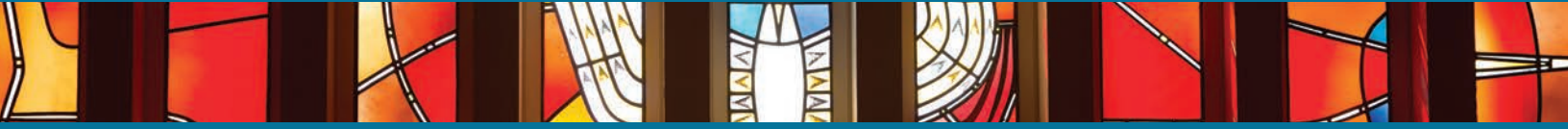


# COMPASSIONATE PARTNERS STRENGTHENING THE CHURCH



SAINT LUKE INSTITUTE

ANNUAL REPORT | JULY 2017-JUNE 2018

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## ACCREDITATION

*Saint Luke Institute is accredited by The Joint Commission and is licensed by the State of Maryland Department of Health and Mental Hygiene.*

*The Joint Commission Accreditation for behavioral health care organizations is a nationally recognized leader in accreditation. The Joint Commission is an independent, objective evaluator of care quality. Accreditation from the Joint Commission is a “gold seal of quality” and a mark of distinction for behavioral health organizations.*

*Over many decades Saint Luke Institute has continuously achieved this standard of quality. It is our commitment to the Catholic Church and the broader society to provide quality care, treatment, and service.*



# TOGETHER *We Strengthen the Church*

By Fr. David Songy  
President



Dear Friends in Christ,

“An ounce of prevention is worth a pound of cure.” Benjamin Franklin was addressing fire safety, but his words strike at the heart of problems faced by the Catholic Church today.

Saint Luke Institute began helping alcoholic priests over forty years ago. Over the years we extended our care to religious men and women, and treated a wider range of diagnoses: depression, anxiety, addiction, past trauma, and personality disorders. The Catholic Church turned to us as a resource for clergy and religious with varied behavioral problems, and with the support of our Board of Directors, the Saint Luke Foundation, and many benefactors we have cared for over 15,000 priests, brothers, and sisters since 1977.

About 20 years ago we began applying this expertise to the prevention of psychological problems and spiritual struggles. By creating educational programs for religious leaders and seminary formators, and refining a process for candidate assessments, we sought to ensure the admission of healthy, mature candidates for priesthood and religious life. Our team approach to the candidate assessment process has provided sound, thorough advice for determining suitability, and we follow up with numerous courses to aid human and spiritual formation: from the first days of the seminary to post retirement.

I am proud of the work we do and the contribution we make to creating and sustaining a healthy ministerial culture. Numerous bishops and superiors contact us regularly, requesting our help in preventing problems and maintaining healthy, holy ministers of God. Sharing this mission with you is a privilege. We appreciate your support, as together we strengthen the church.

Your generosity underpins a robust educational program and facility renovation. Most importantly, Saint Luke Institute’s ability to say, “Yes,” to every request for charity discounts and turn away no priest, brother, or sister in need of healing is due to your good will and compassion. Thank you.

Sincerely yours in Christ,

*Fr. David Songy, O.F.M.Cap.*

Fr. David Songy, O.F.M.Cap., S.T.D., Psy.D.  
President



# FAITH ON DISPLAY

## at the 2018 Benefit

*Faith on Display*

The Apostolic Nunciature was festive with the sounds of rich harp strings as the friends of Saint Luke Institute gathered in unity on October 22, 2018, to show their support for our priests and consecrated men and women who struggle with depression, anxiety, addiction, and trauma. The Most Reverend Christophe Pierre, Apostolic Nuncio to the United States, warmly greeted guests, posed for pictures, and heralded his support for the essential work of Saint Luke Institute.



Saint Luke Institute is very grateful to the generous and kind attention of Benefit Chairs, Ruey and Hugh Dempsey, and Honorary Chair, Sandra Andreas McMurtrie. Their hard work and dedication made the 2018 Benefit a success. We raised over \$240,000 on behalf of the men and women who seek healing at the Institute. This year we provided \$677,830 in charity care to those in need. Your support made this possible.



The Most Reverend Barry C. Knestout, Bishop of Richmond, was honored with the Saint Luke Award. We give this award annually to someone whose professional life or charitable work embodies the ideals of Saint Luke Institute: the rebuilding of the spiritual, physical, emotional, and intellectual life of those in need. In undertaking these tasks, Bishop Knestout is motivated by the



gospel ideals of compassion and charity, and a belief that all persons are brothers and sisters in Christ. Bishop Knestout's many years of service to the church have been remarkable, as has his concern for the well-being of priests and religious, as exemplified by his longstanding support of the Institute.

*We raised over \$240,000 on behalf of the men and women who seek healing at the Institute.*



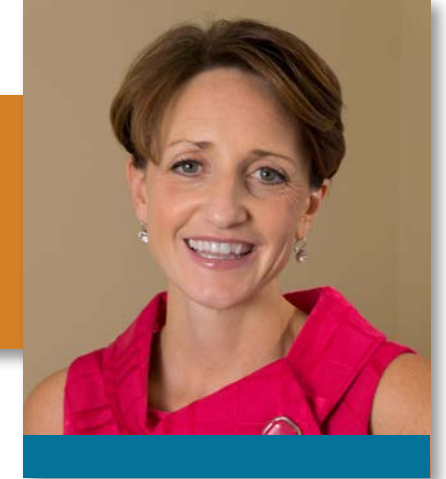
The psychological and spiritual health needs of clergy and religious are central to realizing the church's core mission to spread the Gospel and sponsor all the baptized towards missionary discipleship. Saint Luke Institute remains the authoritative leader in the health needs of clergy and religious due to the unwavering support of our benefactors, seen most visibly at the 2018 Annual Benefit. At a time when it would be easy to forgo support or public commitment to the church, Saint Luke Institute is especially grateful for your witness and faith. ■



# DETERMINING READINESS

## for Priesthood and Religious Life

Readiness



By Emily R. Cash, Psy.D.  
Director

The staff at Saint Luke Institute has been evaluating candidates for priesthood and religious life for over 20 years. A unique and key characteristic of the Candidate Assessment Program is our integrated, team-based approach: two clinicians and a spiritual director conduct three, 2-hour interviews and facilitate psychological testing.

The primary goals of a psychological evaluation are to screen for mental health disorders and assure that priesthood or religious life is a good fit for a candidate. However, psychological evaluation can also be a tool for positively impacting the formation experiences of those coming forward for service in the church. When done well, the combination of interviews, psychological testing, and thorough, specific feedback provides seminary staff and formation personnel with a clear understanding of how best to support a candidate in the discernment process and beyond.

### Cultural and Social Trends

Seminaries, seminary staff, and formation personnel face a multitude of challenges today as they work with candidates for priesthood and religious life. Cultural and social trends that have surfaced in the last several years present unique challenges. Candidates are technology-savvy and heavily reliant on digital media for their sense of connectedness with others. In addition, this generation brings a greater awareness of mental health issues; there is less stigma associated with mental illness. As a result, they speak more openly about struggles with depression, anxiety, and even addiction.

### The Psychological Evaluation

#### Element One: Psychosocial History

A core component of the psychological evaluation is a thorough psychosocial interview. This interview involves obtaining basic information about the candidate's personal

and family history. We explore content areas in the candidate's academic and occupational history, and his peer support and relational history.

The psychosocial interview also includes a thorough psychosexual interview. This is a series of questions that explores the candidate's understanding of his own sexuality, his sexual identity, and his dating/relational history. The interview explores potential areas of problem behavior related to sexuality, along with the candidate's understanding of celibacy and how to live an authentic, chaste lifestyle.

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*Our goal is to gain a clear understanding of how best to support a candidate in the discernment process and beyond.*

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#### Element Two: Clinical Interview

For mental health professionals, a clinical interview refers to a structured interview focused specifically on the presence of mental health issues. For example, in an interview we might include a depression screening, questions about the presence of bipolar disorder or a discussion of a history of panic attacks.

This is also when we address questions about alcohol use and abuse, addictions and problematic behaviors. In addition to their own personal mental health history, candidates are asked to describe notable instances of mental health history within their immediate and extended families.

#### Element Three: Psychological Testing

Psychological testing typically includes an intelligence measure as well as personality testing. Intelligence measures provide the candidate and vocation director with an idea of their cognitive abilities, ensuring that there are no areas of concern that would interfere with their ability to meet the academic demands associated with the formation process. Psychologists rely on personality testing for two reasons: to assess the presence of acute distress at the time of evaluation, and to help understand the candidate's relationships with others, self-perception, problem-solving strategies, psychological makeup, and emotional strengths and vulnerabilities.

#### Element Four: Spiritual Assessment

The Saint Luke Institute model also includes an interview about the candidate's spirituality and vocational history. Psychologists are not always trained in this type of interview, nor do they feel competent in addressing a candidate's vocational story, which is why the spiritual director's role is critically important. They discuss his family religious background, image of God, personal religious practices, prayer life, and understanding of the vocational call. Including a spirituality assessment results in a more holistic experience for the candidate and provides the vocation director with a better sense of the candidate's vocational call and spirituality.

#### Element Five: Discussion and Recommendations

The final component of a psychological evaluation is a written report of the findings and recommendations for the candidate and vocation director. This often includes several paragraphs highlighting notable themes within

the candidate's life. This report identifies areas of strength, and emotional, psychological, or behavioral vulnerabilities that warrant concern or intervention along with proposals on how to best address these areas of vulnerability. The recommendations offer the candidate and vocation director tangible steps on how to effectively address the noted areas.

#### Element Six: Verbal Feedback Summary

A meeting between the Saint Luke Institute assessment team, the candidate, and his vocation director is held after the evaluation process is complete. This hour-long verbal feedback session is an important part of understanding and interpreting the evaluation findings. It is also an opportunity to model healthy, open dialogue about the candidate's strengths and areas of growth. As clinicians, we hope that the entire process, from start to finish, is ultimately helpful for the candidate and can provide a clearer understanding of strengths and vulnerabilities as well as some tools to aid in a full and healthy discernment and formation experience. ■

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*Emily Cash is a licensed psychologist and has been a member of the clinical services department at Saint Luke Institute since 2006. She received her graduate degree in clinical psychology from Spalding University in Kentucky and completed her doctoral training in a community mental health setting in New York City. Dr. Cash is the director of the candidate assessment program for Saint Luke Institute and the director of Saint Luke Center, a ministry of Saint Luke Institute in Louisville, Kentucky.*



# SHARING THE EXPERTISE of Saint Luke Institute

By Taryn Millar, Psy.D.  
Chief Operating Officer



As a multi-service institute, our vision calls us to reach out and serve those who serve others in communities of faith in the United States and abroad. In response to this call, Saint Luke Institute launched a Clinical Observation Program for clergy or religious who are seeking to provide behavioral health treatment to underserved populations around the world.

The program is designed for priests, brothers, and sisters who are also behavioral health clinicians. Once we accept an applicant into the Clinical Observation Program, he or she observes a wide variety of our clinical services and works closely with department heads to acquire practical strategies on how best to implement treatment programs like ours internationally. Each observation program is tailored specifically to meet the practitioner's unique set of interests and needs.

*The Saint Luke Institute model is setting the standard in behavioral health for the Catholic Church world-wide.*

We encourage individuals who complete the Clinical Observation Program to remain in collaboration with Saint Luke Institute as they build their programs overseas. In many cases, we continue to share our knowledge and our resources to support this important ministry. The programs and clinics that are built are not entities of Saint Luke Institute, but rather, inspired by our model and expertise.

Since the program's inception in 2017, we have hosted clergy and religious who are in the process of developing behavioral health clinics in India, Ghana, Chile, Argentina, Brazil, and Poland. One priest-psychologist who participated in our program recently said, "Visiting SLI helped me to renew my hope and discover another face of the church, which delivers the healing ministry with compassion and trust."

By disseminating our knowledge to clergy and religious behavioral health practitioners, Saint Luke Institute continues to broaden our outreach and have a positive global impact on the health of the church. ■

Taryn Millar is a licensed psychologist in Maryland and Virginia. Prior to Saint Luke Institute, she worked at the National Institutes of Health in the section of Developmental Genetic Epidemiology. She obtained her doctorate in clinical psychology from The George Washington University School of Professional Psychology and completed her doctoral training at the University of Virginia Counseling and Psychological Services Department. Dr. Millar is the Chief Operating Officer for Saint Luke Institute.

# SAINT LUKE INSTITUTE at a Glance

\*Services provided July 1, 2017-June 30, 2018

## INDIVIDUALS SERVED

3,800 men and women  
the Institute served

Men who received treatment  
or evaluation ..... 371

Women who received treatment  
or evaluation ..... 125

74 candidate assessments  
for men and women

## INSTITUTIONS AND LOCATIONS SERVED

43  
Arch/dioceses

61  
Religious  
orders

10  
Countries outside  
of U.S.

30  
U.S. States

## EDUCATION

42 workshops  
presented

3,230 workshop  
participants

## CLIENT CARE PERSONNEL

74

32

11

15

16

People  
dedicated to  
direct client care

Doctors  
on-site

Clinicians

Nurses

Spiritual  
directors

76% of clients returned to ministry  
after completing the Institute's  
residential program

\$677,830 in charity care received by  
Saint Luke Institute clients

15K total number of people  
served in residential,  
outpatient and/or educational  
settings since 1977

July 2017 - June 2018

TOTAL REVENUE	
Donations	\$1,048,016
Patient Revenue	\$8,927,851
Investment Income	\$22,465
	<b>\$9,998,332</b>

OPERATING EXPENSES	
Personnel Costs	\$7,015,611
Occupancy Expense	\$1,216,942
Office Expense	\$777,893
	<b>\$9,010,446</b>

DISTRIBUTION OF CHARITY CARE	
Men’s Residential	\$240,986
Women’s Residential	\$296,908
Halfway House	\$83,779
Outpatient	\$17,655
Evaluations	\$11,939
Other	\$26,565
	<b>\$677,832</b>

July 2017 - June 2018

On behalf of the men and women served by Saint Luke Institute we acknowledge with full hearts the benevolence of our donors. Your generosity manifests the compassion and mercy of God.

*I give thanks to my God at every remembrance of you, praying always with joy in my every prayer for all of you, because of your partnership for the gospel from the first day until now. I am confident of this, that the one who began a good work in you will continue to complete it until the day of Christ Jesus.*

*Philippians 1:3-6*



DIOCESAN SUPPORT

- Archdiocese for the Military Services
- Archdiocese of Atlanta
- Archdiocese of Baltimore
- Archdiocese of Chicago
- Archdiocese of Indianapolis
- Archdiocese of Louisville
- Archdiocese of Washington
- Diocese of Arlington
- Diocese of Dallas
- Diocese of Jefferson City
- Diocese of Memphis
- Diocese of Phoenix
- Diocese of Pittsburgh



PROFILE OF DONORS

- 13 Arch/Dioceses
- 44 Religious Institutions
- 15 Foundations
- 442 Individuals
- 16 Organizations/Companies
- 530 Total Donors





# IN HEARTFELT GRATITUDE (CONT.)

July 2017 - June 2018

## RELIGIOUS INSTITUTION SUPPORT

Annunciation  
Assumption Abbey  
Augustinians of the Assumption  
Benedictine Sisters  
Benet Hill Monastery  
Bernardine Franciscan Sisters  
Brothers of the Poor of St. Francis  
Catholic Charities of the Archdiocese of Washington  
Church of the Little Flower  
Church of the Nativity  
Daughters of Charity  
Divine Word Mission Seminary  
Franciscan Friars-Immaculate Conception Province  
Grey Nuns of the Sacred Heart  
Holy Family Parish  
Holy Spirit Adoration Sisters  
Holy Spirit Catholic Community  
Holy Union Sisters  
Immaculate Conception  
Pontifical North American College  
Religious Teachers Filippini  
Sacred Heart Catholic Church  
Saint Luke Catholic Church  
Saint Matthew Roman Catholic Church  
Shrine of the Most Blessed Sacrament  
Sisters of Saints Cyril and Methodius  
Sisters of St. Joseph  
SOAR! Support Our Aging Religious, Inc.  
St. Ann's Monastery and Shrine Basilica  
St. Anselm's Abbey  
St. Anthony of Padua  
St. Barnabas  
St. Catherine of Siena Church  
St. Dorothy  
St. Felicitas Church  
St. Hugh of Grenoble Church  
St. James Church  
St. John Capistran Church  
St. John Neumann Church  
St. Josephine Bakhita Parish  
St. Katharine Drexel Church  
St. Mary's Church  
St. Matthew Catholic Church  
St. Stephen Catholic Church

## FOUNDATION SUPPORT

Andreas Foundation  
Bridge of Allen Foundation  
Cathleen McFarlane Foundation  
Clark Charitable Foundation, Inc.  
Clark-Winchcole Foundation  
Daniels Fund  
Koch Foundation, Inc.  
Loyola Foundation  
Mary and Daniel Loughran Foundation, Inc.  
Providence Health Foundation  
Sacred Heart Trust Foundation  
The Boston Foundation  
The Dana Foundation  
The John and Elizabeth Lane Foundation  
The RCM&D Foundation, Inc.

## ORGANIZATIONAL/ COMPANY SUPPORT

Adelaide Kroeger and Marie Kroeger Albee  
Charitable Trust  
Capitol Cadillac Company  
Catholic Health Association  
Dyer & Associates P.C.  
Georgetown University  
Gruss & Co.  
Guest Services, Inc.  
Lindsay Automotive Group  
National Catholic Development Conference/ NCDC  
National Catholic Educational Association  
Payroll Network, Inc.  
Porter & Curtis, LLC  
The Glenmede Trust Company  
The T. Rowe Price Program for Charitable Giving  
United Bank  
US Marine Corps Base Quantico



# Gratitude

July 2017 - June 2018



## MAJOR DONORS, \$5,000+

Adelaide Kroeger and Marie Kroeger Albee  
Charitable Trust  
Agnes Williams  
Andreas Foundation  
Anna Mann  
Archdiocese of Atlanta  
Bridge of Allen Foundation  
Cathleen McFarlane Foundation  
Church of the Little Flower  
Clark Charitable Foundation, Inc.  
Clark-Winchcole Foundation  
Daniel D'Aniello  
Daniel and Christine Gill  
David S.J. Brown  
Dennis Meyer  
Diocese of Arlington  
Diocese of Dallas  
Georgetown University  
Gruss & Co.  
Kevin Baine  
Koch Foundation, Inc.  
Lindsay Automotive Group  
Loyola Foundation  
Mary and Daniel Loughran Foundation, Inc.  
Michael Meagher  
Paul Rossetti  
Paul Scaglione  
Payroll Network, Inc.  
Phillip G. Norton  
Raymond Brophy  
Richard Milone  
Saint Luke Catholic Church  
Terrence O'Donnell  
The Dana Foundation  
The Glenmede Trust Company  
United Bank  
William Conway  
William and Mary Noel Page

## MINISTERIAL ROOTS

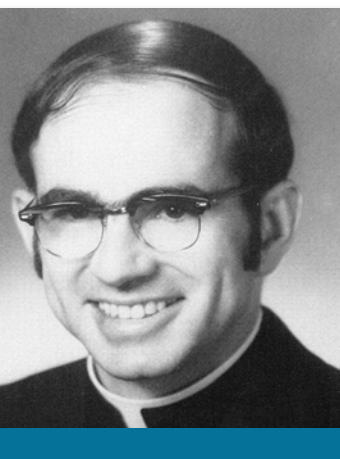
*Hallmark of New Director of Development*

**Kathleen Carver**  
Director of Development



Kathy Carver joined Saint Luke Institute in January as Director of Development, bringing 35 years experience in lay ecclesial ministry, having served in parish, diocesan, and national settings. She began her career as a youth ministry parish coordinator in the Archdiocese of Newark. Kathy then coordinated youth ministry in two Louisville parishes, then was an archdiocesan director of youth ministry. In 1993, Kathy became the associate director for the National Federation for Catholic Youth Ministry where, for the next 23 years, she nurtured the growth and membership of the organization. Kathy oversaw its organizational functions including: communications, publications, and strategic planning. She also provided support for the Catholic Youth Foundation USA.

Most recently Kathy was a national consultant with Ministry Training Source, which provides resources, education, and consultation services for parish, diocesan, and national church organizations. She earned a bachelor's degree in psychology from Merrimack College, and a master's degree in pastoral studies from Loyola University Chicago. ■



## REMEMBERING

*Fr. Canice Connors, OFM Conv.*

Fr. Canice Connors, OFM Conv., passed away on March 17, 2019. He was President of Saint Luke Institute from 1992 until 1997, when he was elected as Minister Provincial of the Immaculate Conception Province. Under Fr. Canice's leadership, the women's residential program opened in 1993 and the halfway house program in 1994. Fr. Canice was instrumental in moving Saint Luke Institute to its current location in Silver Spring, MD. At the Dallas meeting of the United States Conference of Catholic Bishops (USCCB) he helped draft the Charter for the Protection of Children and Young People originally established in June 2002.

Dr. Steve Montana, SLI's former clinical director, called him "a wonderful man, brilliant, and kind." Msgr. Steve Rossetti, president emeritus of Saint Luke Institute, said, "He was quietly brilliant, a deep thinker, and thoroughly compassionate. Saint Luke Institute, many priests and religious, and the church as a whole, owes him a great debt, as do I. He was a great boss."

Fr. David Songy, O.F.M.Cap., S.T.D., Psy.D., Saint Luke Institute's current president and CEO, reflected that "Fr. Canice encouraged the integral development of theological and psychological expertise as fundamental in the mission of Saint Luke Institute: to strengthen the Catholic Church through ministry to priests and religious men and women in need of healing and significant ongoing formation." ■

## MEETING THE CHALLENGES

*in the Church with Strength & Compassion*

**By David S.J. Brown, K.M.**  
Chairman



Dear Friends,

As chair of the Saint Luke Institute Board of Directors, I am pleased to express the gratitude of each of our directors to the many friends of Saint Luke Institute. We are all—the directors, exceptional staff, and supporters—engaged in the mission of healing for those in church ministry who need help.

The essential support from our benefactors is central to conducting our mission. Your generous continuing commitments to Saint Luke Institute enable us to provide more services to more priests, sisters, and brothers who seek treatment and healing. You are critical partners in our mission and we greatly appreciate you.

The past year has presented challenges within church governance that have affected every member. But the challenges have also strengthened its members with a renewed commitment to those in need of the healing Saint Luke Institute provides.

The increase in the assessment of candidates—who are being considered for admission to seminaries or consecrated life—is one of the most encouraging developments for the church. Saint Luke Institute is a pioneer in providing in-depth evaluations by a highly trained professional staff whose expertise is especially suited for assessments. I am confident in the positive impact we make to the overall health of the church and its ministers. Rigorous candidate assessments provide a firm foundation for future ministers who vibrantly share the message of Jesus with health and maturity.

Saint Luke Institute is also becoming more widely recognized for its expertise in treating those in ministry both in this country and abroad. We are looking forward to expansion of more outpatient services in the United States and to providing consultative advice to mental health practitioners and church leaders internationally.

Our role continues to expand. With your ongoing generosity, Saint Luke Institute will meet these new opportunities with strength.

Again, we are most grateful for your dedication to Saint Luke Institute and the mission of the Catholic Church, which it supports.

Sincerely,

A handwritten signature in blue ink that reads "David Brown".

**David S.J. Brown, K.M.**  
Chairman



# You're Cordially Invited

Join us in support of the men and women who  
faithfully serve Christ and the Catholic Church.

## SAVE THE DATE

### 2019 Benefit to Support Saint Luke Institute

Monday, October 21, 2019

Hosted by Archbishop Christophe Pierre, Apostolic Nuncio

Apostolic Nunciature

3339 Massachusetts Avenue, N.W.

Washington D.C. 20008

6:30 pm

SAINT LUKE INSTITUTE. ONE MISSION. MULTIPLE MINISTRIES.

**Saint Luke Institute**

8901 New Hampshire Ave.

Silver Spring, MD 20903

301-445-7970

[www.sli.org](http://www.sli.org)

**Caritas Counseling Center**

Towson, MD

[www.caritas-sli.org](http://www.caritas-sli.org)

**Saint Luke Center**

Louisville, KY

[www.stlukecenter.org](http://www.stlukecenter.org)

**Saint Luke Consultation Center**

St. Louis, MO

[www.stlconsult.org](http://www.stlconsult.org)

**St. Luke's Centre**

Manchester, England

[www.stlukescentre.org.uk](http://www.stlukescentre.org.uk)



SAINT LUKE INSTITUTE

SUPPORTING THE HEALING MINISTRY OF CHRIST