



REDEEMER
COUNSELING
SERVICES

MINISTRY REPORT

Letter From Our Director

Judy Cha, Ph.D.

To Our Supporters and Friends,

We are so grateful for your presence in our ministry. As you may know, the mental health crisis is worsening. The pandemic made the need for mental health care more dire, and with the economic downturn, it is becoming harder and harder for those in the lower income brackets to access care.

Redeemer Counseling is committed to making our counseling services accessible and affordable to as many people as possible. As the demand increases, we are training more churches to address the counseling needs of their congregations. We have become a thriving counseling center and a growing training ground. Through your generosity, in 2022 we:

- intentionally maintained affordable pricing to serve nearly 2,000 clients last year through more than 21,000 sessions.
- trained pastors and ministry leaders in our counseling care framework, equipping more than 50 churches, organizations, and communities across New York City.
- published our unique Gospel-Centered Integrative Framework for Therapy (GIFT), in the American Psychological Association's *The Handbook of Spiritually-Integrated Psychotherapies*—a significant contribution to the field.

We want people to experience God's grace in personal and tangible ways. When they experience his amazing grace, their identity is transformed, and that, in leads to healed relationships, and communities. Thank you for prayers, for sharing our vision and your generous support.

Redeemer Counseling Services Timeline



We are only able to reach more people with your help.

STATEMENT OF ACTIVITIES		2022
Sources of Revenue		
Counseling and Training Income		\$ 2,583,263
Donations and Grants		\$ 748,451
Total Revenues		\$ 3,331,714
Expenses		
Counseling and Training Expenses		\$ 3,018,395
Management and General Expenses		\$ 413,237
Total Expenses		\$ 3,431,632
Change in Net Assets		\$ (99,918)

Redeemer Counseling Services is financially independent from Redeemer Presbyterian Church.



21,291
Total Sessions



41%
of Clients' Household
Income < \$50,000

95+
Churches Referring Clients to Us



Donor Impact Snapshot

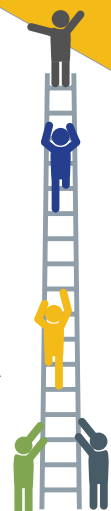
57%

People of
Color

86%
Client Sessions
Supported By
Donations



Training
Counseling Fellows
and Piloting 4-week
Leadership Program



1:1 Counseling Care

Redeemer Counseling Services (RCS) is the largest professional Christian Counseling center in New York City. We base our fees on household income, which means people who receive counseling at RCS pay what they can afford for their sessions based on our sliding scale. Our model makes us one of the most accessible places to get professional counseling in New York City.

Even before the pandemic, 1 in 5 New Yorkers suffered from depression or a mental health disorder, which is three times the national average. To make matters worse, it is also harder to get help because therapy costs in New York City are the highest in the nation.

Despite challenges, we are so grateful for your help, which allowed us to serve thousands of individuals, churches, and communities in 2022.



50~ Counselors + 7 Support Staff



Served 2,000 Clients



83% of Clients are Gen Z or Millennials



**Redeemer is a safe place to wrestle
with tough mental health and faith issues**

Client Story — Eriana: Compassion through Depression

I first started therapy at Redeemer Counseling in 2015. I was young and experiencing depression. I had been living in New York City for about a year-and-a-half and had a lot of patterns that were emotionally unhealthy. I could not connect with people or build relationships the way I wanted to. Redeemer Counseling Services was a great option for me because I felt like the counseling program was safe and I knew that the counselors would share my faith.

When I started therapy, I thought I was just an unemotional person, that I was more of a thinker and didn't really

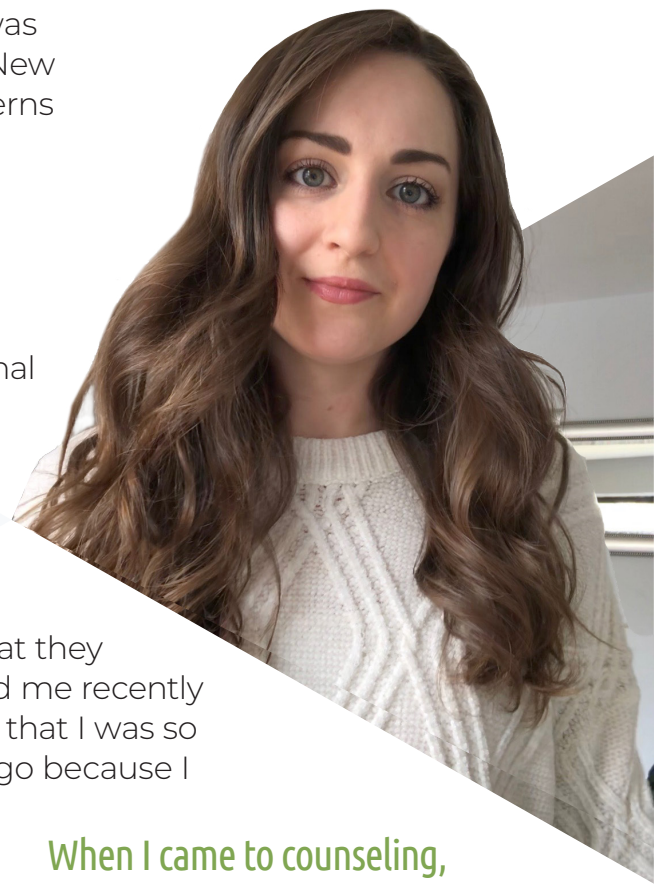
Redeemer Counseling Services had the sliding scale for payment. Because I was in college and had no money to afford counseling, the scale really helped.

feel. Now, after several years of counseling, I have had multiple people tell me I am one of the most open, deeply feeling people that they know. My best friend told me recently that it was crazy to think that I was so shut down a few years ago because I

am so open and compassionate now. I just had blocks and trauma that prevented me from being that person.

That is also true with my relationship with God, which has changed so much and so drastically.

I have not experienced severe depression in a long time. I do not have the old emotional blocks that I used to, like being hard on myself. With my counselor, I started to understand myself better and why I was reacting to certain situations in a specific way. I learned that I can offer grace and compassion to myself.



When I came to counseling, the concept of grace was so foreign. Grace is a huge thing my counselor and I have talked about over the last several years.

Group Counseling

Renewal Groups are group counseling at Redeemer Counseling Services. Groups are led by professional counselors, provide peer support, and are a place to grow. Members' unique stories and perspectives provide a strong foundation for the therapy. Each group focuses on a specific area where members can journey with others who share similar struggles.



Your Asian American Journey

A safe and supportive environment for women to share and wrestle with who they are as an Asian American woman.



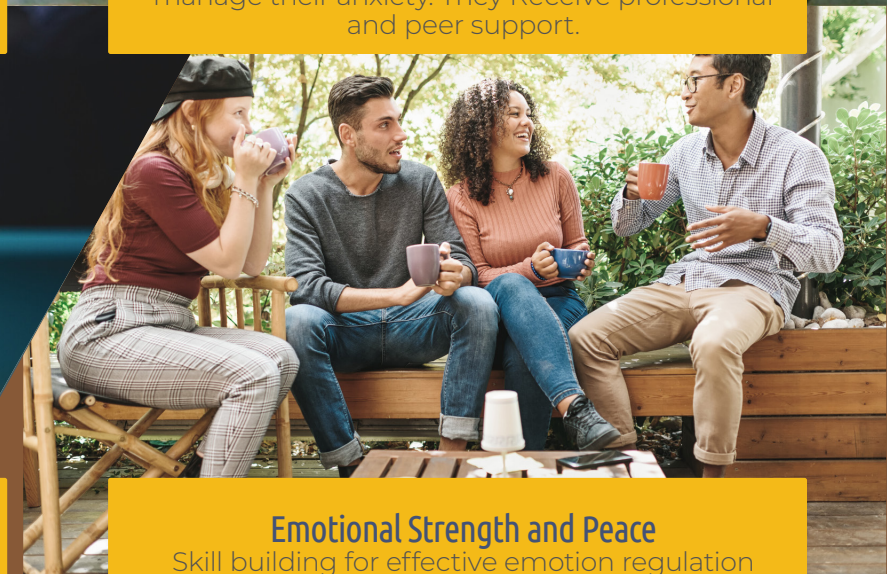
Calming Your Anxious Mind

In this five-week course, members gain skills to manage their anxiety. They Receive professional and peer support.



Sexual Integrity for Men

Gospel Hope: release from porn and sexual addiction.



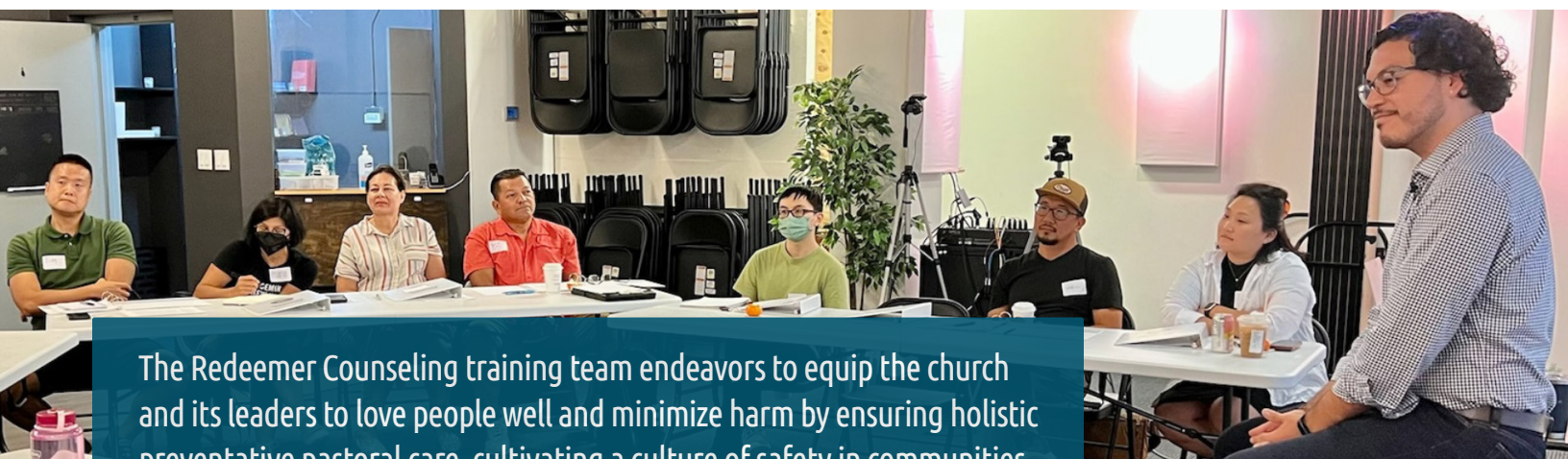
Emotional Strength and Peace

Skill building for effective emotion regulation taught by a professional therapist.

Training Pastors and Ministry Leaders

Our 2022–2023 Fellows cohort is our biggest ever, with 16 participants. The Elm Church in Queens made their church available for pastors and ministry leaders from 12 different churches to learn valuable counseling skills.

The Redeemer Counseling Fellows program celebrated its 5th anniversary. Fellows is a 9-month intensive counseling training program that started in 2017. The program grew out of local pastors' need for more in-depth counseling training. Throughout the Covid-19 Pandemic, pastors and lay leaders were frontline workers for the growing mental health needs of their communities.



The Redeemer Counseling training team endeavors to equip the church and its leaders to love people well and minimize harm by ensuring holistic preventative pastoral care, cultivating a culture of safety in communities, and providing appropriate level of care and response.

KEY TAKEAWAYS

When to Refer →
**RACIAL
 TRAUMA**

SKILLS TO MANAGE
ANXIETY & DEPRESSION

THE
 BEHIND
**Heart
 Addiction**

| *creating a*
SUICIDE PLAN

REFLECTIVE LISTENING

COUNSELING SKILLS

Churches Trained

Redeemer Counseling serves over 95 churches in the New York Tri-State Area.

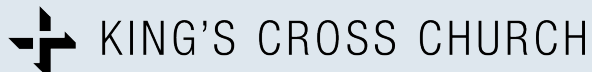
In 2022, we continued hosting workshops and training based on our 32 years of experience. We had the wonderful opportunity to pilot a 4-week Leaders Training in Pastoral Counseling for two ministries.



Reach Counseling Center



RECONCILED



TRINITY
GRACE
CHURCH



Pastor David: The Ripple Effects of Redeemer Counseling Training

As a church, we believe that you cannot reach a neighborhood by yourself: you need a team of people and a community that is trained to care alongside you. If people are going through a lot and need additional care, I do not feel it washing over me and drowning me because I have RCS as a resource and trained leaders.

Having Redeemer Counseling as a resource for our church allows me to welcome people more willingly and openly.

Learning how to actively listen has allowed our leaders to dig deeper not only with those in our church community, but also with the neighborhood youth in Elmhurst. We can take our team, who have learned reflective listening, and then go out and listen to the youth around us. We listen for emotions, we listen for what RCS calls the 'Entry Gate' in conversations.

Many teens do not have anyone to talk to and share their lives with. They are telling us, "When my parents do this, I feel like they are disappointed with me. I feel unlovable. I feel invisible." So being able to pull from a community of faith that has been trained by Redeemer Counseling and then connect with youth goes a long way.



Pastor David
Lead Pastor
The Elm Church
Elmhurst Queens
Member of Queens
Connexus, consortium
of churches
in Queens

We are so proud of being invited by Maspeth High School to bring City Positive, our local outreach program, into their school as a club for teens.



“The RCS training was so meaningful and applicable. I love the holistic viewpoint that the trainers provided in teaching us how to care for others.”

...Trainee, Redeemer Counseling Leadership Series

“I was in crisis mode and just needed immediate help. I started to see my anxiety around relationships more clearly. Counseling enabled me to be healthy enough and secure enough in relationships to get to a place where I could propose to my now wife.”

...Bram, Redeemer Counseling Client

“A therapist’s memoir made me realize how important counseling is for so many people. But it was missing one crucial element: Jesus. So, I looked for ways that I could help. I was so drawn to Redeemer Counseling because of their mission to help people through Gospel-centered therapy.”

...Laura, Redeemer Counseling Donor

“As a pastor, I spend a lot of time walking people through the various turmoil and conflicts in their lives. I help them internalize the Gospel and that’s a big task. The Redeemer Counseling training really is invaluable.”

...Patrick, Redeemer Counseling Fellow



Give to Redeemer Counseling,
help us reach more people.



Redeemer
Counseling
Services

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