2026 ANNUAL REPORT

August 1, 2025 - July 31, 2026



Concordia Counseling

A Lutheran Outreach Ministry

Biblically Sound · Clinically Effective · Financially Affordable

TABLE OF CONTENTS

INTRODUCTION

Letter from the Executive Director 2

Board of Directors 3

Mission and Vision 4

Meet our Team 5

SERVICES & ACCESS

Services We Provide 6

Schedule an Appointment 7

Understanding Your EAP Benefits 8

Telehealth Counseling 9

School-Based Services 10

IMPACT & SUPPORT

Impact at a Glance 11

Community Engagement 12

Your Gifts at Work 13

Ways to Support 14





LETTER FROM THE EXECUTIVE DIRECTOR



Dear friends in Christ,

My heart overflows with thanksgiving as our staff reviews the data for this year's Annual Impact Report. The Lord has been abundant in His provision for Concordia Counseling—opening doors we never imagined and allowing us to walk alongside individuals, couples, and families in their moments of deepest need.

Life in a fallen world brings seasons of turmoil, distress, and heavy burdens. We see parents stretched thin, children and teens overwhelmed by cultural pressures, and couples struggling to stay connected. Many feel anxious, exhausted, or spiritually weary. Into this reality, Jesus speaks His promise: ***"Come to me, all who labor and are heavy laden, and I will give you rest"* (Matthew 11:28).**

This is the heart of our mission. Concordia Counseling exists to spread the Gospel of Jesus Christ by providing Biblically sound, clinically effective, and financially affordable counseling services.

Through the Lord's goodness, we continue to witness His healing work:

- Marriages are restored as couples confront barriers to intimacy.
- Addictions are losing their grip as clients rediscover hope in God's steadfast love.
- Depression and anxiety are being lifted as Christ meets people in their darkness with light.

Our roots are growing deeper in Jackson County and beyond as Concordia Counseling becomes known as a place where those seeking help find both grace and truth in Christ Jesus. Our work naturally extends the ministry of our partner congregations—where the gifts of Christ received on Sunday are applied personally throughout the week.

We are especially grateful for this new season of ministry which includes partnering with telehealth counselors who are active members of our Lutheran church and trained to provide Christ-centered care. By expanding our team across the state, we can offer specialized services while ensuring every intervention aligns with a Biblical worldview that upholds the sanctity of life, marriage, and Christ-centered families.

As we look ahead, our growth will be intentional, data-driven, and guided by prayerful discernment. We move forward with open hands, watching as the Lord reveals His will for Concordia Counseling now and into the future.

We are deeply thankful for the prayers, generosity, and partnership of our congregations and supporters. You have truly "bridged the gap" for those who might otherwise lack access to Christ-centered, clinically effective, and financially accessible counseling services. Your support opens the door for someone to receive comfort, hope, and the love of our Savior.

It is a joy to serve alongside you as we point every person who enters our doors toward the grace and truth of Christ.

Your servant in Christ,

Michelle A Downey

Deaconess Michelle Downey
Executive Director

BOARD OF DIRECTORS



Rev. Janis Mikits
Board President



Matthew Helwig
Board Vice President



Brandon Hunsley
Board Treasurer



Rev. James Rodriguez
Board Secretary



Rev. Jeffery Stuckwisch
Board Member



Rev. James Haugen
Board Member



Rev. Andrew Currao
Board Member



Susan Hessong
Board Member



Jami Stuckwisch
Board Member



OUR MISSION

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

OUR VISION

To make Christ-centered counseling available to everyone.

MEET OUR TEAM



Deaconess Michelle Downey
Executive Director & Clinical Counselor



Rev. Dr. Nicholas Fuller
Clinical Counselor



Melissa Banther
Telehealth Counselor



Shane Bode
General Office Manager



Vicki Wolka
Bookkeeping Specialist

We are Hiring

On-Site Outpatient Therapist

Telehealth Therapist

Learn more at concordiacounseling.org/careers



SERVICES WE PROVIDE

God the Father created human beings in miraculous complexity, where body and soul are joined together as integral parts of our entire being.

As a Recognized Service Organization (RSO) of the Lutheran Church—Missouri Synod, our counselors share a unified foundation in Christ and a commitment to holistic wellness.

Through the proclamation of God's Word, we walk alongside our clients, blending clinical expertise with a Christian faith to bring true, lasting comfort and complete wellness to individuals, couples, and families alike.

INDIVIDUAL COUNSELING

MARRIAGE COUNSELING

PARENT-CHILD COUNSELING

FAMILY COUNSELING

TRAINING & CONSULTATION

All of our licensed counselors are equipped to respond to general mental health concerns such as:

- Depression, Bipolar, and Other Mood Disorders
- Anxiety, Panic, and Phobias
- Parenting Education and Support
- Preventative Care and Wellness

CLINICAL SPECIALTIES

Michelle Downey

- Marriage, Family, and Parenting Support
- Caregiver Burnout and Fatigue
- Performance Anxiety
- Substance Use and Dependence
- PTSD and Childhood Trauma

Nicholas Fuller

- Mindfulness and Stress Management
- Preventative Care and Wellness
- Autism, ADHD, and Neurodivergent
- Grief and Loss

Melissa Banther

- Dating and Pre-Marriage Counseling
- New Parents and Family Counseling
- Blended Family Marriage and Parenting
- Divorce, Infidelity, and Relational Traumas
- Pregnancy Loss, Infertility, and Adoption



SCHEDULE AN APPOINTMENT

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

812-671-8704

concordiacounseling.org

office@concordiacounseling.org

APPOINTMENT EXPECTATIONS

Intake Appointment: Lasts approximately 90 minutes. During this appointment, the counselor and client will discuss the reason for seeking counseling services and establish the client/counselor relationship.

Follow-Up Appointments: Last approximately 55 minutes. The frequency of appointments will depend on the individual needs of the client and the treatment plan.

PAYMENT OPTIONS

Insurance Payment: Concordia Counseling is contracted with most major insurance payers, including ***Indiana Medicaid*** and ***Medicare***. Our intake specialist will work with you to verify your insurance benefits before your initial appointment.

Self-Payment: We accept self-payment if you do not have insurance or we are unable to accept your insurance for any reason.

UNDERSTANDING YOUR EAP BENEFITS

Did you know?

You may already have access to **free Christ-centered counseling** through your employer's Employee Assistance Program (EAP).

If You Work at Walmart, Starbucks, or Cummins

Your EAP is likely **Lyra Health**, which offers short-term counseling and mental-health support **at no cost** to you or your household.

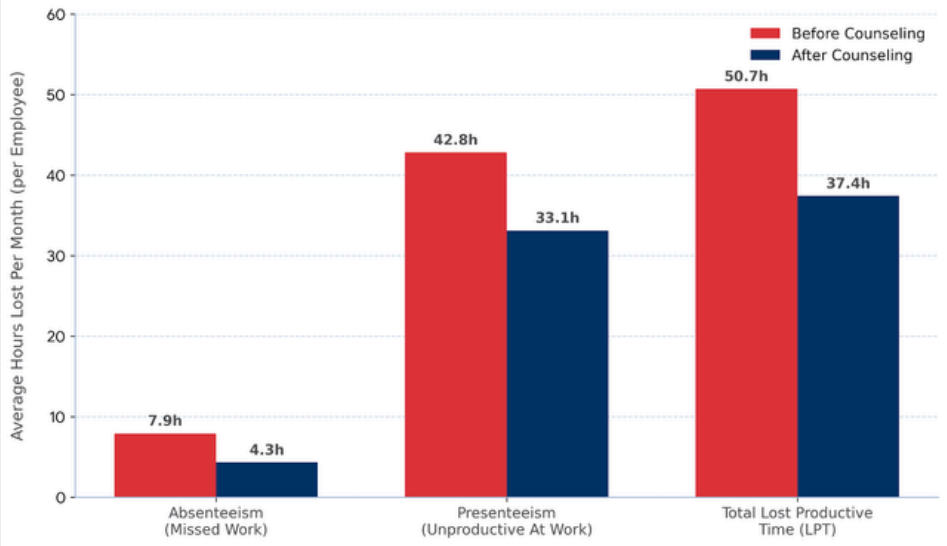
If You Serve in a Lutheran School, Church, or RSO

Many called workers and staff have Evernorth EAP, which provides free sessions for concerns such as marriage and family issues, grief, stress, and burnout.

A Note to Employers

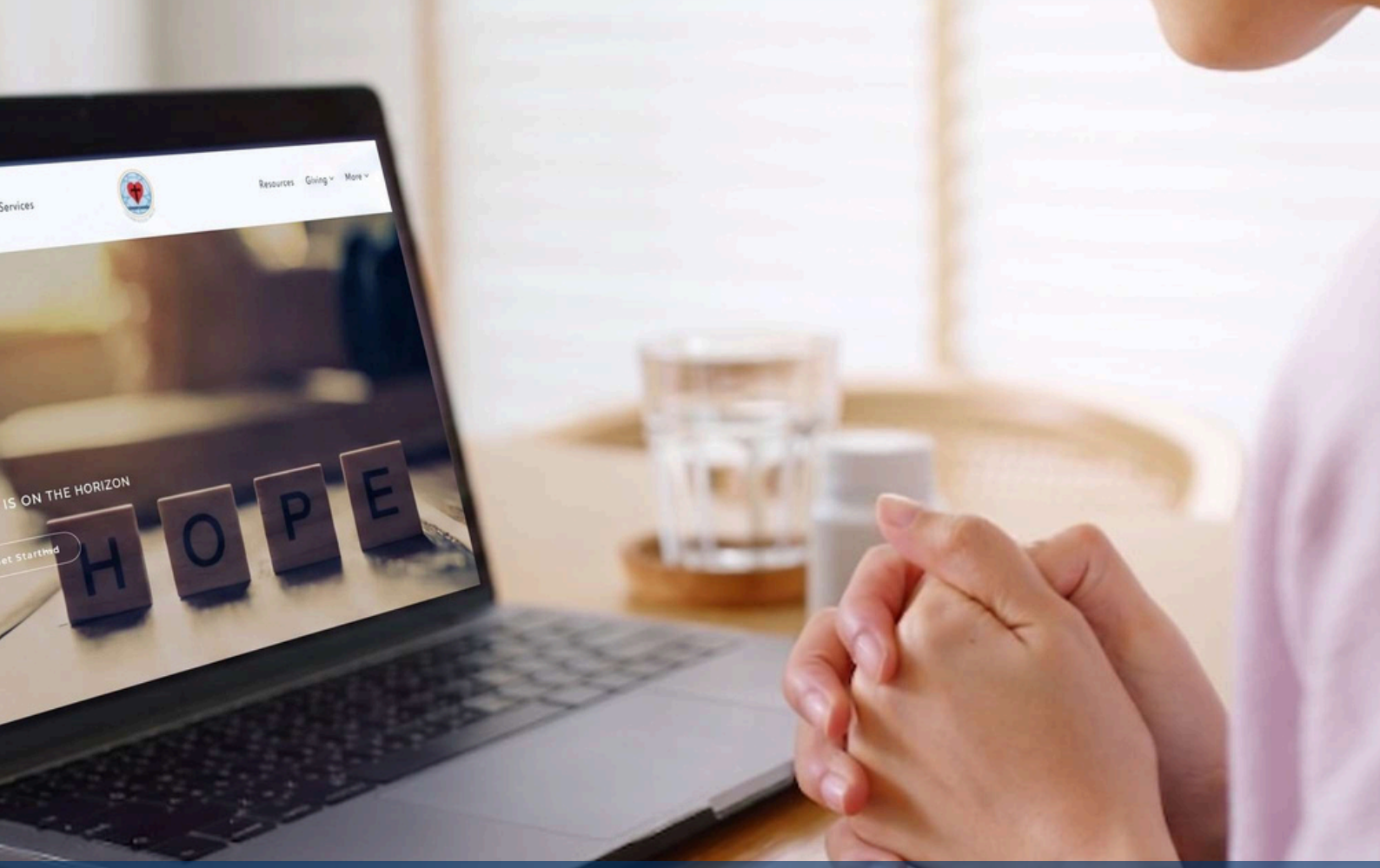
If you are a Christian-owned business or ministry, you can offer an EAP benefit to your employees through Concordia Counseling with **no premiums, no per-employee fees,** and **zero administrative overhead.**

To learn more, call Concordia Counseling at **812-671-8704.**



Access to proper clinical counseling reduces absenteeism and employee turnover by up to 25–40%.

Source: World Health Organization (WHO) Mental Health & Productivity Study; National Safety Council Organizational Health Data.



TELEHEALTH COUNSELING

One of the most effective ways we are expanding local access is through **telehealth counseling** — a model that allows us to onboard highly qualified, licensed counselors who may live outside Jackson County but can still serve our local clients with excellence.

While our long-term goal is broad accessibility, our first priority is meeting the needs of our local community. We will grow as needed, one step at a time, always with excellence and mission at the center.

Telehealth is not a replacement for in-person care. Instead, it is a powerful tool that helps us increase capacity, reduce wait times, diversify our staff, and ensure that people in our community receive the support they need without delay.

Our telehealth counselors are active members of the LCMS Church who are fully integrated into our ministry. They collaborate with our in-person team, participate in case consultations, and support the same mission of offering evidence-based care grounded in God's Word. Call today to schedule an appointment with one of our licensed counselors.



SCHOOL-BASED SERVICES

Concordia Counseling gives thanks for the dedicated service of **Brianna Spray** and **Lindsey Kilgas**, whose work has shaped and strengthened our School Partnership Program.

Since its beginning in 2023, the program has grown through the faithful efforts of many. Brianna's full-time service at *Immanuel Lutheran School* and Lindsey's support at *St. John Sauers, Zion, and Lutheran Central* have been a blessing to students, families, and staff.
During the 2025-2026 school year, their faithful service made a meaningful impact across our partner schools:

1,455 Individual Sessions

356 Classroom Lessons

38 Parent Consultations

43 Group Sessions

As we enter the 2026–2027 school year, Brianna will continue serving full-time at Immanuel, and Lindsey will continue as a contract counselor at Lutheran Central. The School Partnership Program will be offered under the direct supervision of our school administrators. This change reflects a shared desire to keep care rooted in each school community while allowing Concordia Counseling to focus on our core mission of providing Christ-centered counseling in the outpatient setting.

We thank God for guiding this transition and for the ongoing collaboration between Concordia Counseling and our Lutheran schools.



IMPACT AT A GLANCE

August 2025-July 2026

974

LCMS MEMBER SESSIONS

Individuals attending church at least once per month or more.

845

OUTREACH SESSIONS

Individuals who are Non-LCMS members or unchurched.

148

MARRIAGE SESSIONS

Marriage sessions: LCMS sessions or Outreach sessions.

60

TRAINING & CONSULTATION

Pastors, church workers, or organizations seeking training, resources, and support.

240

TOTAL CLIENTS SERVED

Individual and Marriage Clients

1,879

TOTAL CLINICAL SESSIONS

Marriage, Individual, and Training and Consultation Sessions





COMMUNITY ENGAGEMENT

Worship and Spirtual Conference

Rev. Dr. Nicholas Fuller and Deaconess Michelle Downey presented on *How Christ-Centered Counseling Complements Pastoral Care* at the Indiana District's Worship and Spiritual Care Conference hosted at Redeemer Lutheran Church.

Faithful Parenting Transition Workshop

Partnering with Vicar Max Johnston at Immanuel Lutheran Church, Deaconess Michelle Downey provided information about the developmental needs of emergent adults and shared resources and tangible steps for parents of high school and college students to help foster and encourage continuity of faith practices as their children transition into young adulthood.

Friends for Life Podcast

Deaconess Michelle Downey joined Stephanie Neugebauer and Pastor Andy Becker in the *Friends for Life podcast (Season 11, Episode 4)* via the LCMS Life Ministry Archives on KFUO Radio. In this widely shared broadcast, she provided a distinct scriptural framework to differentiate between Guilt & Shame and discussed relational coping strategies grounded firmly in the promises of Christ.

Seymour Noon Lions Club Presentation

Deaconess Michelle Downey engaged with community supporters through a visit with the Seymour Noon Lions Club. The presentation topic was *Recognizing Truth* and challenged participants to take every thought captive by applying the external Word of God to every situation.

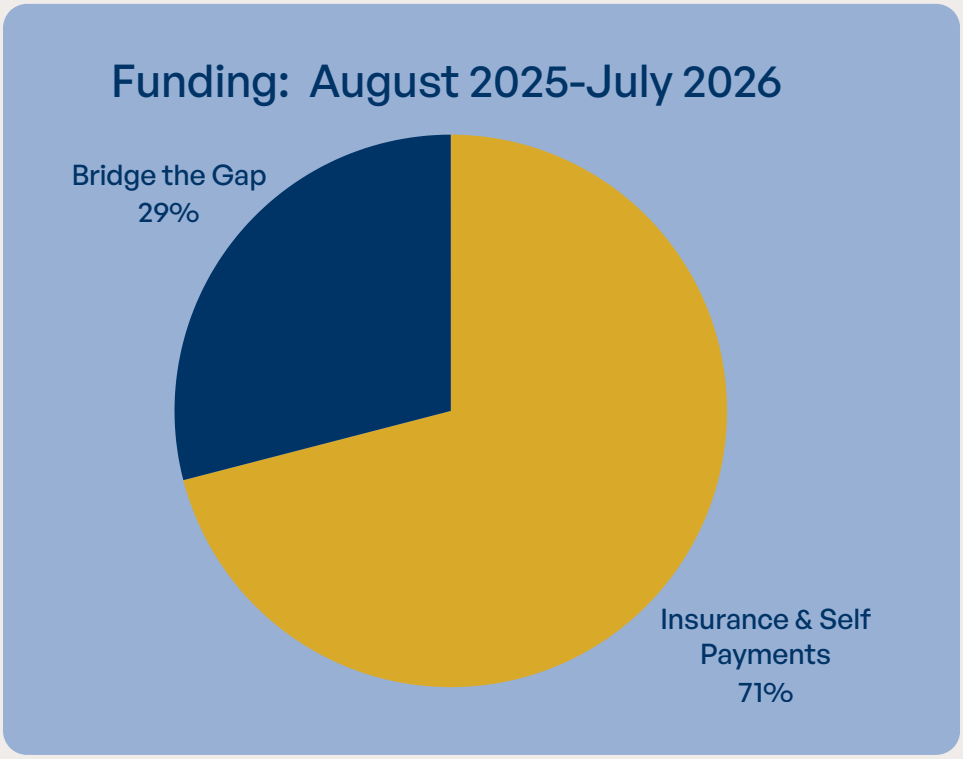
Indiana District LWML Conference

Deaconess Michelle Downey shared the mission and vision of Concordia Counseling during a breakout session titled, *Guilt, Shame, and the Christian Life* with members of the Lutheran Women's Missionary League. The conference took place at the Vanderburgh 4-H Center in Evansville, IN.

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.

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. These ongoing fundraising efforts ensure we can carry out our vision of making Christ-centered counseling available to everyone.



Bridge the Gap Breakdown

MEMBER ASSISTANCE PROGRAM (MAP): *Lutheran Church Missouri Synod (LCMS) Members*

OUTREACH: *Non-LCMS members and the unchurched*

GRANT FUNDING

During our current reporting period, each counseling session provided was subsidized on average $48.

During the 2025-2026 reporting period, Concordia Counseling's two full-time counselors provided 1,879 sessions, meeting a critical need within our community. The **Bridge The Gap** support required during this period was $91,546. Looking ahead, we anticipate growing our clinical team to five counselors by January 2027. Each additional counselor will expand our capacity by approximately 1,200 counseling sessions annually, significantly increasing access to care for individuals and families. Our projected **Bridge The Gap** need for the 2027 calendar year is $216,200. As we continue to expand our services, our need for financial partnership will grow proportionally.



WAYS TO SUPPORT

Pray
Support our counselors, clients, and ministry through prayer.

Spread the Word
Sign up for our newsletter, follow us on Facebook, and share our ministry with others.

Volunteer
We are seeking talent in marketing, design, development, campaign and fundraising development, and administrative support.

Give
Your financial gifts support individuals and families seeking hope, healing, and the comfort of Jesus Christ.

Join our Team
We are seeking licensed outpatient and telehealth counselors.

Concordia Counseling
504 N Walnut Street
Seymour, Indiana 47274

CONCORDIA COUNSELING

HOPE IS ON THE HORIZON



PHONE
812-671-8704

EMAIL
office@concordiacounseling.org

WEBSITE
concordiacounseling.org

SIGN UP FOR OUR QUARTERLY NEWSLETTER