

ALL SOULS COUNSELING CENTER

BECAUSE EVERYONE DESERVES COMPASSION

Finding Hope in Healing



2023 ANNUAL REPORT

Providing compassionate and accessible mental health counseling since 2000

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Our Mission

Our mission is to serve as a leading nonprofit provider and community partner for quality mental health counseling, outreach, and education with a focus on those who are underinsured and uninsured in Western North Carolina



A Message from our Executive Director

Each time we share our story, we have the opportunity to remind our supporters of how they are helping us change lives in our community. Our story of growth and impact would not be possible without the tremendous efforts of so many coming together to make it possible.



This year All Souls Counseling Center witnessed significant growth across the organization – in staff and board leadership, programming and outreach, and clients served. We took some risks, tried some new approaches and even secured a couple of awards – “Best of AVL” Mental Health Services and the Asheville Area Chamber of Commerce’s Sky High Growth Award - in the process. Most importantly, though, we witnessed a 48% increase in the number of clients that we served. When you have a great team, great things can happen!

Thank you for partnering with us as we continue to meet the mental health needs of Western North Carolina. Every individual in our community deserves affordable and accessible mental health care and your gifts of time, talent and other resources helped us provide that for so many this year.


Meredith Switzer, M.Ed.
Executive Director

“Coming to All Souls at this time in my life has been the most important thing I could do to get through the weight of depression and hopelessness I've carried and tried to push through until there was no way to keep pushing. Thank you for allowing me a safe and supportive space to start unloading.”

-All Souls Counseling Center Client

Our Team

Our Board of Directors

Chad Donnahoo, Esq. - *Board Chair*

The Law Offices of Elston, Donnahoo, & Williams

Heather Johnson - *Vice Chair*

Kudzu Brands

Peter Best - *Treasurer*

First Horizon Bank

Kristy Smith - *Secretary*

MAHEC

Richard Gloor, D.O. -

Community Volunteer

Melissa Stamatiades

CAPTRUST

Stephanie Citron, Ph.D.

Clinical Psychologist

Sally Conder, Ph.D.

Licensed Psychologist

Kristin Scott

Capstone Health Alliance

Larry Thompson

Community Volunteer

MC Ellis

Resources for Resilience



Our Staff

Meredith Switzer - Executive Director

Pam Penland - Clinical Manager

Nicole Almeida - Director of Finance and Operations

Brendan Hughes - Director of Development

Victoria Hensley - Outreach & Community Engagement Manager

Donna Lockaby - Clinical Program Administrator

Darlene Carrasquillo - Finance & Operations Support

Our Therapists

Tim Bandell, LCSW

Susan Bird, Ph.D

Mae Conte, LCSW

Eric Davis, MS, LCMHC

Blair Fielding, LMFT

Diane Finn, LCSWA

Eliza Johnson, LCMHC, LCAS

Marilyn Kolton, Ph.D

Maureen Linneman, M.Ed., LCMHC

Suzanne Lowe, LCSW

Sherry McCreary-Luft, LCMHC

Helena O'Neal, LCMHC

Phil Ramsey, LMFT

Jessica Ringle, LCMHC, LCAS

Art Shuster, LCSW, LCAS

MaryAnn Watjen, LCSW

Brent Morrow, LMFT

Elizabeth Likis-Werle, Ph.D, LCMHC

By The Numbers: Fiscal Year 2022-2023

426 individuals served with 3-6 months of counseling per client (**48% increase** in clients served from FY 2022)

4,070 counseling sessions provided (**38% increase** from FY 2022)

72 mental health check-ins at community partner sites

24 group sessions

77% of new clients were uninsured

49% of clients reported making \$30,000 or less

64% of sessions were provided free of charge

87% of counseling sessions were provided for \$25 or less

Our Services

Individual, Couples, and Family Counseling

The core of our services is providing individual, couples, and family counseling to help adults work through issues that include: anxiety, depression, PTSD/trauma, addiction recovery, grief and loss, postpartum depression, parenting issues, gender identity and sexual orientation (LGBTQ+ affirming), domestic/family violence, physical/sexual assault, and relationship challenges. Our therapists have a minimum of 5 years of post-master's clinical experience and use a wide range of modalities including: Cognitive Behavior Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), and trauma-informed therapy. Our services are available in-person at our Center or through tele-health (virtual sessions). We also have bilingual English/Spanish counseling available.

Group Therapy

ASCC provides group therapy based on specific needs and mental health issues that arise. In partnership with National Alliance on Mental Illness (NAMI), we hosted an 8-week "Survivors of Suicide Loss" group in Fall 2022 and in Spring 2023. We also held a 12-week Dialectical Behavior Therapy (DBT) group in Spring 2023.

On-site Services and Community Programs

We believe in making mental health care as accessible as possible, which is why we started "meeting clients where they are" at community partner sites. We are thrilled to have partnered with The Red Door/Church of the Advocate, Haywood Street Congregation, and ABCCM's Transformation Village to provide on-site therapy one day per week to support community members through mental health "check-ins".

2022 Gold "Best of Asheville" Winner

We're honored and humbled to have received Asheville Media Group's #1 spot in the Mental Health Services category in their annual Best of Asheville awards! We are so thankful to our partners and supporters and will continue to work hard every day to address the pressing mental health needs of WNC!



Special Events & Accomplishments

6th Annual Mental Wellness Walk

In partnership with the National Alliance on Mental Illness (NAMI) Western Carolina, we held our 6th Annual Mental Wellness Walk in September 2022! This event helps to raise awareness of the mental health resources available in our region and end the stigma around seeking help. Unfortunately, due to inclement weather, our event was held virtually.



We are honored to be selected as one of the winners of the Asheville Area Chamber of Commerce 2023 Sky High Growth Awards! The Sky High Growth Awards celebrates the determination and accomplishments of Asheville's rising businesses and nonprofits.

Recent Accomplishments in FY 2023

- Our team welcomed three new staff members, two new therapists, and three new board members.
- We launched our Outreach and Community Engagement program
- Prestige Subaru chose ASCC as a "Share the Love" event community partner and raised \$20,000 in funds.
- The Community Foundation of WNC's 2023 Women for Women Committee awarded ASCC \$64,650 to serve women who have been victims of crime.
- We launched the Green Ribbon Society, a leadership giving circle designed to honor some of our most dedicated supporters. Learn more at allsouls counseling.org/greenribbonsociety/

Outreach and Community Engagement

In Fall 2022, we received American Rescue Plan Act (ARPA) funding that allowed us to hire a full-time Outreach and Community Engagement Manager! Victoria Hensley started working for ASCC in November and, since her start date, has met with over over 50 organizations, businesses, and community groups. When she's not doing all the behind the scenes of our social media, she is attending community meetings and events, such as the Craggy Correctional Center's Transitional Fair, school health fairs, and the annual Martin Luther King, Jr. Prayer Breakfast.



"I am excited to create more awareness around mental wellness, help promote ASCC's affordable sliding scale services, and develop new connections with community partners in order to reduce barriers for those seeking mental health services".

-Victoria Hensley

Hope is in Bloom: A Springtime Celebration to Honor our Supporters

In May ASCC held "Hope is is Bloom", a spring event to celebrate some of our biggest supporters at New Belgium's beautiful Brewhouse event space. It was a lovely evening with live music from The New Lefties, delicious food catered by Twisted Laurel and Chestnut, and joyful conversation that filled the room from all who came out to celebrate! We are grateful to our presenting sponsors, Club Pilates and First Bank, and the speakers who highlighted the importance of providing access to affordable mental health services and ending the stigma around seeking help.

This year we presented our esteemed "Pam Penland Mental Health Champion Award" to our dear friend and longtime supporter, Millie Elmore. We are so grateful for her longstanding dedication to promoting and advancing mental health services in WNC.



Financials

We are currently undergoing the completion our audit for Fiscal Year 2022-2023. We will update this section of the annual report in early 2024 when we have completed the audit.

Thank you to our generous supporters!

Individual Donors

Due to space limitations, all individual donors can be found by scanning the QR code below.



Foundations and Government Agencies

Buncombe County Government
The Cannon Foundation
The Chaddick Foundation
The Community Foundation of WNC
First Horizon Foundation
Governor's Crime Commission
HCA Healthcare Foundation
Pisgah Investments Foundation, Inc
Sisters of Mercy of NC Foundation
United Way of Asheville & Buncombe County
United Way of Greater Cleveland

Businesses and Organizations

Bloomin' Art
Collaborative by Design
Continuum Consulting Services
Duke Energy
Envision Eyecare
First Bank
Movement Foundation Inc.
National Wiper Alliance, Inc.
Parsec Financial
Prestige Subaru
Rotary Club of Asheville - Biltmore Foundation
Westmoreland and Scully
UPS

Faith Community

Jubilee! Community Church
Land of the Sky United Church of Christ
Skyland United Methodist Church
St. Eugene Catholic Church
The Episcopal Diocese of WNC
Trinity Episcopal Church

2022 Mental Wellness Walk Sponsors




First Bank (Presenting)
AVL Technologies
Beverly-Grant, Inc.
Bonnie R. & William H. Kinschner Family Foundation
Capstone Health Alliance
Duke Energy
MAHEC
Mission Health
Parsec Financial
One Realty One Group Pivot
Sunrise Community For Recovery & Wellness
Wells Fargo
WLOS News 13
WNC Bridge Foundation
Vaya Health
RHA Health Services
Kudzu Brands

Hope is in Bloom Sponsors

Club Pilates (Presenting)
First Bank (Presenting)
The Law Offices of Elston,
Donnahoo & Williams
Quility
Baldwin Real Estate, Inc
Beverly-Grant, Inc
New Belgium Brewing
Chestnut
Daphne's Catering Co. by Twisted Laurel
The Never Ending Flower Farm

ALL SOULS COUNSELING CENTER

35 Arlington St., Asheville, NC 28801

Follow us! @allsoulsounseling   

Visit www.allsoulsounseling.org

to sign up for our email newsletter with updates on our services, special events, and mental health tips.



“Tim's presence at Haywood Street has meant so much to our community. He makes it possible for folks coming to the Downtown Welcome Table for meals to access counseling support immediately and in a non-threatening way. His consistent presence is extremely important as folks whose lives are often disorganized know they can find his friendly face in a place where they feel safe and supported.”

**Laura Kirby, Executive Director
Haywood Street Congregation**

Would you like to financially support the compassionate and accessible mental health services that ASCC provides?

Please visit allsoulsounseling.org/donate



All Souls Counseling Center (ASCC)

Annual Report 2022 (July 1, 2022 - June 30, 2023)

www.allsoulsounseling.org • (828) 259-3369

All Souls Counseling Center is a 501(c)3 non-profit organization (EIN: 56-2200862).