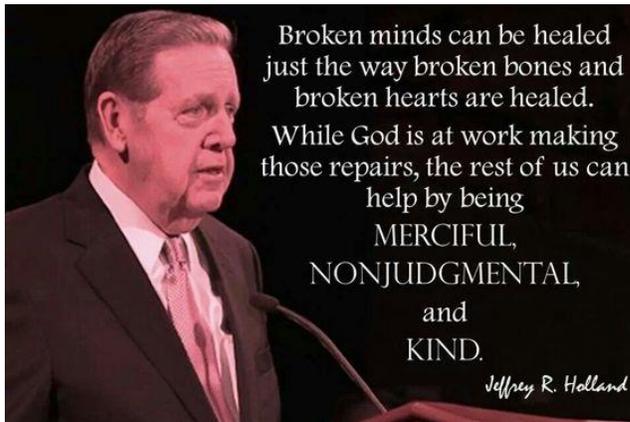




2015 Annual Report



1 IN 5 PEOPLE

EXPERIENCE A MENTAL HEALTH CONDITION

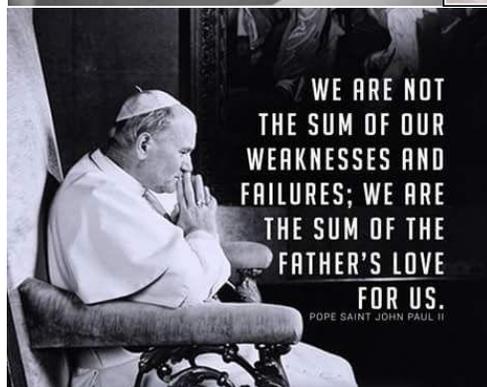
Learn more, share your story and spread the word.

You can make a difference.



Faith in action is love, and love in action is service. By transforming that faith into living acts of love, we put ourselves in contact with God Himself, with Jesus our Lord.

— Mother Teresa —



I came so that you may have *life* and have it more abundantly.

John 10:10

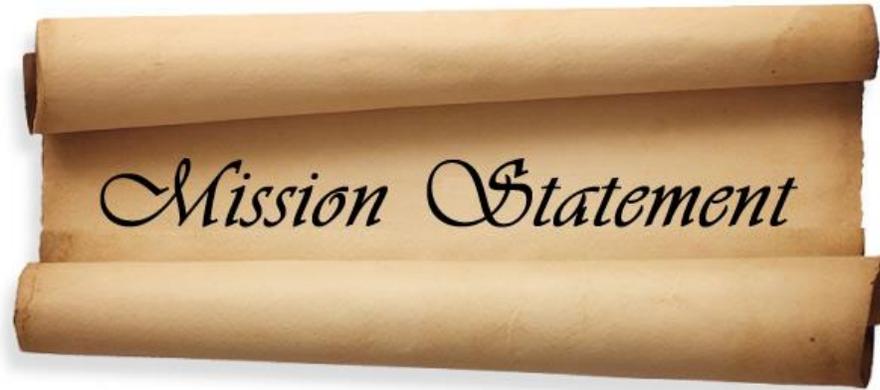
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Thank you for studying and sharing our annual report!

The printing of our 2015 Annual Report was underwritten by the:

Scanlan Foundation



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 staff and those whom we serve:*

- † *Spiritual, Mental, and Physical Health
(wholeness)*

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

- † *Service Excellence*

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

A Message from Fr. Dat



St. Faustina

J e s u s , I t r u s t i n y o u

Brothers and Sisters in Christ,

Our Holy Father Pope Francis once said: *“The thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful; it needs nearness, proximity. I see the church as a field hospital after battle.”* The more I serve as priest and pastor, the more I find his message to be profoundly true as I get to encounter daily the hurts and wounds of the people who long for healing and freedom. Many times, in the course of healing process, the need for theologically sound and faith based counseling arises.

I have been recommending people to Gratia Plena for counseling. I admire Dr. Ken Buckle for his courage and goodness in founding a center, where counselors operate on the basis of the gospel values and where those who may not be able to afford increasingly expensive counseling services will not be turned away.

Over the short few years, Gratia Plena continues to grow as the demand for counseling and healing increases. I fully support Dr. Buckle and continue to pray that his noble mission to serve the poor, the wounded, the broken-hearted may multiply and bear much fruit!

“Blessed are the merciful, for they will be shown mercy.” (Mat 5:7) As I pray God’s blessing for Gratia Plena in their important ministry, I invite and encourage you to also support Dr. Buckle and his staff, so that in a very meaningful way, we can participate in the work of mercy that they are carrying out daily to bring Christ, the Merciful and Divine Healer, to all who come to their door!

Sincerely in Christ,

Fr. Dat Hoang
Pastor
St. Faustina Catholic Church

A Message from Dr. Ken



Dear Friends,

It is hard to believe that Gratia Plena will be celebrating a 5 year anniversary next year. Started from nothing but an inspiration, our growth has been wonderful and mysterious. We know that our Blessed Mother must be watching out for us. The number of people seeking help at Gratia Plena for mental illness, addictions, spiritual distress, and marriage/family problems continues to increase. Nearly every person in the community has a connection to this type of suffering that is often hidden. Our Catholic community is not immune from these challenges. We have a special responsibility to care for each other, to strengthen the body of Christ through the power of the Holy Spirit, to build the kingdom of God.

We have been blessed with kind and generous donors who have supported us with everything from computer equipment and coffee to cash funds. Gratia Plena would not survive if it were not for our donors. We thank you and we thank God for you!

Every bit of income we receive is placed toward increasing our counseling staff capacity. As we add more counselor availability, we are able to serve more people. The counselors and spiritual directors we have on staff are hired due to their excellent skills but especially because they have a special place in their heart for our mission. These compassionate staff members are working on the front-lines where there are people who are in need of support. We are laboring in the trenches of the current mental health crisis in our country, and as Pope Francis is fond of saying, we want to have “the smell of the sheep.”

When we encounter each person who comes to Gratia Plena, we seek to give hope as well as help, and we are ready to show mercy as we feel a special connection to the attitude and atmosphere summoned by the Extraordinary Jubilee Year of Mercy.

We hope that you will join us in our mission. We appreciate your prayers, your encouragement, your donations, and your referrals. May the God of mercy bless you!

Your servant in Christ,

Dr. Ken Buckle

Our Programs and Services

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 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 level counseling program at the University of St. Thomas. 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.

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.

Our Impact in the Community

Community Outreach in 2015

- Assisted the Diocese of Victoria in opening their own counseling center
- Delivered two presentations for the residents of the Shalom Center
- Was on a panel discussion at St. Michael (Houston) regarding pornography
- Delivered a presentation for youth at Holy Rosary (Houston)
- Presented Gratia Plena to the Bluebonnet Deanery clergy
- Presented Gratia Plena to the Bay Area Deanery clergy

Assessments and Evaluation in 2015

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

Psychotherapy and Spiritual Direction Services in 2015

32 new families, engaged or married couples were seen for marriage/family therapy

59 new individuals were seen for therapy for mental illnesses

40 new individuals were seen for therapy for addictions

12 new individuals were seen for therapy for mental illness with addiction (dual-diagnosis)

2,181 outpatient services were provided to individuals, couples, and families

Demographics of Those Served (all years combined):

96% described themselves as Christians

90% said that they were church-going

92% said they were Catholic

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

67% were adults (26-64 years old)

13% were young adults (18-25 years old)

16% were adolescents (11-17 years old)

58% were engaged, married, or remarried

4% were divorced and 2% widowed

36% 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 100 different Catholic parishes in 5 different dioceses

Funding

Our income was from two sources:

\$104,256..... from Fees for Services*
\$39,265..... from Donors

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

Our expenses were as follows:

\$18,548 for Rent and Utilities
\$109,993 for Payroll**
\$1,520 for Bank Charges (largely related to credit card processing)
\$915..... for Advertising and Promotion
\$993..... for Office Supplies and other Operational Costs
\$1453..... for Information Technology
\$225..... for Insurance

**Payroll for ten (full-time and part-time) staff members, including payroll taxes



2015 Board of Directors

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

Parishioner at St. Laurence and St. Theresa (Sugar Land) Catholic Churches;
Psychologist

Bill Ward (Vice President)

Parishioner at St. Cecilia Catholic Church; President and COO of Star Furniture

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

Bishop Brendan Cahill, STD, STL

Diocese of Victoria

Sr. Rosalie Karstedt, CDP

Associate Director, St. Mary's Seminary Formation Faculty

Charles, DeJohn, MD, Ph.D.

Psychiatrist, Parishioner at St. Vincent de Paul



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

- Over 20% of inmates in state and county jails have serious mental illness.
- From 2008 to 2012, 611,000 adults in Texas reported having Serious Mental Illness (SMI) within the past year
- Approximately 38,000 Americans die by suicide every year, leaving suicide as one of the top three causes of death for young adults in America.
- Around 8.9 million Americans have both a mental illness and a substance abuse disorder, but only 7.4% receive treatments for both conditions and half get no treatment whatsoever.
- Nearly 80% of those in the nation's public mental health system (7 million Americans) are unemployed.
- In 2014, 22.8% of underage people were current alcohol users, 13.8% were binge alcohol users, and 3.4% were heavy alcohol users, consistent with 2013 data.
- According to a 2014 report, recreational marijuana use has risen over the past several years. 22.2 million Americans older than 12 are current marijuana users.
- Between 2009 and 2013, the population of adolescents with Major Depressive Episodes (MDE) rose drastically (2.5%) in Texas.
- In Texas, 1.1 million adults with any mental illness (only 36.1% of those with a mental illness) received treatment.
- The average age of first marijuana use for Americans according to data from 2012 was 13.9 years of age.
- The rate for a Major Depressive Episode in 2012 among Americans between the ages of 12 and 17 was three times as high for adolescent women as it was for adolescent men.

*Data from the NAMI, SAMHSA, NSDUH

www.gratiaplenacounseling.org

(832) 532-0129

Thank you for your support!