



2013 Annual Report

True Self-Esteem Comes From God.



Will you **Stand UP** for the silent voices effected by mental illness?

Education
Empathy
Acceptance

"We are not at peace with others because we are not at peace with ourselves, and we are not at peace with ourselves because we are not at peace with God"
-Thomas Merton



The **Grace** of God

Table of Contents

Our Mission..... page 3
Our Vision.....page 4
Our Values..... page 5
A Message from Fr. Cahill..... page 6
A Letter from Dr. Ken..... page 7
Programs & Services..... page 8
Our Impact in the Community..... page 9
Funding..... page 10
Board of Directors..... page 11
Mental Illness and Addiction..... page 12

Thank you for studying and sharing our annual report!

The printing of our 2013 Annual Report was underwritten by:

An anonymous donor in loving memory of
Sr. Damian Kuhn, C.V.I. (1920-2010)
Sisters of Charity of the Incarnate Word





The mission of Gratia Plena is to provide mental health and spiritual direction services to address mental illness, addiction, and spiritual distress in a manner which is faithful to the teachings, values, and traditions of the Catholic Church.



Our vision is to have Gratia Plena be a professionally run charitable nonprofit organization which is readily identifiable, accessible, and conveniently located in the Catholic community, designed to promote wellness of the whole person for the sake of Christ and His Kingdom.



*Our Four Core Values
apply both to our own staff and those whom we serve:*

- † *Spiritual, Mental, and Physical Health*

- † *Relational Health*
(communication, teamwork, and respect)

- † *Service Excellence*

- † *Ethics, Integrity, and Honesty*
(being trustworthy, responsible, & accountable)

A Message from a Board Member



Dear Brothers and Sisters,

As the Church is preparing for the Synod of Bishops dealing with the pastoral challenges facing the family today, I offer my support and gratitude to the work of Gratia Plena's counseling services. Pope Francis offered the following prayer for the work of this Synod, this also can echo our prayer for Gratia Plena:

*Jesus, Mary and Joseph,
in you we contemplate
the splendor of true love,
to you we turn with trust.*

*Holy Family of Nazareth,
grant that our families too
may be places of communion and prayer,
authentic schools of the Gospel
and small domestic Churches.*

*Holy Family of Nazareth,
may families never again
experience violence, rejection and division:
may all who have been hurt or scandalized find ready comfort and healing.*

Jesus, Mary and Joseph, graciously hear our prayer. Amen.

Each of us knows of the many problems that our families are facing, yet often-times feel powerless to do anything to help. Sometimes when we are facing our own difficult times we may wonder where we can turn for help. Dr. Buckle and his staff profess a faith-based view of the human person founded in the Catholic tradition. This foundation guides their counseling services with complete respect for the persons they encounter. I have served on the Board of Directors and can testify that the mission of Gratia Plena has brought healing and wholeness to the people it serves.

I believe Gratia Plena has developed and grown because of this faith-based response to a large pastoral need. This letter serves to highlight my support for its mission and hopefully encourage others to offer support as well. May the Lord bless and protect you.

Sincerely in Christ,

Fr. Brendan Cahill

Vicar for Clergy, Archdiocese of Galveston-Houston

A Letter from Our Founder



Dear Brothers and Sisters in Christ,

Gratia Plena opened for business in early 2012 with me the sole employee and service provider, operating in a small 100 square foot office. At the end of 2013 we had grown to three employees and a new office suite. The goal for 2013 was not necessarily to expand, but rather to provide helpful services to the community. In all we do we seek only to do God's will. We trust that the Spirit and our namesake, our Blessed Mother, will guide us.

We kept quite busy in 2013 serving clients in the office with counseling and spiritual direction to address addictions, mental illness, and marriage and family problems. We went around the Archdiocese meeting with pastors as well as doing public speaking presentations at several parishes. We have added even more staff so far in 2014 since several good Catholics have been led to work with us, and because of the overwhelming number of requests for services.

Generous donors supported our work, including the St. Laurence parish community where so many of our clients are active in their faith. It is our hope that the larger Catholic community in the Houston area will support our mission and in effect bring healing and unity to itself through the work of the Spirit. Being able to receive donations is indeed an important part of the design of our organization.

In 2014 we seek to increase funding through the attraction and retention of donors, and will also be applying for grants from private foundations. Our focus is to continue offering the best counseling and spiritual direction services possible, making access to treatment possible for some who might otherwise not find it. Our clients who are largely members of the Catholic Church community, bring us great joy when they express their comfort with and thanksgiving for the Catholic atmosphere of our office and staff.

Please pray for those of us who work at Gratia Plena, including our Board of Directors who guide us with their wisdom. Pray also for our clients past, present and future...and for our donors past, present, and future. May God bless the mission of Gratia Plena so that many will become "full of grace" like our Blessed Mother Mary.

Your servant in Christ,

Dr. Ken Buckle

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 a field 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, sometimes in a crisis.

Psychotherapy...

...is the most frequently used service at Gratia Plena. We offer therapy to adolescents, young adults, adults, and older adults. We see many 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. Some receive this service by itself. We accept donations for this service.

Training...

...is offered for new Catholic counselors. The atmosphere in our office is one of continual growth and development, as well as quality improvement. We have established a training relationship with the master's counseling program at the University of St. Thomas (Houston). We accept only the top candidates for our training positions and provide them with appropriate supervision and learning experiences. These special individuals are the future of the organization. We learn together.

Our Impact in the Community

Community Outreach in 2013:

Presentations/Projects at:

- St. Laurence Catholic School “Anxiety for Parents of School-Aged Children”
- Our Lady of Guadalupe (Rosenberg) “Day of Reflection for Catechists”
- St. Laurence (Sugar Land) Staff Meeting Presentation “Gratia Plena”
- Sts. Martha, Mary, & Lazarus (Kingwood) “King David’s Men”
- St. Laurence (Sugar Land) “Grieving Families”

Social Media Communications with the Community:

- Monthly newsletters sent by Email, Twitter, and Facebook, compiled on website
- Informative blog articles sent by Twitter and Facebook, compiled on website
- Informational posts on Pinterest
- Promotional Video for YouTube and website
- Occasional informational and inspirational posts to Twitter and Facebook

Assessments and Evaluation in 2013:

133 new individuals, couples, and families were seen for evaluation

Psychotherapy and Spiritual Direction Services in 2013:

18 new families, engaged or married couples were seen for relationship therapy

69 new individuals were seen for therapy for mental illness

28 new individuals were seen for therapy for addictions

18 new individuals were seen for therapy for mental illness and addiction (dual-diagnosis)

1118 outpatient services were provided to individuals, couples, and families

Demographics of Those Served (all years combined):

99% described themselves as Christians

91% said that they were church-going

93% said they were Catholic

5% were older adults (65 years old and up)

68% were adults (26-64 years old)

14% were young adults (18-25 years old)

14% were adolescents (11-17 years old)

61% were engaged or married

4% were divorced and 2% widowed

33% were single (never married)

2% were clergy, religious, or consecrated

49% of clients were multi-cultural ethnic, 51% were Euro-ethnic

Clients have been seen from over 50 different Catholic parishes from 5 different dioceses

Funding

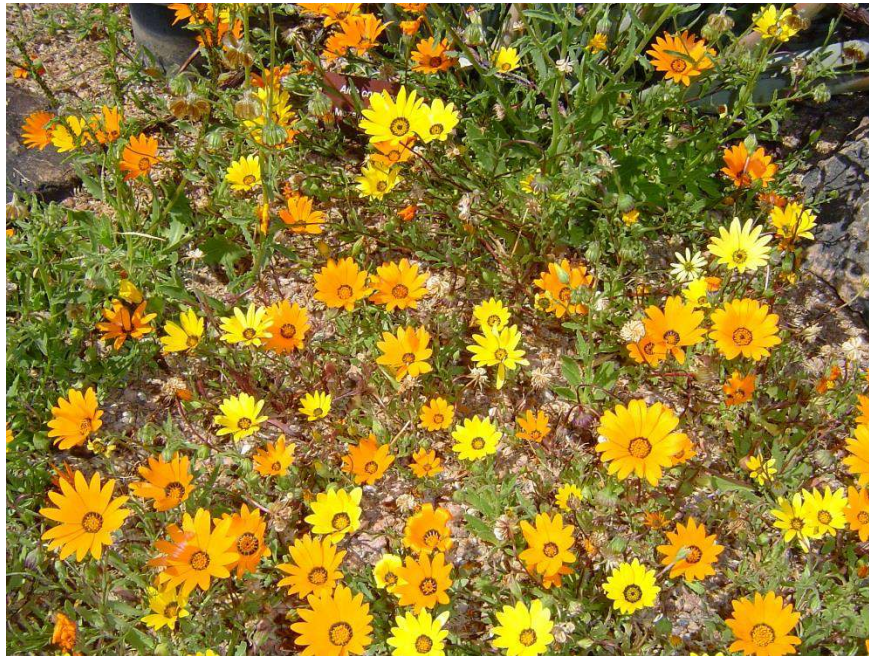
Our income was from two sources:

\$66,727..... from Fees for Services*
\$9,225.....from Donors

*Note that since opening, Gratia Plena has turned away zero clients for inability to pay!!!

Our expenses were as follows:

\$14,678.....for Rent and Utilities
\$58,100..... for Payroll (for three staff)
\$226..... for Printing and Postage
\$1,266..... for Insurance
\$863..... for Bank Charges (largely related to credit card processing)
\$1,575..... for Advertising and Promotion
\$1,724..... for Office Supplies
\$415..... for Continuing Education



Arizona Desert Wildflowers

2014 Board of Directors

Kenneth E. Buckle, Psy.D. (Founder and President)
Parishioner at St. Laurence and St. Theresa (Sugar Land) Catholic Churches;
Psychologist

Rosemary Buckle, MD (Vice President)
Parishioner at St. Cecilia Catholic Church; Orthopedic Surgeon practicing at St.
Joseph Hospital (founder of Houston Institute for Sports Medicine & Orthopedics)

Jim McCollom, Jr. (Secretary)
Parishioner at St. Theresa Catholic Church (Houston), Immigration Attorney at
McCollom Law,

Paul Cashiola, CPA (Treasurer)
Parishioner at St. Cecilia Catholic Church, Paul J. Cashiola CPA accounting firm

Fr. Brendan Cahill, STD, STL, Director
Archdiocese of Galveston-Houston, Secretariat for Clergy Formation & Chaplaincy
Services

Bill Ward, Director
Parishioner at St. Cecilia Catholic Church; President and COO of Star Furniture

Sr. Katrina Le Grand, CCVI, Ph.D., Director
Sisters of Charity of the Incarnate Word, Psychologist



Arizona Rock Formations

Mental Illness and Addiction in America (by the numbers)*

- There are now 10 times more adults with Serious Mental Illness (SMI) in state prisons and county jails than there are in state mental hospitals.
- A study of US data from 2006-2010 found 88,000 deaths per year attributable to alcohol-related diseases and accidents.
- 20% of American youth ages 13-18 have a mental health condition.
- The average delay between the onset of mental illness symptoms and the beginning of intervention is 8-10 years.
- A recent Catholic Charities survey found that Catholic parishioners rated “behavioral health counseling” as their #1 need.
- Consistent with 2011 data, in 2012 only 41% of the 43.7 million American adults with a diagnosable mental illness received any mental health services in the past year.
- According to a 2012 report, an alarming 18 percent of foster children are prescribed psychotropic medications, compared with 4.8 percent of privately insured children.
- 1.3 million people (that we know of) attempted suicide in 2012 in America. (Worldwide, 800,000 people die each year die from suicide.)
- 75% of people with Schizophrenia develop some form of disability.
- In the US, 15 million children lived with an adult who had Major Depression in the past year.
- In 2012, among the 9.6 million US adults with Serious Mental Illness (SMI) in the past year, 27.3% also had substance dependence or abuse in the same year.
- In Texas, the average age of first marijuana use was 13 years old (2008-2012 data). 13 years old was also the average age of first alcohol use and first non-medical prescription drug use in Texas.

*Data from the NAMI, NIMH, SAMHSA, GAO, Catholic Charities, WHO, and Institute of Medicine.

www.gratiaplenacounseling.org

(832) 532-0129

Thank you for your support!