ADAPTABILITY.
SUPPORT.
PROGRESS.
HOPE.
RESILIENCE.

BUILDING RESILIENCE:

RESPONSE TO TRAUMA

2020-2021

ANNUAL REPORT

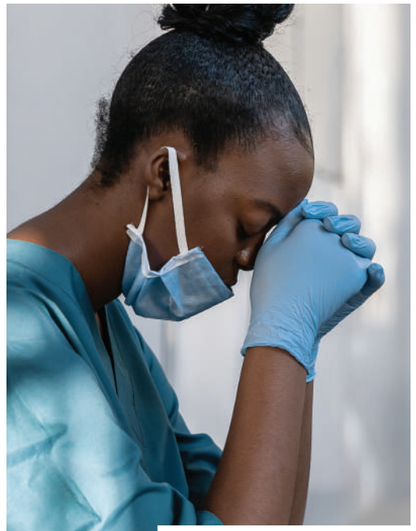
THE ECUMENICAL CENTER FOR
EDUCATION. COUNSELING. HEALTH.

www.ecrh.org

When thinking about the years 2020 and 2021, a few words might come to mind. Exhausting and Anxious. Depression, financial stress and loneliness reached record highs. There was an unprecedented need for affordable mental healthcare. They were two of the most difficult years for health and wellness in recent history.

But consider the years in the context of The Center's immediate and ongoing responses and you may think of different words. Adaptability. Support. Progress. Hope. Resilience. That last word, *resilience*, was the common goal at the heart of all our initiatives. We helped our South Texas communities bounce back from loss and adversity through education, counseling and health.

From wellness conversations to the comfort kits we provided schools, and many other initiatives you'll read about in this report, The Center's response to the traumas of these two years was swift, effective and resilient.



ADAPTABILITY.

SUPPORT. PROGRESS.

HOPE.

RESILIENCE.

DEAR FRIENDS,

RESILIENCE. These last two years have tested the resilience of everyone and every non-profit organization in San Antonio. The Ecumenical Center was no exception.

In 2020, The Center had to shift dramatically from an almost 100% in-person counseling model to adopting a secure tele-health platform in the space of about two weeks. I am happy to add that our counselors and staff showed resilience as they adapted to a new normal with some of the staff working from home and some of the staff establishing a new work normal of wearing masks and sanitizing everything every hour. It can be proudly reported that none of The Ecumenical Center's employees lost their jobs during this economically difficult time.

In 2021, most of the staff and clients were back in-person, better, stronger and more resilient than ever. During this time, The Ecumenical Center received recognition from The National Council for Behavioral Health for the innovative programs launched in response to the COVID-19 pandemic. The Ecumenical Center's website now features "COVID Fatigue and Trauma: A Journey to Wellness," which is a compilation of all the resources that were created to serve the public during these unprecedented times.

During 2021, The Ecumenical Center was proud to achieve National Certification in Trauma Informed Care (TIC), the only nationally certified TIC Center in Texas. As the Center for Trauma Informed Certification in South Texas, The Center has developed, piloted and validated standards of practice for TIC. We have certified two large agencies in San Antonio. After the pandemic, everyone, including the staff, knew about trauma. This led The Center to concentrate on self-care for the staff, introducing a calming space which offers massage chairs and relaxing music.

The Victims of Crime program, which began in Sutherland Springs after the mass shooting in 2017, has now expanded to include victim's services to Bexar and the surrounding counties, to the Hill Country, serving Marble Falls and Blanco and also to Corpus Christi, serving Nueces and the surrounding counties.

We launched another special program in 2021, The Health and Harmony Hospital Program, which offered therapeutic "Wellness Conversations" to overworked hospital personnel, and provided calming music on the hospital floors, featuring jazz guitar, cello and harp music. The Health and Harmony School Program uses trained Peer Support Specialists who are also musicians to mentor students on an instrument while providing emotional and social support.

With the help of our loyal donors and the amazingly resilient foundations in South Texas, The Center was able to serve over 50,000 individuals in 2020 and 2021. We really can't thank you all enough for being the reason behind the gratitude we receive from numerous individuals and families on a daily basis. It was your commitment that helped these two years to be a success as we reached more people in more places through more creative and meaningful ways to heal. With more people than ever needing our help, we are so happy that you will be a part of The Ecumenical Center's rich and vibrant future as we approach 55 years of providing hope and healing.

Sincerely,

Mary Beth Fisk

Mary Beth Fisk
CEO/Executive Director

A LETTER FROM THE CHAIRMAN OF THE BOARD – Mrs. Nancy Torgerson

What an honor and privilege it is to serve as Chairman of the Operating Board of the Ecumenical Center. Over the many years I've served on the Board in different capacities, The Center has been through many changes. But under Mary Beth's leadership as CEO and Executive Director, The Center has flourished. Under her leadership, The Center has grown every year and served 25,000 children and adults in 2021. What an incredible testament to Mary Beth, our counselors and staff. It is also such an honor to serve with an Operating Board who exemplify professionalism and have a boundless commitment to a bright future for The Center.

The Center not only counsels those who come to the Center, but serves satellite offices in 40 locations. Mary Beth has been called on by Governor Greg Abbott, Senator Ted Cruz and the FBI to consult in a number of tragic events. In 2020, because the need was so great during the pandemic, The Center never closed its doors and never laid off anyone. This shows the tremendous resilience of The Center.

Our Care Connection program ensures that anyone who walks into The Center or calls is immediately connected to a Care Connection Specialist who assesses the person's demeanor and sense of urgency. That person is immediately referred to the appropriate support, whether from clinical services, the neurofeedback program, expressive therapeutic arts, or the trauma-informed care program.

Several years ago, it came to our attention that a support group for The Center would help to broaden our footprint in the community and the Foundation Board was born. This Board has grown to almost 150 people and together with the Operating Board, hosts the Ethics in Business and Legacy of Hope luncheons. The success of these luncheons, with such speakers as Patrick Kennedy and Naomi Judd, has helped bring The Center's story to a broader community.

In an article I read by Jeff Minick in the Epoch Times newspaper, Mr. Minick quoted a poem that was originally attributed to Ralph Waldo Emerson, but later was credited to Bessie Anderson Stanley. It read:

What is Success?
To laugh often and much;
To win the respect of intelligent people and
The affection of children;
To earn the approbation of honest critics
And endure the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To give of one's self;
To leave the world a bit better, whether by
A healthy child,
A garden patch, or a redeemed social condition;
To have played and laughed with enthusiasm and
Sung with exultation;
To know even one life has breathed easier
Because you have lived --- This is to have succeeded.

"To know even one life has breathed easier…this is to have succeeded." This is The Ecumenical Center.

Speaking from personal experience, it is with a grateful heart I thank you for your support and ask that you continue to hold The Center in your hearts.

Nancy Torgerson
Chairman

THE OPERATING BOARD OF TRUSTEES OF THE ECUMENICAL CENTER

Executive Committee:

Mrs. Nancy Torgerson
Chairman

Mr. John Weber
Vice-Chairman

Mr. Charles Robinson
Treasurer

Mrs. Mary Carter
Secretary

Board Members:

Mrs. Mary Ellen Archer
Ms. Jennifer Bennett
Ms. Lynne Breuer
Maj. Gen. Al Flowers
Mrs. Kathy Griesenbeck
Mrs. Elizabeth Hetrick
Rev. Dr. Les Hollon
Mrs. Lupita Medina
Dr. Randy Singleton
Mrs. Kristin Tips

The Operating Board of Directors for The Ecumenical Center provides oversight to the non-profit. This board sets and approves policy, adopts resolutions and appoints standing committees. This governing body approves borrowing for major purposes, mortgage, and disposition of property and is authorized by the non-profit corporation law of the state. Annually this board approves budgets, elects officers and actively participates in strategic planning.

The Ecumenical Center Operating Board of Directors

Mrs. Nancy Torgerson, Chairman, Community Volunteer
Mr. John W. Weber, Vice Chair, Attorney
Mrs. Mary Carter, Secretary, Realtor
Mr. Charles Robinson, III, Treasurer, Accountant
Mrs. Mary Ellen Archer, Member, Vice President Private Banking
Ms. Jennifer Bennett, Member, President, Impact San Antonio
Ms. Lynne Breuer, Member, Licensed Clinical Social Worker, Retired
Maj. Gen. Al Flowers, Member, United States Air Force, Retired
Mrs. Kathy Griesenbeck, Member, Consultant
Mrs. Elizabeth Hetrick, Member, Director of Wealth Advisory
Rev. Dr. Les Hollon, Member, Senior Pastor, Retired
Mrs. Lupita Medina, Member, Community Volunteer
Dr. Randall Singleton, Member, Physician-Urologist
Mrs. Kristin Tips, Member, Business Leader

HISTORY

In 1967, psychology, research sciences, business, society, and faith all found their common center.

It happened thanks to the uncommon genius and determination of four remarkable individuals: Episcopal Bishop Everett Holland Jones, Rabbi David Jacobson, Methodist Bishop Eugene Slater, and Catholic Archbishop Robert Lucey. But they did not reflect on the things that divided them in the past. Instead, they saw an opportunity to create a center for hope, healing, and health.

First, in true "ecumenical" fashion, they brought together others from San Antonio's various religious and spiritual traditions. Then they interfaced with the medical and scientific communities. They worked with universities and corporations. And they created what became formally known as The Ecumenical Center.

Specifically, The Center offers people support for physical, emotional, ethical, and spiritual well-being. 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 The Center actively monitors our communities and our world for new opportunities to help.

More than five decades later, we still follow this same philosophy. We not only reflect on our past, remember our roots, and continue to create a legacy of holistic, innovative, and inclusive healing; we also look forward to the future, anticipating the needs of our community, and ensuring that we continue to be a center for hope, healing, and health in San Antonio and South Texas.

Since opening our doors in the South Texas Medical Center over 50 years ago, 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.

HONORING THOSE WE LOST

Dr. Fernando A. Guerra
1939 – 2022

Phyllis Ann Schultz Wenglein
1932 – 2021

Louis Henderson Zbinden, Jr.
1936 – 2020

Jeffrey William Edwards
1944 – 2020

Dr. John Wesley Boldt
1929 – 2020

James L. "Jim" Hayne
1933 – 2020

Dr. Dale Allen Wood
1933 – 2020

Jeanne Rodgers Anderson
1931 – 2020

Barbara Nell "Babs" Baugh
1942 – 2020

Beverly Ann Rowe Smith
1935 – 2020

Dr. Reeves L. Smith
1927 – 2020

Lorenda Collier Wright
1945 – 2020

Joan Thorne Gifford
1934 – 2020

Steven Ray Richter
1955 – 2019

Alice Lewis Clare
1946 – 2019

John William Weber, Sr.
1923 – 2019

Donald L. Anderson
1929 – 2018

ACCOMPLISHMENTS IN 2020 - 2021

In 2020, The Center:

- Served 25,000 people.
- Welcomed over 12,776 counseling visits.

In 2021, The Center:

- Served 26,000 people.
- Welcomed over 14,038 counseling visits.

2020-2021 Expanded satellite offices to 37 new locations.

- Implemented the Health and Harmony program in the schools and hospitals.
- Provided counseling services for domestic violence victims through Stand Up SA.
- Provided COVID assistance to the community through materials and articles including:
  - Instituted "Wellness Conversations" at no cost;
  - Collaborated with "Meals on Wheels" and School Lunch Programs to distribute "Wellness Conversations" materials to the community;
  - Launched Hospital Outreach with de-briefings for personnel and live music in the hallways;
  - Provided "Wellness Tips" for the community on the website;
  - Provided the "Care Connection" program for those who needed immediate mental health attention;
  - Provided the "Health and Harmony" program using musical training to promote wellness in the community.
- Responded to crisis situations for area organizations.
- Graduated Chaplains in San Antonio, Laredo and McAllen.
- Awarded a Victim of Crime grant for Bexar and the surrounding counties.
- Awarded a Victim of Crime grant in the counties around Blanco, Marble Falls and Hill Country.
- Awarded a Victim of Crime grant in Nueces County and the Coastal Bend regions.
- Provided presenters for Bridges to Care monthly trainings on Suicide Prevention and Trauma Informed Care.
- The Ecumenical Center was chosen as the Trauma Informed Care Certifying Agency for Bexar County.
  - Highlights of the Trauma Informed Care Program
    - » The Ecumenical Center achieved National Trauma Informed Care Certification.
    - » Standards and Domains formally approved by South Texas Trauma Informed Governance Council for Level 1.
    - » Methodist Healthcare Ministries was the first agency to achieve Level I Trauma Informed Care Certification.
    - » 50 community organizations are working on Trauma Informed Care certification.
- The Ecumenical Center was chosen to develop and lead The Center for Young Minds (CYM), an upstream organization designed to address the issue of early detection and treatment of mental health in youth in the schools.
- Highlights of the Center for Young Minds Program
  - Developed the Center for Young Minds brand and webpage including a separate youth webpage.
- Established a youth-led, youth-driven Youth Council with 18 members from different school districts.
  - 75 community members representing 45 organizations participate in the Steering Committee and the Work Groups.
  - The Youth Council served as keynote speakers at Our Tomorrow Youth Summit and at the Young Minds Conference.
  - Launched CYM Society, a subcommittee of the Youth Council, which created a youth-centered Peer-to-Peer Club focusing on Behavior and Mental health and wellness.

San Antonio/Boerne

- The Ecumenical Center Headquarters
- Chapel Hill United Methodist Church
- Christ Episcopal Church
- Cibolo Creek Community Church
- East Side Location
- First Baptist Church of San Antonio
- Hill Country Mission for Health
- Mount Zion First Baptist Church
- Sacred Heart Church
- Saint Margaret Mary Catholic Church
- Schertz United Methodist Church
- Second Baptist Church
- Northern Hills United Methodist Church
- Northern Hills United Methodist Church - Ministry Center
- Downtown Location
- Posada Guadalupe

Wilson County

- The Center for Hope and Healing, La Vernia
- First Baptist Church of Sutherland Springs, Sutherland Springs
- First Baptist Church of Nixon

Corpus Christi

- All Saints Episcopal Church, Corpus Christi
- Mission of Mercy, Corpus Christi
- Education Service Center Region 2

Laredo

- El Mesias United Methodist Church

McAllen

- Calvary Baptist Church

Blanco County

- Community Resource Center

Kerrville

- Hill Country MHDD

Burnet County

- Community Resource Centers of Texas, Inc.

Comal County

- Rock Haus Stone CO LLC.

Schools

- East Central ISD
- Southside ISD
- London ISD
- Nixon-Smiley ISD
- Stockdale ISD
- Nellie Redex
- La Vernia ISD
- Flower Buff ISD
- Johnson City ISD

GRANTS 2020 - 2021

State and Federal grants received in 2020 and 2021:

- Health and Human Services Community Mental Health Grant
- Providing counseling, peer support and tele-counseling services in Central and South Texas to under-resourced and rural communities.
- Texas Veterans and Family Alliance Grant
- Providing counseling, peer support and tele-counseling services in Central and South Texas to honorably or dishonorably discharged Veterans, Dependents and Spouses.
- Victims of Crime - Alamo Area Council of Governments-Bexar and Surrounding Counties
- Victims of Crime - Coastal Bend Council of Governments-Nueces and Surrounding Counties
- Victims of Crime - Capital Region Council of Governments-Hill Country Region
- Victims of Crime - Sutherland Springs 2020
- Providing counseling, peer support, grief support and expressive therapeutic arts therapy for Victims of Crime in each of the designated areas.

Local Grantors and Foundations in 2020:

- Challenge Grant-Nancy Torgerson
- Valero Energy Foundation
- Valero Benefits for Children
- Texas Cavaliers Foundation
- Texas Veterans and Family Alliance-TX Health and Human Services
- May and Stanley Smith Foundation
- Methodist Healthcare Ministries
- Victims of Crime-Office of the Governor
- Mental Health America
- Semmes Foundation
- Charity Ball Association
- US Trust-William Dean Foundation
- St. Susie Foundation
- Community Mental Health-TX Health and Human Services
- Kronkosky Foundation
- San Antonio Junior Forum
- Najim Foundation
- St. Luke's Foundation
- Bank of America-Kohler Foundation
- H. E. Butt Foundation
- Shield Ayres Foundation
- San Antonio Area Foundation
- Spartan Nash Foundation
- Parker Foundation

Local Grantors and Foundations in 2021:

- Valero Energy Foundation
- Valero Benefits for Children
- James Avery Foundation
- Kronkosky Foundation
- Methodist Healthcare Ministries
- Victims of Crime-Office of the Governor
- San Antonio Area Foundation
- May and Stanley Smith Foundation
- Greehey Foundation
- Najim Foundation
- Texas Women for the Arts
- Texas Cavaliers
- H. E. Butt Foundation
- Shield Ayres Foundation
- St. Susie Foundation
- Stand Up SA
- Baptist Foundation
- Nancy Smith Hurd Foundation
- Hannah Foundation
- Texas Health and Human Services-Texas Veterans and Family Alliance Grant
- Texas Health and Human Services-Community Mental Health Grant
- Mays Foundation
- Broadway Bank-Marietta Randall Foundation
- Parker Foundation

2020 SPECIAL EVENTS

Virtual Camp Wellness - July 2020

- In 2020, 50 children attended virtual Camp Wellness. Camper Supply Bags were packed with all the things necessary to do the daily projects at home. Children completed the projects and sent pictures of their results, which included mask making, creating musical instruments, and using pets for relaxation during the pandemic.

Virtual Veterans Celebration - November 2020

- During the COVID-19 pandemic The Center made sure our Veterans were celebrated. In November of 2020, Dr. Tom McNish (Ret. Col) gave a virtual thanks and presentation to our community and veterans.

Special Virtual Concerts - October - December 2020

- Newest program created during the COVID-19 Pandemic was "Concert & Conversation." This virtual event was seen and attended by thousands of people in our community. It reminded people that they are not alone and that they can call us for the wellness conversation.

Art Heals Hearts Virtual Event - October 2020

- Unstoppable is the perfect word to describe the Art Heals Hearts events during the COVID-19 pandemic. When the whole world stopped and closed its doors, The Center and the Art Committee came together with a creative outlet to continue promoting Mental Health and Wellness through Art. In October 2020, we kicked off our virtual online art store with "Endless pasta-abilities for the healing power of art!" Where Mrs. Mary Ellen Archer, through generous donations from Jefferson Bank, managed to create 90 picnic baskets and hand-deliver them to our Boards and Art collectors, inviting them to eat and shop and view our online store. The clever marketing of Mrs. Kim Gresham and the Anderson team allowed us to have a website page. A marketing campaign was created to encourage people to shop and schedule safe private tours with Ms. Lejla Cenanovic. 2020 certainly surprised us with lots of uncertainty, but together we managed to give our community stability and encouragement that better times are yet to come, and they are not alone.

Hospital visits throughout 2020 - 2021

- Launched Hospital Outreach with de-briefings for personnel and live music in the hallways.

2021 SPECIAL EVENTS

Art Heals Hearts - May 2021

- During our 2021 COVID-19 pandemic struggle, the Art Committee and The Center had an in-person Garden Art Heals Hearts Exhibition. This was an incredible event attended by the community and the board. The energy was full of hope and gratitude. We continued to promote an online store and private tours, but the in-person event in early May gave people more hope and strength to continue the everyday struggle with COVID-19. Through Art Heals Hearts and the Expressive Therapeutic Arts Programs, The Center reaches so many of our diverse clients, children, adolescents, couples, veterans, and seniors. We thank you for your continued support of our program. To learn more and to shop online, visit us at: https://arthealshearts.myshopify.com.

Camp Wellness

- In 2021, The Ecumenical Center hosted two different Camp Wellness sessions. One was held at The Ecumenical Center's main headquarters. The second was held at the beautiful new First Baptist Church Sutherland Springs campus. Thirty campers attended each two-day camp where children learned Paint Pour Techniques to create Visual Art, Music Therapy Exercises, and outdoor activities presented by Our Lady of the Lake basketball staff for resilience and relaxation.

Trauma Informed Care - August 2021

- Trauma Informed Certified - Level 1 Press Conference

Veterans Day Celebration - November 2021

- In 2021, The Center proudly served 2,646 Veterans and their families by providing counseling, peer and group support, testing and so much more. On November 9, 2021 Keynote speaker US Army Sergeant (Ret) Ricardo J. Perez, a Purple Heart Recipient and an advocate for wounded veterans, shared his story with the attendees and received a standing ovation.

Veterans Connection and Appreciation Day

- Veteran/Family Appreciation and Connection day was held at Lazy U Ranch on November 20th, 2021. The purpose of this event was to help veterans, first responders, and their families reconnect and learn about The Ecumenical Center's resources while having fun or relaxing. Professional licensed counselors were available and food, beverages, music and hourly raffle awards were provided.

Holiday Open House

- Filled with activities and free photo sessions for Santa, our Holiday Open House, our annual event is always full of joyful families. As parents enjoyed taking family pictures with Santa, kiddos actively engaged in art and crafts, movies, food, a hot chocolate station, and vast assortments of marshmallows. We look forward to seeing you at our next Holiday Open House. For dates and times, make sure you follow us on Facebook or visit our website for more information: www.ecrh.org.

Conversations About Ethics: Ethical Practice of Trauma-Informed Multidisciplinary Teams - September 2021

- The Annual "Conversation About Ethics" education series was presented via zoom with over 375 people attending to hear Becky Haas, Trainer and Advocate in Trauma-Informed Care and Dr. Colleen Bridger talk about "Ethical Practice of Trauma-Informed Multidisciplinary Teams." As one of the pillars of the Ecumenical Center, the education series brings the most current and relevant topics with the experts in the suggested field to keep the community with the most up-to-date information. In partnership with UT Health San Antonio and a generous grant from the Methodist Health Care Ministries, the Center can provide such educational presentations.

Saturday's Virtual Events 2020-2021

- Every First Saturday of Every Month "Therapeutic Rhythm Making"
- Every Second Saturday of Every Month "Poetry Writing Circle"
- Every Second Saturday of Every Month "Poetry Writing for female Veterans Only"
- Every Fourth Saturday of Every Month "Open Art Studio"

CENTER FOR YOUNG MINDS UPDATE

The Ecumenical Center was selected to lead the Youth Mental Health Backbone, named The Center for Young Minds. The mission of this program is to reach every child with behavioral health concerns as early as possible with effective and responsive services.

This goal is in collaboration with the community at large, with organizations and efforts that reach youth where they live, learn, play and pray. The Center for Young Minds is wholly focused on upstream approaches. Bexar County and San Antonio at large has done tremendous work in the area of crisis, spending millions on interventions and programs.

The Center for Young Minds is working collaboratively with the community to address these three primary problems:

- At least one in five children and youth under the age of 18 experience a mental health need
- The average age of first substance use in Bexar County is 13
- The majority of children and youth with behavioral health symptoms have not been treated and the average delay between the onset of their symptoms and intervention is 8-10 years

THE CENTER FOR YOUNG MINDS™

TRAUMA INFORMED CARE UPDATE

We all experienced trauma in some way during the pandemic and our work as The Trauma Informed Care Certifying Body for Bexar County and San Antonio is more relevant than ever. With two organizations already Level 1 certified and 35 more on the waiting list, The Center is hard at work mitigating the impact of trauma and preventing re-traumatization.

Trauma Informed Care practices improve client, patient and employee relationships by creating an environment where those who have experienced trauma feel safe, confident and valued. If you know of a school, nonprofit or business that would benefit from the certification, please encourage them to contact The Center to begin the process.

The Center for TIC Certification

The Center for Trauma Informed Care Certification is housed within The Ecumenical Center for Education, Counseling and Health.

The Center for Trauma Informed Care Certification serves as the Certifying Entity in the regional Trauma Informed Consortium. The Center is responsible for developing culturally relevant standards for Certification, domains, and guidelines. It determines "who" is trauma-informed by recognizing the organizations that meet the community-approved standards through consultation, cohort pairing, and validation of standards of practice, assessment (self-evaluation tool, desk review, and site visit) and maintain the authentication of trauma informed certification.

The Ecumenical Center reached an outstanding milestone in 2021, becoming Nationally Certified in Trauma Informed Care. This effort was not a simple one; it required a thorough review and modifications of the physical spaces, training of staff, policies and procedures. This very important distinction changes the narrative from "What is wrong with you?" to "What happened to you?".

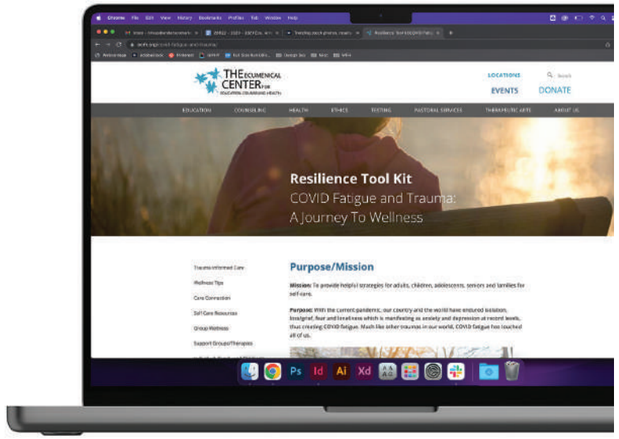
Over 75 agencies from all sectors have submitted interest forms to begin their Trauma Informed Care Certification Journey.

THE CENTER FOR TRAUMA INFORMED CERTIFICATION

FIGHTING COVID FATIGUE

The collective impact of month after month of traumas created COVID fatigue in all of us. The Center developed the Resilience Tool Kit to meet this fatigue head-on. The Tool Kit is a series of self-care resources, wellness tips and guidance on addressing anxiety and depression on our website.

The Resilience Tool Kit is designed to be an all-in-one convenient resource you can point people to for help overcoming any emotional exhaustion. You'll find ideas for senior and health care professional wellness and connections to our support groups for those going through divorce, grief, loss, illness or recovery. Our latest workshops for the Open Art Studio, Expressive Therapeutic Rhythm Making and Poetry/Prose Writing are also part of the Tool Kit.



CARE CONNECTION

In 2020 and 2021, we saw an increased number of people call and visit The Center with urgent needs that couldn't always wait for an appointment to be scheduled. Overwhelmed with life's experiences from the pandemic, they needed immediate help from someone who could listen, relate, and provide next steps. Our solution was the Care Connection Program.

Now, when someone calls or visits The Center in distress, a Care Connection Specialist is ready to provide immediate support through a wellness conversation. Depending on the situation, the Specialist can refer the client to a counselor, peer support specialist, support group, or any of The Center's many programs. All Care Connection interactions are free of charge.

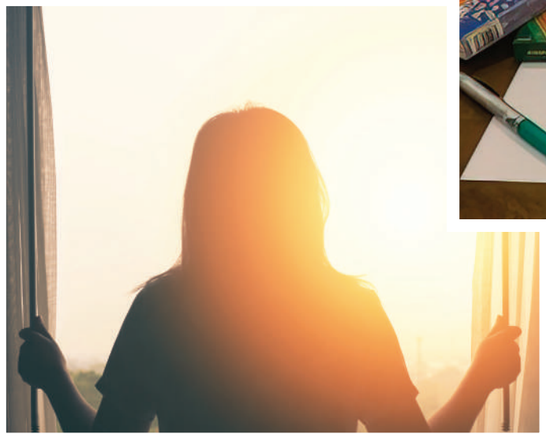
This program is another example of The Center living our mission to alleviate suffering and care for all in need.

VICTIMS OF CRIME

After the November 2017 mass shooting in Sutherland Springs, Texas, The Ecumenical Center began counseling the victims. The Ecumenical Center now has a Victims of Crime Grant which assists the victims of the Sutherland Springs mass shooting, as well as a Victims of Crime Grant to serve Bexar County and the surrounding counties.

In 2021, The Ecumenical Center was awarded a grant from the Coastal Bend Region serving Nueces and the surrounding counties to serve Victims of Crime. At the same time, we received a grant from the CAPCOG region to provide counseling and mental health services to the Texas Hill Country region. The Ecumenical Center provides mental health counseling, peer support, grief support and healing through the expressive therapeutic arts for crime victims in these counties with no cost to the victims.

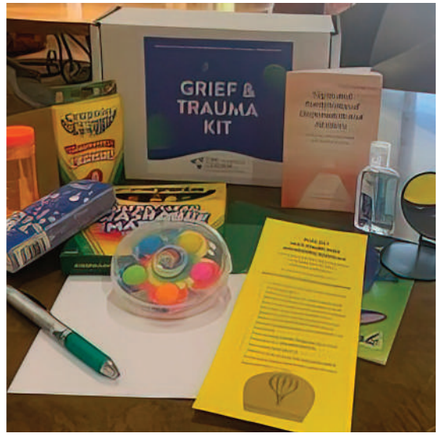
Victims do not have to report what the crime was, but are able to make an outcry to their counselor for help and support. Crimes that are covered include: physical and sexual abuse of children and adults, domestic and family violence, DUI/DWI crashes, assault, elder abuse, robbery, survivors of homicide, mass violence, burglary, larceny-theft, motor vehicle theft and arson.



COMFORT KITS IN OUR SCHOOLS

These special boxes were designed for educators to use with their classrooms, especially since so many children have been traumatized by the pandemic. Children have lost loved ones and suffered trauma by having to attend school virtually for so long. They have missed friends and family because of masking and isolation. Educators hold a very special place in children's lives and are especially important if a child has recently lost a loved one.

These comfort kits help teachers remember to validate a child's feelings, give hugs, practice careful listening and contact the guidance counselor for more help, if needed. This pilot program was implemented in the East Central Independent School District during the pandemic. Each kit contains a small container of tissues, a bookmark, some hand sanitizer, a mirror, a coloring book and crayons and a book on the "Signs and Symptoms of Depression and Anxiety."



BETTER TECHNOLOGY, BETTER OUTCOMES

The Center is turning to more and better technology to help the increasing number of patients we're seeing who have experienced trauma. We plan to enhance specialized techniques like Neurofeedback, Alpha-Stim, and Eye Movement Desensitization and Reprogramming (EMDR) and expand our geographic coverage of them to reduce the barrier to care.

Neurofeedback – We assess a client's brainwave activity through computer-based techniques that use sound or visual signals to retrain brain signals. By responding to this process, clients learn to regulate and improve their brain function and to alleviate symptoms of various neurological and mental health disorders.

Alpha-Stim – This is a non-invasive, drug-free method we use to treat anxiety, insomnia, and depression. This clinically proven technology involves small earclips that safely deliver electrotherapy stimulation. This stimulation activates different regions of the brain and diminishes activity in others.

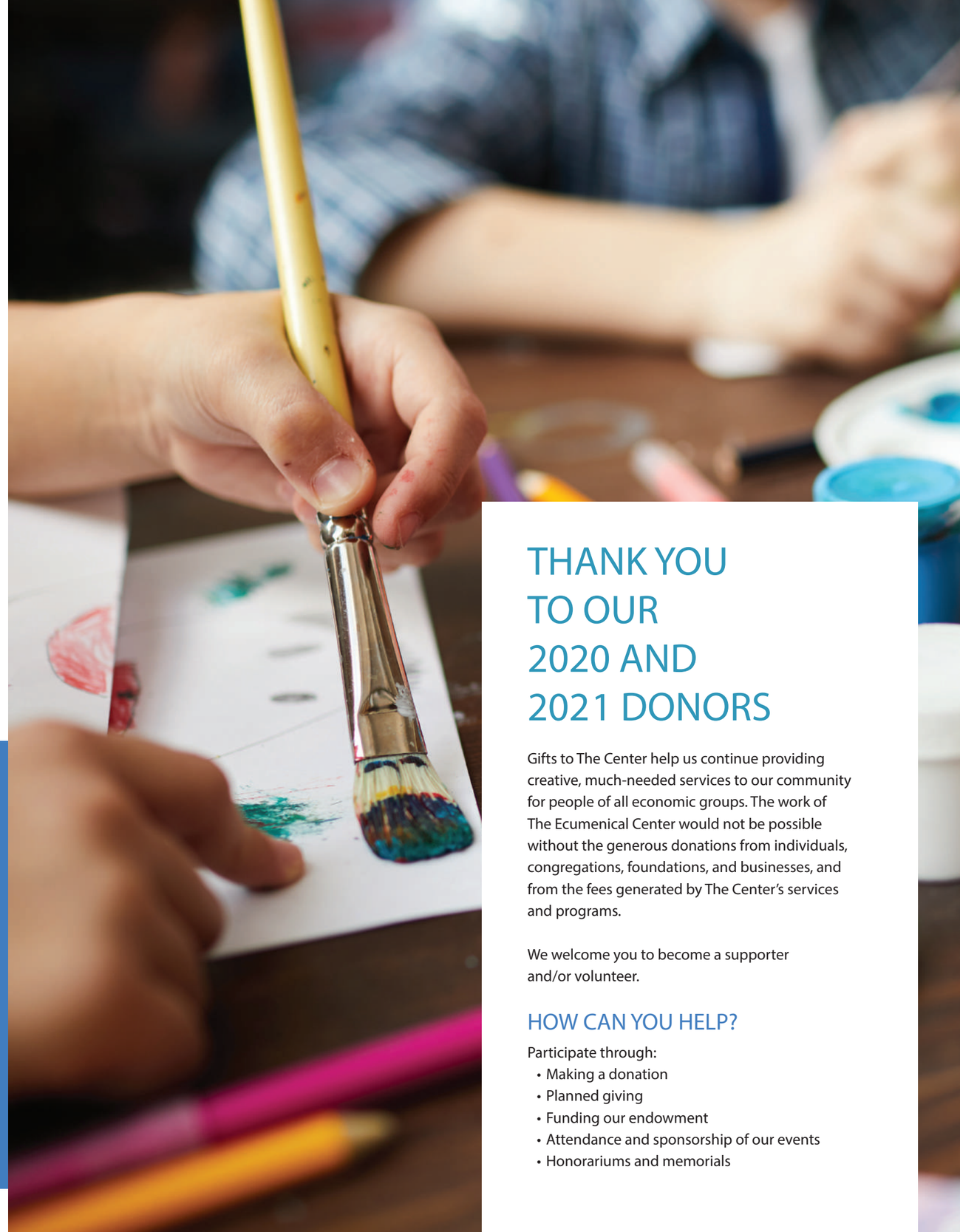
EMDR – We use this proven and effective cognitive behavioral therapy to help those who have experienced trauma reduce the intensity of their memories and even replace them with positive thoughts. The technique involves rapid movement of the eyes while recalling a traumatic event. Processing all this information desensitizes the mind to the emotional charge of the memory. The mind can then reprocess the memories more easily. Psychological symptoms of trauma like flashbacks, fears, or sadness become greatly reduced.

FOUNDATION BOARD CHAIRMEN LETTER

It was gratifying to watch The Ecumenical Center demonstrate resilience over the past two years as all of us struggled to handle the COVID pandemic. But we were astounded to witness The Center not just survive, but thrive during this time. In the span of about two weeks, The Center implemented a secure tele-health platform that allowed them to offer in-person and virtual counseling visits in 2020. Not only did they continue to see over 25,000 clients each year, they also kept all of their staff, launched several new programs, and received recognition from the National Council for Behavioral Health for their innovative responses.

The Center continues to be an invaluable resource for healing in the community. We encourage you to invite others to events and introduce them to the healing resources of The Center. We continue to be grateful for each one of you and all your support and remain humbled to serve as we look forward to a vibrant future.

Kelly & Carl Fellbaum
2020 & 2021 Foundation
Board Chairmen



THANK YOU TO OUR 2020 AND 2021 DONORS

Gifts to The Center help us continue providing creative, much-needed services to our community for people of all economic groups. 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 by The Center's services and programs.

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

HOW CAN YOU HELP?

Participate through:

- Making a donation
- Planned giving
- Funding our endowment
- Attendance and sponsorship of our events
- Honorariums and memorials

ACKNOWLEDGMENTS

2020 - 2021 FOUNDATION BOARD MEMBERS

Mr. and Mrs. Carl Fellbaum

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CEO/Executive Director

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CEO/Executive Director

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Saint Andrew's United Methodist Church

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The Center for Healing and Hope

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Mr. Charles Robinson

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Ms. Shelia Hotchkin,
UT Health San Antonio, Center for Medical Ethics and Humanities

Ms. Mary Beth Fisk,
CEO/Executive Director,
Ms. Lejla Cenanovic,
Education Programs Coordinator, The Ecumenical Center

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Dr. Karion Krieger
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Mr. Efrain Maldonado
Mr. Tom Schwab
Ms. Ashley Canalichio
Mrs. Jacqui Williams
Mrs. April Moxley
Dr. Lee Weems
Ms. Mary Beth Fisk

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Chairmen

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(USAF Retired)

Maj. Gen. (Dr.) Byron Hepburn, *(UTHC)*

Maj. Gen. and Mrs. Kevin Bergner

Brig. Gen. Jeffrey Kendall
(USAF Retired)

Lt. Col. Frank Emmett, PhD
(USAF Retired) The Ecumenical Center

Col. William Dan Rasco,
(USAF Retired)

Ms. Mary Beth Fisk,
CEO/Executive Director,
Efrain Carvajal,
Veterans Outreach Coordinator, The Ecumenical Center

2021 HOLIDAY CELEBRATION

Ms. Mary Carter, Chairman

2021 PLANNED GIVING COMMITTEE

Mrs. Elizabeth Hetrick
Mrs. Sandy Preininger
Ms. Mary Beth Fisk

THERAPEUTIC EXPRESSIVE ARTS (TEA) COMMITTEE

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Mrs. Cyra Dumitru
Mr. Jorge Ochoa
Mrs. Deborah Murphy
Ms. Mary Beth Fisk
Ms. Lejla Cenanovic
Mrs. Sandy Preininger

2021 EDUCATION COMMITTEE

Dr. Frank Emmett
Dr. Dan Thompson
Ms. Tracy Fazzone
Ms. Mary Beth Fisk

CHAPLAINS TRAINING PROGRAM/ CLINICAL PASTORAL EDUCATION (CPE) COMMITTEE

Dr. Juan Loya
Dr. Esteban Montilla
Ms. Lejla Cenanovic
Ms. Mary Beth Fisk

* = Past Chairmen

COLLABORATING ORGANIZATIONS 2020-2021

Local and Service Area Mental and Behavioral Health Partners

- Laurel Ridge
- Crosspoint
- Bridges to Care
- Bexar County Behavioral Health Collaborative
- City of San Antonio Metro Health
- Voices for Children
- Children's Shelter
- Childsafe
- SACDA
- UTHCSA and Military Program
- SA Humane Society
- Oasis Acres
- Center for Healthcare Services
- Coastal Bend Region Local Mental Health Authority
- Nueces County Local Mental Health Authority
- Tropical Local Mental Health Authority
- Border Region Local Mental Health Authority
- Hill Country Local Mental Health Authority
- Communities in Schools

State/National Grants Renewed

- Texas Veterans and Families
- Victims of Crime Bexar and Surrounding Counties
- Victims of Crime Corpus Christi
- Victims of Crime Capital Region (Hill Country)
- Community Mental Health

National/State/Local Organization Collaborations

- Mental Health America
- American Association of Psychology
- Solihten Institute – Board of Directors
- Pathways to Hope Conference Planning Committee
- Bridges to Care Presentations
- South Texas Trauma Informed Consortium - >600 agencies
- OVC/FBI Emergency Response Committee
- OOG Emergency Response Group
- South Texas Trauma Informed Care Consortium

Collaborations (Service Funded Programs)

- Communities in Schools
- East Central ISD
- Southwest ISD
- SAISD
- La Vernia ISD
- Southside ISD
- London ISD
- Nixon-Smiley ISD
- Domestic Violence – Stand Up SA (City of San Antonio)
- Trauma Informed Certification – City/ County
- Trauma Informed Certification Program – State/National
- SAPD – Peer Support Training
- Methodist Healthcare Ministries – Children's Therapy, Medical Ethics, Specialty in Pastoral Care, TIC
- Family Service
- CYM – 300 agencies
- Veterans Support – 25 agencies
- Chaplains – UHS
- Health & Harmony – community, schools and hospitals
- Senior Centers & Hospices (LAL)
- Congregational Support
- Expressive Therapeutic Art Institute – Art, Music, Poetry and Movement
- Bexar County ARPA - pending
- Center for Medical Ethics and Humanities
- Moral Injury/Suicide Prevention – Military/Veteran (Fort Sam Houston, Lackland, US Army Reserves - SA, Naval Base – Corpus Christi) & Teens/ Young Adults

Veteran/Military Collaborations

- SAPD: Victims of Crime Unit
- Fire and Rescue District 7: First Responders
- Army Reserves Unit 4th Expeditionary Sustainment Command: Suicide Prevention Program
- 5th Army North: Chaplaincy Program
- SS American Memorial
- Wounded Warrior Project
- TBI Warriors: Mental Health, Hunting and Fishing
- Heroes on the Water: Water Activities for Military
- Gunny's Warriors
- Birdwell Foundation: PTSD Support Group
- Circle of Arms: Veteran and Community Outdoor Activities (Ruck Marches)
- Oasis Acres: Equine Therapy
- Grace After Fire: Military Women Support Group
- UTSA Veteran and Military Affairs: College
- Veterans Health Mind Advisory Council
- Bexar County Minds Advisory Council
- Lazy U Ranch: Outdoor Recreation and Activities

Local Private Foundation Funders:

- Frost
- Methodist Healthcare Ministries
- Kronkosky
- Najim Family Foundation
- Valero
- St. Susie Foundation
- Baugh Foundation
- May & Stanley Smith Foundation
- Broadway Bank
- San Antonio Area Foundation
- Parker Foundation
- Texas Cavaliers
- Shield Ayres Foundation
- Mary Smith Hurd Foundation
- James Avery
- H. E. Butt Foundation
- H-E-B Corporate
- Hannah Foundation
- Greehey Family Foundation
- Alex & Sally Halff Foundation
- Jefferson Bank
- Security Service
- Norton, Rose, Fulbright
- Mays Family Foundation
- Impact San Antonio
- Charity Ball Association
- San Antonio Junior Forum
- Mission Park Funeral Homes
- Outstanding Individual Donors

THE ECUMENICAL CENTER FOR EDUCATION. COUNSELING. HEALTH.

MENTAL HEALTH FOR ALL

At The Ecumenical Center, we view healing as the integration of mind, body and spirit. That's why we want every aspect of care provided to be clinically competent and – where desired – theologically informed and spiritually sensitive.

Nowhere is this more apparent than in our counseling services. We offer a full array of counseling and related consultation options. Take special note of the services offered for active/retired military and their families.

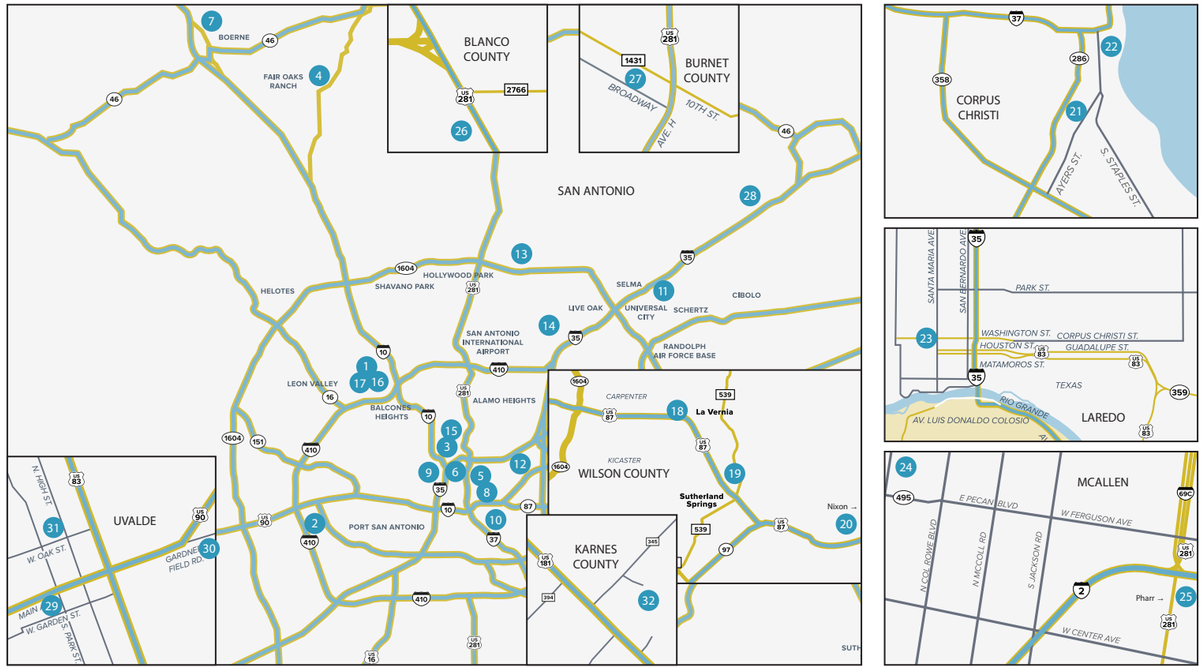
- Adolescent Counseling
- Adult Counseling
- Child Counseling
- Play Therapy
- Marriage & Couple Counseling
- Premarital Counseling
- Relationship Counseling
- Family Counseling
- Individual Counseling
- Geriatric Counseling
- Sexual Counseling
- Active Military & Veteran Specialty
- Counseling Programs
- Support Groups
- Bereavement Support Group
- Life After Loss
- Business Consulting & Testing
- Neurofeedback

The Center offers 40 convenient counseling locations throughout San Antonio, the surrounding area, Corpus Christi, Laredo and the Rio Grande Valley. These locations allow us to provide counseling and mental health services to veterans, families, children, spouses, and caregivers.

Please see the next page for our 40 convenient counseling locations. For more information on the services offered at each of our locations, visit us at www.ecrh.org or call 210.616.0885.

40 LOCATIONS THROUGHOUT SOUTH TEXAS*

*40 locations as of the end of 2022



SAN ANTONIO

1. The Ecumenical Center - HQ
   8310 Ewing Halsell Dr.
   San Antonio, TX 78229
   210.616.0885

2. Chapel Hill United Methodist Church
   4114 S.W. Loop 410
   San Antonio, TX 78227
   210.616.0885

3. Christ Episcopal Church
   510 Belknap Place
   San Antonio, TX 78212
   210.616.0885

4. Cibolo Creek Community Church
   30395 Ralph Fair Rd. #4286
   Boerne, TX 78015
   210.616.0885

5. East Side Location
   1023 N. Pine
   San Antonio, TX 78202

6. First Baptist Church of San Antonio
   515 McCullough Ave.
   San Antonio, TX 78215
   210.616.0885

7. Hill Country Mission for Health
   122 Commerce Ave.
   Boerne, TX 78006
   210.616.0885

8. Mount Zion First Baptist Church
   333 Martin Luther King Dr.
   San Antonio, TX 78203
   210.616.0885

9. Sacred Heart Church
   2114 W. Houston St.
   San Antonio, TX 78207
   210.616.0885

10. Saint Margaret Mary Catholic Church
    1314 Fair Ave.
    San Antonio, TX 78223
    210.616.0885

11. Schertz United Methodist Church
    3460 Roy Richard Dr.
    Schertz, TX 78154
    210.616.0885

12. Second Baptist Church
    3310 E. Commerce St.
    San Antonio, TX 78220
    210.616.0885

13. Northern Hills United Methodist Church 3703 N. Loop 1604 E. San Antonio, TX 78247 210.616.0885

14. Northern Hills UMC - Ministry Center
    4306 Naco Pass
    San Antonio, TX 78217
    210.616.0885

15. Downtown Location
    2621 N. Main Ave.
    San Antonio, TX 78212
    210.616.0885

16. University Hospital
    4502 Medical Dr.
    San Antonio, TX 78229
    210.358.4000

17. Christus Health Care
    2827 Babcock Rd.
    San Antonio, TX 78229
    210.705.6300

WILSON COUNTY

18. The Center for Healing & Hope
    13774 US HWY 87 W.
    La Vernia, TX 78121
    830.496.1143

19. First Baptist Church of Sutherland Springs
    216 4th Street
    Sutherland Springs, TX 78161 830.496.1143

20. First Baptist Church of Nixon
    403 N. Texas Ave.
    Nixon, TX 78140

CORPUS CHRISTI

21. Mission of Mercy
    2421 Ayers St.
    Corpus Christi, TX 78404
    361.249.3080

22. Education Service Center Region 2
    209 N. Water St.
    Corpus Christi, TX 78401
    361.249.3080

WEBB COUNTY

23. El Meisias United Methodist Church
    1102 Santa Maria Ave.
    Laredo, TX 78040
    210.686.4364

HIDALGO COUNTY

24. Calvary Baptist Church
    1600 Harvey Dr.
    McAllen, TX 78501
    956.686.4364

25. Centro de Alabanza y Adoracion
    620 Ridge Rd.
    Pharr, Texas 78577
    956-787-1394

BLANCO COUNTY

26. Community Resource Center
    206 S. HWY 281
    Johnson City, TX 78654

BURNET COUNTY

27. Community Resource Centers of Texas, Inc.,
    1016 Broadway,
    Marble Falls, TX 78654

COMAL COUNTY

28. Rock Haus Stone CO LLC
    6362 I-35
    New Braunfels, TX 78132.

UVALDE COUNTY

29. El Progreso Library
    301 W. Main St.
    Uvalde, TX 78801
    830.278.2017

30. Uvalde Memorial Hospital
    1025 Garner Field Rd.
    Uvalde, TX 78801
    830.278.6251

31. First United Methodist Church
    301 N. High St.
    Uvalde, TX 78801
    830.278.3135

KARNES COUNTY

32. Otto Kaiser Memorial Hospital
    3349 US 181 Kennedy, TX 78119
    830.583.3401

Schools
East Central ISD
Southside ISD
London ISD
Nixon-Smiley ISD
Nellie Reddix-NISD
La Vernia ISD
Johnson City ISD
Uvalde CISD

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.

BUILDING RESILIENCE: RESPONSE TO TRAUMA

REGIONAL OFFICES

The Center for Healing & Hope
13774 US HWY 87 W.
La Vernia, TX 78121
830.496.1143

Education Service
Center Region 2
209 N. Water St.
Corpus Christi, TX 78401
361.249.3080

El Meisias United
Methodist Church
1102 Santa Maria Ave.
Laredo, TX 78040
210.686.4364

Calvary Baptist Church
1600 Harvey Dr.
McAllen, TX 78501
956.686.4364

Uvalde Together Resiliency Center
215 Veterans Lane
Uvalde, TX 78801
730.276.1369

ADAPTABILITY.
SUPPORT.
PROGRESS.
HOPE.
RESILIENCE.

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
TEL: 210.616.0885 | FAX: 210.616.0844

www.ecrh.org