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Spring 2015

healing minds,
strengthening hearts,
enhancing lives...one at a time.

Trinity Counseling Service

(TCS) is a private, not-for-profit, 501(c)3, community counseling agency providing comprehensive and compassionate care to residents of the greater Princeton area. Our unique combination of highly trained and licensed psychiatrists, psychologists, clinical social workers, counselors and pastoral counselors are dedicated to providing effective mental health therapy to all in need regardless of their ability to pay, making TCS a unique resource in the Princeton community.



Letter from the Executive Director

As I close out my first year as TCS' Executive Director, I'm excited to tell you about some of the many things we've been working on.

Our clients come to us for different reasons and with a variety of needs. Some are struggling with depression or anxiety, some perhaps, with a host of symptoms. Some have experienced profound loss, or are coping with the stress of a divorce or another life transition. Some of our clients require the support of our psychiatric providers in addition to one of our therapists, and others may need only a brief consultation with one of our well-trained clinicians to help them sort through a life challenge.

At TCS we strive to meet the varied, significant, and dynamic needs of our community. Our well-trained, talented, clinicians work with children, adolescents, and adults, undergraduates, graduate students, and seniors in our community to provide excellent care -- every day. So far this year we have hired twelve new clinicians in a variety of subspecialties to help us serve more than 1,000 clients in more than 11,000 clinical sessions. Next year we are projecting that we will provide more than 12,000 clinical sessions to our community through our combined programs.

In addition to the individual, couples, and family counseling TCS is known for, in January we launched our first Winter Speaker Series, a free series of educational talks by experts who shared current mental health research and some of their own work and clinical practices.

In May, we launched our first Mindfulness Meditation Community Workshop with an expert in Mindfulness-Based Stress Reduction (MBSR). And in addition, we are in discussion with administrators looking at ways to provide increased support services to university and graduate students in our community as well as to provide increased services to Urban Promise, an after school and summer program serving urban youth in Trenton.

With a lot to think about every day, my primary focus remains how to make connections and how to reach people who might benefit from the critical work that we do at TCS.

I believe that the services we offer are critical, and I'm proud of what we do. When we believe in our work and love what we do, our services can have a powerful, meaningful, and lasting impact on our clients. I am hopeful that many of our connections will continue to grow and deepen, as they have this past year, and that TCS will continue to impact individuals in our community in positive ways in the months to come.

Best wishes for a wonderful spring and summer.

Sincerely,

A handwritten signature in black ink, appearing to read "Whitney B. Ross".

Whitney B. Ross, Ph. D.

IN THIS ISSUE: TCS NEWS... 2 NEW CLINICIANS... 3 COMMUNITY PARTNERSHIPS... 4 PLANNED GIVING... 4 AND MORE!



JOIN OUR JUNIOR BOARD

The TCS Junior Board is a dynamic group of students and young professionals in their 20s and 30s dedicated to mental health advocacy and volunteering their time, talents, and energy to raise critical support for Trinity Counseling Service.

Launching in 2015, the Junior Board will work closely with the TCS board and staff, as well as mental health advocates and organizations throughout the greater Princeton area, to bring mental health programming into our community.

You can find more information online at www.trinitycounseling.org/juniorboard, which also has a link to the Junior Board Application.

TCS NEWS



Trinity Counseling Service is proud to support the efforts of Urban Promise, which equips Trenton children and young adults for academic success and leadership in their communities.

Beginning in early 2015, TCS staff and graduate interns have worked with Urban Promise at their Trenton program site, assisting in the after-school program and providing an interpersonal communication workshop to Street (peer) Leaders. TCS and Urban Promise are currently exploring ways to continue our involvement in and support for their important work in Trenton.

The 4th Annual Stimpson Cup



On Friday, May 1, TCS hosted the 4th Annual Stimpson Cup Nine & Dine golf tournament at the Bedens Brook Club in Princeton. It was a beautiful afternoon and a wonderful event that raised more than \$20,000 for TCS' services in our community. TCS would like to thank our tournament Chairs, Ryan Vogel and Jack Hanington (above), and congratulate all who participated in the event, especially the winning foursome (below)—Jack Hanington, Tom Cooper, Tom Gates, and Sam Woodworth—and the runner-up team, Ryan Vogel, Bob Dunn, Ryan Dunn, and Mike Brennan. Miles Dumont was the winner of the Straightest Drive competition, and Sam Woodworth won Closest to the Pin. Pictures of the event can be found on the Trinity Counseling Service's website.



1st Annual Winter Speaker Series

On January 16, David Barile, MD, gave the first talk of this year's TCS Winter Speaker Series, which is one of the many ways that Trinity Counseling is helping to raise awareness about mental health in the Princeton area. Dr. Barile, an expert in palliative medicine, end of life care, and medical decision making, presented his work and answered questions about how to navigate the process of making critical medical decisions for ourselves and our loved ones.

The second talk in the Series was given by Augusta Tilney, MD, on February 20. Dr. Tilney, a psychiatrist and psychoanalyst, spoke about parenting in a society with ever-growing demands and expectations of children and adolescents. Dr. Tilney's presentation included ways to motivate children and adolescents, and ways to help our children think about appropriate goals and expectations. The third part of the Series, a talk with Steven Levine, MD, on treatment resistant depression, was canceled due to weather. We look forward to rescheduling Dr. Levine.

Community Partners



Store owner Jennifer Hilton with TCS' Whitney Ross.

TCS was honored to be a chosen partner of Nick Hilton in November, helping to raise more than \$1,000 through an exclusive Sip n' Shop event and a month of contributions. Many thanks to Jennifer and Nick Hilton.

TCS Welcomes New Clinicians

At Trinity Counseling Service, we are committed to providing the very best in mental health care and are proud to introduce new clinicians who have joined us since our last publication: psychiatric providers--Kalyani Deshpande, MD; Adam Hauser, MD; Lynn Shell, Ph.D., APN-BC; and therapists--Janice Cho, LCSW; Joanne Dorrow, LPC; Philip Hickey, LCSW; Margarita Leahy, LPC; and Scotti King-Reeves, Ph.D.

Corporate Matching & Planned Giving

There are many ways to support the life-changing work of Trinity Counseling Service. Many companies offer matching gift programs which can **double or sometimes triple the gift you make to TCS**. To assist our donors, we have just launched a new webpage dedicated to corporate giving programs. Visit this site to see if your company will match your contributions to TCS: www.trinitycounseling.org/matching

Planned giving can be tailored to your unique circumstances and provide long-term support to our organization, while **saving you significant amounts in estate, gift, and income taxes**. Naming Trinity Counseling Service as a beneficiary of your retirement plan assets, such as an IRA, or your life insurance policy, may also provide tax savings and help protect your assets. Learn more about bequests and planned giving at: www.trinitycounseling.org/plannedgiving

"When my husband and I had our wills written, both of us wanted to leave something to the organizations we love in order to help them remain sustainable and vibrant. It is not only important to us to help people today, but to know that we are doing something to help those who will need it in the future. My decision to include Trinity Counseling Service in my will gives me great comfort to know that the agency which helps so many will, with my help and others, continue to take care of the needs of our community well into the future."
~Lynne Davis, TCS Board of Directors

Why Trinity Counseling Service?

Each day, Trinity Counseling Service welcomes children, adults, and families into our building located at 22 Stockton Street. TCS strives to serve everyone in need of support, making available a variety of skilled therapists and psychiatric providers, regardless of a client's income. At the core of what we do is our belief that compassionate counseling services can change lives.

But providing services comes at a cost. Only half of those we serve each month have insurance that they can afford to use, and 15% of our clients are living at or below the Federal Poverty Line.

To continue to provide expert clinicians to every client that comes through our door, TCS must fundraise more than \$500,000 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 that are dedicated to making available excellent mental health care to all in our community. We thank you for your support as we continue to heal minds and to strengthen hearts - one at a time.



TRINITY COUNSELING SERVICE
PRESENTS
THE BOOTS 'N BUCKLES BALL
SEPTEMBER 19TH, SUNDOWN
SILENT & LIVE AUCTIONS
BOURBON TASTING
DOWN HOME COOKING
KICK UP YOUR HEELS MUSIC
HOOT 'N HOLLER FOR YOUR FAVORITE COWBOY
IN THE BULL RIDING COMPETITION!

Save the Date! Mark your calendars for **Saturday, September 19, 2015** for Trinity Counseling Service's annual Fall Benefit. Breaking from the traditional galas of the past, TCS is excited to announce this year's event, **The Boots n' Buckles Ball**. This *rodeo-chic* themed celebration will feature BBQ competitions, signature bourbon tasting stations, a live and silent auction filled with fabulous getaways and unique experiences, and a mechanical bull riding competition. **Chaired by Tyler Vernon, Scott Kelsey and Pepper deTuro**, this highly anticipated event will prove to be the most unique night of the season. Get out your rhinestones and cowboy hats - we look forward to seeing you there! For all the details, check out the event webpage at www.trinitycounseling.org/ball