

CENTUS COUNSELING

YEAR 2024

ANNUAL REPORT 2024

LATEST INFORMATION AND UPDATES
ABOUT CENTUS COUNSELING



Centus



July 2024

Dear Friends of Centus,

I'm pleased to present our annual report highlighting our accomplishments from this last fiscal year, just ended on June 30, 2024. This has been a year of growth in services and in the number of people served through our five core programs: Outpatient Services, School Counseling, Community Education, Spiritual Direction, and the post-graduate Residency Program.

These programs continue to respond in robust ways to the multiple stressors being faced by the individuals and families we are privileged to serve. Read more to see how the year unfolded!

We are grateful for the community partnerships and donors who make our work possible. **Please click on this [LINK](#) to see our 2023-24 Honor Roll of Centus Donors!**

With sincere and deepest gratitude, as we continue to live our mission promoting hope, healing, and vital living.

Peace,

A handwritten signature in black ink that reads "Paul A. Bretz". The signature is fluid and cursive, with the last name being particularly stylized.

Paul A. Bretz, D.Min., LCSW, MHSA
Chief Executive Officer

ABOUT US

Centus Counseling, was founded in 1982. Today Centus has five programs: School Counseling, Outpatient Services, Community Education, Spiritual Direction, and the new post-graduate Residency Program. These programs continue to respond in robust ways to the multiple stressors being faced by the individuals and families we are privileged to serve. Read more to see how the year unfolded!



SUSAN'S SCHOOL COUNSELING

A CENTUS PROGRAM
COUNSELING • EDUCATION • COMMUNITY

The Centus School Counseling Program was founded in 2010 by Dr. Susan Shamos. At that time, she was a Psychologist on the staff of the Centus Outpatient Program. Susan had a vision and passion for offering mental health services both in schools with high numbers of low-income families as well as contexts that included cultural diversity

SUSAN'S SCHOOL COUNSELING IS FOCUSED ON SUPPORTING CHILDREN AND YOUTH IN RECOGNIZING THEIR STRENGTHS, FINDING SOURCES OF RESILIENCE, AND USING THE RESOURCES OF MIND, BODY, SPIRIT, AND COMMUNITY TO THRIVE.

The first two schools served with whom we remain engaged are St. Elizabeth's School and Escuela de Guadalupe. This academic year we also served at Rocky Mountain Prep - Creekside, Montclair Elementary, Manual High School, McAuliffe Manual Middle School, Newlon Elementary, Denver Jewish Day School, and Rocky Mountain Prep - Fletcher. In 2023-24 we will also begin serving students at Rocky Mountain Prep - Green Valley Ranch, Rocky Mountain Prep - Noel, Rocky Mountain Prep - Ruby Hill, and Rocky Mountain Prep - Southwest.

Schools are on the front line of providing mental health counseling services to young people. The schools where Centus provides mental health counseling regularly affirm the impact of the support provided leading to improved emotional regulation, social relationships, and academic performance. The 14 years of operating the school counseling program have also underscored the importance of providing psycho-education offerings and supporting the development of a culture of mental health awareness within our partner school. Our focus on mental health programming for children and adolescents leads to identifying and addressing developmental, behavioral, or social problems early to support lifelong success. Consulting with and supporting teachers around mental health best practices is a key component, and we also often provide support to families of the students we serve.

The Centus School Counseling Program places dedicated counselors & social workers in schools with the stated goal of providing accessibility to high-quality mental health services for students. Our program promotes student development and achievement, while also equipping parents and teachers with knowledge and skills that help students thrive both in and out of the classroom.

THE ANNUAL “COUNSELING FOR KIDS” LUNCHEON WAS HELD ON MAY 14TH AT TEMPLE EMANUAL, FOCUSED ON HOW WE SUPPORT YOUNG PEOPLE IN LIVING VITAL, HEALTHY LIVES! THIS YEAR OPERA COLORADO’S ARTISTS IN RESIDENCE PRESENTED THREE ARIAS WITH SUSAN’S SCHOOL COUNSELING CLINICIANS RESPONDING TO THE THEMES RAISED. ISSUED ADDRESSED INCLUDED POVERTY, ABUSE, IMMIGRATION, BULLYING, AND IDENTITY ISSUES. THE LUNCHEON RAISES VITAL FUNDS TO SUPPORT SUSAN’S SCHOOL COUNSELING, AND WE THANK ALL OUR DONORS, ALONG WITH LUNCHEON CO-CHAIRS GREG MOVESIAN, DR. SUSAN SHAMOS & JEREMY SHAMOS, AS WELL AS HONORARY CO-CHAIR SHARON MARTIN AND COMMITTEE MEMBERS MARSHA BREIT, DR. PAUL BRETZ, ANN CORRIGAN, JOY DINSDALE, HONEY GOLDBERG, MICHAEL HUGHES, ELISABETH JACOBSON, SUZANNE KILLMER, MARCIA ROBINSON, LESLIE SIDELL, SUELLEN WHITE AND DONNAH PHIPPS WITH POISED EVENTS, OUR EVENT MANAGER.

DURING THE 2023-24 SCHOOL YEAR CENTUS SCHOOL COUNSELORS PROVIDED OVER 1000 CLINICAL HOURS MONTHLY IN 9 DENVER AREA SCHOOLS, WITH A TOTAL COMBINED STUDENT POPULATION OF 2500. **THIS VOLUME OF SERVICES REPRESENTS A 20% INCREASE OVER SERVICES OFFERED IN THE 2022-23 SCHOOL YEAR DUE TO INCREASING NEEDS OF STUDENTS AND THE TWO ADDITIONAL SCHOOLS BEING SERVED.** BETWEEN COUNSELING, GROUPS, CLASSROOM PRESENTATIONS, AND INFORMAL SUPPORT CENTUS SCHOOL CLINICIANS CONNECT WITH NEARLY ALL THE STUDENTS IN THESE SCHOOLS ANNUALLY.

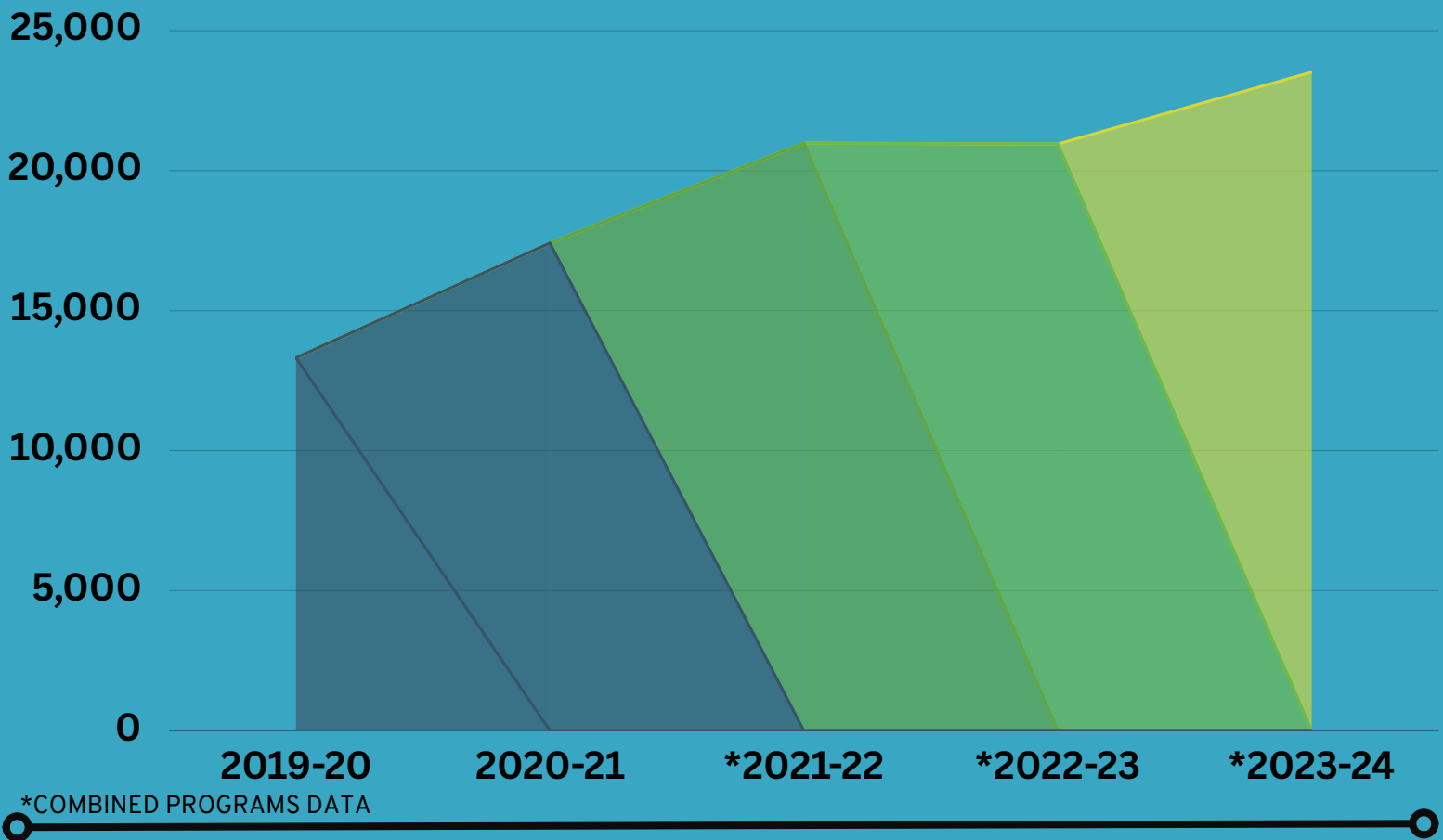
CLINICAL OUTCOME MEASUREMENTS UTILIZED DEMONSTRATED THAT 43% OF STUDENTS SERVED EXPERIENCED SIGNIFICANT IMPROVEMENT, 16% WERE SOMEWHAT IMPROVED, AND 16% REMAINED STABLE AS A RESULT OF THE SUPPORT RECEIVED. DURING THESE STRESSFUL TIMES, EVEN THE STUDENTS WHO RECEIVED SUPPORT THAT ALLOWED THEM TO EXPERIENCE STABILITY IS A SUCCESS WORTH NOTING. THIS OVERALL EFFECT SIZE PUTS **SUSAN’S SCHOOL COUNSELING IMPACT IN THE “EFFECTIVE” RANGE.** THESE RESULTS ALSO REFLECT THAT 76% OF CLIENTS SERVED EITHER IMPROVED OR STABILIZED THROUGH THE VITAL SUPPORT OFFERED.



THE CENTUS OUTPATIENT PROGRAM

The initial Denver Samaritan Center opened January 4, 1982 at the Wellshire Presbyterian Church. A second Denver Samaritan Center opened January 1, 1987, at Good Shepherd Episcopal Church. On March 15, 1988, these two programs merged to increase their cost-effectiveness. Sixteen years ago, on July 17, 2007, the Denver Samaritan Counseling Center officially began doing business as Centus Counseling, Consulting and Education in an effort to reflect its commitment to the multi-faith, multi-cultural community that metro Denver has become

CENTUS' CORE SERVICE IS MENTAL HEALTH COUNSELING. OUR COMBINED CLINICAL PROGRAMS PROVIDED 23,520 DIRECT COUNSELING SERVICE HOURS IN 2023-24 SERVING APPROXIMATELY 3500 INDIVIDUALS. THIS INCLUDES SERVICE TO SCHOOLS WITH MORE THAN 2500 STUDENTS, IN ADDITION TO SUPPORTING FAMILIES AND SCHOOL STAFF MEMBERS. IN ADDITION, OUR OUTPATIENT CLINICIANS SUPPORT INDIVIDUALS OF ALL AGES, INTIMATE PARTNERS, AND FAMILIES.



The most common concerns we work with are trauma, depression, anxiety, adjustment disorders and addictions. Individuals, couples, and families come to us with loss, grief and relational or life stressors that have become too difficult to manage.

DURING 2023-24 WE HAD 33 CENTUS CLINICIANS, 9 OF WHOM WERE IN OUR POST-GRADUATE RESIDENCY PROGRAM. ALL OF THESE CLINICIANS ARE TRAINED IN EVIDENCE-BASED COUNSELING AND PSYCHOTHERAPY AS WELL AS THE USE OF SPIRITUALLY INTEGRATED TREATMENT APPROACHES. OUR POST - GRADUATE RESIDENCY PROGRAM HAS A CORE FOCUS ON CULTURAL AND SPIRITUAL ASSESSMENT AND INTEGRATION.

Centus Clinicians seek to provide services in settings and formats that are most comfortable for the clients we are privileged to serve. This includes tele-behavioral health, church and school-based offices and a wide variety of community-based settings.

THE 1ST ANNUAL “ALL THE JAZZ” CENTUS WINE & JAZZ EVENT WAS HELD ON OCTOBER 26TH AT WELLSHIRE PRESBYTERIAN CHURCH. THIS EVENT RAISED NECESSARY FUNDS TO SUPPORT THE VITAL MISSION OF CENTUS COUNSELING. AT THIS EVENT WE HONORED OUR DENISE MAGOTO, LPC, LAC FOR HER EFFORTS IN LAUNCHING THE CENTUS POST-GRADUATE RESIDENCY PROGRAM, ALONG WITH RECOGNIZING AND WELCOMING THE RESIDENTS. APPRECIATION GOES TO THE COMMITTEE MEMBERS, PAT LONG, JENNIFER BALDWIN, NADINE COCHRAN, EMILY HALLER, REBECCA SPRAGUE, SUSAN GEISSLER, GREG MOVESIAN, AND PAUL BRETZ.

During 2023-24 clinical outcome measurements used in our Outpatient Counseling Services demonstrated that 40% of clients served experienced significant improvement, 18% were somewhat improved, and 19% remained stable as a result of the support received. This overall effect size puts **Centus outpatient counseling services in the “effective” range.** We also recognize that many of the clients we serve have encountered unprecedented stressors during the past year, with 23% struggling to make progress on their mental health concerns. We want to affirm both measurable progress and stability as meaningful, impactful outcomes of the support received, as well as the strength and resilience that encourages an individual to continue to strive for an improved quality of life. These results reflect that our overall effectiveness in positive clinical outcomes is 77%.

16 LOCAL CONGREGATIONS

9 SCHOOLS

COMMUNITY EDUCATION

Community partners included 16 local congregations, and 9 schools in 2023-24. Psycho-spiritual educational offerings were provided for community partners serving 1284 participants. Education topics addressed include Enhancing Resilience, Coping with Grief, Parenting, Healthy Relationships, Mindfulness, Dealing with Anxiety or Depression, and Suicide Prevention & Recovery.

POST-GRADUATE RESIDENCY PROGRAM: RETURNING TO OUR ROOTS FUNDED BY COLORADO ACCESS AND THE ANSCHUTZ FOUNDATION

When Centus was founded in 1982 our name was the Samaritan Counseling and Training Center. During 2021-22 a Board & Staff Work Group was formed to develop a plan for a Training / Residency Program. In 2022 the decision was made to expand the role of Denise Magoto, LPC, LAC, Ph.D. Candidate to be the Director of Training & Education. During 2023-24, Denise supported 9 Resident Clinicians and helped create roles for Resident Clinicians that include Coordinating Community Education, Referrals, and Case Management along with both School based and Outpatient Counseling including Tele-Health, Community, and office-based services. She also coordinated in depth clinical training, as well as individual and group supervision for the Resident Clinicians. Beginning July 1, 2024, Denise will become the Director of Outpatient and Residency Clinical Services.

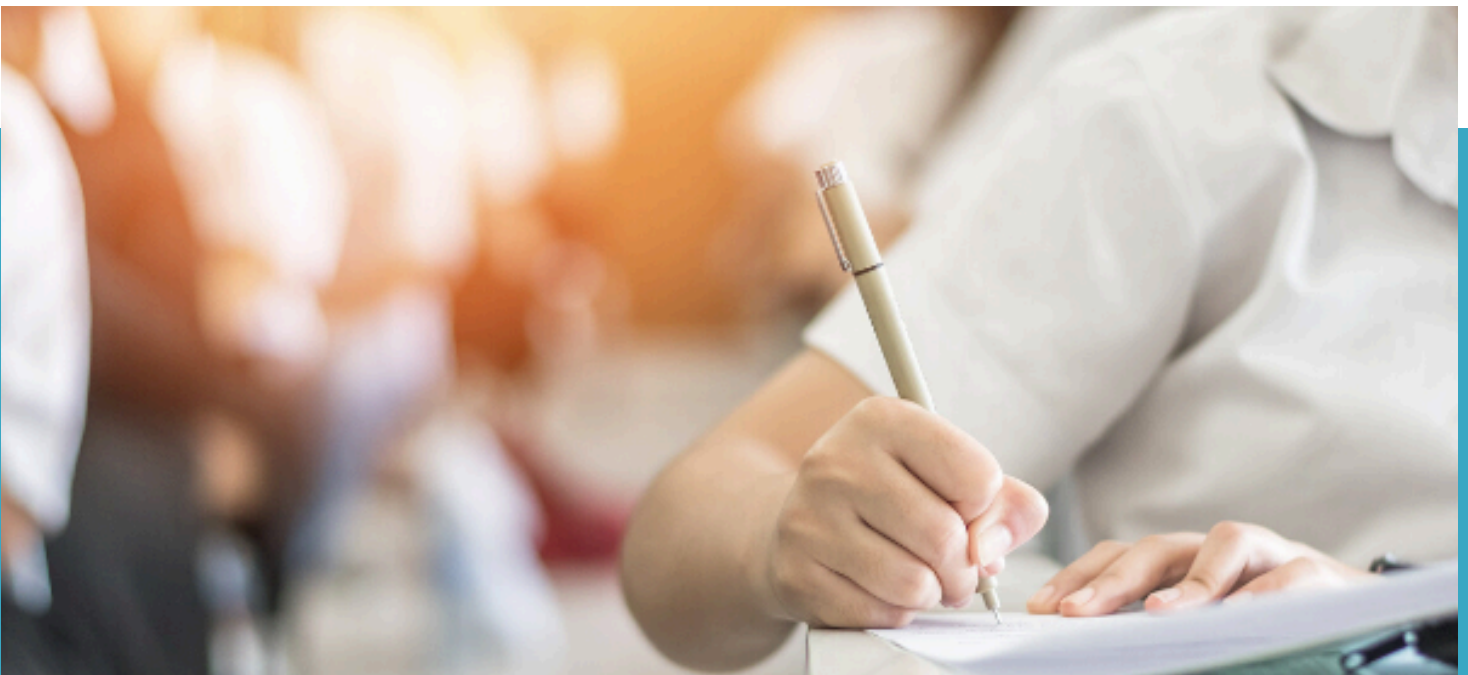
This role includes responsibility for clinical oversight of the Outpatient Counseling program and the Residency Training program for master's level Clinicians with candidate level status, working toward their clinical licensure.

The program hires Residents from diverse backgrounds with a passion for providing clinical care for under-served and under-resourced communities. As a State of Colorado licensed Behavioral Health Entity, we are able to Resident Clinicians who provide care for a wide range of clients under the supervision of seasoned, licensed Clinicians. The training aspect of the program has a key focus on cultural assessment and engagement and spiritual assessment and integration, as well as a wide range of empirically validated treatment modalities.

Colorado Access provided a substantial grant to facilitate the launch of this program in 2023-24. The Anschutz Foundation also provided a generous grant toward operating costs assisted us expanding the diversify our behavioral healthcare workforce. We are incredibly grateful for a wide range of community funding streams that allow us to live our mission promoting hope, healing, and vital living!

SPIRITUAL DIRECTION

SPIRITUAL DIRECTION IS ALSO BEING OFFERED AT CENTUS COUNSELING. OUR STAFF SPIRITUAL DIRECTOR IS THE REV. DR. MARK KILLMER WHO IS TRAINED IN BOTH INDIVIDUAL SPIRITUAL DIRECTION AND GROUP CONTEMPLATIVE AND SPIRITUAL FORMATION PRACTICES. HE CAN BE REACHED AT MKILLMER@CENTUS.ORG OR BY CALLING 303-225-9431.

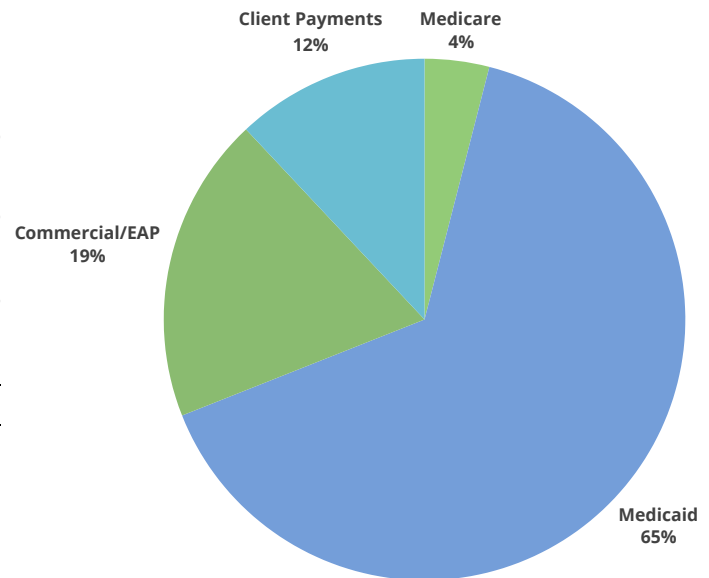


FINANCIAL REPORT

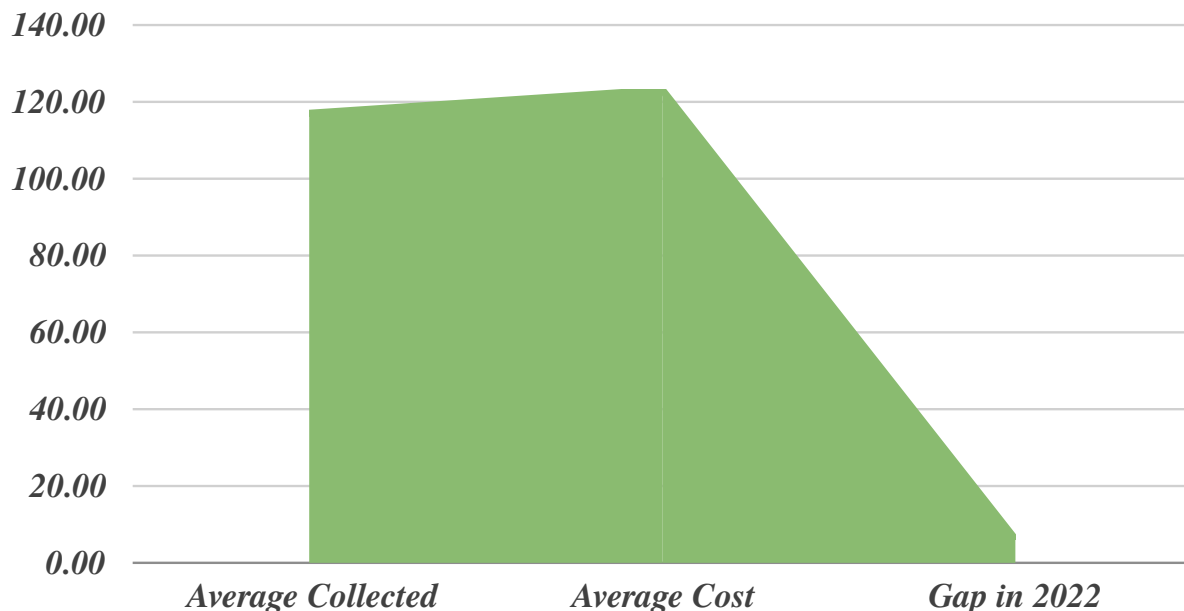
OUTPATIENT SERVICES

For every counseling session, funds need to be raised through events, grants and from individual donors to cover the actual cost of counseling. In 2023-24, as in each year, 100% of our Board of Directors donated considerable time, talents, and financial contributions to lead our efforts to support the total expenses across all programs of \$2,361,383.

In 2023-24 revenue generated included approximately 65% Medicaid coverage, 19% commercial insurance or Employee Assistance Program benefits, 4% Medicare coverage, and 12% were client payments. The total amount paid directly by clients for services was \$221,606, which includes adjusted fees, co-pays, and deductible payments. Reimbursed counseling services from all sources of payment combined covered \$1,861,966 of the cost of providing quality behavioral healthcare, leaving a gap of \$95,465 in revenues to cover the services provided.



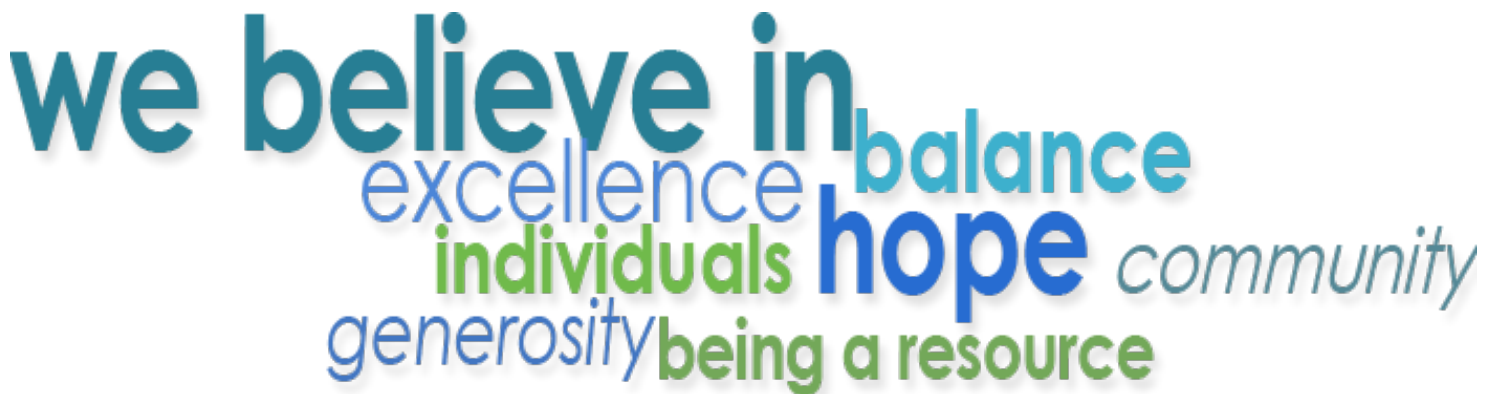
During 2023-24 the average collected fee was \$117.01 and the average cost to provide a session was \$123.11 leaving a gap of \$6.10 for each of our 15,650 sessions in the Outpatient Program and including Insurance covered services provided in the School Counseling Program. We regularly strive to reduce this gap through rigorous financial oversight, economies of scale, and billing efficiencies. In addition, we negotiate with third party payers, based on the empirically validated high quality of services which has yielded higher reimbursement rates. At the same time, the cost to provide these services continues to rise, and reimbursement rates are often below our break-even point.



FINANCIAL REPORT CONTINUED

SCHOOL COUNSELING

The total amount that we had to raise through grants and donations to provide school counseling services in 2023-24 was \$353,804. In addition, a portion of this program is covered by cost sharing with schools and reimbursements from insurance toward a total of \$618,262 in program costs. We are grateful to our donors who make Susan's School Counseling possible.



CENTUS LEADERSHIP / ADMINISTRATIVE TEAM

ADMINISTRATIVE ASSISTANT, SHARI BOWEN, 303-639-5240, SLBOWEN@CENTUS.ORG

CHIEF EXECUTIVE OFFICER, PAUL BRETZ, 303-639-5240, PBRETZ@CENTUS.ORG

CLINICAL DIRECTOR, PATTI SCHRAMM, 720-666-1511, PSCHRAMM@CENTUS.ORG

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DIRECTOR OF TRAINING & EDUCATION, DENISE MAGOTO, 303-639-5240, DMAGOTO@CENTUS.ORG

FINANCIAL CONTROLLER, PAUL DE LEEUW, 303-639-5240, PDELEEUW@CENTUS.ORG

SENIOR FUNDRAISING ADVISOR, GREG MOVESIAN, 303-639-5240, GMOVESIAN@CENTUS.ORG

CENTUS CLINICIANS AND COUNSELING SITES, DURING 2023-24

Community Sites	Clinicians
Peace With Christ Lutheran, Aurora	David Hay, M.Div., MA, LPC
Christ Lutheran Church, Highlands Ranch	David Hay, M.Div., MA, LPC Kim Bloom, M.Div., MA, LPCC
Wellshire Presbyterian, Denver	Patti West Schramm, MSW, LCSW Mollie Byington, M.S., LPC, ATR
Montview Presbyterian, Park Hill, Denver	Mark Killmer, Psy.D., LMFT Spiritual Director
St. Paul Presbyterian Church, Aurora	Blair Buckley, M.Div., MSW, SWC
Hope United Methodist, Greenwood Village	Jessica Burchinal, M.A., LPC
St. John's Episcopal Church, Boulder	Linda LaGanga, M.A., Ph.D., LPC, NCC
Bethlehem Lutheran, Longmont	David Rothman, MA, LPCC
First United Methodist, Loveland	Ann Price, MSW, LCSW
First Presbyterian Church, Englewood	Demelza Newman, M.A., LPC
Applewood Valley United Methodist, Golden	Kim Godell, M.S., LPC
University Park United Methodist, Denver	Mary Mancinelli, M.A., LPC Kate Culbertson, MSW, LCSW
Highlands United Methodist Church, Denver	Suzanne Ramirez, MSW, SWC
Park Hill United Methodist Church, Denver	Tara Benegas, MSW, SWC Muna Osman, MA, LPCC
Broomfield United Methodist Church, Broomfield	Melissa Schwappach, M.A., LPC, NCC
Good Shepherd United Methodist Church, Colorado Springs	Karah Valasquez, MA, LPC, NCC
Tele-Health & Community Based Therapists	Josh Parker, MSW, LCSW Dawn Crosswhite, LCSW Sollita Lucero, MSW, LCSW
Centus School Counseling Program 1. Escuela De Guadalupe and 2. St. Elizabeth's Episcopal School 3. Rocky Mountain Prep – Creekside 4. Montclair Elementary 5. McAuliffe Manual Middle School 6. Newlon Elementary School 7. Denver Jewish Day School 8. Manual High School 9. Rocky Mountain Prep – Fletcher	Susan Shamos, PhD, Director Emeritus Kira Colgan, MS, LMFT Co-Coordinator Georgia Angelo, MSW, LCSW Co-Coordinator Dawn Crosswhite, MSW, LCSW Rachel Lacey, MSW, LCSW Claudia Luna-Asturias, MSW, SWC Larissa Marceau, MSW, SWC Kris Lopez, MSW, SWC Denise Magoto, MA, LPC, LAC, PhD Candidate Aubree Brewer, MSW, SWC Suzanne Ramirez, MSW, SWC Daniel Coccia, MSW Intern

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