

ANNUAL REPORT 2023

USING CHRISTIAN PRINCIPLES
TO BUILD STRONG FAMILIES,
SUPPORT CHILDREN, AND
EMPOWER INDIVIDUALS.



www.ImpactAL.org



@ImpactFamilyCounseling

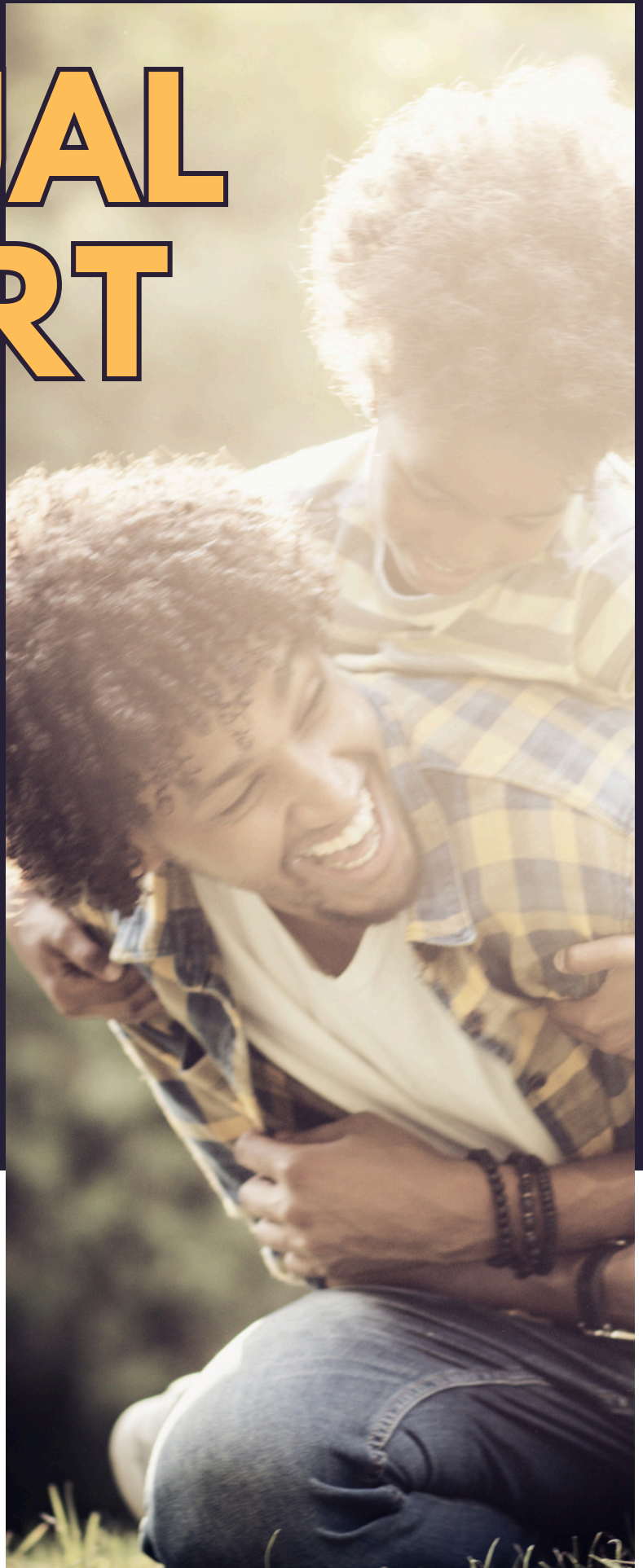


@ImpactFamilyCounseling



@ImpactingAL

IMPACT
family counseling







A WORD FROM THE DIRECTOR

As we reflect on the past year at IMPACT Family Counseling, it is with immense gratitude and a deep sense of purpose that I address you in this annual report. Our journey has been marked by the unwavering commitment of our team and the steadfast support of our community, as we strive to fulfill our mission: "Using Christian principles to build strong families, support children, and empower individuals."

Guided by Christian Principles: At the core of IMPACT Family Counseling is a dedication to Christian principles that serve as the compass for our work. Grounded in love, compassion, and a commitment to the well-being of families, we have embraced the opportunity to make a lasting impact on the lives of those we serve.

Building Strong Families: Our focus on building strong families is rooted in the belief that the family is the cornerstone of a thriving community. Through counseling services, workshops, and service programs, we have worked diligently to strengthen the bonds that hold families together. It is our hope that these efforts contribute to resilient, loving, and supportive family environments.

Supporting Children: Children are the heart of our future, and at IMPACT Family Counseling, we believe in providing them with the tools they need to flourish. Our programs and services are designed to support the unique needs of children, ensuring they have a safe and nurturing environment in which to grow, learn, and thrive.

Empowering Individuals: Empowerment is at the heart of our mission. We strive to empower individuals to overcome challenges, discover their potential, and lead fulfilling lives.

Gratitude and Community Support: None of our achievements would be possible without the incredible support of our community. To our dedicated staff, passionate volunteers, generous donors, and supportive community partners – thank you for standing with us in our mission. As we look ahead, we remain committed to our mission, driven by the belief that every individual, child, and family deserves the opportunity to thrive. Together, with faith as our foundation, we will continue to make a positive IMPACT on the lives of those entrusted to our care.

In gratitude and service,

GEORGE CASEY, LPC-S, NCC
CEO



GENERAL INFORMATION

OBJECTIVE: Impact strives to strengthen family relationships, reduce abuse and neglect, and teach positive coping skills so that at-risk youth and families will make positive life choices that benefit themselves and their communities.

VISION: Impact provides Christian Counseling, education, and mentoring to at-risk youth and families utilizing prevention and intervention strategies.

BOARD MEMBERS

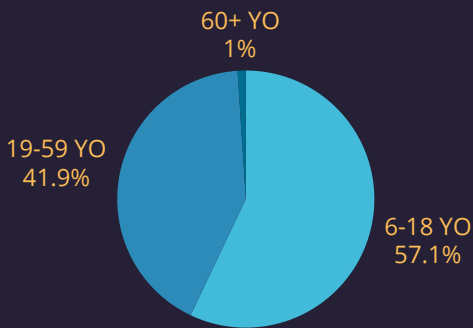
Mr. Cliff Nail, Chair
Ms. Fonda Hitchcock, Vice-Chair
Mr. Patrick Thompson, Treasurer
Mr. Bart Moore
Ms. Brooke Whatley

Dr. Mieke Thomeer McBride
Mr. Andrew Waits, CPA
Ms. Julie Knox, MSW
Mr. John Thompson
Mr. George Casey, Executive Director

CLIENT DEMOGRAPHICS

PROGRAMS & SERVICES

Impact offers services to families and individuals through five programs: Successful Schools, Safe Sleep Education Awareness, Outpatient Counseling, PROVE (Parents Reaching Objectives through Vocational Education), and Family Reunification and Safe Connections Program (FRP). Impact served **2049** clients in 2022.

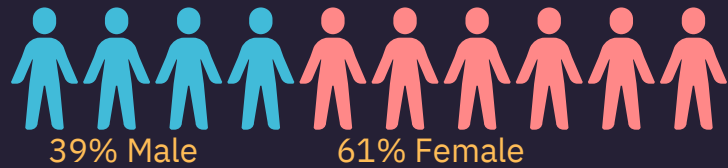


AGE

The age clients served across program types ranged from 6 to 60+ years old. 57% were ages 6-18 years old, 42% were 19-59 years old, and 1% were 60+ years old.

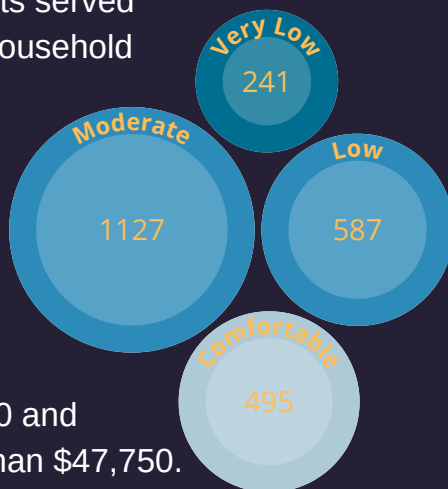
GENDER

39% of clients served were male and 61% were female.



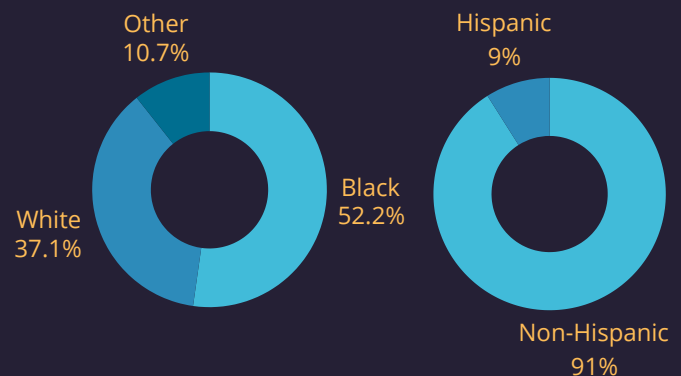
SOCIO-ECONOMIC STATUS

10% of clients served reported a household income of less than \$17,900, 24% less than \$29,850, 46% less than \$47,750 and 20% more than \$47,750.



RACE/ETHNICITY

52% of clients served identified as black, 37% as white, and 11% identified as another race. Of these clients, 9% identified as Hispanic.

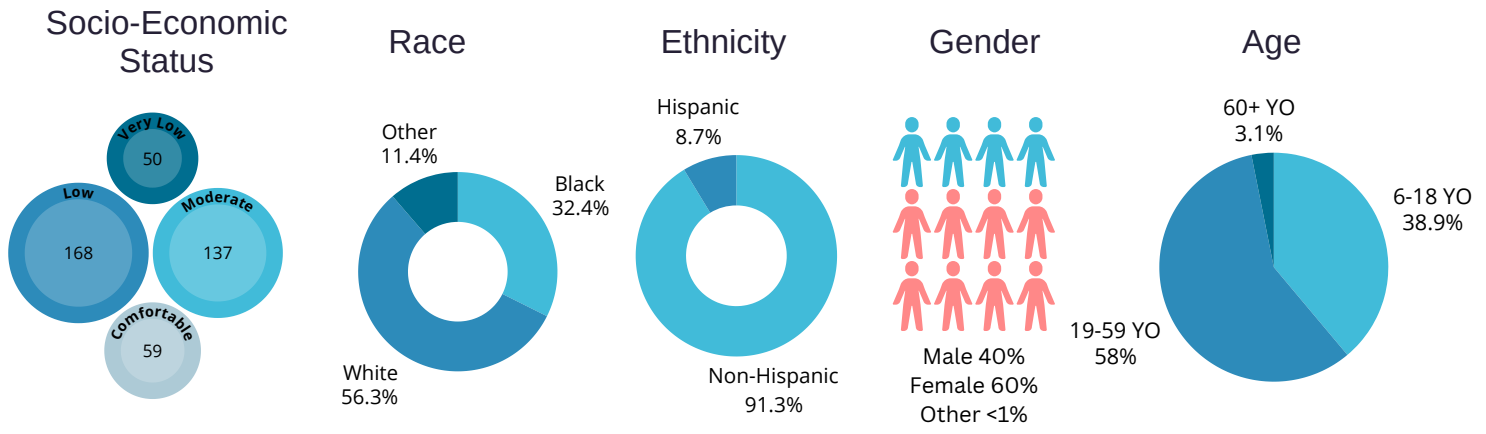




OUTPATIENT COUNSELING

Outpatient Counseling provides private therapy services to the general public on a sliding scale fee. We offer individual, couples, and group counseling with a licensed therapist through in-person or telehealth sessions. Services are available for most social challenges such as depression, anxiety, conflict, marital trouble, and anger management.

Outpatient Demographics



Total Served: 414

65%



showed an improvement in communication skills

69%



demonstrated an improvement in healthy coping skills

OUTPATIENT COUNSELING PROGRAM OUTCOMES



65%

showed an increase in healthy relationships and support systems

41%



improved conflict resolution and anger management skills

64%

increased positive self-esteem and confidence



65%

decreased issues related to anxiety



61%

decreased depression issues

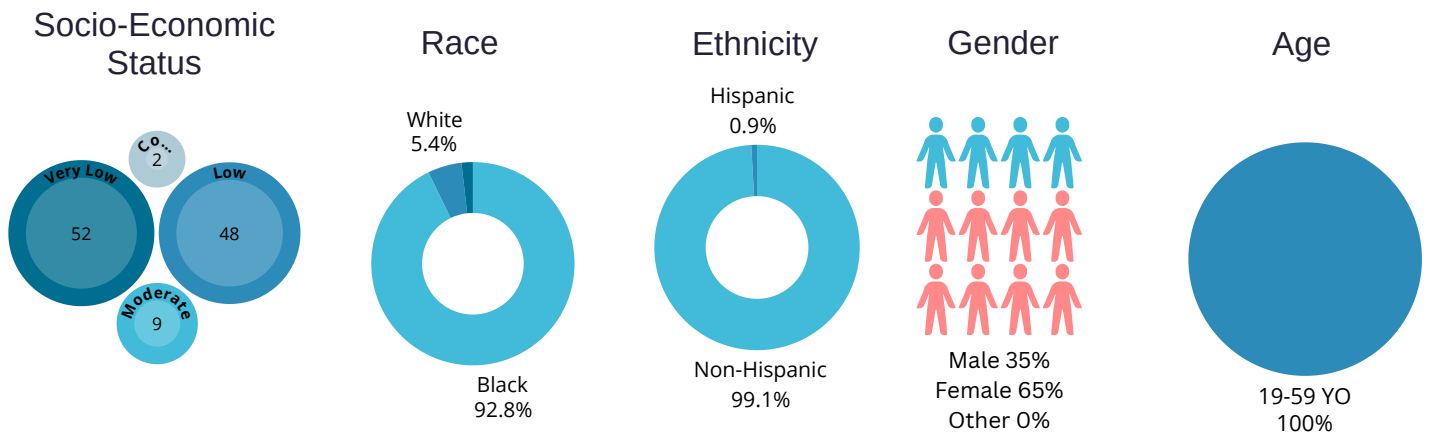


PROVE

PARENTS REACHING OPPORTUNITIES thru VOCATIONAL EDUCATION

PROVE offers parents of minor children a 12-month program designed to teach life and workplace skills to help move families off subsidies and into meaningful employment. In addition to earning industry-recognized credentials, parents participate in workshops on parenting, healthy relationships, anger control training, and financial stability.

PROVE Demographics



Total Served: 111

PROVE PROGRAM OUTCOMES

54

participants became employed during their time in the program



\$15.35/hr

was the average salary reported among employed participants

\$11,508

new child support was paid by participants in the program



11

participants earned their GED



26

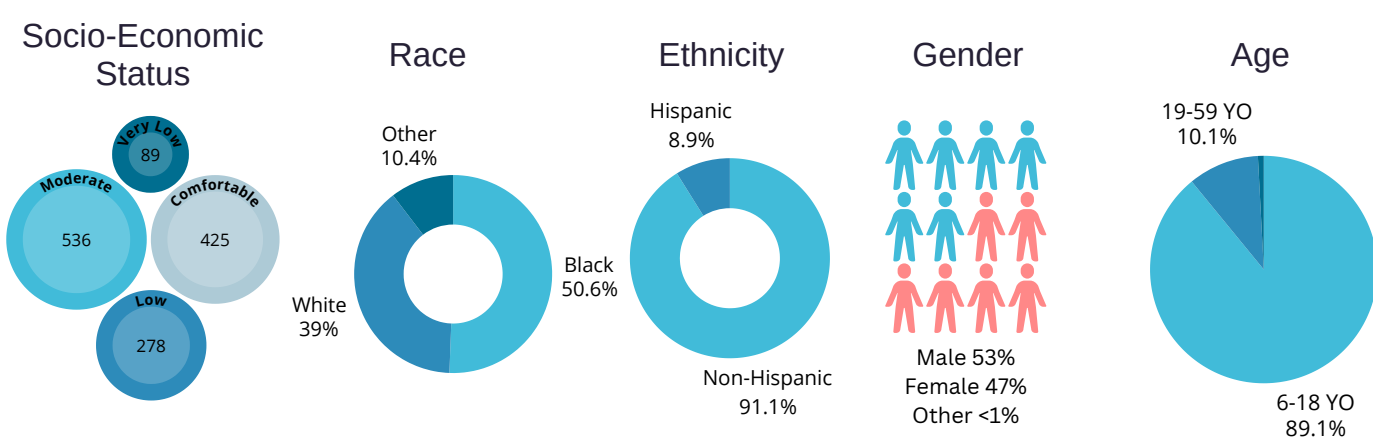
participants obtained vocational or post-secondary certifications or degrees



SUCCESSFUL SCHOOLS

The Successful Schools Program provides school counselors and behavioral support specialists to various school systems to assist with managing the maladaptive behaviors of students. Special education coordinators, school counselors, principals, and teachers refer students to IMPACT. Intervention services are offered individually or within a group setting. IMPACT provides a specialized Day Treatment School for selected students who need a restrictive environment.

Successful Schools Demographics



Total Served: 1328

SUCCESSFUL SCHOOLS PROGRAM OUTCOMES

65% of students demonstrated an understanding of positive communication skills



76% of students reported an increase in their ability to appropriately handle anger and work out conflict with others

82% of middle and high school students reported an increase in their ability to make good decisions



65% of students reported an increase in their ability to keep behavior within acceptable limits, so they do not get into trouble

65% of elementary students reported a greater understanding of how to control their angry or mad feelings

91% of students had a decrease in the number of suspensions they received*



93% of students had a decrease in the number of disciplinary reports received*

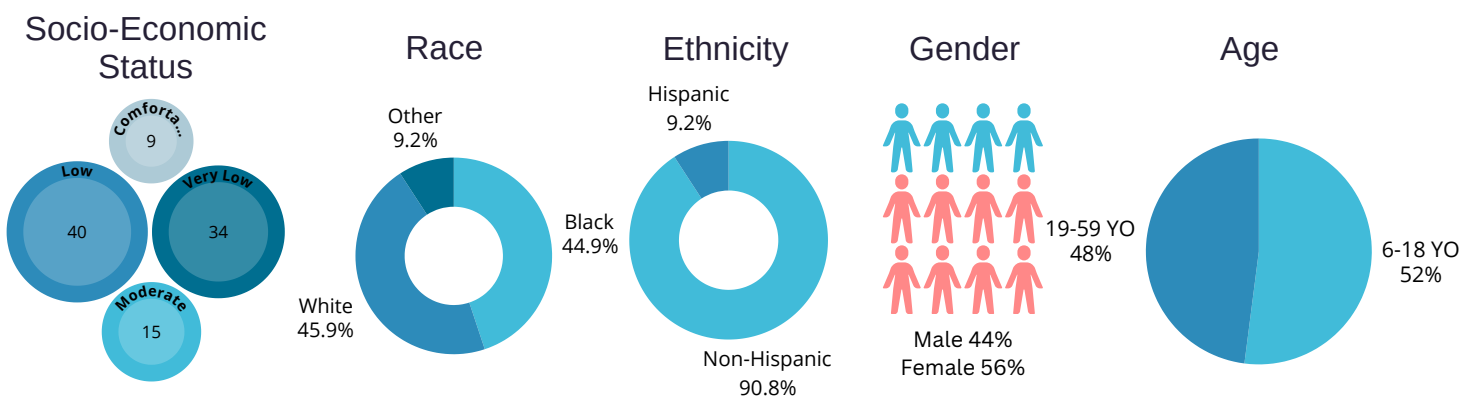
**Not all students receiving counseling had suspensions or disciplinary reports*



FAMILY REUNIFICATION AND SAFE CONNECTIONS PROGRAM

IMPACT offers supervised visitation and safe exchange services to families with children in out-of-home placement and situations in where a safe, comfortable, and supportive environment is needed due to custody disputes and court orders. IMPACT utilizes safe and secure visitation facilities with areas for individual family time and spaces available to accommodate families with one or multiple children. Parents are provided 1-on-1 coaching with a trained Supervised Visitation Coach.

Family Reunification Demographics



Total Served: 98

59%

of parents reported an increase in their ability to effectively communicate with co-parent/guardians



67%

of parents reported an increase in knowledge of where to go for help if they were in a situation involving domestic violence.

FAMILY REUNIFICATION PROGRAM OUTCOMES

59%

of parents reported an increase in their ability to express nurturing behaviors and love to his/her children



59%

of parents reported an increase in ability to use positive forms of discipline

52%

of parents reported an improved commitment to use positive stress management techniques.



70%

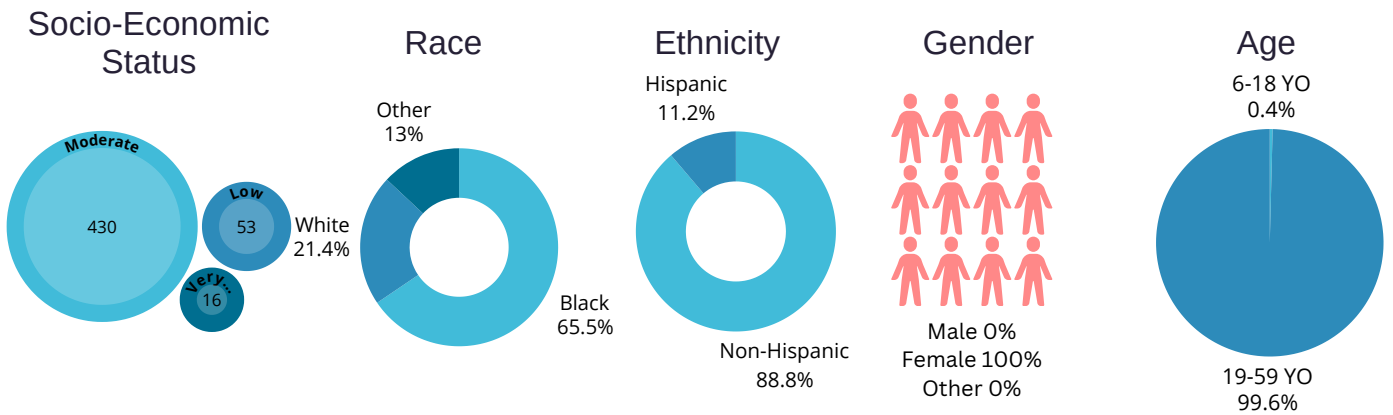
of parents reported an increase in knowledge of how to access community resources



SAFE SLEEP EDUCATION AWARENESS

Safe Sleep Education Awareness provides training on safe sleep, shaken baby, and SIDS, as well as a Pack 'n Play to parents/caregivers who may not be able to afford a safe sleep environment for their baby.

Safe Sleep Demographics



Total Served: 453

2023 AUDITED FINANCIAL STATEMENTS

Operating Revenues 2023

Contractual Service Fees	\$ 2,830,891
Government Grants and Contracts	\$ 739,111
Outpatient Program Fees	\$ 211,436
Rental Income	\$ 98,669
Contributions	\$ 84,705
Rental Income	\$ 98,668
United Way contributions	\$ 75,604
Other Income	\$ 19,179
TOTAL OPERATING REVENUES	\$ 3,337,436

Operating Expenses 2023

Program Services	\$ 3,227,380
Support Services	\$ 325,738
Rental activities	\$91,073
TOTAL OPERATING EXPENSES	\$ 3,644,191

Changes in Net Assets

Change in Net Assets Without Donor Restrictions	\$ 415,404
Net assets without donor restrictions, beginning of year	\$ 3,121,089
Net assets without donor restrictions, end of year	\$ 3,536,493



**IMPACTING BIRMINGHAM ONE
FAMILY AT A TIME!**

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