

# HOPE RISING



SAINT LUKE INSTITUTE

ANNUAL REPORT | JULY 1, 2018-JUNE 30, 2019





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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 achieved this standard of quality. It is our commitment to the Catholic Church and its servants to provide quality care, treatment, and service.*





# THE FRAGRANCE OF CHRIST



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

Dear Friends in Christ,

Saint Luke Institute has a proud legacy of service that is my privilege to steward as we respond to the emerging needs of our clients and Church in a challenging environment. Founded in 1977 as an outpatient substance abuse program in the Washington, D.C. area, today the Institute serves clergy and religious who suffer from a broad range of psychological and behavioral concerns. Our specializations include the treatment of addiction, mood disorders, anxiety, and trauma.

As CEO and President, my role is to assure excellence in ministry, behavioral health, and business practices. In this I am blessed with an experienced and astute Board of Directors. Their guidance and leadership are invaluable as we navigate uncharted waters in dedication to our clients and Church. Especially through our current strategic planning process, we are asking ourselves how we can be of more and better service to the Church. The Board’s commitment to Saint Luke Institute is unwavering.

In the first year of his pontificate (2013), Pope Francis reinvigorated the Church’s mission to “make disciples of all nations” (MT 28:19) and the evangelical task to create “missionary disciples.” Missionary disciples are people of faith who have the capacity to share their abiding relationship and love of Christ with others. Disciples are to “accompany” others in faith; we are to journey with people even when the road is long and arduous.

Pope Francis recognizes our capacity to “. . . make present the fragrance of Christ’s closeness and his personal gaze” as we “remove our sandals before the sacred ground of the other (cf. Ex 3:5).” I can attest that this core value—respect for the inherent dignity in each client—is equally matched by the excellence of our clinicians and spiritual integrators.

This is our mission: to strengthen the health and holiness of the Church in the image of Christ. I deeply appreciate your commitment in our mission of hope. On behalf of all those we serve, thank you. I will continue to pray that our Lord blesses you and your family, and that our partnership continues to bear good fruit.

In the peace of Christ,

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



# BUILDING HEALTH IN THE CHURCH THROUGH EDUCATION


Ms. Beth Davis, M.A.  
Director of Education



SLIconnect, the education ministry of Saint Luke Institute, supports the spiritual and psychological development of men and women in church ministry through practical, skills-based online courses, in-person workshops, and online and print publications. In 2019, our education programs reached over 4,000 men and women worldwide. Our high-quality resources for healthy, sustainable ministry help ministers nourish and develop their own strengths so they can minister more effectively to others.

**Online: Changing the Culture of Continuing Formation**

SLIconnect monthly webinars cover a wide range of critical topics in spiritual and psychological health, including ministering to difficult personalities, embracing transition, leading with emotional intelligence, managing anxiety, building resiliency, and more. Live online presentations are recorded so busy ministers can watch on their own schedule. Our growing course library has over 130 hours of content—faithful to Catholic teaching and focusing on ever-important skills for human formation—increasing our capacity to relate to and be in service to others.




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**Renew & Reflect**  
Practical tips for healthy ministry for clergy, religious and lay ministers

Read More



**LukeNotes**  
In-depth articles and case studies written by Saint Luke Institute experts

Read More


Since 2012, dioceses, religious communities, and seminaries have been using SLIconnect to help priests and religious cultivate the psychological and spiritual wellness, interpersonal, and pastoral leadership skills they need to thrive in ministry. For an annual fee, nearly 40 dioceses, religious congregations, and seminaries worldwide receive unlimited access to our course library and online publications, providing their priests and community members with convenient, affordable access to continuing education.

*\$50,000 — the value of free and discounted subscriptions received by dioceses and religious institutes in 2019.*

**In Person: Sharing Our Expertise to Strengthen the Church**

In 2019, our team of expert clinicians and spiritual formators offered over 60 in-person workshops to men and women in ministry. These included seminaries in China, Rome, and Mexico, the annual gatherings for the Conference of Major Superiors of Men, the National Conference of Diocesan Vocation Directors, the Leadership Conference of Women Religious, and the National Religious Vocation Conference. Saint Luke Institute also offered diocesan study days, priest convocations, retreats, and other educational workshops around the world.

GROWTH IN EDUCATION SERVICES	FY 2016	FY 2017	FY 2018	FY 2019
Number of group subscriptions	25	29	32	39
Available courses	68	108	121	134
In-person and online workshops	39	43	42	63
In-person and online workshop participants	1969	2805	3230	4018
Average webinar registrations	51	58	87	79



Resources for Healthy Life & Ministry

**Your Support Educates**

SLI is investing in the mental and spiritual well-being of today's clergy, religious, and lay ministers because of your support. Take a look at the expertly developed resources available to the Church at [SLIconnect.org/resources](https://SLIconnect.org/resources).

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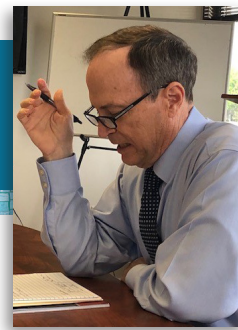
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# DAY BY DAY: INTENSIVE OUTPATIENT TREATMENT

*Dr. Robert Furey, Ph.D.  
Director, Saint Luke Consultation Center*



Effective behavioral health treatment begins with a comprehensive evaluation conducted by skilled and experienced clinicians. Understanding the nature and depth of the presenting issues in view of the whole person allows for an accurate diagnosis and the determination of the least restrictive environment for the type of care needed.

Only those with the most serious type and level of illness require 24/7 residential treatment. The Intensive Outpatient Treatment program at Saint Luke Consultation Center in St. Louis, Missouri—also known as a day-treatment program—provides high-quality care.

Saint Luke Consultation Center assists with housing through the generous hospitality of local religious communities or parishes who can offer short-term housing during treatment. The clergy and men and women religious treated must be able to commute to the center, and most importantly, be safe in an outpatient environment and not at risk of self-harm or harm to others.



## Program Components

This six-month Intensive Outpatient Treatment program offers many of the services typically found in a residential program, but is well-suited for clients not in need of 24/7 nursing or observation. This interpersonally focused and psychoeducational treatment is offered five days per week, Monday-Friday.

Clients participate in both group and individual therapy along with spiritual direction. Group sessions address a wide range of issues, depending on the needs of the clients in attendance. Individual



therapy and spiritual direction are augmented by psychoeducational workshops held twice a week. Led by a clinician, topics may include anger management, assertiveness, mindfulness, boundaries, interpersonal skill development, and/or celibacy.

## Progress and Feedback

Client progress is tracked monthly, and a mid-term written evaluation is provided. At program conclusion, a discharge conference is held with the client, therapeutic staff, and the superior/referring contact person. Recommendations for maintaining progress and follow-up care are also provided.



## Continuing Care

Clients who complete the program are encouraged to participate in aftercare workshops held twice a year. These sessions offer an ongoing community of care, and time for clients to evaluate their transition from treatment to ministry or other living situations.

Additional follow-up care includes individual and group therapy at our center in St. Louis, specifically tailored for individuals who have completed the Intensive Outpatient Treatment program, or therapy through Saint Luke Institute, or other treatment programs.





# 2019 BENEFIT: HOPE DOES NOT DISAPPOINT

The 2019 Annual Benefit to support Saint Luke Institute provided many moments for reflection, celebration, and yes, hope. The Benefit always affords the opportunity for long-time friends to gather and catch up even as new friends are met. It is a moment of reflection upon our faith and our accomplishments as an Institute. It is a time to take stock and to celebrate as a Catholic community.

Our Catholic community is such a force for good in the world. Our faith, hope, and love springs from Christ himself and is the “grace in which we stand” (Romans 5:2). By your generosity and your presence at the Benefit, you attest to this grace. We thank you for helping make this event successful and especially for your hope and trust in this ministry and those it serves.

Our gracious host, Archbishop Christophe Pierre, the Apostolic Nuncio, always provides encouragement and support for the mission and ministry of Saint Luke Institute. From his words of welcome, to the closing blessing of the Saint Luke Institute coins each person received, we are reminded that the ministry we participate in is of the Church, and for the Church.

It was a privilege this year to honor the Most Reverend Wilton D. Gregory, Archbishop of Washington, with the Saint Luke Award. Through his ministry, he embodies the ideals of the Institute: the rebuilding of the spiritual, physical, emotional, and intellectual life of those in need. His tireless work to protect our children and young people is especially commended. We are grateful for his leadership nationally and look forward to his insight and guidance of our local Church.



We are also deeply grateful to our Benefit Chairs, Bill and Mary Noel Page, whose passion, enthusiasm, and leadership was the driving force behind this event. Bill and Mary Noel often share their belief that we each have an indispensable role to play in strengthening our Church and assuring that needed psychological and spiritual care is available for our priests and religious. Equally important is the assurance that our seminarians are psychologically and spiritually mature and ready to undertake their vocation. They inspire us all with their vision for a healthy, holy Church, and their determination to make it a reality. Thank you.

While the Catholic Church stands challenged at this moment in time, it is helpful to remember that we have experienced challenges throughout our history. Each generation is tested, and through our history we have come to know that, “affliction produces endurance; and endurance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us” (Romans 5:3-5).

Thank you for accompanying us on this journey to hope.

*Together we raised \$301,338;  
\$12,950 over 2018.  
Thank You.*

*Our partnership in faith promotes healing in the Church now, and a healthier ministerial culture within the Church for tomorrow.*



# SAINT LUKE INSTITUTE AT A GLANCE

## INDIVIDUALS SERVED

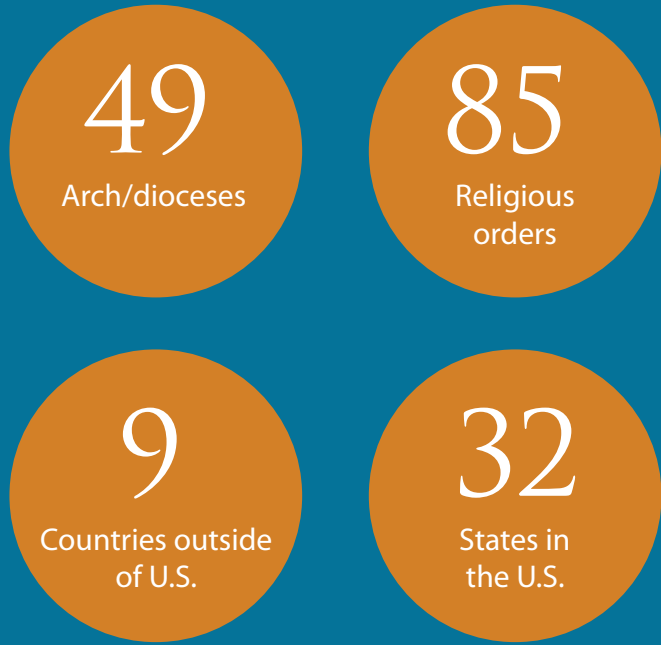
5,008 men and women the Institute served (care and education)

Men who received evaluations and treatment.....352

Women who received evaluations and treatment .....146

158 candidate assessments for men and women

## INSTITUTIONS AND LOCATIONS SERVED



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

## WITH MUCH GRATITUDE

Saint Luke Institute received an anonymous gift of \$200,000 to support our skilled nurses and advance our medical care.

THANK YOU.



## OPERATING REVENUE AND EXPENSE AND CHARITY CARE PROVIDED

July 2018 - June 2019

OPERATING REVENUE	
Donations	\$627,493
Patient Revenue	\$8,532,844
Investment Income	\$20,286
	<b>\$9,180,623</b>

OPERATING EXPENSES	
Personnel	\$7,585,859
Facility	\$1,085,566
Office	\$1,193,016
	<b>\$9,864,431</b>

DISTRIBUTION OF CHARITY CARE BY PROGRAM	
Men's Residential	\$154,033
Women's Residential	\$124,857
Halfway House	\$191,359
Outpatient	\$9,264
Evaluations	\$14,440
Other	\$6,932
	<b>\$500,885</b>

Beyond the \$500,885 disbursed in Charity Care by program, \$429,966 of debt forgiveness was received by SLI clients. Because of your generosity a total of \$930,851 was provided to needy clients in 2019. Thank you.





# IN GRATITUDE FOR OUR PARTNERS IN MISSION AND MINISTRY

## DIOCESAN SUPPORT

Archdiocese of Atlanta  
Archdiocese of Baltimore  
Archdiocese of Detroit  
Archdiocese of Louisville  
Diocese of Arlington  
Diocese of Memphis  
Diocese of Salt Lake City

## RELIGIOUS INSTITUTE SUPPORT

American IHM Province Inc. Missionhurst, Arlington, Virginia  
Assumption Abbey, Richardton, North Dakota  
Brothers of the Poor of St. Francis, Cincinnati, Ohio  
Catholic Apostolate Center, Washington, District of Columbia  
Catholic Charities of the Archdiocese of Washington  
Catholic Daughters of the Americas, New York, New York  
Catholic Health Association, Washington, District of Columbia  
Church of the Little Flower, Bethesda, Maryland  
Church of the Nativity, Burke, Virginia  
Daughters of Charity, St. Louis, Missouri  
Divine Word Mission Seminary, Bordentown, New Jersey  
Franciscan Monastery USA, Inc., Washington, District of Columbia  
Georgetown University, Washington, District of Columbia  
Grey Nuns of the Sacred Heart, Philadelphia, Pennsylvania  
Holy Cross, Garrett Park, Maryland  
Holy Family Parish, Rockland, Massachusetts  
Holy Family Parish, Galveston, Texas  
Holy Savior Catholic Church & Academy, Wichita, Kansas  
Holy Spirit Adoration Sisters, Philadelphia, Pennsylvania  
Holy Union Sisters, Pawtucket, Rhode Island  
Immaculate Conception, Greensburg, Indiana  
Marymount University, Arlington, Virginia  
Missionary Servants of the Most Holy Trinity, Silver Spring, Maryland  
Order of Malta Federal Association, Washington, District of Columbia  
Sinsinawa Dominicans, Sinsinawa, Wisconsin  
Sister Servants of the Sacred Heart Convent, Portage, Pennsylvania  
Sisters of Charity of the Blessed Virgin Mary, Dubuque, Iowa  
Sisters of St. Joseph, Pittsburgh, Pennsylvania  
Sisters of the Sacred Hearts, Honolulu, Hawaii  
SOAR! Support Our Aging Religious, Inc., Washington, District of Columbia  
St. Ann's Monastery and Shrine Basilica, Scranton, Pennsylvania  
St. Anselm's Abbey, Washington, District of Columbia  
St. Augustine Parish, Oakland, California  
St. Bartholomew Catholic Church and School, Bethesda, Maryland  
St. Bridget Church, Abington, Massachusetts  
St. Catherine of Siena Church, Cedar Grove, New Jersey  
St. Felicitas Church, San Leandro, California  
St. Hugh of Grenoble Church, Greenbelt, Maryland  
St. John Fisher Church, Rancho Palos Verdes, California  
St. John Neumann Church, Reston, Virginia  
St. Katharine Drexel Church, Wolfeboro, New Hampshire  
St. Mary's Church, Crown Point, Indiana  
St. Mary's Seminary and University, Baltimore, Maryland  
St. Matthew Catholic Church, Spotsylvania, Virginia  
St. Rose of Lima, Newtown, Connecticut  
Theological College, Washington, District of Columbia



DONORS

7

Arch/Diocese

48

Religious Institutions

12

Foundations

11

Organizations/Companies

584

Individuals

661

Total Donors

## FOUNDATIONS

Andreas Foundation  
Audrey and Martin Gruss Foundation  
Bridge of Allen Foundation  
Clark Charitable Foundation, Inc.  
Daniels Fund  
The John and Elizabeth Lane Foundation  
Koch Foundation, Inc.  
Loyola Foundation  
Mary and Daniel Loughran Foundation, Inc.  
The Page Family Foundation  
The RCM&D Foundation, Inc.  
Sacred Heart Trust Foundation

## ORGANIZATIONAL/COMPANY SUPPORT

Adelaide Kroeger and Marie Kroeger  
Albee Charitable Trust  
The Colton Group, Inc.  
Daughters of Charity  
Dyer & Associates P.C.  
Guest Services, Inc.  
Jim Coleman Toyota  
Franck & Lohsen Architects, Inc.  
Payroll Network, Inc.  
Porter & Curtis, LLC  
Robert L. & Laurie A. Schumacher  
Charitable Fund  
United Bank

## MAJOR DONORS \$1,200+

Adelaide Kroeger and Marie Kroeger  
Albee Charitable Trust  
Andreas Foundation  
Anonymous  
Archdiocese of Atlanta  
Archdiocese of Baltimore  
Archdiocese of Detroit  
Audrey and Martin Gruss Foundation  
Bridge of Allen Foundation  
Mr. and Mrs. Raymond Brophy  
Mr. and Mrs. David S.J. Brown, K.M.  
Catholic Daughters of the Americas  
Church of the Little Flower  
Mr. and Mrs. G. Patrick Clancy  
Clark Charitable Foundation, Inc.  
Mr. and Mrs. Daniel D'Aniello  
Daniels Fund  
Dr. Hugh Dempsey  
Mrs. Anna DePeyster  
Mr. and Mrs. Joseph Doyle  
Dyer & Associates P.C.  
Georgetown University  
Colonel and Mrs. Daniel Gill  
Mr. and Mrs. Henry Goetzman  
Mrs. Ford Kalil

Koch Foundation, Inc.  
Mr. and Mrs. Terry Lindsay  
Loyola Foundation  
Mary and Daniel Loughran  
Foundation, Inc.  
Mr. and Mrs. Dennis Meyer  
Dr. and Mrs. Richard Milone  
Missionary Servants of the  
Most Holy Trinity  
Mr. and Mrs. Jeremiah Norton  
Mr. and Mrs. William Page  
Mr. Robert Roll  
Mr. and Mrs. Paul Rossetti  
Reverend Paul Scaglione  
St. Bartholomew Catholic  
Church and School  
The John and Elizabeth Lane  
Foundation  
United Bank  
Mr. Nino Vaghi  
Mr. and Mrs. Eugene Waldron  
Mrs. Agnes Williams



## EXPANDING SLI'S HEALING CAPACITY

Development plays a key role in expanding and sustaining Saint Luke Institute's mission of healing. We are blessed with strong leadership and support from both our Board of Directors and the Saint Luke Institute Foundation; this has deepened our capacity to raise funds and awareness of the tremendous work accomplished through the Insitute.

*Ms. Kathy Carver*  
*Director of Institutional Advancement*



To strengthen our efforts, Kathleen Carver has been named the Director of Institutional Advancement. She is responsible for managing a comprehensive advancement effort that forwards the Institute's mission. While Kathy will continue to oversee our fundraising activities and Annual Benefit, she will also spearhead our communications and marketing efforts and contribute to strategic planning initiatives.

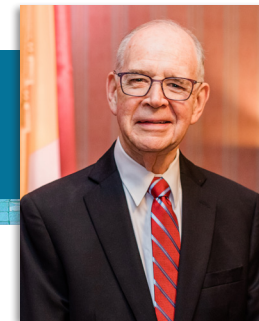


*Mr. Christopher Anderson*  
*Director of Development*

At the start of the new year, Saint Luke Institute welcomed Christopher Anderson as the new Director of Development. He oversees relationships with donors, direct mail appeals, and grants. He has significant experience in development and leadership. Most recently Chris has been the Director of Development for the Christian Brothers Conference and Lasallian Volunteers. He is the former Executive Director of the National Association for Lay Ministry and the Associate Director for the National Conference for Catechetical Leadership.

## DEVELOPING STRATEGY FOR LONG-TERM COMMITMENTS

*Mr. David S.J. Brown, K.M.*  
*Chairman, Board of Directors*



As you know, the Board of Directors exercises governance duties for an organization. It steers the organization towards a sustainable future by adopting sound ethical, legal, and financial management policies.

Strategic planning is an ongoing aspect of our oversight responsibilities. We evaluate the quality and delivery of our services and assess long-term trends related to client care. We survey the landscape, taking note of changes in the Catholic marketplace, especially the needs of the dioceses and religious institutions we serve.

Most importantly, we also assess our programs and services in light of our mission, asking how we are serving the needs of the Church and what differentiates Saint Luke Institute from other mental health providers. We examine these questions in depth to assure our programs are aligned with our mission.

As SLI's Board of Directors, we are dedicated to our essential mission of service to the health and vitality of the priests and religious in the Catholic Church. By providing comprehensive mental health and spiritual assessments of candidates for priesthood and religious life, residential and outpatient treatment, and comprehensive education, we are holistically responding to the needs of the Church today, and for the future.

We are especially grateful for your commitment to Saint Luke Institute. Your support assures our ability to meet the needs of the seminarians, clergy, and men and women religious who animate the Gospel throughout the Church. Your vision, your hope, and your faithfulness enliven our mission and make this ministry possible.



Mr. David S.J. Brown, J.D., *Chair*  
Mrs. Christine Gill, *Vice Chair*  
Rev. David G. Songy, O.F.M. Cap., *President and CEO*  
Marianne Durgavich, RN, *Vice-President and COO*  
His Eminence Cardinal Kevin Farrell  
Sheila Harron, Ph.D.  
Sr. Ellen M. LaCapria, D.C., ATR-BC  
Richard Milone, M.D.  
Mr. Terrence O'Donnell, J.D.  
Rev. Msgr. Peter Vaghi  
Elizabeth Lane Brown, R.N.  
Hugh Dempsey, D.Ed.  
Jeremiah O. Norton, J.D.  
Msgr. Stephen Rossetti, *President Emeritus*  
Sr. Carol Keehan, D.C.





# Save The Date

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

## 2020 Benefit to Support Saint Luke Institute

*Tuesday, October 20, 2020 | 6:30 p.m.*

*Host: Archbishop Christophe Pierre, Apostolic Nuncio*

*Honoree: Most Reverend Timothy Broglio, J.C.D.  
and Catholic Military Chaplains*

*Cochairs: RAdm. and Mrs. James B. Hinkle*

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