



Rooted in God -
Committed to your healing

Ephesians Life Ministries

Christ-Centered Counseling and Support Groups

2005 ANNUAL REPORT

A Snapshot of...

...Our Counseling Services

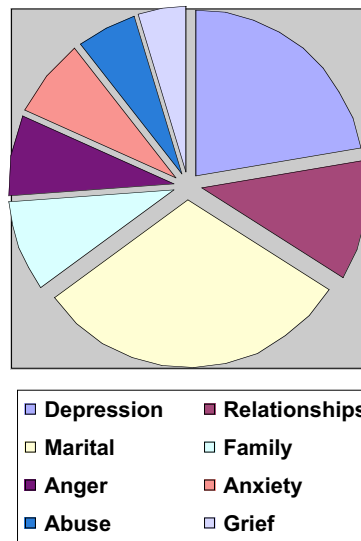
All new clients begin with a 5- to 10-minute telephone intake with our office staff. During 2005, we processed 1,434 telephone intakes. (This number does not reflect the calls for information, calls about 12-step groups or seminars, or calls from those who, after preliminary discussion, decide not to pursue counseling.) Of that number, 566 (40%) became new clients. We provided over 8,000 hours of therapy to approximately 1,200 individuals and couples and over 1,000 hours of group therapy. Seventy-two percent of our clients used their health insurance to pay for services, and 28% paid out-of-pocket. Of the out-of-pocket clients, nearly 75% paid a reduced fee.

...Our Counselors

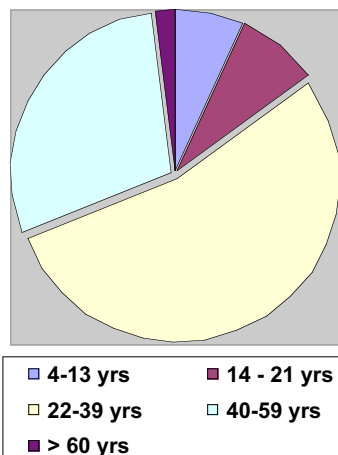
We had 38 active counselors in 2005 – one Clinical Psychologist, two Psychiatric Nurse specialists, 11 Licensed Clinical Social Workers, 11 Licensed Clinical Professional Counselors, and 13 who are completing supervised clinical hours to acquire licensure. Four of the counselors are full time, while the majority work only part-time with Ephesians. Approximately half averaged under 10 clinical hours per month, one fourth averaged 11-20 hours per month, and one fourth averaged 20 to over 100 hours per month.

...Our Clients

The most common issue presented by our clients at the time of intake is marital problems. Thirty-two percent state that marriage counseling is the primary reason they are seeking counseling. The next two most frequently cited issues are depression (23%) and relationships (12%). Other problems frequently given are family issues (9%), anger (8%), anxiety (8%), abuse (6%), and grief (5%).



Although we see clients of all ages, the majority of our clients are adults.



Community Outreach

Our outreach for 2005 included offering a dramatic production of C.S. Lewis' *The Screwtape Letters*, providing free facilitator training to individuals interested in facilitating 12-step recovery groups, and offering the popular seminar, *From Shame to Glory*. Presentations we made to the community included the Takoma Park Rotary Club, the Gaithersburg Presbyterian Church retreat for Stephen Ministers, the Parish Nurses' Networking meeting at Holy Cross Hospital, and the St. Mary of the Mills Health Fair. We also continued providing on-line free and confidential depression screening through our web site, where 353 screenings were conducted in 2005. Sixty-five percent of the men and 71% of the women tested were likely or very likely to be suffering from clinical depression.

Our Vision

Ephesians will be known throughout the Washington, DC, metropolitan area as an excellent resource for Christ-centered counseling and support.

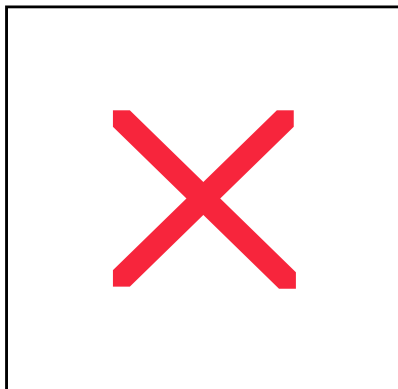
Our Mission

We provide counseling, education, and support to promote healing and to increase people's intimacy in their relationship with God, themselves and others.

Financial Summary

The ministry faced a number of financial challenges in 2005. The increase in activity required an increase in space, which increased our rent. Our donation income was affected, as was that of many charities, by the year's natural disasters. The majority of our revenue (82%) continues to come from fees. Although we reduced controllable expenses, our expenses for the year outpaced our revenue and we ended the year with a \$47,500 deficit. Fortunately, good years in 2003 and 2004 had given us the reserve to weather a bad year.

Despite contracting for assistance with fundraising efforts, we were able to maintain a favorable ratio of administrative to program expenses.



Changes in Leadership

Our Vice President, Audrey Easaw, was elected President of the Board in 2005. Richard McKinney, the previous president, remained on the Board as a member-at-large to assist with the transition. Mary Ann Hurley was elected Vice President, and the other three officers remained the same.

In addition, the Board welcomed three new members in 2005. Bradford Hearn is a development consultant with extensive experience in nonprofit management. Hearn served as executive director of Second Chance Society in Fort Lauderdale, Fla., and as director of donor development at the Miami Rescue Mission. Paul Sullivan, retired vice president and general manager with GEICO Insurance, had originally joined Ephesians as an office volunteer. He has been active with the Knights of Columbus; the Life Trust Committee of the Board of PLAN of MD-DC, a charity serving families with relatives with disabilities; and the Parish Council of St. Raphael's Catholic Church in Rockville. Olga Madruga-Forti, a corporate attorney with extensive domestic and international experience, is currently vice president of regulatory and legal affairs at Iridium Satellite.

The Board meets five to six times each year. Anyone interested in attending a Board meeting should contact the Ephesians office.

New Website

In January 2006 we unveiled our new website. Please visit us at www.ephesians.org for information on our programs and services, listing of our counselors and staff, and opportunities to become involved with the ministry.

2005 Board of Directors

President: Audrey Easaw,
Marketing Strategist and Business Development Consultant

Vice President: Mary Ann Hurley, *Retired Physician*

Secretary: Cathi Wixson,
Technical Trainer

Treasurer: Roy Jones, *Retired Federal Auditor-CPA*

Spiritual Director: Mary Beth Lawrence, *Associate Pastor, Gaithersburg Presbyterian Church*

Members at Large:
Christopher Allen, *Attorney*

Constance Battle, *Physician*

Bradford Hearn, *Development Consultant*

Mary Jo Kahler, *Advanced Practice Psychiatric Nurse*

Olga Madruga-Forti, *corporate attorney*

Richard McKinney, *Assistant Law Librarian, Federal Reserve Board*

John Sabins, *Certified Financial Planner and Enrolled Agent*

Eloise Strand, *Retired Occupational Therapist and former Chief, Army Medical Specialist Corps*

Paul Sullivan, *retired insurance executive*

Pam Sutton, *writer/editor for a Washington-based human development nonprofit organization*

Ex-officio:

Brena Gibson, *Executive Director*

How to contact us

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