

Organization: Restoration Place Ministries, Inc**County:** Guilford**Address:** P.O. Box 35932
Greensboro, N.C. 27425**Phone:** 336-508-8573**Website:** <http://restorationplaceministries.org/>**Project:** Educational Sessions Addressing Mental Health*****Below are excerpts from their final report*****

About the Project: The funding received by N.C. Healthy Start Foundation was focused on expanding services in the counseling program of offering significantly reduced fees for women in need. The purpose of Restoration Place Ministries, Inc is to provide affordable, low-cost, gender-specific counseling, and support services to women in Guilford County (and the surrounding areas). For women with limited support and resources, finding help can be an overwhelming challenge. Industry standard fees for one individual counseling session averages \$100. The National Mental Health Association reports that access to affordable healthcare directly affects depression and suicide rates. Restoration Place Ministries (RPM) has chosen to offer a significantly reduced sliding fee scale for its clients, with each client paying an average of only \$25 per session. By offering affordable, low-cost counseling, RPM offers a place where women receive the help they need. Currently, there are approximately 31 women seeking weekly one-on-one counseling sessions with Cindy Mondello, founder of Restoration Place Ministries.

The demographics of the current clientele are as follows:

Average Age: 30 years old

Presenting Problem:

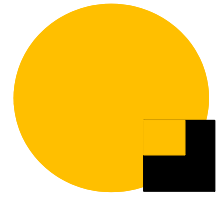
Depression/Anxiety-61%, Family/Relationships-16%, Addiction/Abuse-13%, Other-5%,

Race: Caucasian-25, Black-4, Hispanic-1

Average Fee Per One-Hour Session: \$26

Successes: This grant has made a huge difference to the people we serve. I could try to explain it in my own words, but I believe the words of the actual clients give a much better picture of the changes occurring at Restoration Place Ministries. Without funding such as the N.C. Healthy Start grant, we would be unable to offer counseling for these women at such affordable prices.

“Thank you for your wisdom, your prayers and your encouragement in recent weeks. I'm beginning to feel a peace I haven't felt in a very long time.” – 37 year old divorced mom



"I think Restoration Place Ministries is a great organization and I appreciate the low cost quality guidance that is offered." – 29 year old woman

"I always felt comforted and safe and knew I was being cared for by (my counselor)." – 30 year old woman

"I just had to say thank you for all you have done for me as well as my children. You have been such a blessing to us. You have to know that you contacted me with 'Family Rules' at the perfect time (God's timing of course)! I must admit that I really did not have the energy to move forward, but you pushed me to do what I had to do and I really do appreciate it! It is tough to stay consistent but I'm working on it. You have been such a blessing to me!" – 45 year old divorced mother of three

"The thing I like best about Restoration Place Ministries is the quality of service that I receive and the low cost. It makes the help I need accessible to me when otherwise I could not afford it." – 31 year old woman

"Restoration Place is friendly and caring; a good environment to help you open up and work through problems." – 26 year old woman