



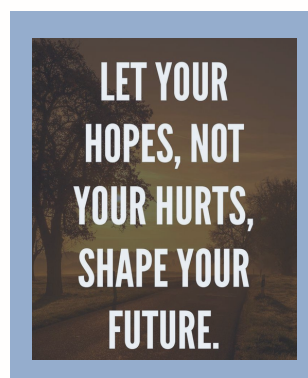
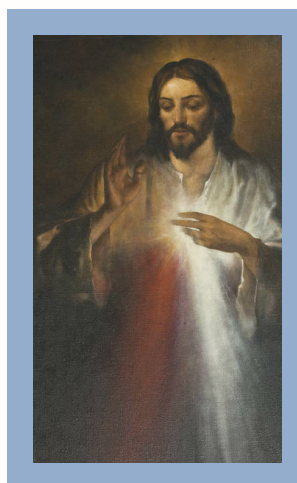
Gratia Plena

Gratia Plena Annual Report

2021

*"Heal me, O Lord, and I shall be
healed; save me, and I shall be
saved: for You are my praise"*

Jeremiah 17:14



(832) 532-0129



www.gratiaplenacounseling.org



10707 Corporate Drive, Suite 135,
Stafford, TX 77477

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Thank you for studying and sharing our
annual report!

The printing of this annual report was underwritten by:



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Mission Statement

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.



Vision Statement

Our vision is to have Gratia Plena be a professionally run charitable nonprofit organization which strives to overcome barriers to healing, designated 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 value 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/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 Dr. Ken Buckle

Dear Friends of Gratia Plena,

Houstonians will never forget the unusual and mysterious winter freeze that occurred in February 2021 and closed everything for several days due to the failure of our power grid in Texas. The year however was still largely dominated by stress and concern about the 2019 Coronavirus pandemic. Although immunizations were available, many still became ill, though not as severely as in 2020, thanks be to God. People were out of work, and many began struggling financially.



Gratia Plena experienced an expansion in people seeking our mental and spiritual health services, averaging 102 calls a month in 2020 but 135 a month in 2021. The number of intake evaluations completed in 2021 jumped 23% over 2020, and the number of services provided in 2021 rose 15% over 2020. While many businesses were shutting down and laying off workers, we significantly boosted our workforce to meet demand. We are thankful for God's providence in sending us great people to join our mission of mercy.

We know other reasons for the growth in calls for our services. People increasingly recognize Gratia Plena as an oasis for those with limited financial resources and no insurance coverage. As we have done for many years, we continue to serve all ethnic backgrounds and socioeconomic levels using a sliding fee scale. Gratia Plena is also unique in our unwavering perspective on the dignity of life, the revelation of the human body, the beautiful complementarity of men and women, the greatness of our vocation to love, and what it means to be fully human, fully alive.

Despite the challenges of the day, Gratia Plena continues to address the dramatic shortage of mental health professionals by training future Catholic counselors from graduate programs such as the University of St. Thomas and Divine Mercy University. Many of those students become employed by Gratia Plena after graduation. We also help train spiritual directors. In our meetings with our guests, we integrate faith with mental and emotional healing. Jesus is the Divine Physician!

We invite and encourage you to be part of our mission, by becoming a regular donor or by referring us to others who would like to support our work. Gratia Plena doesn't continue without the backing of the community. We are one body!

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

Dr. Ken

A Message from Fr. Philip Wilhite



Catholic Church

June 22, 2022

Dear Brothers and Sisters,

Mental wellness is a topic that is still avoided by many and thought of as a stigma that brands a person for life if they seek out needed counseling. *We are changing this attitude towards personal care and mental health so that we all may benefit from the various forms of care that we need to be healthy.*

I am pleased to recommend to you, as I have to many parishioners, Gratia Plena Catholic Counseling – whom I have come to know over my 12 years at Sacred Heart. All of the counselors have excelled in assisting clients for family, marriage, and personal counseling – and they are bilingual! What a great resource to have as a pastor to assist parishioners in their need and to offer a referral that will help them even more.

The pandemic and our economy are causing great stress for individuals and families, presenting with increased depression and anxiety – sometimes accompanied by suicidal thoughts. Gratia Plena blessed our parish recently by offering sessions open to anyone to discuss these topics and to learn positive ways to deal with them.

I hope you too will find in Gratia Plena an ally for pastoral care and mental wellness!

Gratia Plena: 832-532-0129 or gratiaplenacounseling.org

In Christ,

A handwritten signature in black ink, appearing to read "Rev. Philip Wilhite".

Rev. Philip Wilhite
Pastor

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.

Counseling

...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 2021

- Ongoing efforts to support those recovering from the stress of COVID.
- Assisted AGH Catholic schools with mental health presentations and consultations.
- Provided counselors for the Rachel's Vineyard abortion healing retreats.
- Gratia Plena staff made numerous presentations for mental/spiritual health for the COVID pandemic.

New Requests for Service

- **2019:** 1082, averaging 90 per month
- **2020:** 1220, averaging 102 per month
- **2021:** 1624, averaging 135 per month

Assessments and Evaluations Completed

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

- **2019:** 797
- **2020:** 759
- **2021:** 931

Counseling and Spiritual Direction Services Provided

- **2019:** 6220
- **2020:** 7681
- **2021:** 8785

Demographics of Those Served (all years combined)

96% described themselves as Christians
 89% said that they were church-going
 92% said they were Catholic

5% were older adults (65-93 years old)
 63% were adults (26-64 years old)
 14% were young adults (18-25 years old)
 21% were adolescents/children (3-17 years old)

2% were engaged to be married
 49% were married, separated, or remarried
 5% were divorced (single) and 1% widowed (single)
 44% were single (never married)
 2% were clergy, religious women, or in religious formation

55% of guests were from minority ethnic groups, 45% were white ethnic
 Over 4800 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

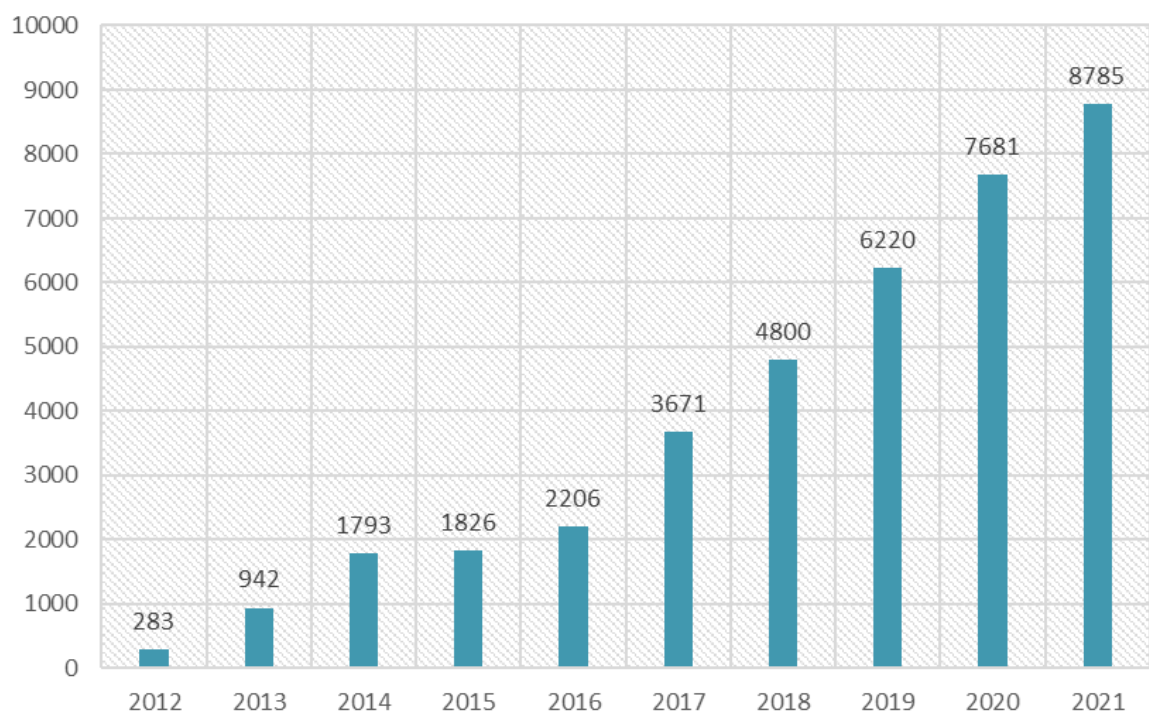
	Fee for Services Income	Grants	Expenses
2019:	\$468,236	\$99,320	\$544,466
2020:	\$518,157	\$189,567	\$697,125
2021:	\$574,214	\$242,270	\$869,965

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.

Clinical Services Provided



2021 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 David Weekley 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 and Director, Family Life Ministry, St. Faustina Parish (Fulshear).

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 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