



phoenix  
center

**2023 Annual Gratitude Report**



## Thanks to the amazing generosity of our donors...

2023 was the first full year in our new 8,000 sq ft state-of-the-art counseling center. It includes specialized rooms for:

- Music therapy
- Play therapy
- Art therapy
- Teens & groups
- Family therapy
- Sensory therapy

Additionally, our 77-acre campus includes:

- Outdoor therapy spaces
- Playground
- Walking Trails
- High and low ropes course

**"I can confidently say Phoenix Center changed our lives. It has changed our future. And it has done so in such a vital way that it is different from any other resource or program we have encountered. Phoenix Center is a beacon toward healing and a new life of hope." ~Parent**

**Mabel continues to provide comfort and support in her role as co-therapist.**



*Imagine being just 5 years old... having your world turn upside down. That's what happened to Owen.*



Owen has been through more than any child should.

Abandoned by his father when he was just two years old, it was just Owen and his mom, Lilly. Lilly loved him dearly. And she was a good mom.

But when he was just 5, Lilly began to experience a severe mental health crisis.

The stability of Owen's world was shattered, and the once confident and independent Owen became withdrawn and fearful.

As Lilly's mental health continued to get worse, she knew she needed help. So, they moved in with Owen's grandmother. Lilly continued to decline with each passing day.

**You can imagine how tough it must have been for a little boy to understand why his mom, once so loving, suddenly became detached and cold.**

Owen's behavior reflected his inner turmoil. He acted out at school, throwing chairs and isolating himself, unable to articulate his feelings.

**But then, Owen's grandmother found Phoenix Center. And thanks to kind donors, we were able to offer Owen a place where he could start to heal.**

Working with our therapist, Tiffany, Owen found a way to express his feelings and needs and learned coping strategies. His behavior at home and school improved dramatically.

He began to understand that his mother's illness wasn't his fault - that it's okay to feel scared or sad.

**Supporters made this possible. Because of their kindness, Owen's grandmother never had to worry about how she would pay to get Owen the help and support he needed.**

Finally, Owen's mother became so ill, she was hospitalized. There, she was diagnosed with a severe, but treatable mental illness. She started on medication and after several months,

Lilly was released. She went back to live with Owen and his grandma.

Lilly will struggle with her own mental illness for the rest of her life. And every day is a challenge for this brave boy, but he's not facing it alone.

With his grandmother's love and the support of the Phoenix Center - **and donors** - Owen is learning to navigate his complex world.



*This isn't just a story about Owen. This is also a story about Phoenix Center supporters... and the real impact of their support. They're making a difference in lives like Owen's every day.*



## SUPPORTERS had an amazing impact in 2023

Donors helped provide caring mental health services to a total of **1,095** unique children and adults, each with their own stories and experiences.



### Camp Phoenix

Camp Phoenix is a therapeutic camp offering therapies shown to increase coping and social skills, decrease depression, anxiety, and post traumatic stress disorder symptoms.

### Phoenix Parenting

Phoenix Center utilizes research-based curriculums with documented results to support parents as they seek help for their children.

*"Thank you. No one else has given us tools like this."* ~Phoenix Center parent



### Counseling

Specially trained therapists utilize a strengths-based approach, fostering coping skills, hope and healing, drawing on a variety of evidence-based modalities.



### Equine Therapy

Equine therapy decreases symptoms of PTSD, alleviates anxiety and depression, improves self-esteem, and promotes emotional regulation. Equine therapy also helps children and families build healthy relationships.



### Children's Groups

Therapeutic groups are offered for children and adolescents. These innovative therapy groups utilize music, art, yoga, and animal-assisted therapy at both our center and in local schools.

### Walk-In Clinic

The Walk-In clinic provides families with a flexible time to come to the Phoenix Center for therapy, and is completely free. It also serves families who need emergency mental health services.



Explore more at

[www.phoenixtx.org](http://www.phoenixtx.org)

## An Historical Crisis

**The American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children's Hospital Association recently declared a National State of Emergency in Children's Mental Health.**

We never imagined when we opened the doors of our new facility a little more than a year ago that children and adolescents would be facing such a mental health crisis.

**But because of caring donors, our new facility has given us the capacity to provide mental health care to even more children and families.**



Sarah, with Mabel, our co-therapy dog

*"I've witnessed firsthand the growing mental health needs among children and teens. It's staggering and heart-wrenching. In addition to the trauma and abuse survivors we've always worked with, we're now seeing children as young as 5 or 6 in severe distress. The situation is no less dire for older children and teens. And the need continues to increase."*

*~Sarah Garrett, Founder & CEO*

Our children are facing an unprecedented crisis. Together, we can give these children the tools they need to overcome and thrive. With our new facility, our highly trained therapeutic staff, and our innovative therapies and programs, we are poised to be an agent of change in the current crisis and beyond... **but only with your help.**

## The Need

The area we serve has **always** had alarming numbers of children facing mental health needs. And the current state of emergency has only intensified the need.

The rate of child abuse in the counties we serve is **2x HIGHER** than the state average.



of children we serve are considered low-income by Federal standards.



of children we serve require financial assistance to receive mental health care.



of TX children have experienced two or more adverse situations.

*The discrepancy between the need and demand for these services is so significant that the U.S. Department of Health & Human Services has designated the region we serve as a National Mental Health Professional Shortage Area.*

*We are so very grateful to have thoughtful supporters by our side during this crisis.*

## Donors saved lives

### The Walk-In Clinic opened in 2023

Although our new facility provided opportunities to serve more children and families, there were still caregivers and parents who had difficulties getting to Phoenix Center for appointments.

Whether it was because of work schedules, transportation issues, or other activities, we needed a way for them to be able to simply walk in to see a therapist.

**Additionally, we've seen a concerning rise in emergency mental health needs.**

We've begun to see not only an uptick in teens, but also very young children with thoughts of self-harm and even suicide.

**But because of donors' commitment to children, parents have a place to bring their children to receive emergency mental health care.**

The Walk-In Clinic opened in May of 2023. There were children served who were legitimately thinking of ending their lives.

Donors helped provide a safe place for them to get the help they needed, truly changing lives.



*Because of kindness of our community, families never have to worry about how they'll pay for emergency mental health care.*

The combined child welfare agencies in our area (and the outlying counties we serve) are unable to meet the demand for mental health services.

Together with the current crisis, poverty rates, and a record number of uninsured children, many children go without mental health care.

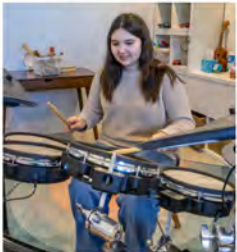


**With your unwavering support, Phoenix Center will continue to provide trauma-informed therapies to any child and family, regardless of their financial situation. No child will EVER be turned away.**

**We remain committed to mental health care for all.**



*Donors make all this possible!*



## The Sutherlands

Over a period of 12 months, the Sutherland family suffered the pain of 13 deaths, losing not only close family members, but also dear friends.



One was murdered. Another person died by suicide. Another in a work accident. And a friend's child died of brain cancer. That's only 4 of the 13 traumatic losses.

The overwhelming grief and trauma they've experienced have left deep emotional scars on the young hearts of these 3 children... 9-year-old Bennett, 7-year-old Taylor, and 4-year-old Carson.

Their mother, Toni, began searching for a therapist, but having three children in therapy is expensive. They just couldn't afford it.

But Toni found the Phoenix Center. She didn't have to worry about how to pay for the therapy her children desperately needed. It was all covered by **generous people like you.**

After about 6 months of play therapy at the Phoenix Center, all three children are on the path to healing **thanks to donors!**

*Generous people like you help provide innovative therapies at Phoenix Center, helping kids like the Sutherlands heal. Caregivers find a lifeline at Phoenix Center, too.*

*Breaking ground in 2024*



## Equine Therapy Center

Having equine therapy available on campus will mean more children and families will be able to reap the benefits of this therapy. And it will give us the ability to serve more local children. We expect to break ground in early summer 2024.

*"You really care how the horses feel and then it makes you think about how people feel too." ~Equine Therapy Client*



Studies show that equine therapy decreases symptoms of Post-Traumatic Stress Disorder, alleviates anxiety and depression, improves self-esteem, and promotes emotional regulation. Equine therapy also helps children and families build healthy relationships.

*Thank you to all  
our supporters!*

**Thank you for entrusting Phoenix Center with your gifts. We take care to ensure that every dollar we spend supports our mission to provide comprehensive and innovative mental health care to children and families.**





**Because of the generosity of donors, all services provided by Phoenix Center are offered free of charge to families facing financial challenges.**

**No child is ever turned away due to inability to pay.**



## CONTACT US



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Some stock photos have been used and names and details have been changed in order to protect clients' identities. Thank you for understanding.