

Annual Report  
Fiscal Year 2019

# ***Our Mission & Vision***

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## ***Mission***

Helping people meet life's challenges by providing the skills support and hope needed for effective fulling lives.

## ***Vision***

What if? People around you do everything they can to *acknowledge* you. They greet you by name, shake your hand, make eye contact, maybe give you a hug.

What if? People you encounter make it a point to show their *appreciation* for you and the things you do. You are thanked, complimented and encouraged.

What if? People around you pay *attention* to you. They find ways to be helpful and kind. They attend to your basic needs. They ask for your opinions, your hopes and your dreams.

What if? The same people who acknowledge, appreciate and attend to you demonstrate by their actions that they respect and accept you unconditionally.

Cornerstone is a place where people know that they matter by the way they are acknowledged, appreciated, and have their needs attended to. A place that understands hope generates action and action leads to change. We do this work because we believe everyone deserves to know that they matter. That's why we call our vision *You matter.*

## ***Board of Directors***

**Debbie Niederhausen**

President

*Retired*

**Latonya Brock**

First Vice President

*Quincy Chamber of Commerce*

**Mark Strieker**

Treasurer

*Quincy University*

**Burgundy Ramsey**

Secretary

*Good Samaritan Home*

**Will Meckes**

*Schmiedeskamp, Robertson, Neu  
& Mitchell*

**Lori Miles**

*Quincy Public Schools*

**Mary Doellman**

*Niemann Foods*

**Kelsey Deters**

*The District*

**Janice Campbell**

*Winters Insurance*

**Eric Thomas**

*ETC Computerland*

**Stevee Baker Sohn**

*Yellow Kiss Boutique*

**Fr. Joe Zimmerman**

*Quincy University –Retired*

**Greg Feldberg**

*Stifel*

**Dave Rettenmeier**

*Niemann Foods*

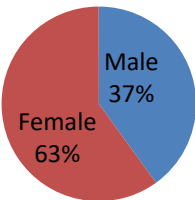


# Who We Served

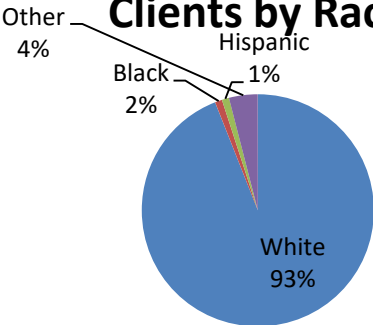
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Cornerstone served 1765 clients in FY2019. Key demographics of the clients we served are:

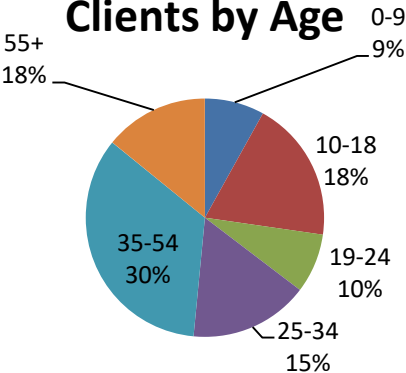
Clients by Gender



Clients by Race



Clients by Age



## *Counseling Services*

Cornerstone provides counseling services to individuals, families, and children. Our therapists employ a *Client-Directed Outcome-Informed* approach to treatment. This simply means that we utilize the client's feedback to direct therapy, and we monitor progress from session to session. Most clients will see positive change within the first three sessions.



Our **Comprehensive Youth Services** program provides counseling services to children under the age of 18 who have social, emotional or behavioral problems. Many of these services are provided within schools, where children who might not otherwise be able to come to the office can still receive services. CYS served 200 children and their family members.

The **Employee Assistance Program** serves local companies who have contracted with Cornerstone to provide short-term counseling services to their employees and dependent family members. Cornerstone also contracts with several national EAP providers. 125 clients received EAP services in FY2019.

Intensive counseling and case management services are provided to families with adopted children through the **Adoption Preservation Program**. The goal of this program is to help adopted families resolve conflict and reduce stress in order to keep the family intact and the adoption placement stable. Services are provided at no cost to adoptive families through a contract with the IL Department of Children & Family Services. This program served 117 individuals last year.

Cornerstone is a Preferred Provider for most insurance plans.

Thanks to support from the United Way of Adams County, we are able to provide services on an ability-to-pay basis using a sliding scale formula for individuals without health insurance. 21 individuals qualified for sliding scale assistance in FY2019.

74% of counseling clients reach their treatment goals in less than seven sessions.  
The average length of treatment is three and one-half months.

## ***Casework Services***

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Cornerstone offers two unique programs that provide support services to families who meet eligibility criteria established by state funders. A description of these programs and their target populations include:

**Extended Family Support** is a short term service to help relative caregivers obtain legal guardianship of children in their home. This enables caregivers to act in the capacity of a parent in the absence of the parent. This service is provided through a contract with the IL Department of Children & Family Services. The program provided a stable living arrangement to 13 children last year.

**First Steps** is a home-visiting program for new parents. It promotes positive parenting and child health and development through the first five years of a child's life. The program is available to families for first or second births. The program is funded by a contract with the IL Department of Human Services and is offered at no cost to families. First Steps served 92 individuals in FY2019.



100% of First Steps children kept their immunizations and well-child visits current in FY2019.

## ***Psychiatric Services***

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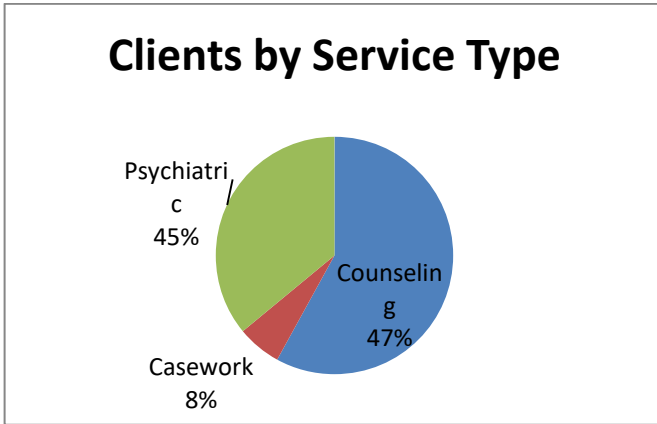
Working under the supervision of Dr. Carolyn Seifert, Reggie Westhoff, APN, provides psychiatric evaluation and medication management to individuals of all ages.

Reggie treats a broad range of psychiatric issues including Attention Deficit/Hyperactivity Disorder, anxiety, depression and bi-polar disorder.

792 people received psychiatric care at Cornerstone last year.

## *Client Services by Type*

The following graph illustrates the number of clients served by each service in proportion to the total number of clients served (1,765) in the fiscal year.



Counseling remains the primary emphasis of our services. After all, it is the reason we were founded in 1947!

Anxiety and depression were the most common reasons people identified for seeking services last year. Counseling remains the primary emphasis of our services.

## **In Our Clients Words**

Feedback from our clients is important to us. 100% of our clients would recommend Cornerstone to others. Here are some of their comments about the services at Cornerstone.

*“Elena is the perfect person to greet people. She is very pleasant and helpful.”*

*“Kim is wonderful – very caring and upbeat.”*

*“I’ve had nothing but positive experiences.”*

*“Working with Nakita has helped put things in perspective and find a much needed balance in my life.”*

## *Thanks to You*

People in our community are doing better. They are doing better because many people, groups and businesses got involved, by sharing their time, their talents and their treasure to see that others in our community get the help they need. We are so grateful for your support.



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Thank to our sponsors and participants in our two main fundraisers this year for making them a huge success.



# ***Staff***

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## **Executive Director**

Chris Parker, LCPC, NCC

## **Development Director**

Kate Blair

## **Business Manager**

Kimberly J. Parrish, CPA

## **Support Staff**

Elena Lock

## **Therapists**

Anna Keller, MS Ed., LPC

Nakita Dent, LCPC, LMFT

Kim Wheelock, MSW, LCSW

Trina Vogel, MSW, LCSW\*

Lindsey Wood, MS, LMFT, LCPC\*

## **Caseworkers**

Raquel Kroencke, BS

Amanda Lashbrook, BSW

Angie Clevenger, MSN

Jennifer Meyer, BHS, COTA/L

## **Psychiatric Service Providers**

Shannan Meyer, LPN.

Reggie Westhoff, APN

*\* denotes part-time*

## **Grateful for Your Grants:**

Anonymous Foundation

Community Foundation Serving West Central Illinois and Northeast Missouri

Marion Gardner Jackson Trust

Quincy Noon Kiwanis Club

The Gap Foundation

Titan International

Tracy Family Foundation

United Way of Adams County

## ***Financial***

Annual audit completed by Gray Hunter Stenn LLP for the Fiscal Year ending June 30, 2019.

### **Income**

Contributions	\$176,173
Program Revenue	\$765,519
Special Events Revenue	\$ 96,010
Gains on Investments	\$953
Miscellaneous Revenue	\$2040

<b>Total Revenue</b>	<b>\$1,040,695</b>
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### **Expenses**

Program Expenses	\$926,387
Management & General	\$38,822
Fundraising	\$46,732

<b>Total Expenses</b>	<b>\$1,011,941</b>
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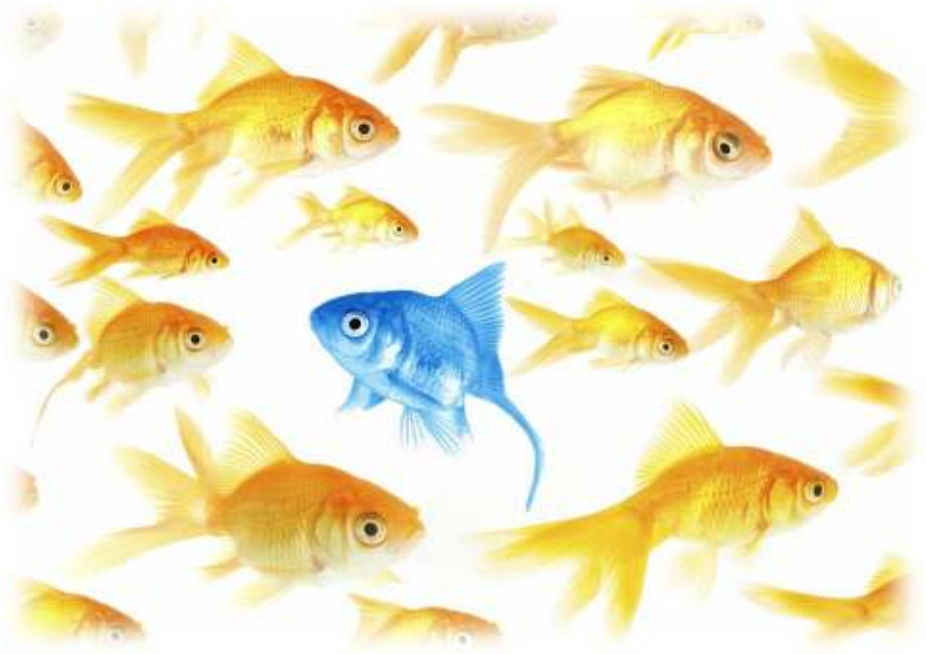
<b>Excess of Income over Expenses</b>	<b>\$28,754</b>
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<b>Beginning Net Assets</b>	<b>\$393,331</b>
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<b>Ending Net Assets</b>	<b>\$405,831</b>
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<b>Total Assets</b>	<b>\$520,337</b>
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<b>Total Liabilities</b>	<b>\$85,752</b>
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*You matter.*



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