



FAST FACTS

Our Mission:

We change lives and strengthen communities by providing affordable mental health care to people in need

Founded: 1966

We believe Mental Health Care is a Right, Not a Privilege: All of our services are designed to serve marginalized, underserved communities and people in need who have difficulty accessing and affording quality mental health services.

Clients Served Annually: almost 5,000 women, men and children receive over 40,000 hours+ of counseling services

Average Fee Paid for a Counseling Session: \$22. More than 50% of our clients pay \$16 or less.

Support: Of our \$1.6 million budget, about 60% comes from client fees, 15% from grants, and 25% is raised from individuals. We have never accepted government funding and do not accept insurance.

Community Partnerships: Watts Labor Community Action Committee (WLCAC), Karsh Family Social Service Center, Westside Children's Center, Los Angeles Unified School District, Los Angeles County Department of Children and Family Services, Los Angeles County Probation Department.

Community Outreach: Our programs reduce gang and community violence and help adults, teens and youth develop the attitudes, skills and strengths needed to choose nonviolent alternatives in response to rage, stress, and societal pressures.

Client Services:

- **Individual**, couple, **group** and **family counseling** services address the full range of mental health issues, including trauma, loss and grief, family conflict, parent/child problems, domestic violence, work difficulties, and disorders such as depression, anxiety, PTSD, and OCD, among many others.
- **Groups:** LGBTQIA+ Drop in, Teen Violence Prevention, Community Mindfulness and Compassion, Best Practice Parenting, Rage Resolution, Community Mindfulness and Compassion, Women in Transition, Personal & Relational Support Group and The Abuse Prevention Program (TAPP), offering 9 groups for men and women.
- **LAUSD Schools Served:** Eight LAUSD schools: Fairfax High School, John Burroughs Middle School, Shenandoah Elementary School, Marvin Elementary School, Larchmont Charter School at LaFayette Park Place, Larchmont Charter School at Selma, Skirball Middle School and Saturn Elementary School
- **Psychiatric Services:** An on-site psychiatrist provides medication assessment, prescription and follow-up at fees consistent with our low counseling fees.

Staff & Volunteers: 10 full-time and 7 part-time paid staff along with more than 100 volunteer pre-licensed counselors and 90 volunteer clinical supervisors.

Counselor Training: A wide variety of training programs for current counselors, alumni and the broader community of mental health professionals and those working at other agencies serving poor and disenfranchised populations. Over 100 graduate-level, pre-licensed mental health interns and community counseling paraprofessionals are supervised by 90 volunteer clinical supervisors.

Hours of operation: Monday through Friday, 8 am to 9 pm; Saturday and Sunday, 9 am to 5 pm

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