



# Everyone needs help sometimes.

An initiative of Christ Episcopal Church,  
The Downtown Counseling Center exists to  
provide excellent, affordable, and accessible  
psychotherapy, education, and community  
support to the wider Charlottesville community.



THE  
DOWNTOWN  
COUNSELING  
CENTER

Serving the Charlottesville & UVA Community

## A GROWING NEED

In 2021, 6 in 10 Americans had sought mental health services for themselves or someone they love.

From 2009 to 2019, the proportion of high school students seriously considering attempting suicide increased by 40 percent.

In 2022, 77 percent of college students in America reported experiencing moderate to severe psychological distress.

## LIMITED ACCESS

42 percent of untreated Americans reported cost as a barrier to accessing mental healthcare.

6 in 10 mental health clinicians nationwide do not have capacity for new clients.

UVA healthcare research estimates that our region's local community service board provides mental health services for as little as 15 percent of the low-income population who require its services.



## TODAY AT THE DCC

Four clinicians working with adults, children/adolescents, couples, and families

Market therapy rate of \$125-150/session, full-time clinicians seeing 20 clients per week

Providing regular adult education and group offerings at Christ Church and other locations

Contracted mental health support for the Haven

Revenue generated provides capacity for reduced-rate clients (20 percent of total caseload)

Current model is sustainable and scalable, but excludes a wide sector of the target population

## OUR VISION FOR THE DCC

Three Branches of Services

### COUNSELING

- Seven full-time clinicians, supervised counseling residents, and graduate student interns
- 50 percent of our comprehensive caseload consists of reduced-rate clients

### EDUCATION

- Adult education, retreats, and support groups
- Community-wide education/speaking events
- Continuing education resource for clinical community

### COMMUNITY SUPPORT

- Providing affordable mental health support for subcommunities Christ Church currently serves (The Haven, Habitat for Humanity, UVA/PVCC, the Albemarle-Charlottesville Regional Jail, local schools, healthcare workers at local hospitals)

## OUR GOAL

A Community Mental Health Fund of \$4M allows the DCC to provide wider provision of excellent, compassionate therapy for those who would otherwise go it alone. It would allow the DCC to reserve 50 percent of its clinical availability towards those who cannot afford the market rate. This means as many as:

# 3200

REDUCED-RATE  
SESSIONS PER YEAR

# 750

REDUCED-RATE  
GROUP THERAPY SPOTS

# 24

FREE-TO-PUBLIC CONFERENCES  
AND WORKSHOPS IN TARGET  
COMMUNITIES

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100 West Jefferson St. • Charlottesville, Va 22902