

2022-2023

Annual Report

fiscal year




DAEMION
COUNSELING CENTER

a place to be heard since 1970

Message from Daemion's Board Chair and Board Vice-Chair

Dear Friend of Daemion Counseling Center,

Throughout the pandemic, organizations like Daemion Counseling Center benefitted from the increased societal awareness and acceptance of the importance of mental health services in our communities. As we have returned to life as normal, and as we look to the future, Daemion Counseling Center is committed to building on that increased awareness by driving growth in our programs and the number of individuals we serve.

Over the past year, Daemion has undergone our own significant change with the well-earned retirement of our Executive Director Margaret Magee. Marti served Daemion for 11 years with extraordinary passion and dedication to our mission. During her tenure, Marti ensured Daemion was able to work with various insurance companies, built and maintained donor relations and grant opportunities, and brought community engagement and knowledge to the organization through a variety of outlets. We are deeply thankful for the time, talent, and energy Marti has poured into this organization. She will be dearly missed, and we wish her all the best in her retirement.

Finding a new Executive Director who could fill Marti's shoes was a monumental task, and one we needed to get right to ensure the sustained growth and success of Daemion. The search process took over 6 months, involving multiple rounds of interviews with numerous well-qualified candidates.

The time invested in that process was worthwhile. We are excited to welcome Kaitlen Langerhans as the new Executive Director of Daemion Counseling Center. Kaitlen previously worked at Daemion alongside Marti as our Operations Manager for nearly 3 years before pursuing an opportunity with a non-profit organization that provides therapeutic services. Kaitlen is also a lifelong resident of Malvern, PA. Kaitlen graduated from Conestoga High School and furthered her education at West Chester University. Given her prior experience with Daemion, her passion for non-profit work, and her deep ties to the local community, we are confident and excited for all Kaitlen will do to steward and grow Daemion in the years to come.

Even during this time of significant organizational change, Daemion has maintained a consistent number of clients and client session hours. We grew our committed team of therapists and administrative staff. We expanded our programming in collaboration with Valley Forge Park Alliance and REI to offer our Mindfulness Walking Series each season, offered psychoeducational programming on Aging to Trinity Presbyterian Church, and continued providing both in-person and virtual client sessions. Additionally, we hosted our annual "Tournament of Hope" golf outing at the Philadelphia Cricket Club. Daemion received new private and public grants, as well as a first-time government grant from Chester County while continuing to build and deepen relationships with members of our community like you, whose generosity and support is vital to Daemion's success.

As you review the report with all the information regarding the programs and services we provided over the prior year, we ask that you keep in mind that all of these efforts represent real help we provided to members of our community who may be neighbors, co-workers, relatives, or friends. Thank you for helping us continue to provide hope, one hour at a time, for our clients.

Sincerely,



Joseph Koebele, Board Chair



Gerld Carter, Board Vice-Chair



Joseph Koebele
Board Chair



Gerld Carter
Board Vice-Chair

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.

Vision

We envision a world where people, without regard to their ability to pay, have access to services and programs that will address their mental health needs.

History

Daemion Counseling Center is a 501(c) 3 nonprofit 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 Lutheran Church in Devon, Pennsylvania.



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 that works with individuals who struggle with a variety of issues and who are committed to devoting the necessary time with professional therapists, one hour at a time, to heal and move forward with their lives.

2022–2023 Accomplishments in Support of Our Mission

Community Awareness, Education, and Outreach

- ◆ Participated in the “Community of Learning: Fundraising with Good Sam Staff,” an initiative led by the Phoenixville Community Health Foundation. This enhanced our fundraising capabilities and advanced our mission of providing essential support and services to our community.
- ◆ Partnered with various nonprofit organizations in Phoenixville’s Behavioral Health Collaborative, working towards a holistic approach to delivering vital services to individuals in need.
- ◆ Participated in the Philadelphia Eagles’ Care Summit at Lincoln Financial Field. This allowed us to connect with the broader community and gain valuable insights into the intersection of sports, health, and community well-being.
- ◆ Actively participated in local Ministerium meetings, attending informative presentations on pressing issues, including homelessness and updates to the T/E school district. These sessions served as a valuable platform for fostering community awareness and collaboration.

Marketing, Increased Visibility and Communication Achievements

- ◆ Between July 1, 2022, and June 30, 2023, our website experienced robust activity with 2,931 unique users and a total of 3,615 user sessions, indicating a strong online presence.
- ◆ During this period, Daemion executed four impactful email campaigns, furthering our outreach and engagement with our community.
- ◆ We bolstered our marketing efforts by welcoming a new member to our marketing committee. This strategic addition to our team is poised to enhance Daemion’s visibility across multiple platforms, amplifying our reach and impact.



Eagles Care Summit: Ally McAndrews Washo (Board Member, Chair of Marketing) and Kaitlen Langerhans (Executive Director)



Eagles Care Summit

Board Development and Governance

- ◆ Welcomed a new board member with strong ties to the local community that will allow us to expand programming possibilities.
- ◆ Continued work on the new Strategic Plan in guiding the organization.

Program Delivery Achievements

- ◆ We successfully integrated a new Masters'-level intern, who was supervised by one of our Licensed Professional Counselors (LPCs), to provide in-person counseling services, further enhancing our capacity to serve our clients.
- ◆ Over the course of the year, Daemion delivered vital services to a total of 64 clients, with 34 of them being new to our organization. These clients received a total of 743 client session hours, representing our continued commitment to providing crucial mental health support.
- ◆ To bolster our clinical team, we welcomed a Licensed Clinical Social Worker (LCSW), adding valuable expertise to our organization.
- ◆ In partnership with the Valley Forge Park Alliance (VFPA) and REI, we expanded our Mindfulness Walking Series to include multiple days of the week and additional 6-week sessions, promoting wholistic well-being within our community.
- ◆ We invested in a new system, TherapyNotes, to enhance our ability to manage clients' information and billing efficiently.

Fundraising and Volunteer Engagement Highlights

- ◆ Our dedicated volunteers generously contributed 455 hours, actively participating in board and committee meetings, as well as fundraising events, reinforcing our mission's strength.
- ◆ An LPC provided Daemion with an additional 93 volunteer hours, offering supervision to interns and staff, thus nurturing our professional growth.
- ◆ In November 2022, we hosted our annual "Tournament of Hope Golf Outing" at the esteemed Philadelphia Cricket Club, an event that not only brings our community together but also provides essential support for our mission.
- ◆ Our new Executive Director took part in an intensive 8-week Grant Writing program, aimed at identifying fresh fundraising sources and grant opportunities. This initiative positions us to further expand our reach and serve our mission with increased resources and support.



Tournament of Hope

Our Programs

Individual, Family, and Couples

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 are welcoming and compassionate within a nonjudgmental environment, creating 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 major depression 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, 10-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.



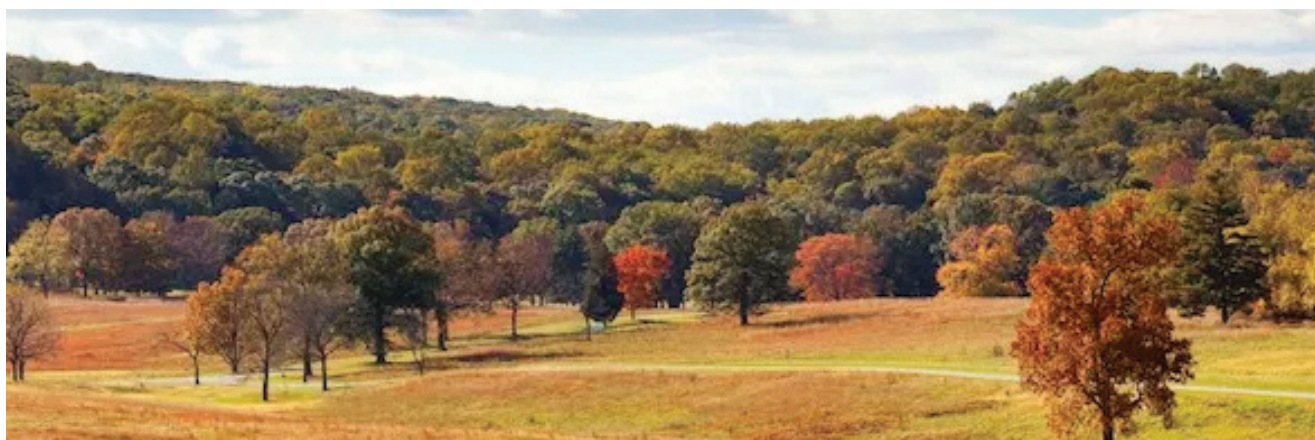
Both the Anger Management and Drug and Alcohol Evaluation programs meet the requirements of many court, school, law enforcement and employer-initiated requests for professional, independent evaluations.

Valley Forge Park Alliance, REI, and Daemion Counseling Center Mindfulness Walking Series



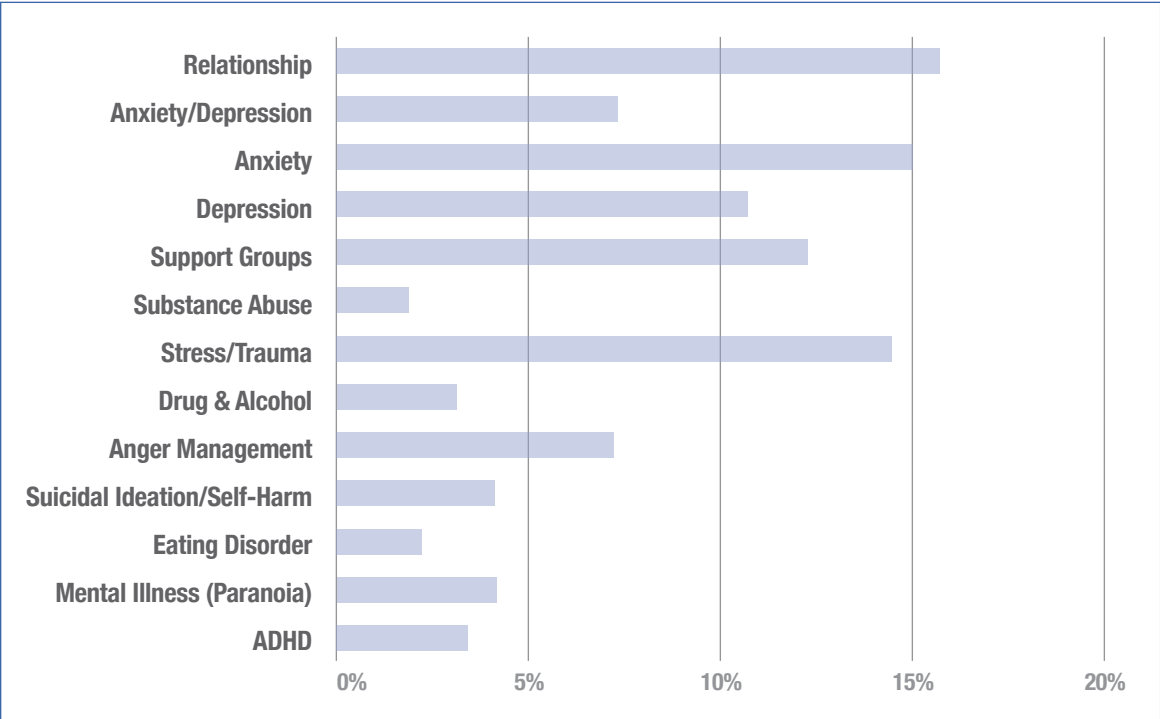
The Mindfulness Walking Series is designed to promote community connections and teach mindfulness techniques to improve mental health and well-being. This series has expanded during the past year and continues to do so moving into our new fiscal year. The Mindfulness Walking Series is a 6-week series. Interest in the series has given us the opportunity to grow the program to two days a week, with 15 walkers in each group. What started as a pilot program with one group and a designated trail has expanded to various trails within the park lead by 2-3 therapists teaching participants mindfulness techniques such as tuning into your senses, box breathing, body scanning and finding stillness. As the program expands, our therapists are incorporating additional topics that may appeal to various populations of the community. We have received overwhelming positive feedback, with a good portion of walkers returning for additional series being offered. We are excited to continue seeing this program grow.

"The hike was very enjoyable. I was talking to a man that said he had Aspergers, or was on the spectrum, after I told him I had a brain injury. It was the very first time in 5 years that someone related to me in a way to make me feel calm. He helped me calm down about the thunder several miles away. No one in my life, medical, psychological, or in my support groups has been able to do this for me. Our neuro and cognitive issues were similar in nature. He understood my brain remapping. He complimented me on my accomplishments because he understood. He was a very lovely man, and I am grateful to have met him. I hope to be able to attend again in the future."



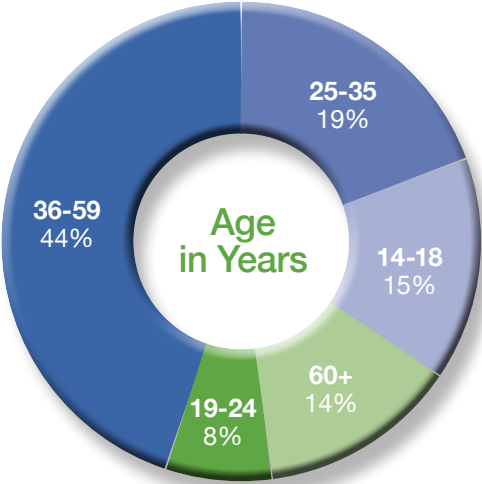
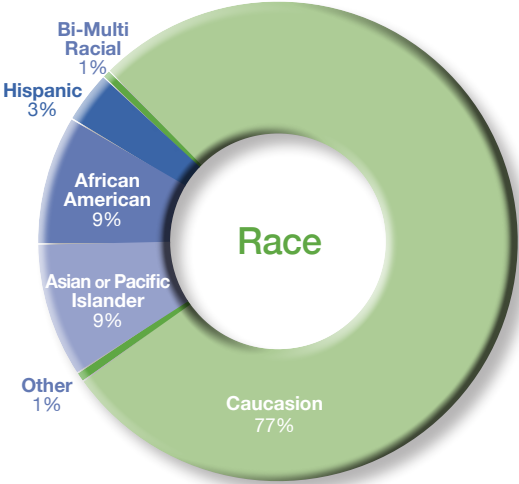
Program Impact

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

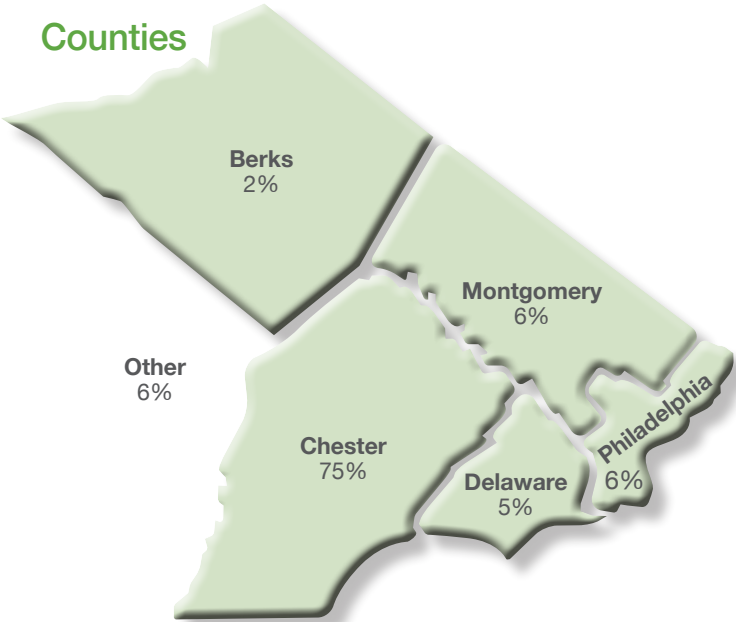


“I really appreciate the reassurance regarding this situation. I was becoming worried I would have to stop my sessions due to my financial insecurity, but I am pleased to hear I can continue with my care without expecting a pay-in-full bill. I greatly appreciate you and everyone that’s helped me at Daemion, you guys are so so amazing!”

Our Clients



Counties



Income Range

Income	Percentage of Clients
Up to \$15k	9%
\$15k to \$30k	9%
\$30k to \$40k	5%
\$40k to \$50k	5%
Over \$50k	39%*
Undisclosed	33%*

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

Client Story

During his first session at Daemion Norman described his difficult life situation where he was in the process of divorcing his wife, but still living on their property in an RV to help his family. Throughout his sessions Norman went on to describe how his soon to be ex-wife opened up credit cards in his name, charged tens of thousands of dollars' worth of merchandise, and used the money that Norman was giving her for the mortgage to buy even more items which resulted in him defaulting on his mortgage. His marriage was ending, his credit was ruined, and Norman needed some clear guidance to help him with his next steps in his life. He was completely overwhelmed with his life situation, but he turned to Daemion for help and guidance through his difficult transition.

During our sessions we worked on strategies for Norman to forge a new life, and handle all of the difficult feelings of reconciling his past relationships with his family. When overwhelmed with emotions, it can be difficult to think clearly. When emotion goes up, cognition goes down. Norman couldn't process all of the difficult painful changes that were happening in his life by himself, but when he attended his counseling sessions, he was able to work through his feelings about past and present relationships. Norman's sessions were at the heart of staying true to the Daemion mission.

After 9 months of hard work Norman is in a much better place and has gained the skills and clarity that he was searching for when he started at Daemion.

The Daemion 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.



Client Story

As a high school senior Taylor was busy navigating the developmental stage of moving from adolescence into adulthood. During the fall semester of her senior year, she noticed the familiar feelings of her self-diagnosed SAD (Seasonal Affect Disorder), combined with some new symptoms of avoidant/restrictive food intake disorder taking a larger stake hold in her life. Before she left for college Taylor decided that she wanted some professional help with these issues.

Together with the counselor at Daemion Taylor developed some different strategies for her SAD. Her PCP suggested that Taylor work with a nutritionist and in conjunction with the counselor at Daemion to address the food intake disorder. Over the 4 months and 5 sessions that the counselor met with Taylor, several behavioral modifications to Taylor's daily routine were made coupled with the recognition of unhealthy behaviors that Taylor would execute when SAD was most prevalent. Taylor worked diligently with the nutritionist and the counselor to make some significant behavior changes to help manage her SAD. During late spring Taylor felt that she had gained some valuable insight into her behaviors and feelings which could be managed to help her with SAD, food intake disorder, and the transition into college. At this time Taylor decided to cease counseling as she felt that she had a good handle on how best to manage her symptoms and feelings.



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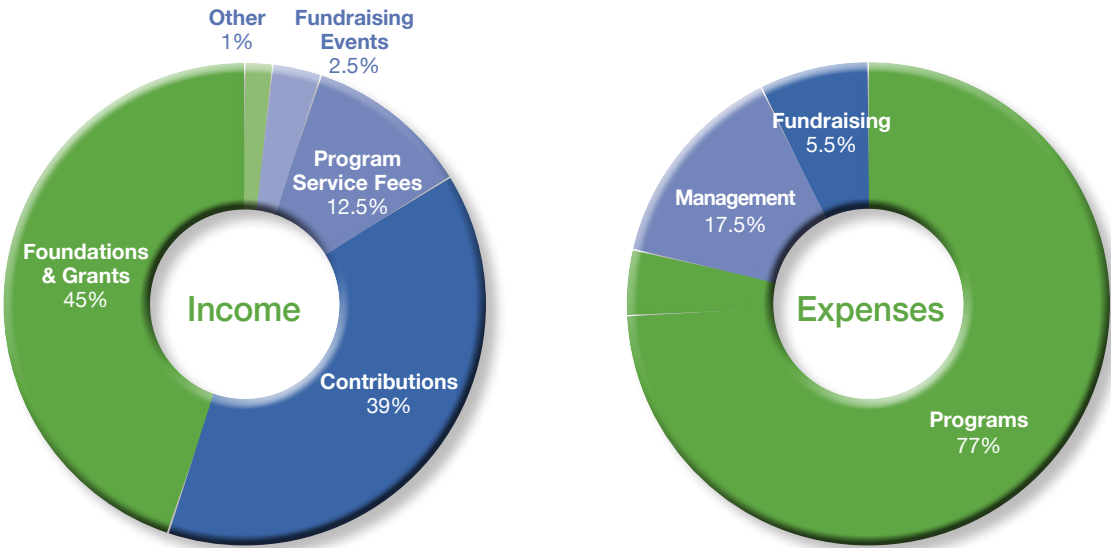
A Look at Income and Expenses

Income

Daemion Counseling Center relies on community support to fund our ability to make our mission a reality. We offer mental health counseling at an affordable rate, accept most insurances, and offer a sliding fee scale. Many of our clients were unable to afford to contribute to their clinical sessions, and we are able to help because of the grants, contributions and gifts we receive. Our income is significantly dependent upon the generosity of donors, fundraisers, investments, foundations or corporations, and in-kind donations.

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.



“I apologize for not being previously well-informed on my insurance situation. I am so greatly appreciative of you looking into this for me, I just couldn’t thank you enough. You are the absolute best and have been so incredibly helpful.”

Leadership



Kaitlen Langerhans
Executive Director



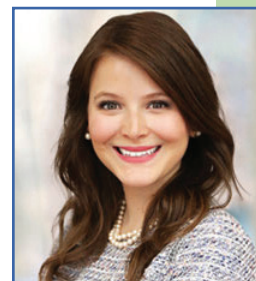
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Board Member



David Jacquette
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Ways to Give

We give hope one hour at a time. Your gift can help someone who is feeling hopeless pay for a one-hour counseling session that can help them turn the corner toward hope. You can give by PayPal, Venmo, mail, online, or in person. To learn more and give now, go to www.daemioncounseling.org/donations/.

Give Back as a Volunteer

If you're looking for a meaningful way to give back, Daemion offers you a flexible opportunity to make a positive difference in your local community. Visit <https://daemioncounseling.org/volunteer/>.

Join a Committee of the Board

If you're a professional who is passionate about the importance of mental health care, and would like to work with one of our board committees (Program Advisory, Fundraising, Finance, Governance, or Marketing and Outreach), please send your resume to staff@daemioncounseling.org.

*"Thank you for extending your help beyond what I have asked for and expected from you,
May God bless you for your caring heart."*

Thank You to Our 2022-2023 Donors

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