



Insight  
COUNSELING  
CENTERS

## ANNUAL REPORT

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2019



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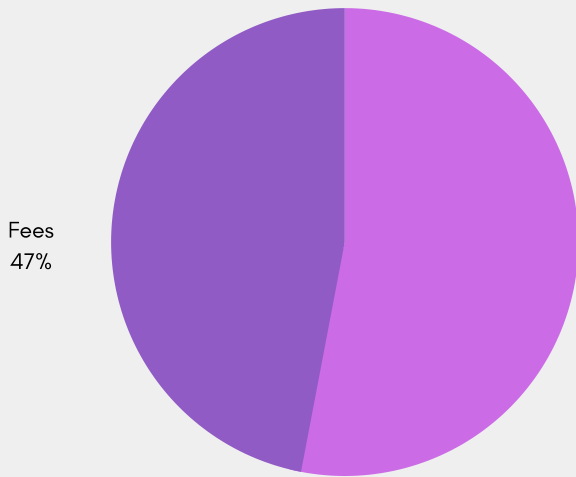
## 2019 HIGHLIGHTS

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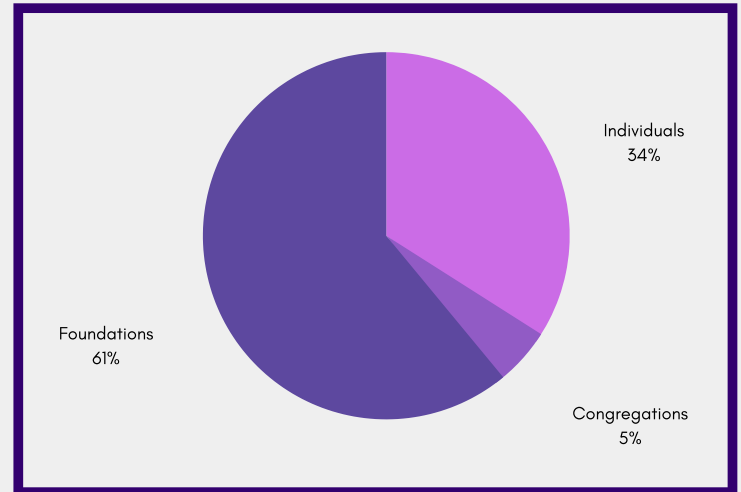
- 8% increase in number of sessions from 2018
- 15% increase in income from counseling fees compared to 2018
- Insight's Board of Directors voted to adopt a new 3-year strategic plan
- Welcomed the addition of an Administrative Assistant to our staff
- Began sharing our clients' stories of healing through a new Client Stories video series
- Produced a new podcast, The Integration Podcast
- Held the inaugural Journey to Wholeness fundraising breakfast
- Created a new community education conference, Restoration Experience
- Murfreesboro's Annual Luncheon increased the amount of funds raised from the previous year



## INCOME



## CONTRIBUTED INCOME



"I have been given the tools to deal with issues that caused me so much pain in the past. I am more assertive, less afraid to stand up for myself, and have learned to be aware of my and others' boundaries."

## INSIGHT CLIENT, 2019

## EXPENSES

**944**

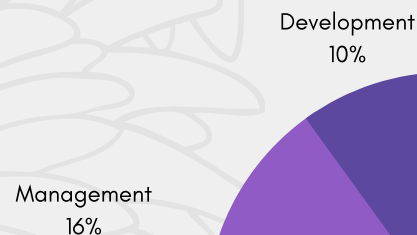
CLIENTS SERVED

**5,777**

COUNSELING SESSIONS

**\$365,902**

UNREIMBURSED CARE PROVIDED



Program  
74%