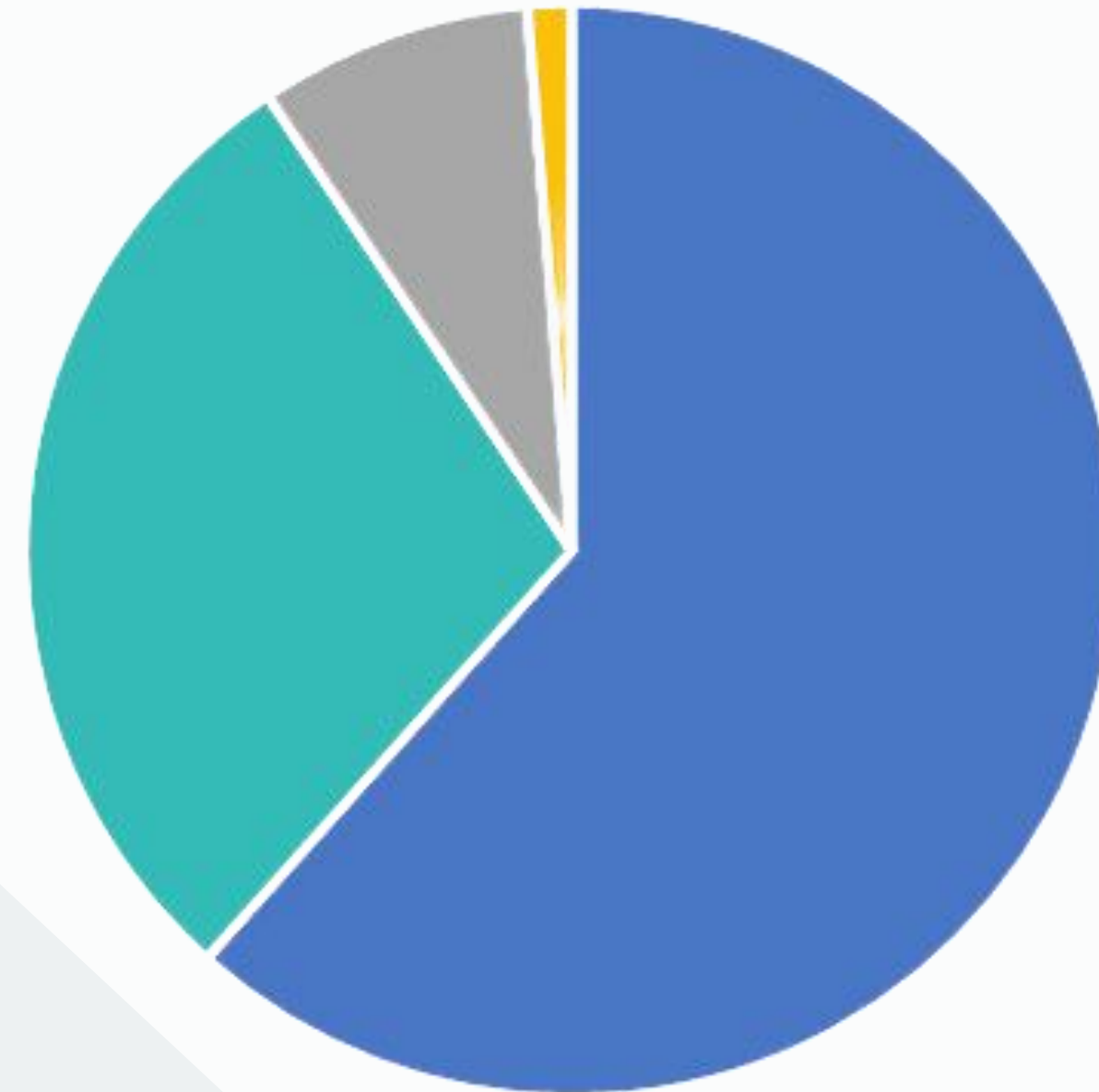




Income Analysis

Client Fees and Donations provide majority of income in 2023

In 2024, we are hopeful that the March fundraiser and grants will add significant additional income.



■ Client Fees ■ Donations \$23,715 ■ Missions ■ UWF

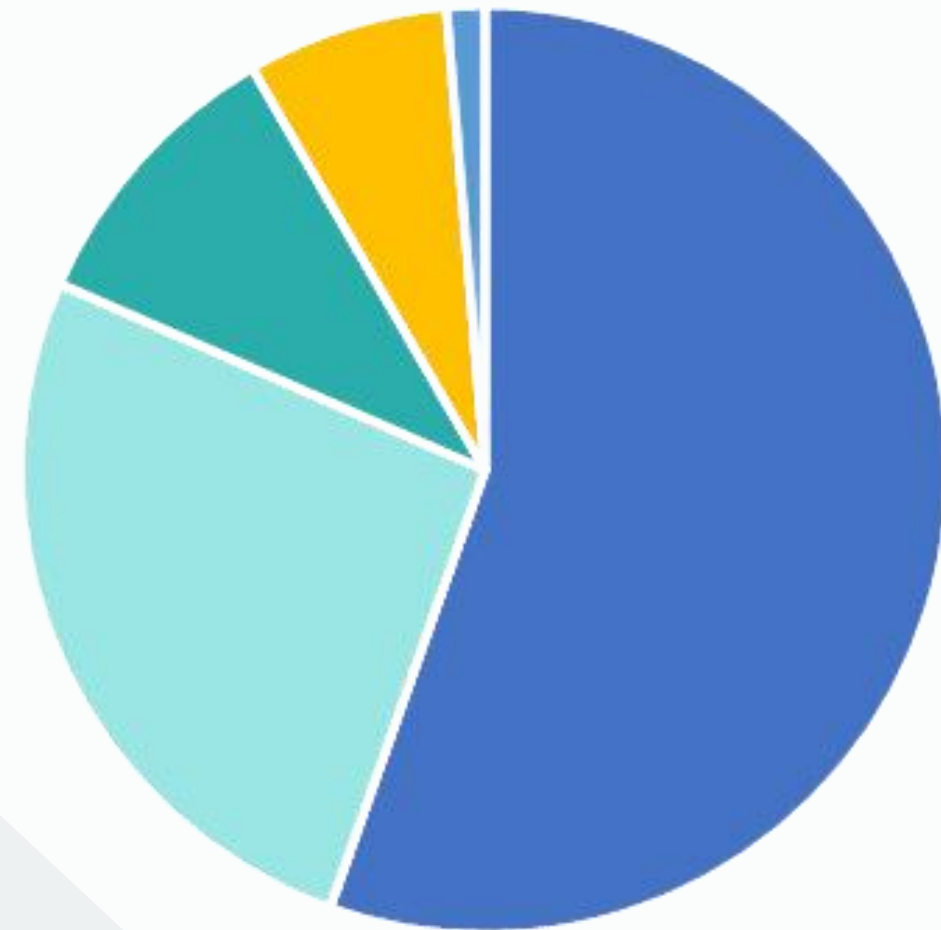


Expense Analysis

Counselor payroll is 55% of total expenses.

63% of Wellspring client fees are \$55 or less.
Fully licensed counselors are paid \$60/hour.

Other staff payroll is 25% of total expenses.



■ Counselors ■ Staff ■ Other ■ FUMC Room Rental ■ Grief Recovery



2024 Goals Include...



Strategic Plan

Continue to develop and begin to implement a multi-year strategic plan that includes increasing numbers of clients, counselors, staff and needed resources.



Social Service Agency Relationships

Work to establish or re-establish collaborative relationships with social service agencies in Collin and Grayson Counties.



Funding

Identify and apply for grants.
Host first annual fundraiser.
Develop donor recognition process.



Help Wellspring Help Others



Marketing and Communication

- Like & follow Wellspring on Facebook, LinkedIn and Instagram. Share posts.
- Help us connect with other social service agencies.
- Be an ambassador for Wellspring in your circle of influence.



Come to our first annual fundraiser!

It'll be fun! It'll be delicious!

It'll be great if you're there!

Enjoy dinner, games and a silent auction. You won't want to miss it, but especially don't miss this chance to support Wellspring and bring hope and healing to others.



Support Wellspring with a gift

Almost 30% of Wellspring's income in 2023 came from individual donors. Some gave monthly; others gave yearly. Some gave large amounts, some small. All gifts make a difference. Thank you!



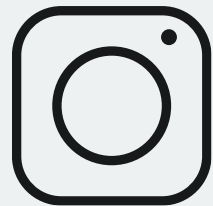
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