




A CHANCE
to Change

FY23 ANNUAL REPORT

 405-840-9000

 www.achancetochange.org

 2113 W. Britton Rd. OKC, OK



OVER FOUR DECADES OF SERVICE

Since 1979, A Chance to Change has been acknowledged for delivering top-notch, life-saving counseling and outreach education programs to individuals and families. Our renowned commitment to ethical service and prioritizing people has facilitated the expansion of our community reach, positively impacting thousands of individuals and families. Our goal is to furnish clients and their loved ones with the support necessary for leading happier and more productive lives. The agency advocates for the recovery of mental health and substance use conditions as a transformative process, empowering individuals to enhance their health and wellness, live self-directed lives, and strive towards fulfilling their full potential. Recognizing that individuals with these conditions can significantly enhance social connections through access to recovery-oriented services and positive relationships with family and friends. A Chance to Change is dedicated to providing quality mental health services for the entire family unit and support system.

EDUCATION SERIES HIGHLIGHT

Exciting developments unfolded this year as we proudly announced the relaunch of our comprehensive Addiction Education Series at the agency. The highlight of this initiative was the expansion of our free series from a 5-week series to an extended 8-week series. This revamped curriculum delved into a myriad of essential topics, ranging from a deep understanding of addiction and its effects to fostering healthier relationships and attaining emotional balance. To ensure inclusivity and accessibility, we didn't stop at expanding the in-person sessions. Recognizing the diverse needs of our community, we also introduced an online version of the series. This digital platform serves as a valuable resource for those unable to attend physically but are still seeking knowledge and support on their journey toward recovery. By broadening the scope of our education series, both in duration and accessibility, we remain committed to fostering awareness, understanding, and support for individuals navigating the complexities of addiction.

We Can Help With:

Trauma	Depression
Couples & Family Conflicts	Anxiety
Adolescent & Child Therapy	Stress Management
Co-Occurring Disorders	Grief Support
Substance Use Disorders	Interventions
Gambling Disorder	Life Coaching
Drug & Alcohol Education	Peer Support
Tobacco Cessation	...and More



CURRENT STATE



43rd

OVERALL IN MENTAL
HEALTH NATIONALLY
FOR ADULTS



10th

OVERALL IN MENTAL
HEALTH NATIONALLY
FOR YOUTH



27th

IN ACCESS TO
MENTAL HEALTH CARE

*Data according to
Mental Health America*

Elizabeth's Story

Elizabeth, who joined A Chance to Change through her Employee Assistance Program in late March, underwent a transformative journey guided by her counselor. Having faced domestic violence and thinking she had overcome her struggles, Elizabeth discovered unresolved trauma during therapy. Addressing past wounds led her through challenging yet pivotal sessions, resulting in Elizabeth's liberation from external validation. A Chance To Change fosters an empathetic environment, creating space for honest dialogues. Today, Elizabeth expresses gratitude for finding completeness and freedom, urging others to embrace tough terrain for transformative change. A Chance To Change provided not just support but a platform for her profound self-discovery and healing.



"I am just so thankful to be walking in wholeness and freedom, and I want to share that with other people. I would encourage people to figure out who you are, because when you figure out who you are, everything else will fall into place."

Message from our CEO



"It has been a privilege to serve as CEO for this special agency and work with the outstanding staff. The state statistics regarding mental health issues, substance use disorders and suicide are alarming. People who struggle with mental health issues often lose the ability to pay for care. ACTC is unique. We are an organization willing to accept all forms of pay or care for people with no payor source at all. The support of the amazing donors makes free or reduced care possible, The care is provided in person or by telehealth, which allows our professionals to care for individuals throughout the state. We believe that 'Mental Health is Health' and look forward to providing healthcare to any Oklahoman in need. " - Gina Stafford, Chief Executive Officer

Message from our Board Chair

"I am honored to work with a passionate group of people in support of the A Chance to Change mission. Our talented CEO and staff collaborate with the board of trustees as we work together to serve vital mental health needs of individuals and families in Oklahoma. This past year, our team has experienced sorrows and found strength together in community. We've faced trials and have accomplished triumphs emerging stronger than ever. People flourish when they have support from others along the way. ACTC provides that support every day through education, individual and group counseling, employee assistance, and prevention programs for students."

- Kelly Feroli, Board Chair



OUR IMPACT - 2023



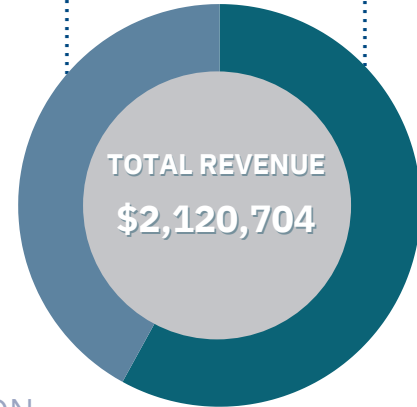
10,479
service hours
provided to



5 - 86
ages served
from

EARNED REVENUE
42%

FUNDRAISING
58%



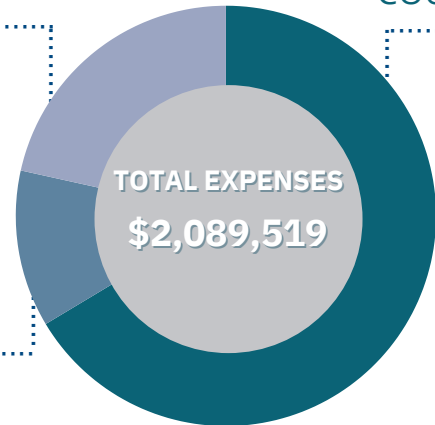
1,981
unduplicated
individuals



92
cities across
Oklahoma

ADMINISTRATION
21.4%

COUNSELING
66.4%



9,360
counseling
sessions



4,265
low or no cost
service hours

EDUCATION &
PREVENTION
12.2%

2023 CELEBRATIONS EVENT!



The 13th Annual Celebrations honored Jo Ann Pearce with the Jim McGuinness Award and Ray, Pat & Mark Potts with the Community Impact Award.

Held at the National Cowboy and Western Heritage Museum, the Celebrations event hosted over 400 guests and raised **\$452,747.70**, which exceeded the agency's goal of \$410,000!

MISSION

Facing Mental Health and Addiction,
Creating Solutions, Celebrating Recovery.

VISION

A world that embraces mental health care
as necessary and accessible for everyone.

VALUES



ACCEPTANCE

Change begins with acceptance.

Everyone's progress starts the moment they decide they want something in their life to change.

Willingness to ask for help sets the healing process in motion.

We honor this by embracing the unique needs of each individual as they begin taking steps toward positive change.



COURAGE

Change requires courage.

It takes strength to be vulnerable and seek new possibilities - it requires you to stop, turn and face the problems that are often easier to avoid.

We boldly support each person's journey and walk alongside them in their time of need.



TRANSFORMATION

Change is a journey.

Anyone can learn how to positively transform their life and emerge stronger and more resilient.

Growth happens when we learn to think differently.

Together, we commit to learning, improving and innovating to better serve each other.



COMMUNITY

Change happens together.

People flourish when they have support from others along the way; clinical professionals, family, friends and even total strangers who care.

We model how to lean on others for support by collaborating with our network of community partners.

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