



2016 Annual Report

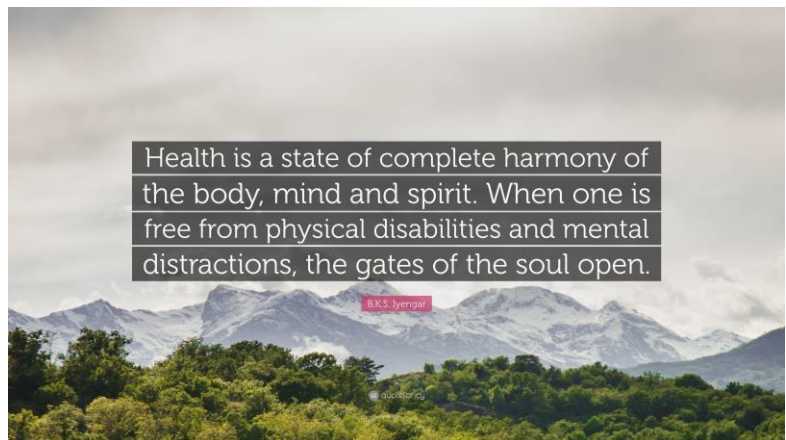
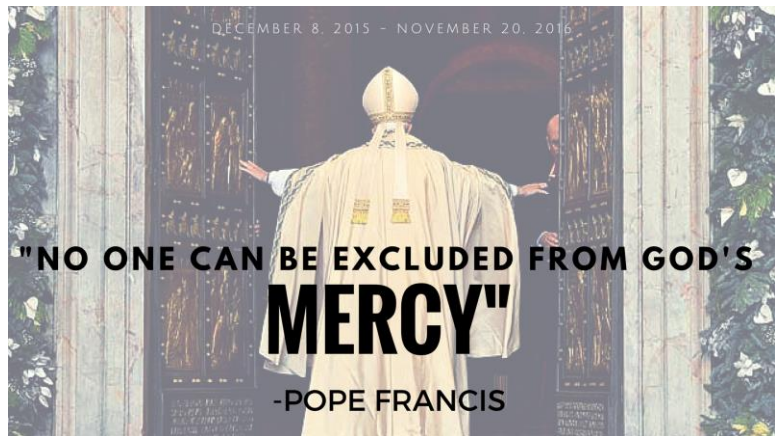
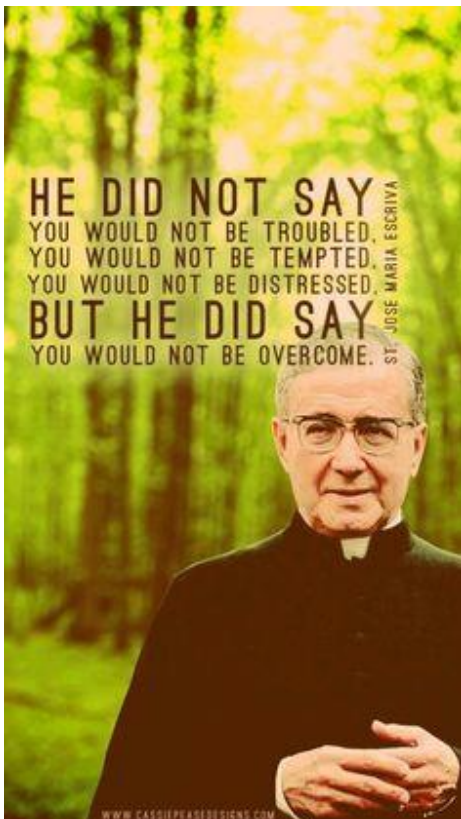


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Thank you for studying and sharing our annual report!

The printing of our 2016 Annual Report was underwritten by:



Our Lady of Guadalupe Parish, Rosenberg (TX)



The mission of Gratia Plena is to provide mental health and spiritual direction services to address mental illness, addiction, marriage/family problems, and the spiritual distress that often accompanies these issues...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. Lee A. Flores

May 17, 2017

My name is Father Lee A. Flores, pastor of Our Lady of Guadalupe Catholic Church, in Rosenberg, Texas. We have 2500 registered families. I have been pastor here for twelve years.

During this time, we have had difficulty trying to find counseling for members of our community. In 2012, Gratia Plena Counseling came into existence and has been a source of emotional and spiritual help for all those who live in Fort Bend County. This non-profit organization founded by Dr. Ken Buckle, has been a source of help and guidance to our large bilingual community. Gratia Plena, with three locations, now serves a multilingual community, offering counseling in six languages.

Gratia Plena has helped members of our parish to return to our community, renewed and restored to a healthier outlook on life and growing in spiritual maturity. Counseling and spiritual direction is a holistic approach to healing. Gratia Plena is a welcoming institution. No one is turned away, no matter what race, nationality, religion or economic situation.

This counseling organization is founded in Roman Catholic ideas and principles, with a staff of capable and wonderful women and men. I have known Dr. Buckle for more than thirty-five years and I know him to be a man of Faith. I have seen firsthand the great work of Gratia Plena, having witnessed members of my community return with smiles, healthier outlooks, and newly-found peace.

In the words of our Lord, in the gospel of John, "I came so that they may have life and have it more abundantly."



Rev. Lee A. Flores

Pastor

Our Lady of Guadalupe Church

Rosenberg, Texas

A Message from Dr. Ken

Dear Friends of Gratia Plena,

2016 was quite a busy year for us! The number of people requesting mental health and spiritual direction services was greatly increased (up 75%) over our 2015 figures. This does not surprise us, because we know that our country is in the midst of a mental health and addictions crisis. Suicide rates are increasing in recent years after having been at high but stable levels for many years. Unfortunately, the mental health treatment field is so polarized toward secular values that when people of faith find an organization like Gratia Plena, they respond in overwhelmingly positive ways and want to make use of our services.



We are pleased to find ourselves working collaboratively with several offices of the Archdiocese: the Family Life Office, the Pro-Life Office, the Schools Office, and the Disabilities Office by speaking at many of their events, receiving referrals, and working on projects of mutual interest. In 2016, we began being invited to support major Catholic conferences on-site in a rather new and innovative manner: bringing mental health interventions to people coming to these events by providing free brief consultations. Most of the Catholics we met in this format had never had the chance to talk with a counselor before. Nearly all of these contacts resulted in referrals for treatment or spiritual direction whether to Catholic therapists in the Houston area or wherever the person was from.

In the Year of Mercy, our mission of mercy to serve the silently suffering local community in a manner that faithful to Catholic teachings, values, and traditions was largely based on our having competent and hard-working staff. But the continuation of our ministry is dependent on support from the community...which is our business model by design. Gratia Plena does not want to perform this service without the involvement of the community. This is why we are so happy to have a growing number of volunteers and donors. Still, we want to increase our individual donor base and we hope that you will join up yourself or recommend us to someone who might like to support our cause. We are most eager and willing to speak to small groups either at the parish or in private homes, about the history, current work, and future of Gratia Plena. This community involvement is one way that stigma is reduced.

Thank you for your prayers and please continue them: for our clients, staff, and donors past, present, and future. We are full of gratitude for the guidance and protection of Our Mother of Good Counsel, Our Lady of Sorrows...who leads all of us to Her Son, inspiring each us to be "full of grace" so that we may join in building His Kingdom of God on Earth as it is in Heaven!

The grace of the Lord Jesus Christ be with your spirit,

Dr. Ken

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 and with Our Lady of the Lake University. 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 2016

- Dr. Ken presented for AGH Domestic Violence “Day of Training” at the Chancery
- Dr. Ken and Sara Alexander presented at the ARCH Catholic Homeschool Conference
- Our staff presented a wide range of spiritual and mental health topics at many local parishes, including topic such as: sex education, sex trafficking, unemployment, etc.
- Provided Mental Health First-Aid at the Encounter Young Adult Conference in Conroe
- Dr. Ken was interviewed on KSHJ Catholic radio
- Sara Alexander led training sessions on The Nurtured Heart Approach for parents
- Our staff set up tables at various local gatherings (including “Together in Holiness” marriage enrichment conference, Young Catholic Professionals meeting), and attended several professional conferences (such as the Veterans Mental Health Conference at UH, Catholic Psychotherapy Association Annual Conference, and Houston Catholic Medical Association meetings).

Assessments and Evaluation in 2016

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

Psychotherapy and Spiritual Direction Services in 2016

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

103 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)

2,528 outpatient services were provided to individuals, couples, and families

Demographics of Those Served (all years combined):

99% described themselves as Christians

89% said that they were church-going

93% said they were Catholic

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

67% were adults (26-64 years old)

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

17% were adolescents (11-17 years old)

55% were engaged, married, or remarried

5% were divorced and 1% widowed

36% were single (never married)

2% were clergy, religious, or consecrated

52% of clients were multi-cultural ethnic, 48% were Euro-ethnic

Over 1000 clients have been seen from over 150 Catholic parishes in 5 dioceses

Funding

Our income was from two sources:

\$143,208..... from Fees for Services*
\$80,546..... from Donors

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

Our expenses were as follows:

\$21,064 for Rent and Utilities
\$180,431 for Payroll**
\$2,068 for Bank Charges (largely related to credit card processing)
\$5,298..... for Advertising and Promotion
\$1,736..... for Office Supplies and other Operational Costs
\$1,456..... for Information Technology
\$9,860..... for Employee Healthcare and Liability Insurance

**Payroll for 13 (full-time and part-time) staff members, including payroll taxes



2016 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





10 Things Parish Leaders Should Consider Doing About Mental Illness

(provided courtesy of the National Catholic Partnership on Disability)

1. Listen with compassion, and form relationships.
2. Occasionally include mental illness, addictions, and marriage problems in the Prayers of the Faithful.
3. Visit those with mental illness at home, in the hospital, and in jail.
4. Know how and where to make a treatment referral for both adults and youth.
5. Specifically include mention of mental illness and addictions when inviting parishioners to a healing Mass or service.
6. Invite parish groups to have speakers on mental illness or addictions at their meetings. Especially consider those in recovery to speak, if available and willing.
7. Invite persons with mental illness who live in group homes or apartments near your parish to worship and to social events. Make sure they feel welcome.
8. Learn about local mental health systems. Invite someone to speak to the parish staff or group of churches on this topic.
9. Believe in recovery and support it.
10. Include parents, siblings, spouses, and children of those with mental illnesses and addictions in your pastoral care, for they are hurting too.

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