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Chester County

CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

One page only. This page will be shared electronically with Grant Panel Members & Fund Advisors.

Note: If Philanthropy Network's Common Grant Application is used, CCCF's **Summary Sheet MUST accompany application.**

To obtain an electronic version of this application, visit www.chescocf.org

Date

Contact Information

Organization Name: Restore Counseling Center
Address: 160 Cowan Road, Parkesburg, PA 19365
Phone: 610-234-5671
Website: www.restore4u.life
Year Incorporated: 2021
FEIN: 86-1994112

ED/CEO Name: Todd E Henley
ED/CEO E-mail: todd@restore4u.life
Board Chair Name: Stephen Lobach
Board Chair Approval (check here): Yes
Primary Contact Name: Todd E Henley
Primary Contact E-mail: todd@restore4u.life

Organization Information:

Field/s of Interest:

☐ Arts, Culture & Humanities ☐ Environment/Animal Welfare ☐ Education
☐ Health ☒ Human Services ☐ Religion

Mission: The mission of Restore Counseling Center is to provide Christ-centered counseling services and life-skills training to individuals, families, the church body, and our community.

Geographic Area Served (If not all of Chester County, specify primary Chester County regions served): Restore Counseling Center is located in the Coatesville/Parkesburg areas of Chester County, Pennsylvania. It provides both in-person and virtual mental health care services, predominantly in Chester County and throughout the state of Pennsylvania.

Describe Population Served & Annual Number of People Served: Restore Counseling Center serves all adults and children in need of counseling and mental health services, regardless of their ability to pay for services, throughout Pennsylvania. In 2024, 231 children and adults received mental health care services- 29 children ages 6-18, 127 adults ages 19-64, and 29 adults 65 and over. Services include individual counseling, group therapy, and certified Play and Equine Therapy

Annual Budget <u>\$150,685</u>	<u>1.58</u> # of Full-Time Equivalent Paid Staff
<u>88</u> % of budget for program expenses	<u>8</u> # of Board Volunteers
<u>10</u> % of budget for administrative expenses	<u>0</u> # of Active Non-Board Volunteers
<u>2</u> % of budget for fundraising expenses	<u>41</u> # of Volunteer Hours
<small>100 % total</small>	

Top 3-5 funding sources:

Gateway Church, Coatesville Bible Church, Witmer Public Safety Group, Providence Church, and 2 Anonymous Individual Donors

Is this grant proposal for: Capacity Building ☐ or General Operating ☒

If Capacity Building Proposal, the focus is:

☐ Mission, Vision & Strategy ☐ Governance & Leadership ☐ Partnerships & Collaborations
☐ Fundraising, Development & Marketing ☐ Technology Other: _____

Grant Amount Requested from the Community Foundation: \$7,500

Proposal Summary:

Restore Counseling Center respectfully requests \$7,500 in general operating funds to support the mission of providing faith-based individual counseling and group therapy sessions to adults and children throughout Chester County. Highly skilled therapists provide counseling and lead group therapy sessions to address issues and challenges related to trauma, anxiety & depression, postpartum depression, marriage and infidelity issues, sexual addictions, and crises. Mental health services are provided to meet the needs of children 4-17 years of age, and adults 18 to over 65 years of age. The highest quality of mental health services are provided to clients, regardless of their ability to pay, to restore hope, peace, and joy to their lives.

II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

Provide clear, concise information. 3 pages maximum

1. Restore Counseling Center's History, Goals, Key Achievements, and Distinctiveness

History

While Todd E Henley, Founder and Executive Director, was working on his Master's in Counseling, he was hired at Day Seven Ministries as a therapist. Many times, he would come home and say things to his wife and children like, "I'm feeling led to lead a mental health seminar in Lancaster on working through anxiety or depression."

One time, when he came home with one of his ideas, his wife stopped him and said, "You are always talking about what you want to do for Day Seven. Have you thought about opening your own counseling practice?" Todd paused for about three seconds and responded, "No, I've never thought about it." With this in mind, his dear wife said, "Well, think about it and pray about it."

That night, Todd had trouble sleeping as he thought about a counseling center in his community. The adrenaline and excitement kept him up throughout the night. Within three weeks, he had the vision for his community—the vision to bring healing and hope to traumatized people. His wife asked him if he had thought of a name, and he said, "Restoration Counseling Center." Amazingly, she said, "Oh, I thought of Restore Counseling Center." Todd joyfully responded, "Oh, I like your name better, so let's go with Restore Counseling Center."

Todd's church has been a tremendous support, giving Restore Counseling Center the office space to counsel free of charge. After much prayer and many legal documents, Todd and his wife agreed he would stop working at Day Seven and step out in faith. Restore Counseling Center opened on May 1, 2021, and has been serving and growing ever since!

Goals

As Restore Counseling Center looks ahead, we have several goals in mind:

- Continuing counseling services to ensure that every client seeking help can receive appropriate support.
- Renovating a local farmhouse for our office space providing a private and peaceful setting for counseling sessions and the expansion of group therapy services.
- Expanding Play, Nature, and Equine-assisted Therapy groups for children ages 4-17.
- Fostering partnerships with local churches and faith-based organizations, enabling us to extend our outreach and support to even more individuals in our community.
- Providing ongoing training for our counselors, so we can continue to provide the highest quality of care based on the latest insights and techniques in mental health.
- Reviewing and adapting our services in response to our clients' needs and the evolving trends in mental health, ensuring we are always meeting their unique circumstances.

Key Achievements

Over the past year, Restore Counseling Center has:

- Provided successful counseling and healing through art and play therapy for children ages 4 through 12 who have been abused and for parents of abused children.
- Created a collaborative team of therapists who have a strong desire to help clients heal from trauma.

Distinctiveness

The distinctiveness of Restore Counseling Center is that we are faith-based and trauma-informed, and we work with clients regardless of their ability to pay for services. Restore Counseling Center meets clients' needs by providing a number of services, including individual counseling, group therapy, and expanding services to meet our youngest clients' needs including certified Play Therapy, Nature Therapy, and Equine-assisted Therapy. Our therapists are skilled in addressing issues and providing counseling for areas such as premarital, crisis, postpartum, anxiety & depression, marital and infidelity issues, addictions, trauma, sexual addictions, and career counseling.

2. Funding request

- Description of key initiatives

We are committed to developing solutions with our clients to address their physical, personal, and spiritual well-being through:

- Personal Counseling
- Group Therapy
- Play, Nature, and Equine-assisted Therapy for Children

- Specific needs & issues to be addressed-

We exist because the churches of our communities are often unable, in financial or staff terms, to meet the needs of those experiencing psychological, emotional, family, and marital stress; specifically, most churches are unable to provide ongoing professional therapeutic help. We are striving to meet these needs in ways that support and assist the churches of our community and are, at the same time, both biblically and professionally responsible.

- Why it is important to fund this now-

Restore Counseling Center receives an increasing number of requests for mental health services daily. The need for mental health attention and strategies is evident in Chester County and throughout Pennsylvania. Restore Counseling Center plans to expand services to meet the increased needs of both adults and children ages 4-17.

Since 2021, Gateway Church in Parkesburg has provided space in their church to support Restore Counseling Center's efforts to meet the mental health needs of the local community.

In 2025, Restore plans to transition from the complementary space in the church building to a rental house on the church property that will provide increased office space for counseling and group therapy, as well as for the expansion of the certified Play and Nature Therapy services for children.

How Impact & Results will be Demonstrated

At Restore Counseling Center, we believe that success can be measured in meaningful ways that reflect the journey of each individual.

Client Satisfaction: When a client completes their counseling journey, we take a moment to celebrate their achievements together. The client and counselor engage in heartfelt discussions about the goals reached and the progress made, capturing these personal stories as invaluable evidence of success.

Emotional Healing: We recognize that every client comes to us seeking emotional healing in their own unique way. During the final session, we encourage clients to share their personal growth and well-being, creating a supportive environment for reflection. We also find that many of our new clients hear about us through the heartfelt stories shared by our former and current clients, a testament to the power of connection and community.

Spiritual Growth: We understand the significance of faith in the healing journey. Our counselors are dedicated to helping clients integrate their spiritual beliefs into their growth process. When clients begin to see positive changes in their lives and overcome negative habits through their faith, we know they are experiencing profound growth.

Improvements in Mental Health: To ensure our clients receive the best support, we utilize standardized mental health assessments, such as the Beck Depression Inventory, to track progress over time. We focus on the reduction of symptoms and the overall well-being of our clients, celebrating every step forward on their path to healing.

In addition, we document the number of clients served, the number of sessions provided by therapists, and the percentage of sessions provided at reduced cost or complementary to the client.

At RCC, we are honored to walk alongside our clients as they navigate their emotional, spiritual, and mental health journeys.