

LENA
POPE
IMPACT
REPORT
2019/2020



LENA
POPE

INVEST. ENGAGE.
IMPROVE.

IMPACT REPORT 2019/2020

For more than 90 years, Lena Pope has been improving child well-being in Tarrant County.

2019 to 2020 brought the beginning of the pandemic and an increase in uncertainty for all of us. Lena Pope quickly transitioned to teletherapy and remote services to continue providing the emotional and behavioral support children and families desperately needed. Because of your support, we were once again able to respond to the needs of our community to ensure vulnerable children and families received the services they needed to thrive.

Ashley Elgin, PhD

COVID-19 WAS A CATALYST FOR LENA POPE TO BETTER UTILIZE TELETHERAPY AND VIRTUAL VISITS. WE QUICKLY BEGAN TELETHERAPY SESSIONS AT THE END OF MARCH 2020.

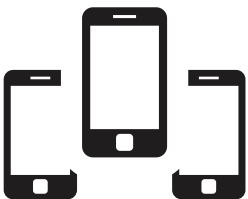
Teletherapy impacted other barriers to mental health services:

- Fewer transportation issues with teletherapy
- More flexible scheduling options for appointments



Stay Strong Helpline

A free community resource Lena Pope launched during the height of stay-at-home orders to provide counseling and parenting support.



5,743

Teletherapy Counseling sessions from the end of March through August 31, 2020.

78%

of counseling clients successfully met their treatment goals, exceeding our agency goal of 75%. Given the intense challenges of the last year, we are so proud of their success and resilience!

98%

of clients were satisfied with services received at Lena Pope

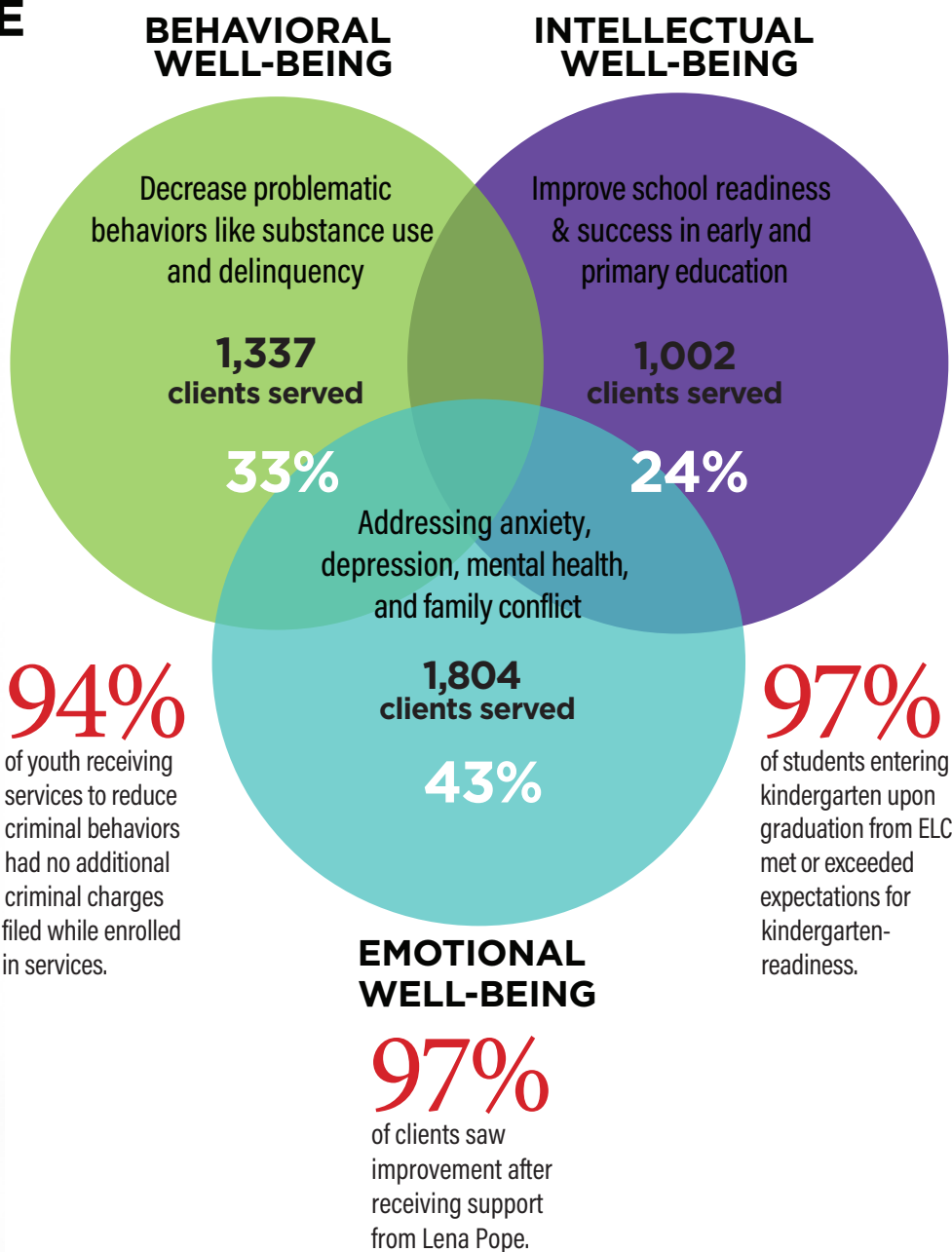


Increase to
18 sessions

Due to the increased stress of the pandemic, the average number of counseling sessions increased from 13 to 18 sessions per client.



WHY FAMILIES COME TO LENA POPE



IMPROVING CHILD WELL-BEING

Behavioral Well-being

- Behavioral and therapeutic interventions for youth involved with the juvenile justice system.
- *Second Opportunity for Success (SOS)®* reduces recidivism rate in first offenders.
- Short-term, research-tested counseling program, *Functional Family Therapy®*, offered to at-risk youth and their families.
- Partner with Tarrant County Juvenile Services, the Texas Juvenile Justice Department, the City of Fort Worth and others.

Intellectual Well-being

- Two *Early Learning Centers* ensure children are kindergarten-ready.
- Tuition-free public charter school, Chapel Hill Academy, for pre-k to 8th grade.
- Social-emotional learning, family engagement, and evidence-based curricula like High Scope®, Conscious Discipline®, and Second Step®.
- High-quality education opportunities available to all children regardless of their family's ability to pay.

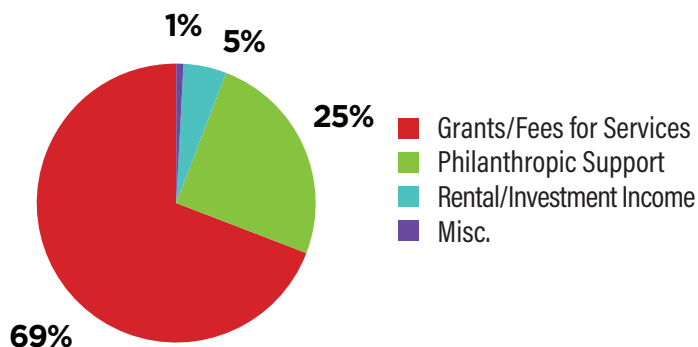
Emotional Well-being

- Counseling and out-patient substance use services provided to children, families, and adults regardless of ability to pay.
- Clients see us for issues including anxiety, depression, substance use, trauma, and behavior challenges.
- Counseling services utilize evidence-based and trauma-informed practices to improve child and family well-being.
- Partner with MHMR, Our Community Our Kids (OCOK), Fort Worth ISD, and Department of Family and Protective Service to provide services to some of our most vulnerable clients.



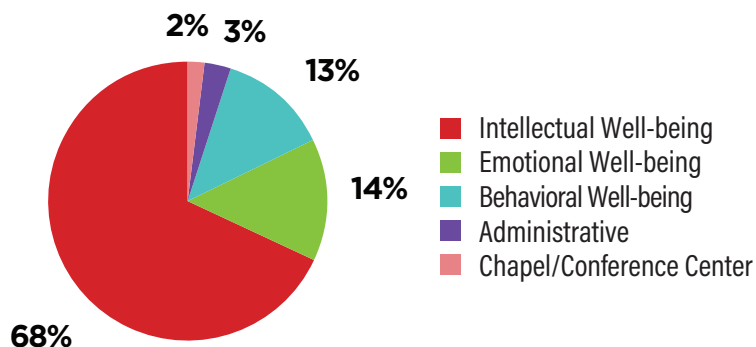
2019/2020 FISCAL YEAR

REVENUE



\$16,774,785
REVENUE TOTAL

EXPENSES*



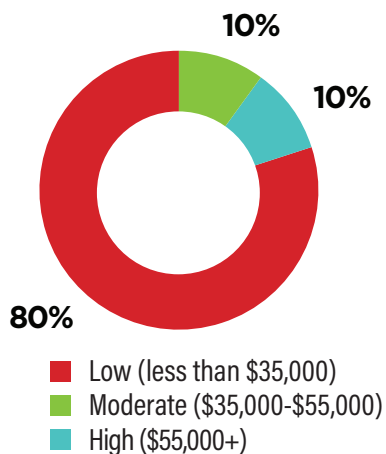
\$16,022,283
EXPENSES TOTAL

Fiscal Year:
September 1, 2019 - August 31, 2020

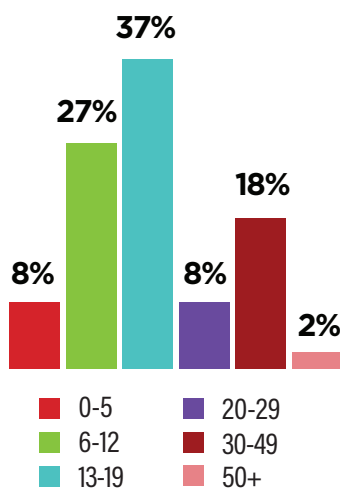
*Total expenses excludes depreciation. Fundraising expenses have been allocated to each program category. To receive a copy of our complete audited financials, please contact a donor relations representative at 817-255-2646 or donorrelations@lenapope.org.

4,280 CLIENTS SERVED THIS YEAR

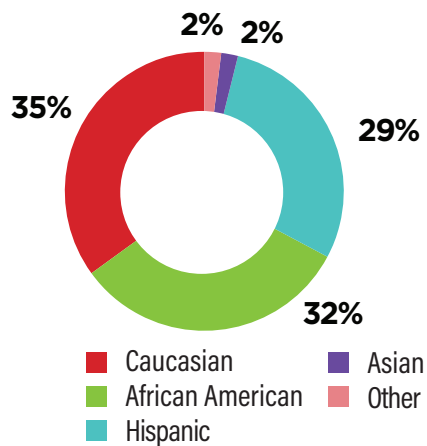
INCOME



AGE



ETHNICITY



GENDER





“Tanya’s story is one of resilience, fortitude, and growth. My job as a therapist is to encourage and instill hope. It is an honor when a client does that for me too. Tanya has left a lasting imprint on my career and it was a privilege to be part of her journey.”

*- Andrea Smith-Love
Lena Pope Family Therapist*

Tanya’s Story

Experiencing suicidal thoughts, Tanya asked her mother if she could see a counselor for help. Tanya’s mother was hesitant to seek counseling for her daughter. She thought what happened in their home should stay in their home and was concerned about the cost. Tanya’s mother eventually agreed and reluctantly scheduled an appointment with Lena Pope.

Andrea, a Lena Pope therapist, began working with Tanya in the fall of her senior year. Tanya was experiencing symptoms of depression. As with all Lena Pope counseling clients, Andrea screened Tanya for Adverse Childhood Experiences (ACEs). **The teen presented with five ACEs, signaling substantial past trauma.**

With Andrea’s guidance, **Tanya began to process her lifelong traumas**, including an unhealthy relationship with her mother. The teen’s mom struggled with substance use and had spent time incarcerated during Tanya’s childhood. Her mother had also maintained a series of problematic relationships with partners and struggled with her own significant traumas.

Utilizing Cognitive Behavioral Therapy, Andrea helped Tanya recognize her negative thought patterns and change them. **Together, they identified Tanya’s strengths, talked about her self-worth, and worked on setting healthy boundaries in all of her relationships.** The connection between Andrea and Tanya was deepened by their shared lived experience as women of color. Tanya made significant progress in coping with her depression.

Then Tanya experienced a major setback in her progress with the outbreak of COVID-19 and school closures. She was disappointed to miss the huge milestones of her senior year, began to lose motivation, and her depression symptoms re-emerged. **Fortunately, Tanya was able to continue her counseling sessions with Andrea virtually.** Andrea reminded Tanya of her strengths and goals during these on-line sessions and encouraged her to push toward achieving them.

The first in her family to graduate from high school, Tanya has been busy, working hard to reach her goals. She is currently enrolled as a freshman at her dream college, completing her course load virtually. To earn extra money, she works two jobs, including starting her own business designing and selling clothing and jewelry. This summer, she will continue her education on campus. With ambitions of becoming a fashion designer, she plans to continue her on-line business while completing her studies.

Tanya is thriving and meeting her goals. She has developed healthy coping skills, and decision making, and has improved her communication and problem-solving skills.

Successfully discharged from counseling services earlier this year, Tanya is grateful for the therapeutic assistance she received because of your support. During the last session, she reflected on her journey at Lena Pope, relating that she wouldn’t have made it this far without her therapist, Andrea.



Making the Most Impact

Investing in children today leads to a lifetime of success.

Impact Investors who make monthly contributions or annual gifts of \$1,000+ to Lena Pope create the reliable resources that ensure all children have access to high-quality educational experiences, valuable mental health support services, and critical behavioral interventions.

WAYS YOU CAN INVEST IN CHILDREN THROUGH LENA POPE:



\$50 A MONTH

provides abused and neglected children the counseling and behavioral interventions to create lifelong coping skills and build resiliency.



\$100 A MONTH

provides a teenager with a behavioral intervention to improve decision-making and offer a second opportunity at success.



\$250 A MONTH

provides intensive counseling and therapeutic services to families experiencing significant challenges.

MAKE A LONG-TERM IMPACT BEYOND YOUR LIFETIME. FOR GOOD. FOREVER.

Multiply the impact of your legacy giving by investing in Lena Pope with a gift from your estate plan. Legacy giving is one of the most impactful ways you can support Lena Pope's mission. You may save on taxes, receive income for life, provide income for your family, or enjoy other financial benefits – all while making a long-term impact beyond your lifetime. Gifts can be made through your will or trust, or by naming Lena Pope one of the beneficiaries of your retirement account or life insurance policy. When you establish a bequest or other planned gift, you become part of the select group of community-minded individuals who make up our **Circle of Hope**.

For more details on any of these investment opportunities, please contact the donor relations team at 817-255-2606 or donorrelations@lenapope.org.

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