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Dear Friends,

As President of Family Counseling Services, and on behalf of the Board of Directors, I extend my appreciation for the support we've received from the community in the past year.

Like so many other businesses, we've struggled in 2009. With guidance from many community leaders and financial assistance from the United Way of Northern New York, E.J. Noble Foundation, and our faithful donors, we've reorganized and are confident 2010 will end with FCS financially strong with a clear plan for sustainability.

We are proud to be the only North Country mental health service provider offering care for individuals of all ages on a sliding fee scale. Our services make an important impact on our community, and an even more important impact on the individuals we serve: the mother of six who knows she can't do it alone anymore, who needs support and someone to teach her how to stop her children from treating each other like enemies; the father and husband who is struggling with eroding self-esteem brought on by long-term unemployment; the young couple, who are counseled with compassion to work together to save their marriage after an extended deployment.

We serve as a behavioral health safety net for those with no insurance, and those who are underinsured. Our fees are based on an individuals' ability to pay and our mission is to provide counseling services for all individuals in need. For 52 years, the generosity of contributors like you have enabled us to continue to be of service to our community.

Thank you.



Jeffrey M. Garvey

Family Counseling's mission has been to serve families since 1958.

This includes mothers, fathers, brothers, sisters, aunts, uncles, cousins, and grandparents.

They come for support, guidance, assurance, safety, and to hear someone say **"Yes, you can."**

Staff

Collene Dare Alexander, MBA
Dean Anthony, LMSW
Amy Babineau, LMHC
Lori Houppert, MS, MEd
Michael Kehoe, LCSW
Beth Linderman, LCSW
Jennifer Meagher, BS
Morgan Pierce
David Weal, LCSW

"I know I have not fully attained my goals, but each day is a new day and each session is a help in explanation and reaffirming."

FCSNNY Client Voice

Family Counseling Services of Northern New York Programs & Services

Family Counseling is a private, not-for-profit agency which provides a broad spectrum of high quality, affordable counseling, consultative and educational services. The agency is committed to fostering the emotional growth and development of individuals, families, and our community.

Family Counseling offices are located in Watertown and Gouverneur.

Our Services:

- **Individual Counseling at all age levels**
- **Couples/Marital Counseling**
- **Family Counseling**
- **Play Therapy**
- **Sexual Abuse Counseling for Victims and Survivors**
- **Domestic Violence Counseling and Education**
- **Clinical Consultation**
- **Therapeutic Supervised Sessions**
- **Animal Assisted Therapy**

For those who do not have insurance, all services are available on a sliding fee scale based on income and ability to pay.

2009 Statistics

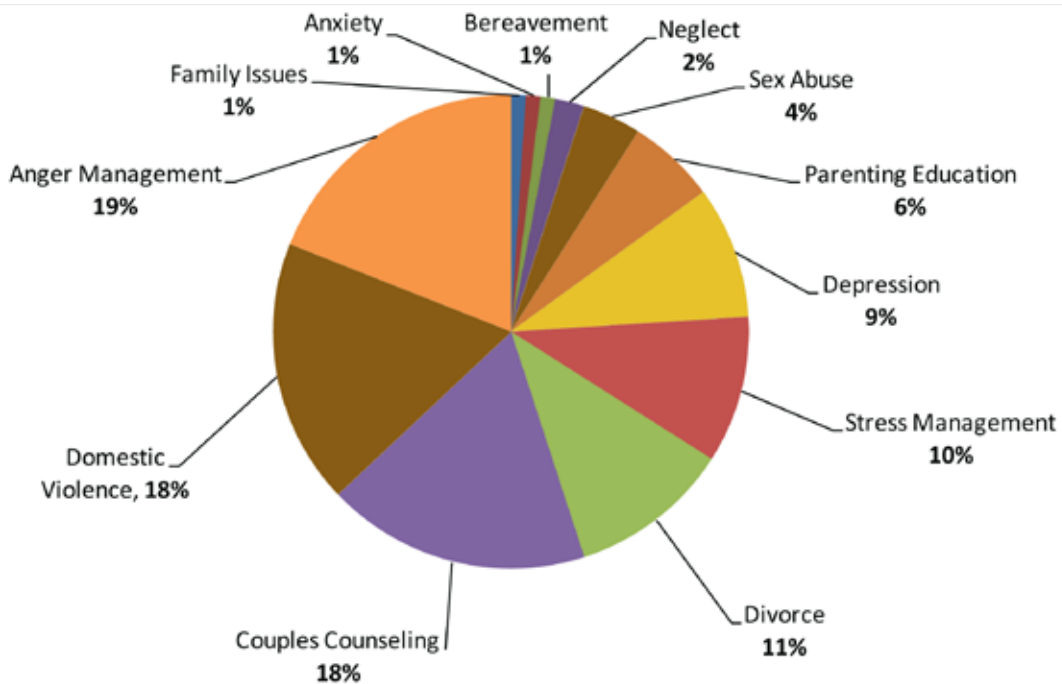
Number of Clients Seen in 2009	570
Number of Self-Pay Clients	210
Number of Visits (Sessions)	3,395
Number of Individual Visits	2,927
Number of Group Visits	468

FCS fee for counseling services is \$85.00/session.

- All self-pay clients' fees are based on the Sliding Fee Scale
- Currently, only one individual qualifies for the full \$85 fee
- Our clients, on average, earn less than \$25,000 per year, resulting in our average fee collected for self-pay client sessions equaling \$25.00 (a difference of \$60.00)

Breakdown of New Visits

Based on **143** new visits between August 2009 - February 2010



2009 Contributors

In spite of difficult economic times, the past year has given us a lot for which we can be thankful, Through the generosity of our donors, United Way of NNY, volunteers, and community, Family Counseling provided services to 570 families in 2009.

Fred Bresler	Urban & Sally Hirschey	Wilfreda Stone
Richard & Charlotte Brooks	Hrabchak, Gebo & Langone	Robert & Jean Sturtz
Tom Brouty Aircraft Service	William Jesmore	John Sudduth
Paul & Martha Brown	James Kanik	Suicide Prevention Walk
Mike & Karen Burns	F. Anthony Keating	Bob & Debbie Thomas
Al Calligaris	Carleton Lamica	Timeless Décor
Case & Leader, LLP	Jane LaRock	Timeless Frames
Keith & Mary Caughlin	Jim Leven	Tom Tinney
Don Coon	Sylvia Leven	Dr. & Mrs. W. Barton Van Slyke
John & Rita Deal	Andrea Motta, Esq	Janet Wakefield
John Doldo	Leonard & Elsa Marsh	T. Urling & Mabel Walker
M. Constance Fitzgerald	James O'Donnell	Lisa Weber
Jeff Garvey	Ronald Perciaccante	Dick & Kathy Weber
Mary L. Garvey	Purcell Construction	
Don & Virginia Gladle	RBC Grant	
Bruce Goodnough	Rande Richardson	
Lawrence & Virginia Hasseler	Harold & Gloria Rothschild	
Jim Heary	Douglas Sanford	
Tom Hefferon	Pattie Schreck	
Charles Hirschey	Snider & Snider, LLP	

Special Thanks

We extend heartfelt appreciation to

Deb & Tim McAtee, Dry Hill Ski Area, for hosting our
4th Annual Snowflake Rally

Lorraine Rogers and the **Suicide Prevention Walk Team**

EJ Noble Foundation

2009 Financial Statement

January 1 - December 31, 2009

Ordinary Income/Expense

Income

Contributed support	130,468.64
Earned revenues	228,627.56
Total Income	359,096.20

Expense

Payroll Expenses	1,067.88
Salaries & related expenses	322,068.48
Other personnel expenses	4,650.00
Non-personnel expenses	10,801.12
Occupancy expenses	46,256.76
Travel & meetings expenses	2,167.50
Misc expenses	21,194.25
Business expenses	472.25
Total Expense	408,678.24
Net Income	-49,582.04

"This counseling has been beneficial for our family. Our income status and job status has not changed and with one of us not having a permanent job, the fee reduction makes this counseling very accessible and we're able to keep coming. Thanks!"

FCSNNY Client Voice

Celebration of the Family Campaign

We make behavioral health services accessible to all families living in the tri-county area through our sliding fee scale. At full price, counseling session fees are \$85.00. Sliding fees can range from \$25.00 per session to \$85.00 per session. In extreme circumstances, families may also request a reduction for extreme hardships. In 2009 there were 60 requests, all were granted.

During this year of *Celebrating the Family*, we invite you to sponsor a family who needs our help. Just like our families, sponsorships are available in all sizes. Your contribution will ensure that we can continue to provide services at a reduced cost to our families. To help you recognize the value of your contribution we have provided a cost breakdown:

Family of Four for Three Months:

Mom and Dad with Two Children..... \$2,520

Family of Three for Three Months:

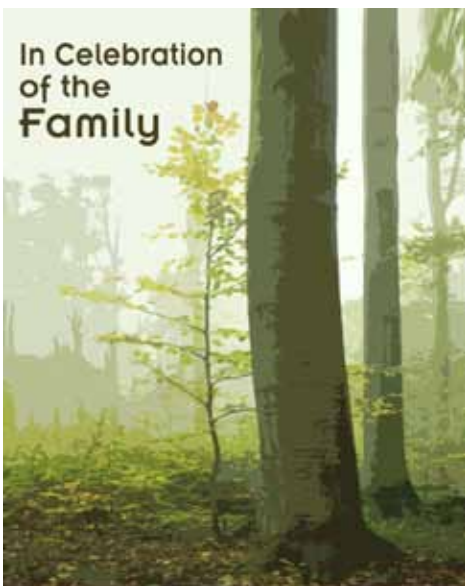
Mom, Dad, and Child..... \$1,680

Family of Two:

Couple \$ 500

Mom & Child \$ 300

One Child \$ 125



Please consider making a donation to
Family Counseling Services

Fill out the reverse and return this form to:
Family Counseling Services, Inc.
120 Washington Street
Suite 510
Watertown, NY 13601

*Family Counseling Services is a 501(c)3 organization.
Your contribution is tax-deductible to the fullest extent of the law..*

"I am moving in a few weeks and I need to save as much money as possible to complete the trip. I am moving for relocation. My fiancé also was informed last week that her cancer has come back and I am paying her doctor bills until we get married and she will be covered by Tri-care. We will be getting married soon, until then I am supporting her medical care which is pretty expensive."

FCSNNY Client Voice

Yes, I would be happy to contribute to the **FCS Family Campaign** in the following amount:

- | | |
|--|---|
| <input type="checkbox"/> Family of Four \$2,520 | <input type="checkbox"/> Family of Three \$1,680 |
| <input type="checkbox"/> Couple \$ 500 | <input type="checkbox"/> Mom & Child \$300 |
| <input type="checkbox"/> One Child \$125 | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Check Enclosed | <input type="checkbox"/> Please bill me. |
| <input type="checkbox"/> Please bill me on a monthly/quarterly basis | |

Name: _____ Phone: _____
(as you wish it to appear in reports of contributors)

Address: _____ Email: _____

City/Town: _____ State: _____ Zip: _____

Please mail to: FCS, 120 Washington Street, Suite 510 Watertown, NY 13601

NO PAGE

Family Counseling Service
of Northern New York, Inc.

The Watertown Office

120 Washington Street - Suite 510
Watertown, New York 13601
(315) 782-4483

The Gouverneur Office

137 E. Main Street
Gouverneur, NY 13642
(315) 287-7008

2010 Events

Kentucky Derby Day

May 1, 2010
The Boathouse Restaurant
Sackets Harbor, NY

Special thanks to the Sackets Six:
J.P. Constance, Harold Cring
Jack Knowlton, Mark Phillips, Pete Phillips
and Larry Reinhardt

sponsored by:
Haylor, Freyer & Coon Insurance
Timeless Frames
Watertown Savings Bank

Summer Wonder Wheel Event

In partnership with the USO
See, Touch, and Sit in Vehicles
of all Sizes, Shapes, and Colors

Location to Be Announced
Sponsorships Available

Watch For Details Soon!



Family Counseling Services of Northern New York, Inc.
120 Washington Street - Suite 510
Watertown, NY 13601

www.fcsnny.org

A misty forest scene with tall trees and a small tree with yellow leaves in the foreground. The text is overlaid on the top left and bottom of the image.

In Celebration of the **Family**

Annual Report 2009
Family Counseling Services of Northern New York, Inc.