



LSC

LIVING SUCCESS CENTER

A Pathway to Mental Health & Wellness



— 2023 —

**REPORT
TO OUR
COMMUNITY**

From the BOARD PRESIDENT

Mission ACCOMPLISHED

Dear Friends of the Living Success Center,

Once again, we are beginning a new year and sending you our gratitude for your ongoing support of the Living Success Center! We continue to make enormous strides in delivering low-cost care to the many people who have needed our services and in training our associates in counseling their clients, whether by teleconference or in person. This is accomplished through our partnership with you, our donors, who believe in our mission and continue to support us with much needed financial contributions.



At LSC, 2022 was a year of change. We moved into our new offices located at 1560 Brookhollow, Santa Ana. We now have a much larger space to serve more clients, with 8 counseling rooms, a very cute kids room, a training room and an open area for body work, available to our interns and clients. We have received a lot of positive feedback about the new office, and we invite you to come and tour the space, if you haven't yet had a chance to do so. I think you'll find, as our clients and therapists have, a much more welcoming and comfortable place in which to take part in therapy.

The Living Success Center is now offering psychiatric services for those who need it and your donations have helped to cover the cost of our psychiatric partners. Thank you for your continued support so that we can help more people in our community, especially those who may require psychiatric medications.

Most importantly, we provided over 6500 counseling therapy hours at an average fee of \$19.76 during the year of 2022! We sincerely could not accomplish this without your help and support. We are grateful for every gift, large or small, as it really is critical in continuing our mission to meet the mental health needs of our community, regardless of social or economic status, by providing quality, comprehensive mental health services with respect, compassion, and acceptance of cultural and linguistic diversity. We strive to primarily assist those who have limited or no access to mental health services. We do our work by providing services within an affordable fee cost structure to enable underserved members of our community to obtain critically needed mental health care.

Thank you for your partnership and continued support,

Barbara Massrey



LSC Therapists

Successful examples of our mission to assist individuals achieve mental wellness regardless of financial status

Usually when I write to you at year-end I tell you that we've carried forward our mission to bring therapy to the underserved populations of Orange County at whatever cost they can afford (with generous people like you making up the difference). And I'm going to tell you exactly that, in a minute, but first, the really Big News: our severely ill clients, for whom talking cure is not enough by itself, can also receive psychiatry through LSC.

To do this, we partnered with a private psychiatric practice, Peak Healthcare, and went to work cutting through the bureaucracy of health care regulation and insurance rules. It took four years, but it's done, and we began seeing clients in December of 2021. Now a client in need of psychiatry sees the LSC therapist and the psychiatric practitioner in tandem, often together in the same session. The two avenues of treatment complement and reinforce each other. There are no handoffs, so nothing gets lost in translation resulting in superior care for our clients.

At the Living Success Center, everything we do is to meet the ever changing needs of our clients. Here are some things we did to meet their needs this past year:

- provided a larger, brighter more professional therapy office experience
- added insurance options
- added more diversity in our therapists and therapeutic offerings
- partnered with a dialectical behavioral therapy (DBT) to offer online mood regulation skills

SERVICES

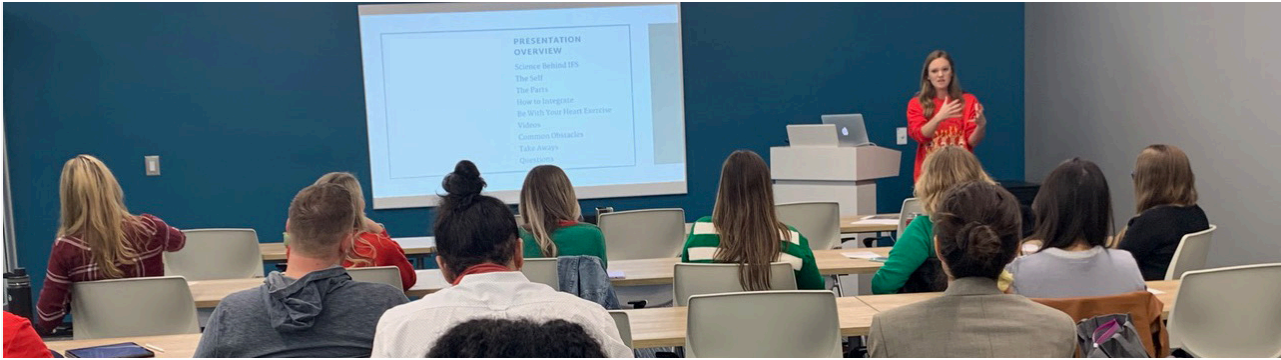
“
I called 50 therapists, Living Success Center was the only place that would help me and they did it at a rate I could afford even though I don't have insurance.” — verified client
”

THERAPY

You've trusted us with the capital to continue providing therapy at a minimum of \$15 per hour to anyone wanting to change their lives. Of course, if they can't afford the \$15 fee, we discount to what they can pay. In 2022, we delivered 6571 hours of therapy at an average fee of \$19.76 — well below the industry average of \$175. Most importantly, the feedback from our clients continues to be very positive. Many recommend their family members and friends to the Center - the very best feedback we could hope for!

INSURANCE

The big barrier here is to identify and partner with insurance companies that will cover the work of pre-licensed therapists. This would allow us to actually pay selected associates, keeping them at the Center longer, offering more consistent, longer term therapy to those needing continuity. We have surfaced 4 such companies and are in the process of credentialing with them.



TRAINING

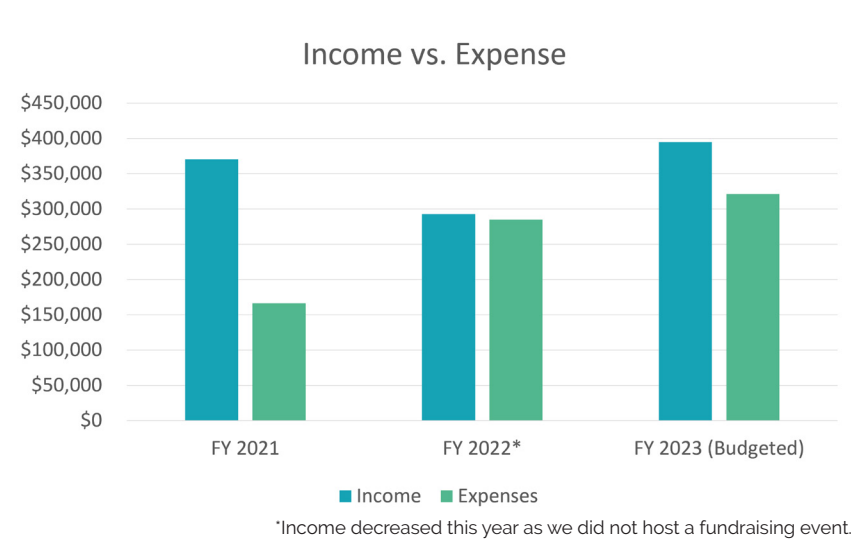
We continue to train the best therapists possible for the future of our industry. Sadly mental illness is not going away, so we'll need therapists into the foreseeable future. This past year, the Center trained 30 therapists, that have gone on to complete their work for state licensure. Many of them continue to carry a philosophy of goodwill that they learned from the Center.

EXPANSION

Many people that have called the Center have asked us for more convenient locations. They tell us they want in-person sessions, but they can't make the drive to our Santa Ana location. (Think of evening & weekend traffic on the 55!) We plan to look for office space in north and/or south county to make it easier for people to find the affordable help they need.

Fiscal RESPONSIBILITY

The Living Success Center takes its fiscal responsibility seriously. Every financial decision is made with clients in mind. Our sense of duty to those we serve ensures that we spend wisely and save for the future.



FY 2020

Number Served
6,247

FY 2021

Number Served
6,211

FY 2022

Number Served
6,571

The expenses of the Center have increased recently because of the growth outlined above. This growth improves the experience of our clients, the working conditions of our clinicians and sets us up for the growth we are working toward.

Why are we working so hard — according to the OC Health Care Agency of the 317,100 residents of Orange County that reported feeling severe mental distress in 2019, 50.3% did not receive treatment because they were unable to afford treatment, didn't know where to go, or have the ability to get there. We're working to make it easier to find us and be treated. We did it, again and are working to ensure we can keep doing it!

And finally, the Ask:
One of the most important things we do is find ways to bring more financial support into the Center. Our average revenue for an hour of psychotherapy is \$20, \$30 for psychiatry. Our expense for an hour of psychotherapy is \$43.35 and \$195 for psychiatry. So you see why we must ask for your help to ensure we can continue providing our services.
This year we hosted our biennial fundraiser on April 29, 2023 at the Marconi Auto Museum. We only do a large fundraiser biannually and the sag in our revenue reflects this.

Meaningful SERVICE

“

I've noticed that attending therapy, especially after stressful days, has been super effective in helping me cool down. I am so thankful to the Living Success Center for being so flexible and understanding when I need help!! It changed my life honestly! — verified client

”



Anne Margaret Mercier
Associate Clinician

At Living Success Center, trainees and associates are given the freedom to explore our own unique clinical interests and develop our own therapeutic styles in a friendly and supportive environment. As a new Marriage and Family Therapist and Professional Clinical Counselor associate who has been at LSC for a year, I have been able to pursue interests in such diverse areas as family systems theories, career counseling, ethics, the intuitive eating approach to disordered eating, and evidence-based treatments for OCD and anxiety disorders. I have put coursework and theory into action by developing the skills necessary to sit in a room with clients, cause them to feel seen and heard, and work with them collaboratively to move in the direction of their goals and values. The Center provides opportunities for clinicians to see adults, children, couples, and families. LSC very much has the feel of a private group practice, and I am grateful to have the ability to schedule clients on my preferred days and at convenient times in my busy schedule. LSC serves the needs of many in our community who would not otherwise have access to mental healthcare while simultaneously providing budding therapists with a solid foundation of clinical tools to thrive in our careers.

THANK YOU

A heartfelt THANK YOU to all who have supported us this year

We've got a lot of work ahead of us, and your donations have made it that much easier to get things done and move us forward. We thank you all for your support and for your desire to help us succeed in this venture. Thank you for being the special type of people that change lives, lift people up, and make the world a better place.

Mr. Baldwin & Ms. Favorito
Mr. & Mrs. Celio
Mr. & Mrs. Fogarty
Mr. & Mrs. Foley
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Mr. & Mrs. Smith
Mrs. Thomas
Ms. Vajcner
Mr. & Mrs. Zetz
Boeing - Employees
Community Fund
Hope Share Care Foundation
The Picerne Family Foundation
Samueli Family Foundation

“

I'm proud of myself, I'm functioning better, I'm happier and healthier and I've never seen so much potential in my future before thanks to the Living Success Center — verified client

”

How you can change the lives of others

Every time a donation is made to the Center it tells us that there are people, like us, who care about the well being of others, who want to make a difference. Each donation also tells us that what we are doing is good and right, that we're on the right path. This helps us to continue fighting each day to help more people. If you'd like to show your support for our work, please visit us online at www.livingsuccesscenter.org, or use Venmo @LivingSuccessCenter. We also welcome checks mailed to: Living Success Center, P.O. Box 11346, Costa Mesa, CA 92627. We are poised and ready to expand our services and locations to help more people in more ways, we would love you to be part of this exciting time!

Donations Accepted

Online: www.livingsuccesscenter.org
Venmo @LivingSuccessCenter
By Mail: Living Success Center
P.O. Box 11346
Costa Mesa, CA 92627



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Gratefully Accepting
Donations



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A Pathway to Mental Health & Wellness