



Counseling & Education Center

2022

ANNUAL REPORT

GROWTH, PARTNERSHIP, COMMUNITY SUPPORT



Hali Nurnberg, LPC
Executive Director
Counseling & Education Center (CEC)

Dear CEC Friend,

I am often asked why I do what I do. Why do I choose to spend much of my time sitting across from someone who is sharing unfathomable stories of suffering? And why do I choose to lead an organization that wades into the muddy waters of mental illness and psychological trauma? There are many answers to these questions, but ultimately it comes down to the fact that I have the capacity to do so.

We are bombarded with unsolvable problems in society. This often leads to an underlying sense of anxiety and pervasive distrust. This collective fear contributes to increased isolation and a disrupted sense of belonging. In my view, the most powerful healing comes in the context of relationships.

Each day the staff of CEC sit with, and hold space for, people who have been hurt and are courageously leaning into the vulnerability necessary for healing. Last year we spent 3,711 hours supporting 286 individuals on their growth journeys.

YOUR support made this possible.

We have seen the strength of a parent leaving an abusive relationship, the excitement of a formerly unhoused person decorating their new home, the confidence of someone finding and succeeding in their new job, and the joy of human beings building deeper connections with those around them.

We have watched individuals become better partners, parents, employees and community members -- interrupting cycles of intergenerational trauma and leading to a ripple effect far beyond a single person.

I believe that we all deserve a space where we can feel safe enough to engage in this healing and discover the best versions of ourselves. Unfortunately many of us cannot find available care that we can afford, with a therapist we like, in a place that respects us for who we are. Each day this fact drives CEC to stand out from the crowd by "walking the walk" of what we believe mental health care should be: You should have access to consistent appointments with a therapist you trust, for as long as you need; this service should be effective in creating changes; and you should be able to afford this care.

In 2022 we asked CEC's staff and Board if there was more we could do to meet the ever-growing mental health needs of our community. As part of this process, we updated our mission, vision and values, adding more focus on creating a mentally well community. We renewed our commitment to accessible, equitable, responsive and ethical care. We recognize that our community needs more high quality therapists to achieve these outcomes. Therefore, CEC continues to invest in our internship and post-graduate training programs, hosting four Master's-level interns each year and providing robust, holistic training for them. This is just the beginning as we embark on the next chapter of our 42-year-old organization.

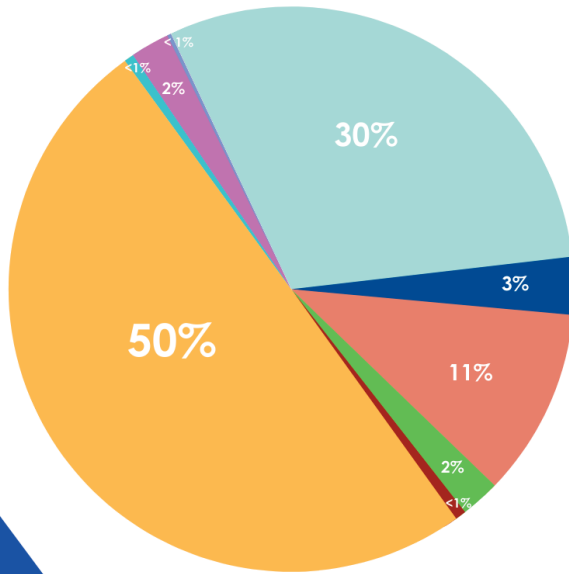
THANK YOU for supporting the healing of our community. We can't wait to share our plans with you this year.

A handwritten signature in black ink that reads "Hali Nurnberg".



CEC 2022 INCOME

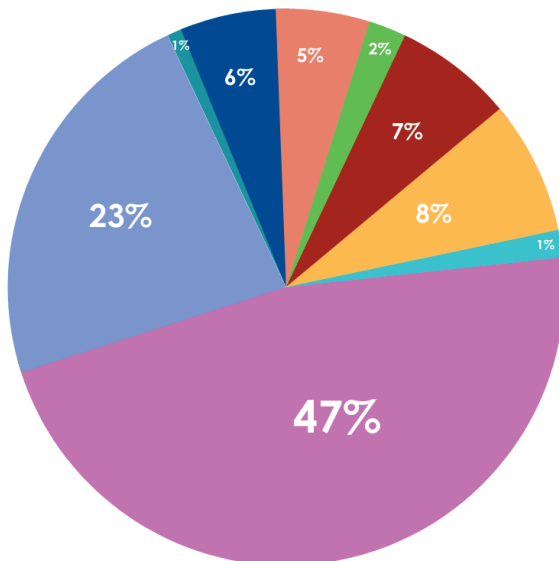
TOTAL: \$ 634,237



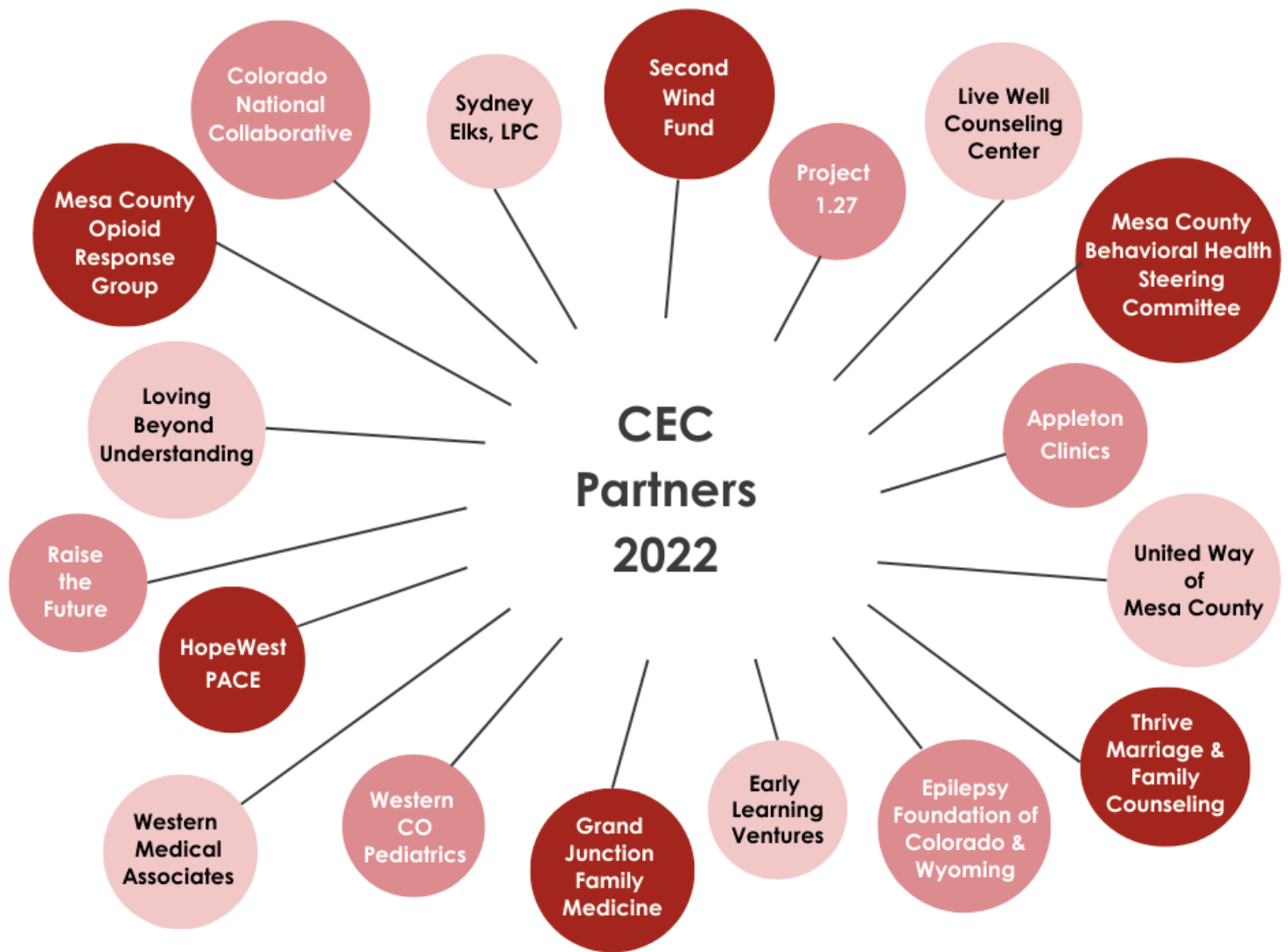
- **CLIENT/PROGRAM REVENUE**
\$ 316,474
- **DIRECT PUBLIC GRANTS**
\$ 191,320
- **GOVERNMENT GRANTS**
\$ 68,320
- **DIRECT PUBLIC GIFTS & DONATIONS**
\$ 20,890
- **INDIRECT PUBLIC SUPPORT**
\$ 14,168
- **SPECIAL EVENTS INCOME**
\$ 14,147
- **MISCELLANEOUS**
\$ 3,991
- **RENTALS**
\$ 3,500
- **IN-KIND DONATIONS**
\$ 1,426

CEC 2022 EXPENSES

TOTAL: \$ 559,259



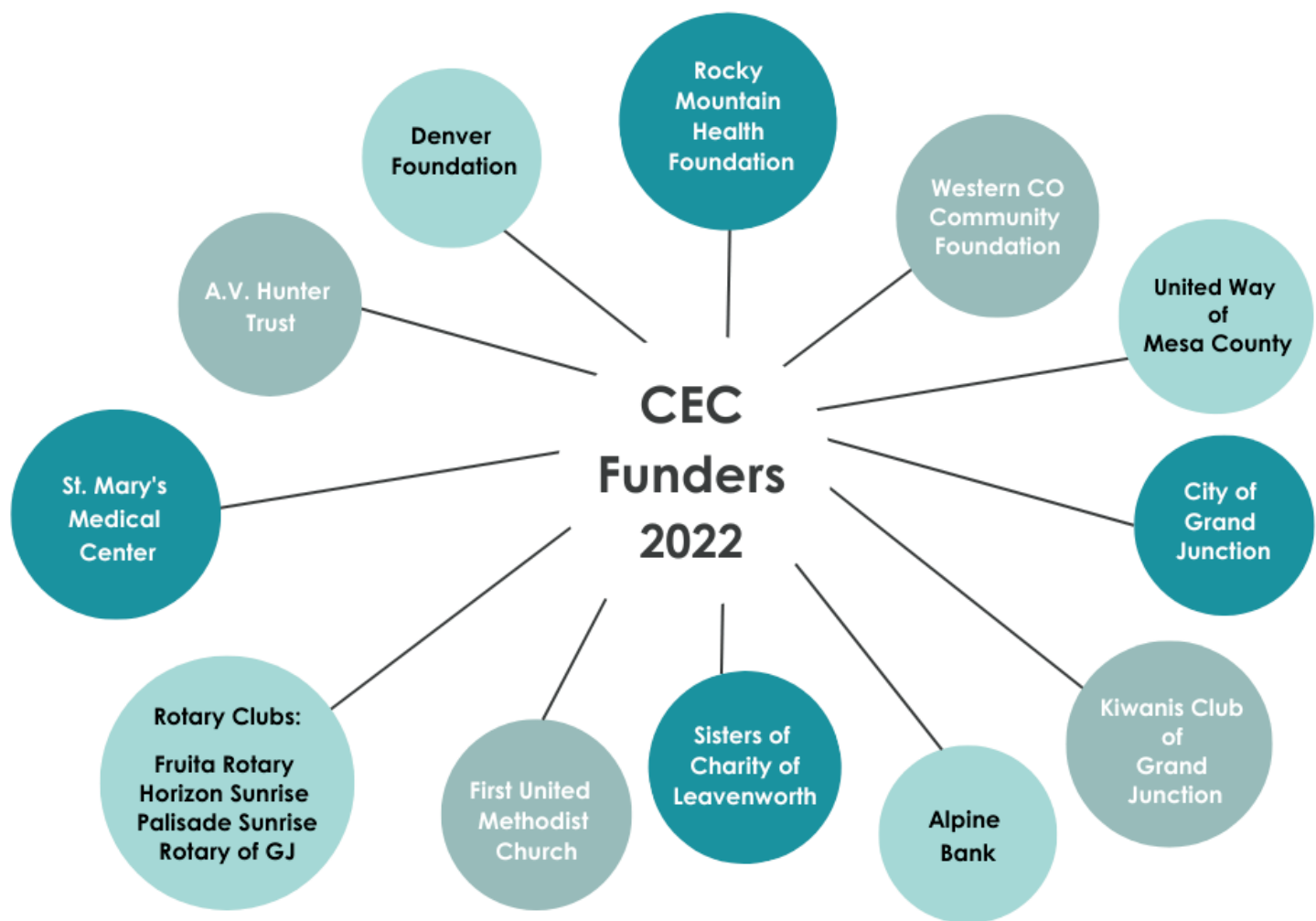
- **PROGRAM/THERAPIST SALARIES**
\$ 261,386
- **ADMINISTRATIVE SALARIES**
\$ 128,420
- **PAYROLL TAXES & BENEFITS**
\$ 43,436
- **OTHER EXPENSES**
\$ 38,663 Marketing, staff development, insurance, membership/dues, etc.
- **CONTRACT SERVICES**
\$ 31,132
- **FACILITIES & EQUIPMENT**
\$ 30,430
- **OPERATIONS**
\$ 12,190
- **DEPRECIATION & AMORTIZATION**
\$ 8,878
- **BUSINESS EXPENSES**
\$ 4,724



2022 COMMUNITY PARTNERS

Building a healthy community happens only through the **commitment and collaboration** of dedicated providers and supporters.

CEC is proud and grateful to be partnered with a variety of organizations that work hard to strengthen the wellbeing of our community.



THANK YOU

to every funder and every individual donor!

YOU are the reason that CEC fulfills its mission of professional, affordable counseling services for people of all ages in Mesa County.

CEC CLIENTS, 2022

Payment for Services



68%

MEDICAID

18%

SLIDING-SCALE FEE

(AS LOW AS \$15/SESSION)

14%

OTHER INSURANCE OR FULL PAY

Client Income



85%

LOW INCOME

LESS THAN \$66,250/YR FOR FAMILY OF 4

62%

EXTREMELY LOW INCOME

LESS THAN \$33,125/YR FOR FAMILY OF 4

Client Demographics



241

ADULTS & TEENS 15+

30% MALE *
70% FEMALE*

45

CHILDREN 14 & UNDER

36% MALE*
64% FEMALE*

Additional Info



122

VICTIMIZED BY CRIME

129

AFFECTED BY SUICIDE OR SUICIDAL IDEATION

*As of 2023, CEC added more gender identity options to our client intake forms.

JOIN US IN BUILDING CONNECTION



CEC Therapists & Staff

CEC envisions a mentally well community and believes that all of us can intentionally build connection to others in our community.

We would love to see you for coffee, lunch, a tour of our office, a video call, you name it. Please reach out and say hello. Give us your ideas. Let's share thoughts and plans for community connections.

THANK YOU for supporting and caring about mental health for people of all ages in Mesa County. We look forward to continuing this important and exciting growth together.

COUNSELING & EDUCATION CENTER



**2708 PATTERSON ROAD
GRAND JUNCTION, CO 81506
970-243-9539 CECWECARE.ORG**

CEC BOARD OF DIRECTORS

*We are constantly grateful for
these devoted members of
our Board of Directors:*

Christian Mueller
President

Catharine Mudd
Vice President

Bryan Newman
Secretary

Sheila Reiner
Treasurer

Dr. Maridel Andres

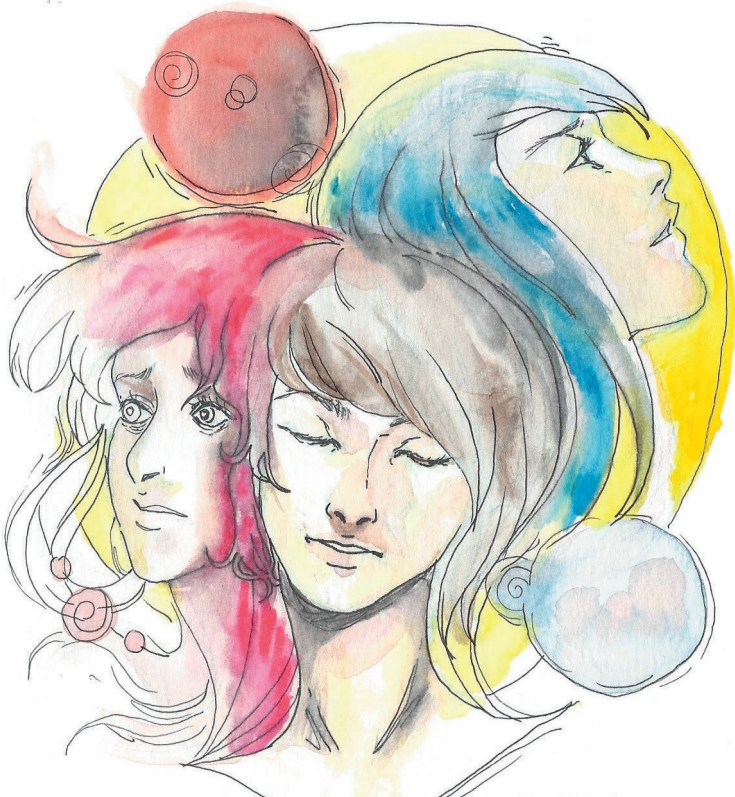
Dave Buchanan

Carol Calacino

Danette MacMillan

Tonya McFarland

Holly Webster



This beautiful artwork was created by a former client to reflect how counseling at CEC had transformed her life.

YOUR support makes this kind of change possible. We are deeply grateful.

If you'd like to **donate** or offer other support to CEC, please visit our website at **CECwecare.org**, give us a call at **970-243-9539**, or scan this QR code.

Thank you!

