

Walk-ins welcome

All are
WELCOME HERE

you are
entering
a calm
place



**Walk•In
Counseling Center**

2015 annual report

**WALK
IN
CLINIC**

WALK-INS WELCOME

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A Letter From The
Executive Director



Dear friend,

Just walk in. It's our welcome message to anyone who needs us.

Walk in and explore your problems. Walk in and discover new answers. Walk in and begin a process of self-understanding and healing. Walk in to this comfy old house, and there is someone who will listen.

It sounds so easy.

But it's not like walking in to a nail salon, barbershop, or even a chiropractor. They offer a similar promise—walk in and you will get something very specific.

Walking in to Walk-In Counseling Center is the beginning of a life change that no one can predict. It's the unknown: definitely scary, highly risky, possibly helpful, hopefully transforming.

Sometimes people walk in for just one session. They got what they needed. Wonderful. For others the reality of coming back right then is too huge and would just take too much emotional energy. Maybe later. But it was a first step—a start. And wonderful if they do come back someday, in their right time.

Sometimes the walking in begins a process that, though hard at the beginning, can result in amazing things: the ability to cope with situations that can't be changed; the ability to make or manage changes that seem overwhelming; the ability to identify a new path that may lead to satisfaction and even happiness!

Permanent change can happen even in a single session, and we know short term counseling works. Many clients tell us it was worth the risk, that their Walk-In encounter was definitely helpful and often transformative.

So “just walking in” is not easy. For the client it takes courage. For Walk-In's clinical volunteers, it takes dedication, time and much empathy. For our small admin staff, it takes hard work and creative problem-solving. For our board, it takes deep understanding and commitment to a very alternative service philosophy.

But together we will ensure that walking in to Walk-In will be possible for years to come!

That's my hope.

Mary Weeks, MSW, LISW
Executive Director



FREE, ANONYMOUS COUNSELING

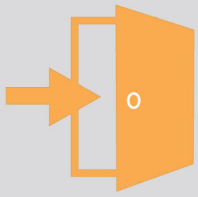
WALK-IN CLINIC SITES IN 2015

2421 Chicago Ave. S., Minneapolis

Family Tree: 1619 Dayton Ave., St. Paul

Neighborhood House: 179 Robie St. E., St. Paul


First Lutheran Church "Love Grows Here" Wellness Center: 463 Maria Ave., St. Paul



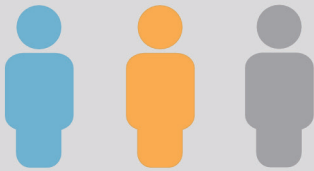
2,051 people received counseling in 5,563 free sessions.

41% of clients had insurance but came to Walk-In because they could not afford co-pays or deductibles, could not wait for an appointment, or needed complete anonymity.

56% of households were multi-person households (couples & families with children).



↷

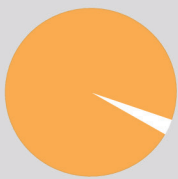


31% of clients were people of color.

60% of clients were between the ages of 21 & 40.

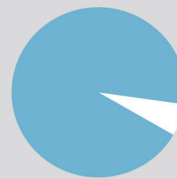
56% of clients had annual household incomes of less than \$30,000.

97% of clients would refer a friend or family member.



↷

94% of clients were satisfied with the services they received.



↷

\$20,000 & UP

Abbott Northwestern
Hospital Foundation
Katherine B. Andersen
Fund
Frey Foundation
Lucy McNulty
McVay Enterprises/
Minnwest Bank
Medica Foundation
Neighborhood
Involvement Program

\$5,000 - \$19,999

Anonymous (multiple gifts)
Beverly Foundation
Otto Bremer Foundation
Cities 97 - Clear Channel
Radio MN
Wanda Davies &
John Hintzen
George Family Foundation
Hays Company
Holthues Trust
Helen Sperry Lea
Foundation
Gary Schoener &
V. Katherine Gray*
Richard M. Schulze Family
Foundation
Simmet Family Foundation

\$3,000 - \$4,999

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Shotsie Forsythe
Susan & Bill Kirkpatrick

\$1,000 - \$2,999

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Michael Troutman
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Zimmermann

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Emily Blomer
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Johannes Brune
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BilliDawn &
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Rebecca Iverson
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and Healing Center
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Hope White
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Jane Wiljamaa
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James Butcher
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Emily Woodall
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Cary & Gary Zahrbock

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Julie Andrus
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Andrew & Carol Barker
Therese Barnett
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Scott Bartell
Cheryl Batson
Gretchen Beilke
Ken Beitler

Jane A. Bennett
Sarah Bennett
Mindy Benowitz
Shawna & Lloyd Benson
Kelly Berg
Denise Hanna Bisanz
Faye Bland
Rachel Braaten
Rochelle J. Brandl
Rebekah Brandvold
Jean Breitenbucher
Sheryl A. Brown
Elizabeth Burr*
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Steven Carney
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Jill Crafton
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Bill Cutler
Michael DeSanctis
Susan S. Dragsten
Carol K. Dubay
Sherri Dybdahl
Paula Ellison
Emma Enger
Howard Epstein &
Lynda Kelley
Christopher &
Nancy Erickson
Sue Evans Lind Nielsen &
Susan Schaefer
Dennis L. Flom
Anna C. Ford
Lisa Forslund
Audrey Frederickson*
John D. Frey
Lisl Gaal
Jane B. Galbraith
Ann Galloway
Rosa Garcia-Peltoniemi
Jeannette George
Margaret Getman &
Russell Ludeke
Gary & Florence Gilbertson
Debbie & Mark Glotter
Lisette Gluek & James Kelley
Colleen A. Graf
Harry Greenberg
Tabitha Grier-Reed
Brenda Gunderson
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Anne Haddad &
Kelly Connole
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Dorothea Harris
Holly & Joe Hatch-Surisook
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Jeanette Hofstee Milgrom
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Mina Clare Ingersoll
Alan Ingram
Thomas Jandric

Jill Jeatran
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Peggy Kingston
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Virginia McDermott
Toni McNaron
Helen J. McNulty
Garland Meadows
Barbara Melom
Meredith Mescher
Anne Meyers-Welsch
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Mindy Mitnick &
Carl Marquit
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Linda & Joseph Muldoon
Susan Mundahl
Cynthia M. Neubecker
Mia Nosanow & Seth Levin
Miyuki Onishi
Sue Frank Ostfield
Nancy Oxtan
Daniel F. Paskewitz
Tom Pearson
Michael Peterson
Norman D. Petrik
Susan Phipps-Yonas &
Albert Yonas
Steven Pincus &
Michelle Strangis
Danielle Plut
Marie Quam
Kevin Quinn
Sean Reardon &
Melissa Ohm Reardon
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Bernie Schmidt
Jonathan Sellman Carr &
Carolyn Carr
Joe Selvaggio
Merav Silverman
Lisa Sinclair

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Germaine R. Smith
Jeng Sorenson
Sean Soumpolpakdy
Sandra Spieler
Martin & Mary Sterner
Brian Stoessel
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Zoe Thiel
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Chuck Tracy &
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Joan Ungar
Lauren Unknown
Joan Urban
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Rita Weiss
Tamara Wood
Frances Zimmerman &
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**indicates donor made a memorial or honoraria gift*

IN HONOR OF

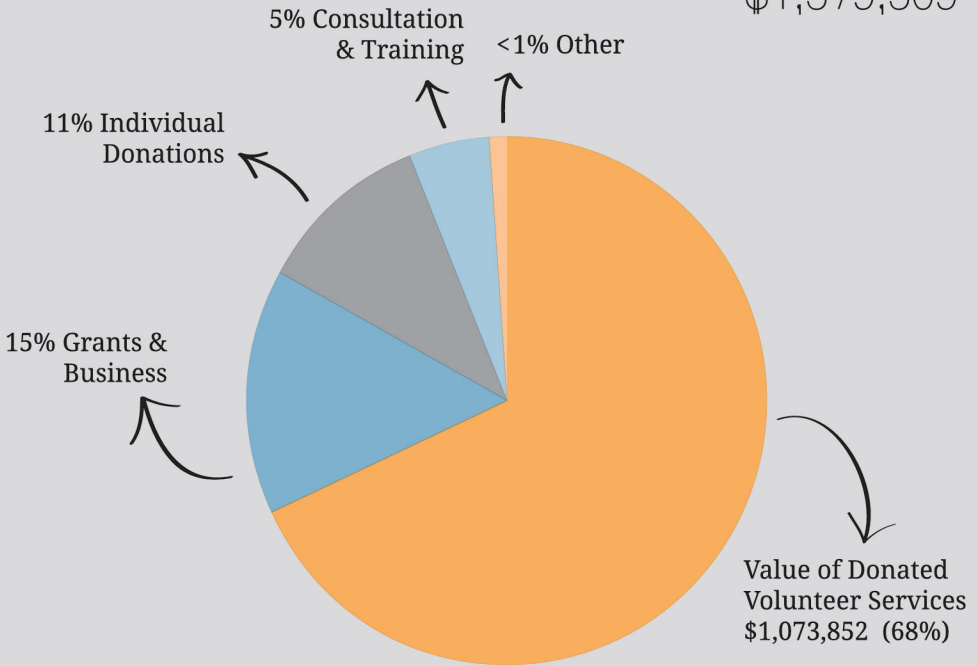
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Dr. Gayle Lumry
Charles R. Tracy
Dr. Charles VanBuskirk
John Vogt
Walk-In Volunteers
Mary Weeks
Dave von Weiss
Tim Wong
Lori Zook-Stanley

IN MEMORY OF

W. David Bailey
Peto Chang
John "Jack" Davies
Jack and Ida Davies
Ben Erickson
Alex Faulk
Paul Holt
Martha Hughes
John Lund
Fred Rohlfing
Herman Schuchman

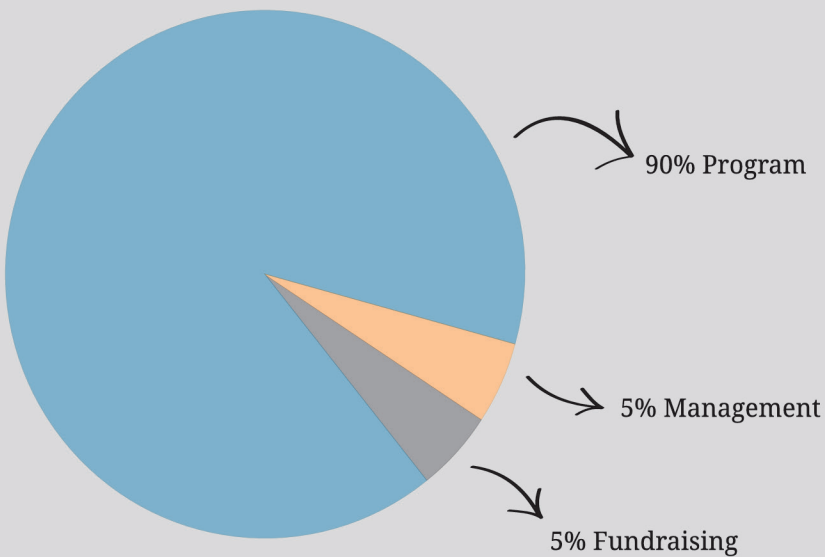
2015 REVENUE

\$1,579,509



2015 EXPENSES

\$1,513,468



"The trust clients put in me is an honor"

Samantha Abram
Kenneth Abrams
Ana Maria Abugattas
Alex Ajayi
Katy Andeross
Emma Anderson
Melissa Anderson
Michael Arieta
Jim Ayers
Marissa Bader
Jessica Baum
Hannah Besonen
Douglas Beumer
Rachel Bialostosky

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Kelsey Lenhart
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Connie Cohen
Cynthia Conrad
Sam Cooper
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Larkin Corvin
Galen David

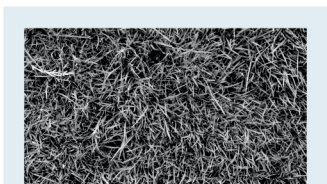
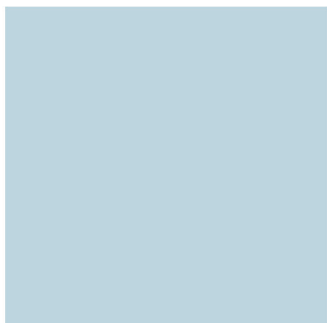
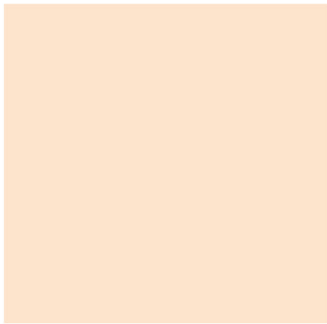
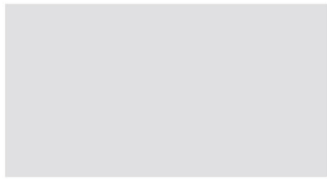
Volunteers

Peter Dimock
Katelyn Donisch
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Brianna Dunbar
Kristy Dunham
Sarah Durant
Laurie Dwyer
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Maria Parra
Ruth Patton
Remya Perinchery
Dwight Peterson

our mission...
to provide free, anonymous
counseling to people with
urgent needs and few
service options.



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