



ANNUAL REPORT 2023

THE LORD HEALS THE
BROKENHEARTED, BINDING
UP THEIR WOUNDS
PSALM 147:3



(832) 532-0129



gratiaplenacounseling.org



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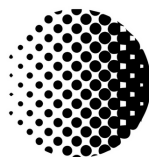
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Paul Stoessel, The “Cyber-
Catholic” featured on KSHJ
AM 1430 and Station of the
Cross is a catechetical
director and cybersecurity
speaker in the Archdiocese
of Galveston-Houston.



Gratia Plena's cybersecurity provider and sponsor

Our Mission

THE MISSION OF GRATIA PLENA IS TO PROVIDE MENTAL AND SPIRITUAL HEALTH SERVICES TO ADDRESS:



Mental Illness



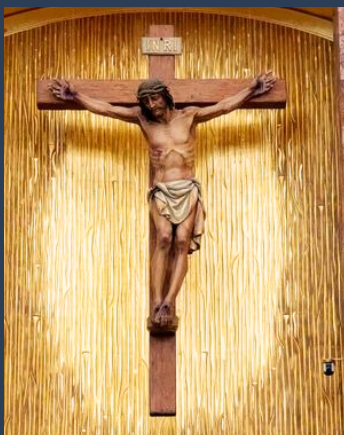
Addictions



Marriage & Family Problems



Spiritual Distress



Delivered in a manner which is faithful to the teachings, values and traditions of the Catholic Church.

Our Vision

Our vision is to have Gratia Plena be a professionally run charitable nonprofit organization that strives to overcome barriers to healing, designated to promote the 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.**



GRATIA PLENA STAFF ADVENT CELEBRATION
ST. CATHERINE CONVENT IN HOUSTON

In the Community

WE STRIVE TO OVERCOME THE BARRIERS TO
TREATMENT AND HEALING:



RELIGIOUS BARRIERS

- SHORTAGE OF CATHOLIC PROFESSIONAL COUNSELORS.
- RELIGIOUS VALUES MISMATCH BETWEEN THE THERAPIST AND CLIENT.

- RELUCTANCE TO RECOMMEND SOMEONE FOR HELP.
- STIGMA (MARGINALIZATION OF PEOPLE WHO NEED HELP)

SOCIAL BARRIERS



OFFICE BARRIERS

- LIMITED OFFICE HOURS AND PHONE AVAILABILITY
- WAITING LISTS/CALLS NOT BEING RETURNED

- HIGH COST OF PROFESSIONAL MENTAL HEALTH CARE
- TRANSPORTATION OR DISTANCE TO SERVICE LOCATIONS
- THE MINDSET OF SELF-SUFFICIENCY AND SELF-FOCUS

PERSONAL BARRIERS



CULTURAL BARRIERS

- RACE, CULTURE, OR ETHNICITY, INCLUDING LANGUAGE BARRIERS
- CULTURE OF DEATH, DARKNESS, DISTRUST, AND DIVISION

A Message from Fr. Jesse Garcia



St. Anthony
of Padua

CATHOLIC CHURCH

7801 BAY BRANCH DR
THE WOODLANDS, TX 77382

P: (281) 419-8700

Dear Friends,

Gratia Plena (Full of Grace) established 12 years ago by Dr. Ken Buckle, offers *"counseling which is faithful to the teachings, values, and traditions of the Catholic Church."* Its very name is the Angel Gabriel's greeting to Mary: 'Hail, *full of grace...*' (Lk 1:28). That encounter between the Angel Gabriel and Mary is a moment in which a spiritual being (the angel) encounters the human (Mary), and the conception of Jesus unites the human to the divine.

As someone versed in psychology, I know that today, the psychology of the human person, for the most part and in general, fails to acknowledge and value our spiritual, supernatural, and divine dimensions. Secular psychology tends to reduce people exclusively to the empirical and scientific realm. But we are not just body and mind; we are also spirit and soul. Gratia Plena offers counseling that maintains the integrity of the whole person: body, mind, soul, and spirit.

I wholeheartedly support and endorse Gratia Plena for being faithful to the anthropological vision that the Catholic Church herself has of the human person, that is, *"made in the image of God, with a unique 'divine image' present in every person."* With this vision, Dr. Ken Buckle, his counselors, and Gratia Plena as an organization engage 'the healing of the human person through integration for deep transformation and flourishing.'

As a priest and confessor, I encounter persons with mental illnesses, addictions, marriage/family problems and spiritual distresses, but I cannot adequately address these in the confessional. I constantly encourage penitents to seek out the help of Gratia Plena. It is such a blessing to be able to direct them to a trustworthy group of counselors who I know will be dependable agents of healing and faith.

I will continue to refer people to Gratia Plena and encourage anyone involved in pastoral care to feel confident in entrusting suffering persons to their care.

Sincerely in Christ,

Fr. Jesus Jesse Garcia

Pastor, St. Anthony of Padua, The Woodlands



A Message from Dr. Ken Buckle

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Dear Friends of Gratia Plena,

Gratia Plena has been engaged in a passionate mission of healing and teaching for over 10 years now. Our uniqueness in the mental and spiritual health recovery field is our fidelity to a Catholic approach in all we do. Our strength is the integration of mental and spiritual health. It is rare in the field today, unfortunately. It is more common for religion to be rejected in the field of mental health. Last year, Gratia Plena was honored to be recognized by the Archdiocese of Galveston-Houston as a Private Association of the Christian Faithful. We take this designation very seriously, and so we vet our service providers carefully before hiring them to ensure that they can be faithful to our mission.

While we are here for the Catholic community, we serve anyone who is interested in our services. Gratia Plena processed thousands of requests for our services in 2022. We accept those who have no healthcare insurance and those who can only pay a little toward their fee for service. We are blessed with generous donors and grants to help us survive as a nonprofit.

We can use your help to tell the community about our services. Knowing where to turn can mean the difference between life and death. It can be a difference between surviving in darkness versus thriving and flourishing.

Our Prayer Team (36 members strong) focuses on a different person in our care each week. Prayer is powerful! Our good Father in Heaven hears all of our prayers. The Prayer Team also offers thanksgiving for improvements and progress in the people we assist. This is all done anonymously, of course. Please consider being a part of our Gratia Plena Prayer Team!

We also invite you to be a part of our mission by becoming a regular donor or referring others to us who might like to support our work of mercy. The more support we have, the more we can provide back to the community. We are in a mental health crisis.

We can always use volunteers for different projects based on the strengths, skills, and resources of the person who is interested. In this way, you can be of service as Jesus described in Matthew 25. Please join us! We need you, and you are invited to join us!



May the grace and peace of our Lord Jesus Christ and
His Blessed Mother Mary be with you always!

Kenneth E. Buckle, Psy.D.
Texas Psychologist,
Executive Director of
Gratia Plena

Dr. Ken

Programs and Services



ASSESSMENTS AND EVALUATION

...are professional interviews sometimes using formal psychological tests, either to determine the 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 to the community.



COMMUNITY OUTREACH

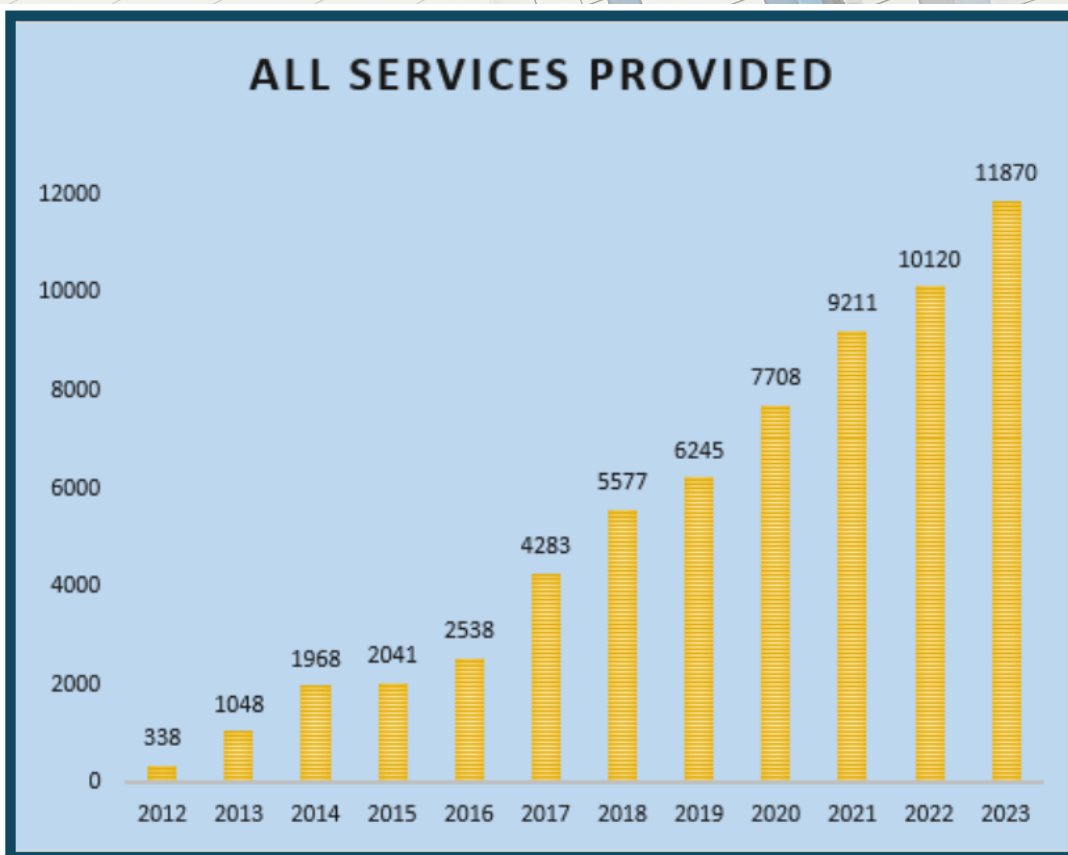
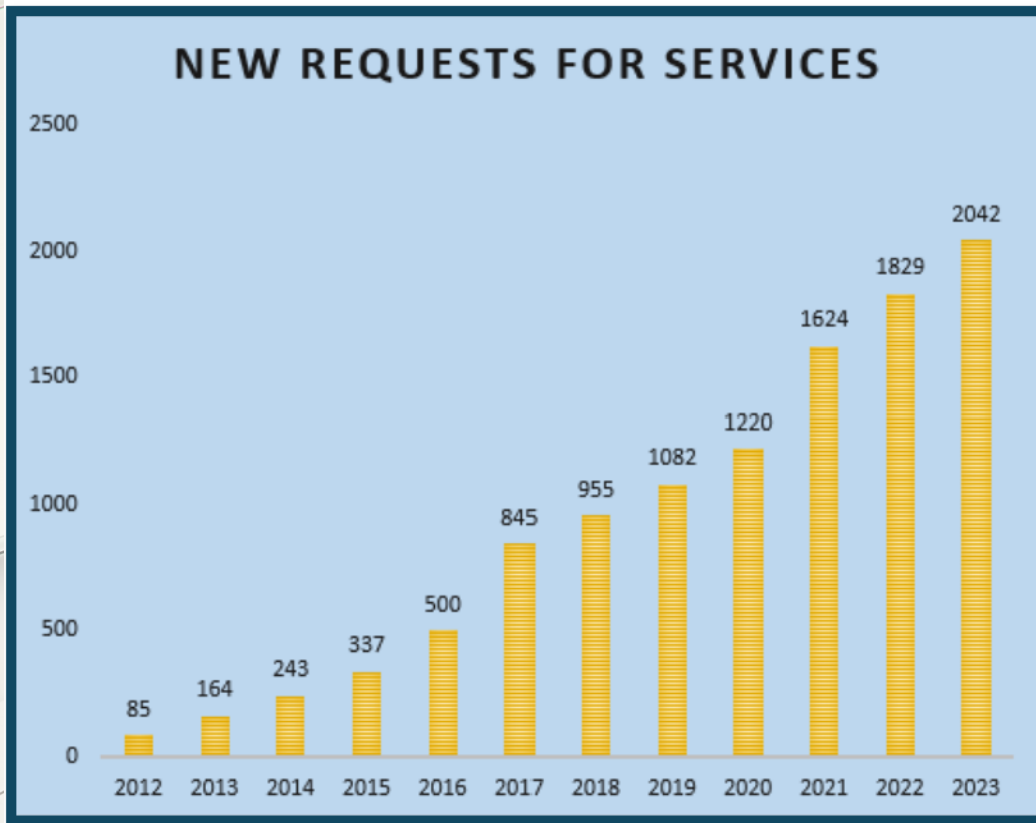
...helps by bringing the concepts of psychological and spiritual health and well-being out to the parishes or schools. By presenting these ideas to a wide audience, we may help prevent problems before they occur. Prevention programs are few in number today, as government mental health resources are focused mainly on severe mental illness and crisis management. Some services are offered free of charge by Gratia Plena staff, but usually, we are happy to accept a donation or stipend like other speakers.



Impact in the Community

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Gratia Plena Growth Charts:
12 Years of Service to the Community



Demographics of those Served

- 94% described themselves as Christians
- 89% said that they were church-going
- 92% said they were Catholic
- 5% were older adults (65+ years old)
- 62% were adults (26-64 years old)
- 12% were young adults (18-25 years old)
- 21% were adolescents/children (3-17 years old)
- 2% were engaged to be married
- 48% were married, separated, or remarried
- 5% were divorced (single)
- 2% widowed (single)
- 44% were single (never married)
- 2% were clergy, religious women, or in religious formation
- 56% of guests were from minority ethnic groups
- 44% were white ethnic

*Thank
You
for serving
our community
through us.*

Our merciful God provides all that we need, often through the assistance of others.

Financial Overview

our IRS Form 990 tax returns are in the public domain

	Fee for Services Income	Grants	Expenses
2023	\$751,404	\$436,854	\$1,215,724
2022	\$573,983	\$404,467	\$1,044,164
2021	\$575,699	\$242,270	\$869,965
2020	\$518,137	\$189,567	\$697,125
2019	\$468,236	\$99,320	\$544,466

Board of Directors

Victor Mendiola, MD *PRESIDENT*

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

John Burchfield *VICE PRESIDENT*

Parishioner of St. Theresa (Sugar Land); general counsel David Weekley Homes.

Rachel Motte *SECRETARY*

Parishioner of Our Lady of Walsingham; Freelance Writer and Editor.

Lloyd Waguespack, CPA *TREASURER*

Parishioner of St. Theresa (Sugar Land); personal and business accounting services.

Kate Mims

Parishioner and Director of Evangelization at St. Anthony of Padua (The Woodlands).

Fr. Wencil Pavlovsky

Pastor of St. Paul the Apostle parish in the Archdiocese of Galveston-Houston.

Will Cravens

Parishioner of St. Theresa (Houston); Executive VP of the Scanlan Foundation.

Joel Mathews, CPA

Parishioner of Epiphany of the Lord (Katy); Partner at Turlington & Mathews, PLLC.

Dr. John Bertini, MD

Parishioner of Annunciation Catholic Church (Houston); Urologist at Gulf Coast Urology.
Chairman, Board of Directors - St. Joseph Medical Center.

Kenneth Buckle, Psy.D. *EMERITUS BOARD MEMBER, NONVOTING*

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

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



**JOIN
US**

Office and Contact Information

We have office locations throughout Houston in commercial properties near major highways:

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

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

Thomas Aquinas Office: 3100 Richmond Ave., Suite 210, Houston, TX 77098

Francis of Assisi Office: 14800 St. Mary's Lane, Suite 109 Houston, TX 77079

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

We have additional counselors at:

Our Lady of Guadalupe Catholic Church: 2405 Navigation Blvd. Houston, TX 77003

Our Lady of Guadalupe Catholic Church: 1600 Avenue D, Rosenberg, TX 77471

Prince of Peace Catholic Community: 19222 SH 249 Access Rd. Houston, TX 77070

Holy Name Passionist Retreat Center: 430 Bunker Hill Rd. Houston, TX 77024

San Jose Clinic – Midtown: 2615 Fannin St. Houston, TX 77002

San Jose Clinic – Ft. Bend County: 1615 Avenue E, Rosenberg, TX 77471

Request an appointment: call our landline 24 hours a day, any day of the year:

(832) 532-0129

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

www.gratiaplenacounseling.org

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

info@gratiaplenacounseling.org