Better Together.

COMPASSION.
COMMITMENT.
COMMUNITY.

2022-2023

ANNUAL REPORT

THE ECUMENICAL CENTER FOR
EDUCATION. COUNSELING. HEALTH.

Better Together.

Compassion. Commitment. Community.

To reflect on the past two years is to celebrate the progress we've made while keeping focused on the work that remains.

After confronting a global pandemic and its effects on daily life, it has begun to feel as if we've finally returned to some semblance of normalcy. But the traumatic effects of the experience will undoubtedly present new challenges in treating mental health as we move forward.

If we're to take on the challenges that lie ahead, each and every one of us will have to play a role. We know we can always work better when we work together. After all, navigating the road to recovery becomes that much less daunting when an entire community stands beside you.

The width and depth of The Center's positive impact on individuals and communities over the last year cannot be overstated. In this report, you can learn more about our nationally recognized trauma-informed care initiatives, recovery services provided at the Uvalde Together Resiliency Center, and our work with cutting-edge therapies such as EMDR and brainspotting. In the end, we invite you to consider and explore how you can participate in the powerful work that we do, be it through volunteering, donating, or attending our events.

Dear Friends,

Over the past two years, The Ecumenical Center has embarked on a journey which has been steered towards the ideals of compassion, commitment, and above all, community. It takes all of us to truly become Better Together. Our intent behind every step of the way has been to lean into the strengths of not only our team, but also our community. From offering support services and resources to aid in the Uvalde response, to establishing the Uvalde Together Resiliency Center, our organization has proven to be a beacon of hope for those in need. As we approach the new year with an eye towards a brighter future, it is important that we take stock of our recent accomplishments and acknowledge the progress that has been made, in regards to fulfilling our mission.

The Ecumenical Center's involvement in the Uvalde response showcased our capability for swift and effective action in times of crisis. With the establishment of the Uvalde Together Resiliency Center, we've placed a premium on understanding the importance of approaching mental health holistically, recognizing the interconnectedness of families and individuals. Significant strides have been made through our progress with the Trauma-Informed Care certification program. With over 85 organizations currently undergoing certification, The Center is actively contributing to fostering trauma-sensitive environments throughout San Antonio, Texas, and across our nation.

Our Center for Young Minds has gone to great lengths in identifying types of interventions to better provide support and resources to the next generation. By concentrating efforts on this key demographic, we're making an investment in the future well-being of communities, recognizing the importance of early mental health interventions.

As we look ahead to the future, a greater focus has been placed on identifying areas where we can address the growing need for mental and behavioral health services. Our plans to expand reach and establish more offices, such as the recent openings in the Hill Country and the upcoming location in San Antonio in collaboration with First Baptist Church, all signify a commitment to making our services more accessible to those in need.

With over 42 counseling locations, the collaborative efforts made between The Center, churches, and community resource centers throughout South and Central Texas underscore our dedication to making mental health services accessible to all. By forging sound partnerships, our impact becomes far-reaching – beyond what would be possible on our own.

Our dedication to maintaining high standards and providing quality mental health education continues to include medical ethics and professional training of psychologists, licensed professional counselors, and play and music therapists. Educational programs continue to grow with collaborations with local universities to expand the number of professionals through internships and externships.

The Ecumenical Center's work over the past 2-3 years has been an exercise in overcoming crisis, fostering recovery, and building resilience. The importance of love and care in our mission has not gone unnoticed, as the number of lives we impact continues to grow.

While it has been wonderful to witness all of this progress and growth, there is no room for resting on our laurels — quite the opposite. The Ecumenical Center will tirelessly work to seek partners who can help us navigate the evolving landscape of mental health services and extend a helping hand to far more people than would be possible alone. With each life we're able to impact, it becomes clear why we work *Better Together.*

Mary Beth Fisk

Sincerely,
Mary Beth Fisk
CEO/Executive Director

A Letter from the Chairman of the Board

Dear friends of
The Ecumenical Center,

I'm John Weber, the new chairman of the board. I'm honored to have the opportunity to serve our great institution.

I'd first like to acknowledge the exceptional leadership exhibited by my predecessor, Nancy Torgerson. Nancy's dedication and tireless work serving on the board were instrumental in securing and supporting our CEO, Mary Beth Fisk, and the many devoted counselors who help comprise The Center. Nancy is a wonderful woman with an enormous spirit who left behind some very big shoes to fill.

Over the years we've had to say goodbye to many such wonderful people who have served The Center with compassion, always bringing care and understanding to The Center. What's never changed, however, is our mission of counseling, education, and support—these remain the heart of our work.

One of our proudest mission-driven achievements of the last couple of years was the Uvalde Together Resiliency Center, our response following the horrific tragedy at Robb Elementary. Our action in Uvalde is a testament to the trust placed in The Center by local, state, and federal governments and agencies during times of crisis. In communities that have experienced pain like Sutherland Springs, El Paso, and Uvalde, we have consistently demonstrated a swift and effective response in providing the support people need. In fact, our work has become an example for other organizations on how to respond to unthinkably tragic and traumatic situations. Time and again we have shown how to assemble and conduct essential counseling services; we have shown what The Center is all about.

Looking ahead, we remain committed to expanding our reach and services. As such, we plan to open new counseling locations in Central and South Texas where we can offer support to a wider range of individuals. This includes children who can benefit from play therapy, veterans facing challenges after service, and first responders experiencing trauma. Staffing these locations with licensed and qualified counselors remains a top priority.

Furthermore, we aim to build upon the success of our trauma-informed care certification program, equipping professionals with the knowledge and skills needed to provide sensitive and effective support.

These endeavors would not be possible without the dedication, care, and engagement of our incredible board members who have collectively devoted decades of service to The Center. I also extend immense gratitude to our exceptional staff, whose expertise and compassion are thoroughly unmatched. They work tirelessly in their pursuit to making a difference in the lives of individuals from all backgrounds. Finally, I must extend a heartfelt thank you to our generous donors who make our work possible. Your financial support allows us to continue offering vital health services to anyone and everyone who needs them.

I couldn't be prouder of our accomplishments and couldn't be more excited for the future. Thank you for being a part of this journey with me.

Sincerely,
John Weber

Executive Committee Of The Ecumenical Center

The Operating Board of Directors for The Ecumenical Center provides oversight to the nonprofit. 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 nonprofit corporation law of the state. Annually, this board approves budgets, elects officers, and actively participates in strategic planning.

Board of Directors 2022 Executive Committee

Mrs. Nancy Torgerson
Chairman

Mr. John W. Weber
Vice Chair

Mrs. Mary Carter
Secretary

Mr. Charles Robinson, III
Treasurer

Board of Directors 2023 Executive Committee

Mr. John W. Weber
Chairman

Mr. Charles Robinson, III
Treasurer

Mrs. Mary Carter
Vice Chair

Mrs. Mary Ellen Archer
Secretary

Ex Officio
Ms. Mary Beth Fisk
CEO/Executive Director

EMERITI BOARD

Rev. Dr. Don Anderson**
Mr. Dick Evans
Mrs. Beverly Smith**
Rev. Dr. Louis Zbinden**
**Posthumously

The History of The Center

In 1967, medicine, 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. From their first meetings, it was apparent that for all their differences, they shared a powerful vision. And this vision inspired action. 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 with corporations. And they created what became formally known as The Ecumenical Center. Since opening our doors in the South Texas Medical Center over 56 years ago, we've done what The Center does best: bring people together, channel ideas and services, and reach out to those who need our specialized help. Specifically, The Center offers people support for physical, emotional, ethical, and spiritual well-being.

With its experienced professional mental health staff, The Center offers unrivaled counseling services for those experiencing depression, anxiety, grief, PTSD, and trauma. We connect and educate clergy and other spiritual leaders. We bring together medical, business, science, and other professionals to build on their knowledge for helping others. And The Center actively monitors our communities and our world for new opportunities to help. Over 56 years 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 and Central Texas.

A moment of silence for The Ecumenical Center Board and Community Members we have lost in 2022-2023

At the rising sun and at its going down;
We remember them.

At the blowing of the wind and in the chill of winter; We remember them.

At the opening of the buds and in the rebirth of spring; We remember them.

At the blueness of the skies and in the warmth of summer; We remember them.

At the rustling of the leaves and in the beauty of the autumn;
We remember them.

At the beginning of the year and when it ends; We remember them.

As long as we live, they too will live, for they are now a part of us as
We remember them.

When we are weary and in need of strength; We remember them.

When we are lost and sick at heart;
We remember them.

When we have decisions that are difficult to make; We remember them.

When we have joy we crave to share;
We remember them.

When we have achievements that are based on theirs; We remember them.

For as long as we live, they too will live, for they are now a part of us as,
We remember them.

We Remember Them
by Sylvan Kamens & Rabbi Jack Riemer
Jewish Prayer from Gates of Prayer

Accomplishments

From 2022-2023, The Center

- Served 26,000 people each year
- Served 13,000 adults
- Served 13,000 children
- Welcomed over 10,200 counseling visits per year
- Expanded offices to 42 locations
- Received grants from local, state, and federal grantors and foundations
- Hosted the annual Camp Wellness event for children in San Antonio and in Sutherland Springs
- Expanded Life After Loss Support Groups
- Hosted numerous special events, including:
  - Legacy of Hope Luncheons featuring Jane Pauley and Deborah Norville
  - Beyond Barriers Veterans Day Celebrations
  - Art Heals Hearts Reception and Sales
  - Grief and the Holidays
  - Holiday Family Open Houses
- Hosted a variety of speakers, including Judith Norman on Resilience and Kenda Dalrymple on Solving Ethical Dilemmas
- Expanded the Expressive Arts Institute of South Texas to include yoga and creative movement in addition to the visual arts
- Held Therapeutic Rhythm Making and Poetry Writing sessions
- Continued to grow Chaplaincy CPE program in San Antonio, Laredo, and McAllen.
- Started Peer Support Program in the Valley
- Continued to provide music therapy to the Senior Centers
- Continued The Center for Young minds initiative focused on finding upstream solutions for youth mental health
- Worked with over 100 organizations on their Trauma-informed Certification Programs as the Bexar County certifying agency

Grants from 2022-2023

- Community Mental Health Grant (Health and Human Services)
- Texas Veterans and Family Alliance Grant (Health and Human Services)
- Victims of Crime (AACOG-Alamo Area Council of Governments)
- Victims of Crime (Coastal Bend Council of Governments)
- Victims of Crime (CAPCOG-Capital Area Council of Governments)
- Victims of Crime (Middle Rio Grande Development Council Uvalde)
- Aging Out of Foster Care and At Risk Youth (City of San Antonio)

Local Grantors 2022

- Red Cross-Uvalde
- SAAF Elderly Services
- May & Stanley Smith-Senior Center Counseling
- Greehey Foundation
- SAAF-Youth Development Grant
- Baptist Foundation
- Samaritan Gulf Coast
- Hannah Foundation
- Elisabeth Huth Coates-Broadway Bank
- Najim Foundation-Uvalde
- Methodist Healthcare Ministries-Uvalde
- Valero Energy-Uvalde
- Howell Foundation
- United Methodist-Rio Texas
- Frost Bank
- Valero Benefits for Children
- Alamo Kiwanis
- Najim Foundation-San Antonio
- Methodist Healthcare Ministries SA/South Texas
- St Luke's Lutheran Foundation
- Mays Family Foundation
- Pryor Foundation-Frost Bank

Local Grantors 2023

- Solihten Grant
- United Way-Uvalde
- Najim Foundation
- St. Susie Foundation
- Charity Ball Association
- San Antonio Junior Forum
- Valero Energy
- Eula Mae Baugh
- Methodist Healthcare Ministries-San Antonio/South Texas
- Pryor Foundation-Frost Bank
- SAAF-Alternative School Counseling Services
- East Central ISD Counseling Services
- Alfred Gage
- Safe Neighborhoods (Center for Young Minds)
- Mays Family
- Greehey Foundation

Nancy Togerson: A Profile in Dedication

Dear friends,
As I step down as Chair of The Ecumenical Center, I find myself reflecting on the many accomplishments we have achieved together. In 2006, I joined the Operating Board to not only serve my community, but to support a mission I truly believed in – that of hope and healing.

Over the years I have served in a number of capacities including Secretary, Vice Chairman, then eventually taking the reins from the Reverend Louis Zbinden as Chairman, where I served for five years – a role now most capably filled by John Weber.

In 2008, I co-chaired with Veronica Boldt the Gala raising just under $80,000. I obtained a $100,000 grant for a new Children's Play Therapy Center while serving on the Baptist Health Services Foundation Board and I helped to initiate a new Legacy of Hope Luncheon, which debuted in 2009, and co-chaired the luncheon in 2013. Over a decade ago, The Ecumenical Center was without an Executive Director and on the brink of closure. I asked my husband to approach past Chairman Dick Evans to propose interviewing Mary Beth Fisk as a potential Executive Director. I had known Mary Beth while serving on another board and knew her accomplishments well. Mary Beth accepted the invitation as CEO and Executive Director and as many of you have heard me say, I count this as my greatest accomplishment while serving on the Operating Board. Mary Beth has brought The Center to a new level of recognition in our city and beyond. She has been asked by many local and statewide dignitaries to oversee some of the worst tragedies in our state.

Together with my husband, Vernon "Torgie" Torgerson, we helped to initiate and then co-chaired the 2016 Ethics in Business Luncheon, which celebrates community leaders dedicated to making a difference in our community. Together with Mary Beth, I also helped to initiate and currently serve on the Foundation Board.

What remains closest to my heart is the Meditation Garden my husband and I spearheaded before he passed away. When I learned there was to be a garden area, I told my husband I would like for us to chair the project. Torgie was in complete agreement, and with a $200,000 matching grant from the Medical Foundation, we seeded the grant with a $10,000 gift and raised the first $100,000. My husband chose RVK as the architects, who did an incredible job bringing together the concept of The Center for hope and healing.

After my husband passed away in 2017, Dr. Kelley and Mr. Pat Frost stepped in to take the helm and brought the project to fruition, naming it the "Seeds of Hope" Meditation Garden. I am grateful beyond words for their commitment to The Center, their support of me and the love for my husband, and so many who have stepped up to support the garden in his memory.

At the end of 2020, having had no luncheons due to the pandemic, Mary Beth came up with the idea of a 'Be the Deciding Factor' campaign, and in honor of my husband, who also served as the Finance Chairman for The Center, gave a matching grant that helped to raise $175,000 benefiting children at risk.

The Ecumenical Center is a special and unique place—a place of comfort for those with a hurting heart. I have come to know the emotional pain of loss, and The Center has been a refuge for me as it has for so many and is a beacon to those seeking comfort and guidance. It has been an honor and a privilege to have served on the Operating Board of The Center and I remain involved, both financially and as a member of the Foundation Board. I encourage others who have an interest – and a heart for the community – to consider attending a Foundation Board meeting or attending a luncheon, knowing you'll be helping others in The Center's mission of hope and healing.

Special Events from 2022

RE-CREATING A SENSE OF SAFETY: GROWTH & RESILIENCE AFTER TRAGEDY | NOVEMBER 7–9

In this two-day workshop, seasoned clinical supervisor and educator Judith Norman addressed how in the aftermath of tragedy, our perception of safety can be shattered if not devastated. Traumatic events can leave us disoriented and uncertain and pose a particularly harrowing challenge to young people needing support in the wake of school shootings. Through an exploration of trauma's neurobiology and a timeline approach to interventions, Norman drew from her expertise in trauma-informed practices and Synergetic Play Therapy® to facilitate and develop empowerment and resilience among attendees, helping those suffering from PTSD to re-create a sense of safety in their lives.

ART HEALS HEARTS SEPTEMBER 15

According to Lejla Cenanovic, our special projects coordinator, art can be both spiritual and healing. Such a message came through this year's exhibition, which highlighted more than twenty artists, including Vie Dunn-Harr whose piece "Treasures Abound" features a flower and its contradictory fragility and strength in the context of a sacred space like La Sagrada Familia in Barcelona. Proceeds from the exhibition benefited our Center for Expressive Therapies, where media such as writing or painting are paired with our counseling services to aid in individuals' healing processes.

BEYOND BARRIERS: VETERANS CELEBRATION NOVEMBER 7

We were honored to host and celebrate our active-duty military, veterans, and their families alongside a couple of remarkable individuals who have served our country: U.S. Air Force Major General Al Flowers, our master of ceremonies, and retired U.S. Marine Corps Staff Sergeant (SSgt) Mark Duran Juarez, recipient of a Purple Heart and our keynote speaker. It was riveting to hear about retired SSgt Juarez's time in the Marines, which had him travel to places such as Okinawa and South Korea before heading to Afghanistan where he was deployed before suffering a gunshot wound from a sniper. His tale of service was one we are sure our attendees will remember fondly upon reflection of this annual event. We give special thanks to "Fort Sam's Own" 323D Army Band and the East Central High School JROTC Honor Guard and Choir for their ceremonial performances, and to Greg Harrison Photography.

HOLIDAY OPEN HOUSE DECEMBER 9

A beloved tradition, our Holiday Open House was yet again attended by many a joyful family. The Yuletide event featured plenty of hot chocolate and refreshments including lots of marshmallows; arts-and-crafts activities alongside festive films; and, of course, photo sessions with the world-famous Santa. We hope you enjoyed the merrymaking and look forward to seeing you again at the next one!

Special Events from 2023

"LIFE AFTER LOSS" GRIEF SUPPORT GROUP
FEBRUARY 7–MARCH 14

Our "Life after Loss" grief support group offers support for people to better understand and adequately process grief as well as guidance on how to take care of oneself while grieving and ultimately heal. Led by trained facilitators with knowledge of bereavement and grief support, this six-week program of sessions allowed participants who have experienced the loss of a loved one the opportunity to explore and learn how to deal with various dimensions of grief, including its physical, emotional, spiritual, and social implications—all at no cost whatsoever.

2023 ANNUAL ETHICS SYMPOSIUM
APRIL 5–6

Kenda Dalrymple, the managing partner at one of the oldest and largest woman-owned law firms in Austin, Texas, led this year's annual symposium, the theme of which was "Solving Ethical Dilemmas in Counseling": Onward through the Fog. As an expert in administrative and health law who frequently represents licensed mental health professionals, Dalrymple delved into the many tangles of ethical dilemmas her clients often encounter. Topics and scenarios that Dalrymple explored and discussed with attendees included managing difficult clients, navigating potential professional boundary traversals, and conforming to laws regarding confidentiality and record-keeping, among many others. By the workshop's end, participants emerged with a deeper understanding of regulatory requirements, common pitfalls of the field, and actionable strategies tailored to the complexities and risks of mental health practice.

ART HEALS HEARTS
JUNE 28

As psychologist Dr. Frank Emmett, our clinical director, has said, "Art has been known as a pathway to the soul for a long time. It unlocks feelings, those deep-seated things that we're reluctant to express even to ourselves sometimes, in a manner that is safe." Indeed, this year's Art Heals Hearts event theme "I Am" highlighted just how personal art can be. For many, be they professional artists or those exploring their artistic side in therapy, art is a declaration of one's existence so expressed in the utterance "I am"—a simple yet substantial statement that expresses one's humanity, containing within it when articulated through art the power to heal both makers and beholders alike.

BEYOND BARRIERS VETERANS CELEBRATION
NOVEMBER 8

We were again honored this year to host and celebrate our current and former members of the military and their families in company with retired U.S. Air Force Colonel Dr. Tom McNish, a distinguished board member of The Center and this year's master of ceremonies, and retired U.S. Army Commander Sergeant Major (CSM) Roger Hankins. CSM Hankins started as an infantry soldier and mortarman by trade before rising to the task of serving as Battalion Command Sergeant Major for the 1st Battalion, 35th Armor Regiment ("Conquerors"), and Battalion Command Sergeant Major for the 3rd Battalion, 395th Armor Regiment ("Nighthawks"). Speaking to the fulfillment of his duty to this country served as a reminder to all participants of the great feats that can be achieved with dedication and persistence. We again give special thanks to the East Central High School JROTC and Choir for their ceremonial performances, and to Greg Harrison Photography.

Legacy of Hope

In her keynote address for our 2022 Legacy of Hope luncheon, Emmy-winning journalist Jane Pauley expounded on the themes of community, hope, and resilience. She was extraordinarily candid about her struggles with anxiety and depression, calling attention to the fact that mental health challenges discriminate against no one, affecting individuals regardless of their position or achievements. Pauley touched on how she draws inspiration from Michael J. Fox, who in the face of living with an incurable degenerative disease has nonetheless advocated tirelessly for awareness, having raised over $1 billion for research in the process. Such an approach to life has proven an inspiration to Pauley, encouraging her to replace “No” in her daily vocabulary with “Yes!”. She touched on her own story of managing her bipolar diagnosis, believing that public honesty encourages dialogue about these issues, which in turn fosters support and hope for others. Pauley’s speech resonated with every person who contributes to The Center’s commitment to providing guidance and resources for those looking to build resilience in the face of hardships.

Deborah Norville, national television’s longest-running anchor, provided an affecting perspective to the 2023 Legacy of Hope luncheon by delving into her own journey with mental health and connecting it to The Center’s vital work. Sharing a story from her experience with the New York Society for the Prevention of Cruelty to Children, she emphasized the transformative power of sensory-based therapies that include music and dance—which The Center offers—in helping trauma survivors heal and grow into their fullest selves.

Norville’s own story is a testament to the social stigma that still surrounds mental health. After facing unfair media scrutiny that took its toll on her and contributed to a bout of depression, she decided to write a book in which she shares her struggles openly and sincerely. This vulnerability underscores the importance of The Center’s focus on empowering individuals to never fear reaching out for help when experiencing mental health challenges. With the help of professionals like those at The Center, it’s possible to overcome adversity and realize one’s potential in the world.

Building a Region of Trauma-Informed Care

Trauma-informed care (TIC) is principally a shift in thinking about how we approach those who have experienced trauma. It starts with the creation and cultivation of environments and cultures that foreground safety and healing, allowing those who have been traumatized to feel confident, respected, and valued.

On an organizational level, TIC encourages broader awareness about the pervasiveness of trauma across the general population and recommends the implementation of protocols that support recovery while actively avoiding re-traumatization.

One way of integrating trauma-informed systems into workplaces is through certification programs. The Ecumenical Center is proud of its work as the only nationally certified and the certifying TIC entity in South Texas, advancing the goal of transforming the region into a network of trauma-informed communities. Obtaining such recognition was not easy—it required a thorough review and series of targeted modifications to our physical spaces, staff training practices, and assortment of extant policies and procedures.

As a TIC-certifying body, The Center is responsible for developing culturally relevant and sensitive standards for certification-seeking bodies. It determines which organizations can be deemed "trauma-informed" through consultation, cohort pairing, standard-practice validation, and assessment (including self-evaluation tools, desk reviews, and site visits), all the while maintaining the authentication of trauma-informed certification.

In 2022, Methodist Healthcare Ministries earned the recognition of becoming the first organization that The Center certified as a Level-1 TIC organization. Since then, over eighty agencies from a variety of disciplines have submitted interest forms to begin the process of obtaining certification. If you are familiar with any institution that would benefit from or be interested in certification, please encourage them to contact The Center to get started.

Uvalde Together Resiliency Center Update

On May 24, 2022, a horrific tragedy struck the south Texas community of Uvalde. Twenty-one lives were lost at Robb Elementary and eighteen other persons were physically injured, devastating the community and leaving countless individuals to struggle with the traumatic aftermath. With its experience in responding to such traumatic events, The Center was called upon by the FBI to provide needed support services, acting as the lead agency for the Uvalde Together Resiliency Center through April 2024. The Center provided mental and behavioral health services during this time to support the affected families and the entire Uvalde community, playing a vital role in their journey of healing and recovery.

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

Technology Advancements: EMDR, Alpha Stim, Neurofeedback & Brainspotting

EMDR

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapeutic treatment that aims to help individuals heal from the symptoms and emotional distress that often follow disturbing life experiences. It involves the performance of serial back-and-forth eye movements (or other bilateral stimuli like alternating hand taps) that mimic what the body experiences during rapid eye movement (REM) sleep. Coupled with a clinician's guidance to engage with specific feelings and memories, this recreation of REM evokes internal associations within individuals that help them process disturbing feelings and memories. Successful EMDR therapy transforms the meaning of painful events on an emotional level, enabling individuals to feel empowered by the very experiences that once triggered feelings of horror and self-disgust. Some studies have shown that eighty to ninety percent of single-trauma victims no longer have Post-Traumatic Stress Disorder (PTSD) after only three ninety-minute EMDR sessions. The Ecumenical Center is proud to offer a form of therapy that has proven to be effective among veterans and many other individuals experiencing PTSD.

ALPHA-STIM

Now available at The Ecumenical Center in group therapy settings, Alpha-Stim technology is a clinically proven drug-free treatment that can help alleviate insomnia, anxiety, and depression. With the recent publicity about the dangerous side effects of many prescription medications, patients are more concerned than ever about the risks they take when they seek help for their pain or mood disorders. The treatment uses cranial electrotherapy stimulation to deliver small amounts of electricity through electrodes that are attached to an individual's ears. Sessions can range from twenty minutes to an hour and are always delivered under supervision.

NEUROFEEDBACK

Pioneered by The Ecumenical Center, neurofeedback is a computer-based therapy technique used by healthcare professionals around the world. It is used to help treat a variety of conditions, including but not limited to ADD/ADHD, anxiety, chronic fatigue, migraine, traumatic brain injury, Post-Traumatic Stress Disorder, stroke, and substance abuse. It can be used alone or in combination with psychotherapy. Moderate problems are typically alleviated in twenty forty-five-minute sessions performed twice a week. Video games are the "reward" in neurofeedback training. More serious conditions, such as autism, bipolar disorder, and depression, require significantly more sessions. Nevertheless, individuals with such conditions can find improvement and manage their conditions effectively with neurofeedback.

BRAINSPOTTING

Brainspotting is a type of alternative therapy treatment that uses spots in a person's visual field to help them process trauma. It accesses trauma trapped in the subcortical brain, a group of diverse neural functions responsible for motion, consciousness, emotions, and learning. Building upon his research in Eye Movement Desensitization and Reprocessing, David Grand, PhD, introduced the treatment in 2003 after observing a client who got "stuck" holding their gaze in one spot, leading to a profound emotional shift. This realization led Grand to explore the connection between eye position and emotional processing, ultimately resulting in the creation of brainspotting.

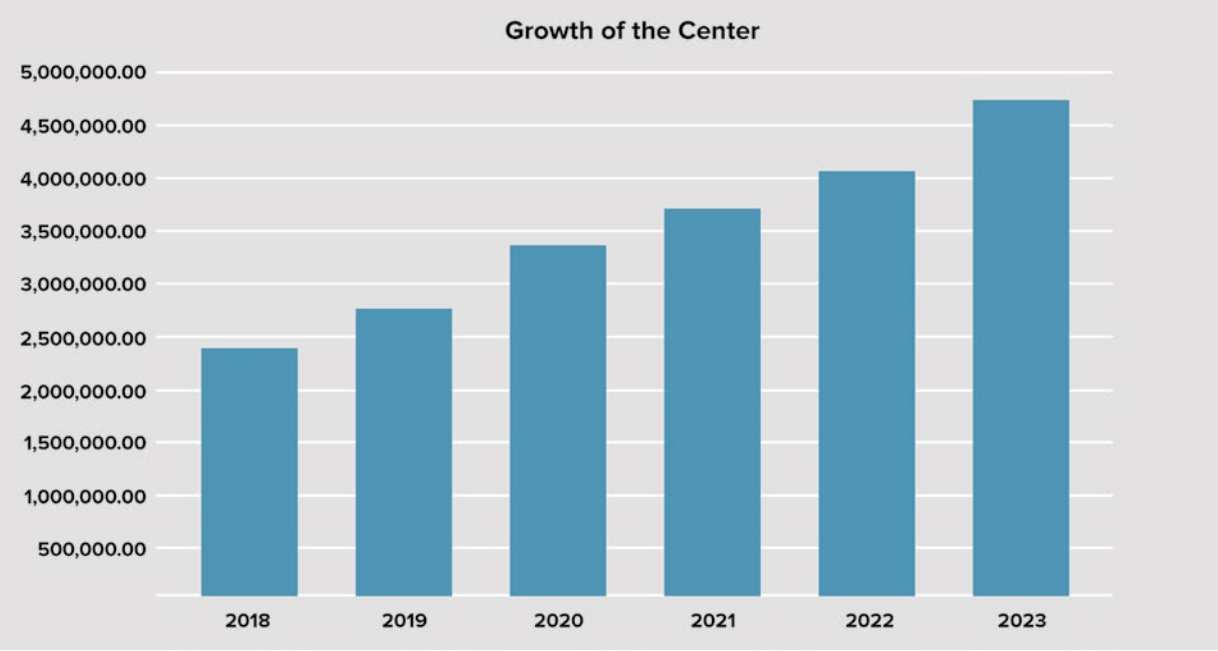
Victims of Crime Act (VOCA) Update

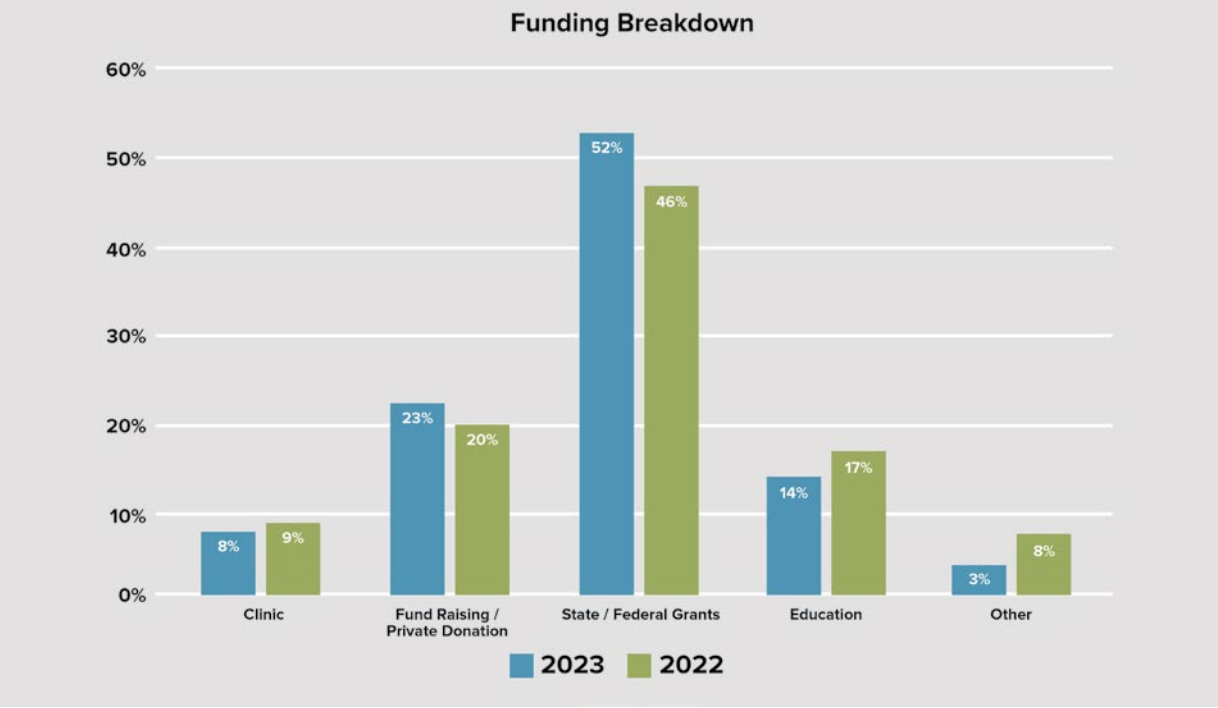
The Ecumenical Center continues to provide counseling and mental health services at no cost to victims of crime in Bexar County, Nueces County, and surrounding counties, and in the Texas Hill Country—specifically, in Johnson City and Marble Falls at each city's Community Resource Center. After the mass shooting at Robb Elementary School in Uvalde, Texas, The Center joined a coalition of mental and behavioral healthcare providers in the area to create The Resiliency Center in Uvalde, Texas, which provides victims of crime various assistance services that are supported by an array of local agencies. Victims of crime do not have to report the crime to the local authorities but are allowed to reach out to their counselor for help and support. Crimes that are covered by the federal Victims of Crime Act include the following:

- Physical and sexual abuse of children and adults
- Domestic and family violence
- DUI and DWI crashes
- Assault
- Elder abuse
- Robbery
- Survivors of homicide
- Mass violence
- Burglary
- Larceny-theft
- Motor vehicle theft
- Arson

Financials

The Ecumenical Center has experienced steady revenue growth over the last six years. Funding is reflected in five categories: Clinical revenue, fundraising/private donations, state and federal grants, education revenue, and other. The majority of funding (52%) comes from state and federal grants. In 2022-2023, clinical and education revenue has decreased slightly while private donations and grants have increased with private donation having a slightly bigger gain at 15%.





Thank You to All Our 2022 & 2023 Donors

Every gift to The Ecumenical Center helps support the provision of vital, life-changing services to individuals of all economic backgrounds throughout our communities. The work of The Center would be impossible without generous contributions from individuals, congregations, foundations, and businesses, as well as from fees generated by The Center's many beneficial services and programs.

We challenge you to make the next year one of healing and grace and invite you to share your capacity for kindness with us by becoming a supporter or volunteer.

How Can I Help?

You can share your gifts with The Center by donating directly; gift planning; funding our endowment; attending or sponsoring our events; or offering memorials or honorariums as tributes to the special individuals in your life.

Acknowledgments

2022 - 2023 FOUNDATION BOARD

Chairmen
Mr. and Mrs. Carl Fellbaum

Board Members
Drs. Barry and Jerry Abrams
*Mr. and Mrs. Chuck Anderson
Dr. James Anderson
Mrs. Mary Ellen Archer
Mr. and Mrs. J. Scott Beckendorf
Mr. and Mrs. Scott Berchelman
Mr. and Mrs. Larry Biedenharn
Mrs. Veronica Boldt
Ms. Lynne Breuer
Mr. and Mrs. Tony Canales
Mrs. Mary Carter
Mr. and Mrs. Damon Christofilis
Mrs. Susan Edwards
Mr. and Mrs. Richard Evans
Mr. and Mrs. Carl Fellbaum
Mr. and Mrs. Alfred Flores, Jr.
Major Gen. and Mrs. Al Flowers
*Dr. Kelley and Mr. Pat Frost
The Reverend Dr. Patrick Gahan
Dr. Matthew Gilley
Mrs. Kim Gresham
Mrs. Diana Grippi and Mr. Charles Weaver
Mrs. Beverly Guerra
Mr. and Mrs. Kyle Gunter
Mr. and Mrs. Charles Gurinsky
Mr. and Mrs. Brian Hamilton
Ms. Letha Harrelson
Mr. Walter Hayne
Mr. and Mrs. Peter J. Hennessey, III
Mrs. Trisha Hennessey
Mrs. Elizabeth Hetrick
Chaplain and Mrs. Gary Higgs
Mr. and Mrs. Charlie Holliman
Dr. Debora Kaliski
Mr. and Mrs. Tres Kleberg
Mrs. Emilie Pitman-Kreager
Mr. and Mrs. Thomas Labatt
Mr. and Mrs. Blair Labatt
Mr. and Mrs. Charles Leddy
Dr. and Mrs. Fletcher Lee
Mr. and Mrs. Peter Maddox
Mr. and Mrs. Laird McNeil
Dr. and Mrs. Thomas McNish
Mr. and Mrs. Armando Medina
Dr. Jo Ann and Mr. Cebe Musgrave
Dr. and Mrs. Mahendra Patel
Mr. Nikhil Patel
Ms. Marti Raba
The Honorable Susan Reed
Mr. and Mrs. Ron Rushing
Mr. and Mrs. Mark Schmeltekopf
Dr. and Mrs. Randall Singleton
Mr. and Mrs. Jim Todd
Mrs. Nancy Torgerson
Mr. and Mrs. Lane Traylor
Dr. and Mrs. Arnold Vardiman
Mr. and Mrs. James Watts
Mr. and Mrs. John W. Weber, Jr.
Ms. Teri Weinglein
Ms. Jennifer Wilkes
Mr. Michael Wilkes
Mr. and Mrs. Mark Wolf
Mrs. Mertie Wood
Mr. Mark Wright
Mr. and Mrs. Thad C. Ziegler
Mr. and Mrs. Thad W. Ziegler

EX OFFICIO
Ms. Mary Beth Fisk
CEO/Executive Director
* = Past Chairmen

2022 - 2023 OPERATING/GOVERNANCE BOARD OF DIRECTORS

2022 Executive Committee
Mrs. Nancy Torgerson - Chairman
Mr. John W. Weber - Vice Chair
Mrs. Mary Carter - Secretary
Mr. Charles Robinson, III - Treasurer

2022 Board of Directors
Mrs. Mary Ellen Archer
Ms. Jennifer Bennett
Ms. Lynne Breuer
Maj. Gen. Al Flowers
Ms. Kathy Griesenbeck
Mrs. Elizabeth Hetrick
Rev. Dr. Les Hollon
Mrs. Lupita Medina
Dr. Randy Singleton
Ms. Kristin Tips

2023 Executive Committee
Mr. John W. Weber - Chairman
Mr. Charles Robinson, III - Treasurer
Mrs. Mary Carter - Vice Chair
Mrs. Mary Ellen Archer - Secretary
Ex Officio - Ms. Mary Beth Fisk
CEO/Executive Director

2023 Board of Directors
Ms. Jennifer Bennett
Ms. Lynne Breuer
Mr. Carl Fellbaum
Maj. Gen. Al Flowers
Dr. Kelley Frost
Ms. Kathy Griesenbeck
Mrs. Elizabeth Hetrick
Rev. Dr. Les Hollon
Mrs. Lupita Medina
Dr. Randy Singleton
Ms. Kristin Tips

EMERITI BOARD
Rev. Dr. Don Anderson**
Mr. Dick Evans
Mrs. Beverly Smith**
Rev. Dr. Louis Zbinden**
**= Posthumously

2022 - 2023 CLERGY ADVISORY COUNCIL
Rev. Dr. D. Leslie Hollon
Council Chairman, Trinity Baptist Church
Rev. Michael Crocker, Saint Andrew's United Methodist Church
Rev. Terry Davis, LPC The Center for Healing and Hope
Tom Preininger, LCSW, MDiv, Catholic Clergy
Ms. Mary Beth Fisk CEO,
The Ecumenical Center
Rev. Patrick Gahan, Christ Episcopal Church
Rev. Bryan Richardson, First Baptist Church of San Antonio
Rev. Bob Fuller, First Presbyterian Church
Rev. Sam Warren, Oak Hills Church
Ms. Debbie Chesney, Community Clergy
Dr. James Anderson, The Ecumenical Center

2022-2023 ART HEALS HEARTS COMMITTEE
Mrs. Kim Gresham
Mrs. Mary Ellen Archer
Ms. Lejla Cenanovic
Ms. Mary Beth Fisk

2022 - 2023 NOMINATING COMMITTEE
Mr. John Weber, Chair
Mrs. Mary Carter
Mrs. Nancy Torgerson
Ms. Mary Beth Fisk
Mr. Charles Robinson

2022 - 2023 MEDICAL ETHICS COLLABORATORS
Dr. Ruth Berggren
Dr. Jason Morrow
Ms. Shelia Hotchkin
UT Health San Antonio
Center for Medical Ethics & Humanities
Ms. Mary Beth Fisk, CEO/Executive Director,
Ms. Lejla Cenanovic, Education Programs Coordinator

2022 - 2023 LIFE AFTER LOSS BEREAVEMENT COMMITTEE
Chaplain Gary L. Higgs, 2022 Chair
Mrs. Maricela Sosa, 2023 Chair
Ms. Lejla Cenanovic
Dr. Karion Krieger
Mr. Efrain Maldonado
Mr. Tom Schwab
Ms. Ashley Canalichio
Mrs. Jacqui Williams
Mrs. April Moxley
Dr. Lee Weems
Ms. Mary Beth Fisk

2022 - 2023 VETERANS & MILITARY TASKFORCE
Col. Dr. and Mrs. Tom McNish, Chairmen
Maj. Gen. Al Flowers (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

2022 - 2023 HOLIDAY CELEBRATION
Ms. Mary Carter, Chairman

2022 - 2023 PLANNED GIVING COMMITTEE
Mrs. Elizabeth Hetrick
Mrs. Sandy Preininger
Ms. Mary Beth Fisk

2022-2023 THERAPEUTIC EXPRESSIVE ARTS (TEA) COMMITTEE
Ms. Elisabeth Hand
Mrs. Cyra Dumitru
Mr. Jorge Ochoa
Mrs. Deborah Murphy
Ms. Mary Beth Fisk
Ms. Lejla Cenanovic
Mrs. Sandy Preininger

2022-2023 EDUCATION COMMITTEE
Dr. Frank Emmett
Dr. Dan Thompson
Ms. Tracy Fazzone
Ms. Mary Beth Fisk

2022-2023 CHAPLAINS TRAINING PROGRAM/ CLINICAL PASTORAL EDUCATION (CPE) COMMITTEE
Dr. Juan Loya
Dr. Esteban Montilla
Ms. Lejla Cenanovic
Ms. Mary Beth Fisk

Collaborating Organizations

COLLABORATING ORGANIZATIONS 2022-2023

- 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)
- City/ County Trauma Informed Certification
- Program Collaborations

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

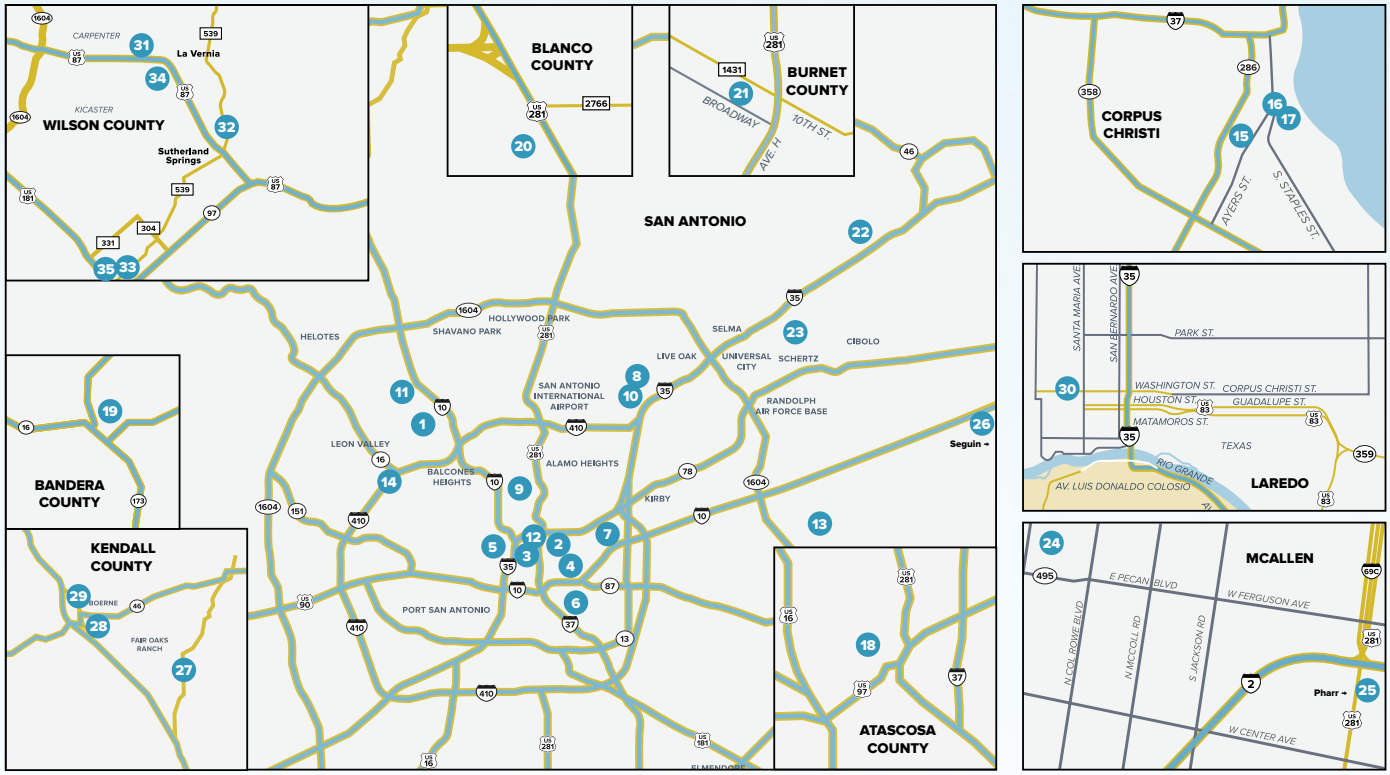
VETERAN/MILITARY COLLABORATIONS

- 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 Foundation
- 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
- Nancy 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
- Charity Ball Association
- San Antonio Junior Forum
- Mission Park Funeral Homes
- Outstanding Individual Donors

42 LOCATIONS THROUGHOUT SOUTH TEXAS



SAN ANTONIO/ BEXAR COUNTY

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

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

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

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

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

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

7. Second Baptist Church
   3310 E. Commerce St.
   San Antonio, TX 78220
   210.616.088

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

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

10. Reaching Maximum Independence
    5210 Thousand Oaks Dr.
    San Antonio, TX 78233
    210.616.0885

11. The Heights on Huebner
    10127 Huebner Road
    San Antonio, TX 78240
    210.616.0885

12. Marla Rushing Counseling Center at First Baptist Church
    415 McCullough Ave.
    San Antonio, TX
    210.616.0885

13. Tradition Elementary
    12885 FM 1346
    St. Hedwig, TX 78152
    210.616.0885

14. Bexar County Learning Center/Restorative Transition Center
    5903 SE Loop 410
    (Bldg 17)
    San Antonio, TX 78222
    210.616.0885

CORPUS CHRISTI/ NUECES COUNTY

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

16. Compassionate Care
    1660 Staples St.
    Corpus Christi, TX 78404
    361.249.3080

17. Coastal Bend
    Health Education Center
    209 N. Water St.
    Corpus Christi, TX 78401
    361.249.3080

ATASCOSA COUNTY

18. The Heights of Atascosa
    21855 W. Goodwin St.
    Pleasanton, TX 78064
    210.616.0885

BANDERA COUNTY

19. Silver Sage
    Community Center
    803 Buck Creek Drive
    Bandera, TX 78003
    210.616.0885

BLANCO COUNTY

20. Community
    Resource Center
    206 S. HWY 281
    Johnson City, TX 78654
    361.249.3080

BURNET COUNTY

21. Community Resource Centers of Texas, Inc.
    1016 Broadway
    Marble Falls, TX 78654
    361.249.3080

COMAL COUNTY

22. Rock Haus Stone Co.
    6362 I-35
    New Braunfels, TX 78132
    210.616.0885

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

HIDALGO COUNTY

24. Calvary Baptist Church
    1600 Harvey Dr.
    McAllen, TX 78501
    956.460.8508

25. Centro de Alabanza y Adoracion
    620 Ridge Rd.
    Pharr, Texas 78577
    956.949.0381

GUADALUPE COUNTY

26. Guadalupe County
    Veterans Center
    205 E Weinert St,
    Seguin, TX 78155
    830.496.1143

KENDALL COUNTY

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

28. Kronkosky Place/
    Rainbow Senior Center
    17 Old San Antonio Rd.
    Boerne, TX
    830.249.2114

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

WEBB COUNTY

30. Holding Institute/
    El Meisias United
    Methodist Church
    1102 Santa Maria Ave.
    Laredo, TX 78040
    210.686.4364

WILSON COUNTY

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

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

33. Frank M. Tejeda
    Veterans Home
    200 Veterans Drive
    Floresville, TX 78114

34. Country Care Manor
    2736 FM 775
    La Vernia, TX 78121
    210.616.0885

35. Floresville ISD
    1200 5th Street
    Floresville, TX 78114
    210.616.0885

Schools

East Central ISD
Southside ISD
London ISD
Nixon-Smiley ISD
Nellie Reddix-NISD
Johnson City ISD
Floresville ISD

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.

THE ECUMENICAL CENTER FOR
EDUCATION. COUNSELING. HEALTH.

HEADQUARTERS
8310 Ewing Halsell Drive | San Antonio, TX 78229
TEL: 210.616.0885

www.ecrh.org