

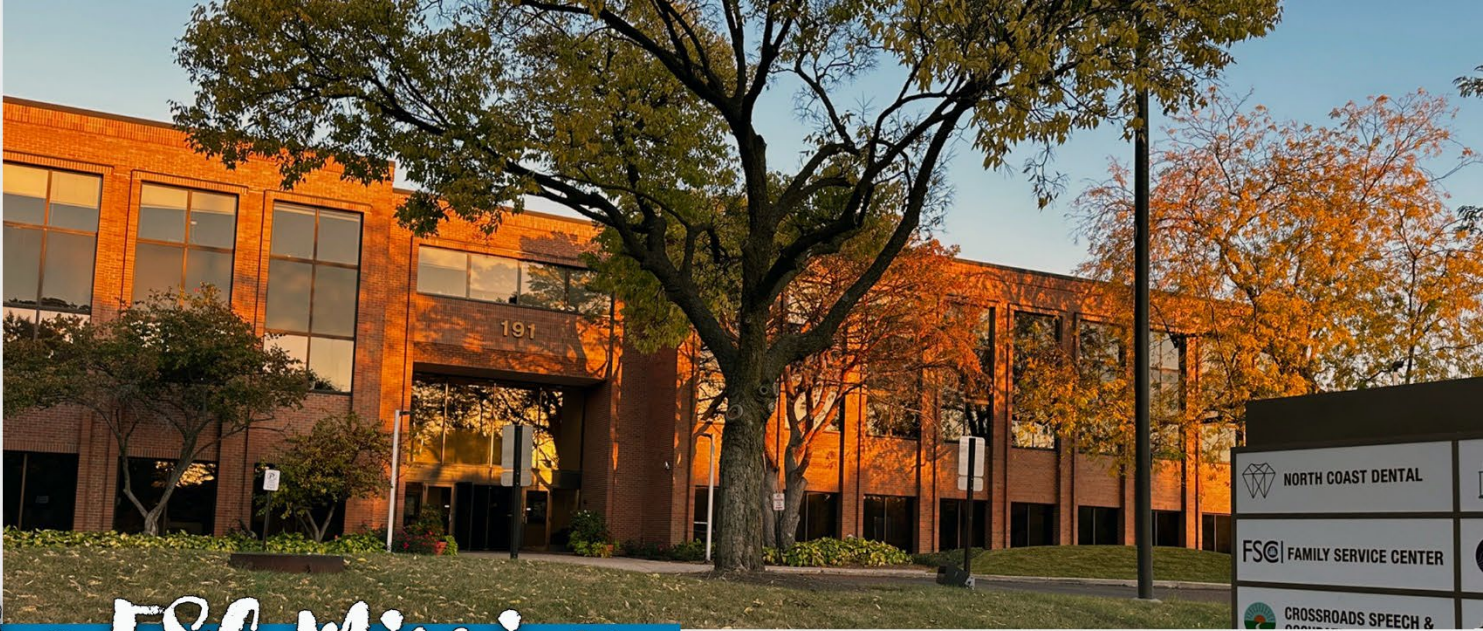
We can
Thrive

...not just
Survive.



Together 
we fly! 

2024 Impact Report



The FSC Mission:

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

The Leaders Behind the Mission

Board of Directors

Keryl Klemm, *President*
Cathe Russe, *Vice President*
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Christine P. Northwick

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Cathy Cunningham
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Jennifer Gong-Gershowitz
Andrew C. Haak
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Sister Paulanne Held
Neil J. Hochstadt, PhD
Brandy Isaac
Kasia H. Kaufman
Joyce Knauff
Paul C. Kredow, PsyD
Marcy D. Lichterman, LCSW
Becky McLennan
Peggy O'Brien
Melanie Peterson
Cathy Pratt
Myron Resnick
David Shapiro
Marsha Tolchin
Heidi Voorhees
Mark Walther

Our Vision:

A community united in actively supporting emotional and mental wellbeing.

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 2024 (July 1, 2023 - June 30, 2024)

Dear Friends of FSC,

With the close of another impactful year, we extend our profound gratitude for your dedication to FSC and the community we serve.

FSC's collaborative approach, partnering with institutions, schools, and community groups, has led to remarkable service enhancements, expertly designed to address the unique needs of our community.

Meeting the Growing Need and Ensuring Access

Expanded facilities and capacity have enabled FSC to serve over 35% more therapy clients than last year.

We continued to expand Spanish language programs and established the only bilingual Mongolian mental health program in the area to provide critical services and outreach to these underserved and growing communities.

Additionally, we piloted a reduced sliding fee scale, which now starts as low \$1 per session, reinforcing FSC's commitment to making mental health services affordable for those in need.

Outreach, Prevention, and Crisis Response

Throughout the year, FSC continued to build capacity to deliver outreach, education, and crisis response tailored to each audience. These essential services aim to educate and teach important skills, enhancing prevention and awareness, while also allowing FSC to swiftly implement impactful services and support during times of crisis.

Looking Ahead

Your continued support inspires us and provides the resources we need to adapt and innovate, creating new programs and services that honor our proud history of delivering high-quality mental health support that strengthens and empowers our community.

We invite you to explore the details in this Impact Report and we thank you for standing with us as we strive toward a community united in actively supporting emotional and mental well-being.



Keryl Klemm, President, FSC Board of Directors

A Team that CAREs



October 2023 Staff Gathering

Staff

Renee Z. Dominguez, PhD
Co-Executive Director

Chris Pippin Northwick
Co-Executive Director

CLINICAL STAFF

Karen Cloyd, LCPC
Rich Moorman, LCSW
Senior Clinicians

INTAKE COORDINATORS

Nany Forster*
Rachel German*
Daniela Serra*

Lauracatalina Goss Alterio, MA
George Bate, MS, GSAT
Jennifer Bott, MS, LPC*
Robert Daniels, PhD*
Janine Goldstein, PhD*
Beth Irwin, LPC*

ADMINISTRATIVE STAFF

Ted Yusen*
Director of Finance
and Employee Benefits

Alyssa Jacquelin, LPC
Amy Koplrow, LCSW*
Robin Lake, LCSW*
Jarrett Langfitt, LCSW, CADC*
Munkhzul (Zola) Mandakh, MA, LPC
Kui Grady, ALMFT
Debby Padzensky, LCSW*
Nanci Priest, MATS, LCSW*
Laurie Roston, LCSW*
Alan Trachtenberg, LCSW*
Ralph Yaniz MA, LCPC*

DEVELOPMENT STAFF

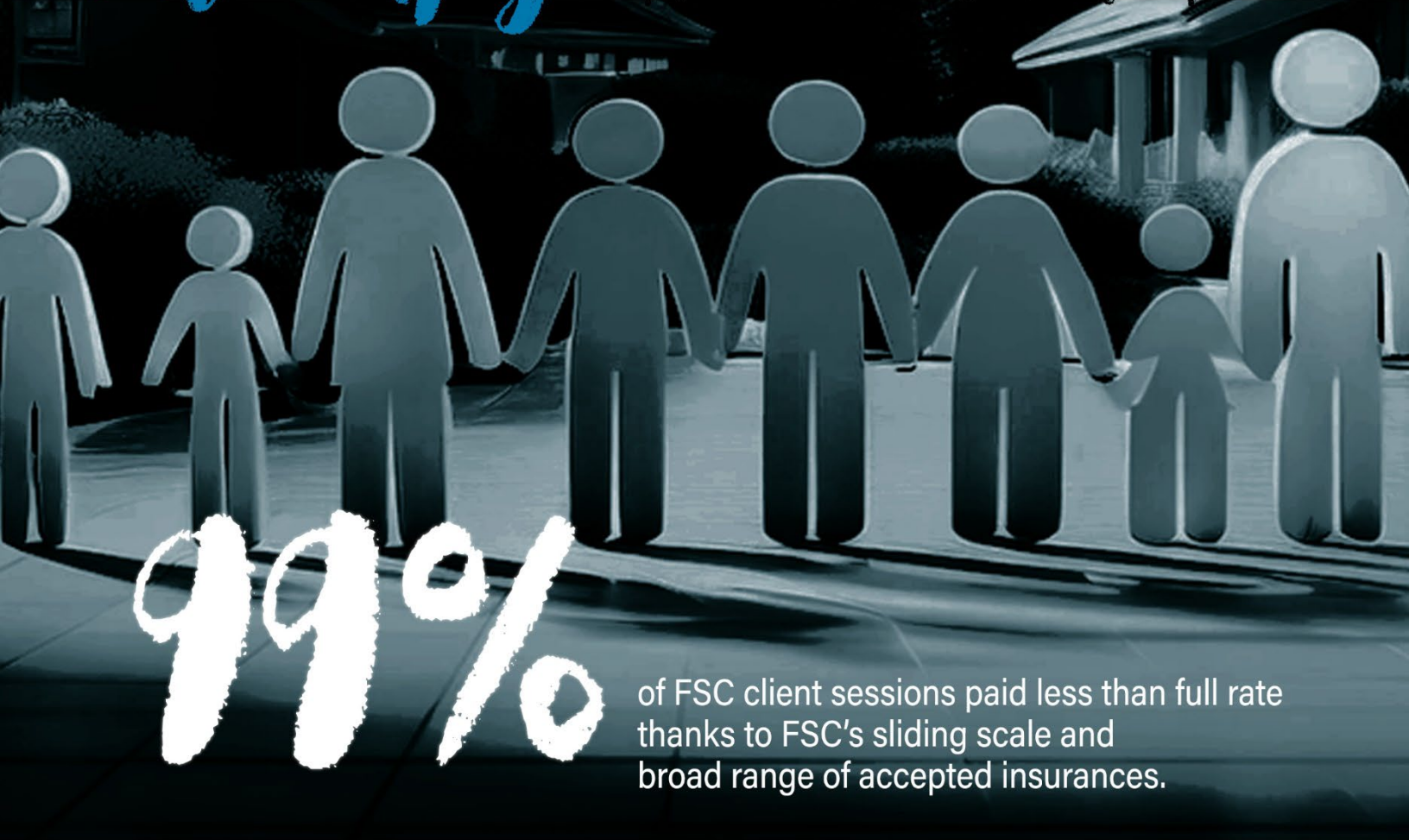
Liz Ransford*
Development Associate

Mindy Shafer*
Events Manager

*denotes part-time



Therapy support across a life span...



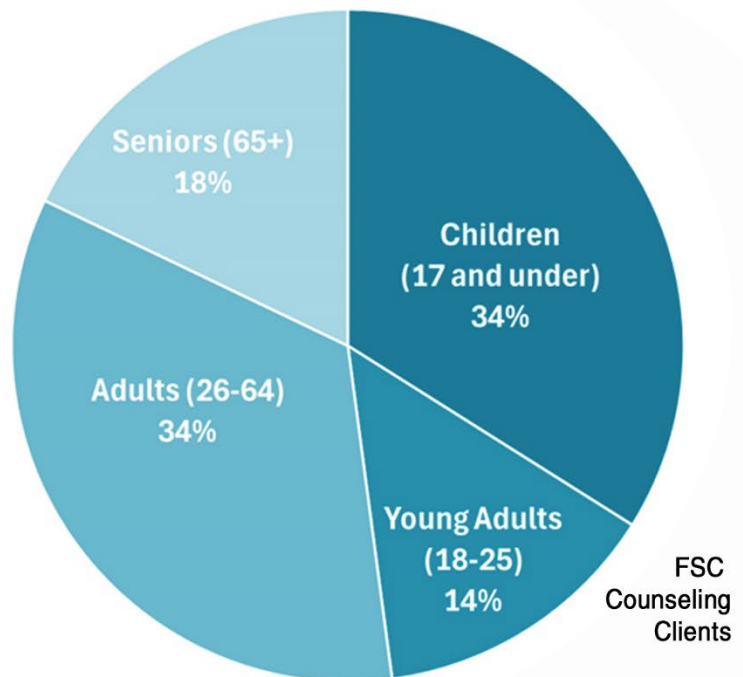
99%

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

5,168 ^{+19%}
Therapy Sessions _{last year}

381 ^{+58%}
Individuals and _{last year}
their Families Served

13.6
Average Number of Sessions
(per client over the 12 months)



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.

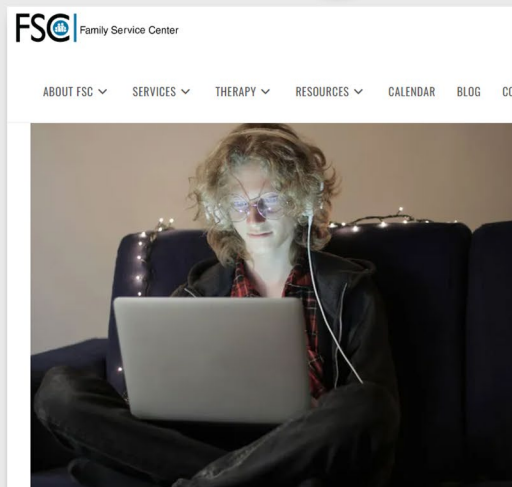


These presentations can reduce stigmatization of individuals suffering from mental health issues and emphasize the benefits of obtaining professional support. This encourages participants to seek additional information or direct help.

Digital Learning

FSC shares 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 both posts this information on its website and sends it out via email to more than 2,400 community members.



Celebrating with Neuro-Divergent Friends and Family During the Holidays.

FSC Family Service Center

Holiday Pressure (to Try) to Make Others Happy *When the desire to please others jeopardizes our own wellbeing.*



The holiday season is such an exciting, active time, but it can also be very busy and stressful.

There are many wonderful aspects of this season that come to mind: parties, decorations, visits from family members near and far, gift giving, traditions, social events, special foods and songs, etc. Lots of hopes and expectations go with this season. For many of us the increased excitement is fun and an opportunity to connect with others around themes of gratitude, celebration, and "goodwill to all."

These same opportunities to express appreciation for each other and to embody the spirit of the season can also feel a bit overwhelming. Those who already have a tendency to be people pleasers – someone who automatically says "yes" volunteers, and is volunteered often – can find this time of year particularly difficult.

FSC expands services to support our Mongolian neighbors

Сайн уу!
(Hello!)

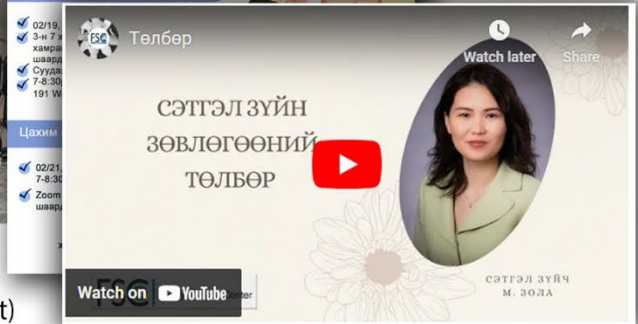
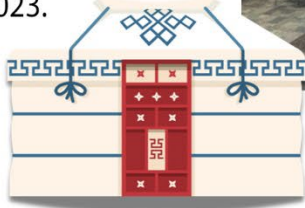
FSC successfully pursued a unique opportunity to start one of the first known bilingual Mongolian mental health support efforts in the area. Thanks to the support of the Northfield Township trustees, this program launched in October 2023.



January 2024 Parent Education (above)
Education videos on FSC's website (right)



QR to program webpages



Multicultural & Multilingual Services

¡Hola!

FSC continues to develop services to support Latin American cultures

(Hello!)

May 2024 outreach program (left)



Building upon the program launched with our mental health cultural intern from Bogota, Colombia, FSC has continued to offer bilingual Spanish therapy services as well as work with our community partners in both family outreach and educational programs for our Spanish-speaking neighbors.



QR to program webpages

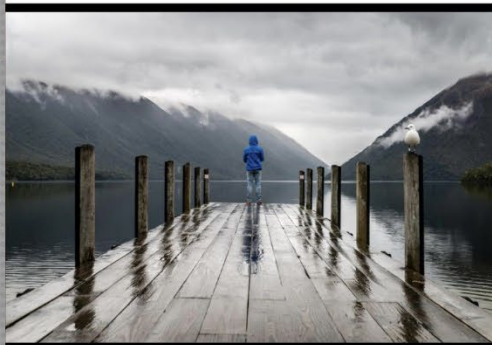
Crisis Support

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 FY24.

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

Community response

FSC clinicians respond when tragic events happen in our communities. 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.



Recent events in the Middle East have raised many emotions and left many of us feeling heartbroken, confused, and/or angry. We at FSC, echo the statement by the [American Psychological Association](#) highlighting the importance of honoring human life. Even someone who is not physically in the area of conflict, but is learning about it secondhand, can still experience traumatic responses and lasting wounds as well.

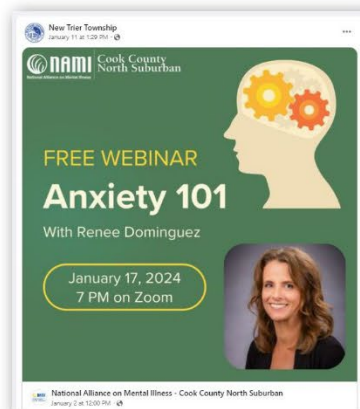


Reacting to Senseless Tragedy

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 KAN-WIN
- 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

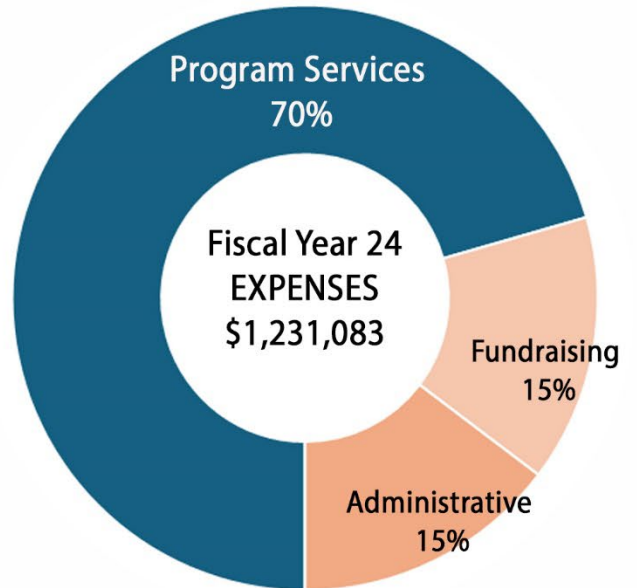
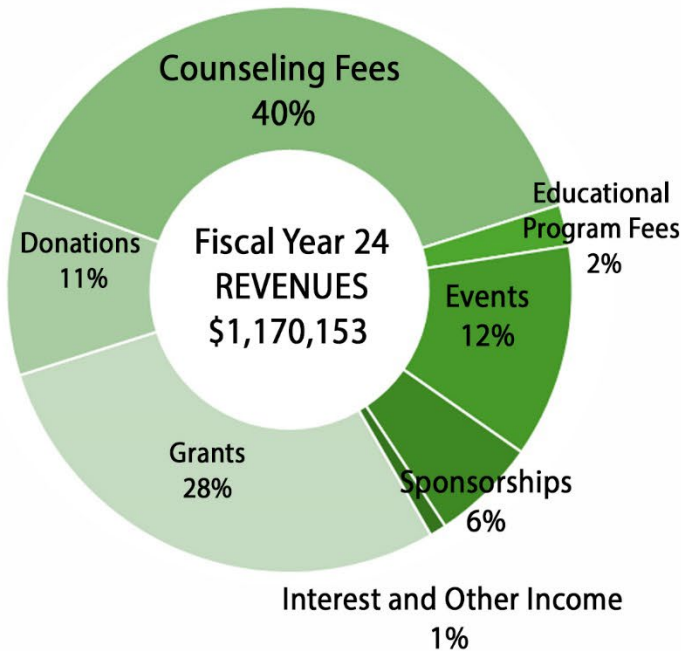


Funding the Mission

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

59% of FSC revenues came from generous community support. Those whom FSC serves are so grateful for the commitment to community mental health.

In FY24, 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.



Grateful for our Generous Grantors...



Annual Benefit



FSC Family Service Center

20s Night CASINO Lights

FSC's 3rd Annual Casino Night raises Fun, Funds & Hope

Fields Mini in Glencoe was transformed into a dazzling 1920s casino and speakeasy on the evening of Saturday, April 20, as Family Service Center (FSC) hosted its 3rd annual casino night, themed "20's Night & Casino Lights." The lively event successfully raised \$200,000 to fund critical mental health services for families on Chicago's Northshore.

More than 300 guests were treated to an evening filled with 1920s-themed attire, fun casino games, and special speakeasy cocktails. There was also a wandering magician who spontaneously entertained attendees, adding to the festive atmosphere. However, underlying the fun was a poignant awareness of the ongoing challenges related to mental health and the crucial need for accessible support for loved ones and friends in need of assistance.



Investing in Community

Grateful for our Philanthropic Sponsors

These generous businesses, foundations and individuals, are proud to share their success in their unique fields with those in need. Their support allows FSC to expand reach and awareness through our various events and programs.



MAKING LIFE BETTER



Anonymous Family Foundation

Louise Yao



FGMA ARCHITECTS



Suzanne & James Neaylon



Woman's Club of Wilmette
est. 1891
The Power of Women Working Together



BRANDY ISAAC
TEAM

@properties

CHRISTIE'S
INTERNATIONAL REAL ESTATE

NORTH SHORE
COMMUNITY BANK
& TRUST COMPANY
A BRANCH OF WINTRUST BANK, N.A.

NORTHBROOK BANK
& TRUST COMPANY, N.A.
A WINTRUST COMMUNITY BANK

LYNCH McPEEK
WEALTH MANAGEMENT
WELLS FARGO ADVISORS FINANCIAL NETWORK



OPTIMIST CLUB OF GLENVIEW



In-Kind Donors

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

4 Star Restaurant Group
 A La Carte Catering
 Abt
 Andreas Hogue Salon
 Babs Boards
 Barb Perce
 Beam Suntory
 Benihana
 BloOuts Dry Bar
 Book Bin
 Bottleneck Management
 Bowlero
 Carol's Cookies
 Carolyn Lorraine Salon
 Catered By Design
 Chalet Nursery
 Chicago Bears
 Chicago Botanic Garden
 Chicago Cubs
 Chicago Dogs Baseball
 Chicago White Sox
 Community House Winnetka
 Cooper's Hawk
 Core Power Yoga
 Crumbl Cookies
 Crystal Cave
 Culvers of Glenview
 Daniel's Jewelry
 Elements Massage-Glenview
 Eli's Cheesecake
 Estetica Hair Design
 Fields Auto Group
 Fitness Yoga
 Fleet Feet
 Gail's Brownies
 Glenview Grind
 Glenview Park District
 Glenview Police Department
 Glo Skin by Marilyn
 Graeter's Ice Cream
 Great Coast Commons
 Grill House
 Harrison's Poultry Farm
 Heart Certified Auto Care
 Hubba Hubba
 Illinois Baseball
 Academy
 Illinois Holocaust
 Museum & Education
 Center

James Martin Associates
 Janet Koestring
 & John Kupper
 Johnny's Kitchen & Tap
 Joseph Mullarkey
 Distributors, Inc.
 Jovie Childcare Reimagined
 Kendra Scott
 Kenilworth Police Department
 Keryl & Dirk Klemm
 Kohl Children's Museum
 Lake Forest Health
 and Fitness Center
 Lalo's Mexican Restaurant
 Lettuce Entertain You
 Lisa Oldson, MD
 Lou Malnati's
 Lurvey Home & Garden
 Luxe & Lilac
 Mark Caviaiani
 Marriott Theatre
 Mathnasium
 Max & Benny's
 Mayweather Boxing + Fitness
 Music Theater Works
 Nicholas & Associates, Inc.
 Nicole Thomas Photography
 North Branch Pizza
 & Burger Co

North Shore Center
 for the Performing Arts
 Northbrook Fire Department
 Northbrook Park District
 Northbrook Police Department
 Northfield Park District
 Northfield Police Department
 Northlight Theatre
 Northwestern Athletics
 Nothing Bundt Cakes
 Oceanique Restaurant
 Oil Lamp Theater
 Peter Huften Family
 Pickleball Central
 Polar Seltzer
 Ravinia Festival
 Restore Hyper Wellness
 Right Course College Consulting
 Riobamba Latin Kitchen
 Robin Lake

Sabrina Briggs Design
 Schaumburg Boomers
 Shawnee Service Center
 Silk Orchid from Silk Thumb
 Steve Greenspan
 Sue Ellen Bohac & John Galligan
 Superior Optical
 Sylvan Learning Center
 Teddie Kossof Salon Spa
 The Backyard Barbecue Store
 The Claim Company of Northbrook
 Three Tarts Bakery and Cafe
 TimeLine Theatre
 Titos is for Dog People
 Trader Joe's
 Vernon Hills Golf Course
 White Deer Run Golf Course
 Wildfire
 Wilmette Historical Museum
 Wilmette Park District
 Wilmette Police Department
 Wines for Humanity
 Winnetka Park District
 Winnetka Police Department
 Woodman's
 Writers Theatre
 Yellow Bird
 YogaSix
 Yogaview
 Zanies

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



More Events...

11.2.2023



Heart of the Family Honorees: Representing the Village of Wilmette, Wilmette Park District, Wilmette Public Library, Wilmette Public Schools, Avoca School District 37, New Trier High School, and New Trier Township.

Dr. Dominguez welcomes guests.

Community spirit was alive at the 2nd Annual Chrysalis Luncheon! Thanks to all who enjoyed a delicious lunch and an afternoon celebrating those impacting mental health. FSC was proud to recognize the 2024 Heart of the Family award winner the **Wilmette Intergovernmental Cooperation Committee (IGCC)** for exemplifying a community united in actively supporting emotional and mental wellbeing. Among other community speakers, FSC Advisory Council Co-Chairs, **Chuck Balling** and **Brian Wegley** highlighted the important work being done by the dedicated FSC staff and the talented young men of the **Trevian Glee Club**, made the event just a whole lot of fun! Overall, the event raised \$44,000.



The courts at Sky Fitness filled with dozens of players who **Rallied for Mental Health** at FSC's 2nd Annual Pickleball Social. A competitive spirit and lots of laughter were on display as players played for bragging rights and in support of the work of FSC.

Congratulations to our champions: E=MC Hammer! Ten teams participated in FSC's first Trivia Night. Ben of **Max and Benny's Restaurant & Deli** did an outstanding job of leading us through 5 decades of trivia, 2 hours of fun, and 1 incredible night of support for FSC and mental health!



Givers of Hope...

Giving levels reflect contributions from July 1, 2023 to June 30, 2024.

\$25,000+

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

\$10,000 to \$24,999

Anonymous
Kenilworth Community Fund
Mark & Karen Koulogeorge
Making Life Better of Glenview
Village Treasure House
Louise Yao

\$5,000 to \$9,999

Alison Tobey Smart Memorial Fund
at Kenilworth Union Church
Evelyn Barrow
John & Emily Costigan
Meg & Dan Costigan
FGM Architects
Fritz & Cathy Freidinger
Ray & Anita Hartshorne
Inspired Life Tapping Foundation
Mari & Bill Murrinan
Bob & Becky McLennan
Jim & Suzanne Neaylon
Tom & Hilary Pontarelli

\$2,500 to \$4,999

CIBC
Lester & Leydianna Crockett
Mary Lou Downs Foundation
Sue Ellen Bohac Galligan &
John Galligan
Glenview Community Church
Janet Koestring & John Kupper
Andrew & Ruth Newman
Northbrook Bank & Trust
Company, N.A., and
NorthShore Community
Bank & Trust Company
Northfield Community Church
Cathe Russe & Dave Tojo
Nancy & Greg Serrurier
Mike & Liz Skweres
Heidi Voorhees & Ed Walchak

\$1,000 to \$2,499

Anonymous (4)
Sam & Cathy Ach
Bill & Mary Lee Attea
Charles & Marlene Balling
Peter & Amy Barrow
The Brandy Isaac Team/
@Properties
Byline Bank
Ana Cassorla & Tony Balestrieri

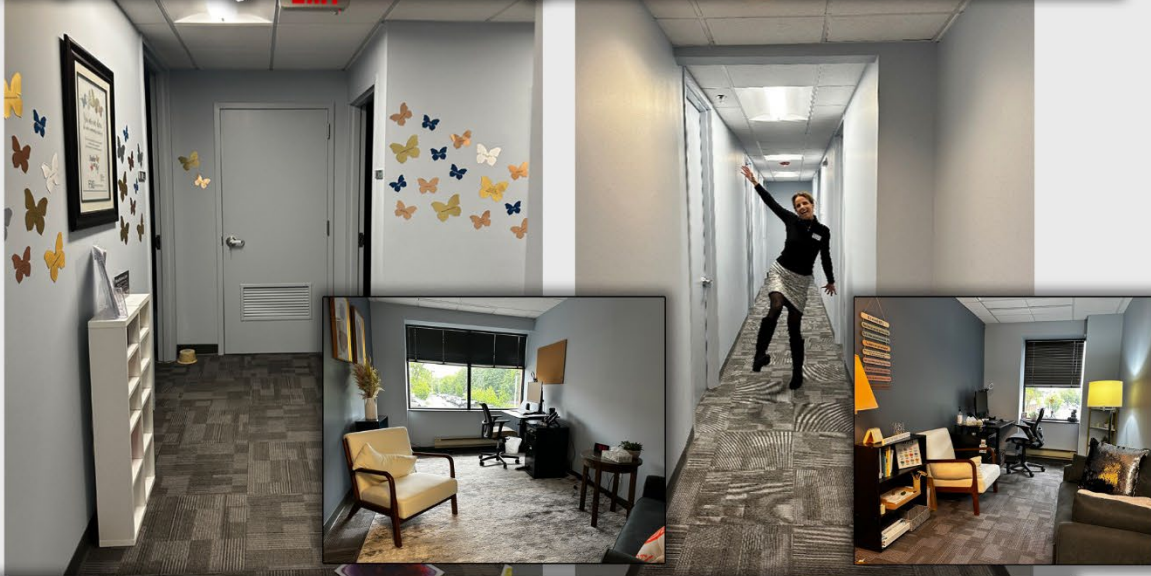
Church of the Holy Comforter
John & Carrie Colis
Cathy Cunningham & Gaurav Issar
Patricia Damisch
Endeavor Health/NorthShore
University HealthSystem
Frances E. Streit Foundation
Drs. Razelle & William Frankl
Rachel German & Brian Frankl
Neil & Beth Hirshman
Rob & Karen Keeley
Kemper Educational
& Charitable Fund
Keryl & Dirk Klemm
Treat Group LLC
Mary Ann Langas
Paul & Janice Larson
Kay Laurie & Jeffrey Zehe
Marcy Lichterman
Loudenslagel Law LLC
Marvin & Jackie Lutz
Make it Better Foundation
Susan & Glenn McClanahan
Integrity Construction Consultants
Ken & Susan Morrison
Scott & Jennifer Nelson
Northbrook Woman's Club
Foundation
Chris & Andy Northwick
Vimal & Bhumi Prajapati
Nanci Priest & Rod Quainton
Dale & Beth Primer
Rotary Club of Glenview Sunrise
Ann & Bob Rowlands
Stefanie Rupp
Brian & Betsy E. Russell
Mindy & Scott Shafer
Brad & Julie Shechtman
Geoffrey & Amy Somary
Joanne Stevens
Susan Swaringen

Your unique journey.
Our expert guides.
Tailoring a path to better,
Together.

FSC | Family Service Center

Thanks to the caring people recognized on these pages, FSC's clinical team is here to help

New Space = More Service



FSC expanded its footprint at 191 Waukegan Road to include two additional therapy offices with an additional four offices ready for anticipated increased service needs in coming years.

John & Merilee Novinson
James Patterson
Noelle Pontarelli
Richard & Gwenn Rausch
Molly Rosemeyer
Rich & Teri Rosenberg
Laura & Dale Sailer
Lori & Steve Samataro
Jacquie & Bill Schermerhorn
John & Beth Schmidt
Ashish Shah

& Ujjaini Mitra-Shah
Clifford Shapiro
& Darlene Vorachek
Stacy & Scott Simpson
Sally & Scott Stephenson
Margaret Stewart
Mark & Joan Sukowicz
Tom & Beth Swann
David & Kathy Waldherr
Mark & Judy Walther
Karen & Mike Ward
Brian & Emily Whalen
John & Margaret Witt
Sharde Wlodarski
Theodore & Lila Yusen

Up to \$249

Anonymous (12)
Seema Atre
Sara Austin
John Ayers & Judi Minter
Mary & Robert Bak
Michael & Nancy Basofin
Linda & Randy Becker
Ivan & Rochelle Berk
Janet Berns Frosch
Jennifer Bernstein
Rosemary Blandford
Mary & Jim Bowman
Carol Braband
Kathy & Howard Brandeisky
Deedee Brannigan
Stephanie Braunstein
Kristin Brown
Grace Brugger
Anna Burtch
Nancy Canafax
Ron Cassidy
Carolyn Chiarieri
Maria Chigas
Jane Ciancanelli
Karen Close
CNA Foundation

\$500 to \$999

Anonymous
Mary Bowler & Joe Greenberg
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Ali Burnham
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Victoria Fahey
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Sandra Frum
Dr. & Mrs. John & Elza Garnett
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Liz Garvey
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Glenview Optimist Club
Andrew & Joanna Haak
Marcia Harer
John H Harmon, Jr. and
Jane H. Harmon Foundation
Debbie & George Hepburn
Karen & Dan Hirsch
Home Advocates
Peter & Yani Huften
Sharon & Gregory Kaczmarek
Kasia Kaufman
Sally & Paul Kaulas
Andrew Kuby & Leslye Winslow

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Cindy Talmadge
TFAZ Group
Mark & Debbie Toledo
Ulta-Lit Tree Company
Brian & Kathy Wegley
Wesley Child Care Center
Deede & Ed Wittenstein
Jamie & Rich Zelvin

\$250 to \$499

Anonymous (3)
Jacquelyn Berlin
Jan Blok & Laura Melcher
Jill Brickman
Bill & Jean Buchband
Ted & Barbara Buenger
Constitution Capital
Lisa D'Angelo & David Kaput
Linda Finkel
Danita Fitch
Patrick & Shannon Ford
Dan & Mary Garvey
Todd Golden & Anne Vavloukis
Jennifer Gong-Gershowitz
& Michael Gershowitz
Elisha & Nina Gray
Molly & Jerry Hufton
Beth & Andy Hull
Brandy & Mike Isaac
Jerfita Pierson Team
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Tracy Katz Muhl & Charlie Muhl
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Kirkland & Ellis Foundation
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Scott & Megan McClung
Debbie Moss
Victor & Mary Nelson

CNA Foundation
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 Jennifer Gendel
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 Rebecca German
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 Glenview School District #34
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 Dr. Susan Graber

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 & Douglas Bolton
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 Savard McKenna
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 & Dr. Karin Ulstrip
 Debora Morris
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 Danielle Moustakis
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 Terrence & Christine Porter
 Timothy Powell & Betty Olivera
 Cathy & Bob Pratt
 Debra & Carlos Puce
 Liz Ransford & Galen Burghardt
 Steve & Sue Rasher
 Andi & Brad Rosen
 Ula & Matt Rotman

Pam & Mike Ryan
 David & Susan Saltzman
 Trudy Salvador
 Derek & Elizabeth Sammann
 Laura Schallman
 Molly & Dan Schmidt
 Jo Ellen Schroedter
 Lauren Schulman
 Doug Schwartz & Cyndee Schaffer
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 Sachin Shah & Maulee Tolia
 Ernest Sherman
 Susan Shute
 Katie Siegel
 Vivian Sigue
 Edwin Simon
 Ellen Stern
 Andrew & Valli Stewart
 Gary & Susan Stokes
 Olga Stokes
 Dr. Susi Swisher &
 Kenneth Arenberg
 Paul Szymikowski
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 Ray Van Hook
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 John Wood & Christy Vavloukis
 Brett & Michelle Woodley



Pictured: Chris Northwick, FSC Co-Executive Director
 Keryl Klemm, FSC Board President, Kate Gजा, Village
 of Wilmette Trustee, & Dr. Renee Dominguez,
 FSC Co-Executive Director.

Heart of the Family

Congratulations to the
 Wilmette
 Intergovernmental
 Cooperation Committee
 2024 Heart of the Family
 award winner.



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

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

Thank you to Crystal Cave for our special award.