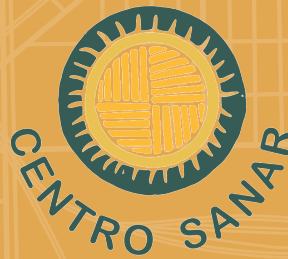


2024



GROWING TOGETHER

ANNUAL REPORT

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www.centrosanar.org

2024
ANNUAL REPORT

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Our mission:

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

Our story:

In 2020, we came together based on our experiences with community mental health service delivery and seeing the challenges inherent within those systems. We recognized the need for an alternative model of service delivery that doesn’t conform to working within oppressive systems through our collective experience that came from being a part of and witnessing the innate power in creating spaces of healing. Through this collective experience, we are committed to building an alternative reality based on equality and mutual support through the creation of these spaces.

“Working at centro sanar has been an incredibly supportive and fulfilling experience. I feel fortunate to work at a non-profit where our mission aligns with my values. The support I have received both professionally and personally, has been immense, creating an environment where i feel encouraged to grow, take care of my own well-being and advocate for the needs of the community. Together, we are breaking down barriers to accessible mental health services.

VERONICA BUENDIA

”

Dear Friends and Supporters,

As we reflect on the past year at Centro Sanar, we are filled with gratitude for the unwavering support that has enabled us to advance our mission of providing accessible, high-quality mental health services to Chicago’s Southwest Side communities. Our commitment to accompanying adults and families on their healing journeys remains our top priority, and together, we have achieved significant milestones.

Program Expansion

By listening to community needs and leaning into staff expertise, we spent a significant amount of dedicated time enhancing our family therapy model as well as expanding our clinical care management program. This included a revised format of program offerings and shifting therapist schedules to meet the needs of our clients. As a result of this, and increased funding that allowed us to hire five new therapists in 2024, we were able to drop our 15-month wait list to 4 months.

Strengthening Our Programs

Our comprehensive programming—including counseling services, support groups, and community development initiatives—has been instrumental in addressing the impacts of trauma and systemic oppression. Through these efforts, we empower individuals to become active agents of structural transformation within their communities.

Notable Achievements

We are proud to share that in 2024, 76% of our clients reported a decrease in their depression scores, 72% reported a decrease in anxiety symptoms, and 73% achieved their counseling goals.

Looking Ahead

As we move forward, we remain dedicated to enhancing our services and expanding our reach to meet the evolving needs of our community. We are excited about the opportunities that lie ahead and are confident that, with your continued support, we can make an even greater impact.

Thank you for being an integral part of our journey. Together, we are fostering a community where healing is possible, and every individual has the opportunity to thrive.

In community,



Edwin Martinez
Co Founder
Centro Sanar





Giving Thanks to *our* team

Board of Directors

Kathryn Bocanegra

Joseph Braun

Flor Esquivel

Cindy Magallanes

Jocsan Martinez

Andrea Orteiz

Our Team

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

Veronica Buendia
Mental Health Clinician I

Maricruz Chavez
Mental Health Clinician II

Roxanna Franco
Clinical Supervisor

Gabriela Godinez
Mental Health Clinician II

Carmen Munguia
Mental Health Clinician I

Joshua Preciado
Clinical Care Manager

Maritza Lopez-Campos
Clinical Supervisor

Yomira Paucar
Mental Health Clinician II

Tania Roman
Clinical Supervisor

Pedro Tapia
Mental Health Clinician I

April Williams
Intake Coordinator



Program Impact

98% of our client population identify with being impacted by complex trauma. Complex trauma is a term that expands on the multiple forms of violence and systemic oppression that a person encounters through their life course. Our program model allows clients to develop skill sets and engage in long term healing. Given the lack of long term mental health services in our catchment area, we are one of a few organizations providing in-depth quality care.

In order to measure and evaluate our individual/group mental health services, we utilize the PHQ-9 and GAD-7, evidence-based measurement tools that assess for depression and anxiety symptoms, respectively. We define success as having an 80% decrease in anxiety and depression symptoms. For family therapy services, we utilize an adapted version of a family assessment tool called FACES IV. We measure two areas: family flexibility and family communication scales. We define success as having an 80% increase in flexibility and communication scores.



81%
OF FAMILIES MET THEIR
TREATMENT GOALS

515
CLIENTS SEEN
IN 2024



38
NUMBER OF YOUTH
IN FAMILY THERAPY

68
NUMBER OF
FAMILIES

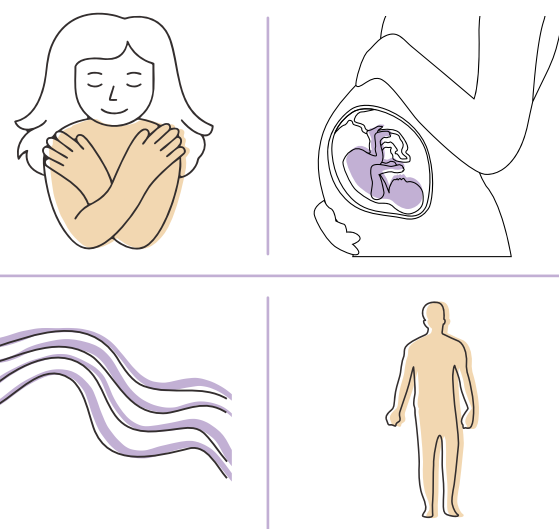


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TREATMENT SESSIONS IN 2024

Staff Development

Investing in our staff is not just a priority, it is also critical to the overall growth of Centro Sanar. Throughout 2024, staff completed a total of 443 professional development hours, hosted their own 'teach backs' where peer to peer knowledge sharing took place, and overall strengthened their knowledge to be able to provide their clients with the tools and resources to heal. Training sessions included topics such as: perinatal mental health, writing mental health evaluations, clinical supervision, and training on therapeutic modalities including Somatic Experiencing and Eye Movement Desensitization Reprocessing.




18 HRS
Peer Supervision



443 HRS
Professional Development



8 HRS
Teach Back's



Community Engagement

Community presentations are a critical way we engage with members of the southwest side community and learn about what their needs are while also informing the community about the mental health services we offer. From established relationships with the Health Promotoras in the community to ongoing partnerships with local elementary and high schools, we conduct multiple workshops throughout the school year for parents, families, school staff, as well as students.

Community Health Fairs and Community Events are opportunities for our team of therapists to speak with members of the community who might not otherwise know about our services.




49 HRS
Community Presentations/Events



810 HRS
Individual Clinical Supervision



1,212 HRS
Self Preservation*



400 HRS
Onboarding



240 HRS
Intern Training

*In order to avoid therapist burnout, we prioritize staff wellness through weekly, 90-minute self-preservation time slots built into each team member's work day schedule. It is up to each individual's discretion how they utilize that time but often times will include wellness activities such as yoga, swimming lessons, or journaling.



Clinical Care Management

Centro Sanar's Clinical Care Management Program offers voluntary support to clients over a three to six-month period. The program is designed to help individuals recognize and build on their strengths as they work towards personal goals. With a focus on emotional well-being, the program provides a safe space for clients to overcome challenges and develop key skills such as emotion regulation, problem-solving, and mindfulness.

By using a strength-based approach, clients are empowered to take an active role in their growth and tap into their existing resources. The care plan is created together with each client, combining practical assistance like connecting them to community resources with clinical support, such as trauma education. This holistic approach helps clients build long-term resilience and achieve greater stability and independence.

Family Therapy Model

In 2024, our Family Therapy model was revitalized to better meet community needs. Over six months, our family therapists and Clinical Director identified opportunities for innovation in program delivery and sought out solutions to ensure full family attendance at every session. This includes engaging youth and parents more intentionally during the assessment process to prioritize their input before creating treatment plans, which fosters greater buy-in from fathers and children. As our team has grown, we now have capacity to offer evening and weekend hours, which aims to increase participation by accommodating family schedules.



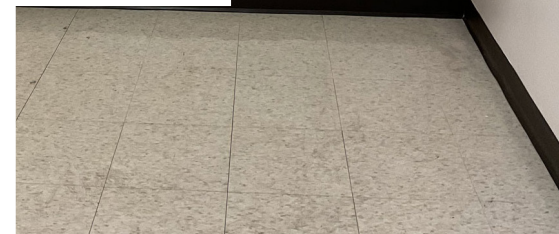
Group Therapy

Eye Movement Desensitization Reprocessing Group (EMDR): A therapeutic group for people seeking to heal emotional wounds caused by one or more interpersonal relationships; learning therapeutic techniques to process emotions and regulate the nervous system.

Somatic Experiencing Group (SE): A therapeutic group to learn the basics of Somatic Experiencing and Mindfulness to support your recovery from trauma. You will learn how trauma impacts your mind, body, and relationships. The group includes practice in releasing suppressed emotions in the body in order to experience more joy and fulfillment in life.

Grupo Compasión and Grupo Consuelo: This program provides support for individuals and families from Southwest side neighborhoods (Grupo Compasion) and 60623 zip code (Grupo Consuelo) who have suffered a traumatic loss. This is an open and ongoing group that meets monthly for Spanish-speaking families who have specifically lost loved ones due to street violence, homicide, suicide, or overdose.

BEFORE

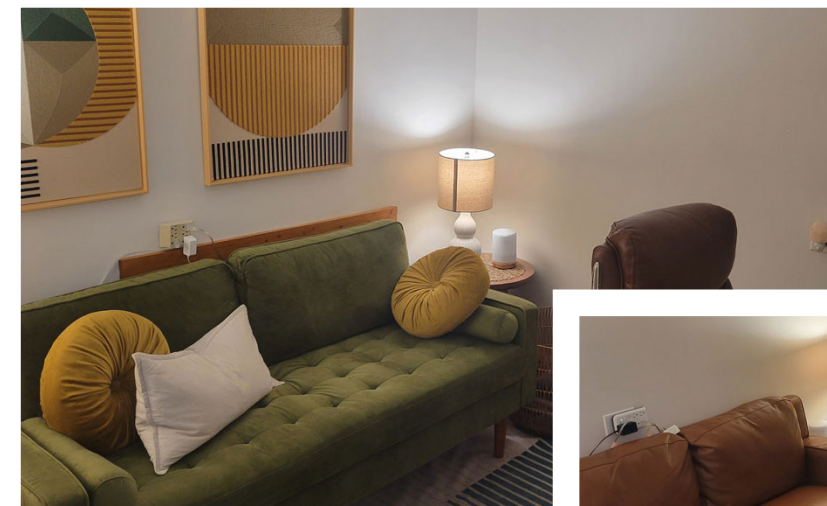


AFTER



In January 2024, we moved into our first official headquarters, located in Gage Park. As we have grown into our home office, our clients have reported feeling safe and welcomed here; they've appreciated how private and warm the therapy rooms are and that we chose a site that is geographically convenient for them to get to.

In staying with our values centered on staff voice in decision making, our therapists were very much part of the design process and took ownership over these spaces by working in small teams to creatively furnish and decorate each of the six therapy rooms. We also included client and community feedback through polls posted on our social media channels asking for suggestions on paint colors to choose from. We are very proud of our homebase and how well-received it has been by our community.

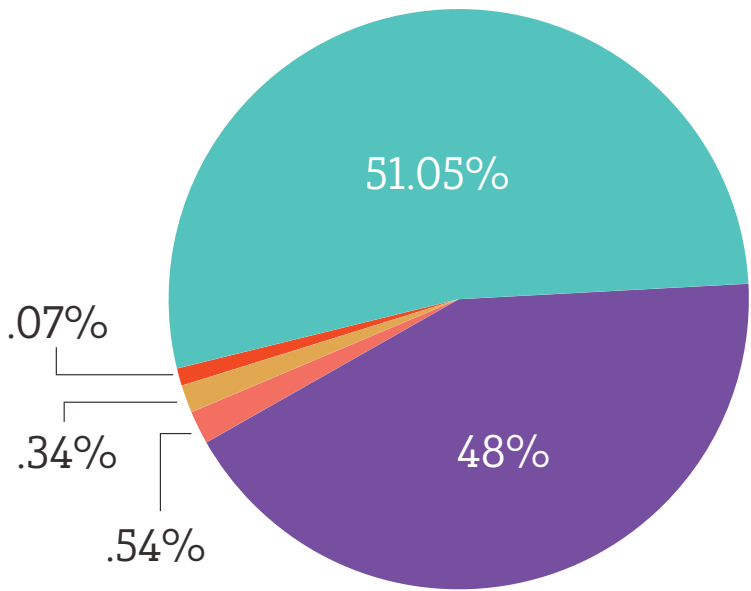


Total Revenue

Total Breakdown of Revenue 2024

\$1,475,819.47

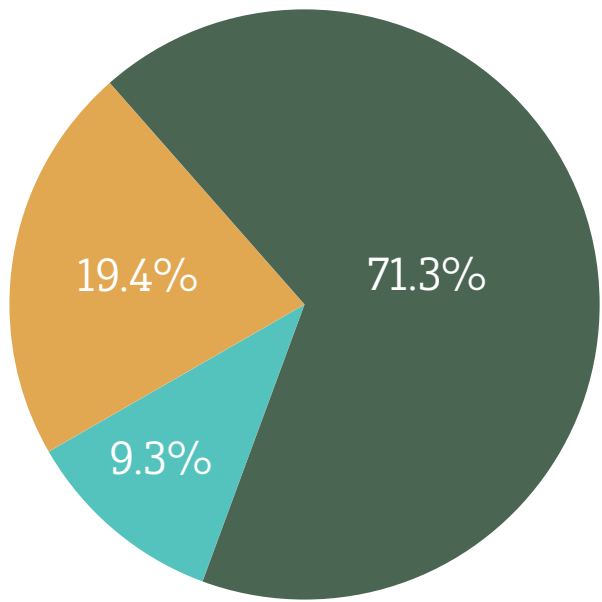
- Government Funding: \$708,306.66
- Foundations: \$753,500.00
- Consultation/Stipends: \$1000
- Fundraising Events: \$7,957.79
- Individual Giving: \$5,055.02



Total Expenses

\$1,131,469.61

- Total General and Administrative Expenses: \$219,636.22
- Total Fundraising Expenses: \$104,871.82
- Total Program Expenses: \$806,961.57



Somos Centro Sanar: A Gathering With Purpose

In August 2024, we hosted our first ever fundraiser where guests discovered ways to partner with us through board membership, fundraising committee membership, individual giving, or corporate partnership. At a venue located in Back of The Yards, one of our catchment areas, we welcomed 70 guests and shared stories of how Centro Sanar was founded, as well as the growth of our team and mental health service offerings, while also showcasing our impact video sponsored by one of our funders, Healthy Communities Foundation.

Our Work is Generously Funded By

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|--|-------------------------------|
| Chicago Beyond | Saks Fifth Avenue Foundation |
| United Way of Metropolitan Chicago | Hulsebosch Hope Foundation |
| United Way Neighborhood Network/
Brighton Park Neighborhood Network | Latinos Progresando |
| Brighton Park Neighborhood Council/
Justice Advisory Council | Chicago Foundation for Women |
| Illinois Criminal Justice Information
Authority | Frechette Family Foundation |
| Healthy Communities Foundation | Summer Oaks Fund |
| | Cook County Stronger Together |

Thank you



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