

Our Mission & Vision

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

Chuck Mahon

President

Winters Insurance Group

Anna Lee Koutz

First Vice President

Titan International

Mark Strieker

Treasurer

Continental Cement Company

Natalie Oswald

Secretary

*Schmiedeskamp, Robertson, Neu
& Mitchell*

Koretta Sykes

Getz Fire Equipment

Mary Doellman

Niemann Foods

Tracee Farmer

Quincy Public Schools

Kathy Fauble

*Illinois Critical Access Hospital
Network (ICAHN)*

Debbie Niederhauser

Educator-Retired

Kevin Reller

Kovack Securities

Donna Smith

Smith Brothers Powersports

Ann M. Titus

Artist

Fr. Joe Zimmerman

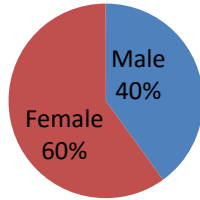
Quincy University -Retired



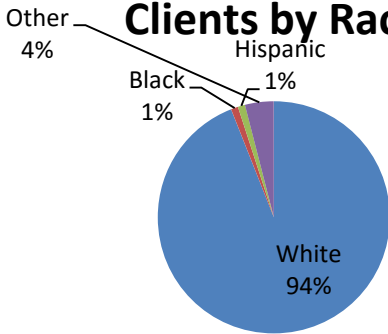
Who We Served

Cornerstone served 1829 clients in FY2016. Key demographics of the clients we served are:

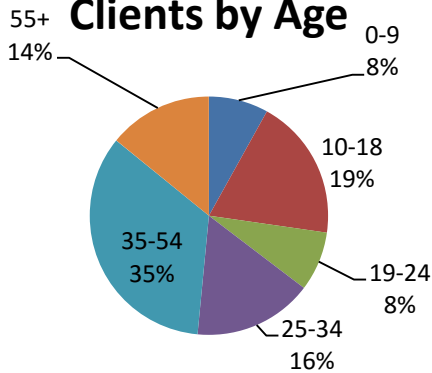
Clients by Gender



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 209 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. 179 clients received EAP services in FY2016.

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 150 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. 65 individuals qualified for sliding scale assistance in FY2016.

76% 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

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 22 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 81 individuals in FY2016.



100% of First Steps children kept their immunizations and well-child visits current in FY2016.

Psychiatric Services

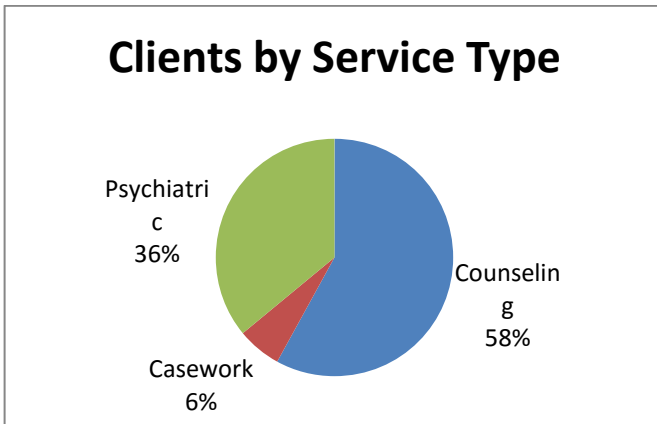
Working under the supervision of Dr. Carolyn Seifert, Reggie Westhoff, APN, provides psychiatric evaluation and medication management to individuals of all ages.

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

663 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 (1,829) 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. It is, after all, the reason we were founded in 1947.

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.

“The staff is amazing. Everyone was friendly and they helped in so many ways.”

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

“Stephen loves meeting with Brandon. He’s very willing to use the strategies that Brandon has been teaching him.”

Comprehensive Care for Laura

Laura Joost-Kuhn had lived in many different places around the country for work, until her retirement and move from New Mexico to Hannibal, MO to be closer to her children. Along the way and throughout her life Laura has struggled with issues stemming from sexual abuse, resulting in first, anger and rebellion, then alcoholism, depression, and even thoughts of suicide. With the help and continued support in AA, Laura has been sober since 1984. Once out of that “fog”



Laura Joost-Kuhn

Laura embarked on a journey of treatment for mental health wellness, with varying degrees of success over the years.

The root cause, however, was still causing marriage problems. So, Laura realized she finally had to deal with the past abuse.

In Quincy, Laura researched her options for treatment. Once she found Cornerstone, “That was it. The mental health care wasn’t going to be just about the medication, but comprehensive, and very, very careful.” Laura started with Reggie Westhoff, Mental Health Nurse Practitioner, someone she has come to trust “more than any other human being”. Reggie brought in Therapist Verda Haiducek, LCPC, for the therapy component. Laura says, “Oh my gosh! I could see people in AA being happy, joyous, free. I needed help getting there.” Having never revealed her deepest secrets, she trusted Verda completely. Her technique provided a breakthrough that Laura describes as “freedom from bondage”. She’s been seeing Verda religiously since last June.

“Cornerstone is a godsend,” says Laura. Her relationship with her husband is a “blessed one”. After dropping two medications and lowering the dose on another, Laura is doing well! “The physical side effects of having been overmedicated before are gone,” she says. Congratulations Laura on all your progress! *You Matter!*

Thanks to You

People, like Laura, 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.



Dancing with local stars was another huge success. Meet the overall winners Morgan Grawe and her dad Steve Grawe.



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

You matter.

Staff

Executive Director

Chris Parker, LCPC, NCC

Development Director

Kate Blair

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

Missy Slee, RN.

Reggie Westhoff, APN

** denotes part-time*

Grateful for Your Grants:

ADM Cares

Anonymous Foundation

Community Foundation Serving West Central Illinois and Northeast Missouri

Marion Gardner Jackson Trust

Quincy Noon Kiwanis Club

Samantha Otte Youth Fund

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, 2016.

Income

Contributions	\$162,146
Program Revenue	\$612,660
Special Events Revenue	\$ 96,938
Gains on Investments	\$43
Miscellaneous Revenue	\$4,110

Total Revenue **\$875,897**

Expenses

Program Expenses	\$758,771
Management & General	\$72,022
Fundraising	\$48,108

Total Expenses **\$878,901**

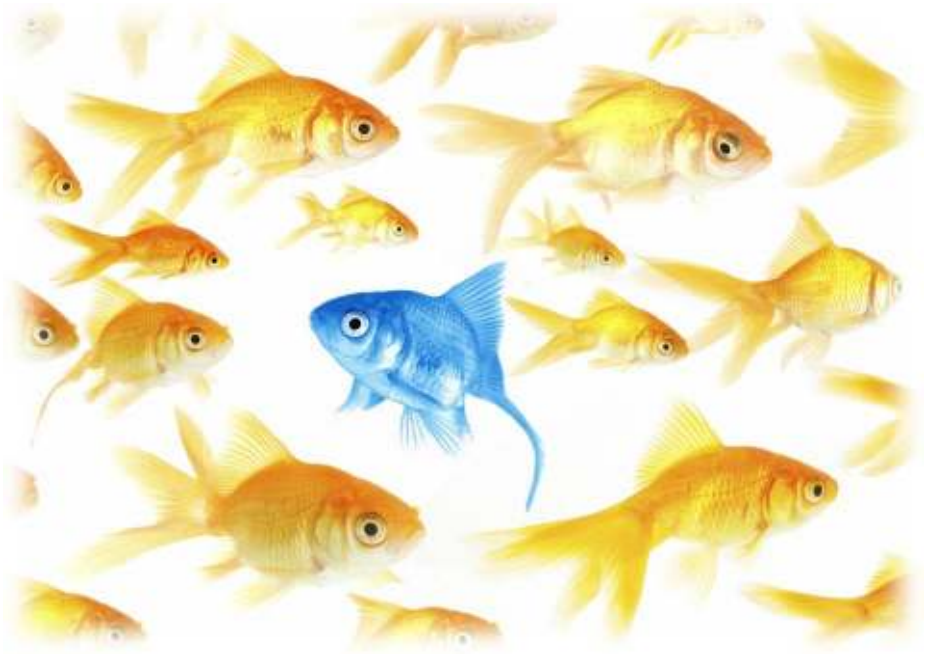
Excess of Income over Expenses **(\$3,004)**

Beginning Net Assets **\$374,696**

Ending Net Assets **\$371,692**

Total Assets **\$489,235**

Total Liabilities **\$116,543**



You matter.



915 Vermont
Quincy, Illinois 62301

Phone: (217) 222-8254
Fax: (217) 222-4512

Online at: www.cornerstone-quincy.org