

FOURTH QUARTER IMPACT REPORT

January -
March
2024



Impact Report

A MESSAGE FROM OUR FOUNDER

Happy anniversary, Access 304! This quarter, we successfully completed one year of service. It's amazing how quickly time flies! I would like to take a moment to acknowledge our incredible team, who made this milestone possible. Our compassionate, patient, and dedicated team is the backbone of our organization, and I am grateful to work alongside them every day. -Dr. Shepard

GETTING OUR GROOVE!

I am excited to share with you that we have been fortunate to have Kenzie on our team as our Event Coordinator. Kenzie was a WVU student who worked with us as part of the Purpose2Action program. She has been a critical part of our Mental Health Conference planning team and has created a user-friendly web interface for attendees to register and submit proposals. Her contributions have been invaluable, and we are thrilled she will join our staff in April. Her enthusiastic spirit and expertise will allow us to train more clinicians in our region, and we look forward to the impact she will make.



Meet Kenzie!

IMPACT SNAPSHOT

974

Individual therapy sessions

89

Individual clients served

22

Group clients served



EDUCATION

Planning our very first Mental Health Fall Conference has been in full swing this quarter! We have secured a location at Shepherd University and are looking forward to opening registration to attendees in April! We are hoping for 150-200 guests from West Virginia, Maryland and Virginia.

Mental health providers need 30+ hours of continuing education credits in order to keep their licenses in good standing. **In the Eastern Panhandle, finding in-person conferences can be difficult to come by.** Unless a clinician works for an organization that provides these opportunities, therapists may need to travel long distances, or resort to online trainings to meet this necessary job requirement.

Access 304 is excited to kick-off this inaugural conference, which we intend to host at least annually. This not only supports our mission to train professionals in our state, but also improves the quality of mental health care in our region.

COMMUNITY RELATIONSHIPS

Our partnerships with The Rotary Club of Shepherdstown and the Shepherdstown Public Library have yielded positive results from the community. We increased our **Dementia Caregiver Support Group** to twice monthly due to popular demand. We see familiar faces at each group and enjoy supporting them through their journey.

We have been expanding our academic partnerships with universities around the East Coast. We are excited to announce another intern will be joining us from Walden University in the Fall semester. This will be the third university we will have a training agreement with, which is a remarkable and exciting accomplishment for us.

In training more interns, we will not only be able to help more clients, but we will also grow the West Virginia workforce pipeline. **As of February 2024, West Virginia's unemployment rate was about 4.3%, which is higher than the national average of 3.8%. This statistic places West Virginia among the states with the highest unemployment ratings.** Our mission of training students not only provides access to mental health care, but also decreases our statewide unemployment rating.

CONTINUED NEED

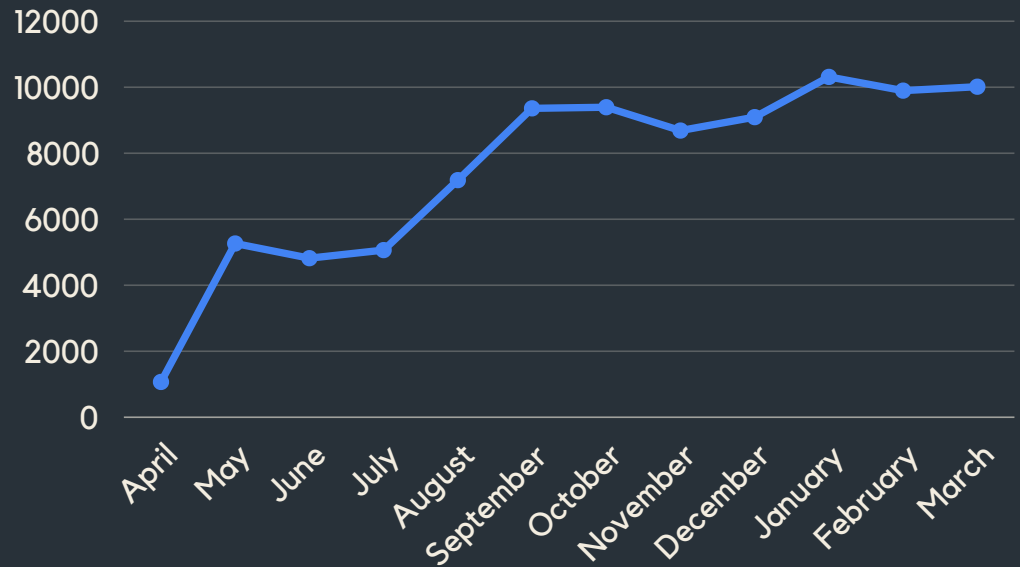
Access 304 is experiencing a high demand for mental health services, especially among children and teens who have been on our waitlist for the longest time. This is not uncommon in our region. The West Virginia University Medicine system is overburdened with behavioral health needs and is referring patients to Access 304 for support. **The waitlist for behavioral health services for adults at WVU is over 12 months, while youth and teens have to wait for over 18 months.** In some cases, clients are referred to Morgantown, which is over three hours away, for treatment. Although Access 304 is working to assist WVU, the demand for mental health services continues to be high.

We are currently looking for a Clinical Director who can provide direct clinical services to clients and supervise daily clinical operations to guide our pre-licensed clinicians and interns. Hiring a Clinical Director will enable Access 304 to reduce the waitlist and provide more training to staff and the community.



GROSS INCOME FROM DIRECT CLINICAL SERVICES (YEAR TO DATE)

\$90,455



We generated \$30,226 in our fourth quarter on client payments alone. Donations contributed an additional \$485.20.

WHAT'S NEXT

In the first quarter of 2024, we plan to write several important grant applications. If successful, these grants will allow us to expand our services overall. We have received a steady number of requests for this service over the past year and are eager to train more interns to meet the demand.

In fact, in the last 12 months, inquiries from graduates and undergraduates hoping for the opportunity to train with Access 304 have steadily increased. We hope to build an even more robust program in 2024, complete with weekly didactics, individual and group supervision, and other resources to support our interns.

PROJECTED NEEDS?

We have surpassed our office space in Shepherdstown, even after last year's renovations. Our office area is only 1200 sqft, which limits our ability to conduct family therapy and groups. In 2024, we plan to investigate opportunities to expand our office, which will ultimately increase our service delivery. Looking to the future, we will continue to search for a Clinical Director who can help nurture our Internship Program, allowing us to train additional master's level counselors.

POSITIVITY CORNER

We are excited to announce that two remarkable keynote speakers will be joining us in the Eastern Panhandle for our upcoming conference. **Stephanie Foo, a New York Times bestselling author, will travel from New York City to speak with our clinicians, while Dr. Jill Stoddard, an author and expert on Acceptance and Commitment Therapy, will also travel from Massachusetts to share her insights. We feel privileged to be joined by such distinguished women who are champions in the field of Mental Health.**