



# 2023

# Impact Report



Pictured left to right: Pam Brown (Insight executive director), Edythe Nash (Insight board vice chair), Mercedes Lytle (Insight board chair), Pam Dugas (Dugas Family Foundation), Dianne Oliver (West End Home Foundation), and Rachel Crenshaw (Dugas Family Foundation) at Insight's Cheatham County office

# 2023 Highlights

## Serving new communities

The year 2023 found Insight Counseling Centers increasing our footprint so that we can provide therapy in underserved communities. We opened an office in Cookeville, Tennessee, in the fall and an office in Cheatham County in December. Both the Upper Cumberland Region and Cheatham County have a shortage of mental health providers, and we are honored to serve these communities. We are grateful to the congregations that are generously providing us with office space: Cookeville First United Methodist Church and Church of Christ of Cheap Hill (Cheap Hill is a lovely community in Cheatham County). I would be remiss if I didn't acknowledge the Dugas Family Foundation for providing funding to make it possible to open the Cheatham County office. While the Cookeville Office has been open for a few months, we are going to publicly celebrate it with a Ribbon Cutting and Open House on March 20, 2024. Please reach out to me if you can join us!



Insight's new offices in Cheatham County (left) and Cookeville, Tennessee

## Diving deep into mental health training

Community education is an important part of Insight's mission. 2023 saw us offering three "deep dive," three-hour mental health workshops, all free to the community. We covered the topics of Mental Fitness, Parenting Stress, and Burnout. We also offered free, hour-long workshops and webinars throughout the year.

We are happy to bring a workshop to your office, worship community, or membership organization. Please reach out to Marketing and Communications Director, Abbie Culbertson ([abbie@insightcenters.org](mailto:abbie@insightcenters.org)), if this is of interest.



In this panel discussion, we explored the unique struggles faced by adults aged 60 and over and the resources that are available for building mental, emotional, and spiritual strength and well-being. [Watch the recording >](#)

## Working strategically

This year was our first under the 2023-2025 Strategic Plan, which Insight's board and staff collaboratively created in late 2022.

Our strategic objectives include:

- Increase Financial Growth for future sustainability
- Increase Clinical Capacity
- Continue to Improve Organizational Culture
- Increase Visibility and Brand Awareness

Our strategic plan is a living document that staff and the board's Strategic Planning Committee review ongoing.

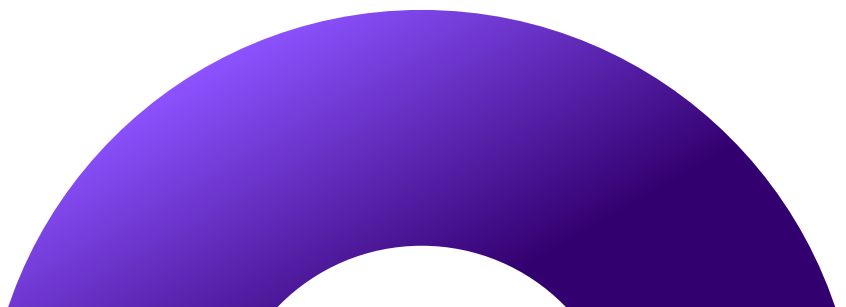
## Restoring lives to wholeness

Of course, the cornerstone of our work remains providing affordable spiritually-integrated psychotherapy to individuals, couples, and families. I am thankful for you, a donor and supporter, for your role in advancing Insight's important mission of restoring lives to wholeness—mentally, emotionally, and spiritually.

Gratefully,

A handwritten signature in black ink, appearing to read "Pam Brown", with a long horizontal flourish extending to the right.

Pam Brown  
Executive Director





**We provided a total of 6,441 counseling sessions to 857 clients.**

**67% of clients used our income-based fee scale.**



## **Tiffany's Story**

Tiffany is a Black woman of faith, a wife, and a stay at home mom of a young daughter. She also suffers from depressive episodes. Because she wanted to take good care of her new family, she sought therapy to treat her depression and ended up finding her authentic voice. [Watch the video >](#)

## Cassie's Story

We're so grateful to Cassie for sharing her powerful story of healing during Journey to Wholeness, a breakfast supporting Insight Counseling Centers, on September 14, 2023. [Watch the video](#) to hear her message about finding purpose in life after trauma.



**“I’m just really thankful that you guys are here and that you have provided a space for me to be loved. That is what’s so important about mental health, that we’re able to connect the broken to the loved.”**

-Cassie, Insight Client, 2023