



# Redeemer Counseling Services

Ministry Report  
2021

# After 31 Years, Redeemer Counseling Celebrated A New Chapter

Redeemer Counseling Services (RCS) is committed to serving people in need of Gospel-centered mental healthcare in the greater New York City area, as we have been since we began our ministry 31 years ago. In 2021, not only did we move to our new office space near Bryant Park, but we shifted to become fully, financially independent.

This means that the accessible rates we offer clients through our sliding scale are now only possible through the generous donations of our friends and supporters. As we see the need for our services grow, we are strengthening our three primary areas of focus: direct counseling, training leaders, and research.



**Judy Cha PhD**  
Director  
Redeemer Counseling

On behalf of our clients, counselors and staff, we thank you wholeheartedly for your support. We are grateful for your prayers and pray that you, too, would continue your journey in experiencing God in a deeper personal way.

Thank you for joining us in the work of transforming hearts and rebuilding lives through God's power.



## MISSION

To offer professional, gospel-centered counseling, to equip others, and to engage the field of psychotherapy.

# Counseling The Need is Great



Demand for mental health care has tripled since March 2020.

**1 in 5 New Yorkers** experience a mental health disorder every year.



in estimated annual productivity losses in New York City tied to depression and substance misuse.

In 2019, 13 percent of adolescents reported having a major depressive episode, a 60 percent increase from 2007.



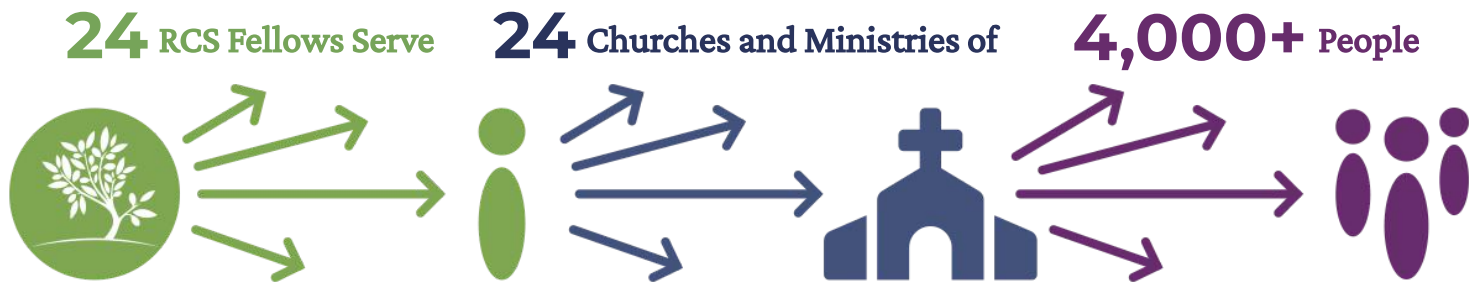
## How Redeemer Counseling is meeting the urgent need



# Training

In addition to meeting direct counseling needs, Redeemer Counseling is creating a ripple effect of care by training pastors and ministry leaders. Our training bridges best counseling practices with theology so that communities around us are able to care for the hurting well.

## FELLOWS PROGRAM 2020 & 2021 COHORTS



RCS provides shorter training series to church planters and recent seminary graduates so that they enter ministry equipped through City Ministry Program, City to City and Queens Connexus.

In 2021, we expanded the series and will continue to grow our training arm in the next few years.



We serve 3,300 professional counselors and active ministry leaders through our monthly [Counseling Toolkit](#).

Additionally, we provide resources to over 1,000 individuals across the country through [RCS Update](#).

# Research



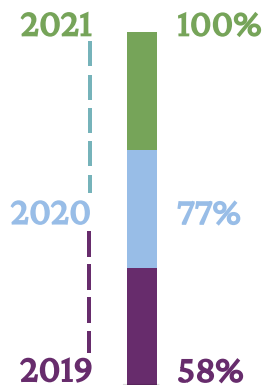
One essential priority at RCS is to engage the field of psychology with our Gospel perspectives in counseling people. The most recent research was completed in 2020. This study was designed to explore what it looks like for our clients to internalize the gospel and what might be the impact.

The research findings debuted in an academic journal, *Psychotherapy*, and will be in a textbook published by the American Psychological Association, titled, *Handbook of Spiritually Integrated Psychotherapies*.

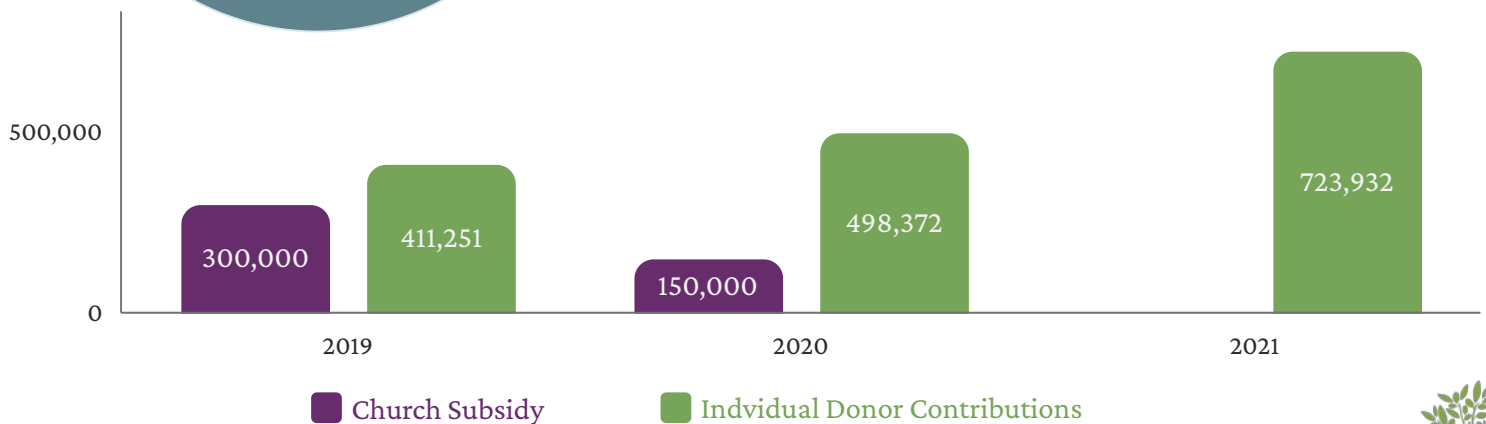
# Financial

RCS is Financially Independent as of 2021

## Individual Donor % of Total Contributions



Individual donor contributions now cover the full **\$700,000** we need annually to continue offering the people we serve our sliding scale rates and grow our ministry.





"The sliding scale was really helpful. If not for the scale, I would not have been able to afford counseling. During our first session my counselor had me tell my story. When I started to hear everything I lived through, I understood why I had so much anxiety and felt trapped."

— **Adriana**, Former RCS Client

"Where would people go to get this level of quality care if there was no Redeemer Counseling? Really, this place is important to me and to our city. Thank God the amazing counselors are here."

— **Mai**, RCS Donor

"I have seen in my own life that God has taken the hard things and painful things of the last two years and He has used them to make me into a more empathetic, a more compassionate, and a more skilled counselor to clients."

— **Ashley B**, RCS Counselor



**GIVE TODAY**

**To Provide  
a Lifetime  
of Healing**

We thank you helping us reach clients where they are and help them on their journey toward healing, transformation, and heart change.

**DONATE**



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