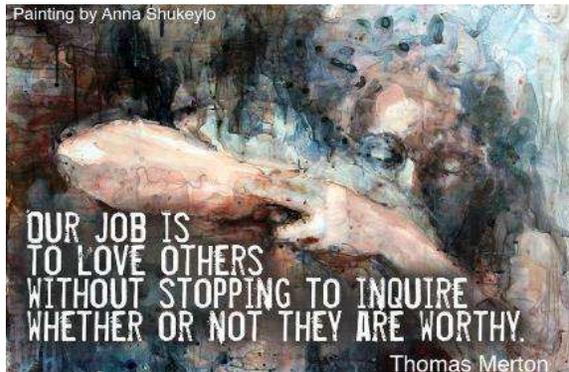




2014 Annual Report



I-am-ugly. I am beautiful.
I-am-worthless. I have value.
I-am-sick. I am healing.
I-hate-myself. I am learning to love myself.
I-am-weak. I am getting stronger.
I-am-moody. I have emotional depth.
I-am-lost. I am finding my true self.
I-am-scared. I have courage.
I-am-crazy. It is normal to struggle.
I-am-in-pain. It is okay to hurt sometimes.
I-am-tired. I will not give up.
I'm-not-good-enough. I am better than "enough."
I-can't-change. I can change with God's grace.

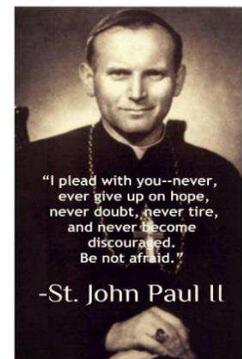


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Thank you for studying and sharing our annual report!

The printing of our 2014 Annual Report was underwritten by...

...the Gratia Plena Board of Directors.

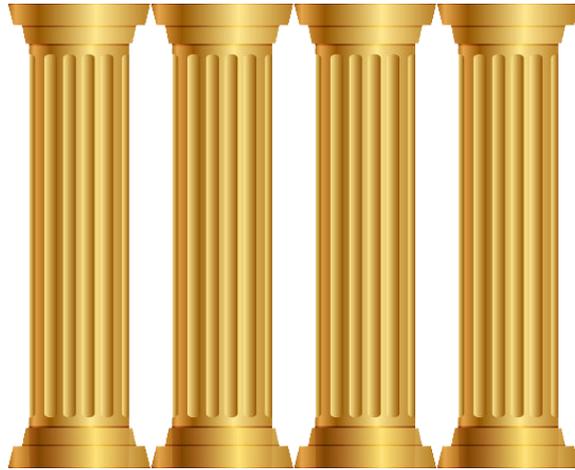
We give thanks to God for their support and guidance.



The mission of *Gratia Plena* is to provide mental health and spiritual direction services to address mental illness, addiction, and spiritual distress in a manner which is faithful to the teachings, values, and traditions of the Catholic Church.



Our vision is to have Gratia Plena be a professionally run charitable nonprofit organization which is readily identifiable, accessible, and conveniently located in the Catholic community, designed to promote wellness of the whole person for the sake of Christ and His Kingdom.



*Our four core values
apply both to our own staff and those whom we serve:*

- ✚ Spiritual, Mental, and Physical Health

- ✚ Relational Health
(communication, teamwork, and respect)

- ✚ Service Excellence

- ✚ Ethics, Integrity, and Honesty
(being trustworthy, responsible, & accountable)



ST. THERESA CATHOLIC CHURCH

705 St. Theresa Boulevard Sugar Land, Texas 77498

Archdiocese of Galveston-Houston

April 21, 2015

Dear Friends:

Three years ago, under the leadership of Ken Buckle, *Gratia Plena* was established to offer professional counseling in the Sugar Land area. As a parish priest, I appreciate Ken's approach, in which faith and reason are integrated, and special consideration is given to the religious convictions of his clients. I know that I can count on *Gratia Plena* to offer assistance in a manner that is consistent with the Catholic faith, and our understanding of the human person as created in the image and likeness of God.

St. Theresa parish has made a commitment to give regular support to *Gratia Plena*, and I invite you to do the same.

Gratia Plena serves everyone who requests their help. No one is turned away because of lack of insurance, inability to pay, or other factors. The organization's multi-cultural staff has created an atmosphere of welcome for their diverse clientele.

Your support will make it possible for *Gratia Plena* to continue their generous service and to expand to other under-served regions of the Houston metropolitan area. Will you join in their efforts to bring healing to the suffering?

"*Gratia plena*" means "full of grace," and is a reference to the Hail Mary, and the powerful intercession of the Mother of God. May she inspire you to join *Gratia Plena's* effort to be instruments of peace and reconciliation.

Sincerely,

Fr. Stephen B. Reynolds

Very Rev. Stephen B. Reynolds, V.F.
Pastor

A Message from Dr. Ken



Dear Sisters and Brothers in Christ,

After three years of service to the community, those involved with Gratia Plena are certain now that there is a great need for mental health counseling which is true to the Catholic faith. The caseloads of our counselors stay full nearly all of the time. When someone contacts us for that very first appointment, it has usually taken him or her a great amount of courage and humility. This new client is ready to take action and so we want to be able to schedule this appointment as quickly as possible. Being able to get this person in to Gratia Plena depends upon having the right number of staff available to keep up with the very great service needs of the community. There are two factors that play a role in our having adequate staff numbers on hand.

First, we must have in the work force Catholic counselors who are in agreement with the teachings, values, and traditions of their faith. Believe it or not, there is a huge shortage of mental health counselors in general...and an even greater need for faithful Catholic counselors. I wish that I could talk to all Catholic high school students in Houston and encourage them to consider if they may have a calling to the vocation of counselor. We especially need counselors from the many immigrant groups represented in Houston, counselors who know the culture and have retained the language.

Second, we must have the funds to hire these good Catholic counselors. At this point, most of our income at Grata Plena comes from the service fees we collect. However, these service fees are never enough to offset our expenses. This means that we can only keep our doors open if we have donations from the community: from individuals, churches, and businesses which are willing to be partners in our mission. We do have some but more is needed!

We have requests on the table for Gratia Plena to open up new offices in other locations both inside and outside the Archdiocese. We are ready to do this just as soon as we have the funding to support it...but our attitude always is "whatever God wills."

We thank you for your prayers and support. God bless you!

Kenneth E. Buckle, Psy. D.

Founder and President

Our Programs and Services

Community Outreach...

...helps by bringing the concepts of psychological health and well-being out to the parish where the community gathers. By presenting these ideas to a wide audience, we may help prevent problems before they occur, which is of great importance. Prevention programs are few in number today, as government mental health resources are focused mainly on severe mental illness and crisis management. Talking with adult and youth education groups can sometimes encourage people to seek treatment when problems are in their early stages, which is when the prognosis is better before these difficulties become serious. Some of these services are offered free of charge by Gratia Plena.

Assessments and Evaluation...

...are professional interviews sometimes using formal psychological tests, either to determine need for treatment or to gain entrance into programs, employment, or fields of study. Results of the evaluation are discussed in a language understandable to the client and/or the requesting party. When formal testing is performed, a report is also generated. Many people come to Gratia Plena for assessment services only.

Psychotherapy...

...is the most frequently used service at Gratia Plena. We offer therapy to adolescents, young adults, adults, and older adults. We see many engaged and married couples. We work with individuals but also offer group therapy. Some clients receive a brief course of just a few therapy sessions, while others choose to work on their issues long-term. As therapy begins, an individualized change plan is developed with the input of the client. These plans are reviewed periodically to assess progress and make adjustments as needed.

Spiritual Direction...

...is offered by trained and experienced staff for individuals seeking to improve their connection with God. Many clients are involved in both psychotherapy and spiritual direction, and some may transition from psychotherapy to spiritual direction...and vice versa. Some receive this service by itself. We accept donations for this service.

Training...

...is offered for new Catholic counselors. The atmosphere in our office is one of continual growth and development, as well as quality improvement. We have established a training relationship with the master's level counseling program at the University of St. Thomas. We accept only the top candidates for our training positions and provide them with appropriate supervision and learning experiences. These special individuals are the future of the organization.

Our Impact in the Community

Community Outreach in 2014

Presentations/Projects:

- St. Laurence (Sugar Land) Adult Education: “Marriage”
- St. Michael Adult Education: “Marriage Enrichment”
- Central Deanery catechists: “Homosexuality”
- Holy Rosary (Houston) Religious Education “Sacred and Safe”
- “Catholics Coping with College” (for new college freshmen)
- Dr. Ken was interviewed on local Catholic radio KSHJ 1430AM
- Dr. Ken made a presentation to the priests of the Western Deanery

Social Media Communications to the Community:

- Monthly newsletters sent by Email, Twitter, and Facebook, compiled on website
- Informative blog articles sent by Twitter and Facebook, compiled on website
- Informational posts on Pinterest
- Occasional informational and inspirational posts to Twitter and Facebook

Assessments and Evaluation in 2014

178 new individuals, couples, and families were seen for evaluation

Psychotherapy and Spiritual Direction Services in 2014

1666 therapy services were provided: individual, marriage, family, and group

164 spiritual direction services were provided

2000 outpatient services were provided to individuals, couples, and families

Demographics of Those Served (all years combined):

99% described themselves as Christians

90% said that they were church-going

94% said they were Catholic

7% were older adults (65 years old and up)

66% were adults (26-64 years old)

14% were young adults (18-25 years old)

13% were adolescents (11-17 years old)

62% were engaged or married

4% were divorced and 2% widowed

32% were single (never married)

2% were clergy, religious, or consecrated

49% of clients were multi-cultural ethnic, 51% were Euro-ethnic

Clients have been seen from over 60 different Catholic parishes in 5 different dioceses

Funding

Our 2014 income was from two sources:

\$95,402.....from Fees for Services*
\$26,917.....from Donors

*Note that since opening three years ago, Gratia Plena has turned away zero clients for inability to pay!!!

Our 2014 expenses were as follows:

\$19,665..... for Rent and Utilities
\$88,544..... for Payroll**
\$2546..... for Professional Fees
\$1,891..... for Insurance
\$335..... for Bank Charges (largely related to credit card processing)
\$920..... for Advertising
\$1638..... for Office Supplies and other Operational Costs
\$266..... for Continuing Education

**Payroll for seven staff members, including taxes



2014 Board of Directors

Kenneth E. Buckle, Psy.D. (Founder and President)
Parishioner at St. Laurence and St. Theresa (Sugar Land) Catholic Churches;
Psychologist

Rosemary Duffield, MD (Vice President)
Parishioner at St. Cecilia Catholic Church; Surgeon at St. Joseph Hospital

Jim McCollom, Jr. (Secretary)
Parishioner at St. Theresa Catholic Church (Houston); Immigration Attorney at
McCollom Law,

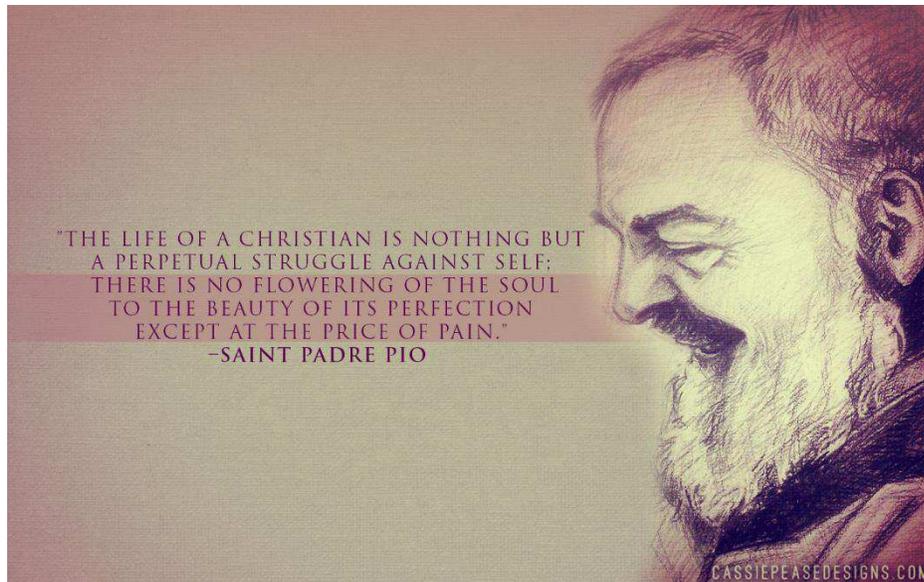
Paul Cashiola, CPA (Treasurer)
Parishioner at St. Cecilia Catholic Church; Paul J. Cashiola CPA accounting firm

Fr. Brendan Cahill, STD, STL
Archdiocese of Galveston-Houston, Secretariat for Clergy Formation & Chaplaincy
Services

Bill Ward
Parishioner at St. Cecilia Catholic Church; President and COO of Star Furniture

Sr./Dr. Katrina Le Grand, CCVI, Ph.D.
Psychologist, Sisters of Charity of the Incarnate Word





2014 Staff:

Dr. Ken Buckle, Psy.D. is a psychologist, the founder, and clinical director of Gratia Plena. He received his undergraduate Psychology degree from UST. He and his wife are parishioners at St. Laurence and St. Theresa (Sugar Land).

Rosanna Novia, MA, LPC-I is from California where she obtained her undergraduate and graduate degrees. She is of mixed Filipina-Japanese descent. She is fluent in English and speaks some Spanish. She and her husband are parishioners at Holy Rosary (Houston). She is supervised by Nick Lopez, LPC-S.

Stephen Bonnette, MS, LPC-I is a transplant from Louisiana, where he received his graduate and undergraduate degrees. He and his family are parishioners at St. Mary of the Immaculate Conception (La Porte). Stephen works at the SE Houston office and is supervised by Nick Lopez, LPC-S.

Mary Kay Malicki, MS provides spiritual direction services for Gratia Plena and at the Cenacle Retreat Center. She is a retired Catholic school teacher.

Pui Au, BAS is near graduation for her master's degree at UST. Originally from Hong Kong, she is fluent in English and speaks Cantonese and some Mandarin Chinese. She and her husband are parishioners at St. Helen's (Pearland).

Daniela Prado Colburn, BA graduated from UST with a degree in Psychology. She is originally from Mexico City and is fluent in English and Spanish. She is studying for her master's degree in counseling in the University of Houston system. She and her husband are parishioners at St. Bartholomew (Katy).

Mary Kay Hemenway is our Office Manager. She is a parishioner at Prince of Peace (Tomball area).

www.gratiaplenacounseling.org

(832) 532-0129

Thank you for your support!