

FROM VIRTUAL TO HYBRID CLINICS:

Walking back into the house
on Chicago Ave



2022 Annual Report
with a special 2023 update



After two and half years of virtual-only services, reopening in-person clinics is exciting!

For several months in 2022, we made plans to re-open in person, and in January 2023 we made it happen! That's why this year's annual report includes a special update from 2023. For the first time since March 2020, the house at 2421 Chicago Avenue is again welcoming clients in person three afternoons a week. We are so excited to share some photos and information about 2023 with you!

First, I want to thank all of the wonderful volunteers who have come back in person! (Well, truth be told, all our volunteers are wonderful, we just really appreciate the extra effort coming to the Walk-In location requires.) And to all the "virtual" volunteers who were with us in pandemic years and are still with us now.



2022, as you might know, was yet another year of "what's next"? Since we and no one else could answer that question, we remained vigilantly virtually available. The virtual (via phone or computer) was great as long as you have a phone or computer, but not great for those who have neither, so we're especially glad to be back in person.

Since January 2023, we're both in-person and virtual on Monday, Wednesday, and Friday 1-3 pm; and virtual for all our evening clinics (Monday through Thursday, 5:30-7:30). Clients can also request ongoing counseling once they have come to a counseling clinic. So, clients without access to phones or computers are able to get services in person. I'm so grateful for that.

During the pandemic, there was a proliferation of mental health services that became available, but there was also a proliferation of mental health problems. And most of the new or expanded services require (good) insurance. . . not something many of our clients have. 2020-2022 were confusing and sort of a blur for many people, and it might be just fine to forget them.

We do hope that 2023 gets you/us moving in the right direction, whatever that is for you! We're so glad Walk-In made it through the pandemic and continues to provide free, anonymous, easily accessible clinical services, as we have done for 54 years!

Best to you from the entire Walk-In team,

Mary Weeks, Executive Director
Walk-In Counseling Center



Walk-In Counseling Center serves our communities' unmet needs for accessible mental health counseling services. We help people stabilize during a time of crisis and resolve problems before they become severe. We provide free, anonymous, easily accessible services, by professional volunteers who share the values of dignity, compassion, equity & inclusion.

Who Made It All Possible in 2022

10
board
members

Our community
spreading the
word

102
volunteers contributed

11,553
of hours of clinic availability, case
consultation, counseling, outreach,
and administrative assistance
with an estimated value of

\$998,898

32
foundations, businesses,
and religious/community
groups contributed

\$297,977

5
staff
members

450+
individuals donated
\$251,318

YOU!

Who We Served and Our Impact

1,400
people received
3,100
free counseling
sessions.

49%
of clients were
non-white

58%
of clients were
women, 35% men,
6% other

73%
of clients were
40 years old
or younger

Walk-In Counseling Center provides free, anonymous, no-appointment counseling every weekday during clinic hours.

We serve Spanish speakers and those who need additional counseling by appointment.

After counseling, clients told us:

They felt more hopeful

They would refer a friend to Walk-In

Top reasons clients came to us:

Had no or poor insurance.

Couldn't afford copays or deductibles.

Couldn't wait for an appointment.

Needed complete anonymity.

2022 Revenue (\$1,522,648)

- 62% In-Kind (\$988,898)
- 17% Foundation, Corporate, Religious & Community Grants (\$297,997)
- 16% Individual Donations (\$251,318)
- 1% Consultation & Training (\$17,087)
- <1% Other (-\$5,052)

2022 Expenses (\$1,451,805)

- 90% Programs (\$1,304,120)
- 5% Management (\$75,001)
- 5% Fundraising (\$72,684)

Visit walkin.org/about for our Form 990 and 2022 Year-End Financial Assessment.

Clients Say:

"Thanks to all of you for offering your precious time to people in desperate need of help! What a gift you are to everyone!"

"Our counselor is great! She's given us good suggestions, asked us some questions that led to deeper conversations, and she's nice (and funny too)! Thank you!"

Thank you, 2022 volunteers!

Amanda Achartz
Anyssa Astleford
Sara Ann Avelsgaard
Jim Ayers
Becky Beeskow
Cathy Borbas
Isak Bowron
Peter Brower
Hoinu Bunce
Kelly Butterfield
Hope Carlson
Liza Chigos
Peter Dimock
Michael Dotson
Ava Drake
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Oscar Millerhaller
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Jai Negri
Becky Norine
Beth Peterson

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Natalie Rahn
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Leigh Rosenberg
Kesha Royal Gute
Luci Russell
Maria Scheidegger
Paul Schuster
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Betsy Shryer Boyle
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Marla Simmet
Anna Slukvin
Theo Sparks
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Marcie Stresemann
Gary Stucky
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Stephanie Tkach
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Thank you, 2022 donors!

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**indicates donor made an honorary gift
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“It’s an honor to walk with the clients I see at Walk-In. I am impressed by their strength and persistence even in terrible situations. This work gives me more faith in humanity.” - Volunteer

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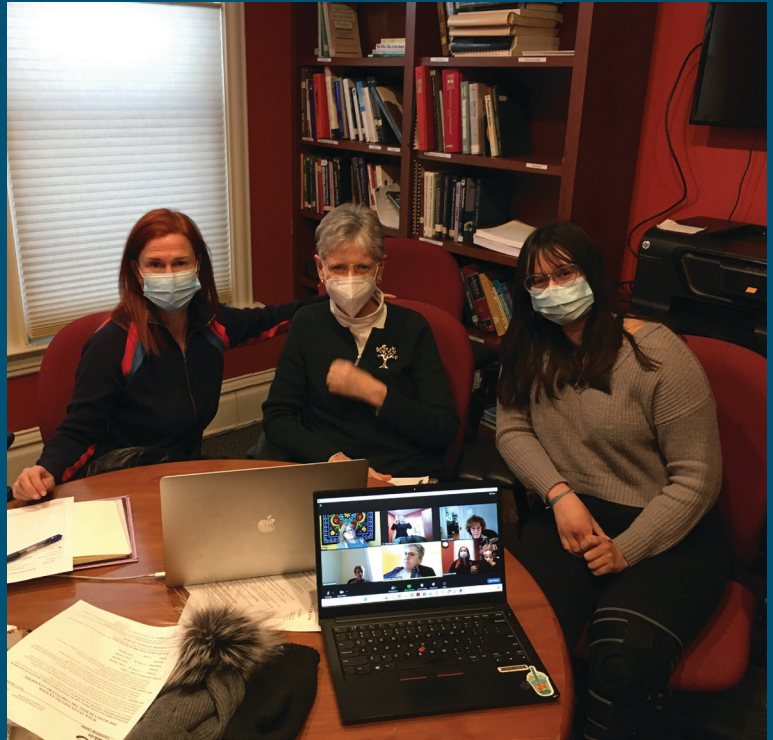
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“I send these donations every year in appreciation for your help with my son while he struggled with what was overwhelming depression. Unfortunately, he did take his life. Just yesterday, a small group of us gathered on the Midtown Greenway to honor him. It was a hope-giving gathering. I think of you being there with us.” - Donor



**Thank you for supporting free,
accessible mental health
counseling for all**

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