

Our
Community
United

Together 
 we fly!

2023 Impact Report

Leaders Behind the Mission

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Christine P. Northwick

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Reflections

Fiscal Year 2023 (July 1, 2022 - June 30, 2023)

Dear Friends of FSC,

As we reflect on the past year, we are profoundly grateful for the tremendous impact of your support on FSC and our community.

FSC continues to translate the learnings from last year's "Beyond Boundaries" listening tour into concrete action and tremendous growth in the services delivered to our community.

In an acutely challenging hiring market, your support helped FSC add exceptional staff, who are both skilled and deeply passionate about our mission. These new team members bring fresh perspectives and expertise, enhancing FSC's ability to address the diverse needs of our community, including adding critical Spanish language services.

A complete revamp of the FSC website will provide our community with a user-friendly platform, empowering individuals and families with the tools they need to navigate the complexities of the mental health landscape and take control of their mental health journey.

Looking Ahead

We remain committed to the ongoing work of making quality mental health support accessible to all. The challenges may persist, but with your continued support, we are confident in our ability to continue to adapt and deliver positive impact in the lives of those who need it most.

As we express our gratitude, we extend an invitation for you to explore the detailed insights provided in our fiscal year 2023 Annual Impact Report.

Thank you for standing with us as we strive to create a community united in actively supporting emotional and mental wellbeing.



Keryl Klemm, President, FSC Board of Directors

FSC Believes

- 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.

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

Therapy

support across a life span..

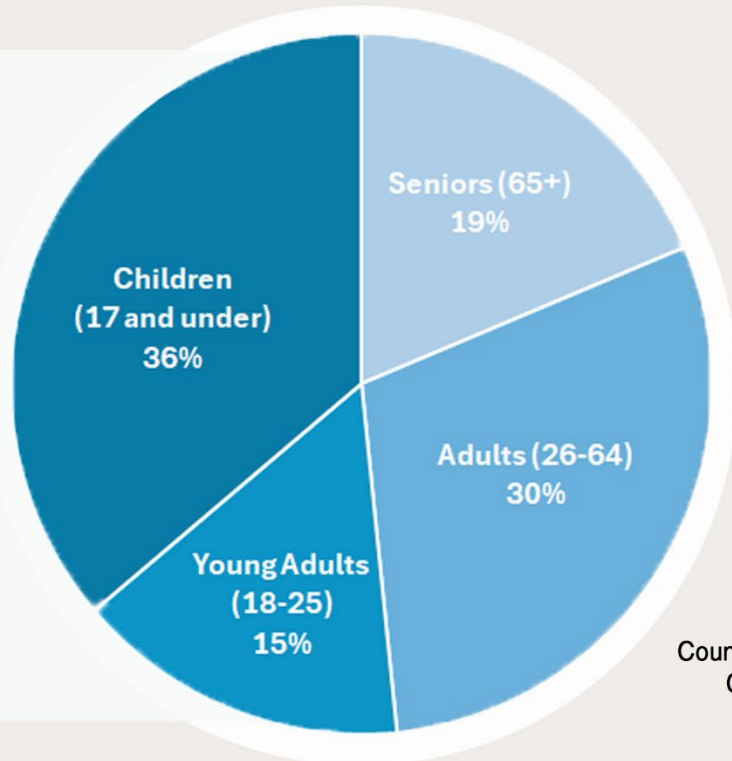


99% of FSC client sessions paid less than full rate thanks to FSC's sliding scale and broad range of accepted insurances.

4,362 ^{+30%}
Therapy Sessions _{last year}

283 ^{+13%}
Individuals and _{last year}
their Families Served

15.4
Average Number of Sessions
(per client over the 12 months)



FSC
Counseling
Clients



Crisis Support

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 24 Health and Safety Assessments in FY23.

FSC also supports students identified as high-risk during delivery of the **Signs and Symptoms of Suicide** curriculum at local high schools.

Community response The July 4, 2022 tragic event in Highland Park is a horrific example of the types of tragedy that FSC clinicians respond to with community crisis intervention supports. FSC therapists work to support organizations, their staff, and others affected by unexpected tragic events including death, suicide, and violent acts. Each response is different, working with community leaders in a manner that can best support those affected.



Reacting to Senseless Tragedy

¡Hola!



FSC expands services to support our Spanish speaking neighbors



Responding to the needs of community leaders articulated in FSC’s Beyond Boundaries community outreach program last year, the FSC Board approved an investment to expand FSC’s reach to provided additional mental health resources and services in Spanish. Notably, this is an underserved area of our community.

To guide FSC in its efforts, we engaged a Clinical Psychologist from Bogota, Columbia for a one year cultural and mental health internship program that runs from October 2022 - October 2023. Lauracatalina Goss Alterio works with our current team of three bilingual Spanish therapists to develop educational programming, communications, and outreach programs designed specifically to support families in our community with cultural and language ties to Latin America.



Education & Outreach

FSC believes community-based outreach, workshops and presentations are an important component to supporting mental wellness in our 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.

Digital Learning

FSC distributes regular emails containing tips and strategies to address challenges that FSC clinicians identify through their clinical work. These intentionally short articles are intended to offer thoughtful ways to improve and promote mental wellness.

FSC sends these emails to more than 2,300 community members, generate positive feedback, and are opened at rates averaging over 50%. (Well above industry standard.)



You may have noticed that teens tend to have a difficult time waking up early —when given the chance, they often sleep well beyond school start times, perhaps even into the afternoon. If you're a parent, you know how frustrating a routine like this can be.

Parenting journalist, **Lisa Lewis, MS**, whose editorial focus is on helping parents find ways to support their children's mental health, has written an award-winning article, ***The Sleep Deprived Teen: Why Our Teenage Parents and Schools can Help Them Thrive***.

They discussed developmental changes in lifespan, the dangers of sleep deprivation, a times for middle and high school students. This event and you can view the recording here reading for a brief summary of the informative strategies to help protect our sleep.



A recent FAN (www.actionnewsjax.com) event highlighted the role trauma, stress, and pressures of modern life play in our physical and mental health. Based on decades of clinical practice and research, Gabor Maté, MD offered insights and wisdom to change our approach to illness and heal the wounds of modern society.

His book, ***The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture*** is an investigation of disease in our society. Utilizing patients' stories, theory, and scientific research, he details the ways in which "normal" practices and treatment of illness miss the mark and often undermine wellbeing.

Dr. Maté was interviewed by **Nancy Burgoyne**, Ph.D., Chief Clinical Officer, The Family Institute at Northwestern University. You can view the recording of the event here: **Mate Program Recorded**. FSC was proud to be a sponsor of this event. Below is a brief summary of the information presented with some strategies for supporting yourself and your family.

A Team that CARRIES



October 2022 Staff Meeting

STAFF

Renee Z. Dominguez, PhD
Co-Executive Director

Chris Pippin Northwick
Co-Executive Director

CLINICAL STAFF

Karen Cloyd, LCPC
Rich Moorman, LCSW
Senior Clinicians

ADMINISTRATIVE STAFF

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Director of Finance
and Employee Benefits

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Jennifer Bott, MA*
Robert Daniels, PhD*
Janine Goldstein, PhD*
Kerry Brown Hasbrook, PhD*
Beth Irwin, LPC*
Alyssa Jacquelin, LPC*
Amy Koplow, LCSW*
Robin Lake, LCSW*
Kui Millar, ALMFT
Nanci Priest, MATS, LCSW*
Laurie Roston, LCSW*
Hoyam Tanon, LCPC*

DEVELOPMENT STAFF

Monica M. Garvey*
Director of Community
Development

Mindy Shafer*
Events Manager

Liz Ransford*
Development Associate

*denotes part-time

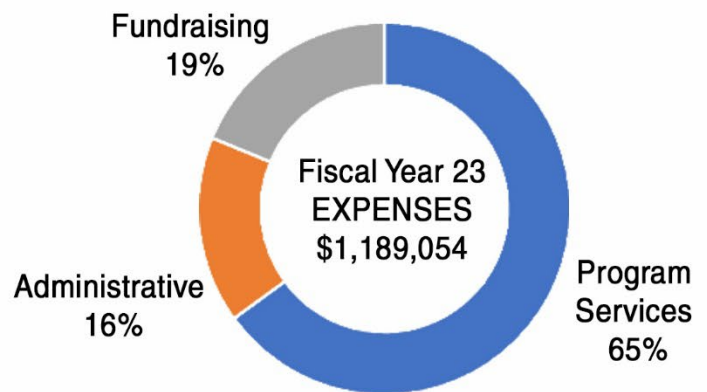
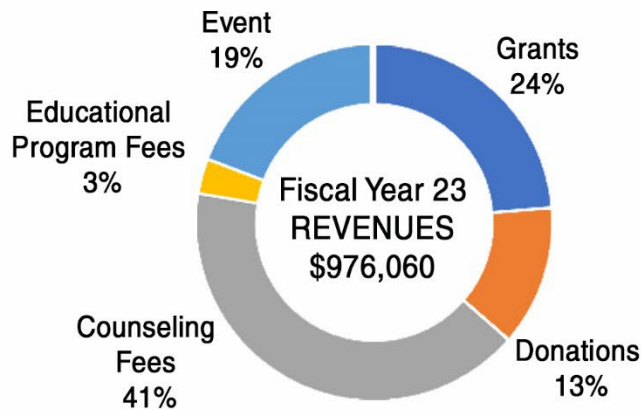
Rachel German*
Nany Forster*
Intake Coordinators

Funding the Mission

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

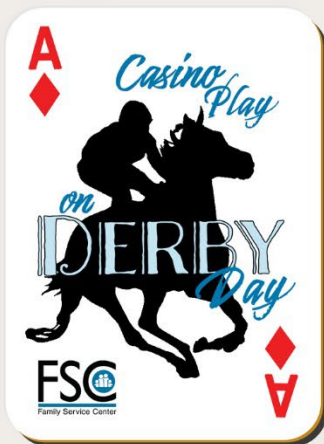
56% of FSC revenues came from generous community support. Those whom FSC serves are so grateful for the commitment to community mental health.

In FY23, FSC invested in expanding an infrastructure that has allowed for greater service delivery and outreach into underserved areas of our communities. FSC continues to thoughtfully invest in 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.



ALL-IN ON HOPE!

FSC's 2nd Annual Casino Night raises Fun, Funds & Hope



Over 300 guests participated in FSC's biggest annual fundraiser on May 6, 2023.



Chrysalis
Luncheon



November 16, 2022



MORE EVENTS...



Cake Decorating Party at Punky Cakes



Charcuterie Party at Babs Boards



Planting Party at J Martin & Associates

Community & Business Support



Grateful for our Sponsors:

Nicholas & Associates
 Anonymous
 Inspired Life Tapping Foundation
 Louise Yao
 Making Life Better of Glenview

CIBC
 FGM Architects
 Illinois Tool Works [ITW]
 Foundation

HTML Global
 Jim & Suzanne Neaylon
 North Shore Community
 Bank & Trust
 Northbrook Bank & Trust

AIR Asset Management
 Ed & Deede Wittenstein
 Illinois Bone and Joint
 Institute, LLC
 Nanci Priest & Rod Quanton
 Willow Lake Orthodontics
 Woman's Club of Wilmette

Loevy & Loevy
 Optimist Club of Glenview
 Ultra-Lit | Lightkeeper Pro
 Wintrust Mortgage
 YogaSix

Restore
 Fields Auto Group
 Sky Fitness
 Pickleball Central
 Polar

Proud of our Partnerships

Alison Tobey Smart
 Memorial Fund
 Boys Hope Girls Hope
 CATCH (Community Action
 Together for Children's Health)
 Character Counts! in Glenview
 Crisis Response Network of the
 North Shore
 Debra Gelfand Children's
 Foundation
 Family Action Network (FAN)
 Glenbrook School District 225
 Glenview Community Church
 Glenview-Northbrook Coalition
 for Youth (GNCY)
 Glenview Park District

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 Intergovernmental
 Cooperation Committee (IGCC)
 Wilmette School District 39

In-Kind Donors

Thank you to the many generous businesses that support our work and events!

4 Star Restaurant Group
 A Rough Cut Woodworks
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 Andreas Hogue Salon
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 Benihana
 Book Bin
 Bottleneck Management
 Cake Craze, LLC
 Carol's Cookies, Inc.
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 Coopers Hawk Winery
 CorePower Yoga
 Crumbl Cookies
 Culver's of Glenview
 Dengeos
 Depot Nuevo
 East Bank Club
 Elements Massage
 Eli's Cheesecake World Cafe
 Elly's of Glenview
 Estetica Hair Design
 Filippo Aliperta
 Forza Meats & Babs Boards
 Gail's Brownies
 Garvey Family
 Giordanos
 Glenview Car Wash
 Gordon Salon
 Graeter's Ice Cream
 Great Coast Commons
 Grill House
 Hackney's Restaurant
 Harrison's Poultry Farm

Heart Certified Auto Care
 Hinckley Springs
 Illinois Baseball Academy
 Illinois Holocaust Museum & Education Center
 J. Mullarkey Dist. Inc.
 James Martin Associates
 Janet Koestring
 Johnny's Kitchen & Tap
 Kendra Scott
 The Klemm Family
 Kohl Children's Museum of Greater Chicago
 L. Woods Tap & Pine Lodge
 Lake Forest Health & Fitness
 Lambrecht's Jewelers
 Lettuce Entertain You
 Life Unfiltered Photography
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 Lisa Oldson, MD
 Lou Malnati's
 Lurvey Garden Center
 Luxe & Lilac

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 Mathnasium
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 Music Theater Works
 Nicole Thomas Photography
 North Branch Pizza & Burger Co.
 Northbrook Dairy Queen
 Northbrook Park District
 Northlight Theatre
 Northbrook Dairy Queen
 Northbrook Park District
 Northlight Theatre
 Nothing Bundt Cakes - Deerfield
 Oceanigie
 Oil Lamp Theater
 Restore Hyper Wellness
 Right Course College Consulting
 Riobamba Latin Kitchen

Sabrina Briggs Design
 Schaumburg Boomers
 Shawnee Service Center
 Superior Optical
 Sylvan Learning Center of North Shore
 Target
 Taste Buds Kitchen
 Teddie Kossof Salon Spa
 The Claim Company of Northbrook
 The Edge Performance Therapy
 The Edge Sports Enhancement Training
 The Field Museum
 The Landmark Inn Bar & Grill
 The Styled Cookie
 Three Tarts Bakery and Cafe
 TimeLine Theatre Company
 Titos is for Dog People
 Wilmette Historical Museum
 Wilmette Park District
 Woodman's Corporate
 Writers Theatre
 Yellow Bird
 YogaSix Wilmette
 yogaview
 Zanies



FSC
 Co-Executive
 Directors
 show off the
 generosity of
 our community
 prior to Casino
 Night.

Givers of Hope...

Giving levels reflect contributions from July 1, 2022 to June 30, 2023.

\$25,000+

New Trier Township
Nicholas & Associates, Inc.
Northfield Township
Village of Glenview

\$10,000 to \$24,999

Anonymous (1)
Meg & Dan Costigan
Inspired Life Tapping Foundation
Kenilworth Community Fund
Mark & Karen Koulogeorge
Making Life Better of Glenview
Village of Northbrook
Village Treasure House
Louise Yao

\$5,000 to \$9,999

Adams Street Partners L.P.
Alison Tobey Smart Memorial Fund
at Kenilworth Union Church
Evelyn Barrow
CIBC
FGM Architects
Fritz & Cathy Freidinger
Ray & Anita Hartshorne
Illinois Tool Works Foundation
Lundbeck US Charitable Fund
Bob & Becky McLennan
Jim & Suzanne Neaylon
Tom & Hilary Pontarelli
Cathe Russe & Dave Tojo

\$2,500 to \$4,999

Peter & Amy Barrow
John & Emily Costigan
Glenview Community
Church Fund at The
Chicago Community Trust
Greg & Katie Hughes
Keryl & Dirk Klemm
Janet Koestring & John Kupper
Marvin & Jackie Lutz
Make it Better Foundation
Mari & Bill Marrinan
Northbrook Bank & Trust
Company, N.A., and
NorthShore Community
Bank & Trust Company
Northbrook Woman's Club
Foundation
Nancy & Greg Serrurier
Whole Foods

\$1,000 to \$2,499

Anonymous (4)
Sam & Cathy Ach
AIR Asset Management
Arthur J Gallagher Foundation
Bill & Mary Lee Attea
Chuck & Marlene Balling
Ana Cassorla & Tony Balestrieri
Church of the Holy Comforter
John & Carrie Colis
Mark & Patty Damisch

Frances E. Streit Foundation
Drs. Razelle & William Frankl
Jennifer Gong-Gershowitz &
Michael Gershowitz
Andrew & Joanna Haak
Halpin and Associates
Neil & Beth Hirshman
HTML Global
Illinois Bone and Joint Institute, LLC
Rob & Karen Keeley
Mary Ann Langas
Mary Lou Downs Foundation
Heidi & Greg Mayer
Tim & Mia McNary
Steven & Marsha Merdinger
Scott & Jennifer Nelson
Chris & Andy Northwick
Peggy O'Brien
Noelle Pontarelli
Nanci Priest & Rod Quinton
Rotary Club of Glenview Sunrise
Ann & Bob Rowlands
Stefanie Rupp
Mindy & Scott Shafer
Brad & Julie Shechtman
Michael & Liz Skweres
Joanne Stevens
Susan Swaringen
Heidi Voorhees & Ed Walchak
Willow Lake Orthodontics
Wilmette Harbor Rotary Club
Foundation
Deede & Ed Wittenstein
Woman's Club of Wilmette
Z Zurich Foundation



Thanks to the caring people recognized on these pages, FSC's clinical team is here to help individuals and families navigate their own unique journey with expert and clinically proven guidance.

The Impact of... Beyond Boundaries

The findings of last year's interviews with dozens of community leaders continued to guide FSC priorities. The FSC Board intentionally invested reserves this past year to add clinical staff, bilingual services, educational programs, and digital resources to support identified growing mental health needs.

As we close fiscal year 2023, one of the key takeaways, and one that resonated deeply with our clinical staff, remains true: *Today more people 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.*

FSC's team remains inspired and committed to do more!

Up to \$249

Anonymous (12)
Lauracatalina Alterio Goss
Amazon Smile Foundation
Arenberg Family
Bev Auerbach
Sara Austin
Mary & Robert Bak
Sari Banks
Reto Baumgartner
Meggie & Jeff Barrow
Michael & Nancy Basofin
Linda & Randy Becker
The Bergin Family
Lyssa Bernstein
Terry Beshara
Shenaya Bhote-Siegel
Jen Bott
Elisa & Marty Boughner
Kathy & Howard Brandeisky
Deedee Brannigan
Rebecca Brennan
Friends of Scott Britton
Heidi Brode
Christopher Brown
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David & Cathy Burnham
Anna Burtch
Nancy Canafax
Carolyn Chiarieri
Joann Clemen
Richard & Elizabeth Clemmitt
Karen Cloyd
Joy Cmiel
CNA Foundation
Mary Cooper
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Erik & Gail Doeff
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John Dore
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Leanne Drennan
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Joe Dudy & Nancy Cullen
Jeff & Stephanie Emrich
Jackie & Michael Epstein
Allison Ewing
Larry & Wendy Farsakian
Tom & Cathy Fay
Laura Fine
Sheri Fisher
Jennifer Fitch

\$500 to \$999

Sue Ellen Bohac Galligan
& John Galligan
Mary Bowler & Joe Greenberg
Scott & Beth Brady
Burghardt Family Charitable Fund
Jon & Mandy Chiarieri
Jean & Matt Costigan
Lester & Leydianna Crockett
Dane & Lee Ann Delli
Victora Fahey
Nancy Firfer
Paul & Marie Fischl
Michael & Susan Forester
Dr. & Mrs. John & Elza Garnett
Glenview Optimist Club
Harrison Street Real Estate
Capital
Peter & Yani Huften
Sharon & Gregory Kaczmarek
Kemper Educational
& Charitable Fund
Marc & Jaime Knez
The Koers Family
Andrew Kuby & Leslye Winslow
Kay Laurie & Jeffrey Zehe
Loevy & Loevy Attorneys at Law
Suzanne Lyhus
Susan McClanahan
Rhonda & Geff Miller
New Trier Hockey Club
Amy & Henry Norwood
Tim & Mary Patronik
Cathy & Bob Pratt

Candy & Rick Pullano
Brian & Betsy E. Russell
Lori & Steve Samataro
Mark & Debbie Toledo
Lightkeeper Pro
Michelle & Neil Warshawsky
Wintrust Mortgage

\$250 to \$499

Anonymous (2)
Roger Adams
Jan Blok & Laura Melcher
Mary & Jim Bowman
Sandy & Mike Brennan
Jill Brickman
CATCH Inc.
Dr. William & Beverly Dawson
Dan & Erin DeNardis
Joann Dinneen
Lindsey Dorfman
Marty & Eve Finzer
Steve & Karen Foley
Bari & Rick Fradin
Lauren Freedman
Maurice & Dianna Gordon
Julie & Luther Grafe
John & Dana Hagenah
Tom Harte Family
Jim & Karen Hitzeman
Sally & Paul Kaulas
Cathy Kedjidjian
Gina Kennedy
Kiwanis Club
of Glenview-Northbrook

Kenneth & Laurie Klapacz
Pete & Tammy Langas
Audrey Larson
Marcy Lichterman
Melanie Mallin & Bill Loumpouridis
Scott & Megan McClung
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Srdjan & Jill Mirkovic
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Wesley Child Care Center
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Jamie & Rich Zelvin

Christine Foley
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 Thomas & Susan Garden
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 Heather Gassman
 Jennifer Gassman
 Laura & Phil Geiger
 Sheila Gideon
 Randi Gillespie
 Karyn Glass
 Glenview Community Church
 Nikki Golden
 Susan Graber, DDS
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 Kathryn Hall
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 Christine Heckel-Oliver
 Mary Henske
 & Armando Pauker
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 Walt & Mary McCarthy
 Jenifer McCartney
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 David & Lynn McCreery
 Denis McKenna & Marguerite
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 Jeanne & Pat McMahon
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 Gordon & Janice Nuber
 William & Amy Oberholtzer

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 Trudy Salvador
 Emily Sharpe & Brian Roche
 Ellen Stern
 Margaret Stewart
 Gary & Susan Stokes
 C.J. & Kit Sultz
 The Szafranski Family
 Mark & Anne Talamonti

Karen Tiedmann
 Mark Tolle
 Alexander T. Topping Jr.
 Teresa & George Truesdale
 Andreana Turano & Tim Carter
 Paul & Rita Velten
 Walgreens/MyWalgreens
 Nancy Watts
 Lynne Weisbart
 Jay & Laurie Weissler
 The Welch-Jani Family
 John & Margaret Witt
 Eileen Wodder
 Kate Wodder
 Brett & Michelle Woodley
 Thomas & Lorie Yager-Madden
 Barbara Yusen
 Theodore & Lila Yusen
 Bill & Jan Zanoni
 Mark Zar
 Mary & Dominick Zenzola
 Debbie & Mark Zide
 David & Lisa Zimble

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

Congratulations to the
 Debra Gelfand
 Children's Foundation
 2023 Heart of the Family
 award winner.

Pictured:
 Zach Gelfand, VP
 & Barbara Silver,
 President and Founder
 of the Debra Gelfand
 Children's Foundation,
 Chris Northwick
 & Dr. Renee Dominguez,
 Co-Executive
 Directors of FSC.



Photo courtesy of District 34

Heart of the Family

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