



## The Refuge Center for Counseling 2010 Annual Report

### Founders Review & Thoughts from our Board

Dear Friends, Family and all Refuge Supporters:

As we reflect on 2010 our hearts are filled with gratitude and hope. This December 12th The Refuge Center celebrated five years of community service. We saw 1,000% growth in these past five years and have seen God provide in miraculous ways. We've also seen thousands of client find healing, restoration and hope!

This year we provided 5,551 sessions to 883 clients, doubled our intern program, added highly qualified staff, expanded our children's program, had our most successful event fundraiser etc.!

Please prayerfully consider partnering with us in 2011 so we can continue to provide a place of Refuge for those who are hurting . We thank you for your support this past year!

Sincerely,  
Amy Alexander & Jennifer Gillett, Refuge Co-Founders

*In describing 2010 for The Refuge Center our Board Treasurer said the following:*

*"God abundantly blessed The Refuge Center and showed up at every turn, financially, foundationally and spiritually in 2010. In a year when many non-profits struggled to find funds, Refuge had its most successful solo fundraiser ever and surpassed our grant goals for the year. Foundationally, the needs of our Board were met, as old and new members provided great leadership and worked together to accomplish a banner year. Spiritually, God brought healing to so many lives as a record number of clients were served. I am so thankful to serve such a life-changing place."*

*Our full Board of Directors chose the following words to describe 2010 for Refuge:*

- ◇ Breakthrough, Stability, Vision, Challenges
- ◇ Positive Growth, Significant community impact, Amazing,
- ◇ Supportive Team, Incredible, Fascinating, Blessed

### 2010 Board of Directors

- Martin Maguire  
President
- Keith Solomon  
Vice President
- Carol Wood  
Secretary
- Heather Higham  
Treasurer
- Tricia Murray  
Past President
- Samuel Aderogba
- Linda Crockett Jackson
- Nicole Floyd
- Jennifer Gillett
- Terre Grable
- Richard Hoertner
- Roger Johnson
- Teresa Kelly
- Robin McDonnell
- Renee Yarbrough

### 2010 Partnership Council Members

- Dan Alexander
- Rachelle Buchanan
- Elizabeth Edmondson
- Taj George
- Jon Gillett
- Anthony Herron
- Dave Hutchins
- Dr. Ted Klontz
- Teresa Kelly
- Richard Lloyd
- Kristi Mclelland
- Melanie Reeves

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## Refuge Center Grows its Intern Program



In 2010 we significantly expanded our intern program. The Refuge Center accepted 10 Masters and Doctoral level students from local and regional Universities each semester. We are proud to have strong relationships with Colleges such as Trevecca Nazarene University, Richmond University and Lipscomb University.

## A Few Testimonials from 2010

### Male, Age 31

"To be completely honest counseling is tough! It's one of the hardest things I have ever done in my life. But it has been worth it. All of the hard-work and tears have not been fun or easy. Yet, it has been extremely liberating and life-changing. The tools that counseling has given me will go with me for the rest of my life. I'm not completely out of the clear yet, but I am close. And I will ultimately end up being victorious over my struggles. The fact is: if I would not have come to counseling, I would have never made it this far on my own. It would've been easy to quit at several points along the way, but I didn't, and it is paying off. I am coming closer and closer to reaching my full potential in life. I would recommend counseling for any and everyone who is going through a difficult season, no matter how severe or mild. I believe in what they do at the Refuge Center and would recommend anyone to this place."

### Female, Age 51

"I have been seeing my Refuge counselor for two years now and she has literally saved my life! After a very nasty, long, drawn-out divorce, which I didn't see coming, my life fell apart. I was so hurt, sad, angry, and scared. I didn't know how to start picking up the pieces or how to move on with my life. My counselor guided me through all the channels and held my hand the whole way through this journey. Because of my counselor, I am a better, happier and content person. Thank you."

### Male, Age 10

"The Refuge Center has helped me learn to become calm and to be able to control myself."

### Female, Age 10

"The Refuge Center has helped me have a peace of mind and it has also helped me understand that it is okay to cry and express my feelings. My counselor is a truly great person and is someone I can really talk to. I had lost my way after my dad died and my counselor helped me to find my way. I am now much more relaxed than before. My life was so intense until now. My counselor is a true friend."

### Female, Age 32

"At the age of 31 the thought of going to counseling for the first time was almost more overwhelming than the high amount of anxiety I was experiencing on almost a daily basis. With the gentle but constant nudging of close friends and the affordability of counseling sessions, I went for one session and continued to go for the next 19 months. Through my sessions at The Refuge Center, I began the journey to discover who I truly am as an individual. The Refuge Center provided me a safe place to bring my hurts, fears, and misperceptions of myself. I know find myself being a huge advocate for counseling and the multitude of benefits it can provide. I also know that once of the main reasons I was able to continue going to The Refuge Center after my first session was because of the sliding fee scale."

### Parents of a child who received service at Refuge

"The Refuge Center has really saved our family. Our second daughter has a sensory defensiveness (huge issues with clothes, hair, socks, shoes, anxiety, anger and depression) which was controlling our whole family's lives. Her counselor has given us tools to use to help her and has given her the confidence to be the best that she can be. Her Refuge Counselor is someone that makes her feel special and not afraid of situations that would normally have thrown her into a downward spiral of anger and depression. She has overcome so many hurdles in the last year and a half. I have no idea where we would be if we hadn't found The Refuge Center and. Also, being a Christian based counseling center has been such a blessing! Our Refuge counselor has helped each and every one in our family...we all know we have a friend and confidant in her."

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## Whom Have We Served in 2010?

**Total Clients Served in 2010: 883, Total Sessions in 2010: 5,551**

**Gender**  
71 % Female  
29 % Male

**Age**  
0-5 1%  
6-12 11%  
13-19 11%  
20-54 72%  
55+ 5%

**Race**  
90% Caucasian  
5% African American  
3% Hispanic  
2% Other

**County**  
73% Williamson  
20% Davidson  
4% Maury  
3% Other

**Average Dollars Per Session**  
\$36

**Average Number of Sessions per Client:**  
12.4

**Number of Visits with Psychiatric Nurse Practitioner:**  
86

### Referral sources

Shelters: Bridges, Hope House; Safe Haven Family Shelter

Churches: Berry's Chapel Baptist, Brentwood Baptist, Brentwood Church of the Nazarene, Christ Community, Concord Road Church of the Nazarene, Fellowship Bible, Fourth Ave. Church of Christ, Generations Church, Grace Chapel, Grassland Heights Baptist, Lakeshore Baptist, Macedonia Baptist, Newsong, North Korean United Methodist, People's Church, Ridgeview Community, Rolling Hills, Smith Springs Church of Christ, Southview Community Church, Strong Tower, Woodland Hills Baptist

Other counseling centers: Agape, Catholic Charities, Cumberland Heights, Deep Water Christian Counseling, Mercy Family Services, Pastoral Counseling Center, Porter's Call, Private Practice counselors, Youth Villages

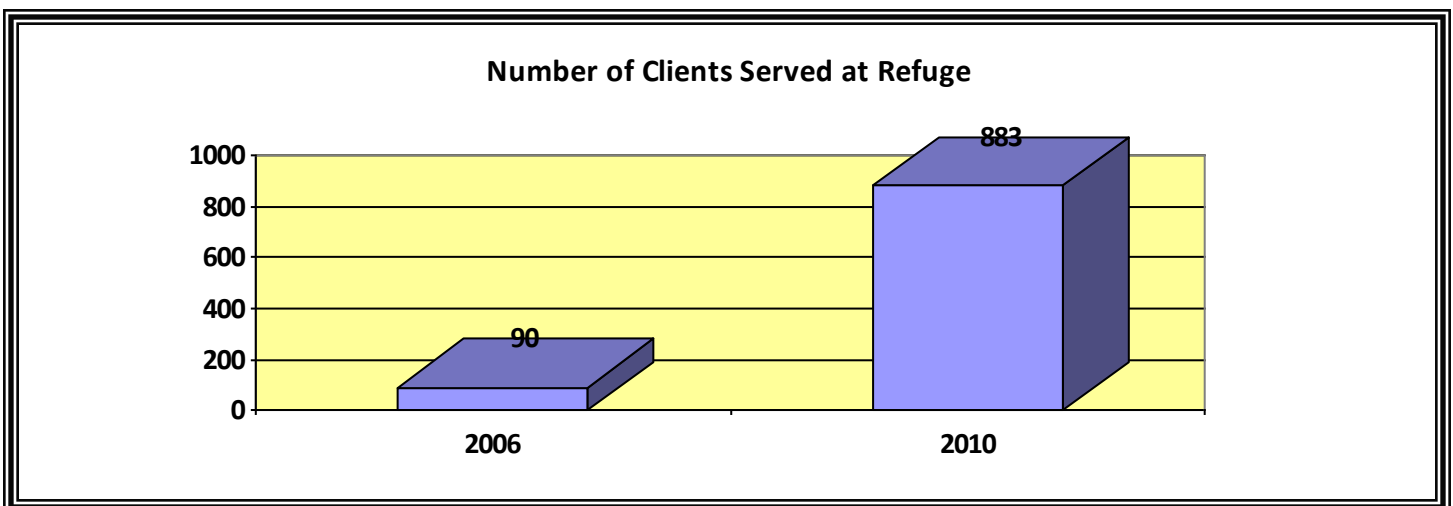
Schools: , David Lipscomb University, Eagles Nest, Ezell Harding, Father Ryan High school, Franklin Christian Academy, Trevecca Nazarene University, Williamson County School social workers

Other: Bradford Health Services, CASA, Community Outreach Ministries, Cool Springs Ministries, Cool Spring Psychiatric, DCS, Drug Court, Gilead Center, Local Attorney's , Media, Middle TN Center for Alternative Medicine, Old Harpeth Pediatrics, Other Refuge Center clients, Private Practice Counselors, Refuge Center website, Youth Encouragement Services, 2-1-1.

### Presenting Issues

Addiction, Adoption/Attachment Issues, Anxiety, Behavioral Issues, Career Transition, Child Abuse, Depression, Divorce Adjustment, Domestic Violence, Family Therapy, Grief and Loss, Marital Crisis, OCD, Parenting, Pre-Marital Counseling, PTSD, Relationship Issues, Sexual Abuse, Sexual Identity issues.

## Look at the Growth!



# The Refuge Center for Counseling 2010 Annual Report

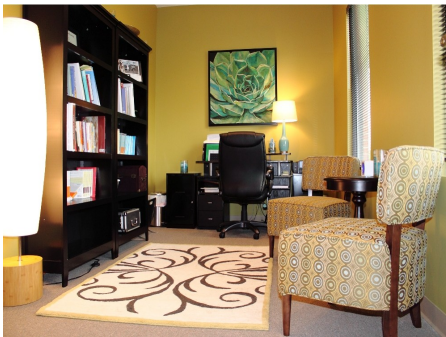
## Refuge Adds Psychiatric Nurse Practitioner to Staff



Thanks to funding from the Baptist Healing Trust, Refuge was able to add a Psychiatric Nurse Practitioner to its staff this year. Debra Partee is the Assistant Professor of Psychiatric/Mental Health Nursing at Vanderbilt University School of Nursing, and a Psychiatric Advanced Practice Nurse. Deb has been an APN for over 25 years, and in addition to teaching nursing students, she has worked with many non-profit agencies, including mental health clinics and domestic violence shelters. Deb works with The Refuge Center clients to prescribe psychiatric medications and provide medication management, as needed, and always in conjunction with the counseling they receive. Deb has particular expertise in treating depression, anxiety, mood disorders and trauma related symptoms.

## Refuge Grows its Children's Program!

Due to many factors, not least of which is the current economy, demand for our services is skyrocketing. In the first quarter of 2010, due to inadequate space, **we were having to turn away 25% of the children** that came to us for critical counseling. However, on May 10<sup>th</sup> we were able to obtain an additional 700 sq. feet of office space for our Children's Program. Thanks to a private donation, and funds from the Predators Foundation and the United Way Youth Advisory Council we were also able to furnish the space and obtain many of the play therapy items needed to provide excellent care to children. We were especially blessed to have Bonnie Richardson and Darlene Dyson, owners of "Arranged by Design" donate their time to design and decorate the spaces. This additional office space (which includes a parent intake room and a play therapy room) allows us to provide up to 30 additional counseling sessions each week to children, teens and their families.



## Refuge Serves Flood Victims



The Refuge Center for Counseling experienced a substantial increase in the requests for counseling because of the historic flooding experienced by middle Tennessee in May. The effects of the flood have been greater and more far-reaching than what can possibly be portrayed in the media. The emotional trauma caused by this natural disaster was significant. The Refuge Center worked with the United Way of Williamson County and its 30+ partner agencies to be a place that those impacted by the flood could receive counseling services, no matter what their financial situation may be. We provided over 200 counseling sessions to those impacted by the flood. We also gave community presentations about the emotional impact of these kinds of traumatic natural disasters.

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## 2010 Refuge Volunteers:



During 2010 The Refuge Center was blessed to have 61 volunteers provide services to our agency. Groups such as the United Way Youth Advisory Council and HCA Community Partner employees participated in volunteer efforts. Volunteer services included: childcare care sessions and support groups, office maintenance and cleaning/painting, technology support, interior design, grant research, administrative support, and assistance with special events.

## Refuge Center Special Events in 2010

2010 was a milestone year for The Refuge Center with special events. In May Refuge hosted “An Evening of Hope...Embracing Change for a New Day” featuring nationally renowned author and counselor Dr. Ted Klontz. Shown below is a photo of Dr. Ted Klontz and also a photo of Refuge board member, Heather Higham.



Heather Higham, Refuge Center Board member presents Dr. Ted Klontz with The Refuge Center Outstanding Service Award



In September Refuge held a “Zumbathon at D1 Sports in Cool Springs. Over 60 women came to participate in this Latin/hip-hop inspired dance class. Not only were funds raised, but the participants left feeling energized and healthier!

In November, The Beacon Financial Group presented “A Songwriter’s Night” held at The Factory in Franklin. Nearly 200 guests enjoyed an extensive silent auction, feasted on comfort food from “Down South Delights,” and were entertained by hit songwriter’s Shane Mcanally, Cory Batten and Josh Osborne (pictured below.) Thanks to our guests and generous corporate sponsors \$24,000 was raised for The Refuge Center.



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## The Randy Clark Donor Recognition Society

Randy Clark is one of The Refuge Center's founding Board members and he provided a great deal of the seed money for the agency to grow and take root in the community during its first three years of operation. He continues to play an active role on the Board of Directors as well as providing ongoing financial support. Members of the Randy Clark Donor Recognition Society are in the elite company of others who have made the highest level of commitment to The Refuge Center through their wise leadership, generous philanthropy and ongoing friendship. Their impact on The Refuge Center is immense, and their influence is widespread.

Giving to The Refuge Center for Counseling:

The Randy Clark Donor Recognition Society is the backbone of The Refuge Center's financial stability. We encourage donors to consider making three-year pledges but annual and one-time gifts are also gladly accepted.

## Individuals Supporting Refuge in 2010

### **The Cedar Society: \$250-\$999**

Samuel Aderogba  
Chris Barnhill  
Betty Bower  
Steve and Debbie Clanton  
Jake Embry  
Tim and Terre Grable  
Anthony and Kelly Herron  
Heather Higham  
Elizabeth Ingram  
Margie Johnson  
Roger and Julie Johnson  
Martin Maguire  
Jonathan McAdams  
Mark and Tricia Murray  
Mike and Lisa Orrick  
Melanie Reeves  
Paul and Carolyn Rivere  
Ryan and Meghan Roth  
Annette Snowden  
Keith and Tonda Solomon  
Mark and Ellen Spivey  
Ken and Bev Varcoe  
Joseph and Debra Vitale  
Luke and Kendra Walker  
E. Blake Watt  
Frank and Courtney Wilbert

### **The Poplar Society \$1,000-2,499**

Richard and Jamie Elam  
John Hewitt with Kelly Enterprises , LLC  
Carol Wood

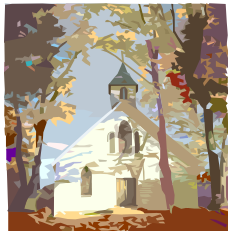
### **The Walnut Society \$2,500-\$4,999**

Dan and Amy Alexander

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## Foundations and Corporations Supporting Refuge in 2010

Ajax Turner  
Allegra printing  
Beacon Financial Group  
Baptist Healing Trust  
Bob Parks Realty  
Comfort Engineered Systems  
The Emmy Lou Thompkins Foundation  
The Firm Foundation (The Giving Circle)  
Garth Brooks Teammates for Kids Foundation  
Kelly Enterprises , LLC  
M. Tate Eble, DDS  
The Memorial Foundation  
Middle Tennessee Electric, Customer's Care Program  
Silver Pointe Properties  
The Nehemiah Foundation  
The Predators Foundation  
Target  
Tennessee Emergency Response Funds  
Reliant Bank  
Wells Fargo Bank  
9Fruits Smoothies



## Churches Supporting Refuge in 2010

Christ United Methodist  
The People's Church  
Smith Springs Church of Christ  
Strong Tower Bible Church

