



2018-2020 Annual Report

**PERFECT LOVE
DRIVES OUT FEAR**

1 John 4:18

“One of the ways in which we most securely insulate ourselves from transformation is by having lives that are too full for stillness and solitude.”

DAVID G. BENNER, PHD

**THE CHRIST-FILLED LIFE
IS A SELF-EMPTIED LIFE.**

• ADRIAN ROGERS •

**Good things
are coming
down the road.
Just don't stop
walking.**

**How people
treat other
people is
a direct
reflection of
how they
feel about
themselves.**

Come Holy Spirit

**Fill the hearts of your faithful
and kindle in them the fire of your love**

NADA TE TORBE,
NADA TE ESPANTE,
TODO SE PASA,
DIOS NO SE MUDA.
LA PACIENCIA
TODO LO ALCANZA;
QUIENA DIOS TIENE
NADA LE FALTA:
SOLO DIOS BASTA.

St^a Teresa de Jesús

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Thank you for studying and sharing our annual report!

The printing of this Annual Report was underwritten by:



UNIVERSITY OF
ST. THOMAS

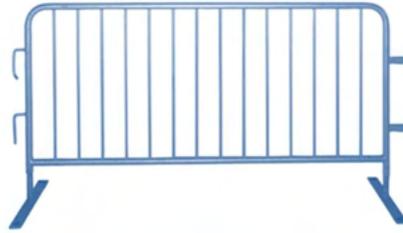


The mission of Gratia Plena is to provide mental and spiritual health services to address mental illness, addiction, marriage/family problems, and the spiritual distress that often accompanies these issues...in a manner which is faithful to the teachings, values, and traditions of the Catholic Church.



Our vision is to have Gratia Plena be a professionally run charitable nonprofit organization which strives to overcome barriers to healing, designed to promote wellness of the whole person to fulfill our human vocation for the glory of God and for the building of His Kingdom on Earth as it is in Heaven.

BARRIERS WE TARGET



We strive to overcome the following barriers to treatment and healing:

- ◉ Reluctance to refer/recommend someone for help
- ◉ High cost of professional mental health care
- ◉ Stigma (a wound that marginalizes people who need help)
- ◉ Race, culture, or ethnicity including language barriers
- ◉ Religious values mismatch between the therapist and client
- ◉ Limited office hours and phone availability
- ◉ Childcare challenges (for parents seeking services)
- ◉ Shortage of Catholic professional counselors
- ◉ Waiting lists or calls not being returned
- ◉ Transportation or distance to service locations
- ◉ The American mindset of self-sufficiency and self-focus
- ◉ Our culture of death, darkness, distrust, and division

A MESSAGE FROM Fr. TOM RAFFERTY



St. Anthony
of Padua
CATHOLIC CHURCH

7801 BAY BRANCH DR
THE WOODLANDS, TX 77382

P: (281) 419-8700

April 8, 2020

My name is Rev. Thomas Rafferty, pastor of St. Anthony of Padua Catholic Church, in The Woodlands, TX. St. Anthony's Parish has over 7500 registered families. During the course of my time leading this parish family as pastor, there has been an increased need for, and interest of, our parishioners for professional counseling. As a parish priest, it is of great importance to move a parishioner out of spiritual guidance sometimes into a more established approach of professional counseling. We felt and heard the need of the people and was soon introduced to Ken Buckle, Gratia Plena Counseling Center. His approach, in which faith and reason are integrated into their sessions, gives clients security in their religious convictions. Gratia Plena understands the Catholic faith and in consistency with the church teachings, their counselors are sensitive to the needs of each person in respect that all are created in the image and likeness of God.

I have been recommending our parishioners to Gratia Plena for several years and have found that our parishioners benefit greatly. And, it has been our understanding that Gratia Plena does not turn anyone away because of a lack of funds or the inability to pay. They also work with a diverse clientele.

I respect and admire Dr. Ken Buckle for his values, integrity, truth, courage, and faith. I would highly recommend Ken and his staff and the support that they give to the community. Please, support will make it possible for them to continue their mission and service.

In Christ,

Rev. Thomas Rafferty
Pastor
St. Anthony of Padua
The Woodlands, TX

AP.CHURCH

A MESSAGE FROM Dr. KEN BUCKLE

Dear Friends of Gratia Plena,

You may be wondering why this year's annual report spans multiple years: 2018, 2019, and 2020. This happened unfortunately because Gratia Plena was tremendously busy these years and we simply were not able to publish a report annually as we strive to.



You may recall that Hurricane Harvey, at the end of 2017, devastated Houston with torrential rains and gigantic floods. The stress of this event and recovery from it contributed to our being intensely focused on providing services in 2018. Consequently, we greatly increased the size of our team of workers in 2019. In 2020, the disaster has been the Coronavirus pandemic. The main concern of Gratia Plena is to deliver high quality psychotherapy and spiritual direction services for those who seek our assistance. We try not to get distracted from our mission by other less important tasks or events happening in the world.

Gratia Plena has nearly doubled in size in just a few short years and expanded the size of four of our five offices. We are currently being asked to launch a new office in the rapidly growing Fulshear area. To grow bigger and bigger as an organization is not at all our desire or goal. Our only mission is to serve the community and meet the needs and requests presented to us as best we can, making good use of the resources provided to us. Our mission is simply to continue the work of the Church, which is the mission of Jesus, loving our neighbors and seeing Him in them.

This year of 2020 while many businesses were closing, laying off, or furloughing their employees due to the pandemic, we have hired even more workers so that we can welcome more guests. We were fortunate to hire more bilingual counselors and spiritual directors so that we can better serve the Spanish and Vietnamese speaking communities.

We also began to support the work of the new San Jose Clinic in Rosenberg, a free medical clinic on the campus of Our Lady of Guadalupe Catholic Church. The San Jose Clinic is known for integrating physical and mental health care, which is indeed the future of medicine. We hope to be more involved in this joint venture in 2021.

We are thankful for community support through financial donations and grants, as well as practical support such as referrals for resources including students, volunteers, and new workers and finally your prayers. Prayer is powerful and is a sure sign of faith, hope, and love.

May the peace and grace of our Lord, the Blessed Virgin Mother Mary, and her chaste spouse St. Joseph be with you!

Dr. Ken

OUR PROGRAMS AND SERVICES

Assessments and Evaluation...

...are professional interviews sometimes using formal psychological tests, either to determine need for treatment, for legal purposes, or to gain entrance into programs, employment, and fields of study. Results of an 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 and evaluation services only.

Psychotherapy...

...is the most frequently used service at Gratia Plena. We offer therapeutic services to children, 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. Like assessments and evaluations, we charge a fee for these clinical services.

Spiritual Direction...

...is offered by trained and experienced lay staff or religious for individuals seeking to improve their relationship 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 as opposed to fees.

Training...

...is offered for new Catholic counselors and spiritual directors. 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 programs at several local universities. 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 and are important for the community.

Community Outreach...

...helps by bringing the concepts of psychological and spiritual health and well-being out to the parishes or schools 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 to us. 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 faith formation 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 more serious. Some of these services are offered free of charge by Gratia Plena staff, but usually we are happy to accept a donation or stipend like other speakers.

OUR IMPACT IN THE COMMUNITY

Community Outreach 2018-2020

- Continued to support those recovering from the stress of Hurricane Harvey.
- Assisted the Catholic Schools Office of the Archdiocese of Galveston-Houston.
- Provided counselors for the Rachel's Vineyard abortion healing retreats.
- Our staff made numerous presentations for mental/spiritual health for the COVID pandemic.

New Requests for Service:

- 2018 = 955, averaging 80 each month
- 2019 = 1082, averaging 90 each month
- 2020 = 1220, averaging 102 each month

Assessments and Evaluations Completed

(individuals, couples, and families seen for evaluation, some in crisis)

- 2018 = 737
- 2019 = 797
- 2020 = 759

Psychotherapy and Spiritual Direction Services Provided

- 2018 = 5577
- 2019 = 6220
- 2020 = 7681

Demographics of Those Served (all years combined):

97% described themselves as Christians

88% said that they were church-going

91% said they were Catholic

4% were older adults (65-93 years old)

64% were adults (26-64 years old)

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

19% were adolescents/children (3-17 years old)

2% were engaged to be married

51% were married, separated, or remarried

6% were divorced (single) and 1% widowed (single)

42% were single (never married)

2% were clergy, religious women, or in religious formation

54% of guests were from minority ethnic groups, 46% were white ethnic

Over 3600 guests have been seen from over 150 Catholic parishes in 6 dioceses

FINANCIAL OVERVIEW

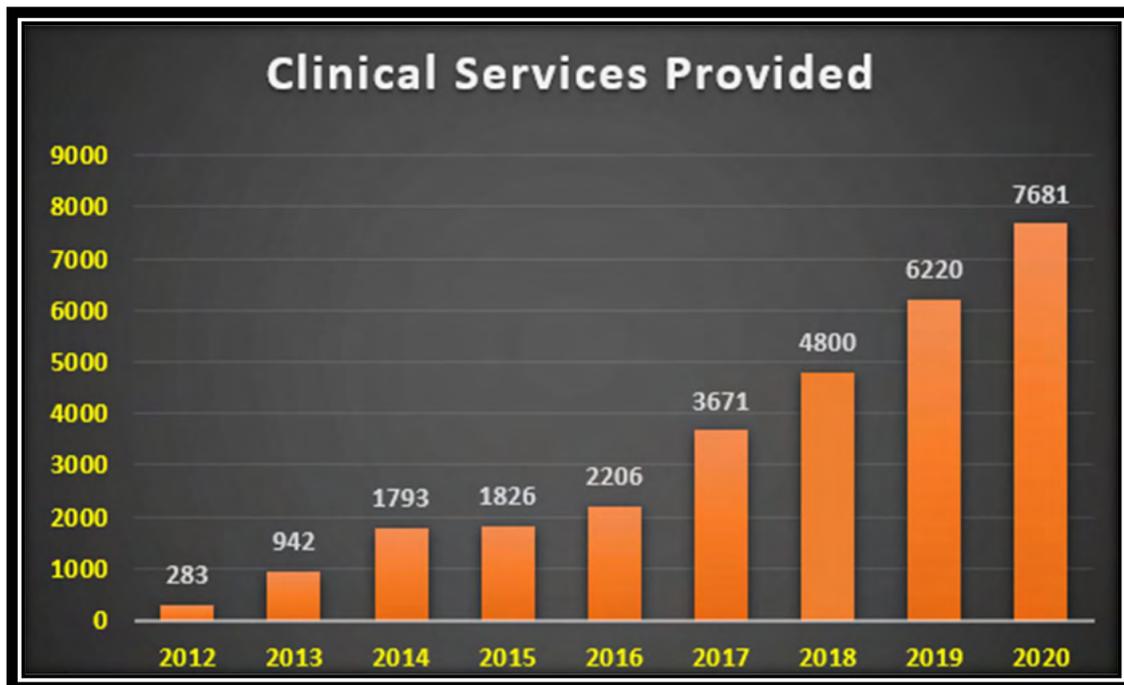
(our IRS Form 990 tax returns are in the public domain)

	<u>Fee for Services Income</u>	<u>Expenses</u>
2018	\$392,349	\$438,619
2019	\$468,236	\$544,466
*2020	*\$518,137	*\$697,125

Our income is from fees collected for services, which always falls below our expenses. As you can see, individual donations, parish support, and private foundation grants are our other sources of income and are vital to keeping Gratia Plena in operation.

Our two largest expenses are rent for commercial office space, and our workers' paychecks.

*unofficial at time of printing



2020 BOARD OF DIRECTORS

Victor Mendiola, MD (President)

Parishioner at St. Laurence; family practice physician at Mendiola Family Health Care in Houston.

John Burchfield (Vice President)

Parishioner at St. Theresa (Sugar Land); general counsel for David Weekly Homes.

Kate Mims (Secretary)

Parishioner at St. Anthony of Padua (The Woodlands); Retreat center director at the Holy Name Passionist Retreat Center in Houston.

Lloyd Waguespack, CPA (Treasurer)

Parishioner at St. Theresa (Sugar Land); accountant/bookkeeper at St. Cecilia

Fr. Stephen B. Reynolds

Pastor of St. Elizabeth Ann Seton parish in the Archdiocese of Galveston-Houston, one of the largest parishes in the United States

Deacon Randy Graham

Clergy staff at St. Faustina parish (Fulshear); Associate Vice President of Human Resources for the University of St. Thomas (Houston)

Kenneth Buckle, Psy.D. (Emeritus Board Member, nonvoting)

Parishioner at St. Laurence; Psychologist and Executive Director of Gratia Plena



We are currently accepting nominations and applications
for those interested in joining our board.

OFFICES AND CONTACT INFORMATION

Thérèse Office: 10707 Corporate Drive, Suite 135, Stafford, TX 77477

This was our first office, started in 2012 on the Feast of Our Lady of Lourdes, in a small, single room on Dairy Ashford. It moved to the Atrium Building on Corporate Drive in Stafford in 2013, offering three rooms with a private waiting area. It then moved next door to the Churchill Building in 2016 to a much larger suite. This space expanded and doubled in size in 2020. This office is named for Saint Thérèse of Lisieux since the Sugar Land parish community of St. Theresa provided the seed money to help us get started. This office is very near major freeways (Highway 90 at Highway 59) and on the city line with Sugar Land. It serves as our main office where all calls, billing, and other administration issues are managed. Multiple counselors, spiritual directors, and office administrative staff work in this office.

Mother Cabrini Office: 1110 NASA Parkway, Suite 111, Houston, TX 77058

This second office location started in March of 2015 on the Feast of the Annunciation at the invitation of the late Fr. Frank Fabj, pastor of St. Frances Cabrini parish. He provided us a temporary space in the priests' sacristy that is now part of the parish hall. This office moved off of the church campus in November of 2016 to a commercial building with two offices and a waiting area, but we elected to continue using the name of St. "Mother" Cabrini. It moved to a larger space in a neighboring building. This location is near Interstate 45 South (Gulf Freeway) and very close to St. Paul the Apostle parish near NASA.

Padre Pio Office: 26410 Oak Ridge Drive, Suite 115, Spring, TX 77380

Our third office location started in January of 2017 after a meeting with Fr. Philip Wilhite of Sacred Heart (Conroe) parish on the Feast of the Immaculate Conception (2016). He provided us a temporary space in the parish office where we began seeing clients. At about the same time, Fr. Tom Rafferty of St. Anthony of Padua parish allowed us to begin seeing clients temporarily at his parish office in The Woodlands. We combined these two operations and moved to the current location in 2019, into a private suite with two rooms and a waiting area. This office is one block west of Interstate 45 (North Freeway) on the border between Spring and The Woodlands.

Thomas Aquinas Office: 3300 Richmond Avenue., Suite 210, Houston, TX 77098

Our fourth office location opened in August of 2017 with one counselor on the Feast of the Assumption of Mary. This office was in a borrowed space shared by another nonprofit behavioral healthcare organization, located near Holy Rosary parish and the University of St. Thomas and Houston Community College campuses. We moved this office to the Upper Kirby area in 2019, to a private suite with two rooms and a waiting area. This office is near the University of St. Thomas and is one block north of Highway 59 (Southwest Freeway).

Cecilia Office: 911 Bunker Hill Road, Suite 117, Houston, TX 77024

Our fifth office location started in March of 2018 on the Feast of the Annunciation due to the kindness of St. Cecilia parish. After renovating the space with our own resources, we received the use of an office suite in the quiet little Bishop Rizzotto Building across the street from the church and school. Like most of our offices, we are thankful to be located near a major freeway to increase access, in this case the Interstate 10 (Katy Freeway) just east of Beltway 8 (Sam Houston Tollway).



To request an appointment, call our **(832) 532-0129** landline 24 hours a day, any day of the year.

Appointment requests (and donations) can also be received through our website:

www.gratiaplenacounseling.org

We can also receive appointment and employment questions through our general email at:

info@gratiaplenacounseling.org