



2023

ANNUAL

REPORT

A NOTE FROM OUR EXECUTIVE DIRECTOR

Dear Friends,

When we founded Centro Sanar in March 2020, our collective vision was to provide mental health services and center the relationships we established as co-founders on Chicago's southwest side communities, specifically in Brighton Park, Gage Park, South Lawndale and Back of the Yards. In March 2020, my daughter Camila was born. As a young Latine father, I envisioned Centro Sanar centering care, healing, and in creating a lasting impact.

The **impacts of trauma and violence** can make it difficult to be vulnerable enough to talk about a traumatic experience with a therapist, which is why our service delivery model is grounded in the understanding that culturally affirming, long-term services are necessary to establish the safe, trusting relationships that facilitate healing. Accompanying and elevating the resiliency of our clients is at the core of our work; it was very important to us to create a space where adults and families can all collectively lean into healing.

With a collective 50 years of experience, we saw the gaps that exist within the mental health system, and upon truly understanding the many layers compounding access to long term consistent mental health treatment, the community we served seated us at the table and there, the mission-driven brainstorming began. From the very beginning, it was evident that the need we were responding to was to **facilitate access** to quality healing resources that individuals living in these communities needed.

Our approach at Centro Sanar offers access and redesigns care delivery, offering a blueprint for addressing complex trauma by providing free, bilingual and unlimited direct services in the community, including individual therapy, family therapy, clinical case management, and sanando juntos/healing together mental health groups. It was through our collective work in the field of mental health that helped inform the specific types of **healing resources** to offer individuals seeking out services. It is also here that we witnessed **systemic oppression** at play, as we saw time and time again the barriers these individuals faced when seeking out mental health services; barriers like cost of treatment, lack of insurance coverage, and lack of services within close geographic proximity.

While the work is ongoing, **our priority remains to accompany our community members in their journey to heal and thrive.**

We hope you will partner with us as we continue to break barriers and disrupt the traditional systems of treating mental health.

With gratitude,
Edwin Martinez, Executive Director
& Co-Founder



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"As a Centro Sanar staff, I have developed both personally and professionally through the work. I have been able to make meaningful connections within myself, other staff, and the communities we serve and partner with. Sanar has invested time, money, and lots of care to ensure that I have the support I need and deserve as a human who is serving and supporting other humans on their journey toward healing personal, generational, and community trauma."

Gaby, Centro Sanar Therapist

ABOUT US

OUR MISSION

Centro Sanar's mission is to accompany community members by providing accessible mental health services.

OUR VISION

Through our mental health, case management, community organizing activities, research initiatives, and consultation services, we aim to promote the holistic well-being of individuals and families who have been impacted by systemic oppression.

"Just as much as being client-centered it's also about being staff-centered. Whether it's with supervisors or with other staff, I feel taken care of. Especially when it comes to self care Fridays, days off, mental health days, rest is very important to us. We are on the front lines working with complex trauma, care is very important."

Yomira, Centro Sanar Clinical Case Manager, Therapist



OUR PURPOSE

Through Centro Sanar's leadership having 50 years of experience providing mental health services, our intention is to focus on providing quality mental healthcare through a non-medicalized approach.

By centering community voice and involvement in our approach, Centro Sanar has seen a total of 526 clients. With 65% of our client population being referred by word of mouth and an 11-month waitlist, this tells us we have a community that is connected and in need. With the demand for Centro Sanar's services and our approach, this presents a critical opportunity to grow as a grassroots organization.

OUR 2023 PRIORITIES

1 Centro Sanar is stepping up.

By centering community voice and listening to the needs of community residents, we were intentional about offering services based on the systemic barriers our clients faced within the medical system: lack of spanish-speaking therapists, access to insurance, geographic locations of medical buildings, culturally attuned wrap-around services and inconsistent sessions. In response to this: we have three co-location sites, making it convenient for clients to travel to appointments; all of our therapists are bi-lingual and bi-cultural, allowing for 100% of our clients to receive treatment in Spanish; we offer free services to uninsured and underinsured clients; and our non-medicalized service model allows clients to receive unlimited sessions until therapeutic goals are achieved.

2 Healing is never in isolation, it takes a village.

Our collective healing model recognizes that personal transformation is integrally connected to community transformation. When there is interconnectedness and sense of responsibility in collective healing, community members begin to refer other community members to treatment, resulting in multigenerational trauma being unlocked and treated. Moving beyond achieving symptom reduction, community members are activated into community leadership initiatives and become active participants in the wellness of other community members.

3 Compañerismo: we walk with our clients by providing individual therapy, family therapy, and clinical case management.

Through our long-term mental health services, including individual therapy, family therapy, and group therapy, we promote emotional healing and community connections from traumatic experiences. Our ongoing case management and individual counseling services offer advocacy and accompaniment support to ensure that community residents are connected with the range of resources necessary to promote stability in the long-term.

4 Equipping our clients with more tools to use from their toolbox.

Centro Sanar takes a strength and narrative based approach to mental health services. Clinical staff are trained in healing modalities usually reserved for private practices, such as Somatic Experiencing therapy, Eye Movement Desensitization and Reprocessing (EMDR), and Dialectical Behavior Therapy (DBT). We are proud to say that we offer the first-ever Spanish-language DBT skills training group in the City of Chicago and the state of Illinois, offering Somatic Experiencing and EMDR in group based format.

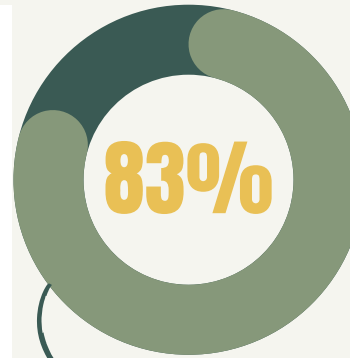


OUR 2023 **IMPACT***

88%

OF OUR CLIENTS
REPORTED
ACHIEVING THEIR
COUNSELING
GOALS

WE HELD
6,524
COUNSELING
SESSIONS



OF OUR FAMILIES **MET**
THEIR **COUNSELING**
GOALS



77%

OF OUR FAMILIES IN THERAPY
REPORTED
ACHIEVING AT LEAST ONE
COUNSELING
GOAL

79%

OF OUR CLIENTS
REPORTED
A DECREASE IN THEIR
DEPRESSION
SCORES

94%

OF OUR CLIENTS
REPORTED
A DECREASE IN THEIR
PTSD
SYMPTOMS

81%

OF OUR CLIENTS
REPORTED
A DECREASE IN THEIR
ANXIETY
SYMPTOMS

***Healing is not linear. Centro Sanar emphasizes strengths, collectivism and empowerment.**

The data presented here is from January to October 2023

WE THANK YOU FOR YOUR CONTINUED SUPPORT IN OUR PROGRAMS

"With Centro Sanar's support, I was able to understand my daughter's anxiety. She has been able to utilize techniques used in therapy to better help her anxiety. With this support, my daughter has been able to go to school on a regular basis."

Centro Sanar Client

**In the 2022-2023 fiscal year we
have received grants from:**

Chicago Beyond
United Way of Metropolitan Chicago
Illinois Criminal Justice Information
Authority
Healthy Communities Foundation
Saks Fifth Avenue Foundation
Hulsebosch Hope Foundation
Latinos Progresando
Chicago Foundation for Women
Enlace Violence Prevention Collaborative

Centro Sanar is proud to have the support from the Foundations and Individuals who donated in our first full fiscal year as a 501c3. The financial support of our programs is of vital importance to our mission.



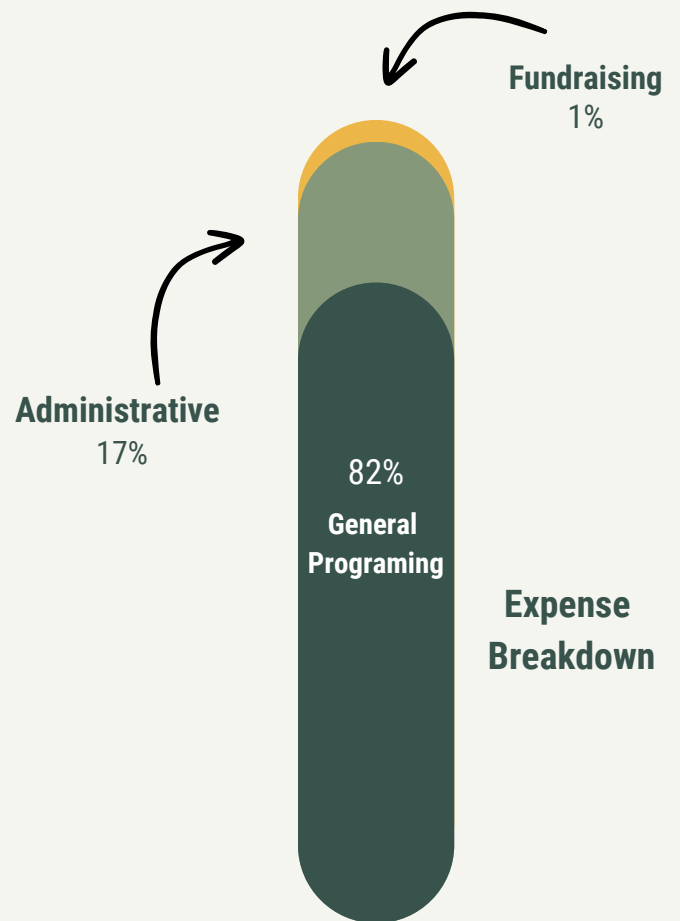
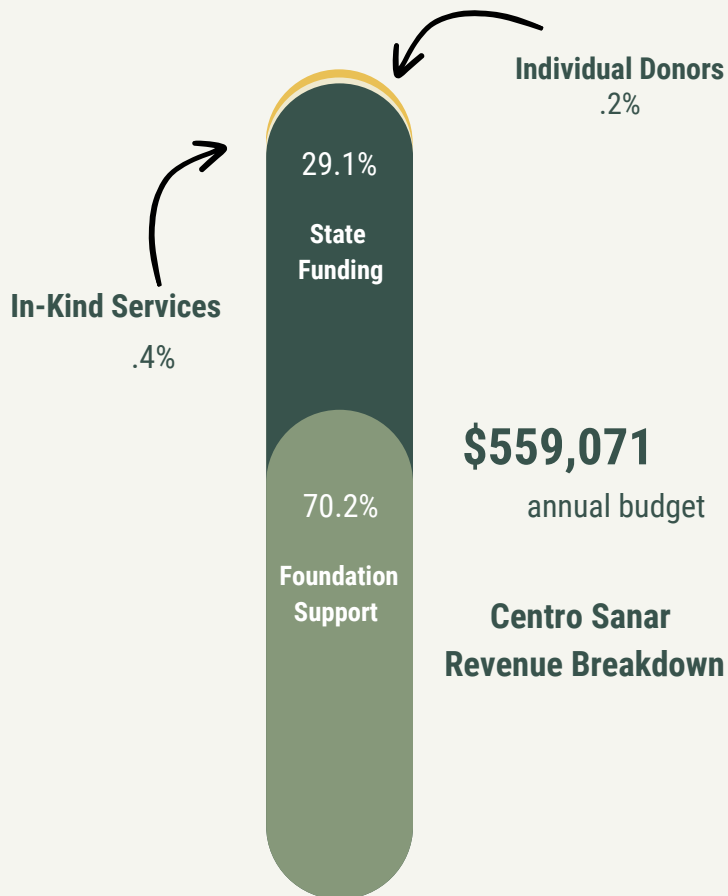
11

grantors funding our
goals

\$559,071

2023 Budget

FINANCES



I believe and see that therapy has positively impacted me in many ways. I see that I have allowed myself to feel my emotions when I couldn't before. I say "no" and I am now okay with saying no for my own good. I care for myself. Thank you for everything."

Centro Sanar Client

The financials presented here are from January to October 2023

The following is a client story and journey in mental health services at Centro Sanar. In an effort to protect our clients right to privacy, our client's information has been changed and the story has been edited to remove personal information. Consent and revisions to the story were made repeatedly in an effort to hold our clients self agency through this process. We ask that you read our client's story with compassion and a sense of empowerment. Our intention is for the reader to understand our work further without engaging in exploitation or vicarious trauma.

Please reach out to Centro Sanar or your support system if you are impacted by this story.

Laura is in her 30s, has two daughters, and lives in the Chicago community of Brighton Park. Laura has been able to see our Centro Sanar mental health clinician for just over a year. Laura sought Centro Sanar after being referred by a friend. She called because she recounted having low energy and being heavily impacted by her partner's diabetes diagnosis. "Eso era la gota que derumbo el baso." This experience is what broke the camel's back. Upon starting services, Laura had transitioned out of her job and felt negative towards others and herself. Despite how she presented, Laura wanted to be present for her family and focus on herself.

The beginning of mental health services for Laura focused on having resources and knowledge about diabetes and processing the current situation.

Our therapist supported Laura in navigating the health treatment and support services for her partner. Stabilizing the current situation allowed for the unpacking of the past and uncovered previous traumatic and impactful medical experiences. Laura was raised by her siblings and has a contentious relationship with her father. With her father having ailing health conditions, establishing boundaries surrounding cultural beliefs, and self imposed obligations of a daughter caring for a father negatively impacted Laura. Unpacking trauma, complex relationships, and establishing healthy boundaries with family members took intentional work with Centro Sanar's mental health clinician. Laura noticed that she wasn't present with her husband and her daughters. Through the work in therapy, Laura was able to prioritize herself, husband, and daughters.

"Al principio no pensaba que la terapia me iba ayudar. Sentí los mismos síntomas y a veces peor. Siguiendo la terapia, empecé a saber más de mí y porque sentía sensaciones en el cuerpo. Tu me dabas educación sobre el cuerpo, prácticas para calmar mis emociones, y me ayudastes a procesar mi niñez, a querer y cuidar esa niña interior. Después me mandaste a el Grupo SE y supe más del cuerpo. Las terapistas del grupo me hicieron sentir normal y también me ayudaron a información sobre el sistema nervioso. Hoy puedo estar bien con mis hijas, hablarles y no gritar, comunicarme con mi familia sobre mis límites y también cuando me siento bajo energía. En verdad gracias a ustedes me siento mejor."

Laura, Centro Sanar Client

"At the start, I didn't think that therapy would help me. I felt the same symptoms and at times I felt worse. Continuing therapy, I started to learn more of myself and why I felt certain body sensations. My therapist gave me information about my body, different techniques to calm my emotions, and my therapist helped process my childhood. I learned to love and care for the inner child.

Then you sent me to the Somatic Experiencing group and I learned more about my body. The group therapist helped me feel normal and also helped me learn more information about my nervous system. Today I can be well with my daughters, talk to them without yelling, communicate with my family about limits and when I feel that I have low energy. In truth, thanks to you I am able to feel better."

Laura, Centro Sanar Client

Somatic Experiencing Group

This approach gently guides clients to develop increasing tolerance for difficult bodily sensations and suppressed emotions to support the completion of stuck self-protective responses and address the root cause of trauma symptoms.

This allows the ability to regain access to all the parts of ourselves, experience a full range of emotions from joy to sadness, and reconnect to our body's innate impulse towards greater mental, physical, and spiritual health.

- Targets the Autonomic Nervous System: the "motor" that drives symptoms/behaviors
- Works in a slow, gentle way that does not overwhelm
- Re-establishes the natural ability of the nervous system to shift between activation and deactivation
- Unfreezes the body's ability to respond appropriately
- Provides concrete therapeutic tools to help clients manage the effects of feeling overwhelmed
- Supports discovering & empowering the innate resiliency of clients



Thank you to our incredible staff and board for helping us make our vision a reality. We achieve our mission because of your dedication to the work.

STAFF & BOARD

Staff

Edwin Martinez, Executive Director, Co-founder
Lindsey Bailey, Clinical Director, Co-founder
Tatiana Rohner, Clinical Supervisor, Co-founder
Kira Harris Kogan, Clinical Supervisor, Co-founder
Kathryn Nelson, Development Manager
Fanny Acuña, Family Psychotherapist, Mental Health Clinician I
Gabriela Godinez, Mental Health Clinician I
Mariana Lopez, Special Projects Clinician
Maritza Lopez-Campos, Mental Health Clinician II
Yomira Paucar, Mental Health Clinician I
Tania Roman, Mental Health Clinician II
Veronica Flores Zapata, Mental Health Clinician II



Visit us at:

<https://www.centrosanar.org/>

Contact us:

development@centrosanar.org

Our Current Mailing Address:

Centro Sanar
P.O. Box 8145
Chicago, IL 60608

Our (future) Mailing Address:

Centro Sanar
2645 W. 51st Street
Chicago, IL 60632

We can't wait to see you in our new home office in early 2024!

Centro Sanar would like to thank mav vega and Women Unite! for their design and contributions to our Impact Report.

Board

Kathryn Bocanegra
Joseph Braun
Cynthia Magallanes
Jocsan Martinez

