



2022

Annual Impact Report



Table of Contents

1

Organization Overview

2

Therapy for Frontline Workers

3

Hurricane Ian Response

4

First Responder Support

5

Financial Overview

6

2023 Goals



Overview

Values

- ▶ Therapy should be accessible and affordable for first responders, healthcare professionals and those responding to, and impacted by national crises
- ▶ Therapists should be supported and valued for their expertise
- ▶ Therapists willing to support first responders and assist in crises should be given training opportunities and support



Mission Statement

Therapy Aid Coalition's mission is to develop a national network of psychotherapists, capable of supporting the mental wellness of healthcare professionals and first responders, as well as to respond to crises that occur within the United States.

By offering support, training and volunteer opportunities to our therapists, we are able to ensure those responding to, and impacted by national crises receive prompt quality care and support. .

3128 Volunteer Therapists

50 US States Served



Therapy for the Frontlines

Since our inception in 2020, our primary goal has been to connect frontline workers with free and low-cost therapy.

This year, we began to utilize grant funds to cover the cost of therapy, keeping our therapist engaged and supported, while continuing to offer free sessions to frontline workers.



2510

Referrals to our volunteer therapists for free or low-cost therapy sessions

\$33,440

Paid to subsidize therapy sessions, making them free to those in need



Hurricane Ian Response

This fall, we were called to action after the category 3 Hurricane Ian devastated parts of Florida. Through the generosity of our donors, along with grant funds from CVS and Together Rising, we were able to send supplies to create crisis counseling tents, feed hospital units and first responders, provide support and wellness resources, and offer free therapy sessions (to be utilized in the 2023 fiscal year)



386

Meals delivered to the frontlines

\$15,772

Utilized to feed the frontlines and provide support and wellness resources

500

Volunteer Hours Donated

3

Crisis counseling tents created

55

Sets of FIGS scrubs donated for crisis counselors

300

Covid rapid tests donated



First Responder Support

At the request of a partner foundation, Therapy Aid sent 10 clinicians to support a First Responder Mental Wellness Summit in Tuscon, Arizona. Our team provided a week of on-site support. Therapists cycled daily with first responders, attended workshops, dined with, and provided 24/7 support.



10

Therapy Aid mental health clinician volunteers provided access to 24/7 support

1,536

Volunteer hours donated

450

Average miles our volunteer clinicians cycled with first responders



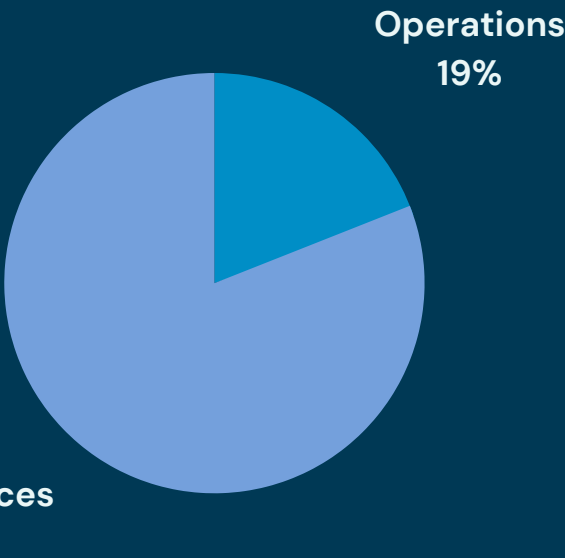
Financial Overview

Total
Direct Services

\$60,295

Total Operations
Expenses

\$14,208



HURRICANE IAN

Total	\$15,772
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FIRST RESPONDER SUPPORT

Total	\$8,729
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SUBSIDIZED THERAPY SESSIONS

Total	\$33,440
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2023 Goals

In 2023, we aim to grow our treatment fund, to cover the cost of more therapy sessions for our first responders and healthcare workers.

We also intend to increase support for our volunteer therapists through discounted and subsidized training opportunities.



1

Grow our treatment fund, to subsize and cover the cost of more therapy sessions

2

Provide training opportunities to better support our volunteer therapist network in understanding the unique culture of first responders

3

Create a training course for clinicians to better understand the unique culture of healthcare

4

Continue to seek grant funding to respond to crises that occur within the US.

