



# Ephesians Life Ministries

*Professional Counseling Rooted in God*

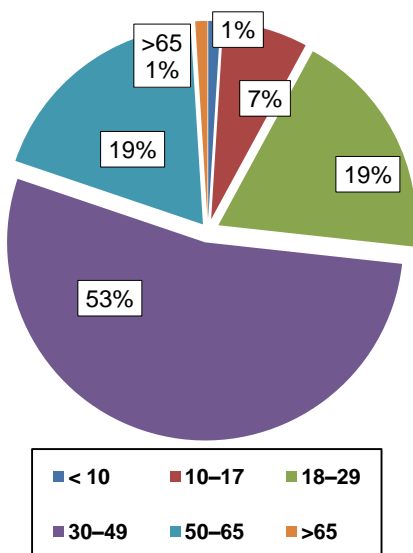
## 2010 ANNUAL REPORT

### Who We Are

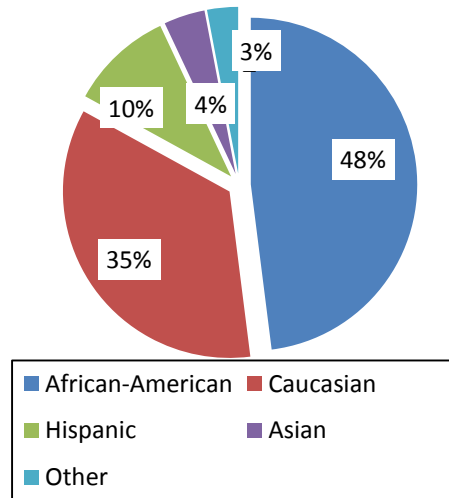
Ephesians is a comprehensive mental health counseling organization, serving individuals, couples, and families with a wide range of mental health problems. We were established in 1979 and incorporated in 1988. While our organization is faith-based and all of our counselors and the majority of our clients are Christian, we serve clients of all faiths. We also offer psycho-educational seminars to the public and continuing education seminars to therapists.

### Who We Serve

The clients we serve at Ephesians are often some of the most vulnerable in the community, including victims of domestic violence, adult survivors of childhood sexual abuse, and individuals with addictions. Although we treat clients of all ages, the majority are adults.



Our clients represent a variety of ethnic groups; 71% are female.



Approximately 35% of our clients find us through their insurance companies, 30% are referred by family and friends who have used our services, 9% are referred from other agencies or hospitals, and 8% are referred by their pastors; 12% are returning clients.

### What We Do

We provide individual, couples, group, and family therapy. While the presenting problem varies, the majority of our clients are treated for some form of anxiety disorder or mood disorder, including depression and bipolar disorder. Other diagnoses treated include eating disorders, sexual dysfunction, post traumatic stress disorder, and various adjustment reactions. Our therapists use a variety of therapeutic approaches, including cognitive, psychodynamic, interpersonal, behavioral, and play therapy. Our therapists pray for and with their clients, if the client is open to it.

The faith component is a part of the therapeutic process only to the extent that the client is comfortable with it and desires it. For clients of faiths other than Christian, our counselors will encourage them in their own walk and traditions.

### Where We Are

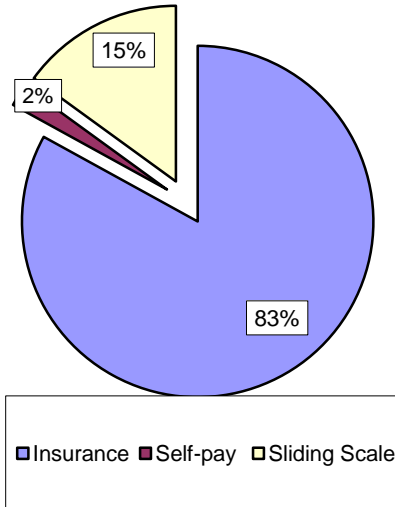
Our main office, on Elton Road in Silver Spring, houses our three full-time administrative staff (executive director, office manager/intake coordinator, accounts manager) and remains our primary counseling location, with 13 of our providers seeing clients in one of the eight counseling rooms in our main office. Other providers see clients in home offices, churches, and other professional office space. These additional locations are in Bethesda, Gaithersburg, Germantown, and Rockville in Montgomery County (MD); Upper Marlboro and Bowie in Prince George's County (MD); Laurel in Howard County (MD); and in the District of Columbia.

### Our Providers

All 24 of our providers are masters' level therapists licensed by Maryland, Virginia, and/or the District of Columbia as professional counselors, clinical social workers, nurse specialists, or marriage and family therapists. We have male, female, African-American, Asian, Caucasian, and Hispanic providers. Some have specialties in treating trauma, abuse, chemical and sexual addictions, dissociative disorders, and couples.

## Our Fees

The majority of our clients (83%) use their health insurance to pay for services. Of those who pay out of pocket, 98% pay a reduced fee, which varies from \$20–\$70.



## Donations

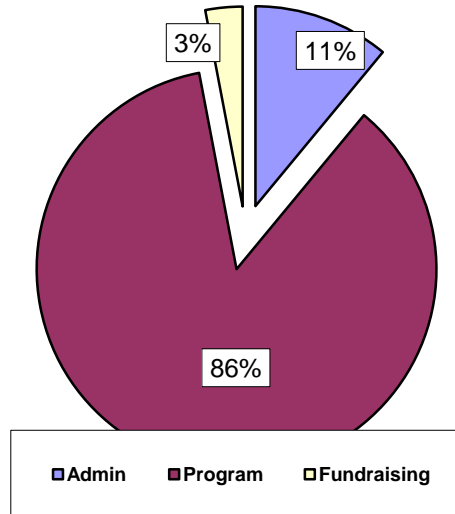
We continue to be extremely grateful to our faithful continuing supporters and our new donors for all gifts, large and small. Although fee income is our primary revenue stream, we rely on donations for 12%–15% of our income.

Total Individual Giving for 2010	Number of Donors
\$5,000 and above	3
\$2,500 – \$4,999	1
\$1,000 – \$2,499	3
\$500 – \$999	8
\$100 – \$499	68
\$1 – \$99	103

We received donations from 186 individual donors in 2010, a 4% increase from the number of donors in 2009. Of those 186 donors, 71 (38%) gave more than once. Total giving per individual for 2010 ranged from \$5 to \$6,825.

## Financial Summary

Although we continue to be challenged by the economy and the health care environment, 2010 was a slightly better year than 2009. Our fee revenue was up 1% and we were able to hold down expenses, in part by freezing payroll.



The BBB Wise Giving Alliance recommends that a charity should spend at least 65% of total expenses on program service activities and no more than 35% on administrative and fundraising expenses. Our expense allocations are well within the recommended guidelines, with 83% of our expenses being for program activities.

### How to Contact Us

Ephesians Life Ministries  
 1620 Elton Road, Suite 204  
 Silver Spring, MD 20903  
 301-439-7191  
 301-439-1169 (fax)  
[www.ephesians.org](http://www.ephesians.org)  
[ephesians@ephesians.org](mailto:ephesians@ephesians.org)

## Donation Options

Donations to our ministry may be made by:

- check sent to our address (below)
- credit card by calling us (number below)
- using the “Donate Now” link on our web page
- Combined Federal Campaign designation #30811
- Maryland Charity Campaign designation #1873
- United Way designation #9395

If your employer offers matching funds, please be sure to ask that your donation be matched. For planned giving options, please call the office.

## 2010 Board of Directors

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

**Vice President:** John Sabins,  
*Certified Financial Planner and Enrolled Agent*

**Secretary:** Paul Sullivan,  
*Retired Insurance Executive*

**Treasurer:** James Kahler, *National Commercial Real Estate Firm*

### Members at Large:

Lawrence P. Boesch, *Engineer*

Aaron Caruso, *Attorney*

Maxine Counihan, *Retired Educator and Nurse*

Sandra Mayo, *Retired Health Care Executive*

### Ex-officio:

Leslie Marler, LCPC, *Clinical Representative*

Brena Gibson, *Executive Director*

Our mission is to provide professional mental health counseling, education, and support to promote healing of mind, body, and spirit to anyone who seeks our help. If you or someone you know needs help, please call us at 301-439-7191 or fill out a contact form on our web page: [www.ephesians.org](http://www.ephesians.org).