The Pro Bono Counseling Project’s 28th year marked significant growth and continued support in many different areas. We now have over 800 licensed mental health professionals enrolled as volunteers to provide their services to clients at no cost. In 2019 alone, participating volunteers donated 9,865 hours of mental health therapy to Marylanders in need.

The generosity of our donors and funders continues to grow as well. The Pro Bono Counseling Project (PBCP) received a grant from the Mental Wellness Foundation to provide Eye Movement Desensitization and Reprocessing (EMDR) training to 30 PBCP volunteers at a significantly reduced rate. This training provided clinicians with the knowledge and skills to utilize EMDR therapy in their practice. EMDR is a psychotherapy that can help people recover from trauma and other distressing life experiences, including PTSD, anxiety, and panic disorders.

The Middendorf Foundation provided a grant enabling us to launch a new organization website. Redesigned from the ground up to clearly represent what Pro Bono Counseling has to offer, the layout was reorganized to make it easier to use for people seeking care, volunteers, and supporters. We simplified the website’s navigation and ensured it is fully mobile responsive and suitable for a variety of devices. To improve accessibility, we translated more content into Spanish, and worked with a developer familiar with ADA design standards.

In an effort to remove language as a barrier to mental health care access, Pro Bono Counseling formed a partnership with Ayuda to provide interpretation services for clients. Through the Victim’s of Crime Act funding, Ayuda provides free interpretation and translation for PBCP clients.

All of your support ensures that we can continue our mission to ensure that all Marylanders have access to the mental health care they deserve.
## PBCP Participants

### New Requests for Counseling
- **2,536**

### Participants Active in Counseling
- **3,046**

### Donated Hours of Counseling
- **9,865**

### Race
- Black/African American - 47%
- White - 32%
- Asian - 5%
- Multiple Races/Another Race - 16%

### Ethnicity (Any Race)
- Latino - 14%
- South Asian - 3%

### Gender
- Female - 69%
- Male - 30%
- All Other Gender Identities - 1%

### Languages
11% of Participants Spoke a Primary Language Other Than English, Including:
- ASL
- Amharic
- Arabic
- Bengali
- Bulgarian
- Creole
- Dari
- Dutch
- Farsi
- French
- Hindi
- Japanese
- Kikuyu
- Kiswahili
- Korean
- Nepali
- Portuguese
- Russian
- Spanish
- Tagalog
- Tigrinya
- Urdu
- Vietnamese
- Yoruba

### Age
- Age Range: 4 years to 93 years
- Average Age: 38 years old
Counseling Requests

REQUESTS BY COUNTY

REQUESTS BY TYPE

Counseling Impacts

“My experience with Pro Bono Counseling is the most wonderful thing that has happened to me.”

A woman in her 70’s called Pro Bono Counseling experiencing anxiety and depression. She shared that she had “low self-esteem because my mother and brother were constantly telling me I was wrong and not good enough.” She was matched with a mental health therapist, and after working together for almost 80 sessions, the client stated, “My experience with Pro Bono Counseling is the most wonderful thing that has happened to me.”

“Pro Bono Counseling has helped me feel so much better.”

A teenager called Pro Bono Counseling due to the trauma he experienced finding the body of his brother who had died from a drug overdose the year prior. He shared that he was struggling with feelings of hopelessness, anxiety, and despair, stating, “I’m afraid of death and letting down people.” He was connected to a mental health therapist and met with them ten times. When he ended therapy, he stated that, “Pro Bono Counseling has helped me feel so much better.”

“I’m really thankful and grateful to my clinician and to Pro Bono Counseling.”

A woman in her 50’s called Pro Bono Counseling experiencing depression. She stated, “My spirit is low sometimes.” She separated from an emotionally abusive spouse the previous year. The client shared, “I’m very reserved and don’t let people in. I know that is for a reason but I don’t why- I have a lot of why’s.” She was matched with a mental health therapist and participated in almost 75 hours of therapy. When the client was contacted to check in about how therapy was going and her experience, she stated, “I’m really thankful and grateful to my clinician and to Pro Bono Counseling.”
## Financial Overview

The Pro Bono Counseling Project, Inc.

Statements of Activities and Changes in Net Assets

For the Years Ended April 30, 2019 and 2018

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenue</strong></td>
<td></td>
<td></td>
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<tr>
<td>Contributions</td>
<td>$202,065</td>
<td>$192,592</td>
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<tr>
<td>Government Grants</td>
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<td>$196,961</td>
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<tr>
<td>Program Fees</td>
<td>$16,410</td>
<td>$21,385</td>
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<tr>
<td>Investment Income</td>
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<td>$74</td>
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<tr>
<td>Miscellaneous Income</td>
<td>$293</td>
<td>$564</td>
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<tr>
<td><strong>Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Program Services</td>
<td>$391,713</td>
<td>$303,712</td>
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<tr>
<td>General and Admin</td>
<td>$61,076</td>
<td>$50,301</td>
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<tr>
<td>Fundraising</td>
<td>$210,233</td>
<td>$19,999</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>$473,812</td>
<td>$374,012</td>
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<tr>
<td><strong>Net Assets Released from Restrictions</strong></td>
<td>$0</td>
<td>$0</td>
</tr>
<tr>
<td><strong>Net Assets at Beginning of Year</strong></td>
<td>$302,801</td>
<td>$265,237</td>
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<tr>
<td><strong>Changes in Net Assets</strong></td>
<td>($14,343)</td>
<td>$37,564</td>
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<tr>
<td><strong>Net Assets at End of Year</strong></td>
<td>$288,458</td>
<td>$302,801</td>
</tr>
</tbody>
</table>

### PUBLIC FUNDERS

- **Baltimore County Department of Planning**
  - Funded counseling for Baltimore County Residents

- **Behavioral Health Systems Baltimore**
  - Funded services for veterans, military members, and their families

- **Governors Office of Crime Control and Prevention**
  - Funded services for victims of crime, including a specific grant for survivors of homicide

### PRIVATE FUNDERS

- **The Bainum Family Foundation**
- **The Jacob and Hilda Blaustein Foundation**
- **The Charles Crane Family Foundation**
- **The Hoffberger Foundation**
- **Louise D. & Morton J. Macks Family Foundation**
- **The Mental Wellness Foundation**
- **Middendorf Foundation**
- **Towson University South Asian Student Association**
- **Harry and Jeanette Weinberg Foundation**

### SPONSORS

- **Certified CIO**
- **Schoenfeld Insurance Associates**

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**Contributors**

We sincerely thank and recognize these contributors who donated $150 or more to the Pro Bono Counseling Project in 2019.

- Dr. Jandel Allen-Davis
- Ms. Joanne Althoff LCSW-C
- Mr. Joseph Anastasio
- Ms. Barbara Anderson
- Mr. David Oliver Avruch
- Dr. Samuel Berkowitz
- Mr. Gilbert Bliss
- Ms. Barbara S. Bond
- Dr. Pratima Bose
- Kathleen Boucher
- Dr. Shenita Brokenburr
- Ms. Anne Burrows
- Dr. Wilfried Busse
- The Honorable J. Norris Byrnes
- Ms. Elizabeth Champney
- Caitlin Daniels
- Dr. Steven R. Daviss
- Ms. Judith DeVito
- Ms. Swaran Seth Dhawan
- Ms. Shubanjali Dhawan-Gray
- Mr. Timothy Donovan
- Mr. Peter Dull

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- Mr. Leroy Terrelonge
- Mr. Stuart A. Tiegel
- Dr. Gloria K. Vanderhorst
- Dr. Susan B. Wait
- Mr. Jeffrey Weiss
- Ms. Camille Wheeler

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**FY 2019**

**REVENUE**

$459,469

**EXPENSES**

$473,812
Lisa Beauvois, CRNP
Merlene Blair-Brown, LCMFT
Gilbert Bliss, LCSW-C
Pratima Bose, MD
Judith DeVito
Swaran S. Dhawan, LCSW-C, BCD
Melinda Hiken, APRN/PMH-BC
Peter A. Kahn, MD
Shelly F. Lurie, APRN/PMH-BC
Mark Smolarz
Camille B. Wheeler