

CENTUS COUNSELING

YEAR 2025

ANNUAL REPORT 2025

LATEST INFORMATION AND UPDATES
ABOUT CENTUS COUNSELING



Centus



August 2025

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, 2025. This has been a year of growth in services and in the number of people served through our programs: Outpatient Services, School Counseling, Residency Program, Community Education, Consultation Services, and Spiritual Direction.

These programs continue to respond in robust ways to the multiple stressors being faced by the individuals, families and organizations 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 2024-25 Honor Roll of Centus Donors!

With sincere and deepest gratitude, as every day we continue living 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 a large, stylized initial "B".

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, Manual Middle School, Newlon Elementary, Denver Jewish Day School, Rocky Mountain Prep - Fletcher, 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 15 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 6TH AT TEMPLE EMANUAL, FOCUSED ON HOW WE SUPPORT YOUNG PEOPLE IN LIVING VITAL, HEALTHY LIVES! THIS YEAR CURIOUS THEATRE’S ARTISTIC COMMUNITY PRESENTED REAL-LIFE SCENARIOS PROVIDED BY OUR SCHOOL COUNSELORS AND DRAMATIZED THEM. THE PRESENTATION CONCLUDED WITH THIS STATEMENT, “SOMETIMES, HEALING DOESN’T COME IN BIG MOMENTS. IT’S IN THE SMALL, QUIET CONNECTIONS— WHEN WE HOLD SPACE FOR SOMEONE’S PAIN AND OFFER A MOMENT OF CALM. IT’S IN THE SONG SUNG SOFTLY, THE HANDHELD WITH CARE, THE RHYTHM THAT BRINGS HOPE. THIS IS THE POWER OF LOVE. THIS IS THE POWER OF COMMUNITY. AND SOMETIMES, THE GREATEST GIFT WE CAN GIVE IS TO HELP SOMEONE FIND THEIR SUNSHINE AGAIN.”

THE LUNCHEON RAISES VITAL FUNDS TO SUPPORT SUSAN’S SCHOOL COUNSELING, AND WE THANK ALL OUR DONORS, ALONG WITH LUNCHEON CO-CHAIRS SUELLEN WHITE AND GREG MOVESIAN, AND OUR FOUNDER 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, AMY MALLO, NAN OUDET, LESLIE SIDELL, KATHLEEN WINSOR-GAMES, AND DONNAH PHIPPS WITH POISED EVENTS, OUR EVENT MANAGER.

CLINICAL OUTCOME MEASUREMENTS UTILIZED DEMONSTRATED THAT 58% OF STUDENTS SERVED EXPERIENCED SIGNIFICANT IMPROVEMENT, 14% WERE SOMEWHAT IMPROVED, AND 14% 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 “HIGHLY EFFECTIVE” RANGE. THESE RESULTS ALSO REFLECT THAT 86% OF CLIENTS SERVED EITHER IMPROVED OR STABILIZED THROUGH THE VITAL SUPPORT OFFERED.

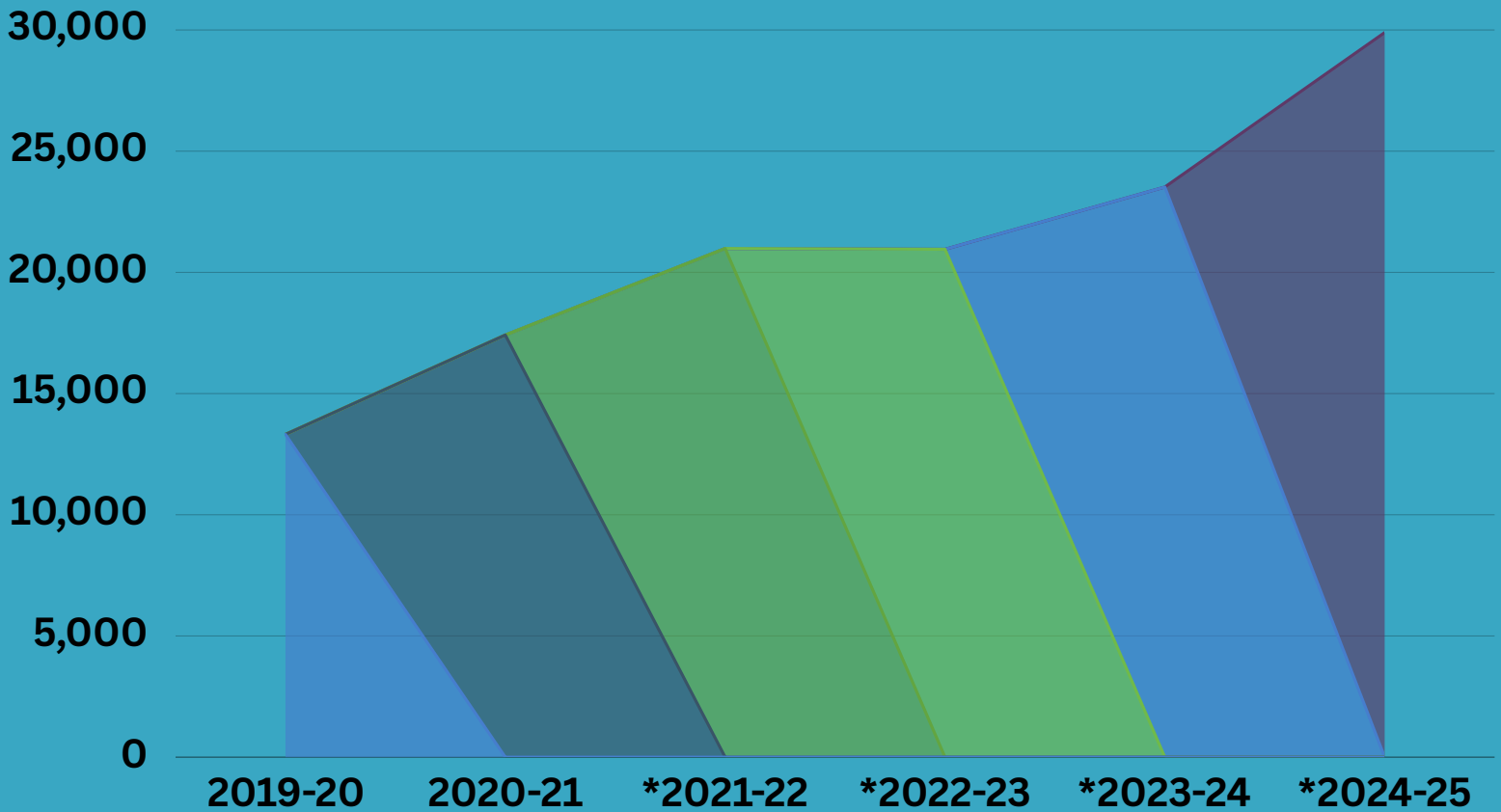
DURING THE 2024-25 SCHOOL YEAR CENTUS SCHOOL COUNSELORS PROVIDED OVER 1500 CLINICAL HOURS MONTHLY SERVING IN 13 DENVER AREA SCHOOLS, WITH A TOTAL COMBINED STUDENT POPULATION OF 4500. **THIS VOLUME OF SERVICES REPRESENTS A 23% INCREASE OVER SERVICES OFFERED IN THE 2023-24 SCHOOL YEAR DUE TO INCREASING NEEDS OF STUDENTS AND ADDITIONAL SCHOOLS BEING SERVED.** BETWEEN COUNSELING, GROUPS, CLASSROOM PRESENTATIONS, INFORMAL SUPPORT, AND ALL SCHOOL GATHERINGS CENTUS SCHOOL CLINICIANS CONNECT WITH NEARLY ALL THE STUDENTS IN THESE SCHOOLS ANNUALLY.



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 29,894 DIRECT SERVICE HOURS IN 2024-25 SERVING APPROXIMATELY 3500 INDIVIDUALS. THIS INCLUDES SERVICE TO SCHOOLS WITH MORE THAN 4500 STUDENTS, IN ADDITION TO SUPPORTING FAMILIES AND SCHOOL STAFF MEMBERS. IN ADDITION, OUR OUTPATIENT CLINICIANS SUPPORT INDIVIDUALS OF ALL AGES, INTIMATE PARTNERS, AND FAMILIES



*COMBINED PROGRAMS DATA

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 2024-25 WE HAD 33 CENTUS CLINICIANS, 13 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 2ND ANNUAL “ALL THE JAZZ” CENTUS WINE & JAZZ EVENT HELD ON SEPTEMBER 26TH AT WELLSHIRE PRESBYTERIAN CHURCH. THIS EVENT RAISED NECESSARY FUNDS TO SUPPORT THE VITAL MISSION OF CENTUS COUNSELING. AT THIS EVENT WE HONORED OUR BOARD OF DIRECTORS, LEADERSHIP TEAM AND CLINICAL STAFF MEMBERS. APPRECIATION GOES TO THE COMMITTEE MEMBERS, PAT LONG, JENNIFER BALDWIN, NADINE COCHRAN, EMILY HALLER, REBECCA SPRAGUE, SUSAN GEISSLER, GREG MOVESIAN, AND PAUL BRETZ.

During 2024-25 clinical outcome measurements used in our Outpatient Counseling Services demonstrated that 48% of clients served experienced significant improvement, 17% were somewhat improved, and 20% 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 15% 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 85%.

15 LOCAL CONGREGATIONS

13 SCHOOLS

COMMUNITY EDUCATION

Community partners included 15 local congregations, and 13 schools in 2024-25. Psycho-spiritual educational offerings were also provided for a range of community partners. 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: FUNDED IN 2024-25 BY THE CARING FOR DENVER FOUNDATION 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 2024-25, Denise was promoted to Clinical Director of Outpatient and Residency Clinical Services. The program hires post-graduate Residents with Candidate status, working toward state licensure, from diverse backgrounds with a passion for providing clinical care for under-served and under-resourced communities. Denise along with several licensed Clinical Supervisors supported 13 Resident Clinicians.

Resident Clinicians also served as Coordinators of Community Education, Referrals, Case Management, along with Coordination roles for both School based and Outpatient Counseling. Residents receive in depth clinical training, as well as individual and group supervision. 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.

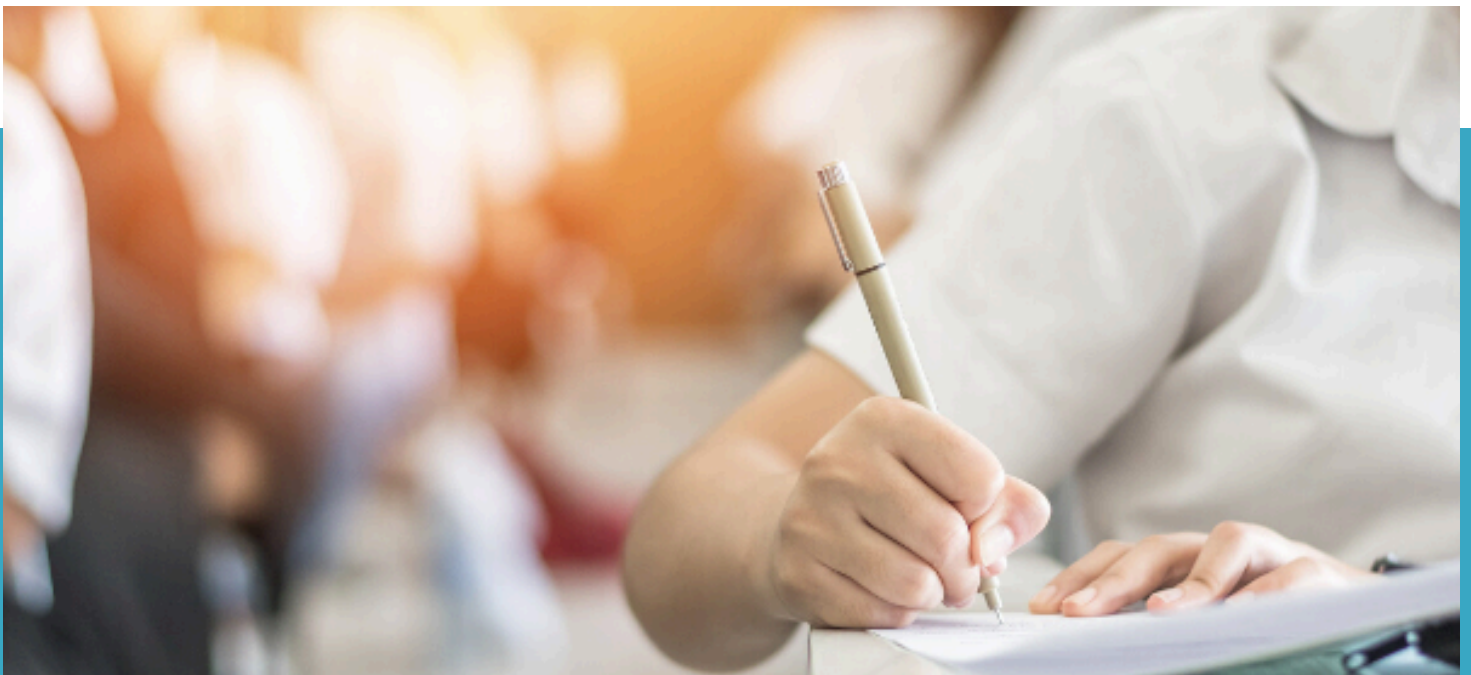
Colorado Access provided a substantial grant to facilitate the launch of this program in 2023-24. During 2024-25, The Caring for Denver Foundation and The Anschutz Foundation provided generous grants toward operating costs that assisted us in expanding the diversify our behavioral healthcare workforce. 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!

CONSULTATION SERVICES

DURING 2024-25, CENTUS CONSULTATION SERVICES INCLUDED PROVISION OF COMPLIANCE AND QUALITY ASSURANCE SERVICES FOR OTHER BEHAVIORAL HEALTHCARE ORGANIZATIONS, AND CONSULTATION SERVICES FOR DENOMINATIONAL JUDICATORIES AND LOCAL CONGREGATIONS. CENTUS CONSULTANTS THIS YEAR INCLUDED OUR COMPLIANCE OFFICER, DANIELLE LEWARK, THE REV. DR. MARK KILLMER, THE REV. BLAIR BUCKLEY, AND THE REV. DR. PAUL BRETZ.

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.

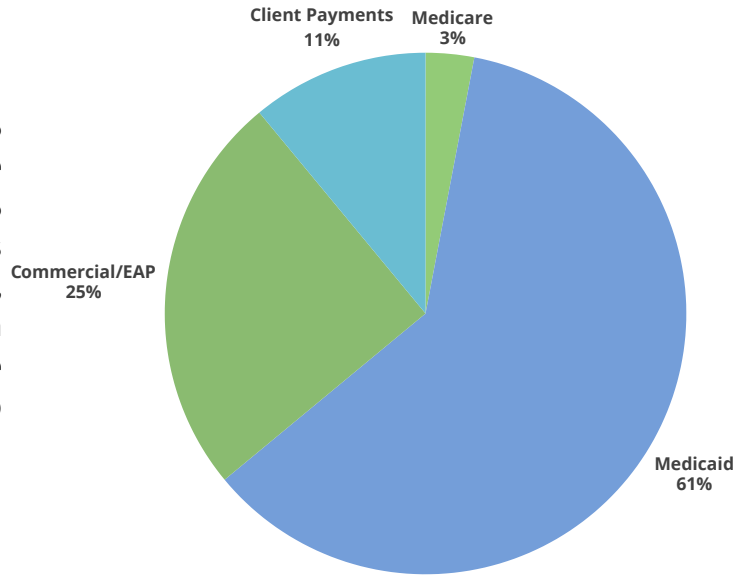


FINANCIAL REPORT

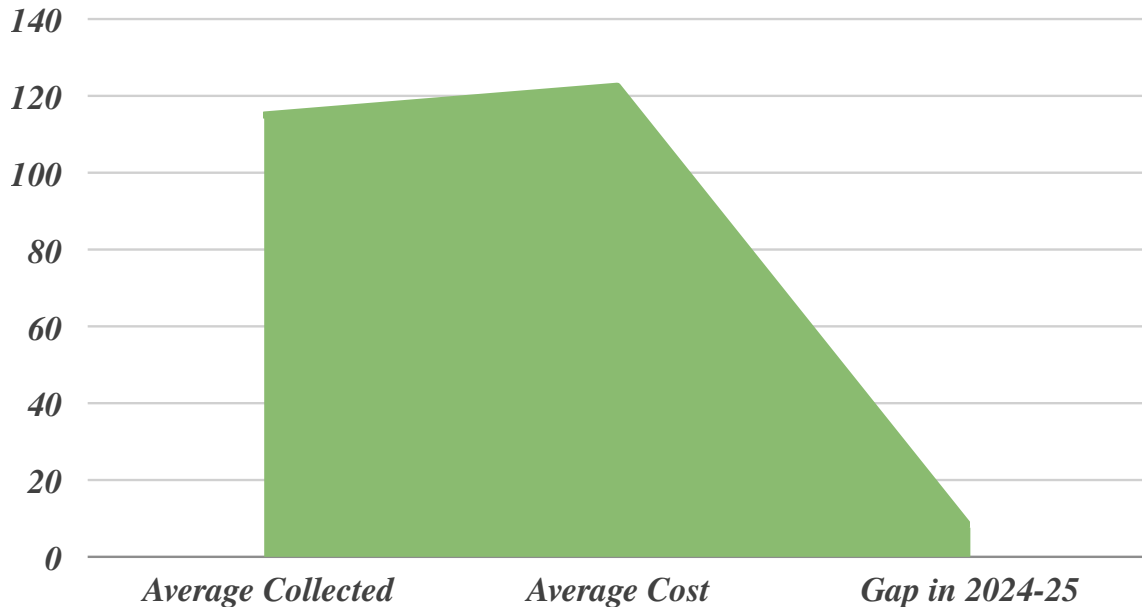
OUTPATIENT SERVICES

For every counseling session, funds need to be raised through events, grants and from individual donors to cover the actual cost of counseling. **In 2024-25, 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 \$2,705,296.**

In 2024-25 revenue generated included approximately 61% Medicaid coverage, 25% commercial insurance or Employee Assistance Program benefits, 3% Medicare coverage, and 11% were client payments. The total amount paid directly by clients for services was \$213,368, which includes adjusted fees, co-pays, and deductible payments. Reimbursed counseling services from **all sources of payment combined covered \$2,198,974 of the cost of providing quality behavioral healthcare, leaving a gap of \$506,322 in revenues to cover the services provided.**



During 2024-25 the average collected fee was \$115.00 and the average cost to provide a session was \$122.50 leaving a gap of \$7.52 for each of our 17,599 sessions in the Outpatient Program including insurance covered sessions provided in the School Counseling Program. This represents a total gap of \$132,245. 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 2024-25 was \$326,870. In addition, a portion of this program is covered by cost sharing with schools and reimbursements from insurance toward a total of \$622,929 in program costs. We are grateful to our donors who make Susan's School Counseling possible.

we believe in
excellence balance
individuals hope community
generosity being a resource

CENTUS LEADERSHIP / ADMINISTRATIVE TEAM

ADMINISTRATIVE ASSISTANT, SHARI BOWEN, SLBOWEN@CENTUS.ORG

CHIEF EXECUTIVE OFFICER, PAUL BRETZ, PBRETZ@CENTUS.ORG

CLINICAL DIRECTOR OF SCHOOL BASED SERVICE, GEORGIA ANGELO, GANGELO@CENTUS.ORG

CLINICAL DIRECTOR OF RESIDENCY PROGRAM & OUTPATIENT, DENISE MAGOTO, DMAGOTO@CENTUS.ORG

COMPLIANCE OFFICER, DANIELLE LEWARK, DLEWARK@CENTUS.ORG

DIRECTOR OF ADMINISTRATIVE SERVICES, SHERINE BOWEN, SBOWEN@CENTUS.ORG

DIRECTOR OF MEDICAID SERVICES, KIM GODELL, KGODELL@CENTUS.ORG

FINANCIAL CONTROLLER, MARTHA HOWARD, MHOWARD@CENTUS.ORG

SENIOR FUNDRAISING ADVISOR, GREG MOVESIAN, GMOVESIAN@CENTUS.ORG

CENTUS CLINICIANS AND COUNSELING SITES, DURING 2024-25

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 Laurie Heermance, M.S., LPC
Wellshire Presbyterian, Denver	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 Presbyterian Church, Englewood	Demelza Newman, M.A., LPC Kelsea Taylor, MSW, LCSW
University Park United Methodist, Denver	Mary Mancinelli, M.A., LPC
Highlands United Methodist Church, Denver	Suzanne Ramirez, MSW, SWC Laurie Heermance, M.S., LPC
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
Luthern Church of Our Redeemer, Fort Morgan	Jennifer, McDaniel, MSW, SWC
Tele-Health & Community Based Therapists	Kim Godell, M.S., LPC Ann Price, MSW, LCSW Josh Parker, MSW, LCSW Kris Lopez, 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. Manual Middle School 6. Newlon Elementary School 7. Denver Jewish Day School 8. Manual High School 9. Rocky Mountain Prep – Fletcher 10. Rocky Mountain Prep - Southwest 11. Rocky Mountain Prep - Noel 12. Rocky Mountain Prep - Green Valley Ranch 13. Rocky Mountain Prep - Ruby Hill	Susan Shamos, PhD, Director Emeritus Kira Colgan, MS, LMFT Clinical Coordinator Georgia Angelo, MSW, LCSW Clinical Director of School Based Services Dawn Crosswhite, MSW, LCSW Claudia Luna-Asturias, MSW, SWC Larissa Marceau, MSW, SWC Denise Magoto, MA, LPC, LAC, PhD Candidate Aubree Brewer, MSW, SWC Suzanne Ramirez, MSW, SWC Nurit Rotbart, MSW, LCSW Kelsea Taylor, MSW, LCSW Chris Poindexter, MA, LPCC Kim Bloom, M.Div., MA, LPCC Zahria Thomas, MSW, SWC Melissa Schwappach, MA, LPC, NCC Melina Vinasco, MSW Sollita Lucero, MSW, LCSW Muna Osman, MA, LPCC

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SOCIAL EMOTIONAL LEARNING SPECIALIST