



Trinity Counseling Service

is an independent, nonprofit organization that provides licensed professional counseling, wellness and educational services in a safe, welcoming environment to individuals and families facing life's challenges.

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FISCAL YEAR 2021

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LETTER FROM THE EXECUTIVE DIRECTOR



At a time of chaos (national pandemic, political disease, social unrest), it's important to know that there are people and places we can rely on for support and counsel when needed. TCS has been a solid fixture in the community for 52 years, and we have never been stronger thanks to your support. Almost a year to the day we moved into our new building (a "forever home") at 353 Nassau Street where we saw clients for four months before COVID-19 hit. Inside the Newsletter you will see tributes to those who made 353 possible. I look forward to having many of you in the building in the future, to experience the light and warmth, and the attention to detail paid to ensure our clients and families feel welcome and secure. TCS is a place where those who are vulnerable seek support and care, and we provide resources to help people gain insight leading to better overall functioning. TCS is an organization that exudes hope and possibility.

TCS is a community resource staffed with Certified Trauma Therapists, therapists trained in grief and loss, seasoned family therapists trained to help parents work through difficult family dynamics, and other capable specialists. Examining life's challenges through the lens of a trained professional and the opportunity to re-work those challenges to better cope and to be more resilient, can be life-altering. As people struggle to cope with current and future challenges and places where we may be stuck, working with trained individuals can be a profound gift for some and a vital necessity for others.

There is no doubt that 2020 has been a difficult and even devastating year for many. No one has been immune to the impact of COVID-19, racial injustice or political unrest. Families

are crowded under one roof working and attending school remotely; adult children have moved home disrupting the conventional developmental cycle; people are getting sick, and many have died; domestic violence, substance abuse, self-harm and suicide statistics are climbing; and there is now anxiety about another wave of illness and suffering. We are seeing data showing how every demographic has been adversely impacted by COVID, and we are beginning to understand the depth of these challenges, and the indirect consequences of the virus during a time of social and political unrest. People are stretched thin and are feeling the weight and the burdens of our time. **But we also know that there is research to help people cope, ways to help people feel more resilient, and ways to help people manage through difficult times and even thrive during adversity.** TCS is here

to share research and provide support to our community. Whether it's through direct therapy services, workshops, our Speaker Series or through social media, we're here to provide resources, support, hope and possibility.

Dr. Whitney Ross

ADMINISTRATIVE STAFF

FISCAL YEAR 2021

ADMINISTRATIVE STAFF

Whitney B. Ross, PhD, EdM
Executive Director

Kim Casarona, DSW,
LCSW, LCADC
Associate Executive Director

Erin O'Leary, MPA
Director of Development

Artenna Young, MBA
Director of Finance

Valerie Van Selous, MEd
Development Associate

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Executive Assistant

Danielle Nolan, BFA
Client Care & Social Media
Coordinator

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Kimberly Beury, LPC

Margaret Cangelosi,
PsyD

Janice Cho, LCSW

Ryan Engelstad, LCSW

Leah Halka, LCSW

Nicole Herrmann, LCSW

Nancy Lang, LCSW

Romelle Lysenko, LCSW

Kelly McElvaine, LPC

Glenda Mendelsohn,
LCSW

Colleen Morgan, PsyD

Tee Moschberger, LPC

Elizabeth Semrod, MA,
LCSW

Amrita Singh, LCSW

Jenny Walters, MEd, LPC

Trinity Counseling Service

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TCS THANKS OUR 353 NASSAU ST. DESIGN & CONSTRUCTION TEAM

At the end of 2019, after almost two years of planning, designing and renovating, TCS was thrilled to move into our new home at 353 Nassau Street. This would not have been possible without the work of our architect, builder and designer. TCS would like to extend our sincere gratitude to **HMR Architects**, **Elrath Construction** and **Leddy Interiors** for bringing our new space to life! This team shared their expertise and worked collaboratively to design and create a space most conducive to the work of therapy and healing. Every decision was made with our clients in mind



– the architectural design, materials and textures chosen, paint colors, furniture and so much more. It was a joy to partner with this team from start to finish. Because of their work, and the support of loyal TCS stakeholders, TCS



now has a remarkable space in which to provide therapy, educational testing, workshops and programming on myriad mental health-related topics.

HMRARCHITECTS



HONORING THE LEGACY OF BETTY WOLD JOHNSON

The death of Betty Wold Johnson was an enormous loss last spring. A lot has already been written about Mrs. Johnson's immense legacy, and it's our guess that the impact she had on our community will be written about and discussed for decades. And while we'll be paying special tribute to Mrs. Johnson next year when we formally thank those who made our move to 353 Nassau Street possible, we wanted to take a moment now, to highlight some of the many ways in which Mrs. Johnson was particularly important to TCS.

Mrs. Johnson was a true partner and loyal stakeholder of TCS for more than 35 years as one of our most loyal benefactors. She supported the mission of



TCS and followed the work and development of the organization for decades. Mrs. Johnson was the first donor to meet with Dr. Ross soon after she assumed her role as the third Executive Director of TCS. Mrs. Johnson sat down with Dr. Ross, asking about her vision for the organization while keen to share some of her own thoughts and insights about mental health treatment and the need for better and farther-reaching care in our community. As a woman who experienced significant loss in her own life, Mrs. Johnson understood the benefit of support, professional treatment and care when needed. She also understood the grave disparity among those who have access to quality mental health care and those who do not and appreciated the importance of ensuring the stability and sustainability of an organization like TCS. It was because of her understanding of the importance and need for quality mental health services regardless of financial

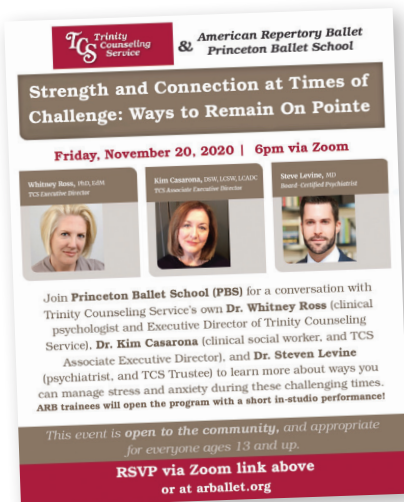


resources and her belief in the work of TCS in particular, as well as her belief in the importance of our sustainability, that Mrs. Johnson made it possible to purchase our new building. While before her death she said she might “pop over” to check on the project and that she would be happy to climb through trenches and duck under exposed beams (we had no doubt), we wish we had been able to share the finished product with her. We think she would have approved.

We look forward to sharing more about Mrs. Johnson’s importance to TCS as well as the transformational impact she had on this organization. We want to share our condolences with her family and close friends and reiterate that her impact was felt. We look forward to the opportunity this coming year to more fully honor and memorialize Mrs. Johnson’s philanthropy in our community as well as her fierce and staunch support of mental health.

COMMUNITY OUTREACH

Trinity has always provided care regardless of financial resources. Income vulnerability and poverty increase one’s risk for a number of mental health-related issues and this year, vulnerability compounded by COVID-19 added profound challenges



summer, TCS partnered with PNS staff to develop a detailed protocol to assist children and families transition safely. TCS partnered with **Toobydoo Princeton** which generously donated bags of customized clothing and pencil cases for PNS students. In addition, TCS strengthened our partnership with **Urban Promise Trenton**, offering summer workshops on “Emotion Regulation Strategies” for their youngest and most vulnerable children and “Communication Skills” for their street leaders, that continue this fall.

In addition to hosting our first Virtual Town Hall last spring (featuring six expert clinicians to discuss the effects of COVID on our mental health), TCS also partnered with local organizations, schools and businesses to participate in or host virtual events throughout the summer. In November,

to the lives of many. As a result, TCS increased efforts to work with current and new partners to provide services for vulnerable communities, children and families in the greater Princeton area. For over two decades, TCS has partnered with **Princeton Nursery School (PNS)** through our *Childhood Intervention Initiative*. When PNS re-opened their doors to families this

TCS partnered with the Princeton Ballet School to participate in their *On Point Series*. TCS ED, Dr. Whitney Ross, TCS Associate ED, Dr. Kim Casarona, and TCS Trustee, Dr. Steven Levine, discussed updated mental health statistics and strategies for managing challenging times as well as ways to navigate mental health resources when needed.

When TCS moved to remote status on March 13, 2020 we began to think about ways to communicate with our larger community in an effort to provide maximum support for mental health-related topics and concerns. We sensed the need for professional and trusted voices on relevant topics given the turbulent life circumstances of so many. TCS designed and developed a plan to ramp up our social media presence which now includes *Facebook, Instagram, Twitter and LinkedIn*. We have seen tremendous growth in followers and those engaging with our content, locally and nationwide. We also now have a staff dedicated to social media content to continue to provide tools,

resources and education weekly. Lastly, we send a re-cap email every Monday highlighting our most popular social media posts from the previous week. If you do not follow us already you can visit our website www.trinitycounseling.org to subscribe to our emails and/or follow us here:

Instagram: @trinitycounselingservice

Facebook: @TrinityCounselingService

Twitter: @TCSPinceton

LinkedIn: company/trinity-counseling-service

ANNUAL TCS SPEAKER SERIES 2020

Last spring TCS was honored to have two wonderful speakers share their important work:



Aly Cohen, MD, Board certified rheumatologist, integrative medicine specialist, environmental health expert and creator of TheSmartHuman.com discussed evidence-based data on everyday chemicals that we put in, on, and around our bodies and how they contribute to

human health conditions, such as obesity, autoimmune disease, infertility, as well as mental health disorders. Dr. Cohen also discussed dietary approaches to reduce toxicity, beneficial supplements, indoor and outdoor air quality, sleep hygiene and stress management including the benefits of therapy and other health and wellness options. Dr. Cohen provided practical tips and resources to enable and empower our audience to prevent disease, better manage current conditions, and improve overall well-being.



Kelly McElvaine, LPC, professional counselor and certified Imago relationship therapist discussed proven ways to enhance communication in relationships which can, in turn, create and sustain a joy-filled partnership, re-romanticize your

relationship, bring new energy and love into your relationship, create new healthy habits and more. Kelly's discussion was based on Imago Relationship Therapy developed by Harville Hendrix, PhD, and his wife Helen LaKelly Hunt, PhD. Kelly also spoke more to the intensive weekend workshop experience she facilitates at TCS which is equivalent to approximately six months of therapy and is one of the fastest and most effective ways to improve relationships.

2020 FALL EVENT – AN EMERALD WEEK: A VIRTUAL EVENT FOR MENTAL HEALTH

Trinity Counseling Service hosts an annual fundraising event to raise critical operating funds for TCS to provide therapy, resources, testing, and programming. This year, our dynamic Event Committee worked seamlessly with staff and Trustees to put together an innovative and fun virtual Fall Event because there has never been a more important time to focus on mental health!



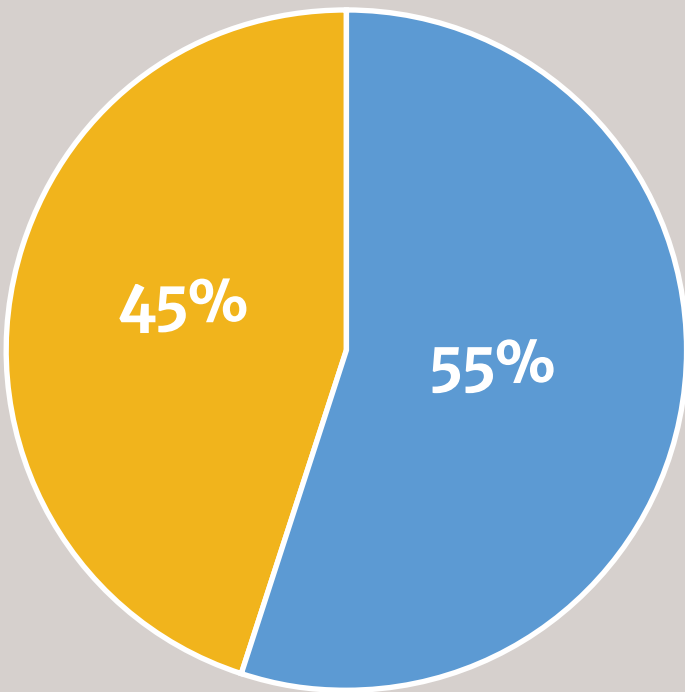
From September 20 – 26, we hosted our first ever week-long virtual event which included a fabulous silent auction and Fund-A-Need drive. Our supporters overwhelmed us with generosity raising over \$115,000, \$20,000 over our goal!

We look forward to our 2021 Fall Event at Brick Farm Tavern next September. Fingers and toes crossed for a fabulous in person evening together for our annual celebration.

Our Year at a glance

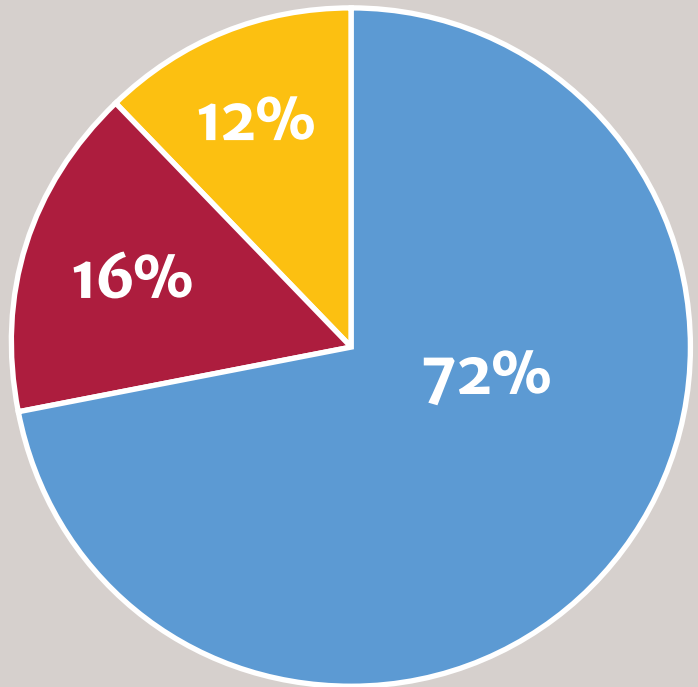
98% of therapy sessions last year included some level of subsidized payment for service through sliding scale payments, grant funded programs and other fundraising. This is critical as *self-paying for mental health services is not feasible* for most of our clients due to the financial burdens it places on individuals and families. *Without TCS, many of our clients may not receive mental health support.*

SOURCES OF REVENUE



- Client Fees/Co-Pays, Insurance Reimbursements, Assessments, Other
- Contributions & Grants

CLIENTS BY AGE



- Seniors (65 or over)
- Children & Adolescents
- Adults (18 to 64)

Trinity Counseling Service is committed to transparency and accountability. On our website, you can download our annual audit, 990 and W9 forms.

trinitycounseling.org/financials

WHY TRINITY COUNSELING SERVICE?

Each day, Trinity Counseling Service welcomes children, adults, couples, and families into our building. At the core of what we do is our belief that professional and empathic care changes lives.

But providing services comes at a cost. While many of our clients are insured, often their deductibles and copays make their plans unaffordable. A portion of our clients are living at or below the Federal Poverty Line and receive care through individual and grant funded programs. Many clients (even those with insurance) require financial assistance from TCS to be able to



afford counseling. To continue to provide expert clinicians to each of our clients, **TCS must raise approximately \$400,000 per year - just to meet the gap between what a client is able to pay and the actual cost of services.** The transformative work of Trinity Counseling Service depends on the generosity of individuals, organizations, and corporations. **Your investment in our mission is an investment in the health and stability of our community.**

To learn more about ways to support our work, please visit www.trinitycounseling.org/donate.

TCS SERVICES

Individual and Family Counseling: For more than 52 years, Trinity Counseling Service has been serving every demographic in the greater Princeton community as an independent, non-profit organization. Every day we provide care to children, adolescents, adults, families, and seniors who walk through our door.

Childhood Intervention Initiative (CII): Children participating in the Federal free and reduced lunch program, identified by child guidance teams as needing social/emotional and/or behavioral support, can receive fully-funded care at TCS. Without this care, these children would likely not receive support. There are no session limits for CII clients or their family members. Our CII program serves Princeton Nursery School as well as Princeton, West Windsor-Plainsboro and Cranbury school districts.

Bereavement and Caregivers Counseling Program: This program serves clients struggling with issues of grief and loss and/or clients who are caring for critically ill loved ones.

We have a team of clinicians specially trained in complex trauma and loss who focus on treating our Bereavement clients.



Community Outreach, Prevention and Education Program: The C.O.P.E. program provides workshops, talks and programming designed to meet a vital need for mental health education and prevention services in our community.

Psychoeducational Testing: TCS provides psychological testing services to support and enhance educational performance and experience.

Psychological Evaluations for Ministry Candidates: TCS provides psychological testing services for a variety of presbyteries and dioceses in NY, NJ, CT and PA.

To learn more about our services, please visit www.trinitycounseling.org.

Thank you to all our donors and in particular our Auer Society donors who gave \$1,000 or more to our Annual Fund, Event and/or special programs during the 2019-2020 fiscal year!

We have made every effort to create an accurate list of donors and we apologize for any accidental omissions.

\$50,000 AND ABOVE

Betty Wold Johnson
Sally F. and James Scott Hill Foundation
Princeton Area Community Foundation
Community Impact Grants and the Burke
Foundation Legacy Grants Program

\$25,000 — \$49,999

The George H. and Estelle M. Sands
Foundation
The Horizon Foundation

\$10,000 — \$24,999

Anonymous
Lisa Granozio/LAG Photography
Leddy Interiors
Janssen Pharmaceuticals, Inc.
Whitney Ross and Steve Moseley

\$5,000 — \$9,999

Margaret Sieck and Bob Baldwin
Caring Crowd Matching Gift Program
Supported by Johnson & Johnson
Barbie and Chris Cole
Lynne and Van Davis
Robbie and Shawn Ellsworth
Hamilton Jewelers
Carol and John Jackson
Ann and Craig Muhlhauser
PNC Foundation
Vivian and Fred Price
Ruth and John Sayer
Tracy and Scott Sipprelle

\$2,000 — \$4,999

Anonymous
Callaway Henderson Sotheby's Intl.
Realty
Kim and Chris Casarona
D.P. Miller Fund
Paul Elrath
Emily and Johan Firmenich
Alix Gerry
Robin Gosnell
Betsy and Tom Grimes
Meg and Jack Hanington
Laura and Alex Hanson
Carolyn and John Healey
J. McLaughlin
Craig Kramer
Dana and Steve Levine
Princeton Area Community Foundation
Fund for Women and Girls
Snowden Foundation
Lisa and Bob Stockman
Happy and Jack Wallace
Kirsten and Michael Weinstein
Sarah Whitehouse

\$1,000 — \$1,999

Alison Beers Bickford
Brick Farm Group
Mary and Ger Brophy
Marge Cangelosi
Fleur and Jay Chandler
Eve and Steve Cochrane

\$1,000 — \$1,999 (CONT'D)

Janet and John Fransisco
Jen Fuller
Wil Fuller
Sophie and Curtis Glovier
Carol and Andrew Golden
Kimberly Haren
Elizabeth Harkins-Baughan
Kelly and Scott Harrison
Caroline and Dixon Hayes
Linda and Bucky Hayes
Aline and Bill Haynes
Kathy and Mike Hill
Eric Holtermann
Melissa and Jeff Klepacki
Betsy and Matt Kohut
Ann and Kurt Kovalick
Nurit Pegrish and Scott Levy
Ed Matthews
Greg Matthews
Liza and Sky Morehouse
Morgan Stanley
Joanne and Richard Moseley
Els and Peter Paine
Miles Dumont and Lew Ross
Carolyn and George Sanderson
Gabrielle and John Shamsey
Mariah and Josh Silva
Katherine Snider
Christina and Benjamin Strong
Trinity Church
Meaghan and Ryan Vogel
Holly and Bruce Weise
Louise and John Wellemeyer
Anne Williams

353 Nassau Street, Princeton, NJ 08540

Trinity Counseling Service 2021 Fall/Winter Newsletter

SAVE THE DATES

2021 VIRTUAL SPEAKER SERIES

January 20, 2021

Light, Color and Nature; Connecting the Inside and Outside for Balance, Wellness and Health

Lisa Granozio (LAG Photography),
Georgie Leddy (Leddy Interiors) &
Tracy Sippelle (Bee Fit with Tracy)

February 9, 2021

Creating Happy Families: A Parent's Guide to the Science of Happiness

Kim Casarona, DSW, LCSW, LCADC
TCS Associate Executive Director

March 3, 2021

Compelling Communication Strategies During COVID

Matthew Kohut, MPA
TCS Trustee

2021 VIRTUAL WORKSHOPS

1 session per week for 6 weeks starting

January 20, 2021

*Emotion Regulation Strategies for Children and Parents
(one workshop for children K-2 and one for children 3-5)*

Jenny Walters, MEd, LPC

February 18, 2021 (Adolescents)

February 25, 2021 (Young Adults)

Improve Your Relationships: Communication Strategies to Foster Connection, Create Safety, and Manage Reactivity for Adolescents and Young Adults

Kelly McElvaine, LPC

March 2, 2021

Imago Couples Workshop

Kelly McElvaine, LPC

2021 Fall Event

An Emerald Evening
September 18, 2021

Stay tuned for more information via email, social media and our website.