

CENTUS COUNSELING

YEAR 2023

ANNUAL REPORT 2023

LATEST INFORMATION AND UPDATES
ABOUT CENTUS COUNSELING



Centus



ABOUT US

Centus Counseling, was founded in 1982. Today Centus has five programs: School Counseling, Outpatient Services, Community Education, Spiritual Direction, and the new post-graduate Residency Program. These programs continue to respond in robust ways to the multiple stressors being faced by the individuals and families we are privileged to serve. Read more to see how the year unfolded!



SUSAN'S SCHOOL COUNSELING A CENTUS PROGRAM COUNSELING • EDUCATION • COMMUNITY

The Centus School Counseling Program was founded in 2010 by Dr. Susan Shamos. At that time, she was a Psychologist on the staff of the Centus Outpatient Program. Susan had a vision and passion for offering mental health services both in schools with high numbers of low-income families as well as contexts that included cultural diversity.

SUSAN'S SCHOOL COUNSELING IS FOCUSED ON SUPPORTING CHILDREN AND YOUTH IN RECOGNIZING THEIR STRENGTHS, FINDING SOURCES OF RESILIENCE, AND USING THE RESOURCES OF MIND, BODY, SPIRIT, AND COMMUNITY TO THRIVE.

The first two schools served with whom we remain engaged are St. Elizabeth's School and Escuela de Guadalupe. Today we also serve at Rocky Mountain Prep – Creekside, Montclair Elementary, McAuliffe Manual Middle School, Newlon Elementary and the Denver Jewish Day School. In 2023-24 we will also begin serving students at Rocky Mountain Prep – Fletcher.

Schools are on the front line of providing mental health counseling services to young people. The schools where Centus provides mental health counseling regularly affirm the impact of the support provided leading to improved emotional regulation, social relationships, and academic performance. The 13 years of operating the school counseling program have also underscored the importance of providing psycho-education offerings and supporting the development of a culture of mental health awareness within our partner school. Our focus on mental health programming for children and adolescents leads to identifying and addressing developmental, behavioral, or social problems early to support lifelong success. Consulting with and supporting teachers around mental health best practices is a key component, and we also often provide support to families of the students we serve.

The Centus School Counseling Program places dedicated counselors & social workers in schools with the stated goal of providing accessibility to high-quality mental health services for students. Our program promotes student development and achievement, while also equipping parents and teachers with knowledge and skills that help students thrive both in and out of the classroom.

THE ANNUAL “COUNSELING FOR KIDS” LUNCHEON WAS HELD ON MAY 4TH AT TEMPLE EMANUAL, FOCUSED ON HOW WE SUPPORT YOUNG PEOPLE IN LIVING VITAL, HEALTHY LIVES! PLEASE CLICK [HERE](#) TO VIEW THE VIDEO PRESENTED AT THE LUNCHEON. THE LUNCHEON RAISES VITAL FUNDS TO SUPPORT SUSAN’S SCHOOL COUNSELING, AND WE THANK ALL OUR DONORS, ALONG WITH LUNCHEON CO-CHAIRS GREG MOVESIAN AND DR. SUSAN SHAMOS, AND COMMITTEE MEMBERS PAULA HERZMARK, ANN CORRIGAN, JEANNIE RITTER, PAUL BRETZ, SHARON MARTIN, MARSHA BREIT, MARK TWAROGOWSKI, SARA YELPAALA, SUELLEN WHITE, ELISABETH JACOBSON, AND PEARL PRUDHOMME.

DURING THE 2022-23 SCHOOL YEAR CENTUS SCHOOL COUNSELORS PROVIDED OVER 800 CLINICAL HOURS MONTHLY IN 7 DENVER SCHOOLS, WITH A TOTAL COMBINED STUDENT POPULATION OF 2200. **THIS VOLUME OF SERVICES REPRESENTS A 31% INCREASE OVER SERVICES OFFERED IN THE 2022-23 SCHOOL YEAR DUE TO INCREASING NEEDS OF STUDENTS AND THE TWO ADDITIONAL SCHOOLS BEING SERVED.** BETWEEN COUNSELING, GROUPS, CLASSROOM PRESENTATIONS, AND INFORMAL SUPPORT CENTUS SCHOOL CLINICIANS CONNECT WITH NEARLY ALL THE STUDENTS IN THESE SCHOOLS ANNUALLY.

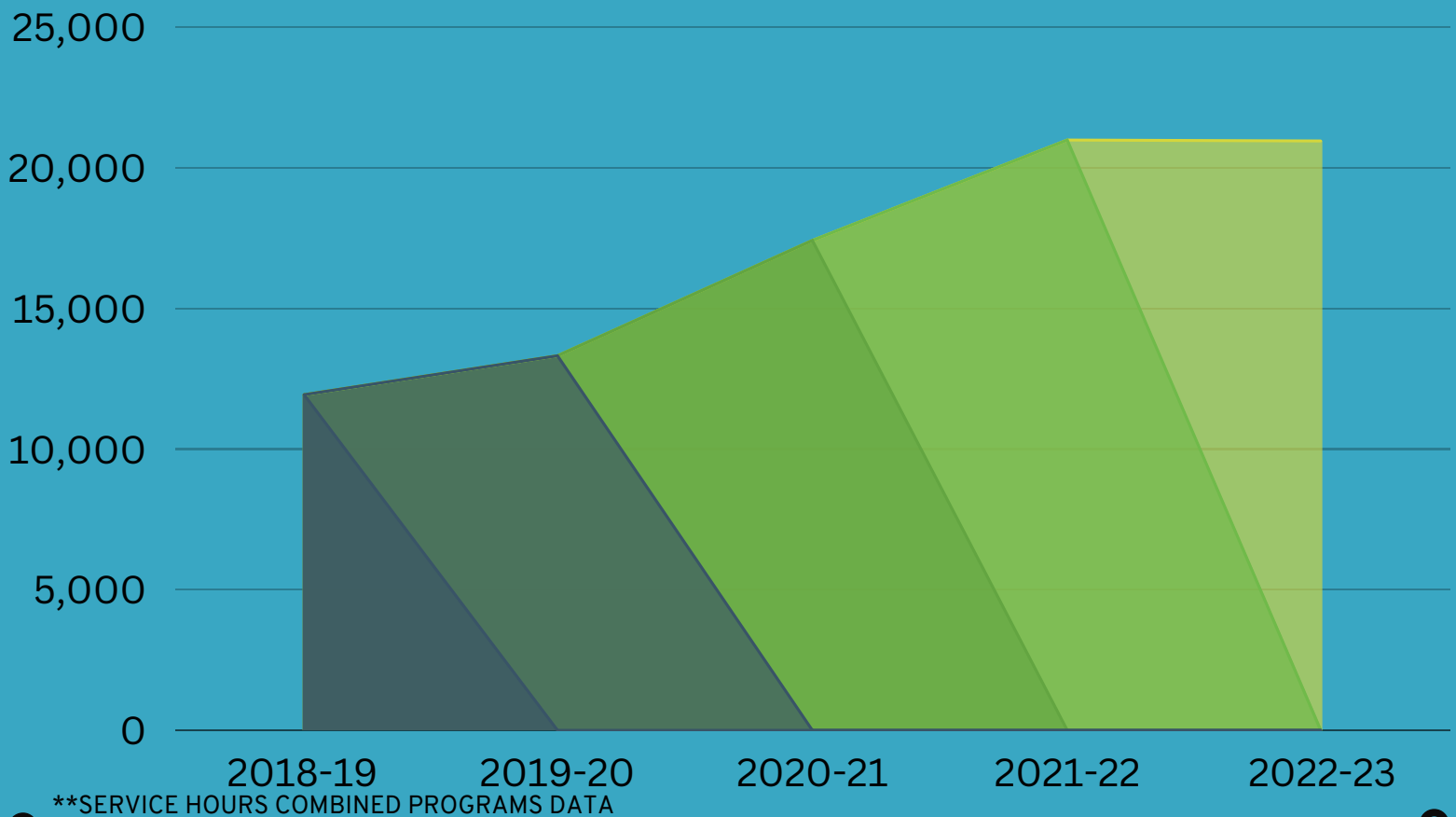
CLINICAL OUTCOME MEASUREMENTS UTILIZED DEMONSTRATED THAT 52% OF STUDENTS SERVED EXPERIENCED SIGNIFICANT IMPROVEMENT, 15% WERE SOMEWHAT IMPROVED, AND 19% REMAINED STABLE AS A RESULT OF THE SUPPORT RECEIVED. DURING THESE STRESSFUL TIMES, EVEN THE STUDENTS WHO RECEIVED SUPPORT THAT ALLOWED THEM TO EXPERIENCE STABILITY IS A SUCCESS WORTH NOTING. THIS OVERALL EFFECT SIZE PUTS **SUSAN’S SCHOOL COUNSELING IMPACT IN THE “EFFECTIVE” RANGE.** THESE RESULTS ALSO REFLECT THAT 87% OF CLIENTS SERVED EITHER IMPROVED OR STABILIZED THROUGH THE VITAL SUPPORT OFFERED.



THE CENTUS OUTPATIENT PROGRAM

The initial Denver Samaritan Center opened January 4, 1982 at Wellshire Presbyterian Church. A second Denver Samaritan Center opened January 1, 1987, at Good Shepherd Episcopal Church. On March 15, 1988, these two programs merged to increase their cost-effectiveness. Sixteen years ago, on July 17, 2007, the Denver Samaritan Counseling Center officially began doing business as Centus Counseling, Consulting and Education in an effort to reflect its commitment to the multi-faith, multi-cultural community that metro Denver has become.

CENTUS' CORE SERVICE IS MENTAL HEALTH COUNSELING. OUR COMBINED CLINICAL PROGRAMS PROVIDED 20,953 DIRECT COUNSELING SERVICE HOURS IN 2022-23 SERVING OVER 3000 INDIVIDUALS. THIS INCLUDES SERVICE TO SCHOOLS WITH MORE THAN 2000 STUDENTS, IN ADDITION TO SUPPORTING FAMILIES AND SCHOOL STAFF MEMBERS. IN ADDITION, OUR OUTPATIENT CLINICIANS SUPPORT INDIVIDUALS OF ALL AGES, INTIMATE PARTNERS, AND FAMILIES.



The most common concerns we work with are trauma, depression, anxiety, adjustment disorders and addictions. Individuals, couples, and families come to us with loss, grief and relational or life stressors that have become too difficult to manage.

DURING 2022-23 WE HAD 22 CENTUS CLINICIANS SERVING, ALL OF WHOM ARE TRAINED IN EVIDENCE-BASED COUNSELING AND PSYCHOTHERAPY AS WELL AS THE USE OF SPIRITUALLY INTEGRATED TREATMENT APPROACHES. WE ANTICIPATE APPROXIMATELY 30 CLINICIANS ON STAFF IN 2023-24 DUE TO THE LAUNCH OF OUR POST - GRADUATE RESIDENCY PROGRAM.

Centus Clinicians seek to provide services in settings and formats that are most comfortable for the clients we are privileged to serve. This includes tele-behavioral health, church and school-based offices and a wide variety of community-based settings.

THE 20TH ANNUAL CENTUS LUNCHEON WAS HELD ON SEPTEMBER 29TH AT THE PPA EVENT CENTER. THIS EVENT HAS RAISED NECESSARY FUNDS FOR 20 YEARS TO SUPPORT THE VITAL MISSION OF CENTUS COUNSELING. AT THIS EVENT WE HONORED LONG TIME COMMUNITY PARTNER MONTVIEW BOULEVARD PRESBYTERIAN CHURCH AS WELL AS AWARDING THE STAFF OF CENTUS COUNSELING WITH THE PAT. J. LONG COMMUNITY SERVICE AWARD. OUR STAFF WERE RECOGNIZED FOR PROVIDING MORE SERVICES THAN EVER BEFORE IN OUR HISTORY THROUGHOUT THE PANDEMIC. THE REV. DR. VALERIE L. JACKSON WAS OUR KEYNOTE SPEAKER. APPRECIATION GOES TO THE COMMITTEE MEMBERS, PAT LONG, JENNIFER BALDWIN, NADINE COCHRAN, EMILY HALLER, REBECCA SPRAGUE, SUSAN GEISSLER, GREG MOVESIAN, AND PAUL BRETZ.

During 2022-23 clinical outcome measurements used in our Outpatient Counseling Services demonstrated that 45% of clients served experienced significant improvement, 24% were somewhat improved, and 15% remained stable as a result of the support received. This overall effect size puts **Centus outpatient counseling services in the “effective” range**. We also recognize that many of the clients we serve have encountered unprecedented stressors during the past year, with 14% truly struggling to make progress on their mental health concerns. We want to affirm both measurable progress and stability as meaningful, impactful outcomes of the support received, as well as the strength and resilience that encourages an individual to continue to strive for an improved quality of life. These results reflect that our overall effectiveness in positive clinical outcomes is 86%

86%

overall effectiveness in positive clinical outcomes

IN ADDITION, OUR 2023 CLIENT SATISFACTION SURVEY RESULTS INCLUDE THE FOLLOWING VERY AFFIRMING RESULTS IN THE BELOW LINK <https://acrobat.adobe.com/link/track?uri=urn%3Aaid%3Acds%3AUS%3Aa02bf1b1-6b12-3a29-b461-8ffc860efebd>

COMMUNITY EDUCATION: FUNDED BY THE CONNIE BURWELL WHITE & WILLIAM WHITE FOUNDATION

Community partners included **14 local congregations, and 7 schools in 2022-23**. **Psycho-spiritual educational offerings** were provided for community partners serving **over 330 participants**. Education topics addressed include Enhancing Resilience, Coping with Grief, Parenting, Healthy Relationships, Mindfulness, Dealing with Anxiety or Depression, and Suicide Prevention & Recovery.

SPIRITUAL DIRECTION

SPIRITUAL DIRECTION IS ALSO BEING OFFERED AT CENTUS COUNSELING. OUR STAFF SPIRITUAL DIRECTOR IS THE REV. DR. MARK KILLMER WHO IS TRAINED IN BOTH INDIVIDUAL SPIRITUAL DIRECTION AND GROUP CONTEMPLATIVE AND SPIRITUAL FORMATION PRACTICES. HE CAN BE REACHED AT MKILLMER@CENTUS.ORG OR BY CALLING 303-225-9431.

14 LOCAL CONGREGATIONS

7 SCHOOLS

POST-GRADUATE RESIDENCY PROGRAM: RETURNING TO OUR ROOTS FUNDED BY COLORADO ACCESS AND THE ANSCHUTZ FOUNDATION

When Centus was founded in 1982 our name was the Samaritan Counseling and Training Center. During 2021-22 a Board & Staff Work Group was formed to develop a plan for a Training / Residency Program. The decision was made to expand the role of Denise Magoto, LPC, LAC, Ph.D. Candidate to Director of Training & Education. This role includes responsibility for launching the Residency Training program, which we were able to do in early 2023 for master's level Clinicians with candidate level status, working toward their clinical licensure.

The intention of the program is to hire Residents from diverse backgrounds with a passion for providing clinical care for under-served and under-resourced communities. In preparation for this program Centus applied for and received designation as a Community Mental Health Clinic and licensure as a Behavioral Healthcare Entity with the State of Colorado. The designation and licensure from the State has allowed us to hire 9 residents, who will be under the supervision of seasoned, licensed Clinicians and provide services to clients covered by Medicaid. This training aspect of the program has a key focus on cultural engagement and spiritual assessment and integration, as well as a wide range of empirically validated treatment modalities.

Colorado Access provided a substantial grant to facilitate the launch of this program in 2023-24. The Anschutz Foundation also provided a generous grant toward operating costs that will assist us in this effort to expand and diversify our behavioral healthcare workforce. We are incredibly grateful for a wide range of community funding streams that allow us to live our mission promoting hope, healing, and vital living!

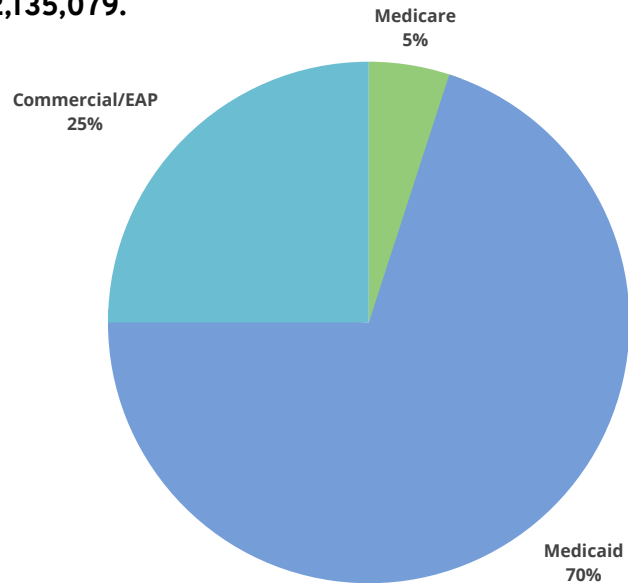


FINANCIAL REPORT

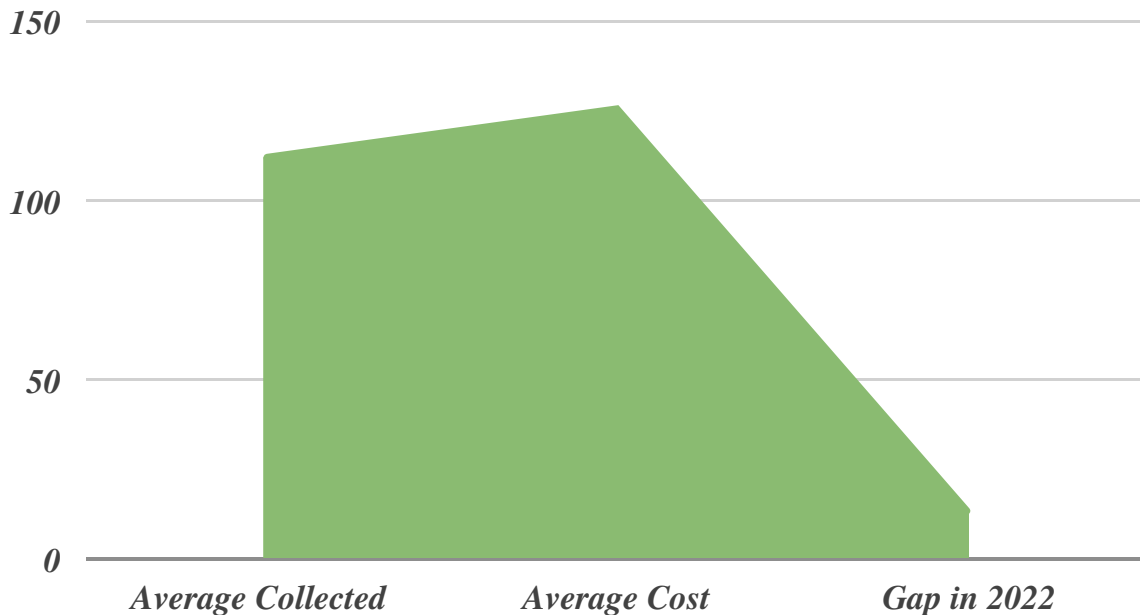
OUTPATIENT SERVICES

FOR EVERY COUNSELING SESSION, FUNDS NEED TO BE RAISED THROUGH EVENTS, GRANTS AND FROM INDIVIDUAL DONORS TO COVER THE ACTUAL COST OF COUNSELING. **IN 2022-23, AS IN EACH YEAR, 100% OF OUR BOARD OF DIRECTORS DONATED SIGNIFICANT TIME, TALENTS, AND FINANCIAL CONTRIBUTIONS TO LEAD OUR EFFORTS TO SUPPORT THE TOTAL EXPENSES ACROSS ALL PROGRAMS OF \$2,135,079.**

In 2022-23 approximately 70% of clients served had Medicaid coverage, 25% had insurance or EAP benefits, 5% had Medicare coverage, and a small percentage of clients were self-pay. The total amount paid directly by clients by these means for services was \$212,822, which included co-pays and deductible payments. Reimbursed counseling services from all sources of payment combined covered \$1,701,218 of the cost of providing quality behavioral healthcare, leaving a gap of \$201,515 in revenues to cover the services provided.



DURING 2022-23 THE AVERAGE COLLECTED FEE WAS \$112 AND THE AVERAGE COST TO PROVIDE A SESSION WAS \$125.50 LEAVING A GAP OF \$13.50 FOR EACH OF OUR 14,927 SESSIONS, RESULTING IN THE TOTAL REVENUE GAP OF \$201,515. WE REGULARLY STRIVE TO REDUCE THIS GAP THROUGH RIGOROUS FINANCIAL OVERSIGHT, ECONOMIES OF SCALE, AND BILLING EFFICIENCIES. IN ADDITION, WE NEGOTIATE WITH THIRD PARTY PAYERS, BASED ON THE EMPIRICALLY VALIDATED HIGH QUALITY OF SERVICES WHICH HAS YIELDED HIGHER REIMBURSEMENT RATES. AT THE SAME TIME, THE COST TO PROVIDE THESE SERVICES CONTINUES TO RISE, AND REIMBURSEMENT RATES ARE OFTEN BELOW OUR BREAK-EVEN POINT.



FINANCIAL REPORT CONTINUED

SCHOOL COUNSELING

The total cost to provide school counseling services that we had to raise through grants and donations in 2022-23 was \$261,740. In addition, a portion of this program is covered by cost sharing with schools and reimbursements from insurance toward a total of \$507,500 in program costs. We are grateful to our donors who make Susan's School Counseling possible.

COMMUNITY EDUCATION AND SPIRITUAL DIRECTION

A GENEROUS GRANT FROM THE CONNIE BURWELL WHITE & WILLIAM WHITE FOUNDATION WAS RECENTLY RECEIVED THAT WILL ENABLE US TO PROVIDE COMMUNITY EDUCATION OFFERINGS IN THE COMING YEAR AT LITTLE OR NO COST FOR COMMUNITY ORGANIZATIONS. CONTACT DENISE MAGOTO AT DMAGOTO@CENTUS.ORG FOR MORE INFORMATION. SPIRITUAL DIRECTION AND GROUP CONTEMPLATIVE & SPIRITUAL FORMATION OFFERINGS ARE OFFERED AT VERY REASONABLE RATES.

POST-GRADUATE RESIDENCY PROGRAM

This program has been made possible in its first year by Colorado Access and The Anschutz Foundation. The initial cost of launching this program and hiring of 10 Residents has been covered through two generous grants, totaling \$238,000. Residents will typically serve for two years as they accumulate the necessary supervised clinical hours toward full clinical licensure. We foresee the second year of the Residency program needing additional funding as well as receiving income being generated by fees for service. This first year of operations will determine the number of first year Residents that we will plan to hire on an annual basis.

**PLEASE [CLICK HERE](#) & SCROLL TO THE BOTTOM OF THE HOMEPAGE TO SEE OUR
2022-23 HONOR ROLL OF CENTUS DONORS!**

we believe in
excellence balance
individuals hope community
generosity being a resource

CENTUS CLINICIANS AND COUNSELING SATELLITES, DURING 2022-23

| | Satellites | Clinicians |
|-------|--|--|
| 1 | Peace With Christ Lutheran, Aurora | David Hay, M.Div., MA, LPC |
| 2 | Christ Lutheran Church, Highlands Ranch | David Hay, M.Div., MA, LPC |
| 3 | Wellshire Presbyterian, Denver | Patti West Schramm, MSW, LCSW Mollie Byington, M.S., LPC, ATR |
| 4 | Montview Presbyterian, Park Hill, Denver | Mark Killmer, Psy.D., LMFT Spiritual Director |
| 5 | Hope United Methodist, Greenwood Village | Jessica Burchinal, M.A., LPC |
| 6 | St. John's Episcopal Church, Boulder | Linda LaGanga, M.A., Ph.D., LPC, NCC |
| 7 | Bethlehem Lutheran, Longmont | Tara Benegas, MSW, SWC |
| 8 | First United Methodist, Loveland | Ann Price, MSW, LCSW |
| 9 | First Presbyterian Church, Englewood | Demelza Newman, M.A., LPC |
| 10 | Applewood Valley United Methodist, Golden | Kim Godell, M.S., LPC |
| 11 | University Park United Methodist, Denver | Mary Mancinelli, M.A., LPC Marilyn Wolfe, MSW, M.Div., LCSW |
| 12 | Highlands United Methodist Church, Denver | Suzanne Ramirez, MSW, SWC |
| 13 | Cameron United Methodist Church, Denver | Leta Herrington, D.Min., LPC |
| 14 | Broomfield United Methodist Church, Broomfield | Melissa Schwappach, M.A., LPC, NCC |
| 15-18 | Tele-Health & Community Based Therapists | Josh Parker, MSW, LCSW Dawn Crosswhite, LCSW Sollita Lucero, MSW, LCSW Karah Yamauchi, M.A., LPC, NCC |
| 19-25 | Centus School Counseling Program 1. Escuela De Guadalupe and 2. St. Elizabeth's Episcopal School 3. Rocky Mountain Prep – Creekside 4. Montclair Elementary 5. McAuliffe Manual Middle School 6. Newlon Elementary School 7. Denver Jewish Day School | Susan Shamos, PhD, Director Emeritus Kira Colgan, MS, LMFT Co-Coordinator Georgia Angelo, LCSW Co-Coordinator Dawn Crosswhite, LCSW Jenna Canning, MSW Claudia Luna-Asturias, MSW Sollita Lucero, MSW, LCSW Kris Lopez, MSW, SWC Denise Magoto, M.A., LPC, LAC, Ph.D. Candidate |

CENTUS LEADERSHIP / ADMINISTRATIVE TEAM

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CHIEF EXECUTIVE OFFICER, PAUL BRETZ, 303-639-5240, PBRETZ@CENTUS.ORG

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