



2022 Impact Report

*The journey of
1000 miles begins
with one step - Lao Tzu*

Hallways of Hope

The People Behind the Mission

Renee Z. Dominguez, PhD
Co-Executive Director

Chris Pippin Northwick
Co-Executive Director

Monica M. Garvey
Director of Community
Development

Ted Yusen
Director of Finance
and Employee Benefits

BOARD OF DIRECTORS

Fritz Freidinger, President
Keryl Klemm, Vice President
Mari Marrinan, Secretary
John Mann, Treasurer
Peter Barrow
Meg Costigan
Thomas Forrester
Janet Koestring
James Neaylon III
Noelle Pontarelli, PhD
Rodney Quainton
Stefanie Rupp
Cathe Russe
Michael Skweres
Marsha Tolchin
Louise Yao

ADVISORY COUNCIL

Bill Attea, Co-Chair
Chuck Balling, Co-Chair
Jill Brickman
Nancy Canafax
Mark Damisch
Allison Ewing, LCSW
Sue Ellen Bohac Galligan
Jennifer Gong-Gershowitz
Andrew C. Haak
Sister Paulanne Held
Neil J. Hochstadt, PhD
Joyce Knauff
Paul C. Kredow, PsyD
Margaret B. Lee
Becky McLennan
Peggy O'Brien
Melanie Peterson
Cathy Pratt
Myron Resnick
David Shapiro
Vivian Vahlberg
Heidi Voorhees
Brian Wegley, EdD



FSC Vision

**A community united in actively supporting
emotional and mental wellbeing**

FSC Mission

**To strengthen and empower families and communities by
providing accessible evidence-based counseling, crisis
response, outreach, and education**

We Believe

Everyone is deserving of emotional and mental wellbeing

Everyone is capable of change

**Our work has the power to improve lives
and radiate wellness**

Collaboration is the bedrock of a healthy community

Reflections

Fiscal Year 2022 (July 1, 2021 - June 30, 2022)

Dear Friends,

Fiscal year 2022 marks the second year of the pandemic response. This collectively lived crisis continues to generate mental health needs that far outpace available resources - as many media headlines continue to corroborate. Just as each family continued to grapple with how best to respond and navigate each new variant wave, FSC continued to adapt to meet the growing demand and each of the many new challenges. Important to this mix was finding ways to also act on new opportunities, such as widespread adoption of digital communication.

To best allow FSC to advance new opportunities, Dr. Dominguez and the FSC Board of Directors began this fiscal year by announcing a new co-leadership structure at FSC. On July 1, 2021, Board Vice President, Chris Northwick, and Dr. Dominguez became FSC Co-Executive Directors. With year one of this new structure now in the rear view mirror, we can confidently say it has allowed unprecedented growth in FSC's ability to drive our mission and help the community.

Each day at FSC we work to use our finite resources to make the most impact in serving our mission of strengthening and empowering families and communities. To best guide these decisions, a "Beyond Boundaries" team comprised of FSC Advisory Council members, Board members, and Ms. Northwick, reached out and completed a "listening tour" that involved interviewing dozens of community leaders to learn about local needs. Leaders were systematically asked about what they saw as our most pressing mental health needs - both now and trends they see emerging.

With the Beyond Boundaries' insights, collaboration with partner organizations, and very critically, with the continued and growing financial support from our incredibly generous donors, civic-minded business community, philanthropic foundations, townships, and villages, FSC crafted its new strategic plan and has begun to implement plans to build our organization. We have invested in our clinical team, enhanced technology and digital communications, and added new areas of clinical, cultural, and language expertise. These efforts have successfully expanded the impact FSC can make going forward.

We are so grateful for the community's support of our mission and our work.



Renee Z. Dominguez, PhD
Co-Executive Director



Fritz Feidinger
Board President



Chris Pippin Northwick
Co-Executive Director

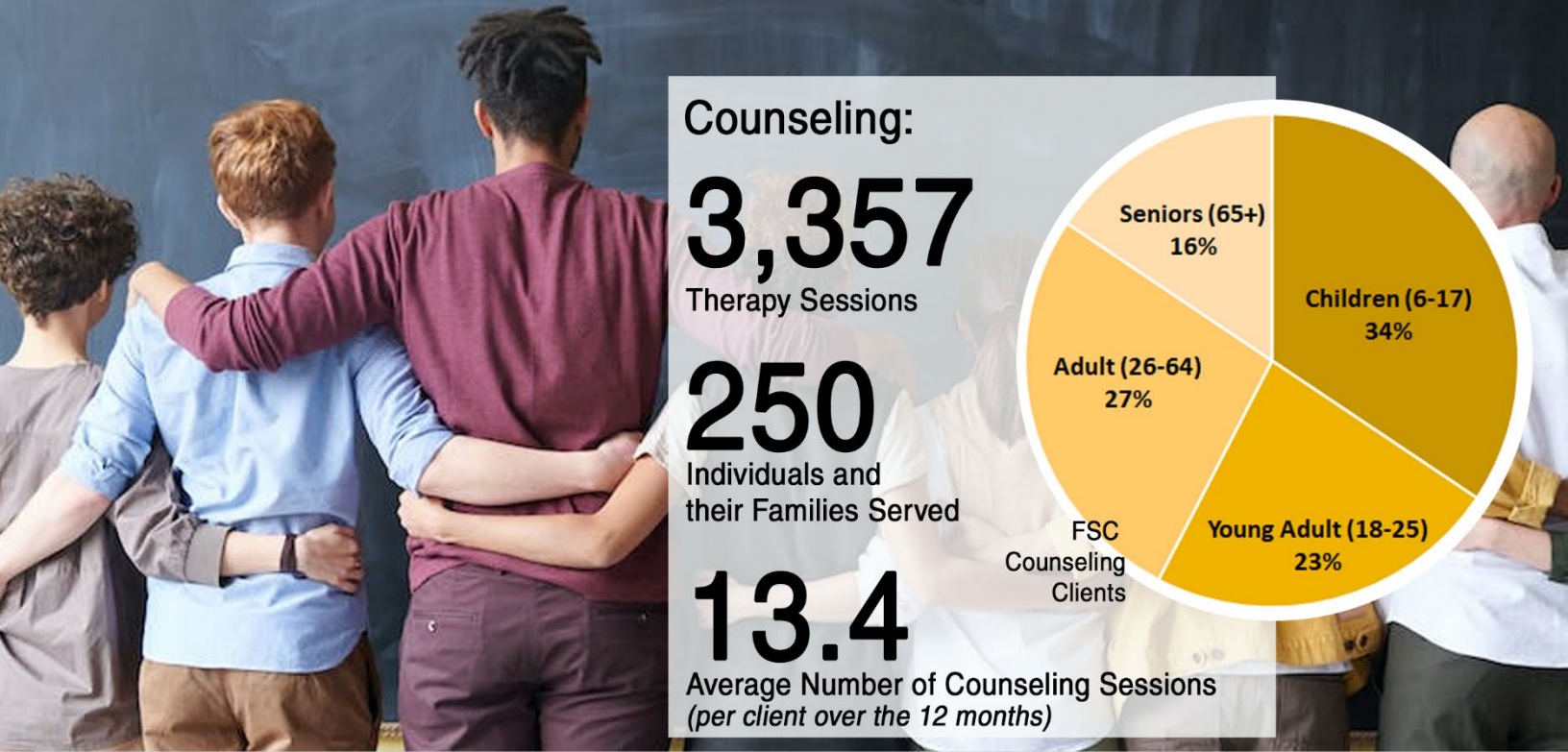
[Photo above]

FSC's new offices featuring one of the nearly twelve dozen community-sponsored butterflies that grace the halls.

They are a constant reminder to all that walk by that

they are not alone.

Support across a life span...



Counseling:

3,357

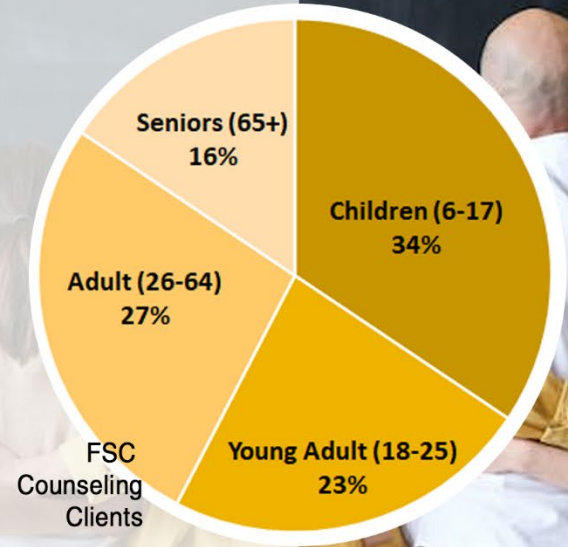
Therapy Sessions

250

Individuals and
their Families Served

13.4

Average Number of Counseling Sessions
(per client over the 12 months)



98% of FSC client sessions were subsidized thanks to FSC's sliding scale and unusually broad list of accepted insurances.

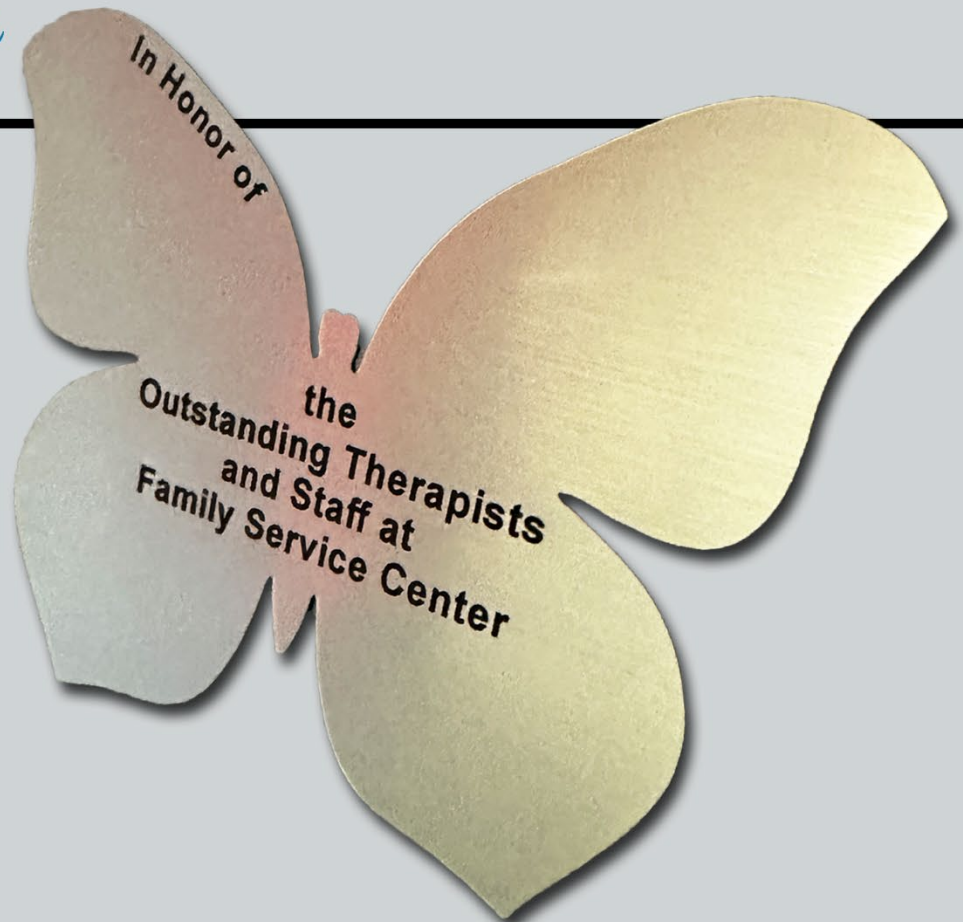
The People Behind the Mission

FSC Clinical Team

Renee Z. Dominguez, PhD
Co-Executive Director

Karen Cloyd, LCPC
Senior Clinician



Robert Daniels, PhD
Cynthia Suarez Eudy, LCSW
Carol Feiss, PsyD
Shimon Gendelman, LCPC
Janine Goldstein, PhD
Kerry Brown Hasbrook, PhD
Beth Irwin, LPC
Jay Karant, LCSW
Amy Koplrow, LCSW
Robin Lake, LCSW
Kui Millar, ALMFT
Nanci Priest, MATS, LCSW
Laurie Roston, LCSW
Hoyam Tanon, LCPC



Resilience

- ✓ Hope in the face of adversity
- ✓ Close connection to parents can be an extremely effective shield against anxiety and depression (Stixrud & Johnson, 2018)
- ✓ Model health, courage and hope

FSC Family Service Center

Education & Skill Building:

FSC believes community-based workshops and presentations are an important component to supporting mental wellness in its communities by providing practical and useful information to support emotional wellness. Additionally, these presentations develop a more connected community by establishing and strengthening bonds through participant discussions.

These presentations can reduce stigmatization of individuals suffering from mental health issues and emphasize the benefits of obtaining professional support. This encourages participants to seek additional information or direct help.



Compassion, Curiosity
and Taking a Break
From Social Media



Holiday Expectations
vs
Holiday Realities
-Part 7: Final Segment-

FSC Family Service Center

* Part 7 and Final Segment in Our Holiday Season Series *
Hopes and Goals for the New Year

Digital Learning:

FSC successfully distributed 24 clinically customized educational articles in FY22 based upon challenges that FSC clinicians frequently encounter. Through email, these articles were distributed to over 2,200 community members with open rates averaging 45% (*twice the industry standard*) and generated a great deal of positive feedback.



PARENTING IS HARD.
NO AGE RESTRICTIONS
PART 1

FSC Family Service Center

Well Intended Parents - Unintended Consequences

FSC's Co-Executive Director, Dr. Renee Dominguez, recently spoke to parents in a presentation hosted by CATCH (Community Action Together for Children's Health). The presentation highlighted ways in which the behavior of well-intended parents can actually backfire and create unintended negative consequences for their adolescents.

Crisis Support in our Communities:

Support to at-risk youth. FSC completes Health and Safety Assessments when a student is identified as "at risk" for self-injury or death by suicide. FSC completed more than 20 Health and Safety Assessments in FY22. FSC also supports students identified as high-risk during delivery of the Signs and Symptoms of Suicide curriculum at local high schools.

Community response. During FY22, FSC provided over 150 hours of community crisis intervention support. Crisis support was deployed in response to sudden deaths, including suicide, of individuals in local community member organizations. FSC provided virtual and/or in person support to students, teachers, staff, and parents, and was also called upon to provide consultation for planning crisis responses.



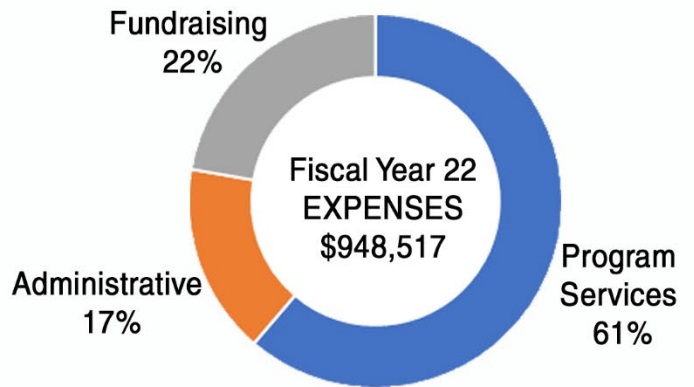
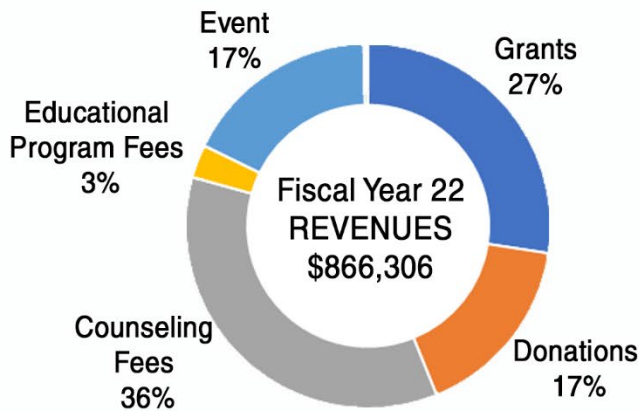
Funding the Mission

FSC annually prepares, and has audited, Financial Statements based upon Generally Accepted Accounting Principles (GAAP).

Over 60% of FSC revenues came from generous community support. Those whom FSC serves are so grateful for the commitment to community mental health.

While FY22 resulted in a reduction in net assets, FSC maintained its strong financial position.

FSC continues to invest in a growing clinical team, adding new areas of clinical, cultural, and language expertise, along with enhanced technologies that will allow for greater impact and new ways to engage our community.



FSC is *Proud* of our Community Partners:

- Avoca School District 37
- Boys Hope Girls Hope
- CATCH (Community Action Together for Children's Health)
- Character Counts! in Glenview
- Crisis Response Network of the North Shore
- Family Action Network (FAN)
- Glenbrook School District 225
- Glenview-Northbrook Coalition for Youth (GNCY)
- Glenview School District 34
- Glenview Values
- Key Coalition

- Loyola Academy
- New Trier School District 203
- New Trier Township
- North Shore Country Day
- North Shore Senior Center
- Northbrook/Glenview School District 30
- Northfield Township
- Regina Dominican High School
- Village of Glenview
- Village of Northbrook
- Wilmette School District 39

Grateful for our... Community & Business Support

FSC Event Sponsors:

Nicholas & Associates
Inspired Life Tapping
Louise & Jim Yao

CIBC
ITW [Illinois Tool Works]
Making Life Better of Glenview

Fields Auto Group
North Shore Community
Bank & Trust
Northbrook Bank & Trust

Debbie Hepburn
@properties | Christie's
Ed & Deede Wittenstein
Illuminate
Psychological Assessments
James Neaylon
Insurance Employee Benefits
Rotary Club of Glenview Sunrise
Willow Lake Orthodontics
Woman's Club of Wilmette
@properties | Christie's

Busey Bank
Connie Dornan Real Estate
@properties
Mathnasium
Michael Mazzei
Berkshire Hathaway
Optimist Club of Glenview
Ultra-Lit | Lightkeeper Pro

In-Kind Donors:

4 Star Restaurant Group
Abt
Babs Boards and
A Rough Cut Woodworks
Beam Suntory
Book Bin
Cake Craze
Canal Shores
Carol's Cookies
Carolyn Lorraine Salon
Catered By Design
Chalet
Chicago Bears
Chicago Botanic Garden
Chicago Dogs Baseball
Chicago Wolves
Chicago Zoological
Society/Brookfield Zoo
Chris Kondos Boutique
Club Pilates Glenview
Community House - Winnetka
Cooper's Hawk
CorePower Yoga
Crystal Cave
Culver's of Glenview
Dairy Queen Northbrook
Dengeos
Elements Massage-Glenview
Eli's Cheesecake World Cafe
Fantasia Furs
Gail's Brownies
Garvey Family

Glenview Park District
Glenview Public Library
Glo Skin by Marilyn
Gordon Salon
Graeter's Ice Cream
Great Coast Commons
Hackney's Restaurant
Harrison's Poultry Farm
Heart Certified Auto Care
Heinen's Grocery Store
How About Learning
Hub 51
Illinois Baseball Academy
Illinois Holocaust Museum
J. Mullarkey Dist. Inc.
Janet Koestring
Karen Keeley Designs
Kohl Children's Museum
Lake Forest Health & Fitness
Lambrecht's Jewelers
Life Unfiltered Photography
Lily's Hair Salon
Lisa Oldson, MD, Smart
Weight Loss Coaching
Lou Malnati's
Lurvey Garden Center
Luxe & Lilac - Small Batch
Artisanal Cupcakes
Mathnasium Glenview,
Kenilworth & Winnetka
Modcakes
Museum of Science &
Industry

Nicole Thomas Photography
Northbrook Park District
Northshore Pizza Company
Northwestern Athletics
Nothing Bundt Cakes
Deerfield
Oceanique
Oil Lamp Theater
Barb Perce
Pinstripes
Reagan Meats
Riobamba Latin Kitchen
Schaumburg Boomers
Shawnee Service Center
Staples of Glenview
Superior Optical
Teddie Kossof Salon Spa
The Bottleneck Management
The Hot Room
North Shore Yoga
The Landmark Inn
Bar & Grill
The Shack Indoor Golf Club
The Styled Cookie
The Tortoise Supper Club
Three Tarts Bakery Cafe
Trader Joes
Trattoria Demi
Wein-Bauer, Inc.
Wendy Podolsky
Whiskey River
Wilmette Park District
Yellow Bird Stationery,
Invitations & Gifts
Yoga Six Wilmette
Yogaview
Zanies



Thank You for Bringing Hope to So Many!

Giving levels reflect contributions
from July 1, 2021 to June 30, 2022.

\$25,000+

New Trier Township
Northfield Township
Village of Glenview

\$10,000 to \$24,999

BlackEdge Capital on
Behalf of Lester Crockett
Inspired Life Tapping
Foundation
Kenilworth Community Fund
Making Life Better
of Glenview
Nicholas & Associates, Inc.
Village of Northbrook
Village Treasure House
Jim & Louise Yao

\$5,000 to \$9,999

Anonymous
Adams Street Partners L.P.
Alison Tobey Smart
Memorial Fund at
Kenilworth Union Church
Andrew & Alice Fischer
Charitable Trust
Evelyn Barrow
CIBC
Meg & Dan Costigan
Fritz & Cathy Freidinger
Jim, Monica, Jessica
& Alex Garvey
Glenview Community Church
ITW
Lundbeck US Charitable Fund
Jim & Suzanne Neaylon
Our Lady of Perpetual Help
Needy Family Fund
Tom & Hilary Pontarelli
Whole Foods

\$2,500 to \$4,999

Bill & Mary Lee Attea
Peter & Amy Barrow
Mark & Patty Damisch
Rachel German &
Brian Frankl
Corrie & Rich Goldberg
Ray & Anita Hartshorne
Janet Koestring
& John Kupper
John & Sharon Mann
Mari & Bill Marrinan
Lee & Judy Nidetz
Peggy O'Brien
The Russe/Tojo Family
Marsha Tolchin
& Shelly Lustig
Mindy & Scott Shafer
Wintrust: North Shore
Community Bank & Trust
Northbrook Bank & Trust

\$1,000 to \$2,499

Anonymous (4)
@properties / CHRISTIE'S
Arthur J Gallagher
Foundation
Charles & Marlene Balling
Tim Bliamptis
& Jane Donaldson
Ana Cassorla
& Tony Balestrieri
Church of the
Holy Comforter
George & Debbie Hepburn
Victoria Fahey
The Earl & Bettie Fields
Automotive Group
Foundation
Michael & Susan Forester
Thomas & Cristen Forrester
Glenview Women's Club

Neil & Beth Hirshman
Illuminate Psychological
Assessments PLLC
Rob & Karen Keeley
Kemper Educational &
Charitable Fund
Keryl & Dirk Klemm
Robin Lake &
Richard Lesperance
Mary Ann Langas
Dan & Nahrin Marino
Mary Lou Downs Foundation
Scott & Jennifer Nelson
NorthShore University
HealthSystem
Susan & Nicholas Noyes
Noelle Pontarelli
Nanci Priest & Rod Quainton
Rotary Club of Glenview Sunrise
Ann & Bob Rowlands
Stefanie Rupp
Michael & Liz Skweres
Vernon & Julia Squires
Joanne Stevens
The Swaringen Family
Heidi Voorhees & Ed Walchak
Willow Lake Orthodontics
Wilmette Harbor
Rotary Club Foundation
Deede & Ed Wittenstein
Woman's Club of Wilmette
Z Zurich Foundation



Beyond Boundaries

FSC Staff, Board, and Advisory Council members spent time in our communities this year interviewing and listening to over forty community leaders including clergy, school administrators, school and police social workers, parent leaders within immigrant communities, and leaders of service and government agencies.

One of the key takeaways, and one that resonated deeply with our clinical staff, is that circumstances of the past few years have caused more people to live with adverse symptoms of mental health issues. Too many have come to accept their current experience as a "new normal" that includes lost joy, lost productivity, frayed relationships, increased substance use, declining physical health, and the continued risk of worsening symptoms.

Community leaders see a great need for more mental health resources and tools. They communicated the importance of providing constituents with a better understanding of what mental health means, identifying symptoms, and finding support options. Without more education and earlier interventions, we are likely to continue to see a growing number of crisis cases. FSC is responding to this need with investments that will allow us to serve beyond our current boundaries.

\$500 to \$999

Anonymous (4)
Sam & Cathy Ach
Sue & Mark Bennett
Jacquelyn Berlin
Ami Bilimoria
Mary Bowler & Joe Greenberg
Scott & Beth Brady
Busey Bank
Jon & Mandy Chiarieri
Connie Dornan Real Estate Group
Drinks Holdings/Wine Insiders
Paul & Marie Fischl
Frances E Streit Foundation
Dr. & Mrs. John E. Garnett
Todd Golden & Anne Vavloukis
Maurice & Dianna Gordon
Richard T. Jones
The Kaczmarek Family
Sally & Paul Kaulas
Andrew Kuby & Leslye Winslow
Paul & Janice Larson
Margaret B. Lee
Joy Lewis
Mathnasium of Kenilworth
Heidi & Greg Mayer
Jenifer McCartney
Michael A. Mazzei
Berkshire Hathaway
Ken & Susan Morrison
New Trier Hockey Club
Optimist Club of Glenview
Melanie & Dan Peterson
Dale & Beth Primer

Candy & Rick Pullano
Brian & Betsy E. Russell
Jacquie & Bill Schermerhorn
The Rev. Kyle Severson &
Clyde Walter
Dan & Christy Shellenbarger
Mark & Debbie Toledo
Ultra-Lit | LightKeeper Pro
Bob & Allison Vevang
Michelle & Neil Warshawsky
Jamie & Rich Zelman

\$250 to \$499

Anonymous (2)
Sue Ellen Bohac Galligan &
John Galligan
Kathy & Howard Brandeisky
Sandy & Mike Brennan
Gary & Sabrina Briggs
Carolyn Chiarieri
Emily Costigan
Jean & Matt Costigan
Lester & Leydianna Crockett
Dr. William & Beverly Dawson
Joann Dinneen
Steve & Karen Foley
Jen & Rick Gimbel
Julie & Luther Grafe
Richard & Gayle Guelzow
Andrew & Joanna Haak
John & Dana Hagenah
Victoria Haynes
Karen & Dan Hirsch
Judy & Gary Hynes

Graham & Susan Jackson
Warren & Amy James
Kirkland & Ellis Foundation
Kiwanis Club of
Glenview-Northbrook
Pamela Klein
Jim & Mary Beth Krautsack
Audrey Larson
Kay Laurie & Jeffrey Zehe
Suzanne Lyhus
Jim & Laura Lyman
Peg Macaluso & Jeff Gonyo
Steven & Marsha Merdinger
Rhonda Miller
Tim & Mary Patronik
Mickey & Alicia Resnick
Piper & Jono Rothschild
Ula & Matt Rotman
William Rudolphsen &
Mary Bendokas
Thomas & Sarah Russe
Laura & Dale Sailer
Alice & Peter Schaff
Angela & Mike Schmidt
Clifford Shapiro &
Darlene Vorachek
The Shapo Family
Brad & Julie Shechtman
Shewchuck Insurance Agency
Rick & Anita Thies
Joseph & Margaret Tilson
Vivian Vahlberg & Rick Gordon
Karen & Mike Ward
David & Lisa Zimble

\$1 to \$249

Anonymous (13)
Kathy & Joe Altonji
Amazon Smile Foundation
Maureen Andersen
The Arenberg Family
Cinda Axley
John Ayers & Judi Minter
Mary & Robert Bak
Meggie & Jeff Barrow
Maureen Barry
David & Dian Barth
Michael & Nancy Basofin
Belfor USA Group, Inc
The Bergin Family
Terry Beshara
Dr. Steven R. Best
Shenaya Bhote-Siegel
Mary & Jim Bowman
Rebecca Brennan
Jill Brickman
Friends of Scott Britton
Ted & Barbara Buenger Jr.
Nancy Canafax
Tracey & Brian Cascarano
Richard & Elizabeth Clemmitt
CNA Foundation
Mary Cooke
Scott & Leslie Cordes
Edwina Cowell
Melinda & Bob Deuster
Gail Doeff
Marilyn Dore
Philip & Meredith Dray
Tom & Theresa Drouillard
Carol & Steve Ducommun
Jeffrey & Stephanie Emrich
Donna Erland
Bruce & Sarah Everakes
EveryAction
Larry & Wendy Farsakian
Tom & Cathy Fay
Robert & Patricia Felker
Thomas Garden
Laura & Phil Geiger
Roseanne Geisel
Mark Geniesse
Karyn Glass
Alexander & Michelle Goldin
Charitable Fund of the
Jewish Community
Foundation of Greater
Kansas City
Janine Goldstein
Karrie Gottschild
Jane Grant
Tom Harte Family

Joanne & John Hasmonek
 John Hedrick
 Howard Herman
 Bill & Jane Hinkle
 Howland Family Helping
 Hands Fund
 Jackie & Bill Ieuter
 Beth & Matt Irwin
 Amy Iverson Aralis & Jim Aralis
 Deanna & Mark Jacobson
 Dennis & Cheryl Kasner
 Cathy Kedjidjian
 Ellen Kieffer
 Mark & Gwen Kindelin
 Thomas & Peggy Kloempken
 Joyce Knauff
 Guyla Koestring
 Tom & Kathy Koestring
 Bob Kroupa
 Pete & Tammy Langas
 Bob & Fran Langewisch
 Sheri Latash
 Marvin & Jackie Lutz
 Paulinda Lynk
 Rachel Mann
 Tony & Kate Manos
 Marianne & John Marquardt
 Walt & Mary McCarthy
 Susan McClanahan
 Kevin & Angela McCune
 Joseph & Lisa McGowan
 Denis McKenna &
 Marguerite Savard McKenna
 Tim & Mia McNary
 The Meek Family
 Karen Miller
 Shiva Mohsenzadeh
 Kathy Monk
 Gayl Monto
 Sally Munley
 Victor & Mary Nelson
 Dave & Anne Neumann
 Gary Nidetz
 Chris & Andy Northwick
 Gordon & Janice Nuber
 William & Amy Oberholtzer
 Kathleen O'Brien
 Sheila O'Brien &
 Wayne Andersen
 Sarah & Wallace Oliver
 Frank & Sharon Panzica
 James Patterson
 William & Ann Pearce
 Karen Pedersen
 Adriano & Gloria Pedrell

Kent & Juli Perry
 Tim & Nancy Perry
 Elizabeth B. Phillips
 James Pockross
 Elizabeth Polmanski
 Sharon Porter
 Timothy Powell &
 Betty Olivera
 Debra & Carlos Puce
 Suzanne Purtell
 Jeffrey Raizer & Kelly Gervin
 Nasim & Dilys Rana
 Liz Ransford &
 Galen Burghardt
 Steve & Sue Rasher
 Richard & Gwenn Rausch
 Rich & Teri Rosenberg
 Julia & Tom Ryan
 David & Susan Saltzman
 Trudy Salvador
 Sara Samovalov
 Connie Schapiro
 John & Beth Schmidt
 Lauren Schulman
 Doug Schwartz &
 Cyndee Schaffer
 Timothy & Brenda Sheridan
 Scott & Stacy Simpson
 Ellen Stern
 Andrew & Valli Stewart
 Gary & Susan Stokes
 Angie Stotis
 Tom & Beth Swann
 Susi Swisher &
 Kenneth Arenberg
 Takeda Pharmaceuticals
 William & Dian Taylor
 Andreana Turano &
 Tim Carter
 Scott & Rachel Tzinberg
 Peggy & Mike Walters
 Mark & Judy Walther
 Mark & Julie Weinberg
 Jay & Laurie Weissler
 The Welch-Jani Family
 Justin Wellen
 John & Margaret Witt
 Michele & Tom Wolford
 John & Lois Wolfson
 Theodore & Lila Yusen

We have made every effort to ensure the accuracy of this list and reflect all anonymous donations as such. We regret any errors.

Heart of the Family

FSC annually honors an organization or individual as a Champion of Mental Health & Wellness in our Community.



Congratulations to the Executive Director and Board of CATCH (Community Action Together for Children's Health), our 2022 FSC Heart of the Family Award winners. We were honored to share the incredible community work being done by this dynamic and hardworking organization.



Over \$150,000 was raised to continue FSC's response to the escalating mental health care needs of our community. It was incredible to see nearly 300 community members enjoy re-connecting with old friends and making new acquaintances, all while enjoying the delicious food truck fare and playing the odds. The support made a strong statement about the critical need to continue our work of diminishing the stigma around mental health challenges and removing obstacles to access for those who can benefit from FSC clinical support services and programs.

Thank you to all our sponsors, attendees, volunteers, and in-kind donors who came together in the name of giving HOPE to so many who have been, are now, or may in the future, feel alone and in need of support.