

Annual Report

August 1, 2024 - July 31, 2025

Concordia Counseling:

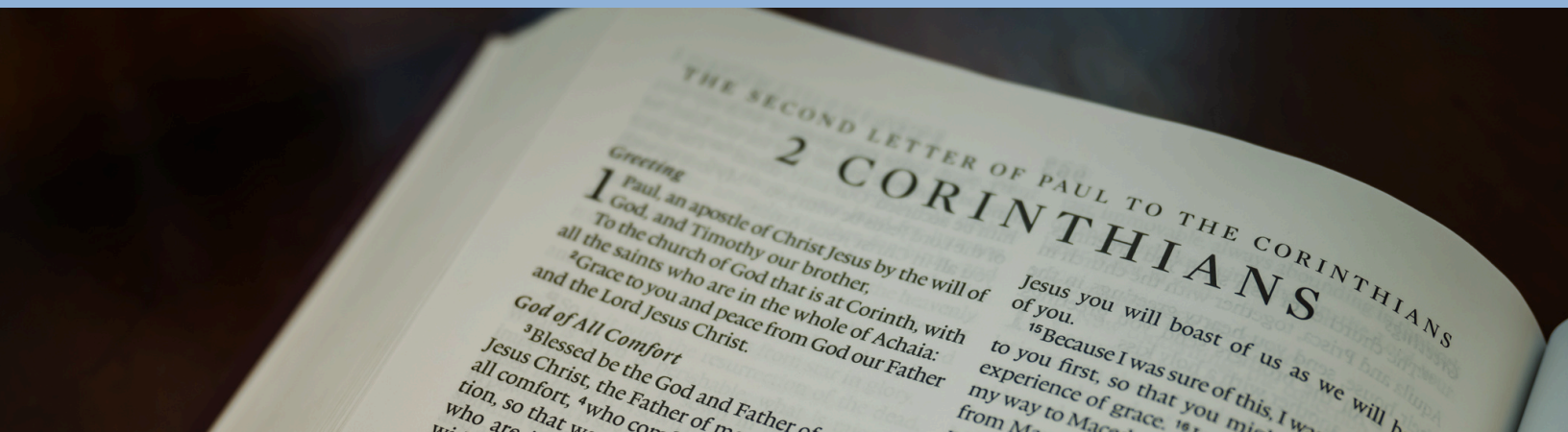
A Lutheran Outreach Ministry

Biblically Sound, Clinically Effective, Financially Affordable

CONCORDIA COUNSELING
A LUTHERAN OUTREACH MINISTRY

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FROM THE **DIRECTOR**

Dear Friends in Christ,

Grace and Peace to you in the name of our Lord and Savior, Jesus Christ.

It is with deep gratitude and joyful anticipation that I write to update you on the incredible journey God is leading us on through Concordia Counseling. What began as a vision to serve individuals and families with Biblically sound, clinically effective, and financially accessible care is now becoming a vibrant reality — thanks in no small part to your prayers, generosity, and unwavering support.
Over the past couple of years, we have witnessed God's faithfulness as doors opened to begin offering counseling to couples, parents, families, and individuals navigating life's challenges. Our licensed Christian counselors are walking alongside clients with truth, compassion, and HOPE rooted in Scripture.

Here are just a few encouraging milestones we've reached:

- Counseling Sessions: Our licensed counselors have provided over 2000 counseling sessions to those who might otherwise have lacked access to faith-based care. Each counseling session, each healing moment, and each restored relationship reflects the power of God's healing and redemptive work.
- Expanded Services: Our School-Based Services are being offered in four of our local Lutheran Schools during the 2025-2026 academic year. Over 500 elementary-age students will be reached through Christ-Centered Guidance Lessons, Character and Vocation Development Programs, and Parent Engagement Activities.
- Community Impact: Our counselors are providing competent and Christ-centered care to both church members and those who do not yet know the love of Christ. Important partnerships are being forged in our community as we respond to referrals from businesses, churches, and medical offices.

We are just getting started. As we grow, our needs do as well. Please join us in praying for God's ongoing provision, wise stewardship, and financial sustainability. If God leads you to continue walking alongside us, we invite you to remain engaged by signing up to receive our electronic communications (information included on the last page of this document). Our future Quarterly Newsletters and Annual Impact Reports will be shared electronically, and we do not want to lose touch with you!

Thank you for investing in a ministry that envisions a community where Christ-centered counseling is accessible to all. With God's help, we aim to leave an eternal impact—pointing every person we serve toward a deeper relationship with Jesus Christ, the Wonderful Counselor.

May He continue to be glorified in all we do.

Yours in Christ,

Michelle A Downey

Deaconess Michelle Downey



BOARD OF DIRECTORS



Rev. Janis Mikits
Board President



Rev. Douglas Bauman
Board Vice-President



Brandon Hunsley
Treasurer



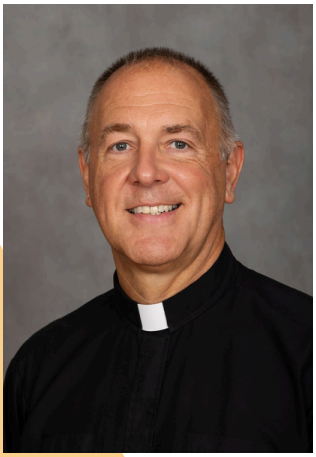
Rev. James Rodriguez
Board Secretary



Rev. Andrew Currao
Board Member



Jami Stuckwisch
Board Member



Rev. Jeffery Stuckwisch
Board Member



Matthew Helwig
Board Member



Ron Duncan
Ex-Officio Board Member



Vision

Making Christ-centered counseling available to everyone

Mission

Concordia Counseling exists to spread the Gospel of Jesus Christ through Biblically sound, clinically effective, and financially affordable counseling services.

MEET OUR TEAM



Deaconess Michelle Downey
Director & Clinical Counselor



Pastor Nicholas Fuller
Clinical Counselor



Brianna Spray
School-Based Counselor



Lindsey Kilgas
School-Based Counselor



Shane Bode
General Office Manager



Katlynn Schnitker
Billing Specialist



Vicki Wolka
Bookkeeping Specialist

SERVICES WE **PROVIDE**

God the Father created human beings in miraculous complexity.

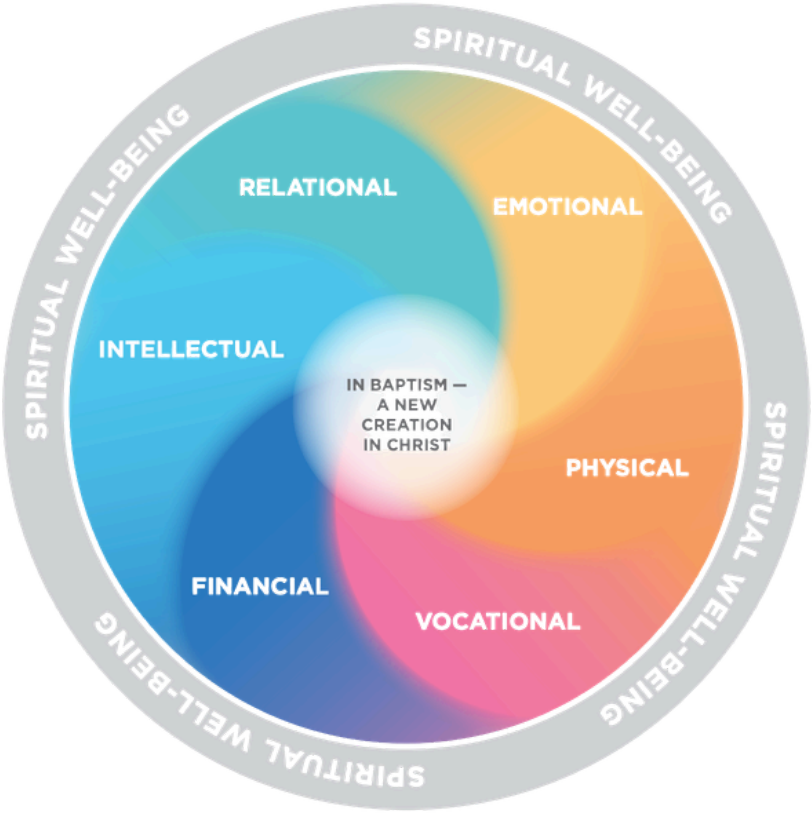
We are not one-dimensional creatures, but bodies and souls joined together — both integral parts of our entire being. This means that there are multiple facets to our wellness, all of which are blessings we are given to steward. In Baptism, we receive new life in Jesus and are brought into the Body of Christ. Our Baptism is the center of who we are in Christ and the core of our total wellness.

The LCMS Wellness Wheel is a way to describe our overall well-being in terms of our physical, intellectual, emotional, relational, vocational and financial wellness. Our spiritual wellness encompasses all of the other facets and is affected by them. Each aspect of our wellness reveals the orderliness of God's creation and reflects His promise to bear fruit in our lives.

Our whole self is transformed in Baptism, and we become a temple of the Holy Spirit. We are stewards of the gifts God has given in the complexity of our being, body and soul. Through the proclamation of God's Word, and with a Christian faith that is created and strengthened in Baptism, we find true, lasting and complete wellness.

As a **Recognized Service Organization (RSO)** of the Lutheran Church-Missouri Synod, Concordia Counseling strives to assist our clients in their journey toward holistic wellness through the following services:

INDIVIDUAL COUNSELING
PARENT-CHILD COUNSELING
MARRIAGE COUNSELING
FAMILY COUNSELING
TRAINING AND CONSULTATION



The LCMS Wellness Wheel and the above description and summary is used with permission from the Lutheran Church—Missouri Synod.

SCHEDULE
AN APPOINTMENT

Interested in scheduling an appointment or learning more about the counseling process? Reach out in the following ways:

812-671-8704

APPOINTMENTS@CONCORDIACOUNSELING.ORG

CONCORDIACOUNSELING.ORG



What to expect when scheduling

APPOINTMENT EXPECTATIONS

- **Intake Appointment:** Initial appointments last approximately 90 minutes. During this appointment, the counselor and client will discuss the reason for seeking counseling services and establish the client/counselor relationship. Appointment frequency will also be addressed during the initial appointment.

- **Follow-Up Appointments:** Last approximately 55 minutes (or less depending on need). Frequency of appointments will depend on individual needs of the client and treatment plan.

PAYMENT OPTIONS

- **Insurance Payment:** Concordia Counseling is contracted with most major insurance payers, including Indiana Medicaid and Medicare. Insurance benefits are able to be verified before the intake appointment to communicate the payment amount.

- To find out if we accept your insurance provider, reach out, and we would be happy to let you know!

- **Self-Payment:** We accept self-payment if you do not have insurance, do not want to bill your insurance, or we do not accept your insurance.

SCHOOL-BASED
SUPPORT SERVICES

In its second year, the school-based support program is excited to expand to four Lutheran schools for the 2025-2026 year! As part of this initiative, our staff will implement a school-wide character development program and classroom guidance lessons focused on topics such as identity in Christ, defending our faith, and living out our vocations. Our goal is to provide a proactive model, ensuring that our students develop the skills and emotional fortitude necessary to live out their faith in an increasingly anti-Christian world. If a counseling need arises with a student, the school counselors can provide brief, solution-focused individual or group support. School-based services increase the opportunity for early and effective intervention by reducing barriers and keeping the students' and families' needs at the center.

In our first year offering school-based student support services, Brianna Spray conducted:

- 844 individual support sessions, serving over 60 individual students.
- 68 skill-building groups on topics of social skills, self-control, friendships, and confidence in Christ.
- 130 classroom guidance lessons have been provided, reaching over 250 students.

SCHOOL-BASED *Services*

- School-Wide Character Development
- Classroom Guidance Lessons
- Parent & Teacher Consultation
- Individual or Group Skill Building
- Referrals to Concordia Counseling or other outside resources for ongoing counseling needs.

Raiders
St. John's Sauers

ZION
LUTHERAN SCHOOL

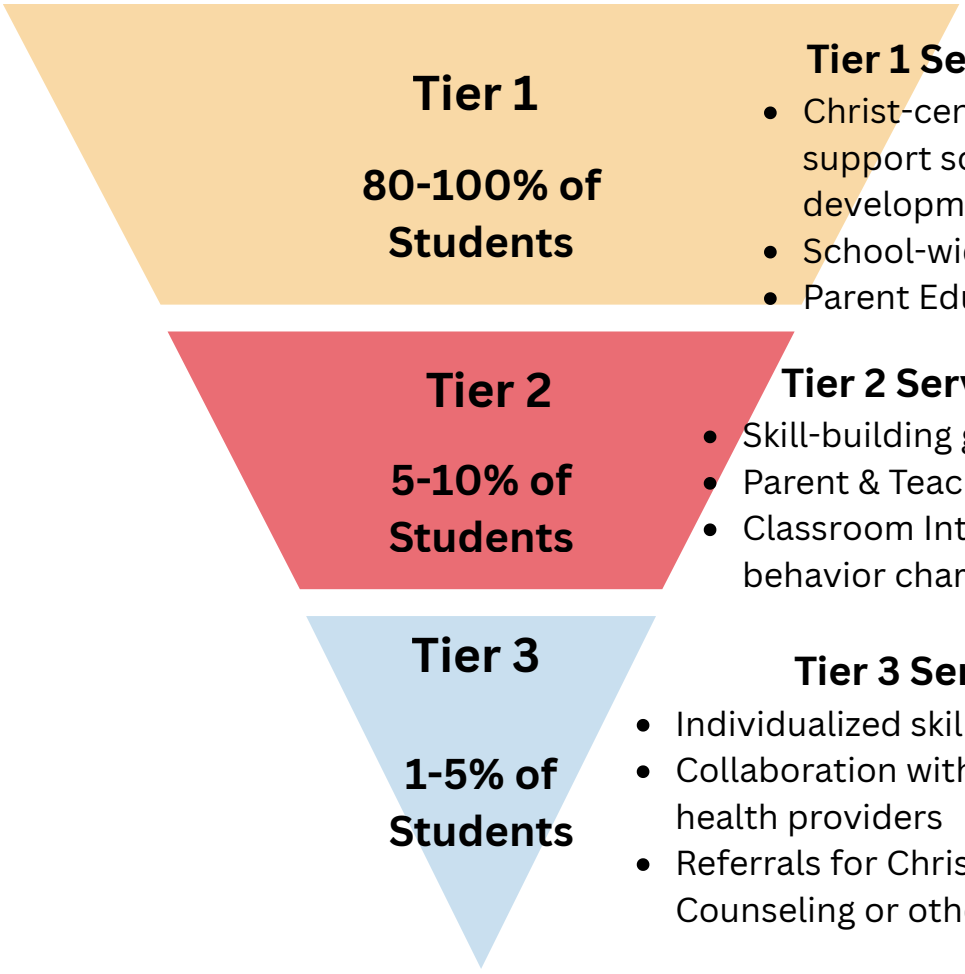
ILS
EST 1874
Immanuel
LUTHERAN SCHOOL

LUTHERAN CENTRAL
SAINTS

SCHOOL-BASED SUPPORT SERVICES

"Train up a child in the way he should go and when he is old he will not depart from it"

Proverbs 22:6



Tier 1 Services (80-100% of students)

- Christ-centered classroom guidance lessons to support social, emotional, and academic development
- School-wide character program
- Parent Education Initiatives

Tier 2 Services (5-10% of students)

- Skill-building groups
- Parent & Teacher Consultation
- Classroom Intervention supports such as behavior charts and self-monitoring

Tier 3 Services (1-5% of students)

- Individualized skill-building support
- Collaboration with the student's physician/mental health providers
- Referrals for Christ-centered counseling at Concordia Counseling or other outside community agencies

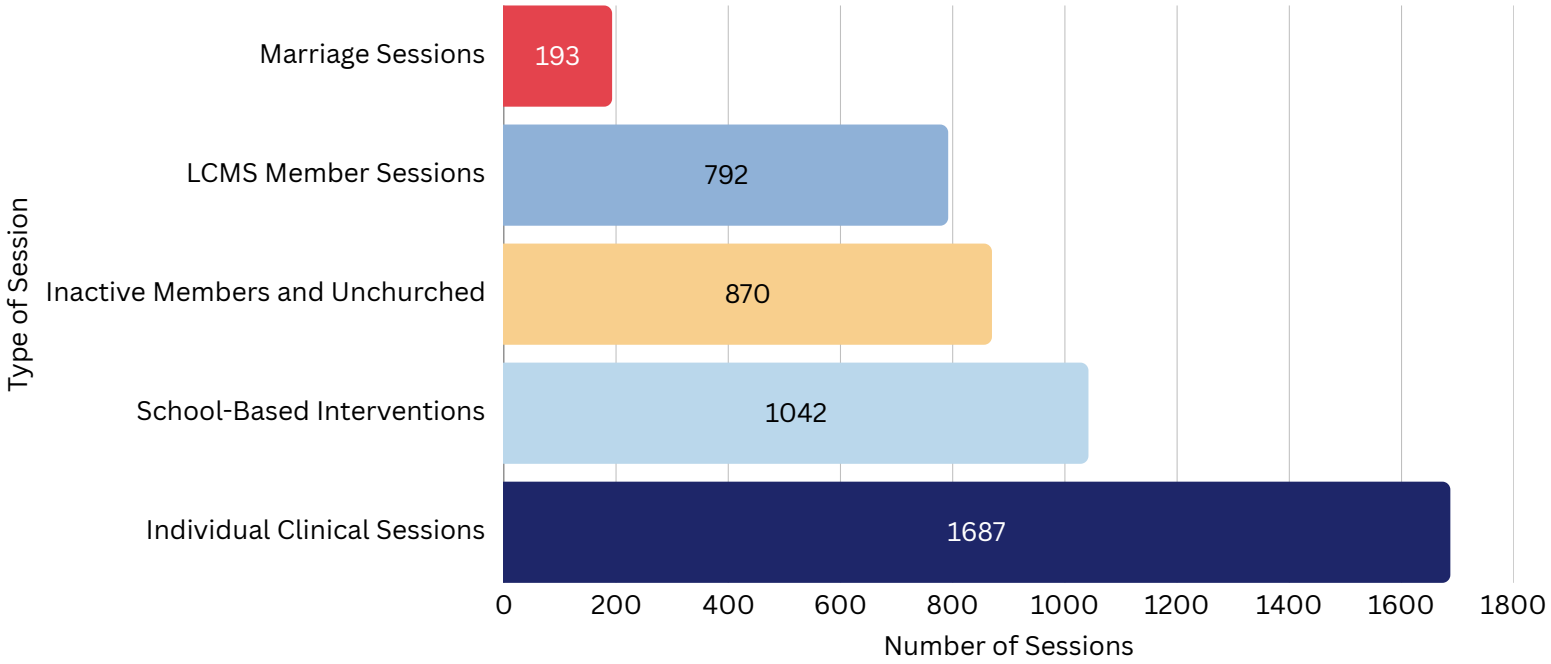
What does a School-Wide Student Support Initiative look like in our Lutheran Schools? Our Guidance Lessons will focus on:

- Recognizing that TRUTH is found in God's Word
- Developing Christian character and strong relationships
- Learning to defend their faith in a world that denies Christ
- Living out their vocations faithfully
- Acknowledging their identity in Christ (being a Child of God, not of this world)

IMPACT AT A GLANCE

Since our official opening in August 2024, the Lord has worked through Concordia Counseling to leave an eternal impact on our community. Through both our clinical and school-based counseling, nearly 3000 sessions have been held. Every counseling session offers an opportunity to apply the healing balm of God's Word to hurting marriages and grieving hearts – offering HOPE when the challenges of this life threaten to lead us to despair.

Counseling Sessions Since August 2024



When to seek Christian Counseling?

Counseling isn't just for times of crisis. In Scripture, God commands us to seek wise counsel throughout our earthly lives. Seeking the guidance of a Christ-centered counselor can be an opportunity to clarify our vocations, increase emotional resilience, realign our priorities, and grow in strength, peace, and purpose. By normalizing counseling within the church, Concordia Counseling promotes whole-person wellness and shifts the focus from "something's wrong" to "I'm growing as a Child of God."

- Counseling supports emotional resilience, clarity, and peace before challenges escalate
- It's a tool for growth in our vocations and faith, not just for crisis response
- The church plays a vital role in modeling and supporting whole-person care
- Every person will face trials and tribulations. As Christians, we have been given a certain HOPE in Jesus Christ (1 Peter 1:3).

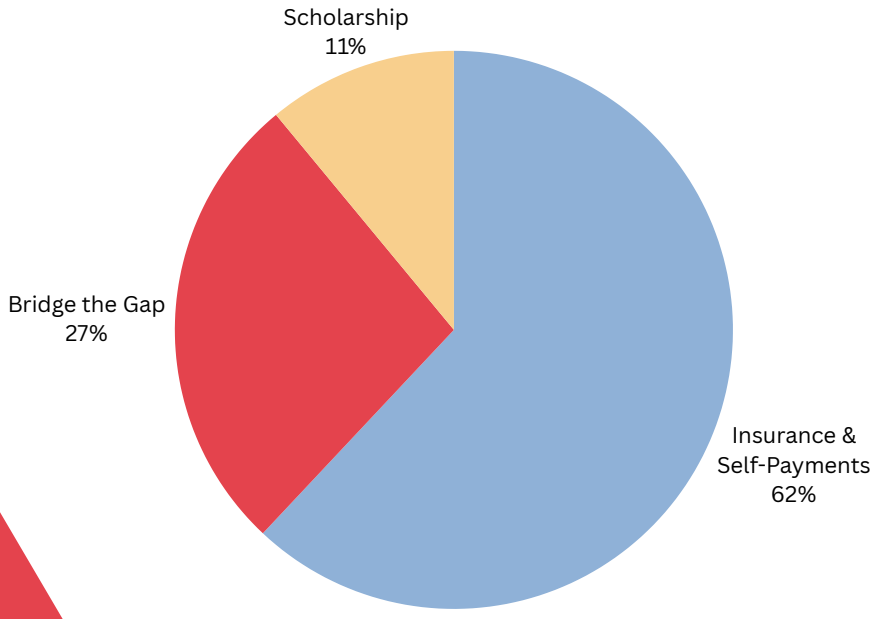
YOUR GIFTS AT WORK

Our counseling ministry is funded through a combination of insurance reimbursements, client payments, grants, and generous donations. While insurance and self-payments account for a substantial portion of our operating income, they do not fully cover the costs associated with running the ministry, resulting in a financial gap. As a result, grants and donations play a vital role in helping Concordia Counseling to ***Bridge the Gap,*** enabling us to provide Biblically sound, clinically effective, and financially affordable services within our community.

We are deeply grateful for your ongoing support that allows this important ministry to thrive. These combined resources reflect the strong commitment of our community to support mental and emotional well-being through Christ-centered counseling.

Below is a breakdown of the total percentage of the budget according to revenue from August 1, 2024 through July 31, 2025:

Concordia Counseling Revenue Breakdown

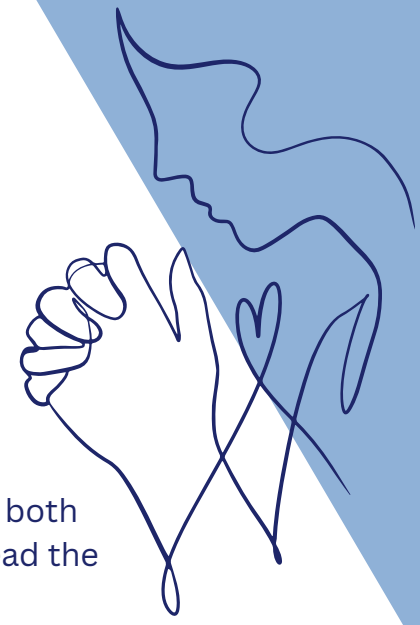


During our current reporting period, each counseling session provided was subsidized by an average of $40 per session.

Bridge the Gap Breakdown

- **Member Assistance Program (MAP):** Lutheran Church—Missouri Synod (LCMS) Members
- **Outreach:** Non-LCMS members and the un-churched
- Grant Funding

WAYS TO **SUPPORT**



Pray

Join us in praying for the counselors as they share the Gospel through Christian counseling. Pray for the individuals seeking support through both our clinical and school-based counseling. Pray that God continue to lead the ministry of Concordia Counseling according to His Will.

Spread the Word

Help us spread the word about our counseling ministry! You can support us by sharing what we do with others, recommending our services to those in need, liking and following our Facebook page, and signing up for our newsletter. Every connection helps us reach more people with hope, healing, and support.

Join our team

We are currently seeking a licensed outpatient therapist who is an active member of the LCMS and is passionate about providing Christ-centered care to individuals and families. If you're interested in joining a supportive, mission-driven team, we'd love to connect with you. We're also looking for volunteers to help us grow and expand our counseling ministry. Whether it's administrative support, marketing and design, or community outreach, your time and talents can make a meaningful difference.

Donate

Your support makes a difference. Our counseling ministry relies on the generosity of donors to help ***Bridge the Gap*** between what insurance and client payments provide and the actual cost of care. Your gift directly supports individuals and families seeking hope, healing, and Christ-centered counseling. Every donation, big or small, helps us continue this vital work. Thank you for partnering with us in this mission.

Donate by mail:

Concordia Counseling
504 N Walnut Street
Seymour, Indiana 47274

Follow the QR code to donate online to Concordia Counseling

EXPANDING SERVICES

Concordia Counseling has taken proactive steps to secure additional funding by actively seeking and applying for grants aimed at expanding our counseling services. These efforts are part of our broader commitment to increasing access to Biblically sound, clinically effective, and financially affordable counseling to all people.

By pursuing strategic funding opportunities, we prayerfully hope to grow our capacity, diversify our programs, and ensure long-term sustainability in meeting the evolving needs of our community. We anticipate expanding our services by:

- Adding additional outpatient therapists at our current location
- Onboarding licensed Lutheran counselors who can provide telehealth counseling locally and within Indiana to meet a broader need for Christian counseling
- Provide training and consultation to other Lutheran congregations and start-up counseling ministries interested in offering distinctly Lutheran counseling services
- Bridging the gap between what a client can afford and the actual cost per session, making our counseling services both sustainable and accessible.

Concordia Counseling is excited to announce that we have recently been selected as a recipient of the Lutheran Women's Missionary League 2025-2027 Mission Grant for **$100,000**! Below is the breakdown of grant funds:

- **$50,000**- Assist with onboarding new outpatient therapist
- **$25, 000**- Support retreats, training, and consultation
- **$25,000**- Bridge the Gap

Lutheran Women in Mission

Indiana District

In 2025, Concordia Counseling was awarded a **$12,000** grant from the LWML Indiana District. Below is the breakdown of grant funds:

- **$2,000**- Devotional resources and display shelving
- **$10,000**- Bridge the Gap support for our outreach clients who are inactive members or not yet connected with a church.

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SEYMOUR, INDIANA 47274

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OFFICE@CONCORDIACOUNSELING.ORG

812-671-8704

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