THE CENTER OF HOPE.

A YEAR OF GROWTH.

THE ECUMENICAL CENTER FOR
EDUCATION. COUNSELING. HEALTH.

GROWTH AT THE CENTER OF HOPE. DEEPER ROOTS. MORE BRANCHES.

Every seed grows from its own center outward, establishing roots, sending shoots upward, forming branches, growing leaves, blooms and fruit.

All this takes time, of course, not to mention care and patience on the part of those who oversee and contribute to its growth. But the outcome can be inspiring and beautiful to behold.

The Center has developed in a similar way. Since 1967, we've been The Center for hope in San Antonio and South Texas. And recently, thanks to those of you who've given us so much support, we've become The Center for growth.

During 2015, that growth was truly dramatic. And it occurred in a variety of areas, including:

- individuals served – up **10% beyond** the record we broke last year.
- counseling clients offered fee subsidies – **98.8%**.
- satellite offices – we tripled the number of our San Antonio neighborhood locations.
- projects beyond San Antonio – including a new initiative in Corpus Christi.

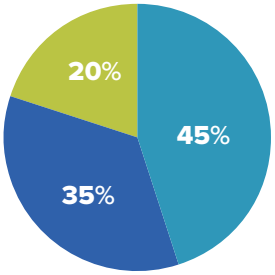
As with all plants in the garden, growth requires that we maintain a system to feed the roots (with contributions and other sources of revenue) so that we'll be able to distribute the fruits through the branches of our operation.

That's why we've put these simplified charts on our opening page – to show how we manage the fees that we earn and the donations you so generously give. And the rest of this report will show you just how well our garden has grown this past year.

OUR ROOTS.

HOW WE FUEL GROWTH FOR THE CENTER.

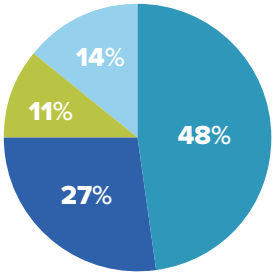
2015 REVENUE



OUR BRANCHES.

HOW WE DISTRIBUTE THE FRUIT OF OUR GROWTH TO THE COMMUNITY.

2015 EXPENSES



I don't want to sound like the proverbial broken record, but the fact is that The Ecumenical Center continues to break records. I mentioned some in my letter last year. So let's revisit some of the main categories.

First, consider the number of individuals served. In 2014, we reached 20,000, which was a record high and an 18% gain over the prior year. Yet last year, it went up another 10% – to 22,000. And more than half of these new clients were children!

Given the type of specialized and time-intensive services we provide, such year-over-year expansion is remarkable.

We also grew in ability to keep care affordable. How? We were able to provide over $500,000 in fee subsidies to those who couldn't otherwise afford counseling. We're talking about children, families, adults, veterans – in fact, 98.8% of all clients who came to The Center for counseling received fee subsidies!

We literally tripled our local outreach facilities, growing from one to three satellite offices.

We've grown in our efforts beyond San Antonio, as well – a partnership with a Corpus Christi medical clinic has joined our ongoing programs in the Rio Grande Valley and elsewhere in South Texas.

Neurofeedback program participation, veteran services, overall counseling visits, and (thankfully) our operating budget and philanthropic gifts all showed healthy increases for last year.

In our 2014 annual report, the last line I wrote was: "...thank you for your generosity and please continue your financial support. And I will look forward to sharing more 'good news' letters like this in the future."

As you can tell, this is very much a good news letter – and your support is the reason. So at the risk of repeating myself, thank you very much. Again!

Sincerely,

Louis Zbinden

The Rev. Dr. Louis H. Zbinden, Jr.
Chairman of the Board

Dear Friends,

Last year, I wrote: “Let’s keep hope a fully-rooted and growing factor for all programs at The Center.” I am happy to tell you that this has indeed been accomplished during 2015. So successfully, in fact, that growth itself seemed the ideal theme for this year’s annual report.

As CEO, it’s my job to keep track of these things and report to you. But I’ll keep my own comments brief.

As a topline figure, we achieved 95% of the initiatives defined for 2015 as part of our 3-year strategic plan. You may recall that last year, we hit 92% and adjusted our goals accordingly. Frankly, almost (but not quite) reaching 100% feels very good. It tells me that our professional team and our volunteers are working hard, accomplishing good things, but that we’ve also been challenging ourselves – really stretching our current capabilities. And throughout this annual report, you’ll see the results: increases in people we’ve counseled, communities we’ve served, subsidies we’ve offered, programs we’ve started or expanded – with special emphasis in the areas of Art Therapy, Ethics in Business, and support for local congregations.

Many thanks to all who helped us reach these marks. Tracking the consistent progress we make on our strategic plan will help us stabilize our operation and create realistic projections for the next item on the menu: long-range planning for The Center.

I also want to thank all of you – local individuals, groups and professionals here at The Center – who responded to my call to focus on suicide awareness and prevention this past year. We received wonderful input and suggestions for initiatives in an area that is of tremendous concern for all of us engaged in mental healthcare.

Since suicide prevention can involve all age groups, some of our discussions included counselors from school districts throughout the area. Their insights prompt me to suggest that additional study needs to be done on the expanded kinds of stresses experienced by children and adolescents today. Bullying, verbal and other types of abuse, stresses to behave or perform well in school... these have always been around, but today they’re exacerbated by the nearly universal availability of cell phones, online chat rooms, social media in general, and other sources of pressure. I want us to look for strategies to help combat the severity of this stress – and specific ways in which we here at The Center can further support our young people.

On a completely different note: I’m giving all of you fair warning that you may be hearing from me during the next year or so. We have a very special occasion coming up in 2017 – the 50th Anniversary of The Ecumenical Center – and I’ll be looking for people who can help us compile stories, photos and memories of this past half century. If you’ve been involved in any way, I want your voice to be heard during this year filled with celebration and gratitude.

For now, I’ll let you continue reading the good news contained in this report. And I’ll thank you once again for the support you continue to provide to our community through The Ecumenical Center.

Sincerely,

Mary Beth Fisk
CEO/Executive Director

IN THE MIDST OF GROWTH, REMEMBERING THOSE WHO PLANTED THE SEED.

No, the individuals who started our organization weren't farmers. They were clergymen. But Episcopal Bishop Everett Holland Jones, Rabbi David Jacobson, Methodist Bishop Eugene Slater, and Catholic Archbishop Robert Lucey shared certain traits with those who pursue agricultural goals. They had perseverance. They had faith. They also weren't afraid of hard work. Good thing. Because the vision they shared was nothing less than a way for medicine, psychology, research sciences, business, society and faith to find a common center. And this was 1967 in South Texas – hardly a time or place where such ideas were likely to take root. But our founders had determination to match the genius of their vision.

So first, they prepared the soil. In true "ecumenical" fashion, they brought together others from San Antonio's various religious and spiritual traditions. Then they plowed down the barriers between these groups and local medical and scientific communities. They worked with universities and with corporations. And they planted the seed of what became formally known as The Ecumenical Center.

That was 48 years ago. And we've been growing ever since. Since we first opened our doors in the South Texas Medical Center, we've done what a center does best: bring people together, channel ideas and services, provide balanced views, and reach out to those who need our specialized help.

Specifically, The Center offers people support for physical, emotional, ethical and spiritual wellbeing. We connect and educate clergy and other spiritual leaders. We bring medical, business, science and other professionals together to promote strong ethics within their respective fields. We encourage mental health professionals to build on their knowledge for helping others. And we actively monitor our communities and our world for new opportunities for The Center to help – including the growth of new "branches" (satellite facilities) that you'll read about elsewhere in this report. In short, we still faithfully follow the mission and vision set out for us by our founders. And we maintain our legacy of helping people in the most holistic, innovative, and inclusive ways possible.

Foundation Board Chairmen

Veterans Day Celebration

Legacy of Hope Luncheon

GROWING SERVICES. GROWING SUCCESS.

During 2015, The Center:

- Served **22,000+ people** through counseling, education and health programs and services. This included:
  - **12,000 adults**
  - **10,000 children**
    - 17% (1,700) 2-5 years old
    - 56% (5,600) 6-13 years old
    - 27% (2,700) young adults (over 13 years old)
- Welcomed **6,255 counseling visits** – another increase beyond our record-setting year in 2014!
- Completed the first year of operations for our Central City Counseling Office at **Christ Episcopal Church.**
- Opened 2 new satellite offices:
  - **Schertz United Methodist Church**
  - **Alamo Heights United Methodist Church**
- Expanded usage of our recently **updated branding** in new brochures, posters and other support materials.
- Established the **Integrative Behavioral Health** pilot program in **Corpus Christi.**
- Launched the new **Clergy Education Series** with two conferences during 2015.
- Laid the foundation for a **chaplain program** focused on law enforcement agencies.
- Relandscaped and expanded **The Center's garden** as part of an ongoing physical expansion plan.
- Hosted numerous successful special events, including:
  - **Legacy of Hope Luncheon**
  - **Veterans Day Celebration – Beyond Barriers** (addressing veterans' needs)
  - **Ethics in Business Luncheon**
  - **Art Heals Hearts –** now fully established and newly expanded.
- Expanded existing special programs, including:
  - **Veterans Recognition and Services –** with keynote speaker Major General Kevin Bergner.
  - **Open Studios –** this Art Therapy initiative has been so successful that we've increased frequency and expanded the range of artistic media used.
  - **Therapeutic Expressive Program and Art Heals Hearts –** these closely-aligned initiatives have expanded to include:
    - A broader range of visual art options
    - Poetry & prose writing workshops
    - Music in varied forms
    - Heart Rhythms – therapeutic rhythm sessions
    - Scarf-making workshops – monthly sessions with noted local artist Gini Garcia

Legacy of Hope Luncheon
This 2015 event featured:

- **Elizabeth Smart** speaking on her own abduction and on helping children survive tragic events.
- A tribute to special honoree **Mrs. Beverly Smith**.

Legacy of Hope Luncheon

Ethics in Business Luncheon

Ethics in Business Luncheon
This 2015 event featured:

- Local university students sharing what they learned.
- Lahourcade Award honoree **Mrs. Phyllis Wenglein** (and posthumously, **Mr. George Wenglein**).

Legacy of Hope Luncheon

Legacy of Hope Luncheon

Ethics in Business San Antonio

STABILIZING CURRENT SERVICES TO PREPARE FOR FUTURE GROWTH.

Because The Center has grown so quickly and in so many ways, we foresee the need to let programs stabilize, integrate with our schedule, and grow incrementally and naturally, so that we can evaluate them and plan intelligently for further growth. Specific plans for 2016 include:

FUTURE EXPANSION PLANS – PHASE 1 OF 3.

- **Additional expansion of our Therapeutic Gardens** – following a master plan to transform the grounds of The Center in the Medical Center. A two-part matching grant totaling $200,000 was generously provided by the S.A. Medical Foundation, and we are proud to report that the first $100,000 was successfully raised last year. The remainder will be our 2016 goal.

- **Service expansion at all satellite counseling offices in the San Antonio area** – especially the introduction of new therapy options at:
  - Schertz United Methodist Church
  - Alamo Heights United Methodist Church

- **Formal initiation of the Chaplains for Justice program**. This will include partnerships with the San Antonio Police Department, the Bexar County Sheriff's Office – and possibly the Bexar County Constables.

- **Expand Therapeutic Expressive Program and Art Heals Hearts** – grow these closely-aligned initiatives to include:
  - New group planned for children with Asperger's Syndrome and Autism.
  - Broadening into poetry, prose writing, music and specialized play therapies.
  - Integration of music and other new additions to annual exhibition.

- **Consideration to create an Institute of Therapeutic Arts Program** – based on the past years of success and expansion in the arts as therapy, development of this into a full institute is planned for 2016.

- **Formalize the expansion into Corpus Christi** – Integrated Behavioral Health pilot program.

The Ecumenical Center continues to play a vital role in promoting mental, spiritual and emotional healing in our community. In a collaborative effort with many local teaching institutions, churches, synagogues, corporations, law enforcement groups, and medical professionals: as well as numerous community nonprofits, The Ecumenical Center served over 22,000 patients in 2015, with approximately half of them being children. We are honored to serve as chairmen of The Ecumenical Center Foundation Board, which continues to grow and serve in an advocacy role for The Center. We welcome all who want to be a part of this effort to join us and become familiar with the many excellent programs available. With gratitude and humility, we thank this community for continuing to help enhance the excellence of The Ecumenical Center.

- Chuck and Yolanda Anderson

WHO BROUGHT ABOUT ALL THIS GROWTH? WE HAVE A NUMBER OF SPECIAL PEOPLE TO THANK.

The Najim Foundation (grant for children's services), Dr. Kelley & Pat Frost for serving so capably as Chairmen, and you — for your outstanding support, year after year. The enlarged budget we worked with this year, which allowed us to accomplish an extraordinary 95% of our projected initiatives and to help so many thousands of people, was made possible only through your great generosity and your sense of ownership of our endeavors.

Donors define the essence of our message of hope.

They understand our goals, share our vision, assure our success, and earn our admiration for their generosity. The 2015 donors included:

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Grants

Grants help us serve specific groups in specific ways – and are vitally important to the robust health and expansion of several of our programs. This year, grants included:

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Despite our best efforts, errors and omissions occur. If so, please accept our apologies and notify us immediately.

Acknowledgments

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Hazzan Jeremy Lipton, Agudas Achim
Ms. Katie Smith, USAA
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ETHICS IN BUSINESS SAN ANTONIO LUNCHEON

2016

Mr. and Mrs. Vernon Torgerson
Chairmen

2015

Mr. and Mrs. John Ferguson
Chairmen

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Mrs. Dianne Dorsett, Methodist Healthcare Ministries
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Col. (Dr.) Tom McNish (USAF Retired)
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Lt. Col. Frank Emmett, PhD (USAF Retired), The Ecumenical Center
Col. William Dean Rasco (USAF Retired), *Member Relations Consultant,* Federal Health Care Section at American Hospital Association
Ms. Mary Beth Fisk, *CEO,* The Ecumenical Center

LEGACY OF HOPE LUNCHEON

2016

Mr. and Mrs. Ted Terry
Chairmen

2015

Mr. and Mrs. Chuck Anderson
Chairmen

TESTIMONIALS

SCOTT GARRIGUS AND TINA RABE

Scott Garrigus: It was a good experience. It was new and something I've never done before. I played PacMan. I could keep playing as long as I stayed focused. If I lost focus, it would stop. Learning how to focus made it easier for me to learn in school. I'm less distracted in class, so I'm making better grades, and because of that I can even play football now.

"I was struggling with bad grades. Now I'm less distracted in class...and I'm making high **Bs** and **As**."

Tina Rabe (Scott's mom): Scott has Attention Deficit Disorder (ADD), but I didn't want to give him meds. We did that with his little brother and the meds caused him to become withdrawn and depressed. So The Center suggested Neurofeedback. We met with Nick, who put a cap on Scott's head to map brainwaves and see where pathways weren't connecting. Then they had Scott play a video game. He could see it clearly when he was focused, but when he lost focus so would the game! So Neurofeedback (NFB) was non-invasive and it really helped. It gave Scott the same competitive advantage as all his friends. Before therapy, Scott was struggling to stay on-task in school...getting mostly Cs and low Bs. Now he can focus and pay attention – and makes mostly As and some Bs. I really think that God led us to this place.

MARY'S LIFE AFTER LOSS

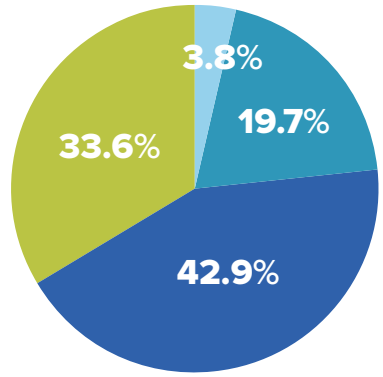
Sandy Preininger: Mary had big plans for the future. She was going to retire and spend time with her recently retired husband, and they would enjoy each other's company; however, her plans were turned upside down when she was in a head-on car accident about a mile away from her home. Mary had two broken legs, a broken collarbone, and a number of other injuries. Her husband, Mark, was killed instantly. After a year of grief, Mary finally began attending one of The Ecumenical Center's 'Life After Loss' groups when a friend told her about the program.

Mary Sorenson: They gave me permission to grieve, to not be strong all the time, to cry if I needed to cry, and to heal at my own pace, not at anyone else's. It gave me a chance to connect with others who were going through the same kind of heart-breaking losses, each in their own way and their own time.

"They gave me permission to grieve, to not **be strong** all the time. . ."

FINANCIALS

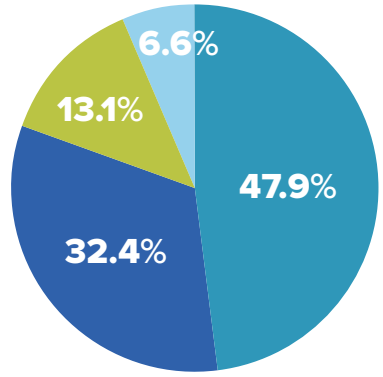
2015 REVENUE



- Counseling
- Donors
- Education
- Investments

Total $1,823,855.00

2015 EXPENSES



- Counseling
- Education & Outreach
- Fundraising
- Program Support

Total $1,813,047.00

2015 STATEMENTS OF FINANCIAL POSITION

	2015	2014
ASSETS		
Cash & Cash Equivalents	332,290	290,733
Investments	2,099,145	2,184,800
RECEIVABLES:		
Pledges & A/R	181,952	184,284
Other A/R, Fees	47,205	68,583
Total Receivables	229,157	252,867
Prepaid & Other Assets	8,154	7,337
Land, Building, Equipment *less accumulated depreciation*	1,275,345	1,337,648
TOTAL ASSETS	**3,944,091**	**4,073,385**
LIABILITIES AND NET ASSETS		
A/P & Other Payables	6,763	34,381
Accrued Liabilities	38,356	36,246
TOTAL LIABILITIES	**45,119**	**70,627**
NET ASSETS		
BOARD DESIGNATED FIXED ASSETS:		
Unrestricted Funds	216,003	227,961
Land, Building, Equip	1,347,658	1,476,530
	1,563,661	1,704,491
Temp Restricted Grants	215,813	63,071
Endowment	1,956,364	2,006,364
TOTAL NET ASSETS	**3,735,838**	**3,773,926**
NET INCOME	**163,134**	**228,831**
TOTAL LIABILITIES & NET ASSETS	**3,944,091**	**4,013,612**

The Ecumenical Center Endowment was established to achieve a long-term balanced portfolio in support of the healing work of The Center. This endowment – at present over $2,000,000 and with interest earned going to the programs of The Ecumenical Center – was made possible with generous donations from Bishop Everett & Helen Jones; Methodist Hospital Foundation; Davidson Family Foundation; Rabbi David & Helen Jacobson; and John B. & Mary Lou Lahourcade.

NOTE FROM THE BOARD BUDGET AND FINANCE CHAIR

In 2015, The Ecumenical Center continued to move forward in growth, service and fiscal soundness. The hard work of our Executive Director, Mary Beth Fisk, and her excellent and dedicated staff, the leadership of the Operating Board and support from the wonderful members of the Foundation – all enabled The Center to reach record numbers of individuals and expand programs, while maintaining good stewardship of resources. Many thanks to all of you.

Vernon Torgerson, *Budget and Finance Chair*

We welcome you to become a supporter and/or volunteer.

The work of The Ecumenical Center would not be possible without the generous donations from individuals, congregations, foundations and businesses, and from the fees generated from The Center's services and programs. Gifts to The Center will help us continue providing creative, much needed services to our community for people of all economic groups.

HOW CAN YOU HELP?

Participate through:

- Making a donation
- Planned giving
- Funding our endowment
- Attendance or sponsorship for our events
- Honorariums and Memorials
- Matching Grants

MAKE A DONATION

Your generous gifts may be made online at **www.ecrh.org** or mailed to:

The Ecumenical Center
8310 Ewing Halsell Dr.
San Antonio, Texas 78229

We would be delighted to speak with you about any of the gift giving or volunteering opportunities. Please call us at **210.616.0885**.

Ms. Mary Beth Fisk, MT, CTBS, CQA
CEO/Executive Director

Rev. Dr. Don L. Anderson
Executive Director Emeritus

OUR MISSION

The Center is an ecumenical force for hope, dedicated to alleviating suffering and facilitating spiritual, ethical, physical, emotional and intellectual healing and growth for our community and God's world.

OUR VISION

The Center where knowledge, faith and healing unite.

THE ECUMENICAL CENTER FOR
EDUCATION. COUNSELING. HEALTH.

For more information, please contact our Headquarters at 210.616.0885.

Headquarters
8310 Ewing Halsell Drive
San Antonio, TX 78229

Alamo Heights United Methodist Church
825 E. Basse Road
San Antonio, TX 78209

Schertz United Methodist Church
3460 Roy Richard Drive
San Antonio, TX 78154

Christ Episcopal Church
510 Belknap Place
San Antonio, TX 78212

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