

Our Mission & Vision

Dear friends of Cornerstone,

On behalf of the Cornerstone Board of Directors and dedicated staff, as well as those that we serve, I would like to thank you for the support you have shown over the years. As president of the board for 2015, it has been my privilege and honor to witness the incredible work that Cornerstone does. Through its counseling, casework and psychiatric services, Cornerstone makes a very real difference in people's lives. Through their services, Cornerstone fulfills its mission of "Helping people meet life's challenges" every day. When people of the community are supported in living effective, fulfilling lives, the community benefits as a whole.

Cornerstone is an invaluable resource to those it serves as well as to the community in which it serves. Moving forward we will continue to advance Cornerstone's mission and continue its long history of service. Thanks again for being a supporter and friend.

Theresa Oakley, President, Board of Directors

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.*

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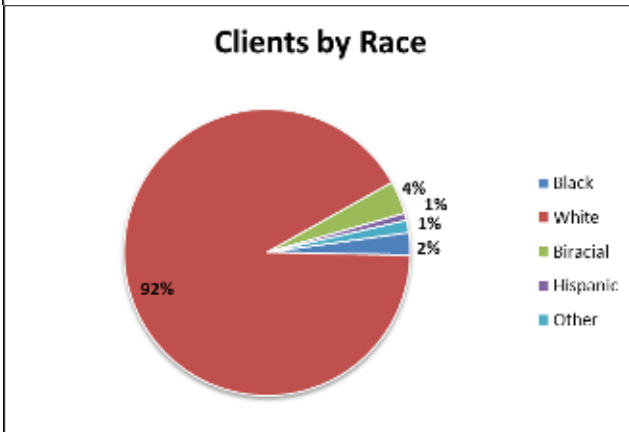
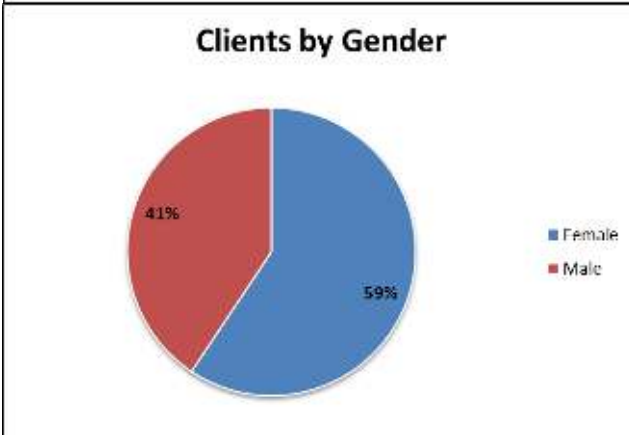
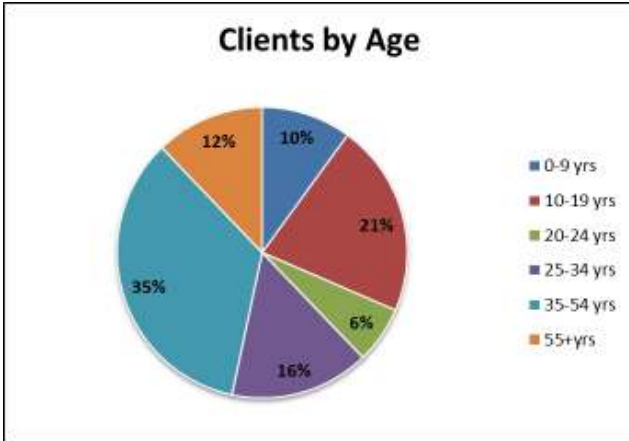
Fr. Joe Zimmerman

Quincy University -Retired



Who We Served

Cornerstone served 1,970 clients in FY2015. Key demographics of the clients we served are:



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 310 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. 190 clients received EAP services in FY2015.

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 241 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. 72 individuals qualified for sliding scale assistance in FY2015.

77% of counseling clients reach their treatment goals in seven sessions.
The average length of treatment is three and one-half months.

Casework Services

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 36 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 90 individuals in FY2015.



100% of First Steps children kept their immunizations and well-child visits current in FY2015.

Psychiatric Services

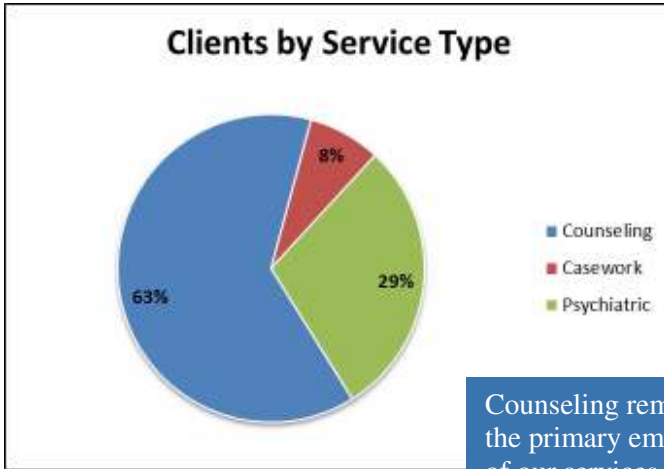
Working under the supervision of Dr. Carolyn Seifert, Reggie Westhoff, APN, provides psychiatric evaluation and medication management to individuals of all ages.

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

576 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 (1,970) in the fiscal year.



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

Anxiety and relationship issues were the most common reasons people identified as challenges last year.

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.

“Your staff is amazing. They helped us in so many ways and we are so grateful.”

“We felt our counselor gave us the tools and advice we needed to deal with our issues.”

“We loved Lindsey! She was so friendly and patient and tried really hard to engage our son and help him benefit from counseling. As long as we were willing to try Lindsey never gave up on our family.”

Sisters Made Great Strides



Sisters Sophie and Olivia had a lot in common. Unusually witty, intelligent and motivated, the girls excel academically and have many talents and interests. Quick with a comeback and flash of a smile, Sophie and Olivia are their mother's greatest treasures.

Two years ago, the girls shared another common thread...their worlds changed dramatically. Following the death of their beloved grandmother, their mother remarried and the family relocated from a small town to Quincy. Sophie and Olivia began to struggle. The girls handled their emotions differently.

Out-spoken and ever-moving older sister Sophie began getting in trouble in her new school. She became deeply frustrated, was unable to take redirection and began firing back or walking out of the classroom leading to suspensions and eventually expulsion at the end of the school year.

Sensitive and thoughtful younger sister Olivia began to withdraw. Even with an amazing sense of humor and a caring heart, she had difficulty putting herself out there to make new friends. She struggled to reach out to others and kept herself tightly locked up until anxiety crept in and panic attacks immersed.

Sophie was referred to the Comprehensive Youth Services program. Within six months, their mother requested the same services for Olivia. Through CYS the girls were able to put into words their fears and frustrations.

Sophie and Olivia made great strides while in CYS! Sophie used coping strategies at school which prevented her from frequent visits to the dean and has dramatically reduced suspensions. She participated on the school softball team and began tutoring a peer in several subjects. Sophie has also become more actively involved with her church, helping out with Sunday School and visiting the nursing home with her mother's small group on game night.

Olivia has begun pushing herself socially. She joined drama club and debuted in the school play this spring. Over the summer, Olivia is attending a church camp for the first time as well as enrolling in two cooking classes. Even though speaking up can be difficult for her, Olivia knows that she has a lot to offer and refuses to let anxiety stand in her way.

Thanks to You

People, like Sophie and Olivia, 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.



You filled the room at Dancing with Local Stars!



You enjoyed a day on the course at our golf outing.

You volunteered to teach youth how to complete a job application and interview for a job.

You matter.



Staff

Executive Director

John W. Hirner, MSW

Associate Executive Director

Chris Parker, MS Ed., LCPC

Business Manager

Kimberly J. Parrish, CPA

Support Staff

Elena Lock

Therapists

Christy Bakker, LPC*

Brandon Edgar, LPC

Verda Haiducek, MS Ed., LCPC*

Ellen Rigor, MSW, LCSW

Trina Vogel, MSW, LCSW*

Lindsey Wood, MS, LMFT, LCPC

Caseworkers

Raquel Kroencke, BS

Amanda Lashbrook, BSW

Psychiatric Service Providers

Brandi Mowen, Med. Asst.

Reggie Westhoff, APN

** denotes part-time*

Grateful for Your Grants:

ADM Cares

Anonymous Foundation

Breakfast Optimist Club of Quincy

Community Foundation Serving West Central Illinois and Northeast Missouri

Kohl Wholesale

Quincy Noon Kiwanis Club

The Gap Foundation

TNT Action Sports Community Disbursement Fund

Titan International

United Way of Adams County

Financial

Annual audit completed by Gray Hunter Stenn LLP for the Fiscal Year ending June 30, 2015.

Income

Contributions	\$147,373
Program Revenue	\$560,536
Special Events Revenue	\$ 78,880
Gains on Investments	\$409
Miscellaneous Revenue	\$5,500

Total Revenue **\$792,698**

Expenses

Program Expenses	\$685,713
Management & General	\$44,100
Fundraising	\$46,066

Total Expenses **\$775,879**

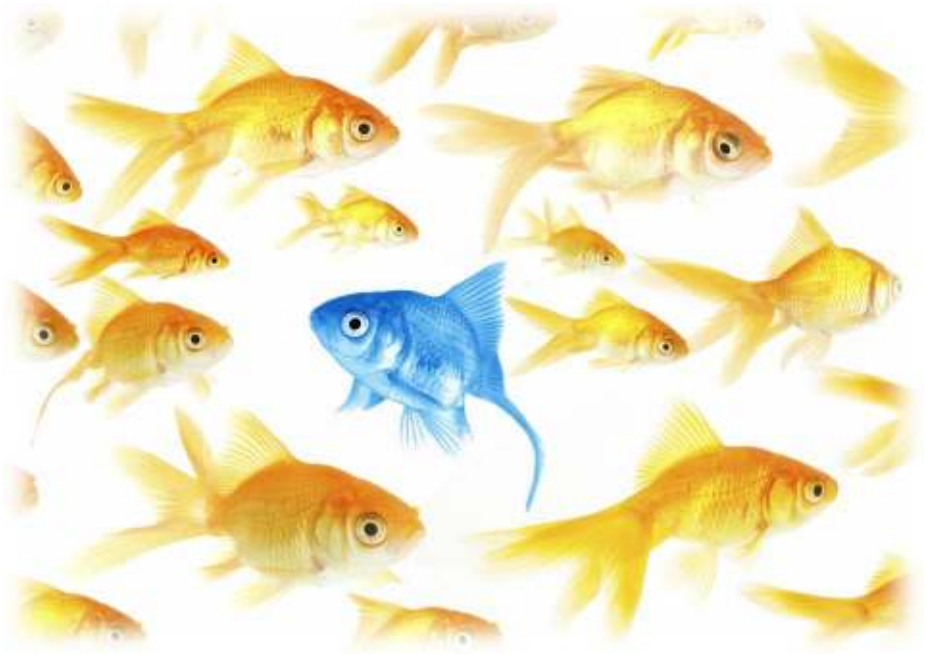
Excess of Income over Expenses **\$16,819**

Beginning Net Assets **\$358,877**

Ending Net Assets **\$375,696**

Total Assets **\$454,836**

Total Liabilities **\$79,140**



You matter.



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