



Annual Report 2018

40 years



Vision

Aspire Counseling strives to be an active partner in a community in which all people have access to needed, effective, evidence-based mental health and wellness services.



Mission

Aspire Counseling is committed to helping all clients transform their lives and achieve their mental health and wellness goals by developing the skills they need. Our experienced staff offers high quality, evidence-based therapy, holistic services and training in a warm, welcoming and safe environment.

Our Values



- Therapists will represent a diversity of ages, languages, ethnic and national backgrounds to reflect the diversity of clients who seek services
- Therapists will be skilled and certified in a broad range of evidence-based treatments for mental and behavioral health.
- Clients will enter a relationship with our organization to which they can return with friends and family.
- Mental health and wellness services will be offered to meet identified needs of the community.
- We will collaborate with community partners to ensure all people will have access to a system of holistic, person-centered services.

40 Years of Mental Health!



In 1978, Maryrose Rogolsky ("Posey") rented an office in the Rockville Seventh-day Adventist Church. From that room, Posey and her three staff members founded what was then "The Child Center" and began offering low cost, high-quality mental health care to children in need.

Forty years later, Posey's vision has helped transform mental health care in Montgomery County. Her belief that all individuals deserve access to affordable, evidence-based, professional mental health care drives Aspire today. Posey built an organization that has helped thousands and left a legacy of innovation and caring.

*Posey passed away in
March 2018 at age 84.
We keep her in our hearts.*





Committed to transforming lives and building resilience through evidence-based mental health care regardless of ability to pay, Aspire has found its place in Montgomery County's growing and diverse community.

Executive Director

Carrie Zilcoski, PhD, LCSW-C

In 2018, Aspire Counseling served a record breaking 2,300 unduplicated patients through our Main Office Clinic and our community-based programs. We introduced a new community based program, 'Trauma Informed Schools' which is helping hundreds of teachers, who are on the front lines, about how to help students who are experiencing poor mental health. We also revitalized existing programs: Our 'Healthy Mothers, Healthy Babies' program introduced a 'children in the home,' component to help treat children who are impacted by the mother's perinatal depression and we helped some families through separation and reunification issues. Our Integrated Behavioral Health team added screening for substance abuse and began Motivational Interviewing. We expanded our Positive Aging services to the Benjamin Gaither Center. We are excited about the future of our programs and will continue to adapt our services to meet the needs of our community.

Management Team

America Caballero, LCPC, Clinical Director

Samantha Delloso, MSW, Director of Operations

Fleur Gedamke, MSB, Development Director

Frederika Granger, LCSW-C, Positive Aging Program Manager

Clara Paytner, LCPC, Integrated Behavioral Health Program Manager

From the Board Chair

If you want happiness for an hour, take a nap.
If you want happiness for a day, go fishing.
If you want happiness for a lifetime, help somebody else.



I read this quote recently. I had to stop and really consider it for a while. As a mother, I have known no greater happiness than in helping my children.

In my daily work, I also find great pleasure in helping clients overcome challenges and find solutions. Serving on the Board of Aspire has also brought me joy. I see how many people (mothers, fathers, children and families) we help every day. Aspire has a dedicated team of professionals who are committed to each and every client. They believe in their clients.

All the therapists, staff and Board are not merely serving for their own happiness, but each sees the intrinsic value of devoting themselves to building a stronger, healthier community. From Healthy Mothers, Healthy Babies to our Positive Aging Program, Aspire sees the value in support through every stage of life. We are excited to share with you our continued progress and successes in serving our community.

We could not do this work without your continued support – and for that we thank you and wish you much happiness

Mercedes Bowie

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Aspire Highlights 2018

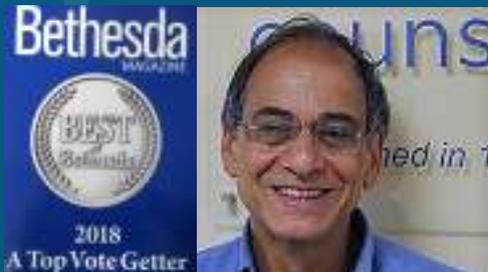
Community recognition

The Maryland Counseling Association awarded us the

- 2018 Organization Achievement Award for our Integrated Behavioral Health Program;
- Diversity Achievement Award honoring the work of Clinical Director America Caballero, LCPC.



The Catalogue for Philanthropy: Greater Washington recognized us as "one of the best" community-based nonprofits in our region. Aspire was one of 77 nonprofits chosen from a competitive field of 219 candidates through the Catalogue's rigorous review process.



Bethesda Magazine's 2018 Best of Bethesda Readers Poll recognized Aspire therapist Dr. Gary Saltzman with a "Top Vote Getter" award for best child psychologist.



We touched thousands of lives

2,300 Children, adults and seniors were helped in 2018

366 Mental health professionals attended Aspire's Continuing Education Workshops

900 School personnel trained about student trauma

97% Of clients in our Main Office Clinic who responded to a 2018 client satisfaction survey reported they were highly satisfied with therapists' services



We responded to community need

In 2018 Aspire

- **Began a Trauma Informed School Awareness program** that trained school workers to recognize and respond when trauma experience affects school behavior.
- **Became a Trauma Informed Care Agency** committed to ensuring that **all** staff - from those who answer the phones to those in leadership roles - interact with clients based on an understanding of the impact of trauma and the specific needs of trauma survivors
- **Set a 40-year agency record** with the number of children, adults and families helped by our mental health services



Our Main Office Clinic

If you, a family member, or friend have looked for a therapist, you know how hard it is to find one who accepts insurance rather than requiring you to pay out of pocket.

Aspire is a shining exception

Our thirty-plus therapists and psychiatric nurse practitioner participate in virtually every major public and private insurance plan, making high quality mental health therapy accessible for low and middle income children and adults who otherwise could not afford care. We offer a sliding fee scale for uninsured clients.

2,300 Unduplicated clients in the main office in 2018



Early abandonment by parents at an early age created a lifetime of risk-seeking behaviors in one client. Following drug dependency on drugs for many decades and two arrests, the client, during therapy, disclosed childhood sexual for the first time. Therapy is helping him learn to control impulses and overcome the numbing from Post Traumatic Stress Disorder, which can create detachment from loved ones. The client is on the road to recovery, making incredible progress.

It was life changing

Stuck in childhood loss, the client sobbed during therapy for months, grieving the death of his father. He was fixated on his unhappy childhood and felt great resentment towards his mother. The client and his therapist worked for over a year to help bring him to a more positive state of mind. The client now lives more in the present and has fulfilled his dream, purchasing a home and stability he has always wanted for himself.

"Therapy was hard work.

It was life changing.

I realized that things had to get worse before they got better. Now they are so much better and I am so grateful."



Community-Based Programs



"What really makes Aspire stand out from other mental health practices is our community-based programs".

Our community-based programs reach those who struggle to come to traditional office-based appointments due to financial, cultural and language barriers.

Aspire sends therapists out into the community to reach those outside the mainstream, office-based system of mental healthcare. We began in 1988 with AMIGO, the first school-based mental health program in Montgomery County. In 2003, we started a program to provide in-home therapy to low-income women with postpartum depression; we're still the only agency doing so in the County. In 2005, we began to offer center-based mental healthcare in local senior centers. In 2006, we were one of the first agencies to integrate physical and behavioral health care by placing our therapists in a primary care clinic for the under-served. This year Aspire began the Trauma Informed School Program, working in schools to train school personal how to recognize and address trauma and toxic stress in students.

Positive Aging Empower Now

Aspire therapists provide low-cost mental health and wellness services and case management on-site at three senior centers in Montgomery County. The program is led by Aspire Program Manager and Therapist, Frederika Granger ("Rika"), LSCW-C, who specializes in geriatric mental health.



251

Seniors received counseling, psychoeducation support groups and referral services on-site at the Rockville Senior Center, The Oaks at Olde Towne and the Benjamin Gaither Center.

"Mental health in the elderly is routinely under-diagnosed and under-treated. Depression is NOT a normal sign of aging. Having a therapist on-site, who is visible in their community and who makes an effort to join into the community makes it easier for seniors to seek help"

Rika Granger



Healthy Mothers, Healthy Babies

In-home therapy for low-income women with prenatal and post-partum depression

760 Pregnant women and new mothers received in-home therapy sessions and necessary case management support at no cost in 2018.

86% of women who completed Healthy Mothers, Healthy Babies treatment got better. At the end of therapy, women had an average score of six on a postpartum depression scale - far below the score of 13 considered indicative of clinical depression.

6,000 Diapers were donated to our clients via our partnership with the Greater DC Diaper Bank. We collaborate with over 20 local organizations to link families to needed services.



Carla's Story

"It helps by giving you hope and being able to say, "Yes, I can." It's a great program. I congratulate the program for helping me psychologically as a mother because we often face so many difficulties. The support helps me emotionally. It helps the family as well because once we're learning and making the changes, the family changes as well and you can see the progress".

Aspire Events

Spa Day

In March, Aspire held a spa day for mothers and children in our Healthy Mothers, Healthy Babies program. Clients who have neither money nor time for self-care were treated to manicures, hair styling, photo shoots and a gourmet lunch donated by Nourish Now. Giving Together volunteers and Aspire staff provided childcare. Volunteers donated new clothing, toys, books and nursery items so each mother could go home with a shopping bag full of goodies.

Lynne
Tucker of

Washington Fine Properties
helped underwrite the event.



Market for Moms

In May we held our first "Market for Moms," which raised \$5,000 for Healthy Mothers, Healthy Babies. More than 30 vendors donated proceeds from the sale of their items at the market. More than 100 people attended and purchased beautiful gifts for moms just in time for Mother's Day.





Integrated Behavioral Health And Primary Care Partnership

Aspire Counseling partners with Mobile Medical Care, a Federally Qualified Health Center. We deliver behavioral health care on-site at the primary care clinic to help patients manage stress, depression and make lifestyle changes to better manage their medical condition.



In 2018, our bilingual therapists added a third circle to our integrated care partnership with MobileMed: in addition to mental health care, we now provide substance

abuse screening, brief interventions and referrals for follow-up substance abuse treatment.

We trained MobileMed workers about how to use motivational interviewing to galvanize patient change, and offered therapy copay coupons and travel vouchers to help patients attend appointments.

4,088

Patients screened for mental health problems.

455

MobileMed patients received a mental health intervention.

68%

Improved with therapy with an Aspire bilingual therapist .

Pamela, originally from Guatemala, came to therapy with a history of complex trauma. She could afford therapy only once a month, but practiced her therapist's recommendations between sessions. Six months into therapy, Pamela's medical provider alerted her therapist that Pamela's PTSD symptoms were worse, triggered by troubling family events in her home country. Behavioral health therapy coupons allowed Pamela to increase her therapy to once a week for a month in order to work more intensively on her PTSD. More frequent visits allowed Pamela to develop and practice coping skills to reduce the frequency and intensity of her symptoms. She became more relaxed, able to function, and to enjoy life again.

The success of our program would not be possible without:

Patsy Woolcott, Patient Care Monitor. Patsy helps patients to schedule appointments and follows up if patients miss appointments. Patsy conducts additional screening, helps monitor patient progress, assists patient with medication management and helps connect people to social services. She helps patients overcome the socio-economic challenges they face. Her work is critical to patient recovery.



Patsy's personal touch and perseverance help engage patients who may be afraid of behavioral health treatment, or too anxious or depressed to follow through without encouragement.

Allen Kendall was 2018's volunteer of the year. His data analysis enables our therapists to see if they are making a difference, and if improvements need to be made to the interventions they offer.



**Allen and Clara Payton, LCPC,
Aspire's Program Manager at
MobileMed**



Trauma Informed Schools

Aspire's new community program, which began in August 2018, is designed to meet the growing needs of area schools to address and care for trauma-affected students.

Many of our school personnel have not been trained in trauma and how it can manifest in the classroom and school community. Our teachers are on the front lines and must be given the support they need to address trauma's impact on learning.

900

Teachers, administrators and faculty members from seven schools were trained in:

- What is Trauma
- Types of Trauma
- Trauma and Behavior
- The School's Role

School personnel receive the training and support they need to recognize trauma in their students, and to confidently address the needs of youth who present trauma signs and symptoms.

366

Mental health professionals attended our Spring and Fall Continuing Education Workshops



Aspire keeps our topics current to equip today's professionals with the tools to address today's issues. In 2018 some topics included:

The New World of Gender Identity
Assessing and Managing Risk in Suicidal Patients
Fundamentals of Dialectical Behavior Therapy
Exploring Sexual Orientation and Gender Identity in Clinical Practice
Practical Strategies for Assisting Adults with ADHD

"Very good, as a matter of fact excellent, workshop and training. The gender identity issue is very emotional for me, but it is a topic I've needed to acquire more expertise/information about. Very valuable as I continue to work with my clients. Thank you!" Participant, December 2018.

Thank you to our donors



Foundation and Government Support

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Washington
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Posey's Bouquet \$1,000-\$10,000

In honor of our founder, Maryrose "Posey" Rogolsky

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The Daffodil Meadows \$100 - \$499

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Market for Mom Vendors

Local Artisans who donated proceeds of sales to Healthy Mothers, Healthy Babies



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Cecelia Bonfils
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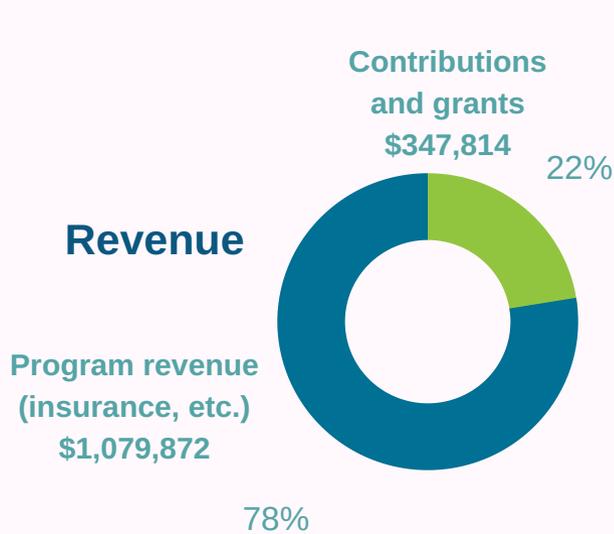
Volunteers

Grace Gedamke
Kris Hansen
Lily Hernandez
Allen Kendall

Jade and Jean McCourt
Amy Yoneth Moncrief
Giving Together, Inc.



2017 Finances



Total Revenue 2017	\$1,435,180
Total Expenses 2017	\$1,587,806
	(\$152,626)
Accounts Receivable	\$112,644
Total Net Assets 2017	\$100,151



Maryland Counseling Association
2018 Organization Achievement Award
2018 Diversity Achievement Award



*In honor of Dr. Maryrose Rogolsky
And Chris Dermody*

