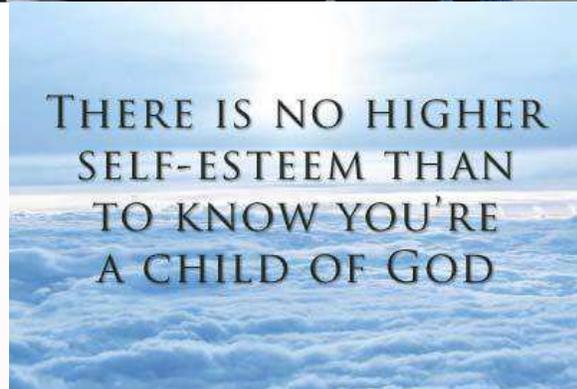
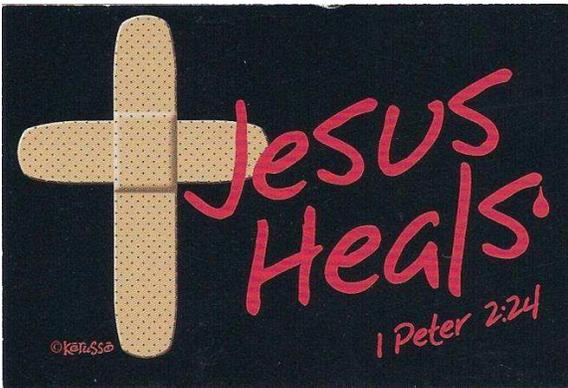




## 2012 Annual Report



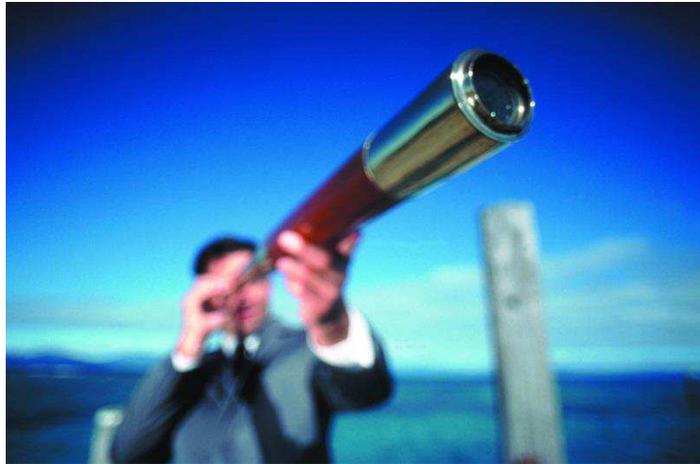
## Our Mission:

*To provide services to address  
mental illness including addiction,  
in a manner which is faithful to the  
teachings, values, and traditions of the Catholic Church.*



## Our Vision:

*A nonprofit organization  
conveniently located in the Catholic community,  
which is readily identifiable and accessible,  
and designed to promote wellness of the whole person  
for the sake of Christ and His Kingdom.*



## Our Values...

...apply both to our own staff and those whom we serve:

- *Spiritual Health*
- *Relational Health (communication, teamwork, and respect)*
- *Mental/Physical Health*
- *Service Excellence*
- *Ethics/Integrity/Honesty (being trustworthy, responsible, and accountable)*



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Thank You!

*The printing of our 2012 Annual Report was underwritten by:*



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Archdiocese of Galveston-Houston

Office of the Archbishop Emeritus

May 23, 2013

Brother priests:

Recently I was informed of a counseling service in our area which is available to parishes for assistance with parishioners in need of family counseling or help with addictions of different types. The founder, Dr. Kenneth Buckle, established Gratia Plena in 2012 as a service to address the mental, emotional and spiritual needs that usually are not provided in a parish setting. It doesn't take long for a priest to realize there are more than a few parishioners who could benefit from professional help in family counseling and the common addictions of alcohol, drugs and pornography.

I have met with Dr. Buckle and his staff and I believe they are competent to offer the help described above needed today in parishes. The counseling and spiritual direction offered are in full accord with Church teaching and practice. Of course, that in itself is no assurance of professional competency.

Although I am very reluctant to give a recommendation just on the basis of a visit and the prepared literature, I consulted with a few pastors who have recommended Gratia Plena and the feedback from parishioners has been very positive. On the basis of those who have a good experience with Gratia Plena, I am bringing this service to your attention as a resource which you can consider offering to parishioners in need of this specialized help.

With prayerful best wishes, I am

Sincerely in Christ,

Most Reverend Joseph A. Fiorenza  
Archbishop Emeritus of Galveston-Houston

JAF/baf

# A Letter from Our Founder



Dear Brothers and Sisters in Christ,

2012 was an exciting year for me personally and professionally. At the beginning of the new year, my family was settling back in to the Houston area after a big move from Phoenix. The beauty of the Arizona desert and the vigor of the church in Phoenix were great, but there is no place like home. After having steady employment since finishing graduate school, I for the first time had no job and no paycheck, and it was my own choice to be in that position. I was living on faith.

The Spirit and others had planted an idea in my heart: that Catholics who were serious about their faith might need a spiritually safe place to take themselves, their marriages, their children, or their families for counseling and healing. Looking back over my life, I began to sense that so many of my experiences were leading up to what was about to happen in 2012. I felt that starting Gratia Plena was my duty, my mission. I now feel that it is a joyful vocation and it is an honor to serve God in this way. Of course, if I believe that if I am doing God's will, then I will be truly at peace. And so I am.

In the beginning, I did not know if there was a need in the community for an organization like Gratia Plena. I was really not sure what was going to happen. As I began seeing the first few Gratia Plena clients for counseling, I was reminded of my first days of private practice in 1986. Gradually however I began to sense a difference. People began to come to Gratia Plena from long distances. They came in crying with tears of happiness that they found a real Catholic therapist, and a place where they could afford to receive help. Priests began to invite me to talk with their parishioners.

By the end of 2012, I was certain without a doubt that Gratia Plena was needed. There is no other organization in the Archdiocese of Galveston-Houston that identifies itself as offering professional counseling for mental illness and addictions that is faithful to the teachings of the Catholic Church! In addition to serving clients, Gratia Plena is now also attracting other laborers who sense the mission is for them too. It is clear that Gratia Plena will grow, but only if there is support from the community.

2013 will be the year that makes or breaks Gratia Plena. The launch of the organization last year depended largely upon my own personal financial backing and the kindness of a few donors. In 2013 Gratia Plena will actively and aggressively seek funding support. Otherwise, it cannot continue. Jesus, I trust in you. I ask our Blessed Mother to guide generous new donors to our door. May all who read this report pray for us!

Your servant,

*Dr. Ken Buckle*

# Mental Illness and Addiction, By the Numbers



- ❖ 1 out of 4 American families has a relative who has a mental illness.
- ❖ 1 out of 8 Americans is living with some form of addiction.
- ❖ In 2010, Americans spent \$11 billion on anti-depressant medication.
- ❖ The treatment success rates for mental illness are comparable to those of physical illness.
- ❖ Texas currently ranks last (51<sup>st</sup>) in the US for annual per capita spending on mental health.
- ❖ In 2010, there were 38,329 deaths in the US from drug overdoses.
- ❖ Between 50-66% of those with mental illness do not receive any treatment.
- ❖ The annual economic cost of untreated mental illness is over \$100 billion in the US.
- ❖ Early alcohol use is linked to increased sexual risk taking and academic difficulties.
- ❖ More than 50% of students with a mental illness age 14 and older drop out of high school.
- ❖ 22% of police time in the US is spent on handling alcohol-related incidents.
- ❖ 80% of those with anxiety reported that exercise was 90% effective for their condition.
- ❖ The “life burden” for psychiatric illness is higher than that of cancer and heart disease.
- ❖ 12 million adult ER visits in the US in 2007 were due to mental illness or substance abuse.
- ❖ Informal 2011 poll: <1% of psychologists described themselves as politically conservative.
- ❖ Adolescents with PTSD are 4 times more likely to experience alcohol abuse/dependence.
- ❖ In 2010, there were 38,364 deaths in the US from suicide.
- ❖ More than 50% of all American prison and jail inmates have a mental illness.

*Data from multiple sources, including: NIH, CDC, NIMH, WHO, and SAMHSA.*

# Our Programs and Services

## *Community Outreach...*

...helps by bringing the concepts of psychological health and well-being out to the parish where the community gathers. By presenting these ideas to a wide audience, we may help prevent problems before they occur, which is of great importance. Prevention programs are few in number today, as government mental health resources are focused mainly on severe mental illness and crisis management. Talking with adult and youth education groups can sometimes encourage people to seek treatment when problems are in their early stages, which is when the prognosis is better before these difficulties become serious. Some of these services are offered free of charge by Gratia Plena.

## *Assessments and Evaluation...*

...are professional interviews sometimes using formal psychological tests, either to determine need for treatment or to gain entrance into programs, employment, or fields of study. Results of the evaluation are discussed in a language understandable to the client and/or the requesting party. When formal testing is performed, a report is also generated. Many people come to Gratia Plena for assessment services only.

## *Psychotherapy...*

...is the most frequently used service at Gratia Plena. We offer therapy to adolescents, young adults, adults, and older adults. We see engaged and married couples. We work with individuals but also offer group therapy. Some clients receive a brief course of just a few therapy sessions, while others choose to work on their issues long-term. As therapy begins, an individualized change plan is developed with the input of the client. These plans are reviewed periodically to assess progress and make adjustments as needed.

## *Spiritual Direction...*

...is offered by trained and experienced staff for individuals seeking to improve their connection with God. Many clients are involved in both psychotherapy and spiritual direction, and some may transition from psychotherapy to spiritual direction...and vice versa. We begin offering this service in January, 2013.

## *Team Building...*

...is offered as a consultation service for parish offices, schools, and Catholic businesses. After learning about the team and the reason for the request, Gratia Plena will put together a project plan that may or may not involve formal assessment tools. Recommendations are shared with leadership and/or the personnel involved. Follow-up consultation may be helpful as the team grows and personnel shift over time. We begin offering this service in January, 2013.

# Our Impact in the Community

## *Community Outreach*

Presentations were Made:

- At Our Lady of Guadalupe - Rosenberg for Youth Education on “Healthy Relationships”
- At Sts. Martha, Mary, and Lazarus - Kingwood for Adult Education on “50 Shades of Grey”
- At the Western Deanery meeting for priests on “Addiction”
- In the office on “Compulsive Overeating” and “Compulsive Sexual Behavior”

Social Media Communications to the Community:

- Monthly newsletters sent by Email, Twitter, and Facebook, compiled on website
- Monthly blog articles sent by Twitter and Facebook, compiled on website
- Weekly informational and inspirational posts to Twitter and Facebook

## *Assessments and Evaluation*

87 individuals were seen for evaluation of addiction, marital difficulties, & mental illness

## *Psychotherapy*

13 engaged or married couples were seen for evaluation and/or therapy

36 individuals were seen for evaluation and/or therapy of mental illness

20 individuals were seen for evaluation and/or therapy for addictions

12 individuals were seen for evaluation and/or therapy for mental illness and addiction

9 individuals were seen for evaluation only

## *Demographics of Those Served:*

98% described themselves as Christians

87% said that they were church-going

87% said they were Catholic

6% were older adults (65 years old and up)

61% were adults (26-64 years old)

21% were young adults (18-25 years old)

11% were adolescents (11-17 years old)

56% were engaged or married

2% were divorced and 2% widowed

40% were single (never married)

5% were clergy, religious, or consecrated

45% of clients were multi-cultural ethnic, 55% were Euro-ethnic

Clients were seen from 25 different Catholic parishes

# Funding

Our income was from three sources:

\$28,156..... from Fees for Services\*  
\$687..... from Donations for Presentations  
\$2470..... from Donors

\*Note that in 2012 Gratia Plena turned away zero clients for inability to pay!!!

Our expenses were as follows:

\$9394..... for the Office (rent, internet, telephone, supplies, etc.)  
\$9387..... for Payroll\*\*  
\$3310..... for Advertising  
\$1817..... for Travel and Meetings in the Galveston-Houston area for  
Community Outreach  
\$636..... for Insurance, License, and Memberships  
\$560..... for Bank Charges (largely related to credit card processing)

\*\*Gratia Plena did not pay out any salaries for the first nine months in 2012



## 2012 Board of Directors

In order to start up a nonprofit organization, it is required to form a Board of Directors. Along with Dr. Ken, the following individuals served Gratia Plena in this capacity in 2012. It is likely that a new and larger board will be formed in 2013. God, and Gratia Plena, may be calling you soon to serve on the new Board of Directors.

Kenneth E. Buckle, Psy.D. (President)

Parishioner at St. Justin Martyr Catholic Church; Psychologist; father of four and grandfather; musician

Rosemary Duffield, MD (Vice President)

Parishioner at St. Cecilia Catholic Church; Surgeon practicing at St. Joseph Hospital; mother of three; triathlete and finisher of two Ironman events

Michael Simko (Secretary)

Parishioner at St. Mary Magdalene Catholic Church; Human Resources Department at Texas Children's Hospital



## Yesterday, Today, and Tomorrow



For Gratia Plena, the year 2012 was a year of beginnings, of getting started, and testing the waters. The response from the community to the idea of Gratia Plena has been overwhelmingly positive. Gratia Plena delivered great service to the community last year. However, Gratia Plena barely broke even in the ledger book.

Today there is a great need for mental health services for both the rich and the poor and all those in between. The healthcare system in the United States is in a state of crisis, chaos, and dramatic change. The funding for mental health in Texas ranks last in the United States. Those who suffer from mental illness and addictions are among the most marginalized in our society. There are now over a million Catholics in the Galveston-Houston area. There are very few resources to provide professional mental health services in a manner that is consistent with the teachings, values, and traditions of the Catholic Church. Gratia Plena stands apart in offering to meet this need.

As we begin 2013, Gratia Plena's faces great financial challenges and opportunities. We have just added spiritual direction services to complement our psychotherapy services. Many clinicians have expressed strong interest in joining the Gratia Plena clinical team. Dr. Ken helped launch a new men's support group for healthy sexual behavior...and plans to offer to launch this group at other parishes around the Archdiocese. Dr. Ken has met with the Program Director of Counseling Services at Catholic Charities of the Archdiocese so that a good working relationship will be in place with Gratia Plena. Gratia Plena starts 2013 positioned to offer consultation services for team building to parish staff offices, school staff, and Catholic businesses.

The future is bright for Gratia Plena if...we are able to secure funding in 2013 from the community. We seek ongoing endowment commitments from individuals, churches, and corporations. We will be applying for multiple grants.

## Our Partners in 2012

Joseph and Linda Barta in Atlanta  
Margaret Sacco Buckle in Houston  
Matthew Buckle in Philadelphia  
Jo Gonzales Nelson in Florida  
Michael Simko in Humble  
Our Lady of Guadalupe Parish in Rosenberg  
Saints Martha, Mary, and Lazarus Friends of Jesus Parish in Kingwood  
The Woodlands Church



...and a very long list of people who are praying for Gratia Plena  
and others sharing their talents with us as volunteers!  
We consider them our partners in this mission.

We pray for our clients and donors: past, present, and future.

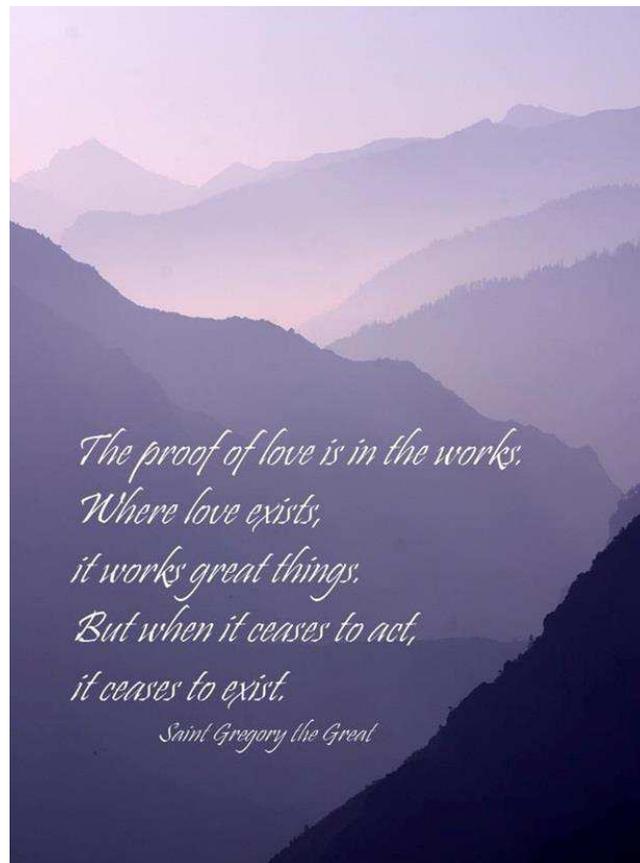
Gratia Plena officially became a 501(c)(3) tax exempt nonprofit organization  
in April 2013.

*Thank you for taking action:*

*through your encouragement,*

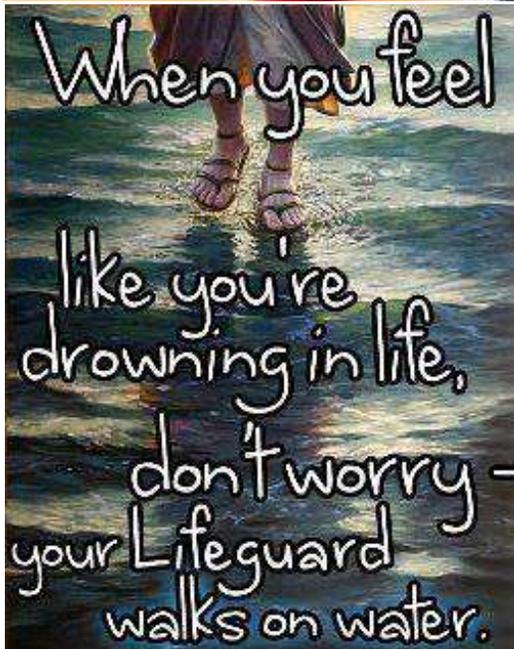
*by offering your prayers, and*

*for your generous support.*





## 2012 Annual Report



To be filled with the Spirit, we must be emptied of self



[www.gratiaplenacounseling.org](http://www.gratiaplenacounseling.org)

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