

Transforming Lives

CELEBRATING 45 YEARS OF CARE



SAINT LUKE INSTITUTE

ANNUAL REPORT | JULY 1, 2021-JUNE 30, 2022

Saint Luke Institute strengthens the psychological and spiritual well-being of Catholic clergy and religious.

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Accreditation

Saint Luke Institute is accredited by The Joint Commission and licensed by the State of Maryland Department of Health and Mental Hygiene as a Psychiatric Day Treatment Program.

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.



NAVIGATING TRANSITION



Dear Friends,

Uncharted waters are tricky. They necessitate planning, clear sight, and courage. And they also require the right resources: a sound ship, supplies, and an experienced crew.

With steady leadership, knowledgeable and skilled staff, committed members of the board of directors, and the guidance of the Holy Spirit, we set out over a year ago with the vision of the shoreline, SLI's preferred future. The journey has not been easy—challenges arose, and challenges persist—but we have landed, our destination true.

Managing a mental health care system in today's climate, and within the Church, takes business skill, mental health excellence, and faith. Together we have transformed our residential care services to an Intensive Outpatient Program, and we have relocated our Silver Spring, Maryland headquarters.

Together we have updated our brand and communicated our message: we serve the Church through excellence in mental health care, consultation with Church leaders, and education. Our Candidate Assessment Program is second to none; it sets the standard for vocational assessment worldwide.

To you, our donors, we owe a debt of gratitude. You have been on the journey with us, providing support and asking insightful questions. We could not have made this voyage without you. As well, we know our staff worked tirelessly to achieve this vision. To each of the SLI staff, your dedication was and is commendable and deeply appreciated.

Now together, we face another hurdle as SLI's President and CEO, Fr. David Songy, O.F.M.Cap., S.T.D., Psy.D sets out on a new journey for himself and his religious community. The Board of Directors is committed to finding the right person to continue the legacy of excellence the Church has come to expect from Saint Luke Institute. Please continue to pray that the Holy Spirit guide us in selecting a new President and CEO as dedicated, skilled, and faithful as Fr. Songy.

We are privileged to be a part of the healing journey for so many and honored to share Saint Luke Institute's accomplishments and results from the past year with you in this FY 2021-22 Annual Report.

In gratitude for your shared commitment and compassion,

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

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

A handwritten signature in blue ink that reads "Christine M. Gill".

Christine Gill
Vice-Chair, Board of Directors

EDUCATION: SUPPORTING MINISTRY LEADERS

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



SLIconnect, the education ministry of Saint Luke Institute, offers support for the spiritual and psychological development of men and women serving the Catholic Church worldwide. This forum provides skills-based online courses, in-person workshops, and online and print publications all aimed at helping Church leaders nourish and develop their own strengths so that they can minister more effectively to others.

At the height of the pandemic, the demand for resources more than doubled as those in ministry navigated uncertainty and transitioned to a new normal. Engagement with our online content continues to grow, with subscriber rates reaching higher than pre-pandemic levels and SLIconnect.org site visits averaging over 2,400 monthly.

SKILLS FOR MANAGING DEPRESSION

A Six-Week Webinar Series

Education Highlights from FY2021-22:

- The “Skills for Managing Depression” webinar series was launched in response to an expressed need for more direct support for the widespread mental health challenges experienced because of the global pandemic. This six-part series, now available on-demand, helps participants set realistic goals for recovery and build a toolbox for day-to-day management of depression.
- The Healing Charism, a free weekly video reflection on psychological and spiritual healing from Fr. David Songy, has over 1,000 regular subscribers, with more than 41,000 views since 2018. These short meditations encourage a reflective pause during the week to prioritize spiritual and emotional development.
- SLI staff offered 30 custom workshops/trainings, 18 of which were in-person, to provide support for more than 1,300 individuals in communities and dioceses as they grappled with post-pandemic realities.
- Dr. Emily Cash of Saint Luke Institute wrote a booklet for the Conference of Major Superiors of Men on how leaders of religious institutes can support psychological and spiritual health in a post-pandemic reality.

*“ I decided to sign up for Fr. David Songy’s
The Healing Charism. The first two that I viewed
were meant for me to hear. Very inspiring and brief
but right to the point. Thank you! ”*

Conference on Human Formation: Practical Models for Celibacy Formation

The fourth biennial Conference on Human Formation took place April 4-7, 2022, on the beautiful grounds of Saint Meinrad Archabbey, Seminary and School of Theology. More than 100 religious and diocesan formation and vocations personnel, spiritual directors, and mental health providers gathered for prayer and learning centered on the topic of celibacy formation for priesthood and religious life.

Sponsored by Saint Luke Institute and Saint Meinrad, the conference was a platform for sharing psychological and spiritual expertise with those responsible for screening and forming men and women for a life of celibate chastity in the Church. Additionally, the conference provided attendees with opportunities to reflect on and strengthen their own vocations.

Workshops topics included *Vowing Chastity: Readiness and Capacity for Fruitful Celibate Living* by Sr. Mary Pat Garvin, RSM, Ph.D.; *Theological Reflection on the Celibate Life: An Experiential Approach* by Br. John Mark Falkenhain, OSB, Ph.D.; *Assessing Affective Maturity* by Sr. Jane Becker, OSB, Ph.D.; and *Addressing Celibate Chastity in Spiritual Direction* by Rev. David Songy, O.F.M.Cap., S.T.D., Psy.D.



“This was excellent formation. I have recently begun to work in formation ministry and realize how much formation I need to be able to accompany our sisters well!”



sliconnect
Resources for Healthy Life & Ministry

Your Support Educates

During this time of post-pandemic transition, SLIconnect provides invaluable support for the mental and spiritual health of clergy, religious, and lay leaders. Find out what's available to support you at SLIconnect.org.

SLI HEALTH MONITOR: STRATEGIES FOR EARLY INTERVENTION

Clergy and Religious Health Monitor

Saint Luke Institute's new Clergy and Religious Health Monitor provides diocesan and congregational leaders with a unique snapshot of the health and wellness of clergy and men and women religious who live or minister within a community or diocese. This composite, holistic view gives leaders insight into organizational strengths and challenges, serves as a starting point for meaningful dialogue about emotional and spiritual health, and offers an opportunity for prevention and early intervention.

How it works

The Clergy and Religious Health Monitor provides an overview of respondents' wellness trends and measures specific changes in physical, emotional, and spiritual well-being over the preceding six months. Saint Luke Institute provides an anonymous survey link to a diocese or religious institute, gathers responses, analyzes the results, compiles a data report, and meets with leaders to discuss recommendations for addressing health metrics. The survey was piloted with five groups in 2021 and will be fully implemented in late 2022.

How to participate

For more information about how your diocese or religious community might benefit from the Clergy and Religious Health Monitor, contact Emily Cash at EmilyC@sl.org or 502-632-2471.



SUPPORTING WOMEN RELIGIOUS

Accompanying women religious as they serve God and the Church is inherent to our healing mission. During the pandemic, opportunities for authentic human connection were limited and grief and loss were ever present. Themes of isolation, loneliness, and depression surfaced for many women religious. To address these issues, SLI developed several programs designed to offer emotional, psychological, and spiritual support.

Women's Spiritual Journeys: Where Are You Now?

This online workshop was launched in June 2022 and will be offered again in fall 2022. The series of four interactive 60-minute online sessions with spiritual discussion and faith sharing is open to women who have received treatment at SLI. Facilitated by SLI's Coordinator of Spiritual Formation, Kathy Brown, D.Min., the group focuses on a variety of topics, including humility, prayer, mercy and empathy, and forgiveness.

Women's Group Therapy

Saint Luke Institute is now offering an in-person psychotherapy group for women religious in the Washington, D.C. metro area. The group invites women religious to gain a better understanding of how they relate to others and themselves and provides a safe space to build relationship skills. Through this offering, SLI hopes to expand its reach into the community and give greater visibility to the services available for women religious.

Grace in Transition

Launched in spring 2022, "Grace in Transition" addresses grief and loss in women's communities. This one-year collaborative program is designed to support the emotional and psychological well-being of individual sisters, as well as the health of the community. The program includes a variety of customized in-person and virtual workshops focused on the psychological and spiritual impact of grief and loss as well as skill-building and coping strategies; consultation for leadership; and access to the SLIconnect online library of resources to facilitate ongoing dialogue as communities attend to their collective grief.



Pictured left to right: Dr. Kathleen Brown, Sr. Ellen LaCapria, DC, and Nancy Hondros, ATR-BC, LCPC

“I very much appreciated the four-week spirituality workshop. I felt so isolated during the pandemic and truly desired to connect with other sisters about their spiritual journeys.”

LEADERSHIP IN TRANSITION: FR. DAVID SONGY, O.F.M.CAP., S.T.D., PSY.D.

Nearly eight years ago, Fr. David Songy began his tenure as President and CEO of Saint Luke Institute. He arrived in Silver Spring, MD, with an abundance of experience in seminary formation and counseling and a desire to integrate his dual passion for psychology and spiritual theology into the work of SLI. A Capuchin friar for more than 40 years, Fr. David is embarking on a year of transition back to teaching and working with his friar community. He recently shared insights from his eight-year tenure at SLI.

What brought you to Saint Luke Institute?

Early in my career, I was asked to do formation work for the friars in Papua New Guinea and later became the first director of formation for diocesan seminarians at St. John Vianney Theological Seminary in Denver. I continued this ministry at the Pontifical North American College in Rome and, along the way, had opportunities to earn a doctorate in psychology from the University of Denver and a doctorate in sacred theology from the Teresianum, the Pontifical Institute of Spirituality in Rome. I saw the position at Saint Luke Institute as a unique opportunity to blend psychology and spirituality to help priests and religious grow and heal more holistically.

What was your assessment of SLI's services when you arrived?

I arrived at Saint Luke Institute just after the United States Conference of Catholic Bishops released "Guidelines for the Use of Psychology in Seminary Admissions." SLI was already the gold standard for candidate assessments, but I saw an opportunity to bring my expertise and seminary perspective to implement the document practically. At that time, SLI offered not only treatment but also a therapeutic community in which individuals were challenged and supported by one another while living daily in community.

Last year, SLI transitioned from a residential community to an intensive outpatient service model. What brought that about?

There were many factors that contributed to the decision. The residential population was decreasing. Upkeep and round-the-clock staffing for a large building was costly, especially with declining numbers. In listening to superiors from religious communities, especially women's communities, our residential services were becoming unaffordable, as insurance companies were beginning to consider the intensive outpatient program (IOP) as a new, more cost-effective standard of care. Additionally, the IOP model offers clients the freedom to maintain the rhythms of daily life while in treatment to foster a more natural transition back to ministry and community life.

Looking back a year later, was this the right decision?

Absolutely! We had a successful IOP in St. Louis, so we knew it could work. When the COVID-19 pandemic hit, it really cemented our decision. A residential program is not necessary in many situations, and the





transition back to community life can be challenging. In the IOP model, there is just as much therapy, but individuals take greater responsibility for successfully integrating what they are learning into their real living situation. Overall, we have received positive feedback from clients and their superiors.

What stands out for you as you look back over your time at SLI?

I remember long ago, when I was training as a hospital chaplain, I thought that medical doctors could face any challenge. However, when someone was dying, the doctors would call the chaplain because we were not afraid of death. During the pandemic, I sensed this same thing about our work at SLI. We are not afraid of suffering or death because God takes care of us, even though we may not know the future. The integration of spirituality into the programs and resources that we offer helps people cope with stressors and normalizes their experiences. At SLI, we stand out in front, Gospel in hand, and offer hope for the future.

From the beginning, I knew we needed to share the expertise we had at SLI. We have some incredible clinicians, educators, and spiritual integrators within our organization and, in the future, I hope we have an opportunity to train others in the unique integrative approach for which we have become known.

As you look to your future beyond SLI, for what do you hope?

My whole life as a Capuchin has been about forming people in the faith and helping them deepen their faith. I will do this work until the day I die. For now, I will move to Denver and continue my role as president and CEO of Saint Luke Institute. I will continue to be the face of the organization and available to write and speak, especially with bishops and superiors, until a new leader is found. Within my own Capuchin community, I am looking forward to being present to a small group of friars, teaching regularly and engaging in work with individuals.

I know that God has been in charge of this transition process from the very beginning and has been behind everything we do at SLI. He has brought benefactors who love the Church, priests, and religious men and women because this is his mission. Pope Francis says that "the Spirit precedes us," and I believe that God is saying this to me now. I think I am ready for what is next, and I think Saint Luke Institute is as well.



DEVELOPMENT: A YEAR OF GROWTH

Ms. Kathy Carver
Director of Institutional Advancement



Signs of change and transition were ever-present this year at Saint Luke Institute. We adopted a new logo that illustrates growth, hope, and new life. Last fall, we moved into our new building in Silver Spring, which houses our Intensive Outpatient Program. New staff and donors have joined our mission, and, each day, the lives of the men and women we serve are transformed. Indeed, Christ is making all things new at SLI!

Behold, I am making all things new! (Revelation 21:5)



Created specifically for donors, The Divine Physician newsletter made its debut in 2021. This quarterly publication highlights Saint Luke Institute's programs and staff, offers educational content about the psychological and spiritual approaches used by clinicians, and provides practical wisdom that donors can incorporate into their own lives.

The direct mail and national donor outreach initiatives undertaken by the advancement team in 2021-22 expanded this year. This expansion enabled Saint Luke Institute to serve more than 2,800 clergy, religious, vocational candidates, and lay people.

From July 1, 2021 to June 30, 2022, Saint Luke Institute's 800 active donors generously contributed \$950,248 to support our mission, representing over a 100% increase from the previous year. Through targeted donor strategies, we acquired 140 new donors, and 107 past donors became active again.

Most especially, Saint Luke Institute is profoundly grateful for a multi-year major gift from the Page Family Foundation to support the Intensive Outpatient Program. Mr. and Mrs. J. William Page are dedicated to the healing mission of Saint Luke's and understand the ongoing need for mental health care for clergy and religious.

The 2021 Benefit Gala, chaired by RAdm and Mrs. James B. Hinkle and Honorable and Mrs. Terrence O'Donnell, raised \$373,561 to enable us to support healthy life and ministry for Catholic clergy and men and women religious through education and psychological and spiritual care. Support was received from a total of 135 individuals or organizations which included 13 dioceses, 8 religious orders, and 10 foundations.



DONOR PROFILE:

SR. ELLEN LACAPRIA, DC



Each year on March 25, Sr. Ellen LaCapria, DC, along with Daughters of Charity worldwide, renews her simple vows. For 46 years, she has annually reaffirmed her commitment to poverty, chastity, obedience, and service to those who are poor. It's that fourth vow – service to the poor and marginalized – that first drew her to the Daughters of Charity during college.

In high school, Sr. Ellen discovered her artistic talent and pursued an undergraduate degree in art. She interrupted her college studies to join the Daughters of Charity. Following her initial formation period, she completed her degree in art with a minor in secondary education. She taught high school art and religion for one year. Her community then asked her to earn her bachelor's in nursing, but she discovered that the psychosocial aspect of the profession was the most fulfilling. After receiving her graduate degree in art therapy and becoming board certified, she worked as an art therapist with adult patients who had mental health issues. While she hoped to enjoy a longtime ministry in art therapy, God had other plans.

Instead, Sr. Ellen was called to serve ten years as the Vice President of Mission Integration at St. Agnes Hospital in Baltimore. On the side, Sr. Ellen dabbles in computer generated graphic art and design.

As a member of the SLI board, Sr. Ellen brings the perspective of a woman religious who lives in community. She also offers insight from the healing work she has witnessed through art therapy and draws upon her experience as a healthcare administrator. During her tenure at SLI, she has seen the organization strengthen its ability to serve the spiritual, psychological, and emotional needs of men and women religious.

"Most people who enter ministry are givers," she says. "When the giving is imbalanced, and burnout takes hold, depression, anxiety, and past trauma can cause individuals to veer off course. As men and women religious and clergy, our lives are dedicated to helping people outside of ourselves, and sometimes this becomes a burden and jeopardizes one's health. Saint Luke Institute offers a place to step back and bring some of this to wholeness."

In addition to her board service, Sr. Ellen joyfully supports SLI as a donor. "As Daughters of Charity, we may accept money from others but must then use it to support those who are poor. I think there is a level of poverty we all carry no matter how financial wealthy an individual may be, and at Saint Luke Institute, the poverty might be spiritual, emotional, or financial," she says. "I feel a desire to provide financial support when I can, especially for the women's religious communities, who often do not have the financial resources available to afford treatment."

Looking to SLI's future, Sr. Ellen hopes the organization will keep its strength by maintaining the quality of excellent clinicians it has today. "These clinicians are well-trained in the healing process. They have a deep understanding of people who dedicate their lives to God, yet are still human and sometimes lose traction."

Sr. Ellen believes that Saint Luke Institute reflects the words of Pope Francis, "Who am I to judge?" She asserts that while most everyone knows someone who faces mental health stressors, the stigma attached to it demonstrates a continued need to advocate for people on the margins. She concludes, "Saint Luke Institute does not judge. They want to help and be the healing presence of Christ to others."



SAINT LUKE INSTITUTE AT A GLANCE

INDIVIDUALS SERVED

2,801 men and women
the Institute served
(care and education)

Men who received evaluations
and treatment..... 176

Women who received evaluations
and treatment 92

268 candidate assessments
for men and women

INSTITUTIONS AND LOCATIONS SERVED

21

Arch/dioceses

44

Religious
orders

5

Countries outside
of U.S.

27

States in
the U.S.

FY'21 CLIENT CARE PERSONNEL

43

People
dedicated to
direct client care

19

Doctors
on-site

7

Clinicians

2

Nurses

15

Spiritual
Directors

"Thanks so much for
sharing and your
wisdom. I promise to
keep you in prayer."

- Grateful Client

OPERATING REVENUE, EXPENSE, AND CHARITY CARE PROVIDED

JULY 2021 - JUNE 2022

TOTAL REVENUE	
Donations	\$950,248
Patient Revenue	\$2,578,368
Investment Income	\$35,660
SLI Foundation Grants	\$2,150,000
	\$5,714,276

OPERATING EXPENSES	
Personnel	\$4,281,664
Facility	\$1,432,138
Office	\$532,053
	\$6,245,855

81

Clients who received charitable discounts to access services including: evaluation, treatment, or a candidate assessment.

IN GRATITUDE FOR OUR PARTNERS IN

\$350,000.00

Page Family Foundation

\$50,000-\$25,000

Anonymous
Anonymous
Archdiocese of Washington
Father John Enzler Fund at the Greater
Washington Community Foundation
Knights of Columbus

\$24,999-\$10,000

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\$9,999-\$5,000

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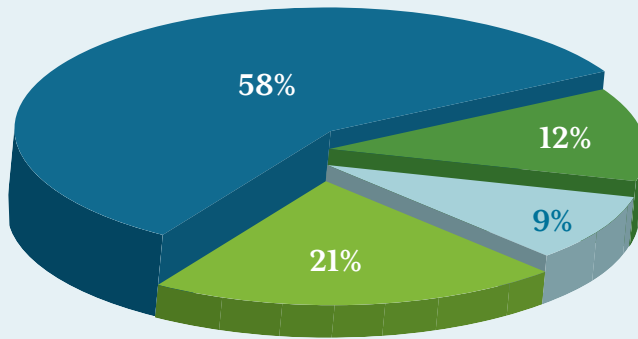
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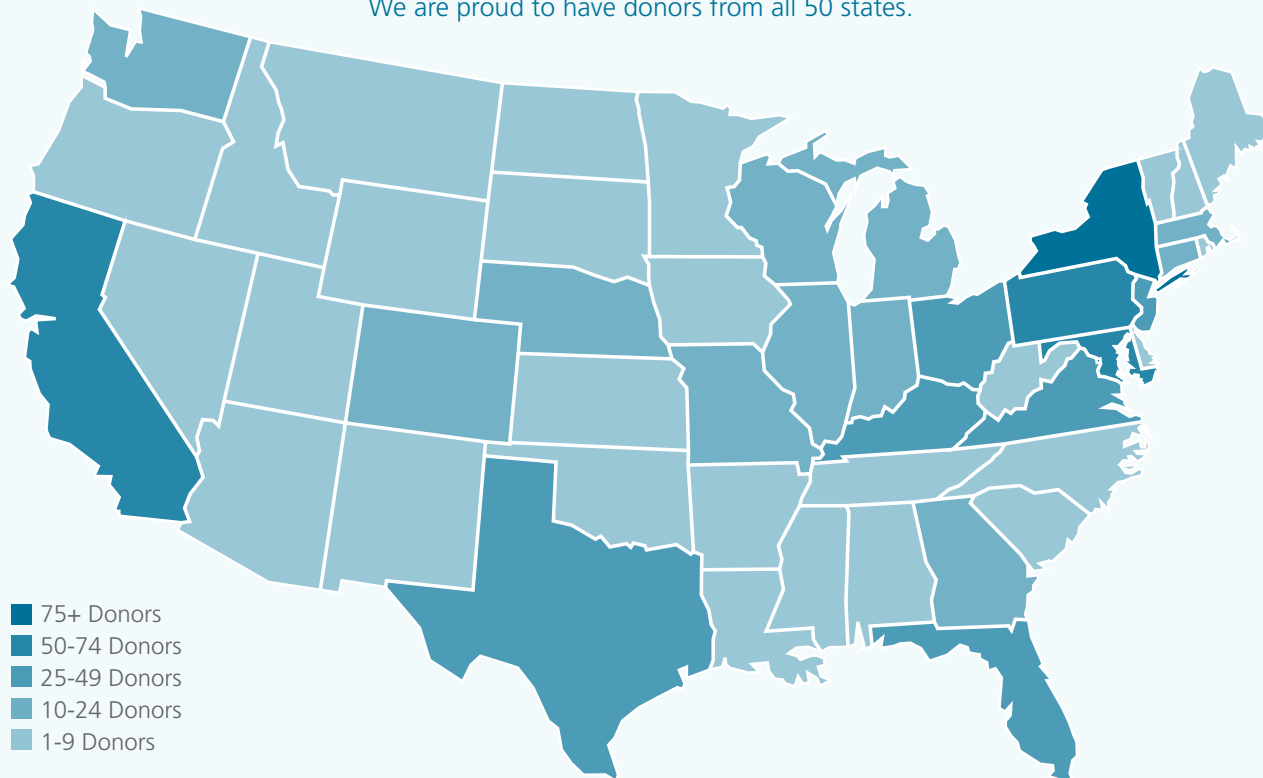
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For more details or to discuss your giving options, please contact Kathy Carver, Director of Institutional Advancement (301-422-5404 or kathyc@sls.org) or visit SLI.org/donate.

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