



SAMARITAN
Counseling • Guidance • Consulting

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samaritancounseling.net



SAMARITAN
Counseling • Guidance • Consulting

Offices in Allegheny, Beaver, Butler, Jefferson, and
Washington Counties



Offering Hope
and Healing
in Western Pennsylvania

2020 Annual Report

A Message

from Samaritan's
Executive Director

“As if the impact of the virus wasn't enough, the turmoil in our nation exacerbated the fear, anxiety, and anger in people who were already deeply wounded.”



[The Rev. Dr. Graham Standish](#)

Dear Good Samaritans:

In addition to physical suffering and millions of untimely deaths, the COVID-19 pandemic ignited a sweeping mental health crisis. The Center for Disease Control revealed unparalleled reports of anxiety and depression. Half of Americans surveyed said that their mental health had been adversely affected. *At Samaritan, we experienced a 37% rise in therapy sessions by the end of August, compared to the previous year.*

Despite the negative impact that the pandemic had on our operations, we gained an opportunity to bless over 1,200 people: men, women, and children who turned to us for healing, solace, and hope during the darkest year of their lives.

We counseled people from all walks of life who suffered from:

- Hopelessness, anxiety, and suicidal thoughts.
- New or increased incidents of domestic violence and substance abuse.
- Stress of managing work, school, and “everything else” under one roof.
- Existing mental health issues worsened by the pandemic.

As caregivers in the mental health field, our therapists faced critical challenges. Within a week of the governor's shelter-in-place orders, they transitioned from in-person therapy to an unfamiliar online platform (and in some cases, counseling by phone). But they learned and adapted quickly, and helped their clients to adjust to a new way of working together. They increased their caseloads to accommodate growing numbers of clients.

As if the impact of the virus wasn't enough, the turmoil in our nation exacerbated the fear, anxiety, and anger in people who were already deeply wounded. Many of them reached out to us, looking for a flicker of hope and a way to ease their pain. Our therapists poured their hearts and energy into these cases. They guided people through dark journeys, helping them to see and reach for the light at the end.

By now, you may be wondering what kept *us* going? At Samaritan, we regard ourselves as more than employees and colleagues. *We are a community.* We set aside times to share personal challenges, prayer, devotionals, and spiritual insights to lift each other up. We care about one another like we care about our clients. And because *you care and support the work that we do*, we're able to form an even broader, unified community of Good Samaritans—each of us playing a role in our mission of healing.

Please continue reading to learn more about the impact of our work during this year of great challenges. Thank you for your advocacy and support during these difficult times.

Wishing you good health, safety, and the peace of God,

The Rev. Dr. Graham Standish, PhD, MSW, MDiv, MA
Executive Director

Our People

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Elizabeth Szuba, President
Rev. Tim Black, Vice President
Chris Standish, Secretary
Tricia Cattrell, Treasurer
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Jonathan Gilliland
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Shannon Mulholland
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George M. (Bud) Smith
Rev. Melissa L. Stoller

Executive Director

[Graham Standish](#), PhD, MSW,
MDiv, MA

Executive Staff

[Beth Healey](#), Director of
Development and Marketing

[Lucinda Ramsey](#), MBA
Director of Operations and Finance

[Susan Young](#), LPC, CEAP
Clinical Director

2020 Clinical Team

Karen Blough, MEd

Lynda Bradley, MA, NCC, LPC

Judy Connor, MSW, LCSW

Virginia Corbett, MA, LPC, BCC

Kristin Drucis, MS, LMFT

Jennifer Edmonds, MA, LPC, NCC,
CATP, CTTS

Robert Fisher, LCSW

Howard Irwin, MDiv, MSW, LCSW

Jennifer Johns, MA, LPC

Thomas L. Kneier MA, LPC

Jamie Mehok, MA, LPC

Sean Monger, MA, LPC, CSFT

Carla J. Sandy, MPA, LSW

Jessica Standish, MSW, LCSW

Carol Stenger, MSW, LCSW, ACSW

Ed Sutter, NCC, MEd

Kimberly van Driel, MDiv

Susan Young, LPC, CEAP

Post-Graduate Interns

Paul DeRenzo, MS, JD

Kellie Walker, MS

Administrative Support

Matthew Hickmott
Intake and Administrative
Coordinator

Courtney Suckfiel
Billing Assistant

Consulting Psychiatrist

Mary Pontzer, MD

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Samaritan's Purpose

For those who silently suffer with emotional, relational, or spiritual pain, Samaritan offers compassionate care that helps them heal, gives them hope, and allows them to change.



About Us

Who We Are

- We offer excellent quality, spiritually-integrated **counseling** while showing compassion and never passing judgment.
- We provide **guidance** through spiritual direction, anger management, specialized groups and educational programs.
- We offer **consulting** with pastors and congregations to help them enrich their ministries through leadership development and practical applications.

Samaritan therapists are state-licensed and specialize in treating a wide range of issues and diagnoses. When hiring a therapist, we look not only for high level skills, but also for compassion, empathy, and spirituality.

We are community-minded and collaborative, frequently partnering with other organizations, groups, schools, and churches to offer educational programs.

Who We Serve

We empower individuals, couples, children, families (from all backgrounds and faiths), and churches and communities to achieve the health, wholeness, and purpose that God intended. We serve our Western Pennsylvania neighbors without discriminating on any basis, including the inability to pay.

Why It Matters

Mental health drives our physical health and affects all of our thought processes, emotions, and actions. It impacts how we handle stress, relate to others, and contribute to society. Poor mental health, untreated, often results in severe consequences such as substance abuse, suicide, isolation, job loss, and the inability to function healthfully as a parent, spouse, employee, and member of society.

Mental health matters. The state of our mental health determines how fully we live our lives—from childhood through adulthood.



Counseling

for men, women, and children

“Although 2020 had been a year of strife, it had also been a year of growth for many people. Being thrust into uncomfortable situations away from the ‘normal’ chaos of life allowed my clients to do some often neglected soul searching to examine their relationships and behavior patterns. These are things that they may not have paid attention to otherwise. It’s been an honor to work with people as they push through difficult spaces and make great strides on their personal healing journeys.”

– Ginny Corbett, Licensed Professional Counselor

As The Rev. Dr. Standish mentions in his opening message, we experienced dramatic growth in the number of counseling sessions we provided.

- Youth sessions alone increased by 21%, while our overall sessions between 2019 and 2020 increased by 27%.
- On the average, 75% of the clients engaged in those sessions presented mental health issues in part or in whole due to the effects of the pandemic in their personal lives.
- The rise in services also impacted our Samaritan Cares fund (financial assistance to clients in need) by increasing expenditures by 13%.

We are deeply thankful to our partnering foundations, churches, and donors for your abiding support. With your help, Samaritan was able to walk alongside of our Western Pennsylvania neighbors who needed us the most.

The next two pages provide you a window into the heart of what we do.



Impact
9,424
Therapy Sessions
609
New Clients
1,171
Subsidized
Therapy Sessions
for Clients in Need

Vis-à-vis computer monitors, Samaritan therapists instilled hope and stability in the people they served.

Quick Facts

Did You Know?

When Samaritan was founded in 1982, we had only one employee

We counsel approximately 1,200 men, women, and children annually

We currently have office spaces hosted by 12 churches in five counties

We are a member of and accredited by the [Solihatten Institute](#) in Denver, CO, a community of clergy, mental health professionals, and physicians who share a commitment to nurturing mind, body, spirit, and community.

On the Front Lines of a

Mental Health Crisis

Our therapists share their experiences as healers at a time when fear, anxiety, and depression strike an all-time high in our nation.

The Covid-19 virus may not be what kills them, but some folks may die because of it. What do I mean by this? I had elderly clients who lived alone or in a high-rise where no one was permitted to visit them. The lifeline I offered was my weekly counseling sessions with them to ensure that they were still eating, caring for themselves, were emotionally stable, and were safe within their immediate surroundings. In addition to physical needs, these seniors needed to know that they “counted”—that they were loved and valued.



Initially, folks were able to manage a few months of isolation. But when things didn't begin to improve, they lost all hope, becoming increasingly frightened and depressed. They feared that they were never going to be able to return to their former social

phone together, as well. I always reassured them that together we would live beyond Covid-19, and not die because of being isolated and all alone. We can and must be there for one another, especially for those most vulnerable—our elderly clients.

— Carol Stenger, Licensed Clinical Social Worker

“The Covid-19 virus may not be what kills them, but some folks may still die because of it.”

Carol Stenger, Licensed Clinical Social Worker/Spiritual Director

events like card club, meeting family and friends at a restaurant, or just being allowed to sit in the lobby of their building. Church services were cancelled, and even though some were live-streamed, my elderly clients who didn't have computers or tablets became even more spiritually isolated.

I continued to offer my services to them, bringing them hope during those long days, weeks and months. We often prayed on the

The pandemic took a toll on the kids that I worked with. Many were struggling with anxiety about returning to school because for months they were told not to be around others. Now, they're suddenly finding themselves surrounded by others. We've been working on recognizing the things they can control, and the things they cannot. I'm helping them to develop skills to reduce anxiety,

and to know the difference between anxiety and stress. We also worked on stress management, and how to advocate for themselves by communicating when they're uncomfortable. Kids are resilient, but change and transition are hard.

— Jennifer Johns, Licensed Professional Counselor

When counseling my clients during this pandemic we discussed common stressors and strategies for managing them. Parents were feeling the pressure of being mentally strong for their children. Children were at home doing school work and had “cabin fever” from being isolated from their friends. My clients talked about their exposure to “gloom and doom” messages through the news and social media. They were scared of the uncertainties lying ahead as they tried to sort out facts from misinformation. As therapists, we have to practice self-care to be strong for our clients. We are used as vessels for hope and peace during this difficult time.

— Jennifer Edmonds, Licensed Professional Counselor

Guidance

Spiritual Direction, Groups, and Anger Management

Spiritual Direction is an inter-faith service at Samaritan through which people can explore their faith on a deeper level. Whether they're hurting, doubting, or aspiring to learn more about God and His presence in their lives, we help our clients gain the insight they desire to grow spiritually. Regardless of their religious background, they can unburden their innermost struggles while feeling safe and unjudged, whether they're receiving spiritual direction, counseling, or both.

Last year, people sought spiritual guidance for a variety of reasons—many of them spurred by the COVID-19 crisis. Deep discussions revolved around “why?” *Why does God let terrible things happen? Why is He allowing all of this suffering? Why is this happening to me . . . ?* Some clients questioned their purpose and direction in life. Others cited struggles with prayer, forgiveness, accepting salvation, and losing faith.

Carol Stenger, who is both a licensed clinical social worker and a spiritual director, served people in both capacities who were devastated by the pandemic. Carol has the wisdom and tender demeanor that makes her so effective at helping people enrich their spiritual lives. Of her own volition, Carol called to “check in” between sessions on those who were most isolated and vulnerable, especially the elderly.

“I prayed *with* and *for* my clients. I encouraged them to believe that God lives in their hearts, and that they do matter and are important.”

– Carol Stenger



We dug deeper, helping people rediscover their purpose and direction.

Impact

185 Spiritual Direction Sessions



Groups (Non clergy)

The pandemic prevented us from holding in-person groups, or offering virtual ones due to the volume of people seeking individual counseling. At the time of this writing, several of our therapists are exploring focus areas for populations such as front line healthcare personnel that could benefit from group interaction.

Anger Management

Implemented by licensed professional counselor Tom Kneier, who is nationally certified in anger management, this service is offered as one-on-one counseling, or as a 12-week structured group. Clients are generally referred to us by the Allegheny County court system. Although no groups were held in 2020, five of Tom's individual clients worked under his care to develop anger management skills.

Consulting

Caring for Clergy and Congregations



Top Left: The Right Rev. Kym Lucas, Bishop, The Episcopal Church of Colorado, served as a guest pastor for one of our Congregation for Clergy services.



Above: Board member, Rev. Melissa Stoller, also presented a sermon for the program. Rev. Stoller is the Director for Evangelical Mission and Assistant to the Bishop for the Southwestern PA Synod of the Evangelical Lutheran Church of America.



Left: Elder Ralph Lowe, the Director of Justice Ministries at the Pittsburgh Presbytery, serves as a member of our Congregation for Clergy worship team. Created specifically to suit the needs of pastors, Congregation for Clergy is a weekly, online worship service.

We didn't dwell on what we couldn't do, but on what we *could* do.

Impact

27 Clergy Coaching & Spiritual Direction Clients

15 Clergy Support Group Participants

15 Worship Services for Clergy

10 Speaking & Teaching Activities at Churches

The pandemic precluded us from holding live clergy workshops and other in-person activities. We overcame this obstacle by creating new resources and alternative ways to help pastors navigate the crisis through the use of online tools. We also proceeded with our one-on-one coaching and spiritual direction services through the use of live video.

"Pastors faced huge challenges," said Graham Standish, who directs the Caring for Clergy and Congregations program. "Not every church was ready to transition to online services. Many had to upgrade their technology and learn how to use it. Pastors were also dealing with crushing demands on their time and energy."

How *can* pastors inspire and encourage their congregations when they, too, are weary and overwhelmed? They have wives, kids, elderly parents, and health and finance issues like everyone else. It's not easy to shepherd others when your own emotional and spiritual needs are not being met.

Drawing on his vast experience in teaching, leading, and growing churches,

Graham offered pastors practical guidance. He developed an online library of resources, including a written series on "Spiritual Practices" which included lessons such as *Ministering in a Time of Crisis*. He also recorded a video, *Pastoring in Unprecedented Times*.

Moreover, Graham designed a weekly, online worship program specifically for pastors entitled "Congregation for Clergy." He introduced the program in September after assembling a worship team that he supplemented with guest pastors. "Our worship leaders and I created themes, scripture, prayer, music, and sermons with the needs of pastors in mind," he said. "Our hope is that pastors include these services as part of their weekly discipline." Congregation for Clergy videos are published on their own website (congregationforclergy.org) as well as on Samaritan's Youtube channel. The program remains an integral part of our Caring for Clergy and Congregations services.

"Graham has always been able to tune in to where I'm at in my journey and has always been able to provide real world advice gleaned from years of his own personal experiences."

- The Rev. Fr. Cameron Freese, who was coached by The Rev. Dr. Standish



Above: During the pandemic, The Rev. Dr. Graham Standish, our executive director, continued to serve clergy clients by providing coaching and spiritual direction via live video.



Samaritan Outreach and Revitalization

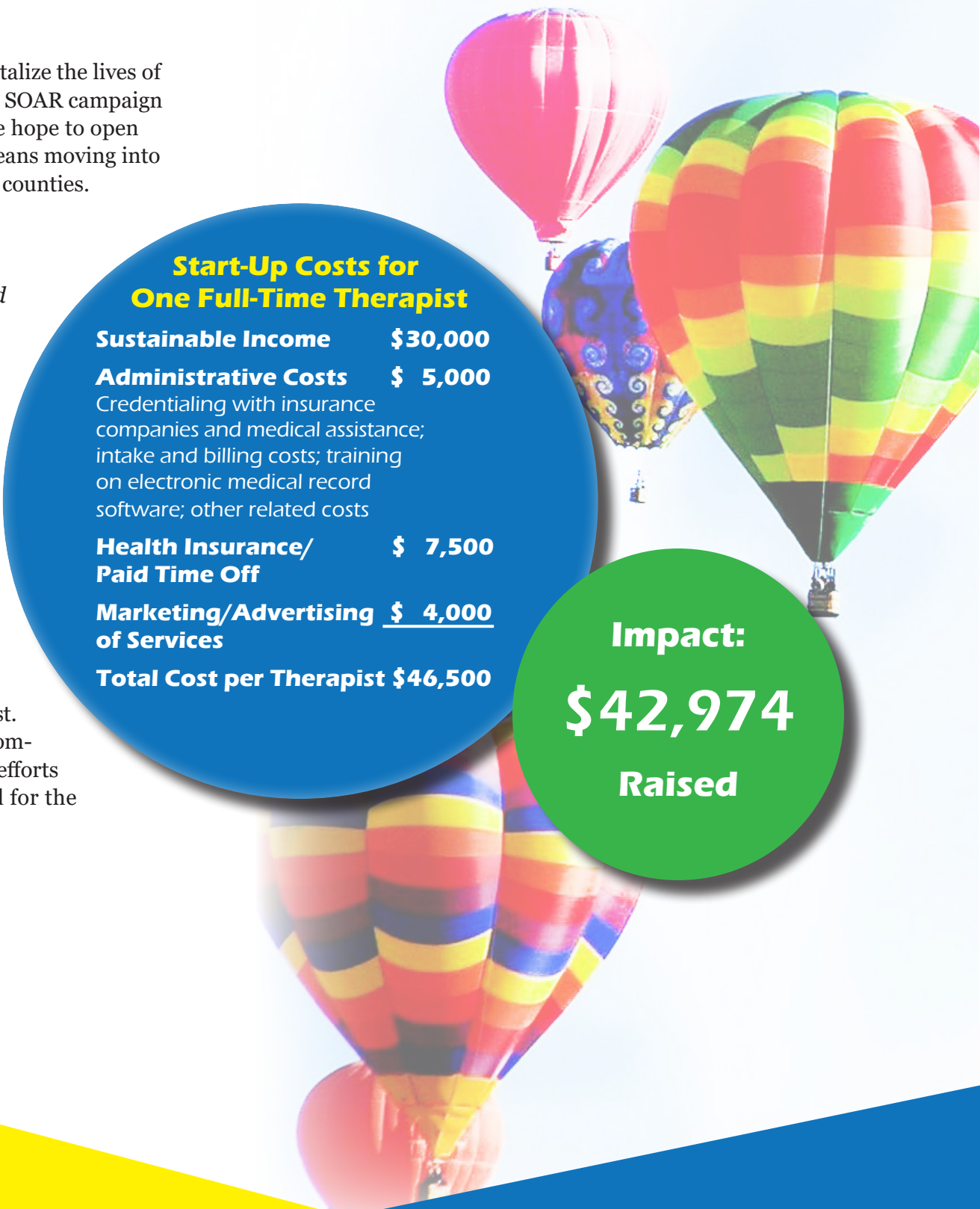
A key part of our mission is to reach out and help to revitalize the lives of people in under-served areas. In 2020, we launched our SOAR campaign to raise funds to support this expansion. Ultimately, we hope to open new satellites beyond our current service area, which means moving into Greene, Westmoreland, Lawrence, Armstrong, and Erie counties.

The Need Is Critical

Over 50% of Western Pennsylvania residents who need mental healthcare do not get treatment due to shortage of services, lack of resources, and limited accessibility.

To help address this need, we must hire more therapists to man our new satellites as they're opened. This process, however, is more involved than in most vocations. It generally takes 8-10 months for a new therapist to be credentialed with insurance companies and build a full caseload. Start-up costs of approximately \$46,500 per therapist inhibit our expansion efforts.

Although the pandemic delivered a major blow to our campaign, we were still able to raise 85% of the funds necessary to underwrite the cost of one full-time therapist. We gratefully acknowledge members of our campaign committee, board of directors, and leadership staff for their efforts to raise these funds. Foremost, we are deeply thankful for the contributors to SOAR who are listed on the facing page.



SOAR Donors

\$5,000 and Up

Anonymous
John Donahue
Graham Standish
Tom & Elizabeth Szuba
Brooks Family Foundation
Jonathan & Janet Gilliland
Robert & Joan Peirce
Bobby Vandrak Fundraiser
Patricia Cattrell
James D. Darby, Jr.
Alasdair & Moira Gledhill
John Oliver & Sylvia Dallas
Nancy Hansen
Kathy Smith
Marguerite Standish
Joel & Susan Young

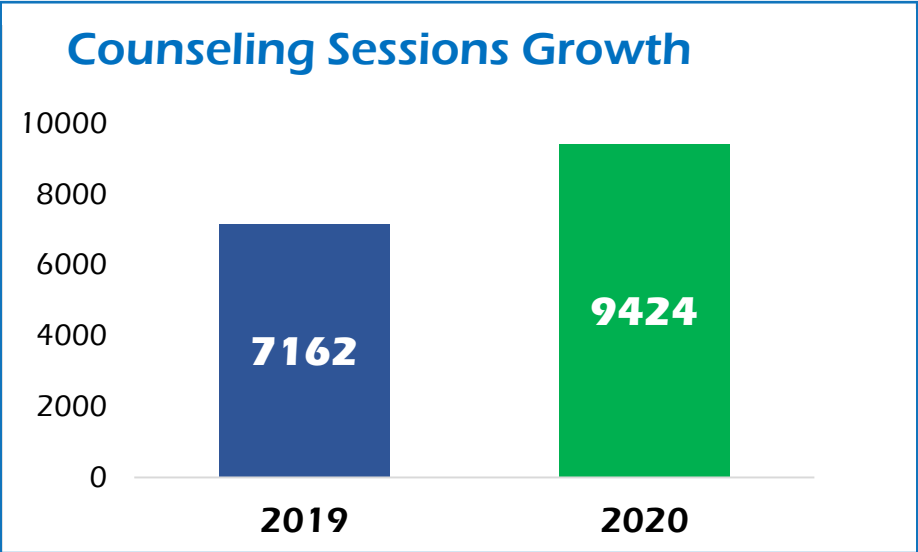
\$500-\$999

Tim & Kelly Black
Janet R. McDanel
William & Linda Roemer

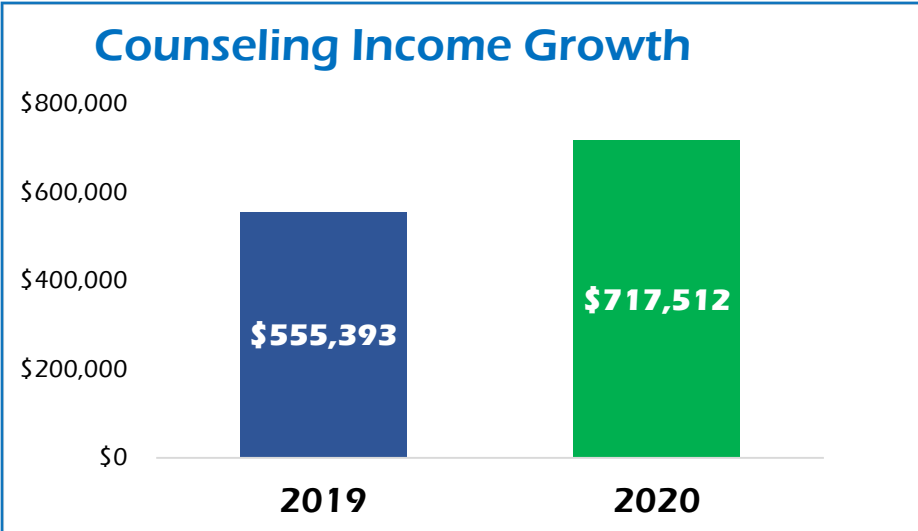
Up to \$499

Hanley Cox
Susan D. Craig
Tom & Sue DePra
Kevin & Donna Flannery
Cora A. Gebhardt
Walt & Jan Gorr
Barbara Johns
Stewart & Jeannette Lawrence
Wayne Murphy
Dan & Elaine Park
Jane Rice
Scott & Linda Schober
Jane Shadle

We're Growing!

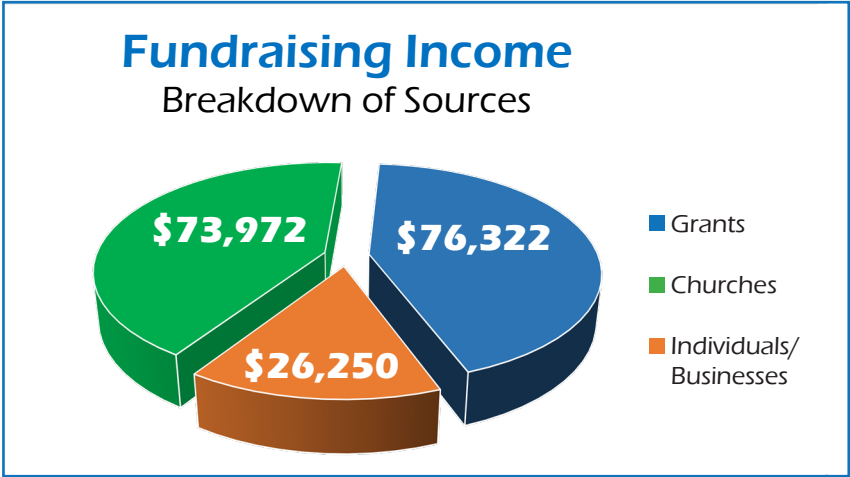


Graph 1

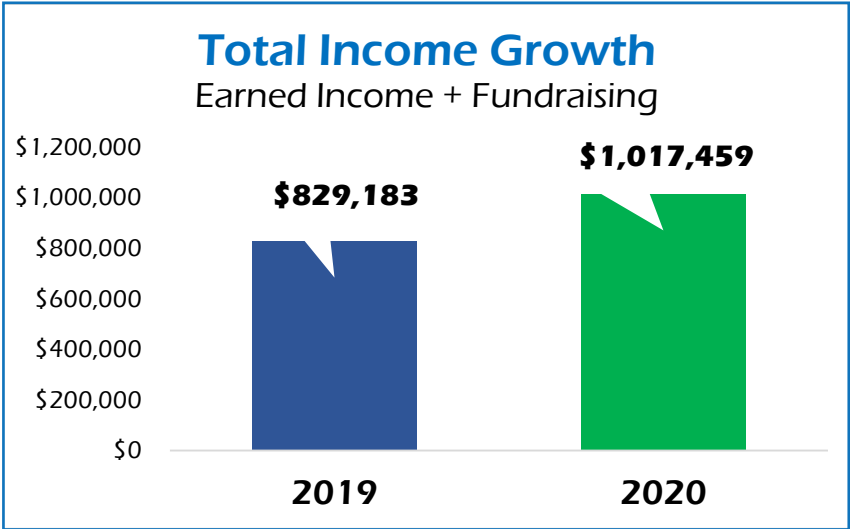


Graph 2

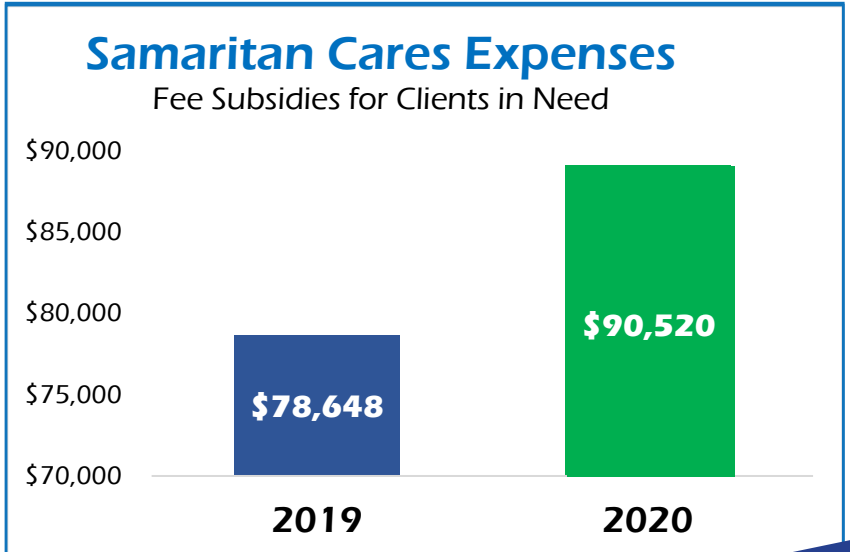
Right: Approximately one quarter of the clients we serve annually qualify for fee subsidies from our **Samaritan Cares Fund**. Those who receive subsidies are often uninsured, unemployed, under-insured, or unable to afford high insurance deductibles. Charging a nominal fee per session, Samaritan makes up the difference through the Fund.



Graph 3



Graph 4



Graph 5

The graphs on these pages illustrate milestones for Samaritan. As discussed in the narrative on page two, the significant increase in people who sought care in 2020 drove up our numbers.

Graphs 1 & 2: Counseling sessions generate insurance reimbursements, thus increasing our earned income. (Reimbursement rates vary among insurance companies, but have averaged approximately \$77 per session.)

Graph 3: To sustain our Samaritan Cares Fund, we submitted proposals to philanthropic foundations, solicit private donors through bi-annual appeals, and hold a major fundraising event. In 2020, we cancelled our event to comply with healthcare mitigation guidelines issued by the Center for Disease Control and state government.

Graphs 4 and 5: Our total revenue and Samaritan Cares expenses both spiked between 2019 to 2020.

Impact

Counseling Revenue:
\$717,512

Fundraising Revenue:
\$175,799

Samaritan Cares Fee Subsidies:
\$90,520

Our Host Churches

Rev. Kevin Long
Sewickley Presbyterian Church
 414 Grant Street
 Sewickley, PA 15143

Rev. Robbie Manypenny
First Christian Church of Beaver
 370 Iroquois Place
 Beaver, PA 15009

The Rev. Dr. Jo Forrest
Westminster Presbyterian Church
 2040 Washington Road
 Pittsburgh, PA 15241

Rev. Paul Becker Jr.
First Presbyterian Church of Bakerstown
 5875 Heckert Road
 Bakerstown, PA 15007

Rev. A. David Paul
Calvin Presbyterian Church
 112 N. Division Street
 Zelienople, PA 16063

Rev. David Janz
Butler First United Methodist Church
 200 E. North Street
 Butler, PA 16001

Rev. Rob Van Fossen
First Church of God
 23 Skyview Drive
 Punxsutawney, PA 15767

Rev. Gregory Clagg
Grace Lutheran Church
 393 Adams Street
 Rochester, PA 15074

The Rev. Dr. Stuart Broberg
Church of the Covenant
 267 E. Beau Street
 Washington, PA 15301

Rev. Linda Ruby
Whitehall Presbyterian Church
 4935 East Willock Road
 Pittsburgh, PA 15227

Rev. Dr. Steve Wilson
Oakmont Presbyterian Church
 415 Pennsylvania Avenue
 Oakmont, PA 15139

Rev. Scott Hill
Aspinwall Presbyterian Church
 299 Center Avenue
 Aspinwall, PA 15215

We are thankful for our host churches that provide space for us to serve communities in five Western PA counties.

2020 Good Samaritans

Thank you for spreading healing and hope with your generous gifts totalling \$175,799!



Life Changers Circle, Platinum Level, \$10,000+

A.J. and Sigismunda Palumbo Charitable Trust

PNC Charitable Trust

Sewickley Presbyterian Church*

Graham and Diane Standish

The Pittsburgh Foundation

Gold Level, \$5,000-\$9,999

Allegheny County Medical Society Foundation

Clapp Educational & Charitable Fund

Jay Donahue

William and Sandra Lambert

Tom and Elizabeth Szuba



Heart Healers Circle \$2,000-\$4,999

Patricia Cattrell

Community Presbyterian Church of Ben Avon

Fidelity Charitable Fund

Jonathan and Janet Gilliland

Heart Healers cont'd

Shelly McQuone

Robert and Joan Peirce

The Peirce Family Foundation

Thomas Marshall Foundation

Bobby Vandrak Fundraiser



Hope Givers Circle \$1,000-\$1,999

Kelly Barber

Matthew and Leslie Braksick

Calvin Presbyterian Church

Jonathan Colussy

Hope Givers cont'd

Sylvia Dallas and John Oliver

James and Joan Darby

Alasdair and Moira Gledhill

Bobby and Shadley Gordon

Nancy Hansen

Thomas O. Hornstein Charitable Fund

Jack Isherwood

June Nimick

Renaissance Charitable Foundation

Anna Singer

Kathy Smith

Peggy Standish

Joel and Susan Young



Care Partners Circle \$500-\$999

Rev. Tim Black

BNY Mellon Corp. Community Partnership

Michael Bryson

Ann P. Cahouet

Crestview Community Presbyterian Church

Carroll Ferguson

Robert Gordon

Janet McDanel

Colvin and Madeleine McCrady

John Orndorff, Jr.

William and Linda Roemer

Robert and Mona Riordan

Ted Ruscitti

(Continued)



*Above: Our faithful partner, The Sewickley Presbyterian Church, has strengthened our ability to grow and thrive throughout the decades.

2020 Good Samaritans continued



Faithful Friends Circle
Up to \$500

- Kathe Barge
- Shirley Barker
- Carl and Karen Baughman
- Sally Beatty
- Charlene Beck
- Lauri Becker
- Benevity Community Impact Fnd.
- Timothy Bingman
- Daniel and Karen Blough
- Richard Bowers
- John Buchanan
- John and Nancy Bunce
- Robert Burnham
- Marie Campbell
- Andrew Clem
- Costco Wholesale #200
- Hanley Cox
- Susan Craig
- J. Kent Culley
- Tom and Susan DePra
- Susan Elste

- Enscoe Long Insurance Group
- Kevin and Donna Flannery
- William Frank
- Cora Gebhardt
- Joyce Gledhill
- Walt and Jan Gorr
- Katherine Harbison
- Thomas Hartley
- Jean Henderson
- Joseph and Rita Hoepp
- Mary Jeanne Hoover
- Barbara Johns

“We believe in the
work of Samaritan
and appreciate
all that you do.”
Leslie Braksick

- Carolyn Jones
- Robert Keller
- Julie Kloo
- Ken-Mawr United Presbyterian
Church

- Carolyn Krudwig
- Philip Liebscher
- Karen Limbaugh
- Michael Loughead
- Jane Lavender
- Stewart and Jeanette Lawrence
- Nathalie Lemieux
- David Martin
- Janet Masciola
- Janet McGuire
- Barbara McKelway
- Simon and Hazel Merrills
- Donna Miskolcze
- Mary Jean Montag
- John Moraca
- Joann Murdoch
- Network For Good
- Old Union Presbyterian Church
- Daniel and Elaine Park
- Mary Pastorius
- Stephanie Perry, MD
- P.J. Dick Inc.
- Carol Regueiro
- Larry and Jane Rice
- Kenneth Rom
- Saint Andrews United
Presbyterian Church

- David and Martha Sandberg
- Melissa Sanfilippo
- Saxonburg Memorial Church
- Scott Schober
- William and Jane Shadle

“The help my
son got was a
life saver.
Thank you . . .”
Anonymous

- Ned and Judy Sherry
- Margaret Scherbel
- Dian Shandick
- Don Scandrol
- Bud and Carolyn Smith
- Donald Thomas
- Tina Thomas
- Jeff Turconi and Carla Sandy
- Susanne Udvari
- Unionville Presbyterian Church
- United Presbyterian Church of
Ambridge

- Susan Van Cleve
- Susie Wardrop
- Helge and Marge Wehmeier
- White Oak Springs Church
- Rev. Beth Wierman
- Dana Wilmot
- Mary Witul
- Young Family Trust

“This is probably
the best organization
I have ever been involved
with. The resource it provides
to the people in this area
is second to none.”
Tom DeFazio



But a Samaritan,
as he traveled,
came where the
man was;
and when he saw him,
he took pity on him.
He went to him
and bandaged
his wounds . . .