

2017

annual
report




DAEMION
COUNSELING CENTER
a place to be heard since 1970



table of contents

- 2 – Message from the President
- 3 – Mission and History
- 4 – Programs
- 6 – Program Impact
- 9 – Client Stories
- 11- Opioid Crisis; 2018 Support Groups
- 12 – Taste of Berwyn™
- 14 – Income Sources and Expenses
- 15 – Executive Leadership
- 16 – Donate & Volunteer
- 17 – 2017 Donors



Melissa E. Hawes
Board President

What is Stigma?

Stigma is when someone, or even you yourself, views a person in a negative way just because they have a mental health condition.

Some people describe stigma as a feeling of shame or judgement from someone else. Stigma can even come from an internal place, confusing feeling bad with being bad.

(NAMI)

Message from the President

Welcome 2018 and welcome Mental Wellness. What better time than the beginning of a new year to pledge to physical fitness, but to you also pledge to your mental wellness. With so many news stories about the opioid crisis, PTSD, public shootings, suicides, and not to mention the overall political bantering from both sides of the aisle, how does one maintain their mental wellbeing? How does one get help without being stigmatized?

In my second year as chair of Daemion Counseling Center's Board of Director's, I'd like to reflect back to Daemion's efforts in achieving mental wellbeing and stigma reduction in the last year. Daemion Counseling Center is addressing these issues through educational panels and presentations, community outreach of support groups and by bringing visibility to Chester County communities around mental wellbeing and reducing the stigma associated with needing help for the mental challenges we face.

At the 5th Annual Taste of Berwyn™ community event one could see messages spread throughout the grounds of Hilltop House promoting positive wellbeing such as, "Mental health is nothing to be ashamed of but stigma and bias shame us all", and "Talk to yourself as if you were talking to someone you love". All are positive messages around mental health. The event was well received by the community and was a testimonial to people helping people. By sharing our message and providing a fun filled event for all, we witnessed the best in people. Whether it be the volunteers who set up, the vendors who shared their food and wares, the fabulous entertainment, the sponsors who enabled Daemion to make the event happen or the tireless Taste of Berwyn™ event planning committee, we were able to reach people about sharing *Daemion's mission to offer professional mental health counseling focused on helping community residents navigate life's many transitions, by providing expert yet affordable care.*

Another milestone for Daemion in 2017 was a discussion around opioid use entitled "The opioid crisis and our community, what you need to know and do" in late September, which included a diverse panel of experts in opioid use, addiction, research, intervention, treatment and recovery. One of Daemion's counselors, Linda Schiavone, LPC, sat on the panel and spoke about how our experienced staff works with clients and their families to address common feelings of shame, isolation, and betrayal and to support them in their recovery journey. An outcome of this panel and audience was the need for a support group for individuals dealing with a loved one's addiction. This group is being offered in 2018.

Our community supporters continue to grow and embrace supporting mental wellbeing. Anthony's Coal Fired Pizza in Exton generously donates 20% of diner's proceeds the first Thursday of every month by just mentioning Daemion when ordering. Louella's of Malvern hosted a night of shopping event benefiting Daemion. These are just a few examples of how our community is helping Daemion maintain the level of service and still continue its mission of providing low cost mental healthcare and counseling to those in need.

Daemion is fortunate to have such committed community support.

So as I wrap up this letter I'd like to challenge each of you to embrace Mental Wellness, Share Daemion's mission to offer Hope One Hour at a Time, and work to eliminate the Stigma around the need for Mental Health help.

Sincerely,

A handwritten signature in black ink that reads "Melissa E. Hawes".

Mission

*Daemion Counseling Center offers **professional** mental health counseling focused on helping **community** residents navigate life's many transitions, by providing expert yet **affordable** care.*

History

Daemion Counseling Center is a 501(c)3 non-profit community-based counseling agency that opened its doors in 1970 when a group of concerned community members met informally in their residences and crafted the concept of Daemion House as a way of helping and



supporting run-away teens and their families, working ultimately toward reconciliation while trying to ensure the safety of the teenagers involved in the interim. The office and volunteer staff members were initially housed in the basement of the home on the property of St. Luke's Church in Devon.

Over the years, Daemion has adjusted and updated its mission to reflect evolving community needs. It has transitioned from an agency that met critical needs in times of crisis, to Daemion Counseling Center which works with individuals who struggle with a variety of issues and who are committed to devoting the necessary time with a professional therapist, one hour at a time, to heal and move forward with their lives.



Programs

Individual, Family, and Couples Counseling



Clients at Daemion Counseling Center have the opportunity to talk confidentially with one of our highly-trained, licensed therapists about challenges they are experiencing. Daemion's therapists provide a welcoming, compassionate and nonjudgmental environment that creates a positive counseling experience from which a strong therapeutic alliance

can form. We see clients struggling with managing symptoms associated with mood disorders, such as unipolar and bipolar depression, a variety of anxiety and personality disorders, and adjustment disorders arising from transitions that occur across the lifespan, as well as those who are experiencing grief and bereavement that accompany many types of loss. We also see individuals who desire to improve their quality of life and personal wellbeing through exploring relationships, self-esteem, communication skills, health, and spirituality, and the many other dimensions that create a value-driven, meaningful life. Our therapists use a variety of counseling theories and techniques to explore new and healthier ways of thinking, behaving, and relating to and with others that help individuals meet their unique goals of therapy.

Anger Management Program

Daemion offers a specialized, one-on-one, 11-session psycho-educational program that provides a structured format in which the client and therapist-educator explore together his/her personal experience with anger and how it manifests emotionally, cognitively and behaviorally. Clients are evaluated at the first and





last session using a validated, evidence-based anger management instrument that measures the experience, expression, and control of anger. Throughout the program, the therapist works with the client both in-session and through between-session assignments, to better identify triggers, to recognize and replace distorted thinking patterns that contribute to anger and related emotions, and to explore and practice positive and productive alternative behaviors to replace current reactive behaviors.

A two-session evaluation program is also available. Clients first meet with the therapist-educator for an intake and evaluation session. At the second session, clients receive feedback on the results of the evaluation and, based on the recommendation of the therapist-educator, determine best next steps that meet the individual's goals.

Drug and Alcohol Evaluation



Daemion offers a two-session drug and alcohol evaluation service to clients using validated instruments designed to measure substance and/or alcohol use and the risk of abuse. Clients first meet with the therapist for an intake and evaluation session. At the second session, clients receive feedback on their evaluation, are given appropriate educational information, and, based on the recommendation of the therapist, determine best next steps that meet the individual's goals.

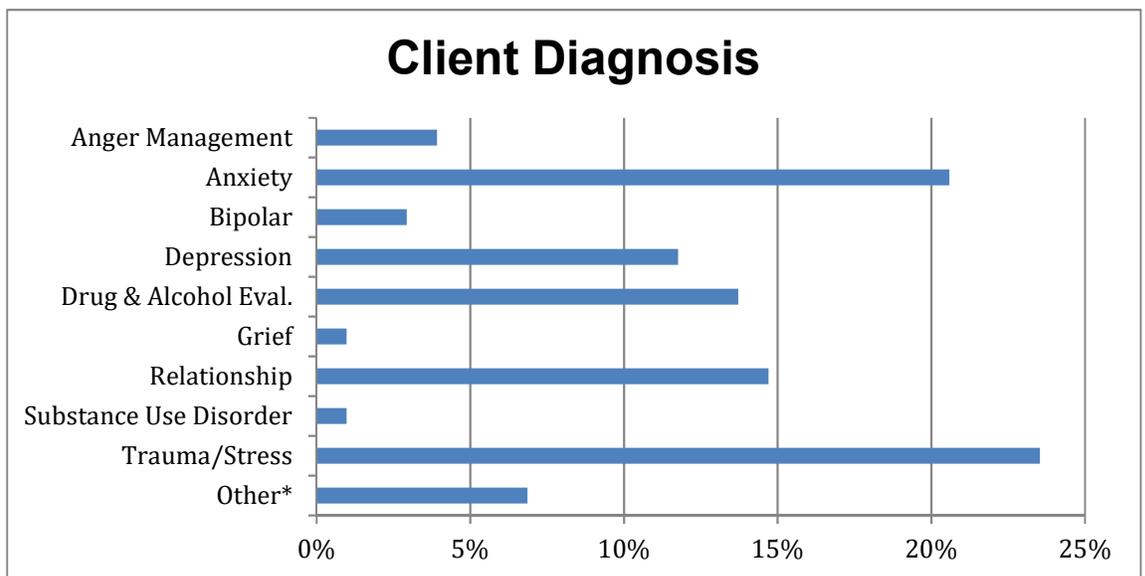
Both the Anger Management and Drug and Alcohol Evaluation programs meet the requirements of many court-, school-, law-enforcement-, and employer-initiated requests for professional, independent evaluations.

Program Impact

Daemion Counseling Center is a **cornerstone of support** for our friends, neighbors and family members who are in need, providing hope, one hour at a time. We offer **professional mental health counseling** to clients seeking help as they **navigate life's many transitions**.

The majority of clients seen in 2017 came to Daemion Counseling Center due to **Trauma- and Stress-Related Disorders**; the most common among our clients was **Adjustment Disorder**.

1 in every 5
adults or
children (age
13-18) has, or
will have, a
serious mental
illness.
-NAMI



**Other includes sessions related to ADHD, disruptive impulse, parenting issues, stereotypic movement disorder, and consultations related to immigration or other issues.*

The essential feature of **adjustment disorders** is the presence of emotional or behavioral symptoms in response to an identifiable stressor(s). Stressors may surround **life transitions** such as getting married, getting a divorce, failing to achieve work-related goals, or other difficult life changes.*

Adjustment disorder often occurs with **anxiety and/or depressed mood**, as well as disturbance of conduct (behavioral problems). The distress or impairment associated with



adjustment disorders is often made evident by a decreased performance at work or school and temporary changes in social relationships.*

This disorder may also complicate the course of illness in individuals who have a general medical condition. Additionally, adjustment disorders are associated with an increased risk of suicide attempts and completed suicides.*

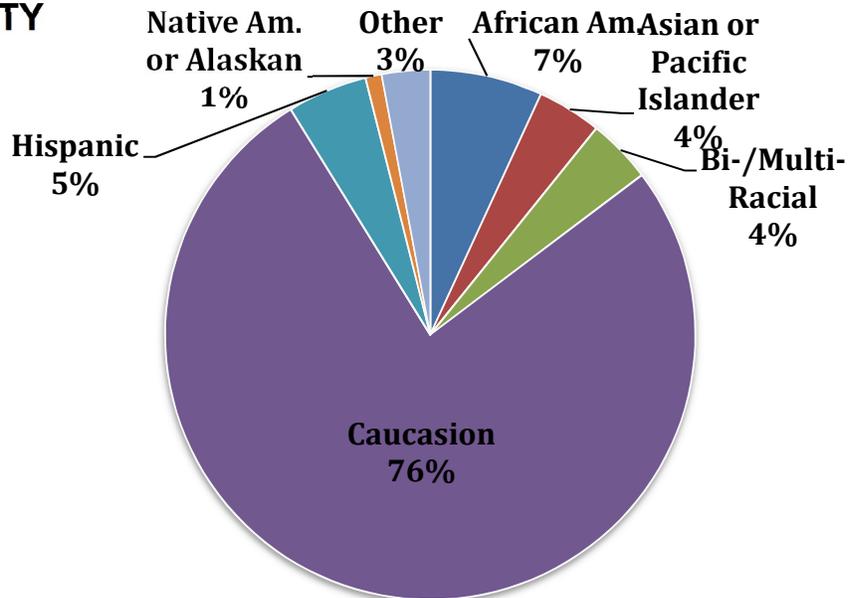
In addition to adjustment disorder, individuals and couples come to Daemion to address concerns related to dysfunctional family matters, divorce and single parenting issues, trauma, job loss, personality disorders, anxiety, depression, drug and alcohol abuse, and an inability to manage their anger.

*American Psychiatric Association, 2013

**“My therapist has been able to help me see the positives in myself and has given me tools to use when I’m feeling particularly anxious.”
-Client**

Our Clients

ETHNICITY



GENDER

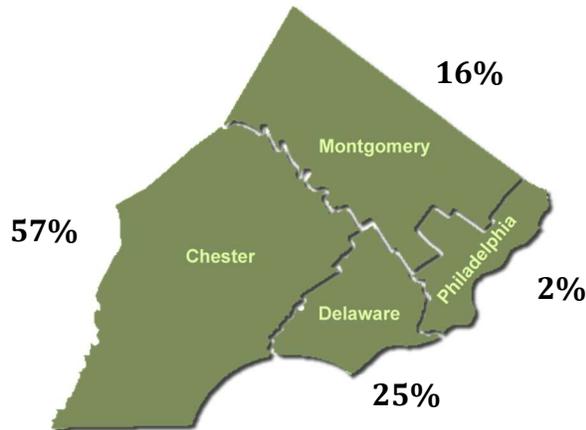


Female:
57%

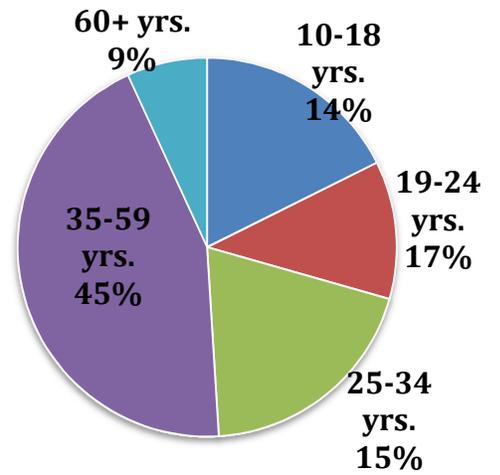


Male:
43%

COUNTIES



GENDER



Almost 10% (~98,267) of residents of Chester and Montgomery counties reported that the cost of care was a barrier for them within the last two years.* Daemion Counseling Center **provides expert, yet affordable care** to diverse clients, ranging from adolescents to older adults.

Income Range

Percentage of Clients

Up to \$15k	25%
\$15k-\$30k	11%
\$30k-\$40k	7%
\$40k-\$50k	7%
Over \$50k [^]	48%
Undisclosed	2%

[^]75% of clients with income over \$50k were court-ordered (for Drug and Alcohol Evaluations or Anger Management), or paid with health insurance.

Client Stories

All names and personal details have been changed to protect clients' privacy.



Sam was a 25 year old graduate student. He also worked at a job in a hospital that was often stressful. He worried about what other people thought of him. He began counseling hoping to work on his anxiety, especially about procrastination, organization and his own self-doubts. Sam benefited from concrete strategies for organizing his time. Through cognitive behavior therapy, Sam learned how to challenge his negative self-talk. He also used mindfulness techniques such as breathing and acceptance to lower his anxiety. After 3 months, Sam terminated counseling because he said he felt that he had effective tools to be able to deal with his anxiety. He graduated from school and got a full-time job.



Ben first started coming to Daemion Counseling Center because his girlfriend insisted he needed to control his anger outbursts. Two years later, Ben continues therapy for his own reasons. Not only has he found ways to lower his emotional reactivity, his personal goals now center on paying attention to how his moods affect his relationship with his girlfriend-turned-wife, coping with the demanding needs of his aging parents, and managing his social anxiety. At his last session he told me that his anger has receded so much over this time that it's hard to remember what it was like. Now he is intent on building the life that he wants for him and for his wife.



Will, a 17 year old male in his junior year of high school, was court-ordered to enroll in an anger management program after an incident in school where he assaulted a peer because comments, made by other students, caused him to think he was being criticized. The other students said the peer was somebody who needed to be straightened out. Will assaulted the peer, even though he had no particular complaint about the

peer, except that he was a obnoxious, nor was Will friends with the other students. When called in by the school authorities, the client admitted that he was just being a “jerk”.

Will was evaluated at Daemion using the STAXI-2 questionnaire. The evaluation showed him to have an angry disposition: he was hyper-alert to perceive offense and/or criticism. It further showed he was very impulsive and acted without restraint when angered. The evaluation also showed he had the capacity to control himself, but rarely did. During Daemion’s eleven-week Anger Management Program, Will worked on learning to stop to think about what was really happening before saying or doing anything. This involved learning to de-personalize perceived attacks, analyze the situation and test his perceptions and, then, control his expression of his displeasure, if it was still warranted.

At the end of the Program, Will was again evaluated using the STAXI-2. The evaluation was administered immediately following a situation in which he had been criticized for his work behavior. After taking the evaluation the client reported how he mentally analyzed and physically conducted dealing with the problem. The evaluation results showed his impulsivity scores showed he had dropped from an extreme score into the normal range for males his age. His self-monitoring skills had risen from the 2nd percentile to the 35th percentile which is within the normal range of 25th to 75th percentiles.



Lily was referred to Daemion Counseling Center by her community college counselor to work on lowering the anxiety that was keeping her from doing her coursework and interfering with her quality of life. In sessions, it became clear that Lily was afraid of failure, overly concerned about transferring to a four-year college, feared becoming a failure in life, and needed coping strategies. We started using mindfulness techniques to lower her perfectionism that was making her anxious and keeping her from doing her coursework. She

learned to challenge her fearful thinking, to regain courage in her academic ability, and to encourage herself to move through life without unnecessary worry, and with a hopeful attitude. Over the academic term, Lily came for 7 sessions, and left counseling with helpful ways to maintain the motivation to achieve her personal goals



The Opioid Crisis and Our Community

Hope amidst sobering statistics. That was the message that a panel of experts in the field of opioid addiction and treatment spread loud and clear to a concerned audience gathered at

Easttown Library in late September. Organized and hosted by Daemion Counseling Center and sponsored by the Berwyn-Devon Business Association, *The Opioid Crisis and Our Community: What We Need to Know and Do*, was Daemion's inaugural presentation of a planned series of conversations with the community. Bringing together eight individuals, ranging in disciplines from neurobehavioral research to substance abuse treatment models, and representing law enforcement, parent-educator groups, counseling professionals, and individuals in recovery, Daemion's panel painted a real-life profile of addiction today in our community. "Easttown has seen a 200% increase in overdoses," reported Chief David Obzud. While alarming, statistics don't tell the whole story, and as Tredyffrin Superintendent T. Michael Beaty reminded us, "Every death has a family." It is this ripple effect that reaches all of us.

Our hope is that combined with advancing the science and treatment of addiction, and with conversations with the community such as this one, shame will take a backseat to more healthier and positive ways of maintaining recovery.

Our expert panelists were:

Anna Rose Childress, Ph.D., Research Professor and Director, Center for Studies on Addiction, University of Pennsylvania
Dennis Anthony Deal, MHS, LPC, Chief Clinical Officer, Malvern Institute
Chief David Obzud, Easttown Police
Superintendent T. Michael Beaty, Tredyffrin Police
Gilbert Saunders, Recovery Advocate
Kim Zahlaway, ARCH
Linda Schiavone, MS, LPC, MAPP Daemion Counseling Center
Andrea M. Delligatti, Ph.D., Psychologist & Executive Coach

**"Easttown has
seen a 200%
increase in
overdoses."**

**- Chief David
Obzud**

Stay Tuned for 2018 Support Groups

Support for those impacted by someone's substance abuse or recovery

(hope, resilience, transforming shame, and more)

Mindfulness Across the Lifespan

(practice, science, theory and more)

Positive Well-Being

(every day practice, self-care, and more)

Aging Well

(grief, loss, gratitude, relationships, and more)



Taste of Berwyn™ is Daemion Counseling Center's annual food, music, arts, and fun festival for the whole family.

This year we hosted our fifth annual Taste of Berwyn! We thank the local restaurants, vendors, and performers that came together for a day of fabulous food, fun, entertainment, music, and arts for our community. Festival attendees strolled through the tables of vendors showcasing their wares while enjoying the tunes of the talented entertainers Cassidy Lynn, Madeline Knight, Brooke Falls, John McKee, and Jack Stanton and the Band. The Betsy Daily Dance Group also commanded attention as they gracefully performed for the crowd, including a dance tribute to musician Prince.



*Betsy Daily Dance Company,
Prince Tribute*

There was much to do! Besides musical entertainment, children were able to get their face painted, tie-dye a t-shirt, play lawn games, and see the balloon magic of George Gallo or fascinating caricatures drawn by Mr. David C. Perry. The adults who were not drawn to the 75-inch HD television to watch the Eagles game were able to get competitive with a giant Jenga or other lawn games.

It was a fun and festive day for everyone! The proceeds from Taste of Berwyn™ help us fulfill our mission of assisting those who are struggling with mental health issues and who cannot afford traditional therapy fees.

We are tremendously grateful for our 2017 Taste of Berwyn™ sponsors and volunteers. It is because of your generosity and support that it was a success!

A special Thank You to the Taste of Berwyn™ planning committee

Phillip Krombolz, TOB™, Chair
Lauren Blake
Daniel Boyle
Kenneth Chen
H. Kathleen Childress
Melissa Hawes
Jean Hughes
Nwaka Isamah

Jaribel James
Emily Magee
Margaret Magee
Ron McNamara
Carol Robinson
Rachael Lassoff of Dream Day Events,
TOB™, Event Coordinator



*Photo by:
Lauren Schwarz Photography*



Thank You to Our 2017 Sponsors



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS

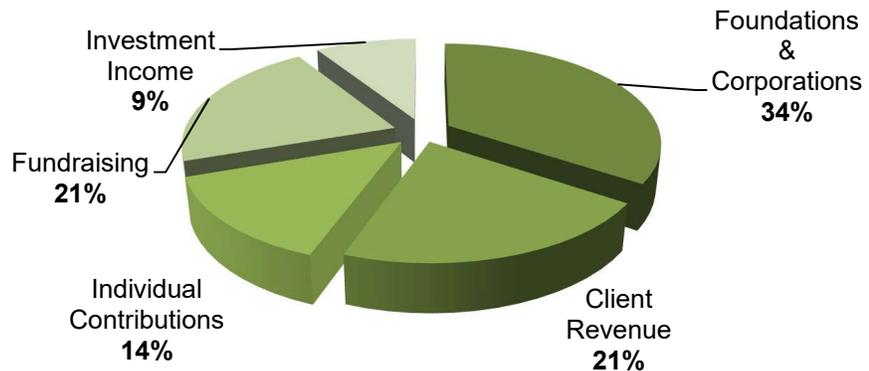


Sources of Income and Expenses*

Income

Daemion Counseling Center relies on community support to fund our ability to make our mission a reality. Although we offer mental health counseling at an affordable rate, we do not receive any federal, state, or local government funding. Our income is significantly dependent upon the generosity of donors, with about 70% of our income coming directly from donors, fundraisers, investments, foundations or corporations, and in-kind contributions (5%).

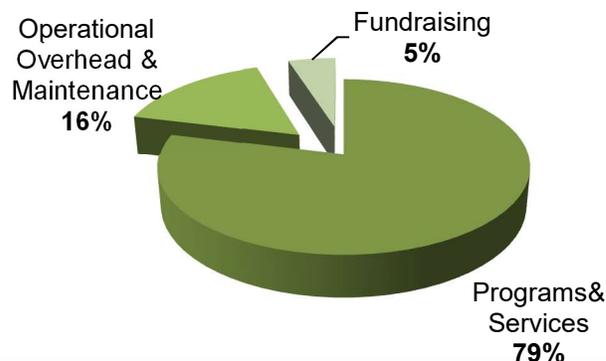
Sources of Income



Executive Director, Margaret Magee, receiving donation from Joey Shaftic, manager of Anthony's Coal Fired Pizza, Wayne.

Expenses

Ninety-five percent of our expenses directly support Daemion's clients through programs or operational overhead. Daemion Counseling Center functions with a client-first approach; all financial decisions are made to improve the mental health counseling services for the client.



*These are unaudited numbers. The audit will be completed in late spring, after which we can send you an updated copy.

Executive Leadership



Margaret Magee
Executive Director



Melissa Hawes, CPA
President



H. Kathleen Childress
Vice-President



Phillip Krombolz
Treasurer



Kenneth Chen
Secretary



Jean Hughes
Board Member



Kimberly Jobson
Board Member



Emily Magee
Board Member



Nwaka Isamah
Board Member



Daniel P. Boyle, Esq.
Board Member

We Need Your Help

We give hope one hour at a time. Your gift can change a life that fast. Daemion Counseling Center's professional counselors help people struggling with mental health and life challenges turn the corner towards hope.

Methods

You may give by mail, online, or in person. Other methods include giving through **Paypal** (paypal.me/DaemionCounsel), **Venmo** (DaemionCounselingCenter), **United Way** (agency no. 2897), **AmazonSmile**, **Plaza Flowers** (code: DCC), **planned giving**, or **securities**. To learn more, go to www.daemioncounseling.org/donations/.

If giving by **mail**, please make checks payable to Daemion Counseling Center at 95 Howellville Road, Berwyn, PA 19312.

Volunteer and Help Make a Difference

Many hands are needed for Taste of Berwyn™, our biggest fundraiser of the year! Learn more about how you can be part of this fantastic event at www.tasteofberwyn.com or email us at tasteofberwyn@daemioncounseling.org.



Photo Credit: Lauren Schwarz Photography

If you're a professional interested in becoming involved in a committee of Daemion Counseling Center, you may send your resume to staff@daemioncounseling.org describing your interest.



In 2017, our
incredible
volunteers
donated 2,108
volunteer
hours, valued
at about
\$46,770!

Thank You to All of Our 2017 Donors

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Louella
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Club
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Trinity Presbyterian Church
United Way of Greater
Philadelphia and
Southern New Jersey
Vanguard Community Fund

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Ms. Lauren Blake
Ms. Annie Bosch
Mrs. Rita Gallagher

Mr. Edward Hughes
Ms. Jean Hughes
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Mr. Ethan Magee
Ms. Margaret Magee
Ms. Bhavishya Malla
Mr. Ronald McNamara
Mr. Matthew Simmers
Ms. Christina Skupeen
Mr. Tom Toscani

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Berwyn Pizza
Best Buy
Blue Dog Printing
Casey's Pour House
Crown Trophy
Duck Donuts
Eadeh Enterprises
Focus Fitness
George Gallo Magical
Entertainer
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Tiffany & Co.
Waste Management
Wegman's
Wiley Group
WSFS Bank

*Thank you to all the
gracious volunteers,
artists, and
entertainers who
contributed to the
success of Taste of
Berwyn™ 2017!*

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