



Insight
COUNSELING
CENTERS

Celebrating **40** *Years!*

2025 Impact Report

40 Years of Restoring Lives to Wholeness

In 2025, Insight reached an important milestone, our 40th anniversary. For four decades, our mission has remained steady: to restore lives to wholeness—mentally, emotionally, and spiritually. Our “ruby anniversary” gave us the opportunity to honor that commitment in meaningful ways.

Throughout the year we hosted at least one free community event in each of the seven counties where we have a physical office. It was good to reconnect with longtime supporters and meet new friends along the way. We provided in-person counseling at nine offices while continuing to see clients via telehealth, ensuring that residents across the state could access care regardless of location.

I would be remiss not to honor the 40th Anniversary Planning Committee. Each of these individuals carries a deep connection to Insight, and their creativity guided our year-long celebration. I am grateful for their dedication: Ed and Pat Cole, Caroline Coulton, Abbie Culbertson, Megan Hawkins, Steven Meriwether, Edythe Nash, and Denise Owens.

Access has always been important to us. Our Community Access Program remained a cornerstone of our work in 2025, ensuring that financial circumstances never become a barrier to receiving high-quality mental health services. In fact, 71% of our self-pay clients relied on our income-based fee scale. We are proud to live out our belief that everyone deserves care that is professional, compassionate, and respectful.

A significant project of the year was one you could see and feel the moment you walked through our doors. With the support of a generous grant from an anonymous foundation, we were able to update every Insight office, some of which had not been refreshed in more than 30 years. This investment reflects a core value we hold deeply: that Insight clients and therapists deserve spaces that foster warmth, safety, and healing.

Clients and therapists alike tell us they feel seen, heard, and valued. These environments are more than updated furnishings, they are a tangible expression of respect for every person who seeks care and every professional who provides it.

As we look ahead, we do so with gratitude for the clients who trust us, the therapists and staff who bring compassion and excellence to their work each day, for our board of directors, committee members, and other volunteers who take their roles seriously and compassionately, and our donors who believe in Insight's mission. Thank you for being part of our story. Together, we are building a future where quality mental health care is accessible to all.

Gratefully,

Pam Brown

Executive Director

2025 By the Numbers



4,864

counseling sessions



647

clients served



\$255,741

unreimbursed care

Making a Difference



80%

met one or more treatment goals

"Counseling has given me tools that help me feel steadier and more prepared when challenges come up. I carry a lighter and more hopeful outlook now, I see possibility more often." -Insight Client, 2025

"They've given me a second chance."



Halle's Story

My early life was marked by trauma. As a five-year old, I was trafficked by my parents for drug money. I was removed from their home and grew up in the foster care system. I was filled with anxiety, worry, trauma, and depression. In August 2023, I knew I had to make a change in my life. I decided to enter an inpatient treatment home where I stayed for six months. All of my needs were met there. I was not allowed to have a job, a phone, or a car. I graduated from that program in February of 2024. During that time, I also completed a career program called UpRise and became a Certified Clinical Medical Assistant.

After graduating from the inpatient program, there were no aftercare measures in place, and I was homeless. I had nothing. I found a women's shelter where I was able to stay for almost a year. During this time, staff at UpRise recognized I needed to address my mental health issues. They suggested I reach out to Insight Counseling Centers.

I was nervous about calling Insight. I had been in therapy for my entire life, as long as I can remember, with little to no changes. It wasn't because I didn't try, but most of my therapists quit on me because my issues were so complex. But I made the call. It was at Insight that I met my therapist, Courtney. And, Courtney met me right where I was. Every week I log on to my telehealth session, and every week Courtney shows up for me. She never treats me like my story is too much; she never tells me that she can't carry it. She offers advice when I need it, silence when I am overwhelmed, and hope where I sometimes don't see any. Most importantly she shows up. Insight has changed my life. After years of trauma associated with therapy, Insight shifted my outlook. I am so, so grateful.

Thank You for Your Support!

Make a Difference!

As a nonprofit organization, we're joyfully dependent on the support of our community members. Volunteers connect people in need with life-changing care. Donors ensure that cost is never a barrier, allowing us to continue offering therapy on an income-based fee scale. Learn how you can get involved!

Support Our Work



Celebrating **40** Years!

 615-383-2115

 info@insightcenters.org

 insightcounselingcenters.org



Pat Cole and Ed Cole, founding board members from Vine Street Christian Church, at Insight's 40th Anniversary Celebration in Nashville, May 2025



Mercedes Lytle, immediate past board chair, and Lucy Carter, board treasurer, at Insight's 40th Anniversary Celebration in Nashville, May 2025