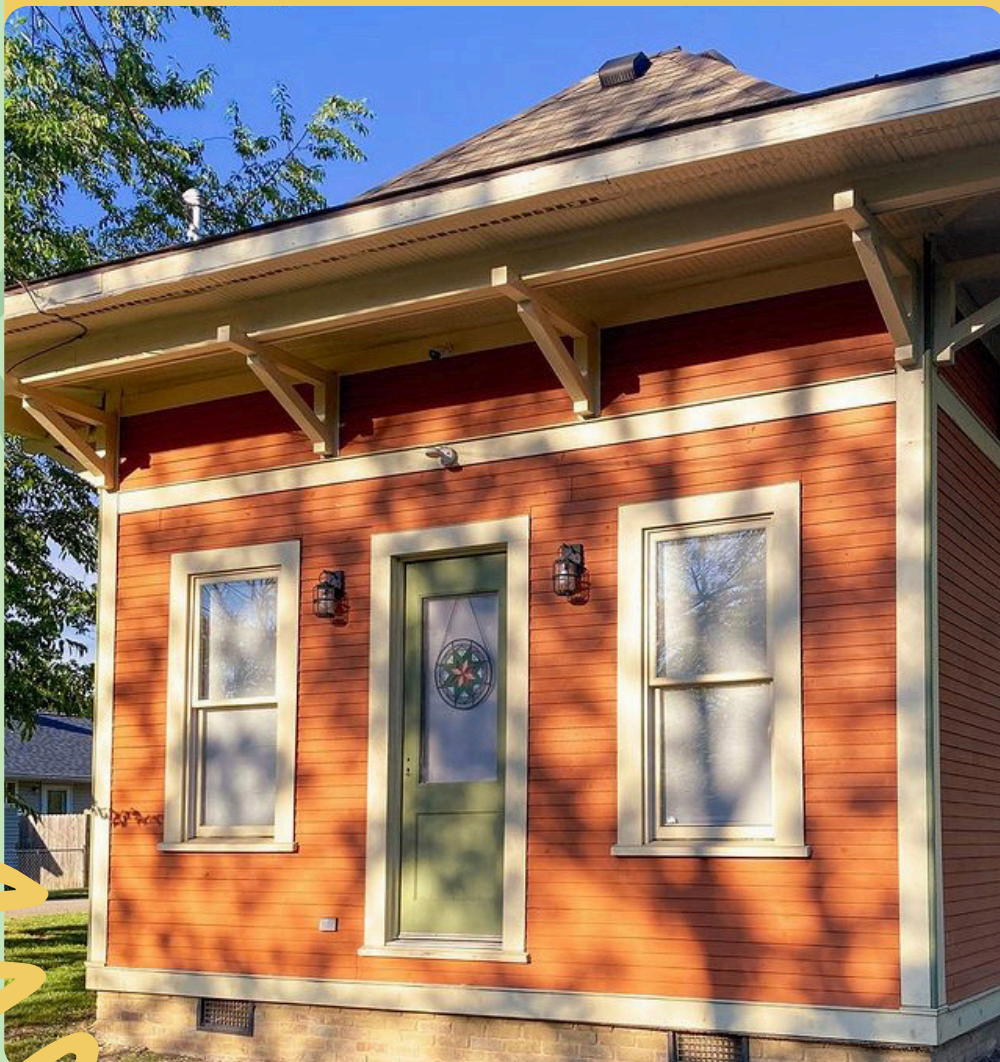


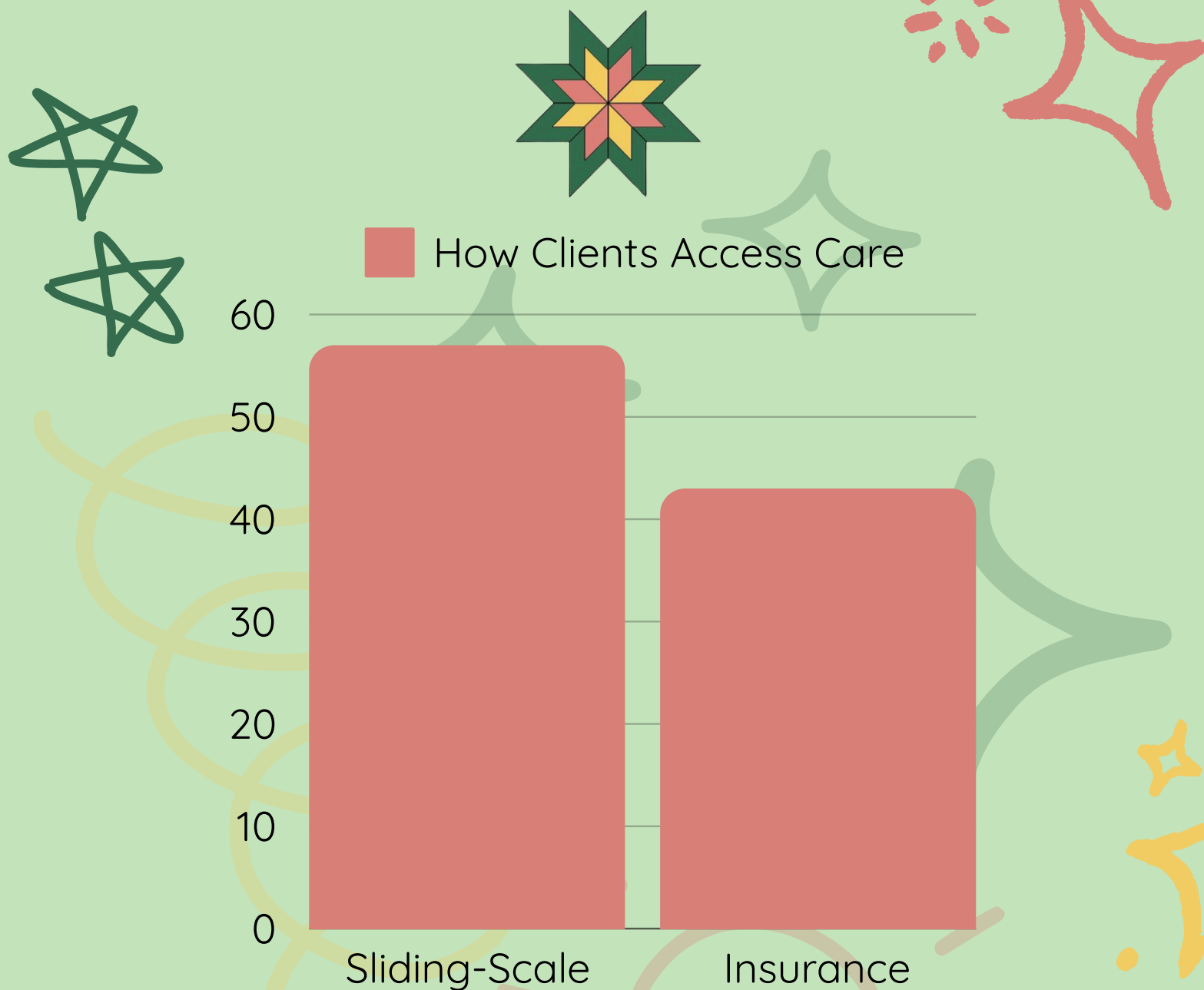
**Irvington Counseling
Collective
Annual Report
2023**



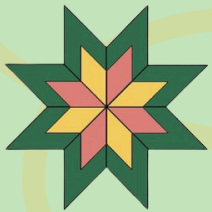
650 Clients Served
8,000 Sessions
Provided

The average
income-based
sliding-scale rate
at ICC is \$67

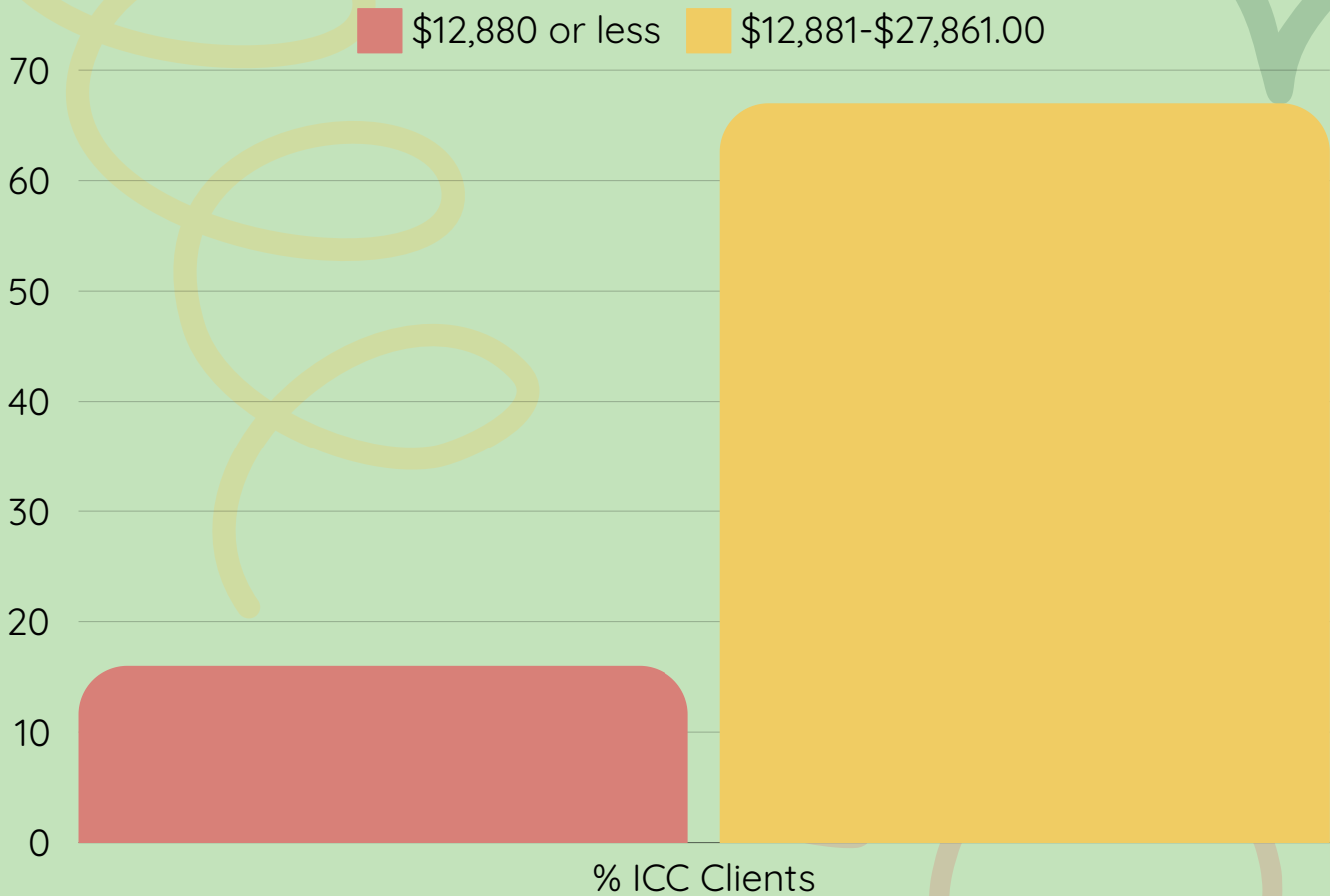
This is 55% less
than the
national
average cost of
therapy.



Most clients access care through our income-based sliding scale, with fees from \$5-120 per session **based on cost of living and demographics**. ICC offers some of the **most accessible rates in Central Indiana** and is the **only secular practice of its kind**.



Serving Hoosiers Below the Federal Poverty Line




83% of clients who use insurance to access therapy meet federal poverty guidelines.


16% of clients have an annual income of less than \$12,880

The Mental Health Relief Fund

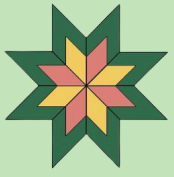
Subsidizes the cost of sessions for BIPOC, Transgender & low-income clients at ICC.



ICC subsidized
\$20,000 in client
sessions
in 2023.



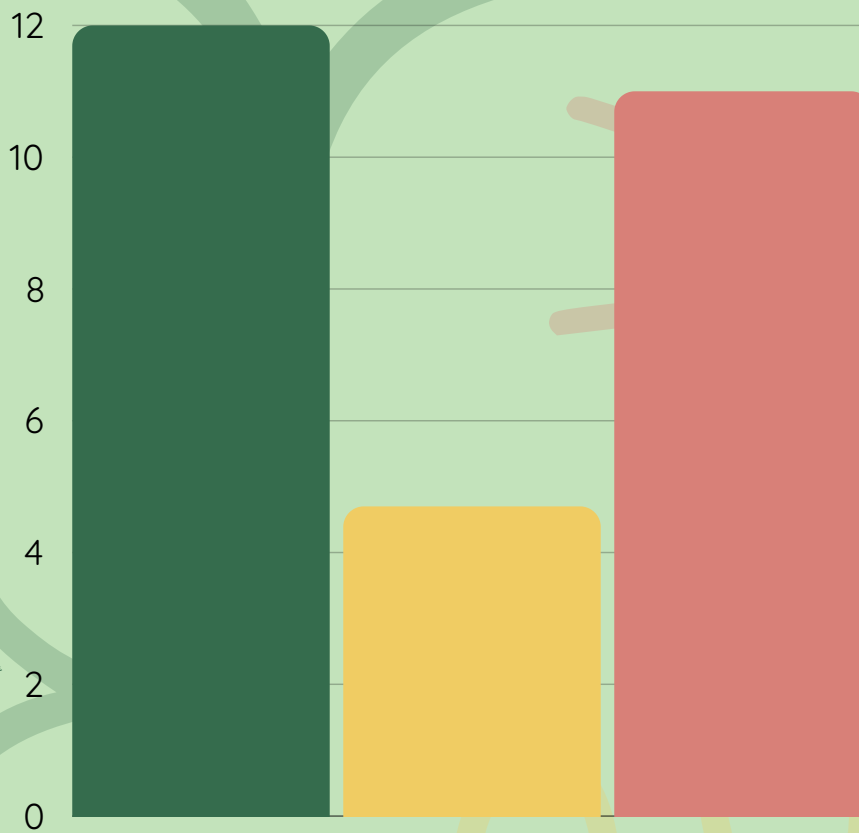
83% of subsidized sessions
were provided to Black,
Brown and Indigenous
clients at a rate of
\$5-65/session.



Increasing Access, Decreasing Stigma



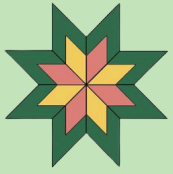
According to a 2015 report released by SAMHSA, only **4.7%** of **Black individuals utilize outpatient therapy services**. At ICC, **11%** of our clients identify as **Black**, which is nearly representative of the overall population in Indiana (12%).



**% Population of
Black / African-
American Individuals
in Indiana**

**% Avg. Utilization
Rate of Outpatient
Therapy by Black /
African-American
Individuals**

**% ICC Clients who
identify as Black /
African-American**



Increasing Access, Decreasing Stigma



In 2023, ICC hosted two 6-week affinity groups for LGBTQIA+ Individuals.

64% of Participants Identified as Trans and/or Nonbinary.

Participants saw a decrease in depression (-23%) and anxiety (-44%) at the end of group and an increase in life satisfaction (8%)

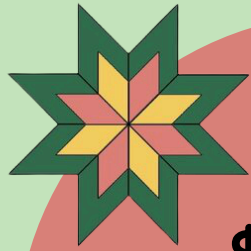
Although Trans & Nonbinary individuals are vastly underrepresented in mental health research making it difficult to compare service utilization rates, we are proud that **ICC's gender-diverse clients tower 1,100% above the national population.** (2021 Census Pulse Survey)

Group Therapy & Mental Health Destigmatization Efforts

**40 hours of
outreach to
communities who
have been
marginalized.**

**47 free-to-
participants
group therapy
hours.**

Black, Brown, Indigenous, Transgender & Nonbinary Mental Wellness Fund



\$19,600
in micro-
grants in 2023

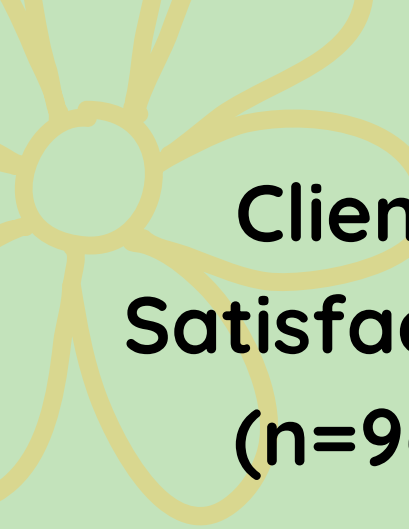
Provides
\$500 micro-grants
to any BIPOC &
Transgender
Hoosiers seeking
mental wellness
support.

Since 2021 we have
dispersed **\$33,360 to 75**
individuals through the
fund.


39 people

Grants have covered the costs of therapy,
gender-affirming care, medication, art and
body-based therapies, and other supportive
practices for recipients.

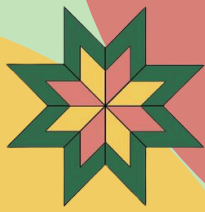






**Client
Satisfaction
(n=96)**



100% of clients rate the care they receive from their therapist as excellent to good.



100% of clients would likely return to our collective if they needed help again in the future.

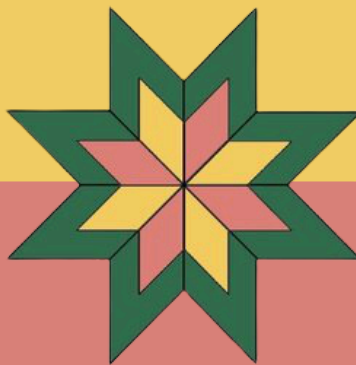


100% of clients would recommend ICC to a friend in need of support.

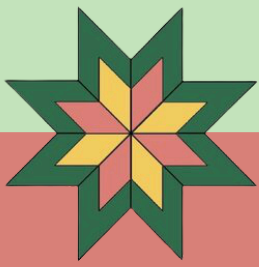


Focus on The Work

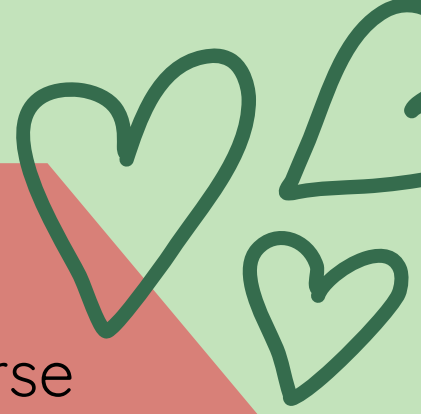
In 2023, **less than 14%** (approximately \$48,000) of our total annual operating budget (\$632,000) was **allocated to overhead expenses**, including rent, utilities, office supplies, and other administrative costs.



This trend has remained consistent throughout our organization's eight-year history.



Equity in The Work

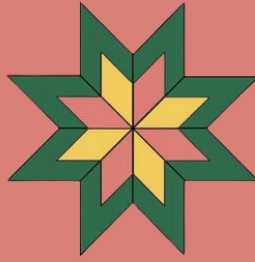


Our staff represents the diverse communities we serve. United by our commitment to provide inclusive mental health care, we embrace a collective decision-making approach with non-hierarchical governance and consent-based processes across our Board of Directors and staff.

All ICC staff are W2 employees, benefiting from a 4% retirement match and salaried positions offering 4 weeks of paid time off, along with educational and health stipends. Despite our accessible client fees, our staff earn at a higher median rate compared to similar practices statewide.

Our community's support is invaluable to our mission. Thank you for partnering with us in this important work.





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irvingtoncounseling.org

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