



# **2022 Annual Report**

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# **INTRODUCTION**



Mental, behavioral, or developmental disorders affect 1 out of every 6 children aged 2-8 years old

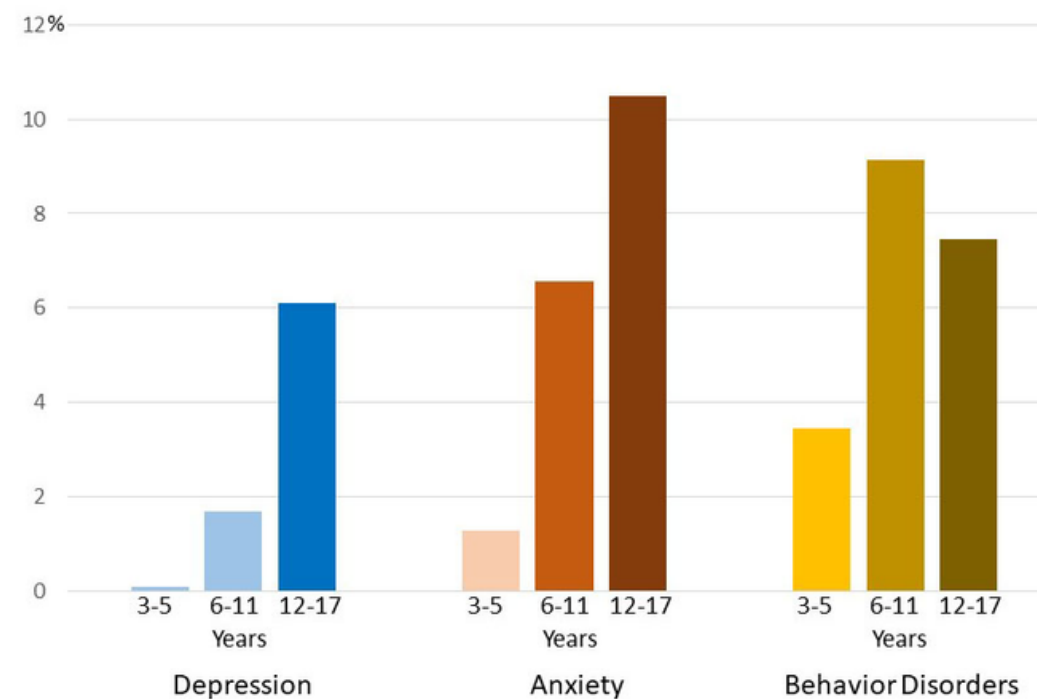
The most common mental disorders in children are **ADHD, anxiety, behavioral problems, and depression.**

**1** of all lifetime cases of mental health, **2** begin by the age 14

## In children aged 3-17

- ADHD is estimated to affect 9.8%
- Anxiety is estimated to affect 9.4%
- Behavior problems are estimated to affect 8.9%
- Depression is estimated to affect 4.4%

Depression, Anxiety, Behavior Disorders, by Age



Early diagnosis and appropriate services for children and their families can make a difference in the lives of children with mental disorders

**3 in 4**

children with depression also had anxiety

53.5% of children with behavior disorders have received treatment



## VISION

All children receive the mental health services they need to thrive and reach their full potential.

## MISSION

Improving access to high quality play therapy mental health services for children and families through low cost services and professional education.

## VALUES

We value equity, and respectfully serve all children and families regardless of their race, religion, culture, sexuality or socio-economic status and offer sliding-scale pricing for services based on a client's ability to pay. We value professional relationships with our clients and work with integrity. We value education and provide ongoing training for mental health therapists to gain experience working with children, adolescents and families using Play Therapy.



**Sheri Mitschelen,**  
LCSW, RPT-S

*It has been quite a year for The Heart Leaf Center! This has been our first complete year of providing mental health services to children and teenagers.*

*The Heart Leaf Center is proud to have served 127 children in 2022 with a total of 211 since we opened our doors in 2021. We expanded our staffing to include 5 new therapists, with 2 of them being bilingual in Spanish and English. We were also able to double our graduate internship program to 6 students, to help train mental health counselors who specialize in children and play therapy.*

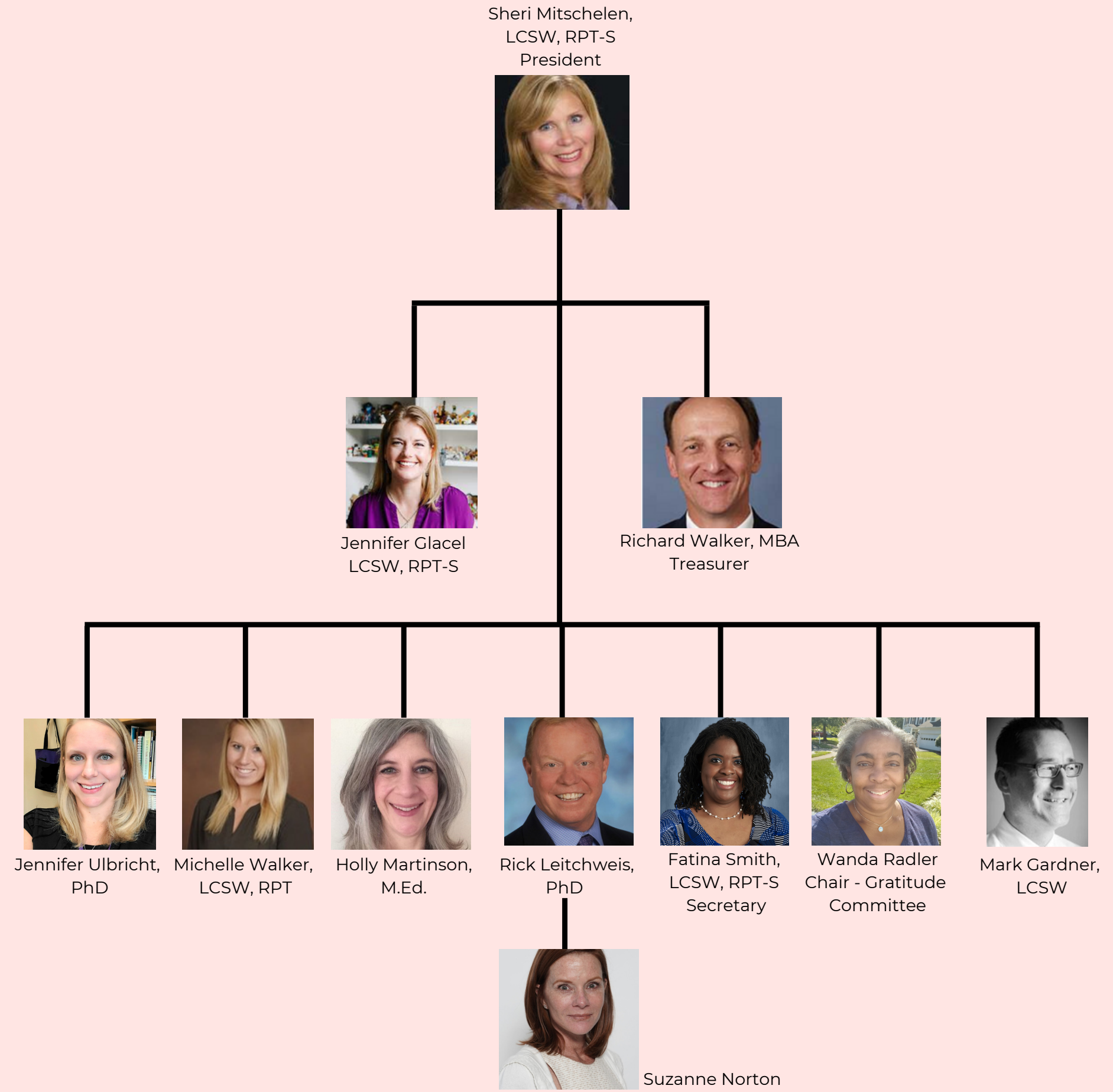
*It has been a challenging year for children and teens while the country has been getting back to some sense of normalcy from the previous two years of dealing with COVID-19. However, what is really normal now? Anxiety and depression continue to rise, not only among children and teens but also with adults.*

*A national poll from Effective School Solutions found that 90% of school administrators say there is a growing youth mental health crisis. Almost every administrator believes the mental health challenges their students face are moderate to severe, with more than half saying conditions either worsened or haven't improved in the last year.*

*In 2022, we were awarded an Inova Health Equity Grant, our first major award, which enabled us to partner with Fairfax County Public Schools and start a pilot program to provide in-school play therapy at two Title 1 schools. This eliminates the transportation barrier & loss of income that many parents face when taking time away from their jobs to visit a clinic.*

*As Executive Director it is a pleasure to work with a committed and dedicated group of therapists. The stories our clients share are sad and the challenges that the children and families face are hard. However, it is very rewarding to see the strength and resilience of these children and the progress they make in therapy. Our team does an amazing job with holding an emotional space for children and families to work through tough issues.*

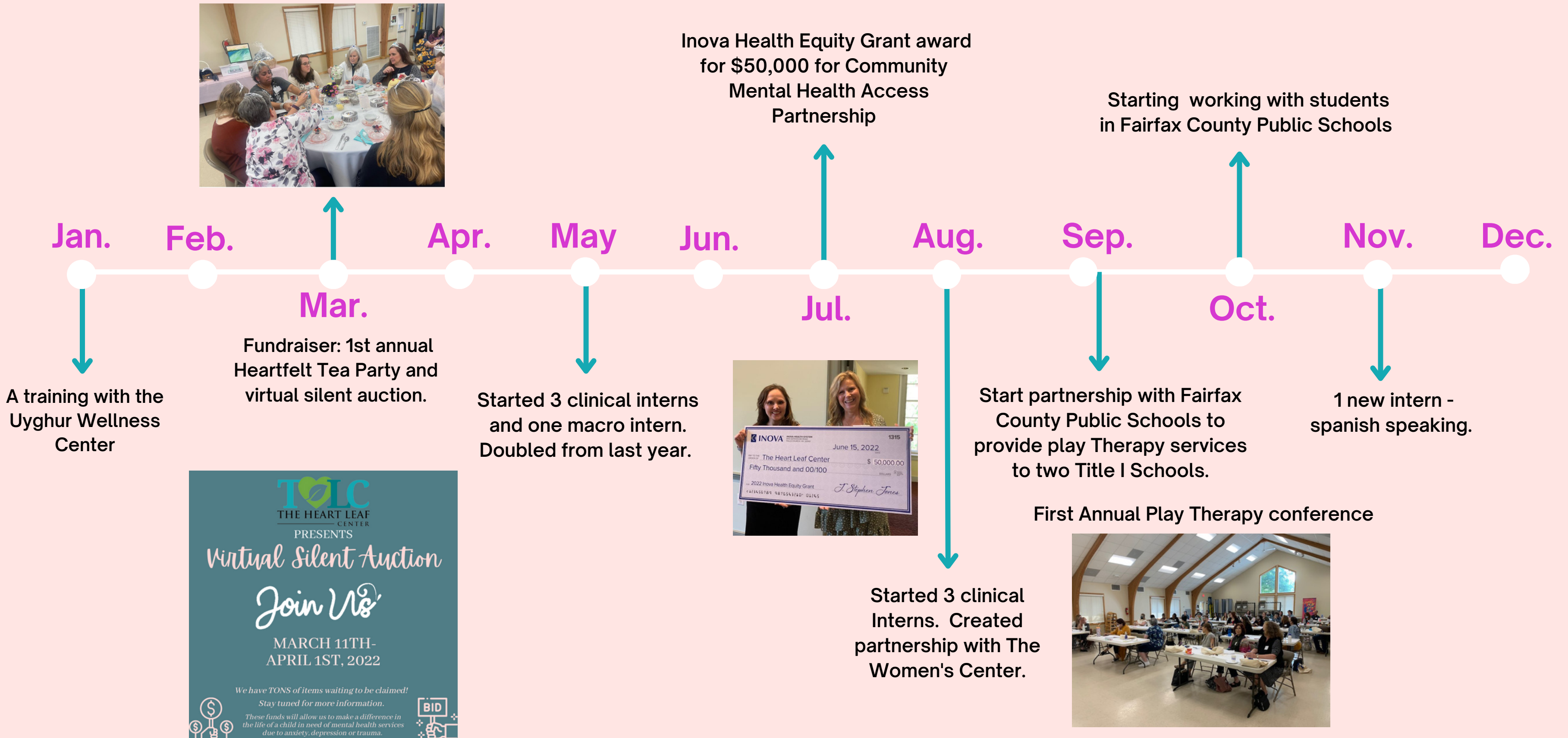
*We are committed to continuing to help children and families access high quality mental health counseling, and look forward to expanding our programs in 2023.*

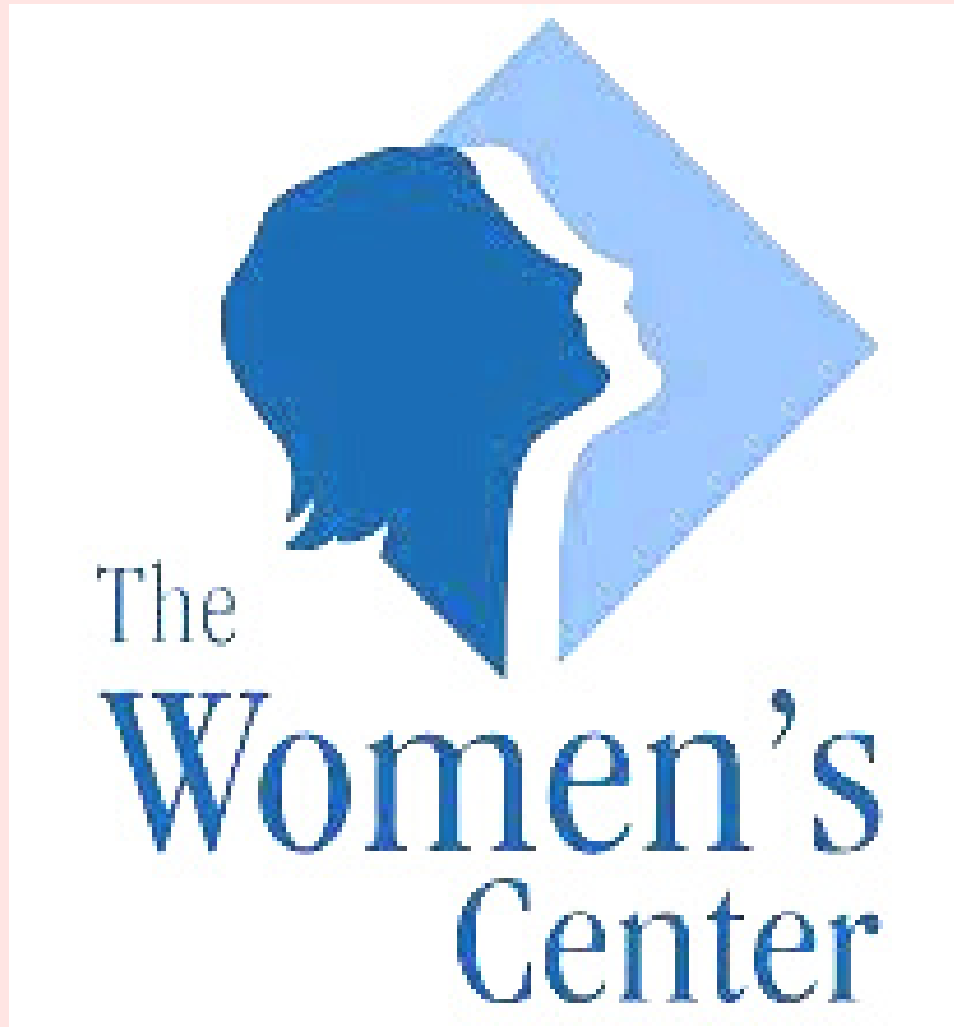




**ACCOMPLISHMENTS**







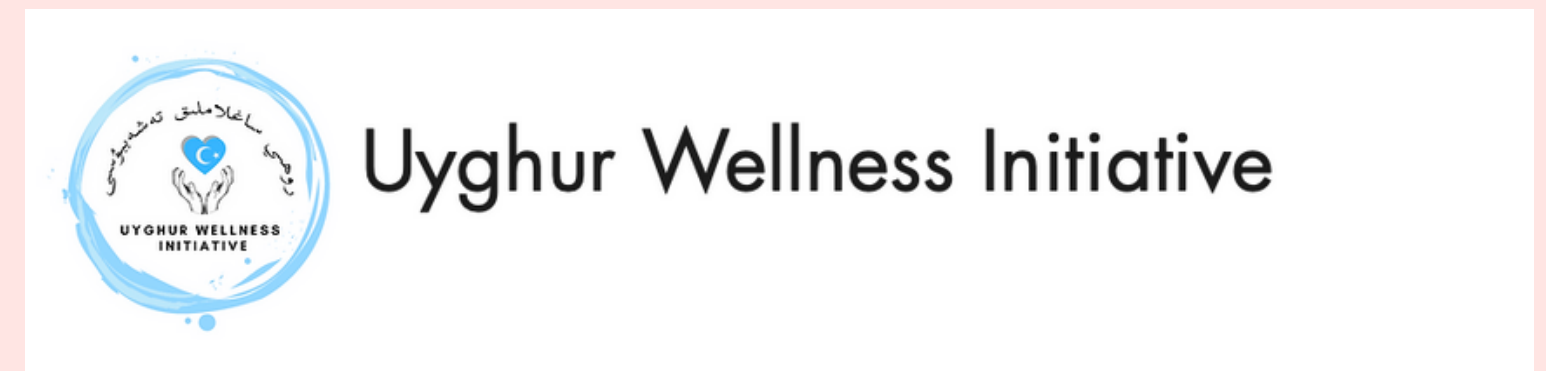
For forty-five years, The Women's Center has provided mental health counseling, support, and education to the metropolitan area to help people live healthy, stable, and productive lives.



A community-based program providing after-school homework help, life skills support, and safe havens for 2nd-12th graders in vulnerable communities, as well as drop-in support for their families.



FCPS is one of the largest school divisions in the U.S. with 198 schools and centers. They serve a diverse student population of more than 181,000 students in grades prekindergarten through 12, speaking over 200 languages.



روھي ساغلاملىق تەشەببۇسى The Uyghur Wellness Initiative (UWI), known as Spiritual Wellness Initiative) in Uyghurche, is a تەشەببۇسى collaborative effort led by Uyghurs, for Uyghurs. Our mission is to create a safe, dedicated space for Uyghurs to come together in this time of crisis for our holistic wellbeing - as individuals, families and a community



The Heart Leaf Center has partnered with the Uyghur Wellness Initiative to provide training and counseling support to the Uyghur community.

The Uyghur Wellness team presented to the Heart Leaf Center about the Uyghur community which has the highest population in Fairfax County.

In return, our team, Kathy Precht, LCSW and Ellie Zadeh, Counseling Intern from The Heart Leaf Center presented to 30 Uyghur parents on how to help their children manage emotions.





The Heart Leaf Center partnered with Fairfax County Public Schools for our Community Mental Health Access pilot program. This program is designed to increase access to high quality, play-based mental health services to accommodate children and families struggling with financial, linguistic, and logistical barriers in schools.

The program will achieve this goal with three lines of effort:

Training, Community Collaboration, and Embedded Direct Play Therapy in two Title 1 Public Schools.



**Our 1st Heartfelt Tea Party and Virtual Silent Auction was held on March 26, 2022. It was a huge success! We had over 50 people attend.**

**We are sending our heartfelt thanks to all sponsors and donors for their support!**







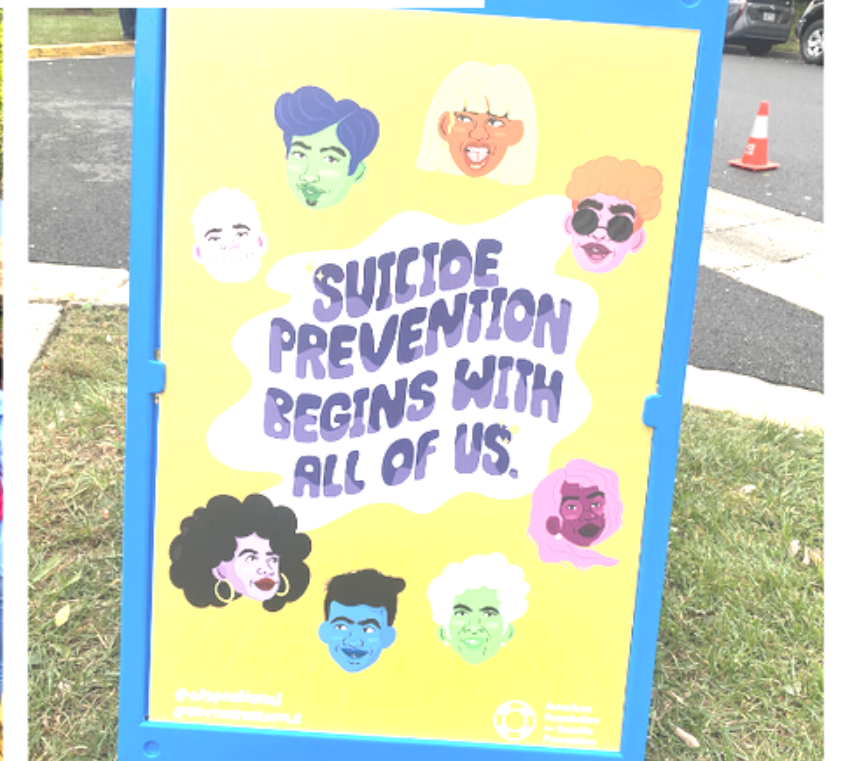


This year, the Heart Leaf Center was honored to participate in The Out of the Darkness Community Walk and hosted a booth with information about THLC and the services we provide.

Out of the Darkness Walks take place in cities nationwide. It is a way to honor those affected by suicide, and those who support them. It also raises awareness and much-needed funds, to send a strong message that suicide is preventable, and that no one is alone.



OUT OF THE DARKNESS





**This year the Heart Leaf Center hosted its first in-person play therapy conference!**

**We thank all our guests, sponsors, fantastic speaker and board member, Jennifer Glacel LCSW, RPT-S.**

**We appreciated the willingness of attendees to share their vulnerabilities with everyone in the room, showing excitement in learning, and making the experience valuable to all.**



Play Therapy Conference 2022



"Jen Glacel is a fabulous presenter who is extremely knowledgeable on the topic at hand and not afraid to be vulnerable for the benefit of those in the training."

"Jen was interesting and shared the info in an organized, easy to take-in way."

"This was one of the best trainings I have participated in, in years. The insight, strategies, and camaraderie will stay with me for years to come!"

"This training was phenomenal! The information was clearly presented and really encouraged me to evaluate my own practices as a therapist and how important it is to be aware of all the content that exists in working with clients."

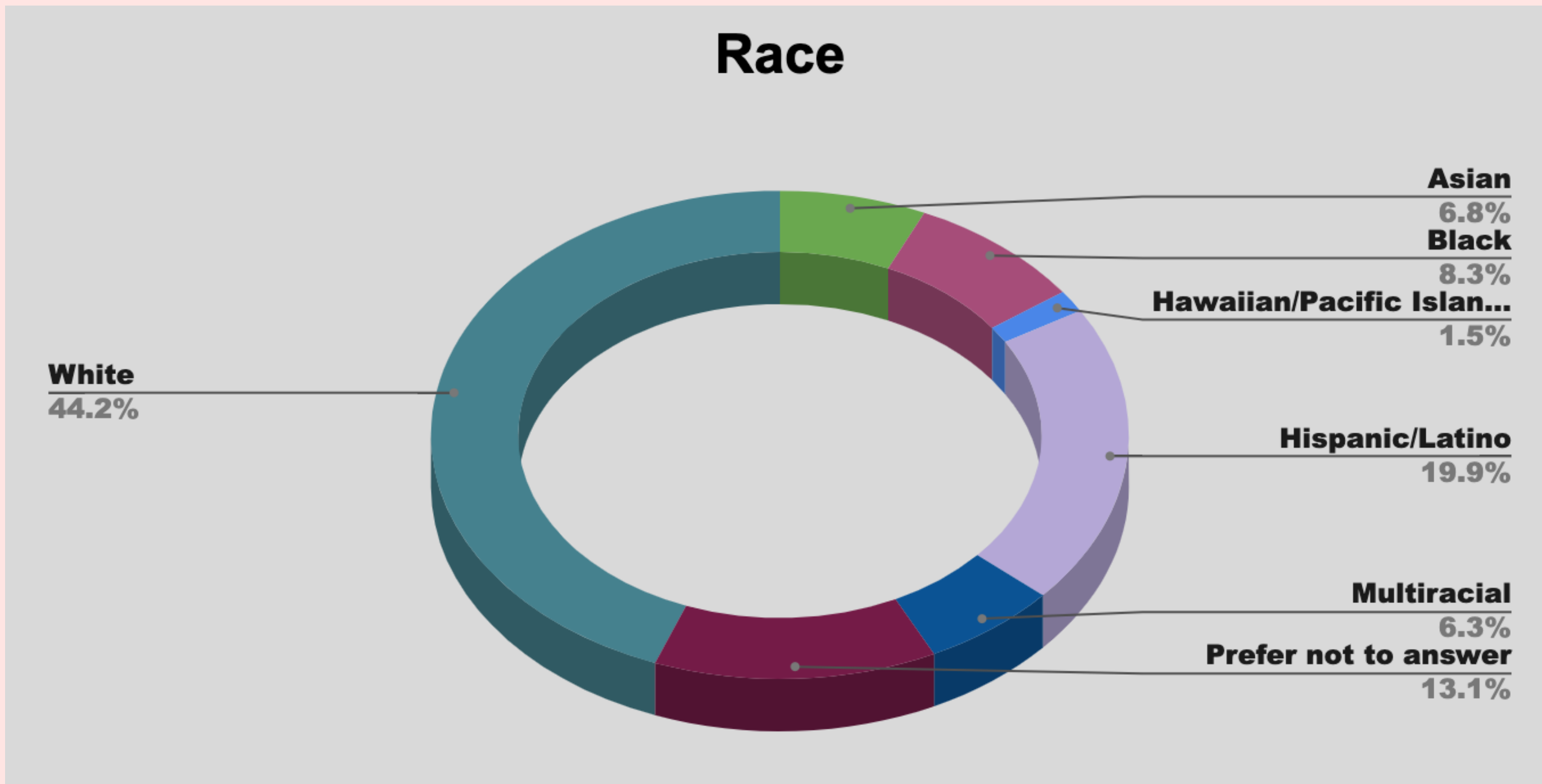




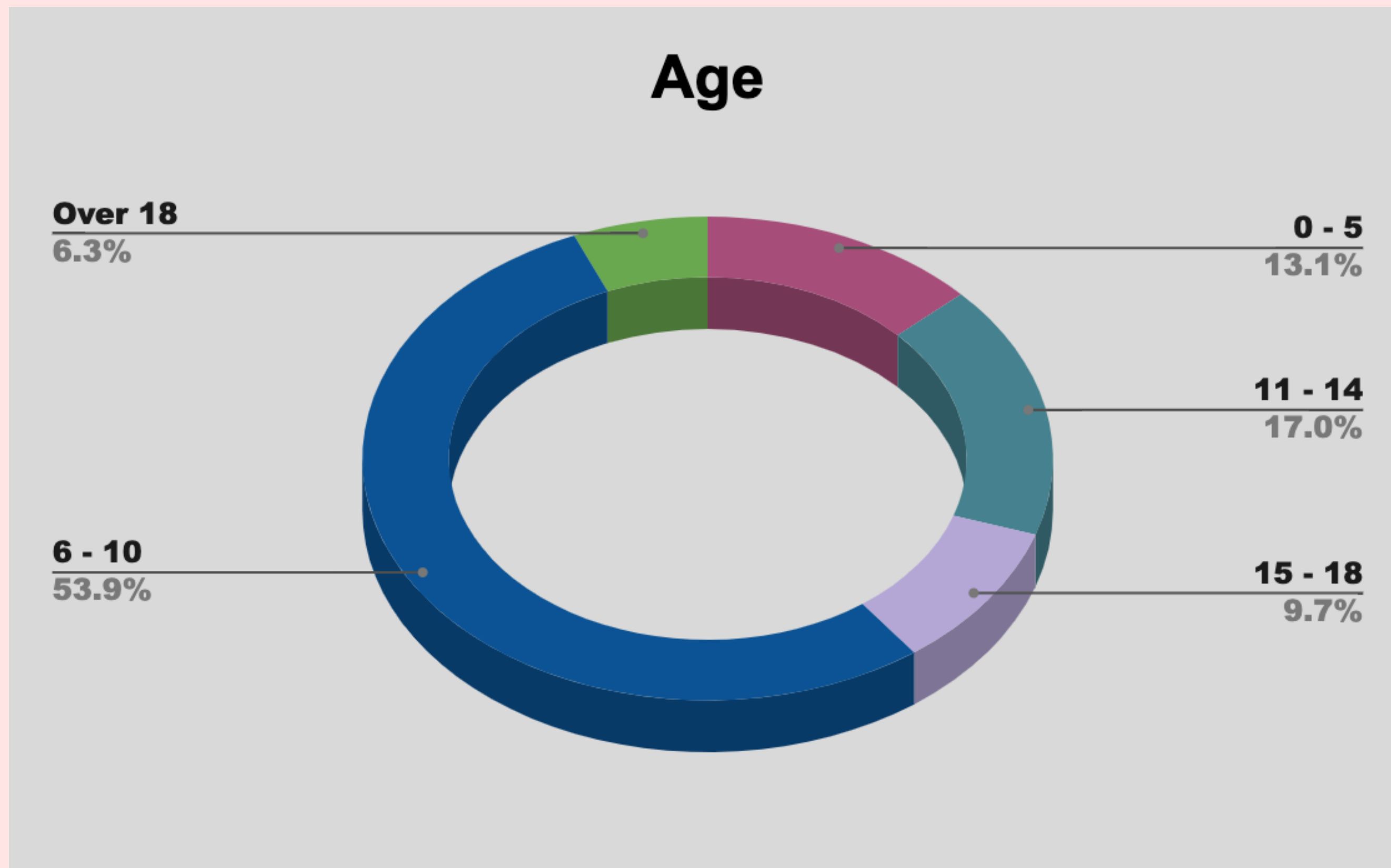
**CLIENTS SERVED**

# Clients Served

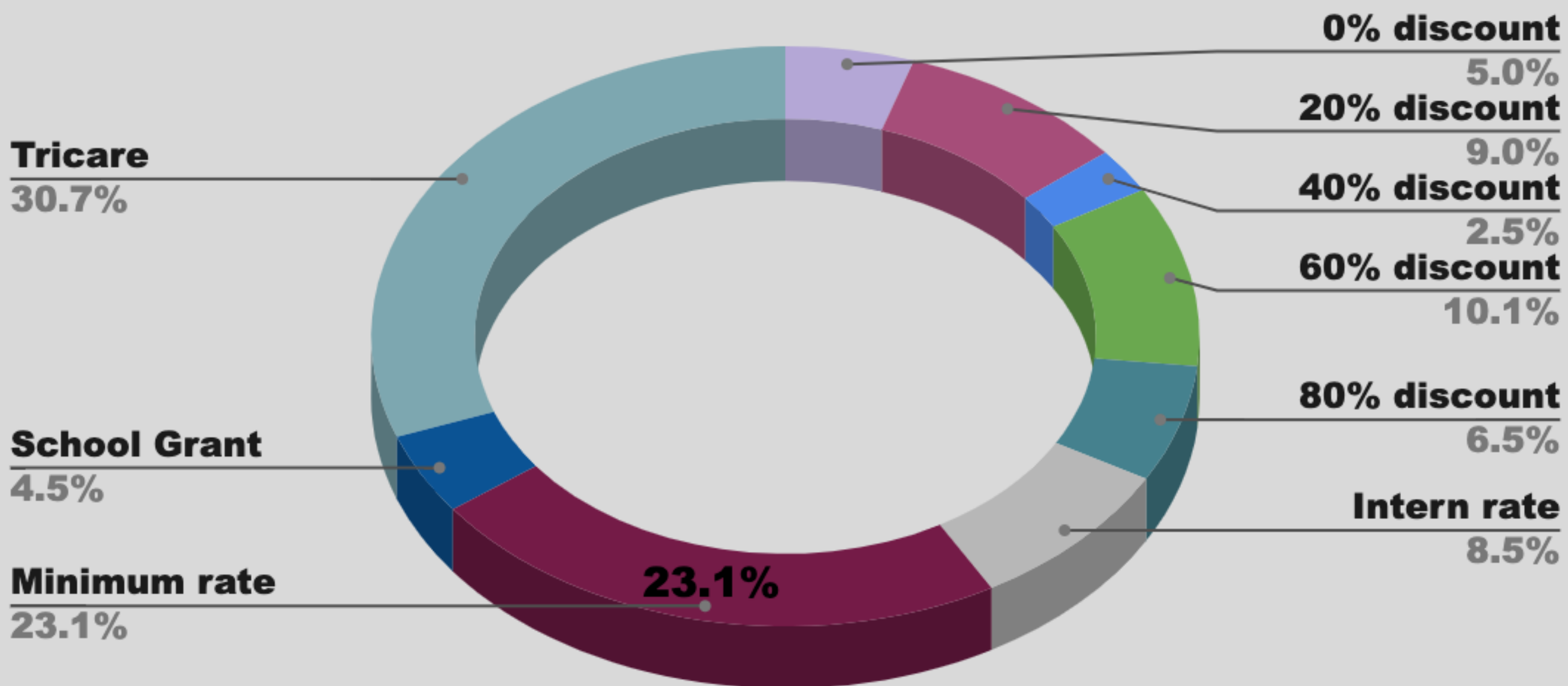
Metric	Value
Total Active Clients	206
New Clients	127
Discharged Clients	72
Average Number of Appointments per Client	18.5
Average Length of Treatment	244 Days



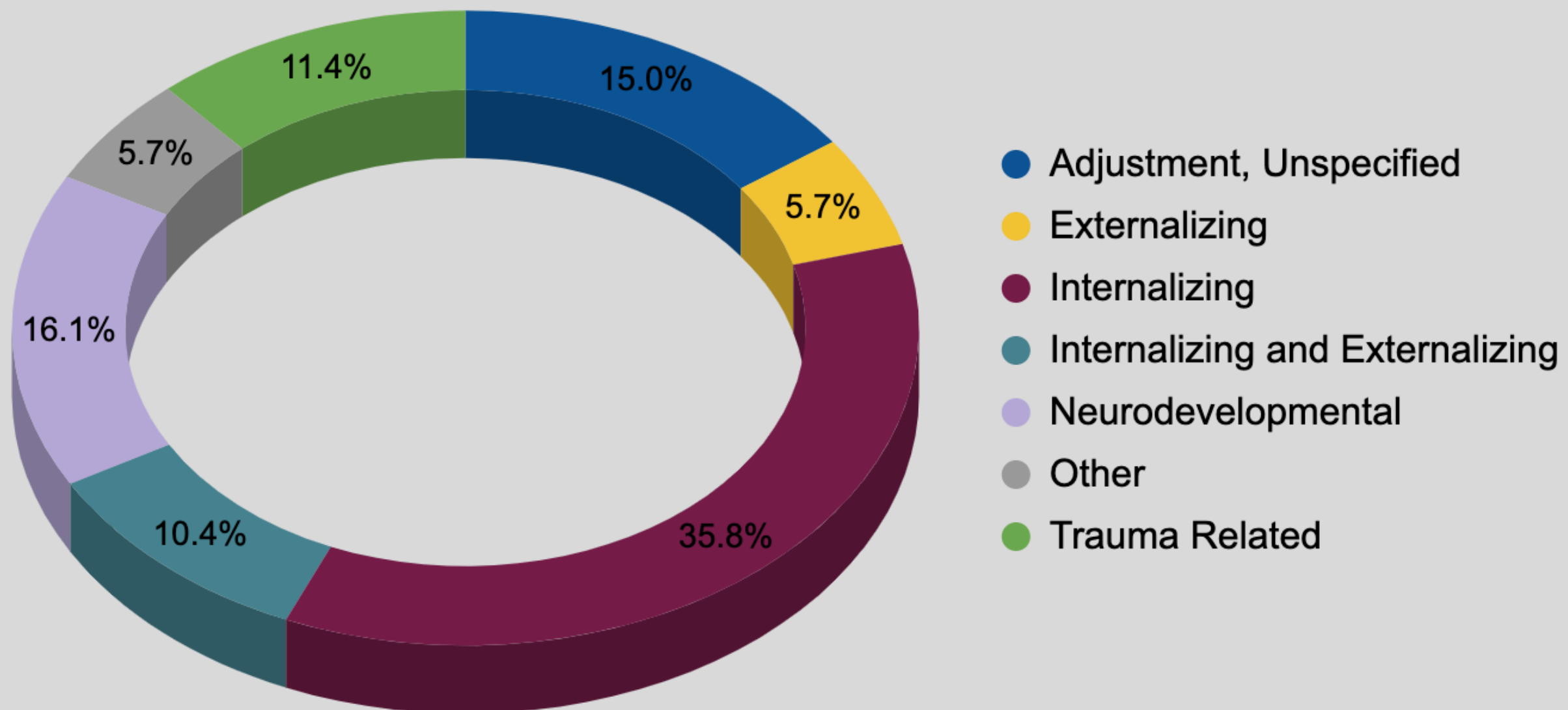


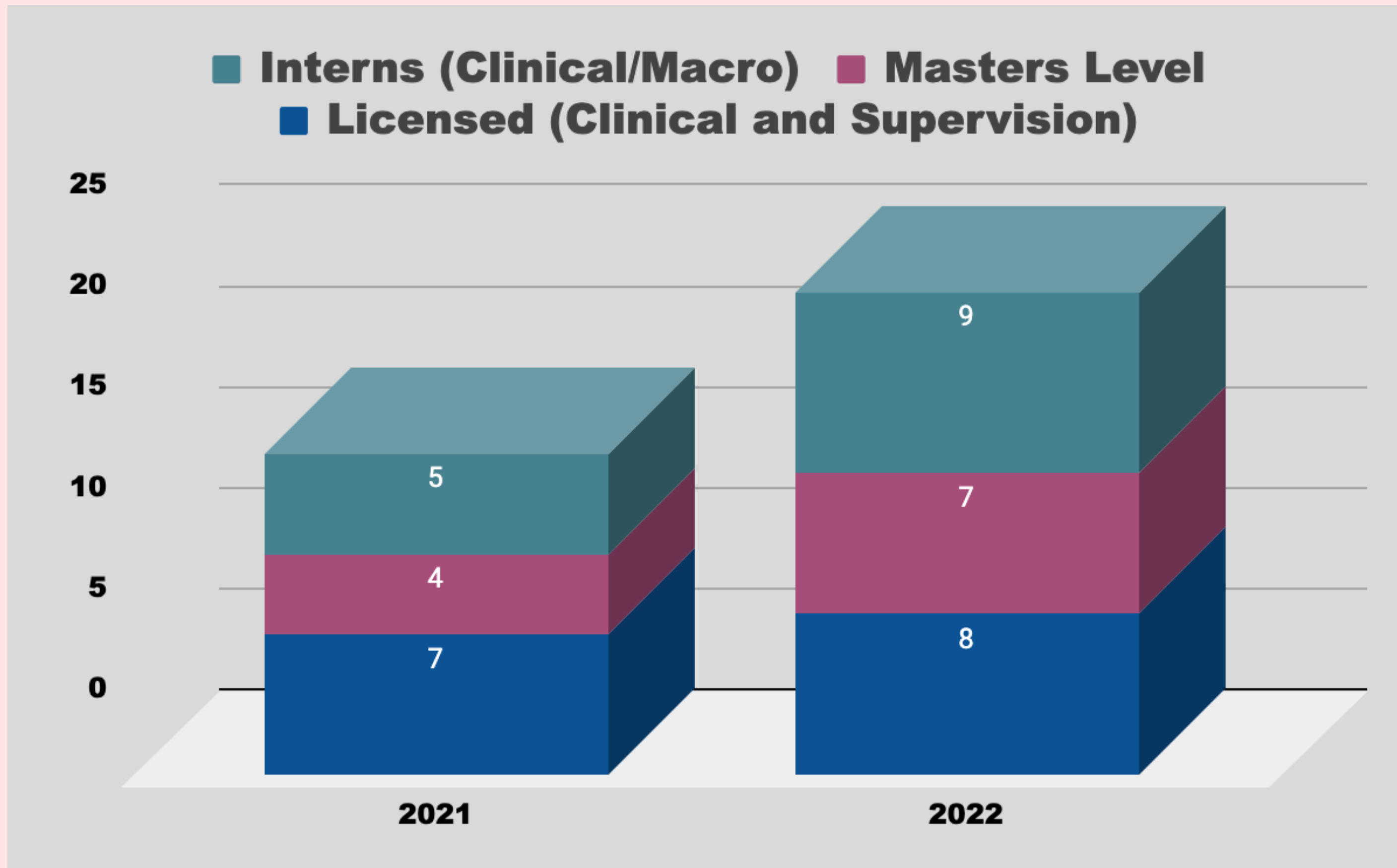


## Rate Breakdown



## Diagnostic Categories







**OUTCOME  
MEASURES**

## We use the Ohio Youth Problems, Functioning, and Satisfaction Scales (short version)

- Designed for ages 5-18
- Parent, Youth, and Agency Worker (therapist) forms available
- 48 items on the parent short form covering Problem Severity, Functioning, Hopefulness, and Satisfaction
- Reference sample provides Clinical and Community means for comparison

### References:

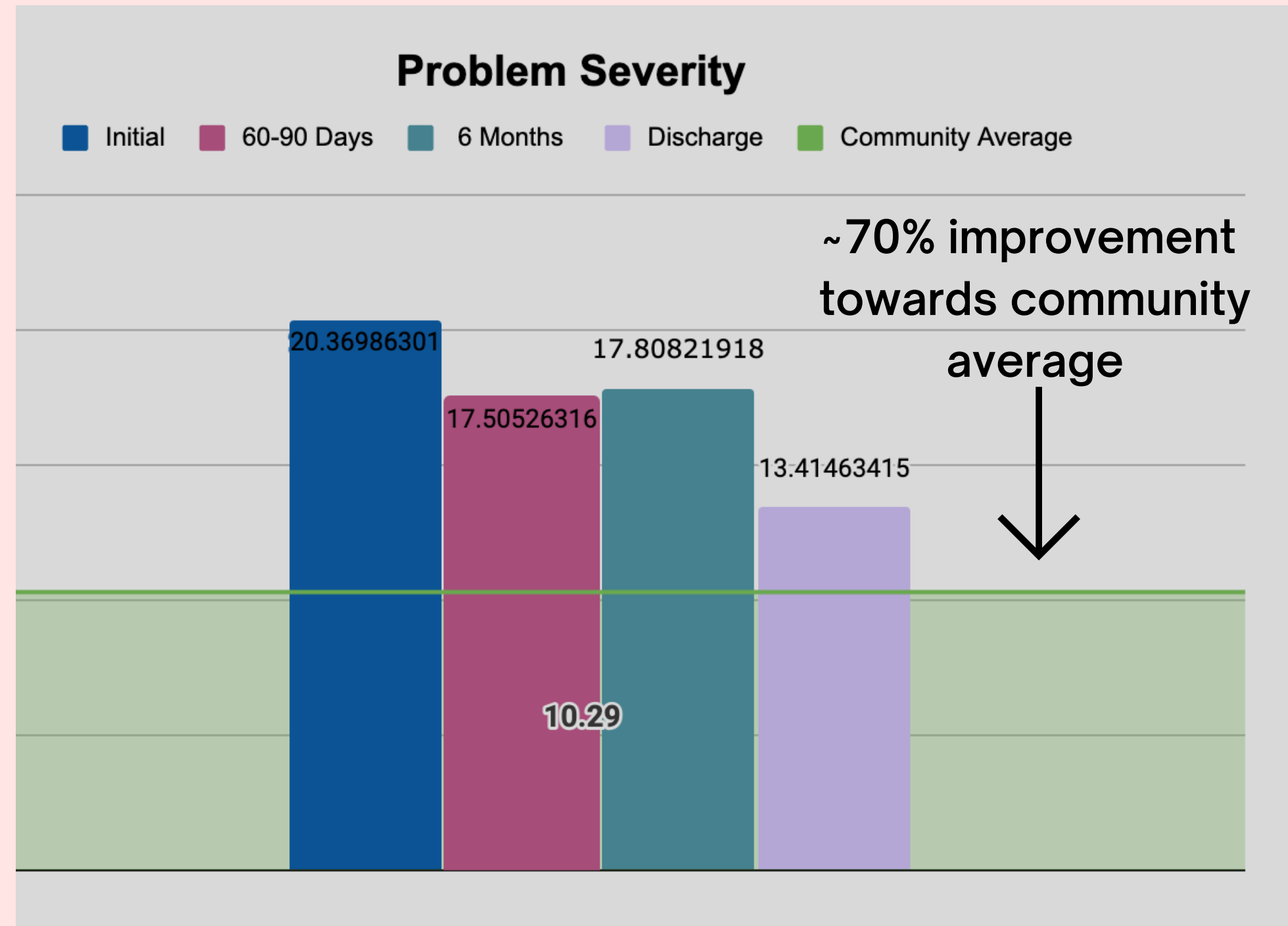
- <https://www.cebc4cw.org/assessment-tool/ohio-youth-problems-functioning-and-satisfaction-scales-ohio-scales/>
- <https://docs.google.com/a/heartleafcenter.org/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbnxvaGlvc2NhbGVzfGd4Ojc5NWQwOWI5NDA0ZGM4MjA>

**Began collection of initial scales, August 2021**

- **As of December 31, 2022, Ohio Scales response rates are:**
  - **66% of families have provided an initial rating scale**
  - **43% of families have completed a 60-90 day follow up rating scale**
  - **33% of families have completed a 6 month follow up rating scale**
  - **19% of discharged families have completed a discharge survey**

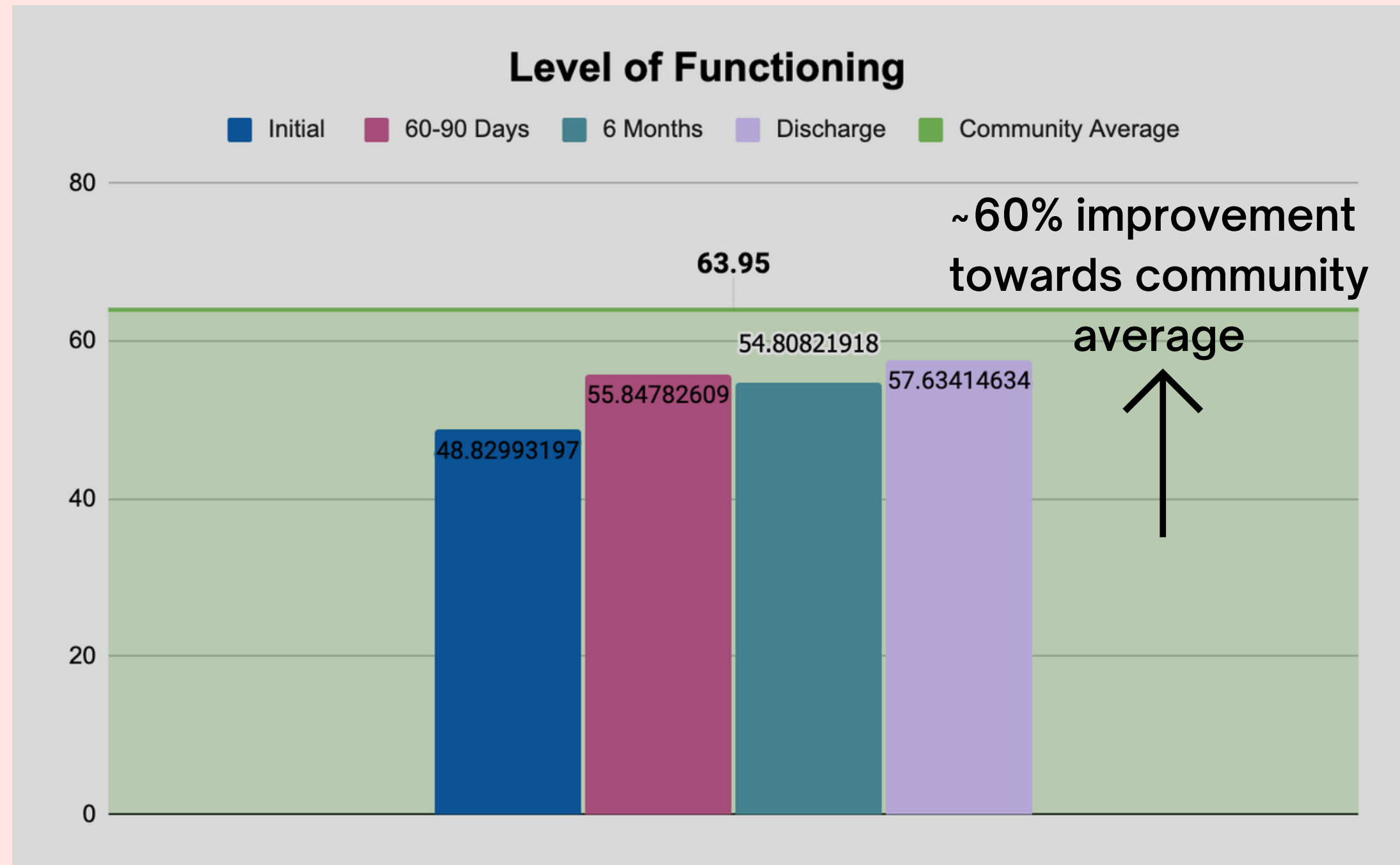


- Parents are asked to rate the severity of their child’s problems using 20 items at initial screening and then at 60/90 day follow up.
- Each item is rated on a 6-point scale for frequency of problems during the past 30 days (not at all, once or twice, several times, often, most of the time, or all of the time) with a lower score showing improvement.
- A reference sample provides a community average (10.29) for comparison
- Parents report a slight improvement in problem severity at 60-90 day follow up though still above the community average.





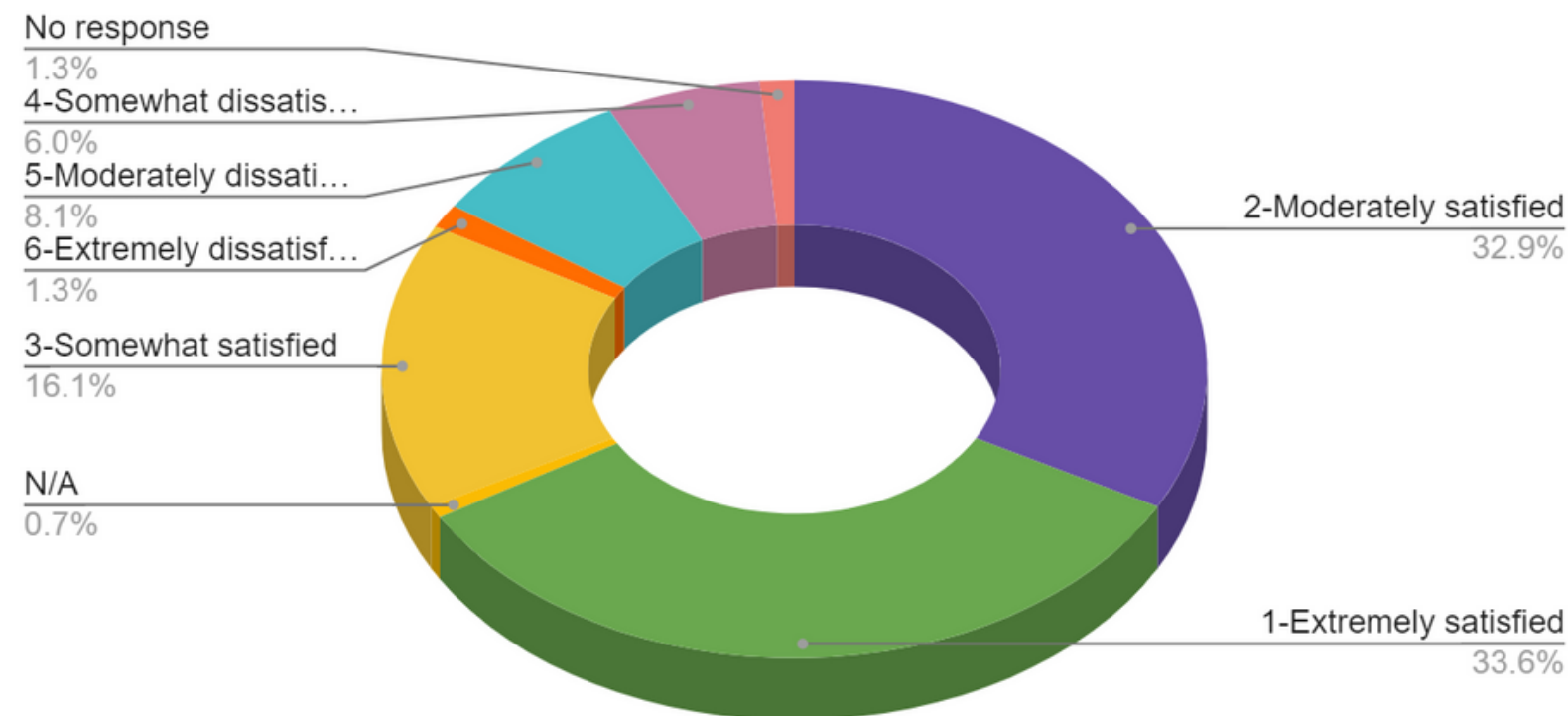
- Parents are asked to rate their child’s current level of functioning on 20 item at initial screening and 60-90 day follow up.
- Each item is rated on a 5-point scale extreme troubles (quite a few troubles, some troubles, OK, or doing very well) with higher scores indicating better functioning
- A reference sample provides a community average (63.95) for comparison
- Parents report a somewhat better functioning at 60-90 day follow up though still below the community average.



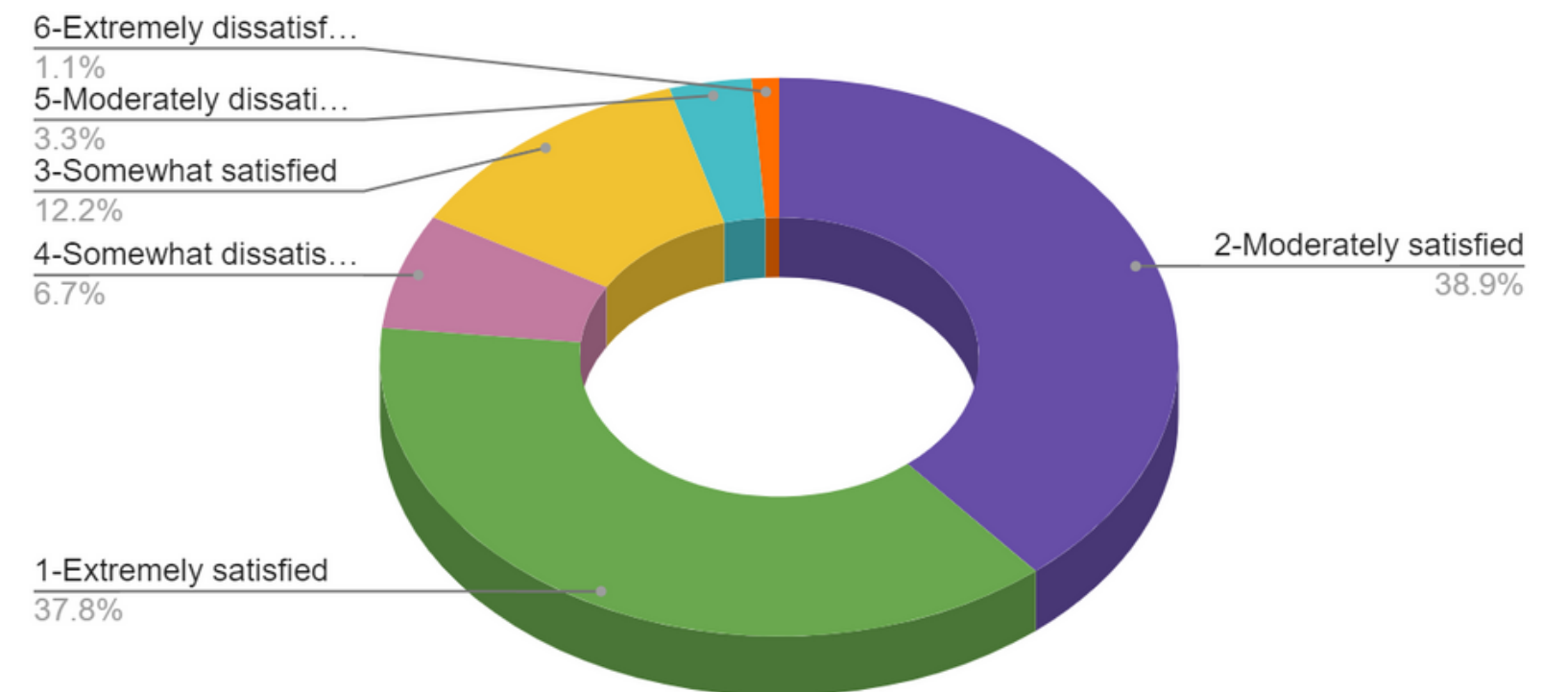
**Initially, 66.5% of parents were Extremely or Moderately Satisfied with their relationship with their child.**

**At 60-90 days, 76.7% of parents were Extremely or Moderately Satisfied with their relationship with their child**

Relationship Satisfaction Initial



Relationship Satisfaction 60-90 Days





**PARENT  
TESTIMONIALS**





## Describe your experience with play therapy?

*"I was anxious in the beginning because I didn't know what to expect but my therapist reassured me when we had our first session. During the play therapy sessions I was excited to see how my child was liking the the sessions and afterwards once I saw how she lit up and was opening up I was at peace. I see a drastic change in her behavior due to play therapy."*

**"We are very appreciative of all they have done for our child and our family. It's amazing how much our child enjoys going there and how they keep the parents involved in the process."**

***"We were concerned with our child's behavior and the temper has been reduced dramatically. This has been a great experience."***



## Describe something you found unique and valuable in the play therapy approach and technique?

*"We were skeptical about play therapy. Over time we have come to understand that therapy is a process and often times a child's behavior will appear "worse" before it feels "better." We came to understand that she was going through a very complex, physiological change in her reactions to anxiety triggers and how she responded to them. Education from our provider was extremely helpful."*

*"Interpreting the way kids build things during play was fascinating. The therapist keeps the family involved in the process, what is working and what is not, considers input from parents greatly."*

*"How my daughter was able to open up in a few sessions when I've know her her whole life and couldn't get that far"*







## ***What does your child like best about Play Therapy?***

*"How easy it was to express herself"*

*"My child loved taking the lead. I have a very active imagination and finally setting it to the side made me see more of what my child likes versus what I thought he liked."*

*The play! He has also developed a strong connection with his therapist and he likes his time with her having that 1:1 undivided attention.*

*"It's not a boring sit down and ask questions kind of therapy. That he is able to have fun and express himself."*

*"Being able to freely build things and express himself through play."*



## How do you see your children progress?

*"She is changing for the better she is opening up more it has brought us closer"*

*"We are happy with our child's progress. He has more confidence, he has been able to connect with staff at his school, something he was shut down too for a long time. Because of play therapy, we have been better able to understand him and what he needs."*

*Our provider gears her sessions towards our child's interest. This is huge with motivating her to attend sessions- especially in the beginning. She uses it as a creative outlet while also doing the hard work.*



*We'd enjoyed working with THLC and have recommended multiple families towards the practice. We acknowledge there is a huge deficit in the amount of health care providers for our area and appreciate having a center focused on children and families.*



**PROFESSIONAL  
EDUCATION**



**January, 2022-** presenter: Sheri Mitschelen- 22 ACTIVITIES TO BUILD AND ENHANCE ATTACHMENT THERAPLAY® IN 2022!

**February 10, 2022-** History of Play Therapy Panel: Theoretical Orientation Perspective Presenters: Maggie Parker, PhD, LPC, RPT-S, CCPT-S, Jennifer Glacel, LCSW, RPT-S ,George Enfield, LPC, RPT-S, Sheri Mitschelen, LCSW, RPT-S

**March 18, 2022-** Mandated Reporter Training-Presenter: Samantha Carrico, LCSW

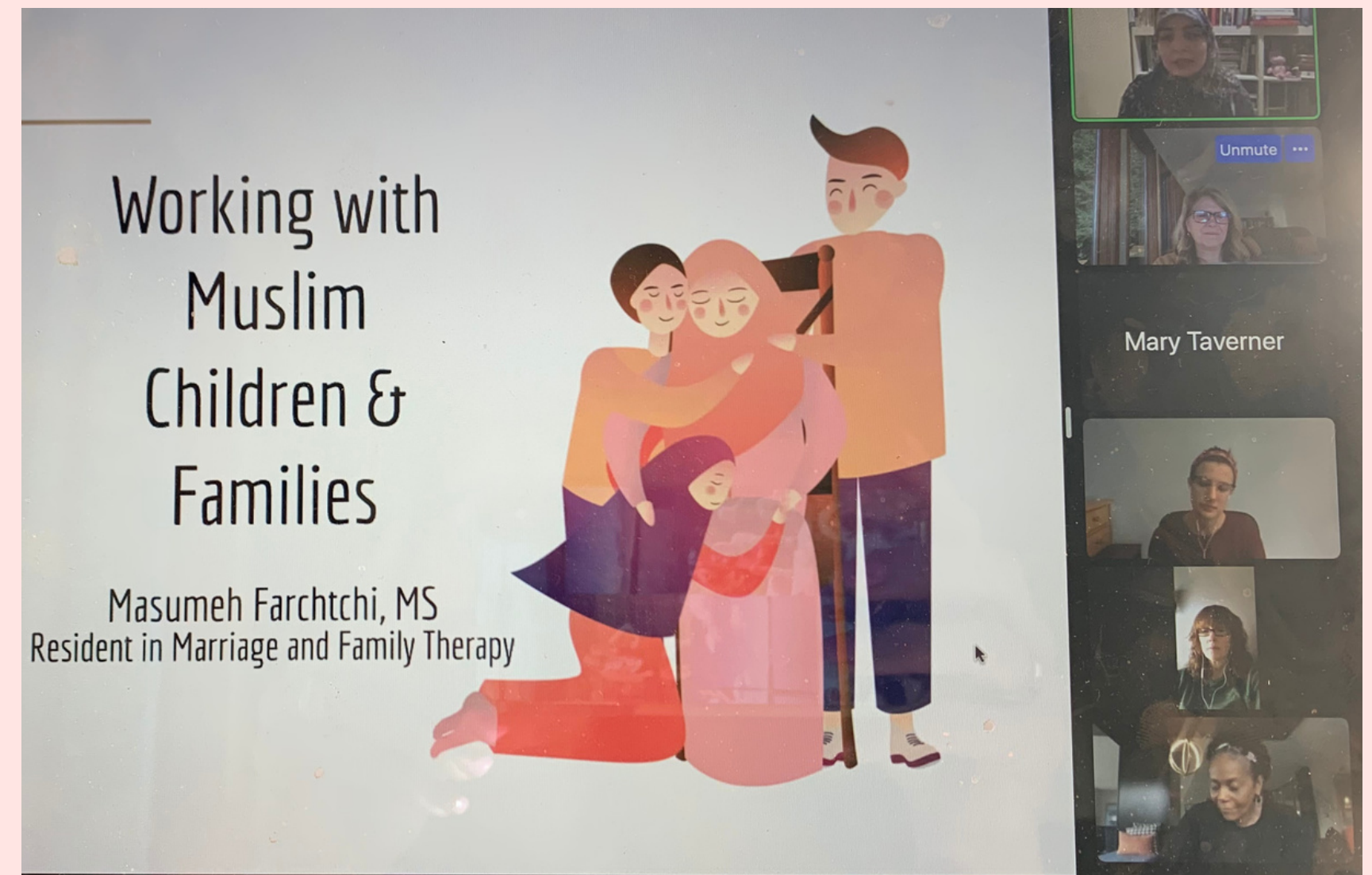
**April 1, 2022-** Working with Muslim Children and Families-Presenter: Masumeh Fartchit, M.S.

**April 29, 2022-** Autism Training-Presenter: Jennifer Glacel, LCSW, RPT-S

**May 13, 2022-** Play Therapy and Divorce-Presenter: Lynn Louise Wonders, LPC, RPT-S, CPCS

**May 27, 2022-** Executive Functioning-Presenter: And Dolin, M. Ed. Six Sessions of Symbols in Play Therapy-A Deeper Understanding-Presenter: Jennifer Glacel, LCSW, RPT-S

**The Heart Leaf Center partnered with Crossroads Family Counseling Center to provide 51 hours of play therapy education.**





**June 1, 2022-** Six Sessions of Child Centered Play Therapy Training-Presenter: Michelle Walker, LCSW, RPT

**June 17, 2022-** Supporting Gender Euphoria in Tweens Using Play and Expressive Arts Therapy  
Presenter: Beth Murray, LCSW, RPT-S

**July 22, 2022-** Using Play Therapy to Assist Military Children and Families Through the Emotional Cycle of Deployment-Presenter: Michelle Walker

**August 19, 2022-** Partnering with Parents through Parent Consultations: A Play Therapist Approach-Presenter: Heather Colby, LCSW, RPT-S

**September 17, 2022-** Who Am I To You? Working with Transference and Countertransference in the Play Room Presenter: Jennifer Glacel, LCSW, RPT-S

**September 30, 2022-** Child Protective Services Mandated Reporter Training-Presenter: Samantha Carrico, LCSW

**October 25, 2022-** Theraplay training-Presenter: Sheri Mitschelen, LCSW, RPT-S

**October 28, 2002-** Integrating Adlerian Play Therapy Concepts Into Therapeutic Setting-Presenter: George Enfield, LPC, RPT-S

**November 18, 2022-** Adolescents Can Play Too!-Presenter: Sheri Mitschelen, LCSW, RPT-S



*"Loved all the resources and the engaging presentation - thanks!"*

*"Excellent training and very thought provoking."*

*"One of the best workshops I have taken and I have lots of ideas to work with in my playroom. Thank you great job!!!!"*

*"I really appreciated this content and the way it was presented; I wish it would have been longer!"*



**DONOR  
SPOTLIGHT**

**The Heart Leaf Center offers a big thank you to all organizations and individuals that donated to our agency in 2022. Here is a list of major organizational donors.**

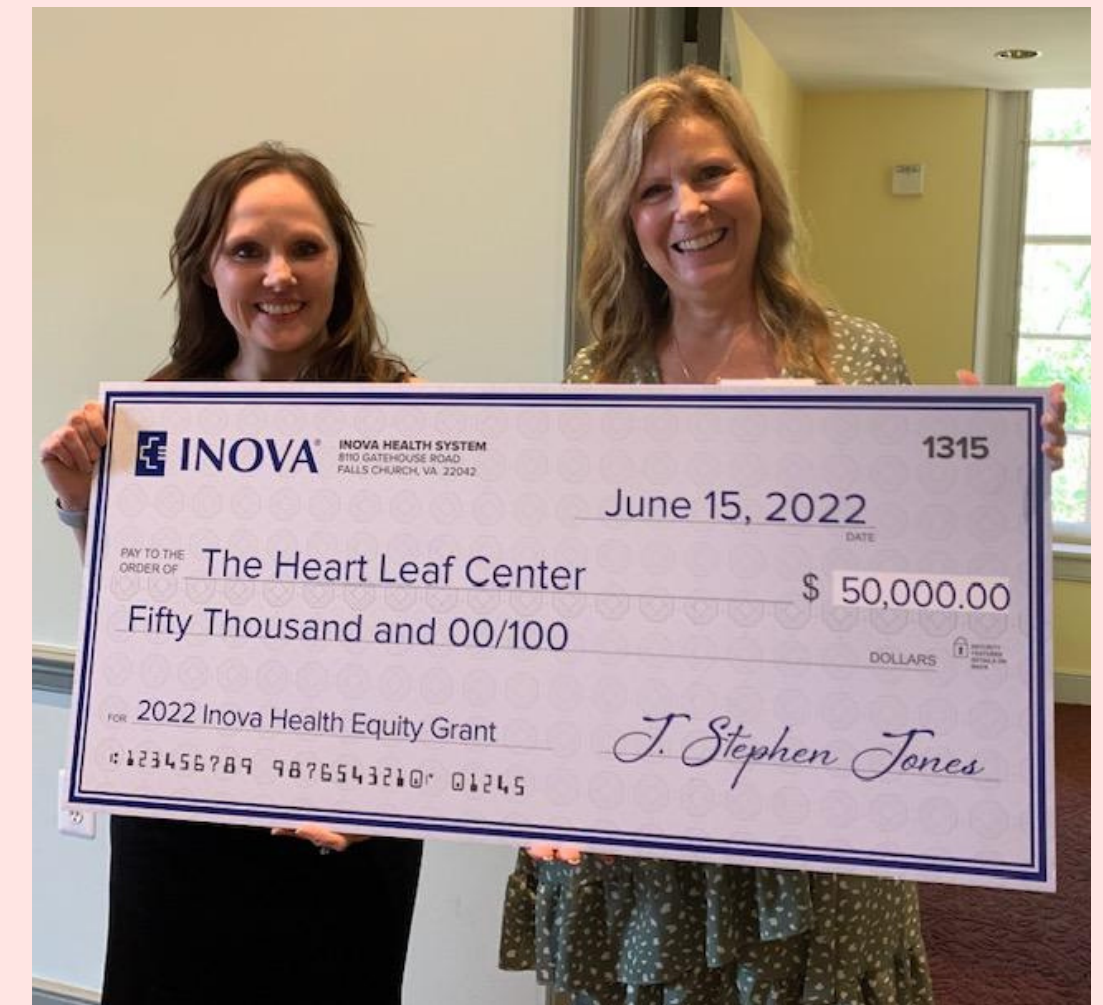
**Crossroads Family Counseling Center  
Karma Yoga with Melanie Froemke  
Meanix Robustelli Wealth Management Group  
Seven Corners Psychotherapy**



Washington Forrest Foundation  
Junior League of Washington  
Inova Health Equity Grant  
NCS America Rescue Plan Act for Fairfax County

Lisa Lam, LCSW, RPT, Clinical Director and Sheri Mitschelen, LCSW, RPT-S, Executive Director were excited to accept the Inova Health Equity Grant for \$50,000.

This grant will go towards providing play therapy mental health training and counseling in Fairfax County Public Schools with our School and Community Mental Health Access Partnership!



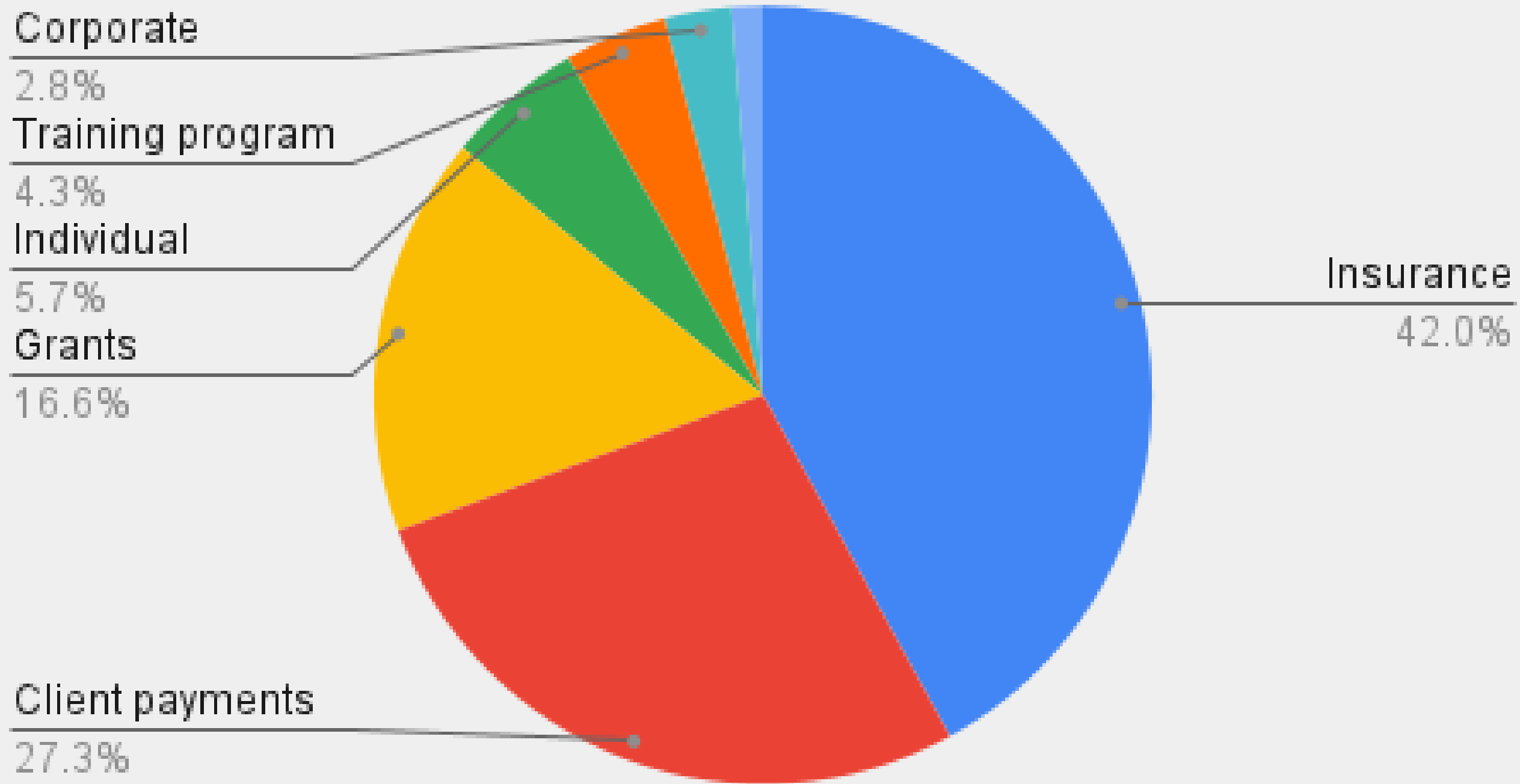


# **FINANCIAL SUMMARY**

<b><u>Income Source</u></b>	<b><u>Amount</u></b>
Insurance Payments	\$ 162,111
Client Payments	\$ 105,372
Grants	\$ 64,150
Individual Donations	\$ 21,950
Training Program	\$ 16,466
Corporate Donations	\$ 10,751
Fundraising Events	\$ 5,000
<b>Total</b>	<b>\$ 385,800</b>



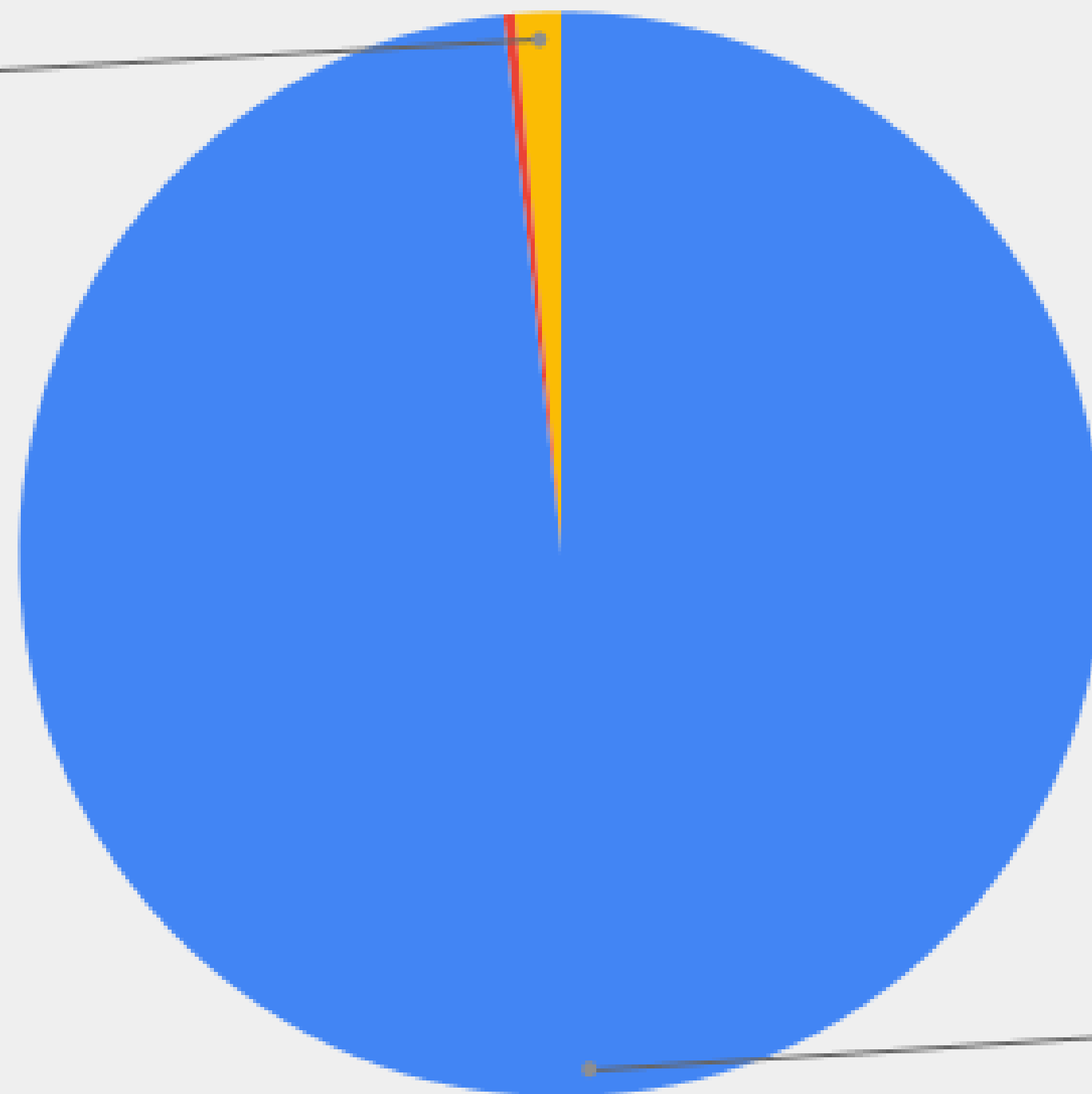
## Income Source By Type - 2022



<b><u>Expense Source</u></b>	<b><u>Amount</u></b>
Program	\$ 329,933
Non Program	\$ 1,164
Fund Raising	\$ 4,597
<b>Total</b>	<b>\$ 335,694</b>

## Expenses By Type - 2022

Fundraising  
1.4%



Program  
98.3%

- **Address:** 3611 Chain Bridge Road, Suite C, Fairfax, VA 22030
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- **Email:** [info@heartleafcenter.org](mailto:info@heartleafcenter.org)
- **Website:** <https://theheartleafcenter.org/>
- **Tax ID:** 85-4123926



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