



FULLER LIFE

Family Therapy Institute

TEN YEAR IMPACT REPORT

CELEBRATING TEN YEARS OF PROVIDING
ACCESSIBLE THERAPY IN HOUSTON

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FROM THE FOUNDER



The first official session of the Fuller Life Family Therapy Institute happened on April 12, 2012. It's been quite a journey since the early spring of 2012 and the early morning meetings at the local Café Express where we dreamt of growing opportunities for quality affordable therapy services for Houstonians and a spiritually nurturing environment to train top-notch therapists.

Since that time, Fuller Life has blossomed into a fully realized post-graduate training program with high quality training, education, and supervision, including methods for measuring outcomes. We graduate truly exceptional therapists who complete our rigorous program, and we simultaneously meet a real need for quality affordable family therapy and mental health care in Houston. Our vision to grow organically is realized as our 10 graduates are now using their gifts and living out their calling in the places where they are now flourishing.

Now we look to the next 10 years where we hope to develop Fuller Life into a more sustainable nonprofit organization to scale our impact.

Amy Fuller PhD, LMFT-S, LPC-S, CST
Founder and Clinical Director



OUR MISSION

WE TRAIN, EQUIP AND EMPOWER DEVELOPING THERAPISTS WHO PROVIDE PROFESSIONAL THERAPY TO FAMILIES AND INDIVIDUALS AT AFFORDABLE RATES.

OUR MISSION IS TWO-FOLD

- 1 We train top-notch therapists
- 2 We offer stellar therapy at rates anyone can afford

We come alongside our clients to create healing and even growth from the pain. Our therapists have been committed to helping our clients heal and live meaningful lives since 2012.



10 YEAR IMPACT

Making Therapy Accessible

- Over **12,000** hours of reduced fee counseling
- Served over **1500** individuals, Couples or Families
- Over **600** Pro-bono Therapy Sessions
- Savings of over **\$1,000,000** to our clients

Training top notch therapists

- **10** Fuller Life Graduates completed the required **3000** hours of experience over **2 to 4** years to become an LPC or LMFT and our intensive post-graduate program
- **5000+** hours training and supervision at not cost of our trainees
- **10** student therapists completed a **1** year internship as part of their masters degree
- **65** units of didactic clinical training
- Over **300** hours of continuing education

THE ACCESSIBLE THERAPY ISSUE



We all want to live a **FULL LIFE**. When we face overwhelming emotional pain or relationship trouble, we need professional and compassionate therapy to heal. **MANY** people face barriers to accessing professional help. **PAIN DOESN'T DISCRIMINATE** between those with resources and those without.

BARRIERS

- Therapy is expensive
- No health insurance
- Time away from work
- Unsure where to go

This may lead to people feeling completely alone and hopeless, wondering if anyone can help them.

HOW WE MAKE THERAPY ACCESSIBLE

We believe everyone deserves access to affordable mental health care or family therapy. That's why we created Fuller Life: to offer stellar therapy at rates anyone can afford.



OUR THERAPY SERVICES ARE

AFFORDABLE

Our session fees are equitable and specific for each person or family based on the household income and range from **\$25 to \$95 with an average session fee of \$42.**

ACCESSIBLE

We have two locations in central and west Houston and offer telehealth therapy services for those residing in Texas.



AVAILABLE:

We are open to see clients on nights and weekends, both in person and virtually.

ADAPTABLE

We provide various types of individual, couple, and family therapy depending on the need of the client from play therapy to sex therapy to special treatments for trauma.

We rely upon a generous community of givers who care that everyone has access to mental health care. Thanks to our donors we offer scholarships when clients are not able to pay our already low fees.

THE TRAINING GAP

The traditional model for clinical experience and weekly supervision after graduating therapy school isn't always enough to equip therapists to become confident, effective clinicians. This leaves new therapists anxious or confused about what to do next or unsure if they can make a difference.

HOW WE ADDRESS THE TRAINING GAP

We believe therapists should be confident that they will be able to provide effective therapy.

That's why at Fuller Life Family Therapy Institute, we've been changing the way therapists are trained since 2012.

Our carefully constructed trauma-informed pragmatic training program bridges the gap between graduate education and clinical practice so therapists can feel truly equipped to make a difference in clients lives.



HOW WE TRAIN TOP-NOTCH THERAPISTS



EXPERIENCE

Therapists gain the 3000 hours required for licensure as an LMFT or LPC over 2 to 4 years.

SUPERVISION

Instead of just one hour of supervision per week, our therapists commit to 4 hours of training and supervision.

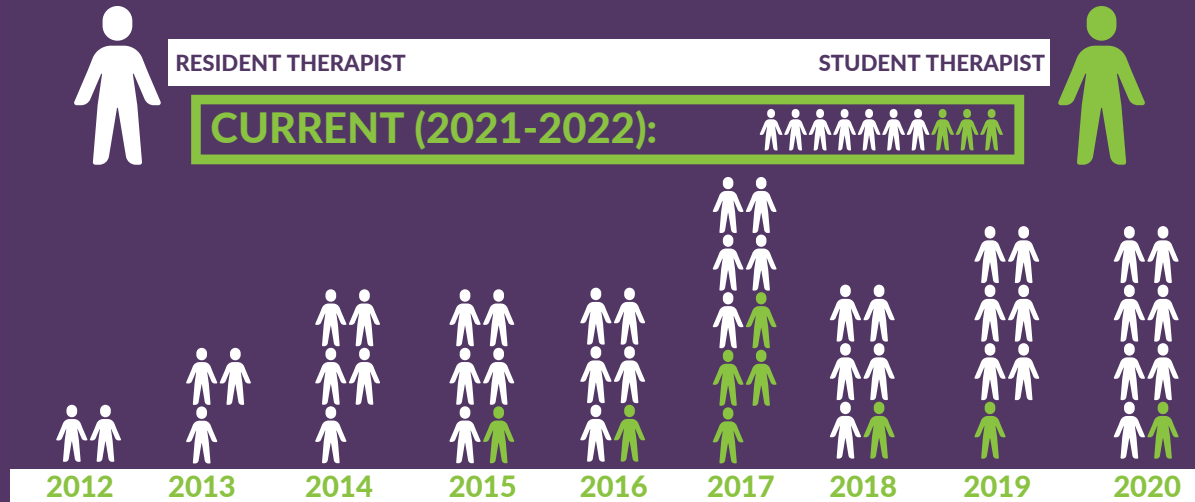
TRAINING

Our 2.5 year curriculum is systemically oriented, trauma-informed, and faith-based, relying upon the person of the therapist training model.

SUPPORT

Our team approach provides a collaborative, compassionate, challenging, and spiritually nurturing environment for our therapists.

10 YEARS OF GROWTH



A **Resident Therapist** holds a master's degree in Marriage and Family Therapy or Counseling and is licensed as an LPC or LMFT Associate in Texas. LPC and LMFT Associates must complete 3000 hours to become fully licensed and practice independently. A **Student Therapist** is completing the practicum hours of counseling as a part of their master's degree in counseling or marriage and family therapy.



FIRST FL TEAM 2014



FL TEAM 2016



FL TEAM 2018



FL TEAM 2020

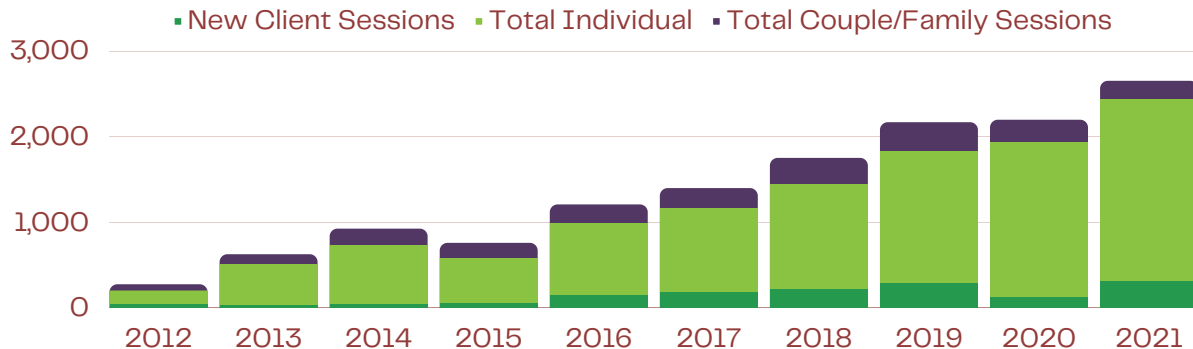


FL TEAM 2022

Fuller Life Family Therapy has grown from two therapists into a team of 8 to 10 providing counseling to a wide range of children, teens, adults, couples, and families.

Our therapists are individuals who are culturally sensitive, ethical, and systemically oriented; committed to clinical excellence.

10 YEARS OF CONTINUOUS GROWTH AS SHOWN BY NUMBER OF SESSIONS PER YEAR

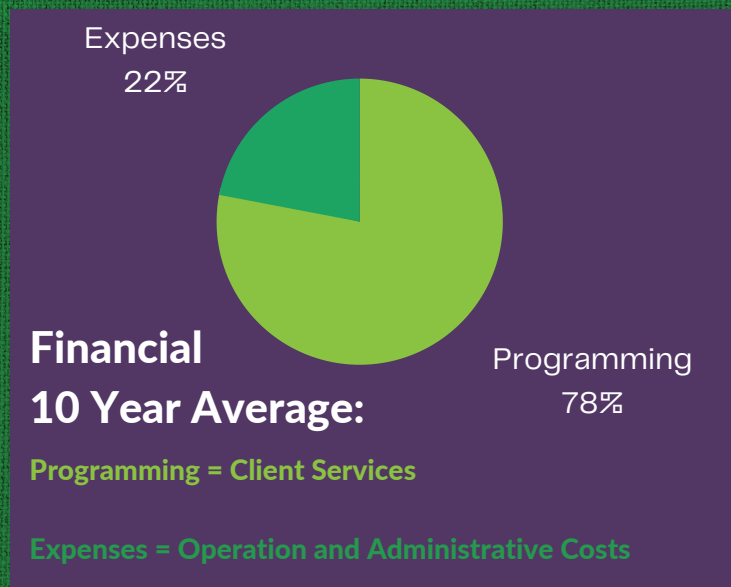
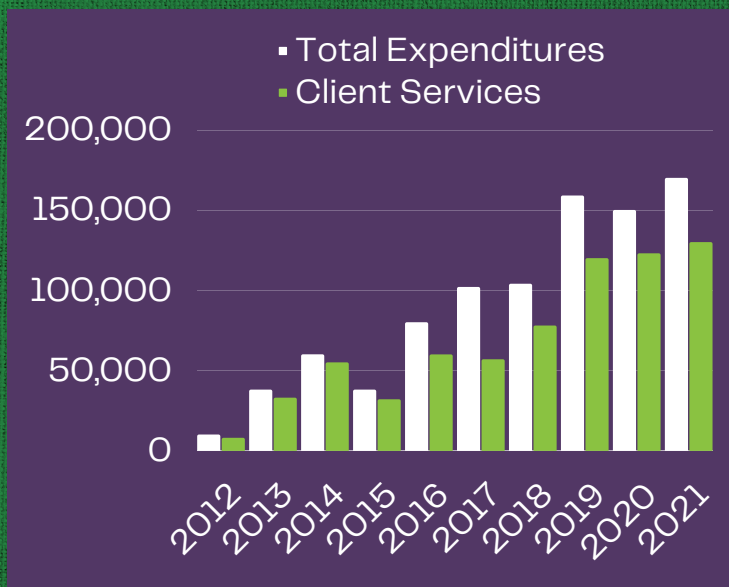


Total - Couple/Family Sessions: 2,167

Total - Individual Sessions: 10,361

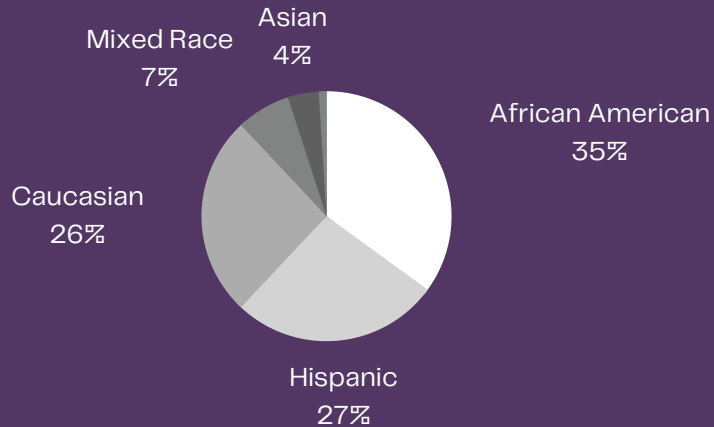
Total - Initial Sessions: 1486

Since 2012 we have offered over 12,000 hours of reduced-fee counseling, and over 600 hours of pro-bono therapy at community partner locations.

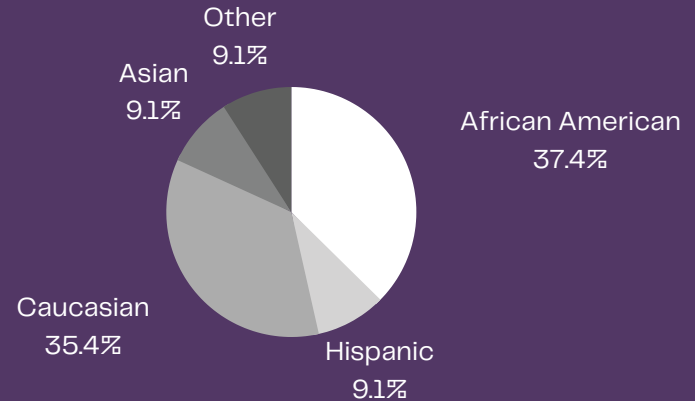


FULLER LIFE AND DIVERSITY, EQUITY, AND INCLUSION

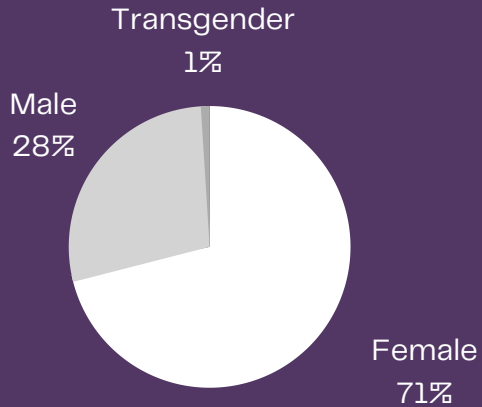
Client Ethnicity



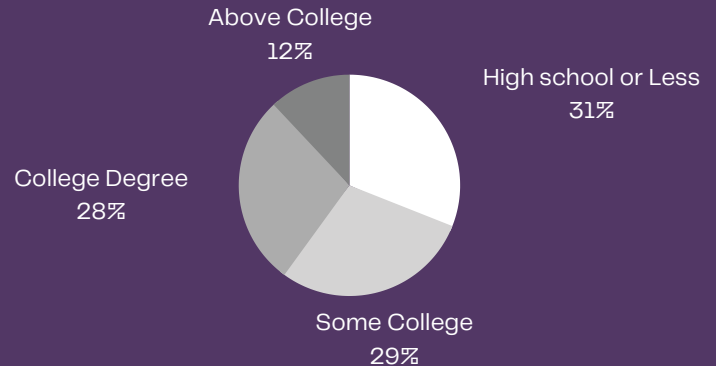
Therapist Ethnicity



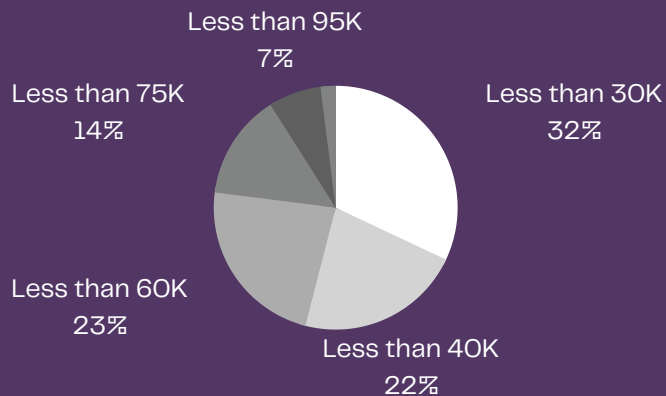
Client Gender



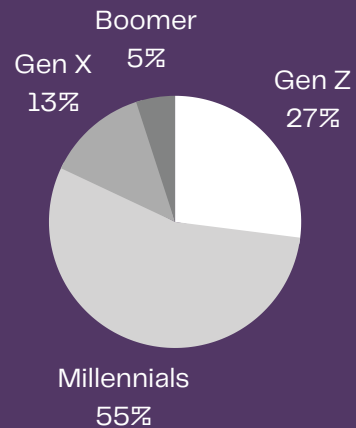
Client Education Level



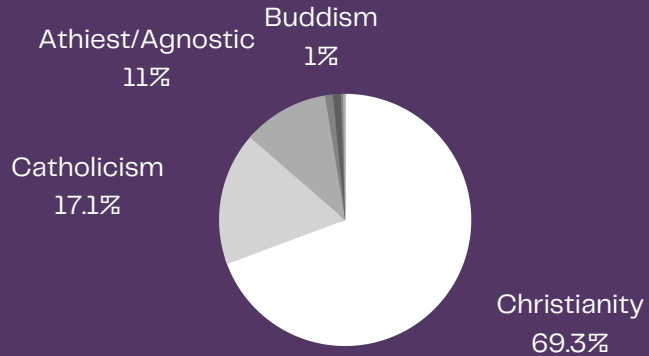
Client Annual Income



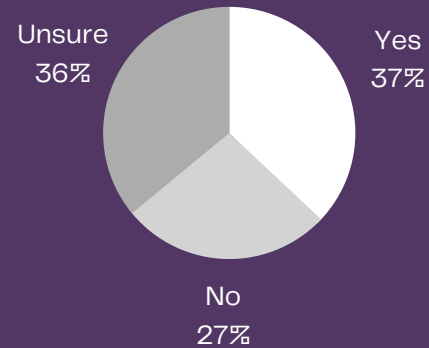
Client Generation



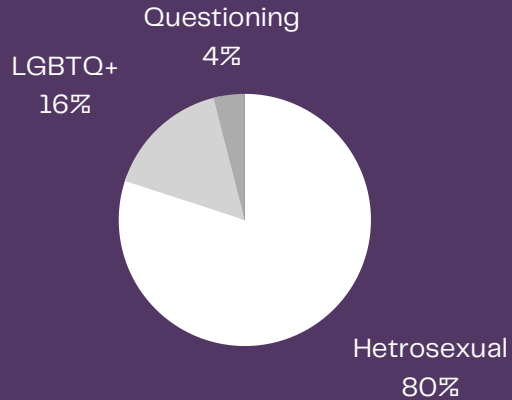
Client Religious Identification



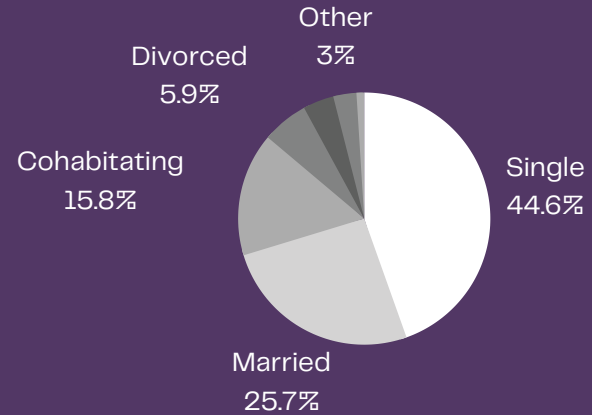
Client answer regarding if they want spirituality to be a part of therapy



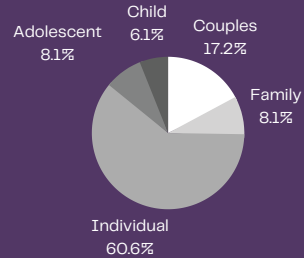
Client Sexual Orientation



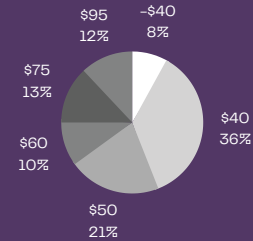
Client Marital Status



Type of Therapy



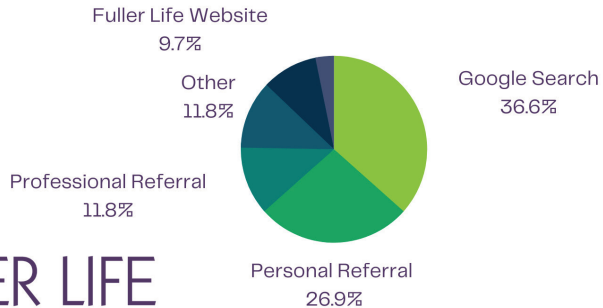
Session Fee as determined by Sliding Scale



How Clients Found Us



FULLER LIFE
Family Therapy Institute



AVERAGE CLIENT ATTENDS 9.5 SESSIONS

10 YEAR HIGHLIGHTS



FIRST FULLER LIFE SESSION
MARCH 12, 2012



MAIN LOCATION OPEN HOUSE
OUR FIRST RESIDENTS: SCOTT RAMPY
AND JENNIFER CHRISTIAN



FOUNDING BOARD OF DIRECTORS



TIM PARKER JOINS AS
CLINICAL SUPERVISOR



ADDED OUR THIRD RESIDENT:
LESLEY MENDONCA



2014 ANNUAL RETREAT



EVENT AT INSTITUTE FOR
SPIRITUALITY AND HEALTH



AAMFT TRAINING 2015



FULLER LIFE TEAM, BOARD AND
FAMILY — NOVEMBER 2015



CRUCIBLE TRAININGS
IN COLORADO 2016



FIRST PRACTICUM STUDENT
TAYLOR KNOX 2015



MANET CASTAÑEDA BECOMES OUR
FIRST OFFICE ADMINISTRATOR



5 YEAR CELEBRATION



ANGELA BLOCKER LMFT
AND SHANI BELL LPC



2018 ANNUAL RETREAT



GRATEFUL FOR THE GET TOGETHER!



FULLER LIFE WEST OPEN HOUSE 2018



FL TEAM 2018



CRUCIBLE TRAINING
IN COLORADO 2019



FULLER LIFE TEAM, BOARD AND
FAMILY — CHRISTMAS 2018



GRADUATES 2021



TEAM TRAINING IN NEW
PRACTICE SOFTWARE 2021



STORYTELLING TRAINING WITH
NATASHA PARADESHI



2022 ANNUAL RETREAT

THE JOURNEY OF A RESIDENT THERAPIST AT FULLER LIFE

ORIENTATION: Upon invitation to join the Fuller life Team, the Resident Therapist spends 3 to 4 weeks in training.



GROUP SUPERVISION

We meet for 1.5 hours each week for group supervision. Therapists rotate presenting a case they are struggling with using raw video data, a case conceptualization write up and a transcript of the clip we watch together. We use role play to help the therapist find effective ways to work with the client.



INDIVIDUAL SUPERVISION

Each resident spends 1.5 hours per week in individual supervision with a clinical supervisor and a co-resident. Each therapist presents a case and we discuss what is happening in the therapy and how the therapist can gain traction to help the client move forward. We make space to support the spiritual growth and personal development of the therapist during individual supervision.



DIDACTIC TRAINING

We spend an hour each week in discussion and learning together. We begin with a spiritual practice and integrate faith into our discussion. Units have included Interpersonal Neurobiology, Systemic Skills of the Therapist, Complex Trauma, Community Networking, Professional Development, Therapy with Diverse Populations, Couples Therapy, Intersection of Theology and Therapy, and Self Care of the Therapist.



SPECIALIZATION

- Over the course of training, a resident will choose 4 to 6 areas of specialization and dive deep into that topic or clinical population to gain a deeper understanding.
- The Resident will read articles, textbooks, or attend workshops related to the topic. At the end of the specialization, they will have completed at least one resource article for our blog.
- They then make a professional presentation to the team on the topic giving them experience in teaching and public speaking.

VALUATIONS

Twice a year we participate in Valuations where we take time to reflect on our mission as an organization, how each person is bringing value to their clients, the team and the organization. We observe and share how we've seen each team member grow over the past 6 months. We are grateful to Dr. Harlene Anderson, a pioneer in the field of Marriage and Family Therapy, for her consultation with this collaborative approach to organizational effectiveness.

PROFESSIONAL PREPARATION

Therapists engage in tasks designed to prepare them for future in a private practice or agency.

NETWORKING

Therapists engage in tasks designed to prepare them for future in a private practice or agency.

TEAM TASK

Team members take ownership of a specific task such as social media, newsletter, or website to prepare them for the business aspects of a therapy practice.

PROFESSIONAL ARTICLE

Our therapists research and write a professional article on their specialization to be posted as a blog on our website.



POST-GRADUATE CERTIFICATE IN MARRIAGE AND FAMILY THERAPY FROM FULLER LIFE

Each spring we participate in a spiritual retreat with our staff, therapists, and board members.



POST GRADUATE CERTIFICATE

After about 2.5 to 3.5 years, a resident will have completed the required 1500 direct client contact hours and 1500 indirect client hours to earn their state license as an LPC or LMFT. They receive a Post-Graduate Certificate in Marriage and Family Therapy from Fuller Life.



LINDSAY PERRY, LPC
FULLER LIFE GRADUATE

I prize being a part of this loving family. I can't think of many other places that have a work environment filled with such love and compassion for one another. Being able to be open and honest while feeling people send love in group supervision is something that is difficult to describe. It's those moments of really sitting with something difficult and seeing the faces of those in the room around you that remind you that God is right there with you in the spirit of your colleagues. In our honesty, we strive to hear, support, and love one another as we all go through the growing pains of this process.

..... VALUATIONS JULY 2019

Simply said, Fuller Life has created the opportunity for me to become a grounded, competent, and skilled therapist. The value is that I'm now seeing it and believing it for myself. I feel competent and prepared to work fully licensed, and that I have something to offer the community. I would not have grown and developed as deeply and meaningfully as I have anywhere else.

..... VALUATIONS JANUARY 2021

OUTCOMES OF INDIVIDUAL THERAPY

The following data is a result of pre-treatment assessments prior to the initial session and follow up assessments prior to the 5th session and 10th sessions for clients from 2021.

After 5 individual sessions, 77% of our clients report their presenting concern is better.



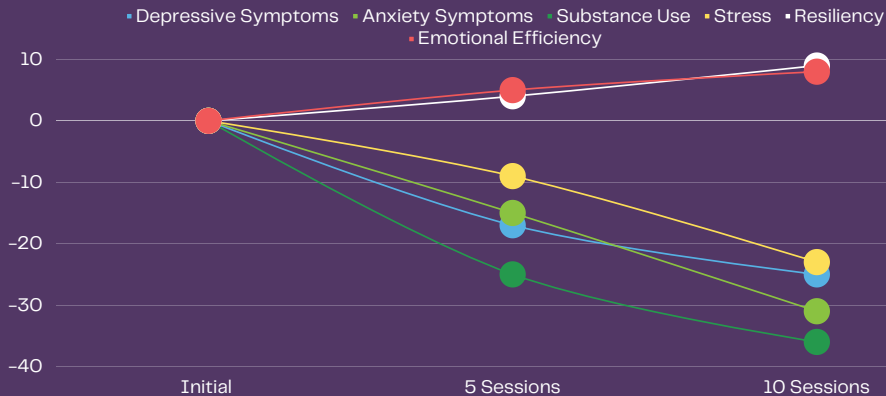
After 10 individual sessions, 90% of our clients report their presenting concern is better.

56% of our clients present with significant risk of Suicide. (SBR-Q, Suicide Behavioral Questionnaire-Revised)

Our clients have an average score of 181 on the Life Stress Inventory indicating a significant amount of life change in the past 6 months (i.e. moving, death, job change, etc.)

Our clients have an average score of 3.3 on the ACES, Adverse Childhood Experiences Scale, where a score of 4 out of 10 indicates a significant history of trauma in childhood representing 12.5% of the population.





After 5 sessions, we see a decline of 25% in the use of **substances** (alcohol, tobacco, recreational drug and marijuana) as reported by clients and a 36% reduction in use of these substances at session 10.

NIDA: National Institute on Drug Alcohol Quick Screening tool

Reported symptoms of **depression** are reduced by 17% at session 5 and 25% at session 10.

PHQ-9: Patient Health Questionnaire (for Depression)

Reported symptoms of **anxiety** are reduced by 15% at session 5 and 31% at session 10.

GAD-7: General Anxiety Disorder-7

Clients report a decrease of 9% in perceived **stress** at session 5 and a decrease of 23% at session 10.

PSS-4: Perceived Stress Scale-4

Clients report a 4% increase in **resilient coping skills** at session 5 and a 9% increase in resilient coping skills at session 10.

BRCS: Brief Resiliency Coping Scale

Emotional Efficiency is the degree to which people can experience a full range of emotions while responding in a contextually adaptive, values consistent manner. Our clients report an increase in emotional efficiency of 5% at session 5 and 8% at session 10.

EES2: Emotional Efficiency Scale

OUTCOMES OF COUPLES THERAPY

Couples self report the following improvements after only 4 sessions of couples therapy

According to the Couple Relationships Scale couples report a improvement to this degree from the 1st session to the 5th session.

- Closeness 14%
- Commitment 30%
- Part of a team 26%

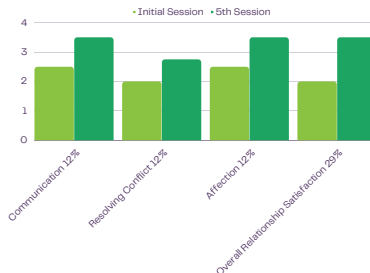
Couples Relationship Scale Change



According to the Relationship Satisfaction Scale couples report a improvement to this degree from the 1st session to the 5th session.

- Communication 12%
- Conflict 12%
- Overall Relationship satisfaction 29%

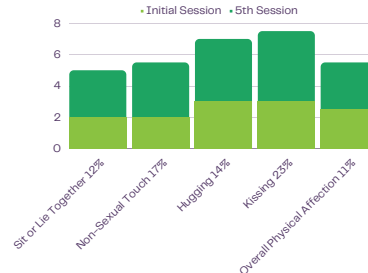
Relationship Satisfaction Scale Change



According to the Physical Affection Scale couples report an increase in frequency of the following behaviors from the 1st session to the 5th session.

- Hugging 14%
- Kissing 23%
- Overall Change in behaviors of Physical Affection: 11%

Physical Affection Scale Change





**MANET CASTANEDA
FULLER LIFE GRADUATE**

I am forever grateful that the organization exists because it has provided me a safe space to grow and learn difficult things. I believe that we fully live out our mission to provide quality training and offer affordable and high-quality therapy to our clients. Being a part of Fuller Life means the world to me because it has helped me achieve my lifelong dream of being a clinician, and it is further propelling me to be the excellent therapist that I long to be.

● ● ● ● ● ● ● ● ● ● VALUATIONS, JULY 2019

I believe that what we do best is offer high quality therapy at a reduced rate. In addition to this, I believe our training is excellent, which provides me with a sense of comfort and peace. I am comforted by knowing that I am getting the best experience possible at this stage of my profession. I believe Fuller Life is strong in team morale, we are pretty united and get along great, and I think this is due to the structure and culture of the organization

● ● ● ● ● ● ● ● ● ● VALUATIONS JULY 2020



**DORMETRA HENRY,
RESIDENT THERAPIST**

Fuller Life is just an amazing place, and it offers therapy to a population of clients that may not normally have the opportunity to attend therapy. I love seeing the different types of clients that come in for therapy and it is just amazing. The mission of offering therapy to all people is definitely working and I can see this through the clientele. Fuller Life is very warm and welcoming to all people and that is a great commodity.

I see the additional education allotted to the therapists as a total benefit to all. All of the clinicians have so many awesome strengths (i.e., art therapy, play therapy and MFT). This is a place that anyone can come to and receive the help that they need.

● ● ● ● ● ● ● ● ● ● VALUATIONS, JANUARY 2018



**TAMARA TATUM, LMFT
FULLER LIFE GRADUATE**

I prized being a member of this team during our recent conversations on racism. I am pleased to be part of a group that values social justice.

I do believe we are meeting our mission even in the midst of a pandemic. I believe our intensive training offers an edge for our group and our clients.

I continue to be inspired by the way we both provide affordable therapy and are also growing excellent clinicians.

● ● ● ● ● ● ● ● ● ● VALUATIONS JULY 2020

OUR GRADUATES



JENNIFER CHRISTIAN, LPC, 2012-2015

Jennifer has a private practice in Houston where she provides Somatic EMDR specializing in trauma, grief, and women's issues.

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SCOTT RAMPY, LMFT, 2012-2015

After Fuller Life, Scott served as a Pastoral Minister at Covenant House and then as a Family Therapist at Menninger. Scott has a private practice in Sugar Land, Texas, Attentive MFT, where he offers professional, personal and systems-informed therapy.

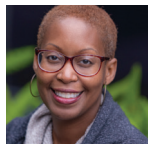
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LESLEY MENDONCA, LPC, LMFT, 2013-2016

After Fuller Life, Lesley was a family therapist at the Kipp School and now serves as a Family Advocate at the Children's Assessment Center in Houston.

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SHANI BELL, LPC, ATR, 2015-2018

Shani is a Registered Art Therapist and helps clients utilize their undiscovered strengths at the Anxiety Center of Houston.

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ANGELA BLOCKER, LMFT, 2015-2018

Angela has a private practice in Houston, Briargrove Family Counseling Center, where she provides relational, trauma-informed, and culturally humble counseling services to individuals, families, and couples.



ELISA SQUIER, LMFT, 2017-2020

Elisa sees couples, children, teens, and individuals with the Connections Family Center in Houston.

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TAMARA TATUM, LMFT, 2017-2021

Tamara Tatum is an LMFT in a group private practice in Cincinnati, Ohio called Learn to Thrive. She also sees clients from Texas virtually.

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MANET CASTANEDA, LPC, 2016-2021

Manet is a victim's services therapist for the Family Services Center of Galveston County and has a part-time private practice in Houston specializing in trauma and sex therapy

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LINDSAY PERRY, LPC, 2018-2021

Lindsay has a private practice in Houston, Grounded in Truth Counseling, where she intentionally holds space for individuals and couples to build resiliency to life's hardships and grow to live more whole, meaningful lives.

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STEPHANIE JORDAN, LPC, 2017-2021

Stephanie has a private practice in Houston, A Better Me Wellness, where she provides individual and couples therapy as well as spiritual direction.

CLIENT SESSION FEEDBACK

Clients rate sessions randomly using the Session Rating Scale by Scott Miller on scale from 1 to 10.



CLIENT TESTIMONIES ABOUT THEIR EXPERIENCE IN THERAPY

"I truly enjoy my therapist. She listens to me and makes me feel comfortable to speak what's on my mind."

— 50-year-old gay Hispanic male coping with grief



"I sometimes feel I'm starting our sessions in an unclear place - just talking and on tangents that feel hard to keep connected. By the end of the sessions, I've had some revelation or made some connection to our work that I hadn't even anticipated. Therapy always feels productive and illuminating with my therapist, so thank you."

— 31 y/o single, African American, female presenting with anxiety

"You are truly helping me to get to the roots of my problems. It has been very helpful and eye opening."

— 30-year-old, married Caucasian Female with history of trauma



"The last session was exactly what I needed. I felt supported throughout the entire session."

— 31-year-old African American single mom



"Best session yet. Really appreciated getting to a deeper emotional level."

— 38-year-old Hispanic gay male presenting for premarital therapy

"I felt so understood. My therapist's compassion felt like a precious gift. So grateful."

— 28-year-old Caucasian female with history of severe trauma

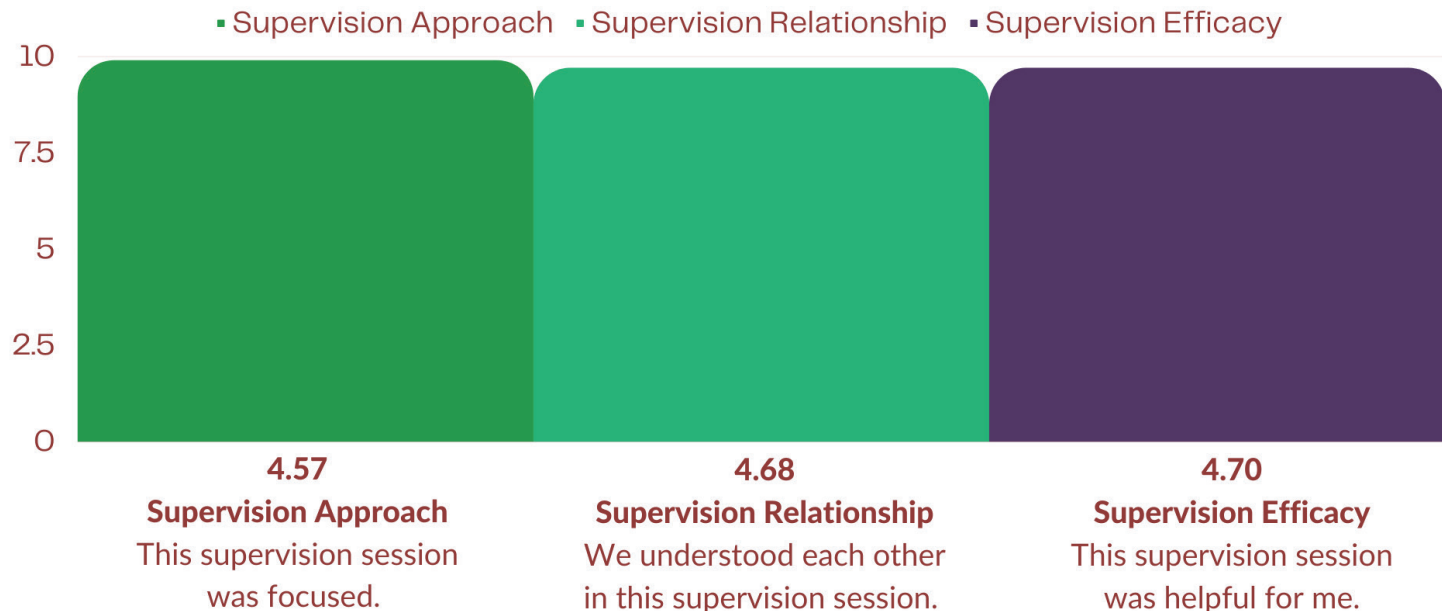


"I am very grateful for all the help you have been extending to us. Reflecting on yesterday's session I can recognize several moments where I'm giving him the answers. Noticing this is a BIG step for me. Thank you for pointing these things out as they come up! I see it now! I need to stick more to me and focus less on his actions. As a couple we are making small steps forward, but this takes time! See you next week!"

— 35-year-old married Hispanic female in couple's therapy

THERAPIST SUPERVISION FEEDBACK

Supervisees rate their experience in supervision on a scale of 1 to 5 after each hour of supervision using the Leeds Alliance in Supervision Scale.



SUPERVISEES ON THEIR EXPERIENCE IN SUPERVISION

"I like the way we were able to connect and understand each other. Thank you for actively listening to me to help my development as a therapist!"

— Chantail Green

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"Enjoyed the process of being able to articulate a real moment of meeting with myself and having the space to process it in supervision."

— Stephanie Jordan

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"Great feedback from just a short video. It will be helpful for the next session as I strive to ensure we have agreement in how she would like to use her time in individual therapy."

— Jayda Washington

"The group supervision was extremely helpful in helping me see what I am dealing with in regard to this family, both individually and as a whole. It is a lot to take in, but it will be extremely helpful to me in being able to have a better handle on the family and the sessions."

— Dormetra Henry

.....

"The group supervision was extremely helpful in helping me see what I am dealing with in regard to this family, both individually and as a whole. It is a lot to take in, but it will be extremely helpful to me in being able to have a better handle on the family and the sessions."

— Dormetra Henry

.....

"The techniques discussed were extremely helpful so that I can have a better handle on the family in therapy."

— Dormetra Henry

"Dr. Fuller gave me sound suggestions that I will use in my future sessions with the client. She helped me change my feelings of irritation into a more understanding approach that will not only benefit the client but also myself."

— Alana Cotton

.....

"Really appreciated the different approach during group supervision where all the therapists came up with a conceptualization for the case. It really helped me see the sides of the client that I was struggling to see, and how my conceptualization was shallow compared to the others. It really helped me think deeper about what I was questioning and seeing."

Jayda Washington

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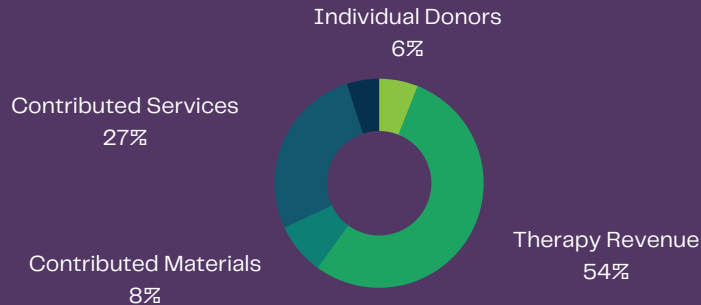
"Very helpful tools for working with children in the virtual space."

— Jayda Washington

2021 FINANCIAL ANALYTICS

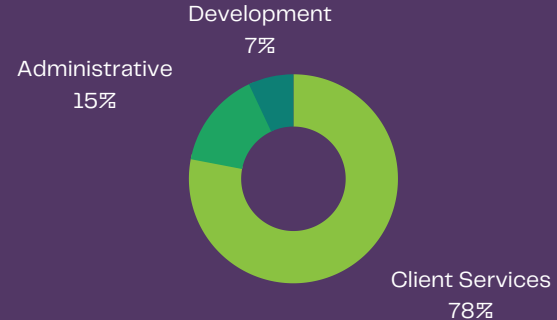
2021 Total Revenue

\$243,886



2021 Total Expenditures

\$166,593





THE 2022 FULLER LIFE TEAM

FOUNDING BOARD MEMBERS

- PHIL RICE
- KATHLEEN STRAKER
- BETH WADE
- MARTHA HAUN
- JENNIFER CHRISTIAN
- TIM PARKER
- AMY FULLER

RESIDENT THERAPISTS

- Chantail Green, M.MFT, LPC Associate
- Dormetra Henry, M.MFT, LPC Associate
- Harold Gibson, MA, LPC Associate
- Jayda Washington, MA, LPC Associate
- Riya Roney, MA, LPC Associate

STUDENT THERAPISTS

- Alana Cotton, Abilene Christian University MMFT Student
- Magdalena Escobar, Lamar University Master's in Counseling Student

FACULTY

- Dr. Amy Fuller, LMFT-S, LPC-S, CST, Clinical Director
- Dr. Timothy Parker, LMFT-S, Clinical Supervisor

BOARD OF DIRECTORS

- Dr. Amy Fuller
- Michelle Benning
- Kathy Straker

ADMINISTRATION

- Margarita Castaneda, Office Administrator

OUR ASSISTANCE THERAPY PARTNERS



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We provide therapy services to our therapy assistant partnerships organizations based on a customized agreement.
Learn more about the therapy Partnership: FullerLifeFamilyTherapy.org/tapp/

“FULLER LIFE” PARTNERSHIP

DO YOU WISH YOUR TEAM OR ORGANIZATION HAD MENTAL HEALTH SUPPORT?

8 in 10 employees report that the pandemic has negatively impacted their mental health. Yet, the topic of mental illness remains overlooked in the workplace due to stigma, shame, denial, and fear of backlash.

This growing mental health crisis is not only harming the health of your staff, team or volunteers — it's also hurting your organization.

A PARTNERSHIP WITH FULLER LIFE CAN HELP

Our **Therapy Assistance Partnership Program**, like an EAP, Employee Assistance Program, is designed to offer short-term counseling or long-term therapy services, for personal issues, to members affiliated with your organization.

We customize the partnership specifically to your organizational needs, offering fixed rates and a set number of sessions for eligible members.

LEARN MORE at **FullerLifeFamilyTherapy.org/tapp/**

Contact Jayda Washington, our Director of Community Outreach, for more information at **Jayda@FullerLifeFamilyTherapy.org**, or by phone at **832.648.3576**

MENTAL HEALTH TIPS

Fuller Life has spent the last 10 years creating online content to promote mental, relational, spiritual, and emotional health by writing professional articles with resources and mental health tips.

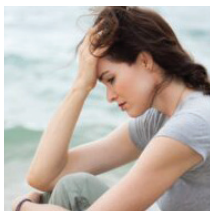
We've produced 180 professionally written online articles with therapist approved tips and information written by our therapists. Our blogs go through a 3-step editing process with our star board member and professional author, Kathy Straker. This process provides valuable information to the community and provides experience with professional writing and marketing to our resident therapists.

Since 2013, we've had over 185,000 visitors to our site. We share our blogs on social media and post them on our curated Scoop It! Topic pages and send them out in our monthly wellness tip emails.

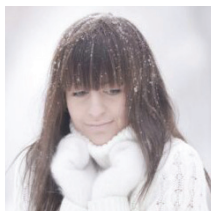
WANT TO GET
OUR TIPS FOR A
"FULLER LIFE?"



SIGN UP HERE



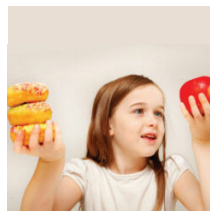
5 Questions People
Who Might Have
Major Depression Ask
Themselves



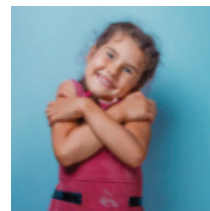
Is it Okay to Feel Sad
Over the Holidays?



Are These 5 Forms of
Manipulation in Your
Relationship?



Enjoy the foods you
love AND be healthy:
Mindful eating



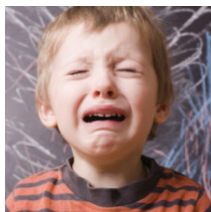
How Often do you
Care for Yourself?



You find Drugs
in Your Teen's
Room – Now What?



The Body and
Trauma: From Frozen
Fully Living



How to Connect with
Your Child When You
Swear He's Lost it



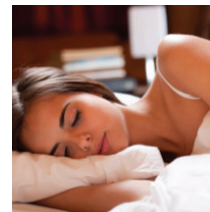
Intimacy – One Step
at a Time



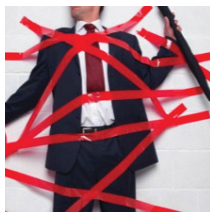
Covered Red: How to
Brain Uses Anger to
Hide Pain



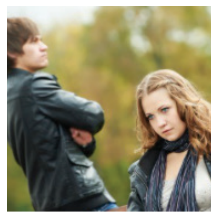
Get Better at Sex and
Get Better at Life



Keys to a Good
Night's Sleep



Three Simple Ways to
Get Yourself Unstuck



Anger and
Relationships



How Samantha Used
Self-Talk to Turn Her
Anxiety Around



Mindfully Weather-
ing the Storm with
R.A.I.N



When African
Americans Grieve

AREAS OF NEED

FINANCIAL SUSTAINABILITY

Sustainability is key to providing therapy to those who may struggle to afford it. We rely on a generous community of givers who care that everyone has access to mental health care.

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HERE'S HOW YOU CAN HELP

- 1 Donate** – Give a one-time or monthly gift to ensure that we can continue to provide beneficial therapy at rates affordable to anyone
- 2 Share** – Talk about our services in person or on social media. You never know who may be suffering silently but wants therapy to help them navigate their life challenges
- 3 Invite** – Take your giving a step further by inviting your friends and family to also become mental health care advocates by donating to Fuller Life Family Therapy Institute

ORGANIZATIONAL LEADERSHIP

We are in process of growing our Board of Directors with individuals who have a heart for our mission.

OUR STRATEGIC PLAN

We are in year 3 of a 5-year strategic plan.

OBJECTIVE 1: MEASURED CLINICAL EXCELLENCE

Our first objective to measure outcomes of clinical excellence was implemented in 2020 and 2021 as shown in this 10-year impact report.

OBJECTIVE 2: BUILD FINANCIAL SUSTAINABILITY

We hope to increase our monthly revenue from 12,000 to 20,000 with additional funding from donors or foundations and by growing the number of therapists to 10 and number of sessions per month to 500.

OBJECTIVE 3: GROW ORGANIZATIONAL LEADERSHIP

Our aim is to secure funding to hire an Executive Director to drive the strategic agenda forward AND grow our board of directors from 4 to 9 by the end of 2024.

OBJECTIVE 4: BRAND AWARENESS AND COMMUNITY ENGAGEMENT

We have established a Story Brand for clients, therapists, and donors which we now rely on in all organizational communications. We aim to establish an additional 5 Therapy Assistance Partnerships by 2023.

Interested in joining our team?

Contact us at Info@FullerLifeFamilyTherapy.org

MAKE MENTAL HEALTH AFFORDABLE



BE A FULLER LIFE GEM



Join our generous community of Fuller Life GEMs! Our GEMs Give Every Month and are the backbone of our ability to provide therapy services to all people regardless of their ability to pay.

FullerLifeFamilyTherapy.org/Partner/



SPONSORS



Menorah Films is a production company based in Houston, Texas. We are passionate about creating and generating content by capturing life in its fullness. In addition to being enthusiastic about imprinting those forever-moments, we are committed to presenting your visuals through the art of modern yet nostalgic design. Executing the project begins with the client's specific ideas. Bringing the client's dream into life looks like working together to construct the right aesthetic and vignette to establish the final product.

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VIDEOGRAPHY

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REVENUE



MAXIMIZE
IMPACT



BRING YOUR
MISSION TO LIFE



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organizations change lives
through strategic marketing.

*Thank you Fuller Life Family
Therapy Institute for 10 years
of making mental health care
affordable in Houston!*

SCHEDULE A FREE WEBSITE REVIEW TODAY AT



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info@solace.media



Amy Fuller PhD

Amy walks alongside brave and courageous individuals and couples as they strive to become better than they are, overcome what they feel overwhelmed by, become who they dare dream of becoming, and develop the strength to love well. With a Doctor of Philosophy (PHD) and Masters degree in marriage and family therapy, Amy specializes in couples and sex therapy, trauma and depression in Houston, Texas with over 25 years experience in the field of mental health. A differentiation based therapist, Amy utilizes the Sexual Crucible approach to therapy developed by Dr. David Schnarch. Amy is also a Certified Sex Therapist and a Certified Spiritual Director.

CONTACT

Email | Amy@AmyFullerPhd.com

Phone | 832.848.0870

Website | AmyFullerPhd.com

Social Media



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- 3 Mind Management**
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 [Linkedin.com/Company/Vital-Study-Skills](https://www.linkedin.com/company/Vital-Study-Skills)

Manet Castaneda LPC

Manet is a Bilingual English and Spanish Speaking Therapist. Her passion is to walk with couples and individuals who are suffering at various moments of their lives. Her area of focus is in couples and individual therapy. She walks with each client as they grow and develop into healthier and happier couples and individuals. She is committed to approaching each therapeutic relationship with compassion, respect and to encourage an environment that is growth promoting and safe for all her clients.



CONTACT

Email | Info@ManetCastanedaLPC.com

Phone | 832.673.5290

Website | ManetCastanedaLPC.com

SPEAKERS



STEPHANIE JORDAN
THERAPIST

I am dedicated to speaking tough truths to clients so that they can then choose to self-confront and begin to build integrity with themselves to become a better human being. You get better, because YOU want it! That is my professional commitment to every client.

.....



JAQUIA ABREU
Author

Your emotions or moods do not define you, only you can define you. You are not a label. You are a person that matters despite what you have gone through or are going through.

.....

GullyThoughts



FULLER LIFE

Family Therapy Institute

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Phone | 855.245.5433

Website | FullerLifeFamilyTherapy.org

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10333 Harwin Dr. Suite 375D, Houston, Texas 77036

