



Insight  
COUNSELING  
CENTERS

2018 Annual Report



## A Letter from the Board Chair and Executive Director

If Insight's 2018 had a theme, it would be *Collaborations!* Here's a sampling of the ways we partnered with other organizations to make our community better.

We participated in the Service Enterprise program presented by **Hands on Nashville** to learn how to more effectively work with volunteers. Upon completion of the program, Insight became a certified Service Enterprise organization by Points of Light, the world's largest organization dedicated to volunteer service. Organizations that certify join the top 11 percent of nonprofits nationwide in volunteer management and organizational performance. The Intake Department benefited from 602 total volunteer hours given by our volunteer intake practitioners who assisted 429 new clients in engaging in therapy.

Insight partnered with **Nashville Public Television** and the **Council on Aging of Middle Tennessee** to host a free screening of NPT's Aging Matters episode on Loneliness & Isolation at Brook Hollow Baptist Church. The event featured an audience Q&A with an expert panel following the documentary viewing. This new program is intended to engage community members around caring for older adults. It was such a popular event, it has become a template for future screenings to take place throughout our five-county service area.

An important part of our mission is to train the next generation of therapists in spiritually integrated care. We continued to serve as a site for interns from **Trevecca Nazarene University, Lipscomb University, Belmont University, and Walden University.**

Of course, amid important collaborations, the cornerstone of our work is to provide spiritually informed therapy to individuals, couples, and families. To that end, we provided 5,116 sessions to 706 total clients. Generous contributions from individuals, congregations, and corporations allowed us to provide \$347,473 in unreimbursed care.

Thank you for supporting Insight Counseling Centers. It is our honor to share with you highlights from 2018.

A handwritten signature in black ink, appearing to read "Russell Riebeling".

Russell Riebeling, *Board Chair*

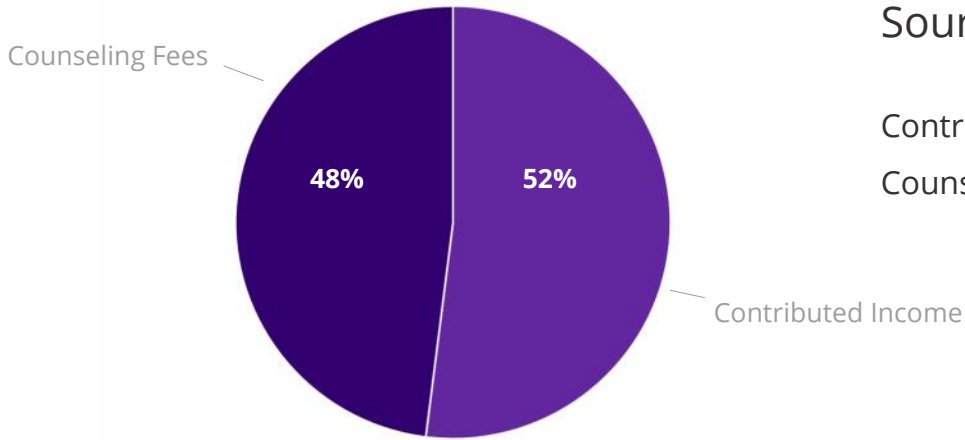
A handwritten signature in black ink, appearing to read "Pam Brown".

Pam Brown, *Executive Director*

# Finances

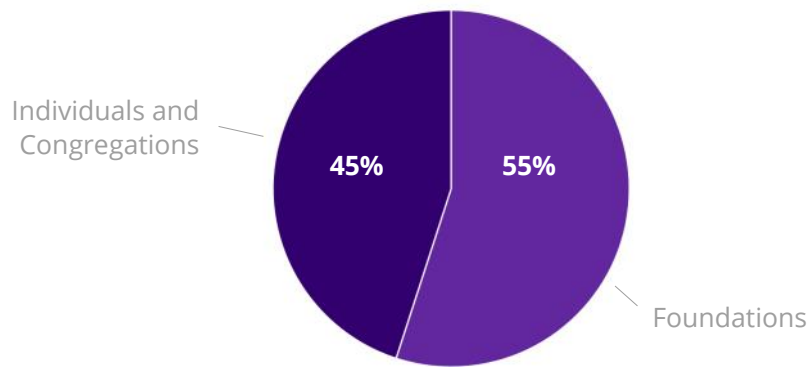
## Sources of Revenue

Contributed Income: 52%  
Counseling Fees: 48%



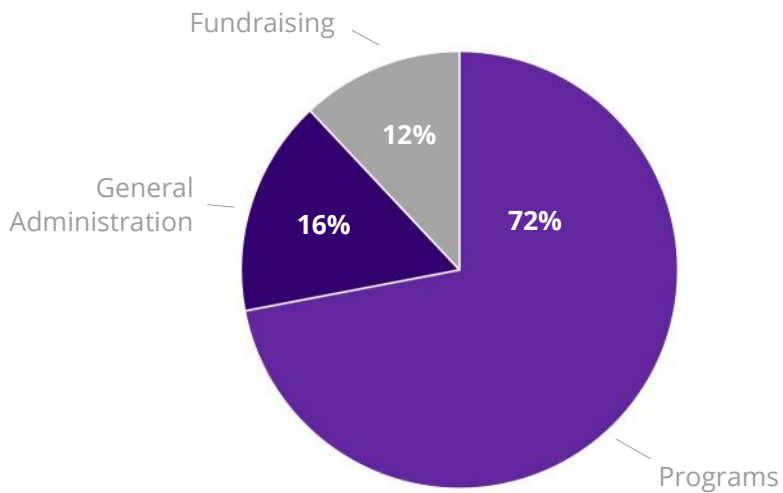
## Contributions

Foundations: 55%  
Individuals and Congregations: 45%



## Expenses

Programs: 72%  
General Administration: 16%  
Fundraising: 12%





# Restoring Lives to Wholeness

**5,116** counseling sessions | **706** clients served

## Top Issues in 2018

1. ANXIETY
2. DEPRESSION
3. ADJUSTMENT DISORDER
4. POST-TRAUMATIC STRESS DISORDER
5. RELATIONSHIP DISTRESS

Other issues we helped clients with in 2018 include: Grief, Stress, Bipolar Disorder, Gender Dysphoria, Parent-Child Conflict, Substance Use Disorder, ADHD, Domestic Violence, Eating Disorders, and Spiritual Problems

## Top Referral Sources

1. WORD OF MOUTH
2. ONLINE SEARCH
3. CONGREGATION
4. OTHER AGENCY
5. EMPLOYER

"I've been in therapy before, but have never felt so challenged. My counselor is thoughtful and very present — and I'm able to rise to new heights in my relationships, my physical health, and professionally. I am, without a doubt, the healthiest I've ever been. And I'm more myself — I'm LOVING it." -Insight Client, 2018



## 2018 Volunteer & Intern Intake Practitioners

Connor Anderson  
John Baroni  
Jamelun Crutchfield  
Victoria Driver  
Hannah Feliciano  
Dana Ferraioli  
Kimberly Kimball  
Krystal LaCoy  
Sydney Nicholson  
Leslin Ossoff  
James Owens  
Monét Shell  
Emma Shoaf  
Laurel Small  
Erin Tillson  
Ashley Virgin

**602** total volunteer hours  
**429** intake sessions scheduled

Volunteers came to us from the community through Hands On Nashville and as students through local universities, notably Belmont University, Lipscomb University, Trevecca Nazarene University, and Tennessee State University.

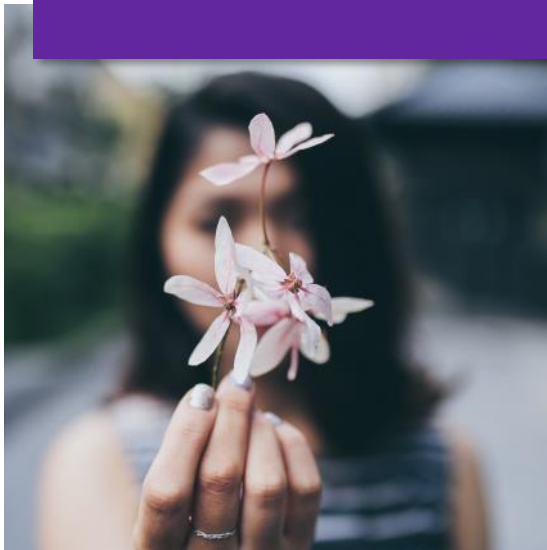
At Insight Counseling Centers, we have many ways for people with diverse backgrounds, skills, and interests to get involved. Opportunities include: advisory council member, committee service, board service, special events volunteer, and volunteer intake practitioner.

If you are interested in volunteering, please contact us! 615-383-2115 x110

“My counselor has helped me cope with one of the most challenging, stressful experiences of my life. I wouldn't be standing upright without her.” -Insight Client, 2018

### 2018 Board of Directors

Mr. Russell Riebeling, *Chair*  
Dr. Fern Richie, *Vice Chair*  
Ms. Karen Montgomery, *Treasurer*  
Mr. Wells Johnson, *Secretary*  
Rev. Dr. Patricia Brock  
Mr. Gary Briggs  
Ms. Anne Laurence Johnson  
Rev. Dr. Thomas Kleinert  
Mr. Joe McKnight  
Rev. Steven Meriwether  
Ms. Merry Beth Ward





Insight

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