



The Refuge Center for Counseling

106 Mission Court, #302
Franklin, TN 37067

(615) 771-1155

Non-Profit Org.
U.S. Postage

PAID

Nashville, TN
Permit No. 119

Refuge Center Board of Directors

Keith Solomon, Chairman
Samuel Aderogba
Gary Bailey
Natalie Embry
Nicole Floyd
Dawn Garcia
Jennifer Gillett
Terre Grable
Heather Higham
Richard Hoertner
Beth Hopkins
Linda Crockett Jackson
Roger Johnson
Martin Maguire
Vanessa Melius
Cain Myers
Melanie Reeves
Thomas F. White

OFFERING HOPE TO A HURTING WORLD...



Winter, 2011

Dear Friends, Family and all Refuge Supporters:

As we reflect on 2011 our hearts are filled with gratitude and hope. This year has been marked by growth, opportunity and vision. This year we added new office space to accommodate an increased need for client services, added exemplary staff to our team, expanded programs, grew our social media presence and developed an aggressive and thorough strategic plan! We've seen clients find healing, restoration and hope! In 2011 we provided over 7,000 counseling sessions to nearly 1,000 individuals. Our ability to offer love and hope to a hurting world, one person at a time, is limited only by the resources available to us. We currently have a growing wait list and your support can make the difference for someone in crisis. Our goal is to ensure that every client who seeks our help receives excellent and timely care. Would you be willing to invest in the mission and work of Refuge? Please consider ways you may want to partner with us so we can continue to provide a place of refuge for those who are hurting. You can give by completing and returning the enclosed card or by visiting www.therefugecenter.org. Thank you for your support this past year!

Sincerely,

Amy Alexander and Jennifer Gillett
Refuge Center Co-Founders



Approximately 79 percent of our clients request financial assistance. For each of the 6,000+ sessions we provide each year, we must raise \$12 per session through donations in order to continue operating and providing the highest level of care. Your generosity will support the following:

- \$12 One counseling session scholarship with a Refuge therapist
- \$30 One medication visit scholarship with the advanced psychiatric nurse practitioner
- \$75 Board games for use in the Children's Play Therapy Room
- \$100 Workbooks for a group of six survivors of sexual abuse to use in our Wounded Hearts program
- \$120 Scholarship of ten client therapy sessions
- \$250 Books for the Client Resource Library to be taken home by adults and children (as recommended by their therapist.)
- \$750 Purchase of EMDR trauma therapy equipment
- \$1,000 Toys for use in the Children's Play Therapy Room (including dress-up clothes, modeling clay, paints, paper, sand-tray toys, yarn, etc.)
- \$2,500 Supplies for one year for The Refuge Center, including printer paper, printer cartridges, envelopes, letterhead, paper towels, cleaning supplies, etc.

The Refuge Center for Counseling exists to offer affordable professional counseling services in order to empower, educate and support individuals, couples and families in need.



Office Expansion Ribbon-Cutting

On August 16, in partnership with the Cool Springs/Brentwood Chamber of Commerce, The Refuge Center for Counseling held a ribbon-cutting ceremony to celebrate the expansion of its office space. Guests and Chamber members gathered at the center in Franklin, Tenn., to support the continued growth of the counseling center and its client base.

Prior to the ribbon-cutting, a private celebration was held in honor of the volunteer designers, Stacey Allen and Sandra Hatcher, who donated more than 100 hours of time for decorating and designing the space.



facebook

Follow us
or
visit our website at

www.therefugecenter.org



Nashville Office: Storm and HCA Remodel

The Refuge Center has a Davidson County satellite office in the Priest Lake area, where a local church provides space for our community counseling center. In February 2011 the church sustained extensive damage when it was hit by an EF-2 tornado. Our counseling office was damaged and unusable for several months. In September, seven volunteers from HCA, as part of "Caring for the Community" day, came and remodeled the office! Volunteers cleaned, painted and decorated the space, and it is more beautiful than ever before. Thank you, HCA!



Partnerships and Collaborations

One of the best things about The Refuge Center is that we are a collaborative agency and are able to provide therapeutic services to the clients of many other nonprofit agencies. We receive referrals from more than 65 sources. Currently, The Refuge Center works in close collaboration with Hope House, which is a non-profit agency dealing with domestic violence victims in rural areas of Williamson and Maury counties. They provide a crisis line, support groups and shelter to these victims. The Refuge Center provides two therapists on site at the shelter for approximately 10 sessions per week. Additionally, The Refuge Center has formed a partnership with Vanderbilt University utilizing funds from a grant awarded from The Baptist Healing Trust. These funds support an advanced practice psychiatric nurse practitioner on site to assist with assessment and medication management. We provide clients with access to our APN who can address the symptoms of trauma with a plan for medication, as needed. The clients who are referred to the APN are those Refuge clients who would not otherwise have access to this service due to being uninsured or having very minimal financial resources.

Songwriters Night

On August 25, The Refuge Center for Counseling hosted our 3rd Annual Songwriters Night event at Durego to benefit the counseling center and the services we provide. Over \$18,000 was raised that evening! Attendees enjoyed an evening of food and beverages, a silent auction, and great music performed by Lulu Mae, a well-known Nashville indie-folk group. Thank you to all who participated!



For complete financial and administrative information, visit our profile page at:
www.givingmatters.org

2011 STAFF ADDITIONS:



Connie Kinder, M.M.F.T. is trained to support clients with anxiety, depression, traumatic experience, struggling marriages, difficult parenting, and divorce adjustment.

Shari McClaren, M.A. specializes in women's issues, trauma, sexual abuse recovery, domestic violence, transitional adjustments, anxiety and depression.



Alice Stricklin, L.M.F.T. has been hired as the new Clinical Director for The Refuge Center for Counseling.

Noah Zapf, M.A. works with individuals and couples. He utilizes EMDR, trauma-focused cognitive behavioral therapy, and emotionally focused therapy in his work.



Wounded Hearts Program

Our Wounded Hearts program has been a tremendous success this year. The Refuge Center offers this program as part of an expansion of the services offered to survivors of childhood sexual abuse. Wounded Hearts support groups are an honest, hopeful journey into the damage of childhood sexual abuse. The Refuge Center offers two free (grant-funded) groups each week. Wounded Hearts empowers women to stand firm in the love that God has for them no matter what their lives have thrown their way. It helps them find their voices and provides a safe place for them to ask the hard questions and to cry for the injustice that life has handed them. For many women, this group is the first place they felt safe enough to tell their story and then begin to feel hope for the first time.

More than 100 hours of group therapy have been provided to women this year. Here are just a couple of the many powerful testimonials from the group:

"The Refuge Center has been an incredible tool in helping me deal with my past sexual abuse. Words cannot express the magnitude a class like this has had on the lives of individuals by helping us to cope with the past and learn to heal. The hardest part of the sexual abuse is the secrecy. Through The Refuge Center we have all been able to learn from each other and bring our struggles to the light. We need more Refuge Centers!"
-Female, Age 26

"Counseling has really helped to normalize some of my struggles from my past sexual abuse. Feeling like I'm not the only one who's walking this journey to substantial healing is a gift that cannot be compared. I am deeply blessed to have wisdom spoken to me when I am in the eye of the storm and can't speak it myself. Thank God for a place like the Refuge Center! There really is hope in this fight for health and wholeness."
-Female, Age 27

It costs The Refuge Center \$50 per session to provide services.

Current Grant Awards for 2011

- Allegra Print and Imaging-\$500 (In-Kind Printing)
- The Baptist Healing Trust-\$28,700
- The Emmy Lou Tompkins Foundation-\$5,000
- The Frist Foundation-\$4,200
- The Giving Circle-\$5,000
- HCA-\$2,500
- The Predators Foundation-\$1,000
- The Nehemiah Foundation-\$1,000
- United Way of Williamson County-\$21,200
- Walmart-\$500

Thank you for all your support!