



# **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% 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 children 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 and PTSD among many others.
- **Groups:** Teen Violence Prevention, Community Mindfulness and Compassion, Best Practice Parenting, Rage Resolution, Women in Transition, Personal & Relationship Support Group, Senior Support Group, The Abuse Prevention Program (TAPP) and Best Practice Parenting, offering 8 groups for men and women.
- **LAUSD Schools Served:** 9 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, Hamilton High 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.

**Counselors Trained Annually:** 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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