



# Center for Community Counseling

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541.344.0620



SPRING 2024 NEWSLETTER

TRANSFORMING LIVES & HEALING RELATIONSHIPS

## Dueling Pianos raises \$33,000 for CCC

Our Dueling Pianos fundraiser was a tremendous success! With a sold-out crowd, the event raised an incredible \$33,000, all of which will go towards supporting our important cause. The evening was filled with excitement and entertainment as our talented piano players, Scott Lyles and Jacob Daniel, took center stage. Their energetic performances had everyone on their feet, dancing and singing along to the lively tunes. Our fabulous volunteers helped make our Dueling Pianos fundraiser a smash! Your commitment to our cause is truly commendable, and we look forward to your continued support in our future endeavors.



*Clinical Manager Nasim Talebreza-May and Executive Director Deborah Saunders*



*Performers Jacob Daniel and Scott Lyles.*



*Volunteer supervisor and clinician Leora White.*



*Intern Whitney Whiting and event organizer Romelle Renner.*



## Ask Nasim

**I know I should be excited for Spring, but I am too stressed out by work, inflation, the pandemic, politics and other world events to think of anything else! How can I manage this stress so I can find moments to enjoy my life?**

*Signed, Stressed in Springfield*



*Nasim  
Talebreza-May*

Dear Stressed,

There are so many tragedies and personal challenges in the world that it is hard not to feel overwhelmed. Our lives are full of stressors, whether on a societal level or on a personal one. The pervasiveness of these challenges has led to April being recognized as Stress Awareness Month. The National Institute of Health (NIH) acknowledges this month by sharing surveys and resources on their website to help you assess the level of stressors in your life and develop skills to manage the feelings of dread and anxiety that often accompany stress.

Research shows that stress is a key factor in the abuse and neglect of both children and older adults and it plays a big role in intimate partner violence. Even when violence is not the extreme outcome, stress can lead us to be less present and responsive to our loved ones. It can also negatively impact our health and longevity and sometimes lead to the use of various substances to ease feelings of anxiety. The good news is, there are things that can be done to reduce one's level of stress, depending on the resources and freedom we have to disengage from stressful situations.

In regard to global fears, regulating our exposure to news and social media is an important step in reducing our stress levels. We do not need to be ignorant to the major issues facing our world, however, regulating when and how often we take in the constant stream of news updates can be helpful in managing our panic and anxiety.

The CDC also has a list of skills and habits individuals can develop to better cope with stressful situations. Some have reevaluated their lives based on a movement that encourages us to "stop the glorification of busy," and refocus more of our time on building relationships and caring for ourselves. The most individualized approach, however, is through engaging in counseling to better understand the effects of stress on our lives and find new and healthier ways to cope. If you need support, please call CCC at 541-344-0620 and we can connect you with services that can help.

## Dear Debbie

**How can CCC offer such low-cost services? How exactly is CCC funded??**

*Signed, Curious in Creswell*



*Deborah Saunders*

Dear Curious,

Thank you for this great question! Maintaining a strong financial foundation is crucial for us to continue making a positive impact in the lives of those we serve. To give you a better understanding of our fundraising efforts, we are pleased to provide you with some insights into our financials. Our annual budget is approximately \$283,000, which allows us to carry out our vital programs. Of this budget, around \$150,000 is generated through grants that we receive from various organizations. These grants play a significant role in supporting our work, and we are grateful for the partnerships we have established. The remainder of our funding comes from individual donors, fundraising events and client fees which are sliding-scale based. Without the support of our incredible community of individual donors, we would not be able to fulfill our mission.

These generous individuals contribute to our cause through our newsletters, appeals, and unsolicited donations. Our newsletters are a powerful tool for engaging our supporters and keeping them informed about our work. We regularly share updates, success stories, and upcoming events through this medium. In addition to our newsletters, we conduct summer and fall appeals, during which we reach out to our community and request their support. These appeals allow us to connect with both existing and new donors, creating opportunities for them to contribute to our cause. Lastly, our end-of-the-year appeal is a significant fundraising effort that helps us bridge any remaining financial gaps. This appeal is especially important as it provides us with the necessary resources to continue our work into the following year.

We are grateful for the continuous support we receive from our individual donors! Their contributions, both big and small, make a tremendous difference in our ability to carry out our mission. We hope this article has shed some light on how we raise money to support our work. If you have any further questions or would like more information, please do not hesitate to reach out to us. Together, we can continue making a positive impact in our community.



# Intern Spotlight

This Spring, we want to recognize one of our graduating interns, Zoza Oberle, who has gone above and beyond to provide additional support and service to our clients. When asked about her internship at CCC, she shared that the experience has afforded her profound personal and professional growth.



Zoza Oberle

*"From contributing to Project Impact and volunteering at the Dueling Pianos fundraiser, to providing skills building courses, individual counseling, and case management, I have never before been so challenged while simultaneously inspired as I was by my clients and their resilience in the face of adversity. Working with clients on their self-determined, self-defined, and fluid journeys has been a humbling process, to say the least."*

Zoza's knowledge of complicated systems of support as well as the connections she made with local, county, and state resources allowed her to assist many of our clients with no-cost case management services. Helping clients get their basic needs met allowed them to spend their time in the therapy room focusing on their personal work.

Intern, Valina Jacksonberger, shared, *"Oftentimes, mental health counseling is stymied because of a client's lack of access to resources. Zoza's case management bridged the gap and*

*empowered our clients to access the support they needed outside of the counseling room. Her breadth of knowledge has provided client's with hope that support is out there."*

Graduating intern, Whitney Whiting, also shared her thoughts about Zoza's work with her clients: *"The case management services Zoza has provided and the care and dedication she pours into her work has meant so much to my clients as my internship has come to an end. Zoza's services have not only helped clients navigate complex systems and access necessary resources, they have also provided a continuity of care that has eased the transition of no longer receiving individual counseling. I believe that for many clients, the services Zoza has provided have significantly contributed to their healing journey."*

Zoza's work has impacted not only our clients, but volunteers and staff as well. As she prepares to leave CCC, she continues to serve our clients by providing a list of resources and guides that future interns can use to assist those who turn to CCC for support.

When asked her final thoughts about her time at CCC, Zoza said, *"I'm incredibly grateful for the opportunities provided by the Center for Community Counseling and the lessons from my clients about empathy, humility, resilience, and what it means to be human."*

We wish Zoza the best in her future endeavors as she continues to make a difference in the lives of our community members.

## Project Impact

In 2023, CCC staff, volunteers, and Representatives of the Board of Directors, participated in a research project with the support of the PacificSource Foundation for Health Improvement and Dialogues in Action, to better understand the impact of our services on our clients.

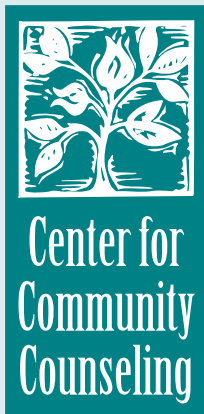
This research focused on our individual counseling program, which provides counseling to approximately 110 clients a year. Clients are seen by Oregon licensed counselors and social workers as well as student interns. Services are provided online or in person, in order to reduce barriers to access for clients. In conducting an evaluation of impact, we sought to understand whether our mission of transforming lives and healing relationships is actualized through our counseling program. Through our interviews we discovered:

- **Therapy increases self-awareness.** Clients reported that they feel more capable in addressing the challenges in their lives by uncovering inner strength that they may not have known prior to therapy.
- **Clients are developing a balance of skills and personal insights that contribute to improved functioning and long-lasting change.** CCC's therapeutic services honor the complexity of the human being by developing both skills for self-regulation and

developing insight for self-understanding.

- **Through therapy, clients recognize when a relationship is healthy and grow in their ability to set boundaries.** Therapy helps our clients evaluate their relationships with their family, friends, and community so that they can deepen healthy relationships and separate themselves from harmful ones.
- **A stronger sense of self brings new hope for the future.** Hope for the future was a consistent theme in the interviews. Clients reported learning how to feel more fully instead of just seeking to feel better in the moment.
- **The Center for Community Counseling's current model of providing services creates accessibility; however, more therapists are needed to meet the diverse needs of the community.** Those interviewed expressed appreciation for the high quality of therapeutic interactions they experienced. The data regarding those who were referred out due to a lack of providers were not captured in this project, but we know that additional volunteer counselors can help make an even larger impact on our community.

If you or someone you know is interested in becoming a volunteer counselor with CCC, please call us at 541-344-0620 or email our Clinical Program Manager at [Nasim@ccc Eugene.org](mailto:Nasim@ccc Eugene.org).



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## Staff

Deborah Saunders, Executive Director, [debbie@ccceugene.org](mailto:debbie@ccceugene.org)  
Nasim Talebreza-May, Clinical Program Manager, [nasim@ccceugene.org](mailto:nasim@ccceugene.org)  
Antoinette M., Clinical Program Coordinator, [antoinette@ccceugene.org](mailto:antoinette@ccceugene.org)  
Romelle Renner, Administrative Assistant, [romelle@ccceugene.org](mailto:romelle@ccceugene.org)  
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