

Annual Report

FY 2020-2021



Walter'sWalk
...a caring path to wellness

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2021 STAFF



ANDREW JOVANOVIC



CARRIE GARDNER



DANIELLE FRAZIER



ELIZABETH EADES



FERN FERGUSON BUSH



JEAN MORETTO



JERAMINE WATSON



JULIA DOOLEY



KREN HARMON



LAURA VALLEY



LES OLSON



LOU FAGGETTI



MARIE DIXON



NICOLE GRIFFIN



SHALA TAYLOR



TAMMY TELLEZ

2021 STAFF



TERRI AUSTIN



AMANDA MARLEN



ANDREA JACKSON



AUBREY CANNON



BRITTNEY BROWN



CARISSA RUPP



DANA LAIRD



GABBY FRANCISCO



HANNAH CROSSETT



JEN ESPENSCHIED



JENNIFER REED



SAM RANCK



TAMARA MOORE



WILL COLLINS



ERIKA GERDINE



HEATHER FROST

CURRENT STAFF



CORI KASLIN



SAM LECOINTRE



SARAH PRESLEY-PATRICK



STEPHEN STEWART



BILL BUSH



PATTI ALVAREZ



STEVE GIVENS



JUSTESS VIEHMAN



JEFFERSON HULBERT

BOARD OF DIRECTORS



JEAN MORETTO
Executive Director



JOHN GROSS
Chairman



SCOTT J ARBAUGH
Vice Chair



MICHAEL REYNOLDS
Treasurer



LAURIE FURMAN
Secretary



LAURA LONG
Board Member



KATHY VAN VOORHEES
Board Member



MICHAEL KOEING
Board Member



STEPHANIE KOENIG
Board Member



VENUZ MARTZ
Board Member



JULIA DOOLEY
Board Member



MICHAEL RICHARDSON
Board Member



TESTIMONIALS

As an organization, Walter's Walk values the input from members of our staff, clients and the public. Due to the pandemic, we were unable to collect client testimonials this year. Rather, we asked our interns for feedback. We value this feedback because Walter's Walk is committed to fostering collaborations and growth with our interns, and we want to ensure we are always achieving that goal.

CARISSA RUPP

"My internship with Walter's Walk provided me with valuable counseling experience, including a wide variety of clients with different issues, concerns, and often complicated diagnoses; insightful information about expanding my skills and growing as a counselor; and empathetic supervision, guidance and support. The team at Walter's Walk has set me up for success as I begin my journey as a counselor. It has been my honor to be a part of a wonderful organization with a powerful mission."

HEATHER FROST

"It can be scary starting at a new place for work for your internship. The unknowns of how alone or included you will be, the amount of resources of which will be shared with you, guidance or lack thereof, and whether the mission will speak to your heart. Walter's Walk has put all of the pieces together for me as I am ending my journey in school. The experience has been a true blessing in my life both professionally and personally. Its true that the counselors have formed a family. Everyone in this agency is accessible and willing to give their time for observation, resources, and even advice. The halls are filled with warmth as you pass one another with clients, and its clear we're living the same mission in life. Walter's Walk is special because not only do we offer a space lace for first responders, but we offer services to anyone regardless of the ability to pay. I have been working with a lot of families during my time here, and without Walter's Walk, my clients would not have access to professionals willing and able to walk beside them in their time of need. I am happy to say, I will continue on with Walter's Walk after graduation, and look forward to where this road will take me."



MISSION AND VISION

OUR MISSION

Walter's Walk is a not-for-profit 501(c)(3) counseling organization that supports the community by providing integrated mental health services to children and adults who have experienced trauma, depression, and anxiety, regardless of their ability to pay. All our providers are committed to the wellness of the community by serving those in need.

OUR VISION

Walter's Walk is dedicated to providing psychological and emotional support to each and every individual in the Greater Saint Louis Area, who comes to us, regardless of their ability to pay and to using a strength-based approach to solve mental health issues in tandem with the community.

HOW TO SUPPORT US

When someone supports Walter's Walk, they are helping provide therapy sessions to our clients who are unable to pay for them. There are many ways to join and support us. The first way we raise funds is by hosting a variety of fundraising events. Our events include a trivia night with raffle baskets for sale, 5K Race, Popcorn sale fundraiser, and concerts. We also sell crocheted items in the winter such as hats, scarves, and headbands. We participate in AmazonSmile, so we encourage people to choose us as the charity of choice when shopping on Amazon.

We also always accept direct donations on PayPal or by mailing a check. There are many businesses who will match their employees dollar amount when making a donation. We also always appreciate volunteers for our events, Facebook "Likes" and "Shares", and also by spreading the word about our nonprofit!



WORD FROM OUR EXECUTIVE DIRECTOR

WALTER'S WALK CONTINUES TO GROW!

Walter's Walk was founded in 2010 and has maintained consistent and steady growth. We continue to provide excellent care to those who come to us, who do not have the ability to pay or have access to health insurance. We are working hard at increasing our staff and funding to be able to meet the mental health needs of our community.

My father, Walter, who is our namesake and inspired our mission, died in 2005. He would be proud of how far we have come in a short period of time. No doubt he would remind us to keep our heads down and concentrate on the most important things, noting that with faith, the rest will follow. His daily example of how to treat others with kindness, dignity and respect are the signposts we continue to be guided by at Walter's Walk.

As we close out this fiscal year, we reflect on how we were impacted by the pandemic. Thankfully we did not have to shut down completely. Clinicians trained quickly in providing telehealth services and we were able to continue counseling services. We also had an increase in people coming to us due to the stress of COVID-19. Requests for services during this fiscal year increased by 40%. We ended the fiscal year by returning to face-to-face counseling as well as continuing with telehealth.

Thanks to our team of professional staff, I'm confident the services we provide will continue to meet the needs of all who come to us. We also attribute our success to the guidance and outside perspectives from the Walter's Walk Board of Directors. Thanks to them, we are continuing to grow and improve the way we do business and attract outside funders who understand and want to support our mission.

I'm personally so proud to see Walter's Walk becoming the place we dreamed it could be — a place where individuals can receive the professional help they need to allow for self-growth to a become healthier, happier and more fully functioning person. I'm looking forward to another year of growth where we will focus on sustainability.

Dr. Jean Moretto
Executive Director
PhD LPC
EDMRIA & EDMR HAP Improved Consultant



A MESSAGE FROM THE CHAIRMAN

*SO MUCH HAS BEEN ACCOMPLISHED, SO MUCH
MORE TO BE ACHIEVED!*

Walter's Walk is a valuable health and wellness provider in the greater St. Louis area, and it has experienced tremendous growth in quality and quantity of the services it provides over the past four years. Stemming from the gifts and vision of its Executive Director & Founder Jean Moretto, Walter's Walk and its many professional caregivers and therapists provide many North County residents a safe place to get better.

The mission of Walter's Walk — to promote psychological and emotional wellness through a team of dedicated and qualified professionals and provide quality care to children and adults regardless of their ability to pay — is a noble one but one that requires the help of generous individuals, corporations, and foundations. We have a talented, professional staff that is passionate to the needs of our community and finding caring partners who see the value of our mission can move our cause forward!

In today's climate of rising health costs, we know that that many individuals face an uphill climb when it comes to finding affordable and adequate psychological and emotional care. As these individuals and families face these obstacles, their root illnesses and issues often go untreated. This is why Walter's Walk exists, and it is our greatest hope that we can continue to offer these needed services for many years to come and to a growing number of people who are in most need of our help.

With your help, Walter's Walk will be able to continue to grow and prosper. I hope you will consider making a financial contribution or, more importantly, helping us spread the word to friends and corporate and foundational funders who might be in the position to help us grow the dream of Walter's Walk. For more information on giving opportunities, please call Executive Director Jean Moretto at 314-731-2433, mail a check to: Walter's Walk, 737 Dunn Road, Hazelwood, MO 63042 or use Pay Pal on our web site www.walterswalk.com.

Thank you for your consideration and help,

John C Gross III
CEO
J.C. Gross Agency Inc.



CURRENT SERVICES

We continue to offer a wide variety of treatment options to the community. Our main service is counseling, where our counselors provide different treatment approaches and specializations such as psychotherapy, Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization & Reprocessing (EDMR) and Play Therapy, to individuals, couples, children and families. Including no out of pocket expense for First Responders, Veterans and their families.

We also host group therapy sessions where individuals have a safe space to discuss their feelings and connect with others who are also facing the same challenges. Our group therapy sessions offer effective strategies to cope as well as provide support and encouragement. Examples of groups include, Anxiety Support Group, Youth Grief Group, and Relaxing Staycation. Due to COVID-19 we are currently holding virtual support groups via telehealth.

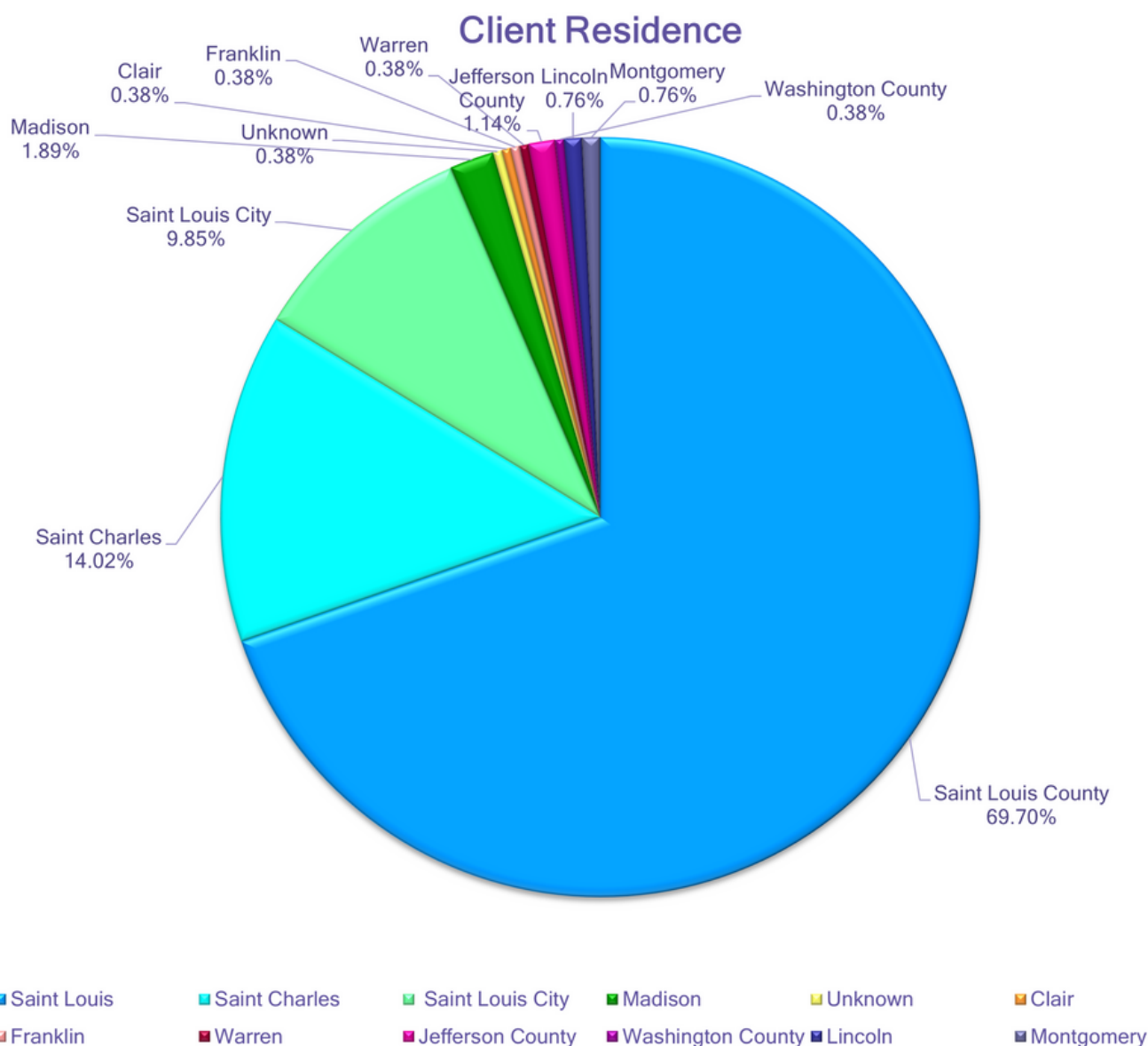
Walter's Walk provides an integrated therapy program which includes Massage Therapy and Yoga. Massage Therapy is a wonderful and relaxing way to improve conditions of all kinds. Our Massage Therapists offer a wide variety of techniques such as Deep Tissue Massage, Swedish Massage, Healing Touch, to everyone ages 18 or older. We also teach Yoga, which allows you to calm your mind, decrease stress and anxiety. Yoga is also a fun way to build strength and improve your flexibility and posture. Yoga is adaptive to various ages and physical capabilities.



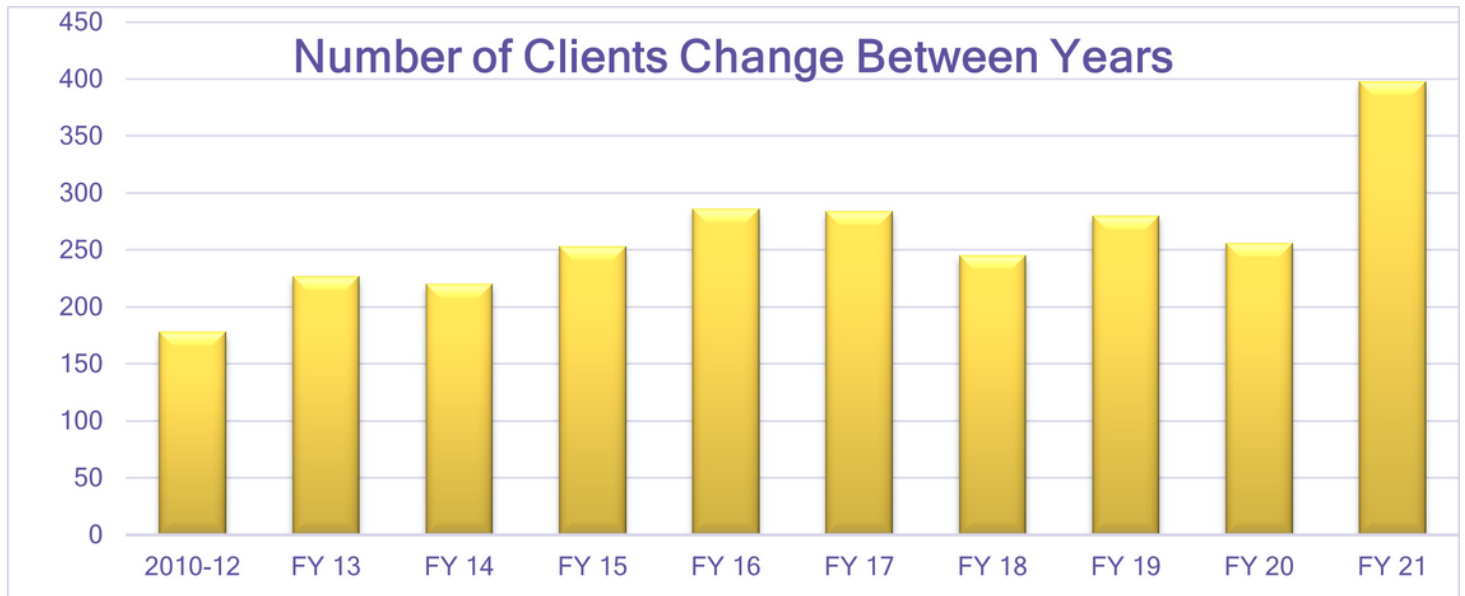
A YEAR IN SERVICE

NUMBER OF CLIENTS SERVED

We are proud to say that with support from community and grantors, we were able serve a recording breaking 398 clients in the 2020-2021 year up representing a 55.5% increase from 2019-2020 and a 123.6% increase from our start in 2010-2012. The majority of our clients were from Saint Louis County 67.49%, with the 2nd largest being Saint Charles 13.07% and Saint Louis City 9.19% being the third most populated. See graph below.



A YEAR IN SERVICE

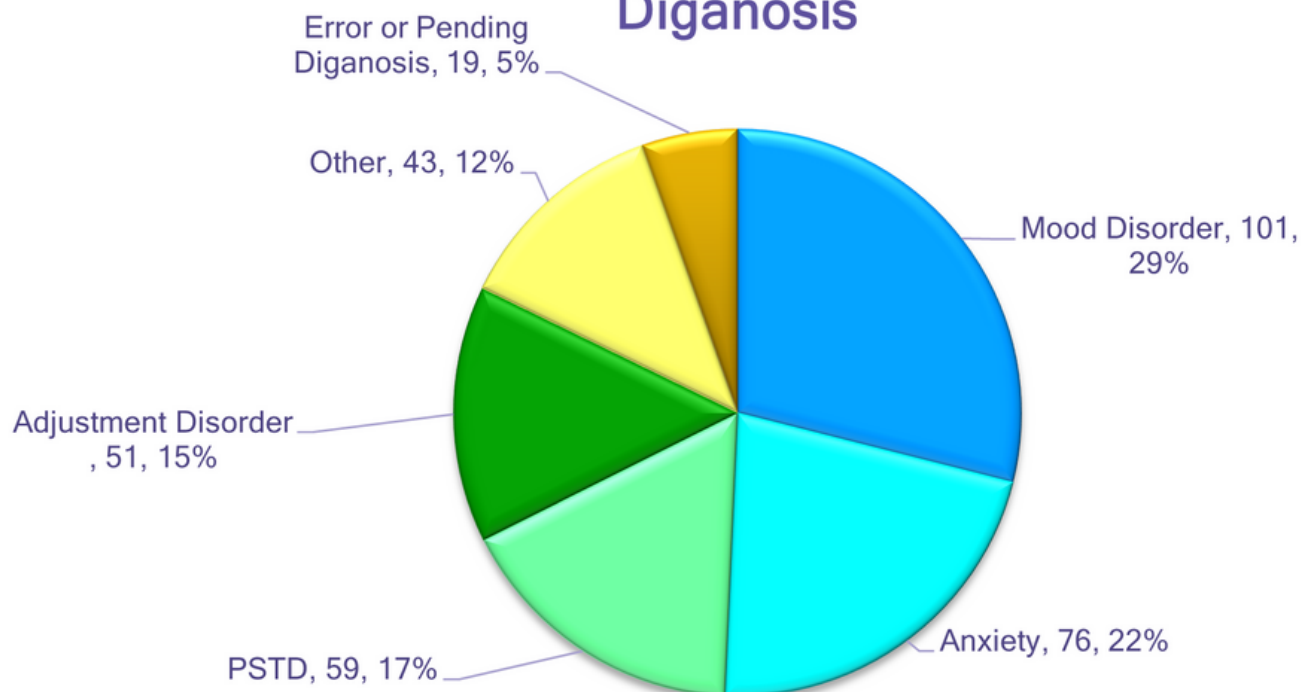


NUMBER OF CLIENTS CHANGE BETWEEN YEARS

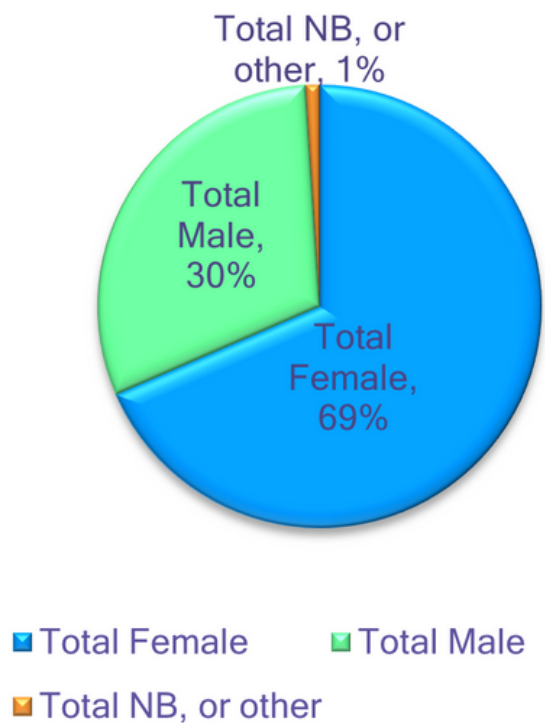
FISCAL YEAR	TOTAL NUMBER	PERCENT CHANGE
2010-12	178	NA
FY 13	227	27.5%
FY 14	220	-3.1%
FY 15	253	15.0%
FY 16	286	13%
FY 17	284	-.7%
FY 18	245	-13.7%
FY 19	280	14.3%
FY 20	256	-8.6%
FY 21	398	55.55%

DATA SUMMARY

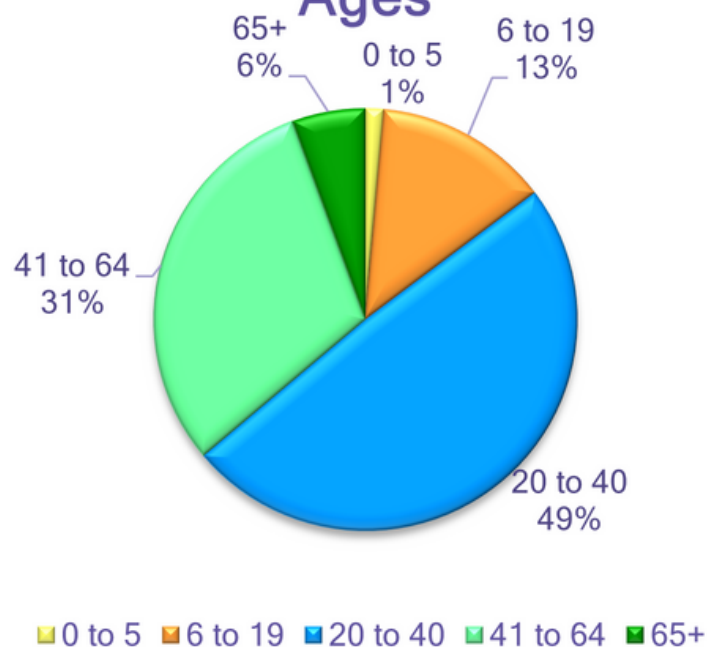
Diganosis



Gender Distribution



Ages



SUCCESES

AMERICORPS VISTA PROGRAM

Walter's Walk partners with Americorps with their VISTA program. VISTAs are dedicated individuals who want to serve their community by increasing the capacity of nonprofit organizations. This year we welcomed two new VISTAs, one Marketing & Community Outreach VISTA and a Program Development & Data Manager VISTA. Our VISTAs projects during the year helped improve our marketing plan and social media presence, create video content from our providers, assist in getting sponsors and prizes for our fundraising events, assisting in applying for grants, data collection and more! Our VISTAs are important for essential functions within our organization. Thank you Americorps!

TECHNOLOGY

As we needed to expand our technological capacities in order to adapt our services to the pandemic, we are grateful to report the contribution from the Rotary club, which allowed us to purchase 3 laptop computers and remote EDMR equipment.

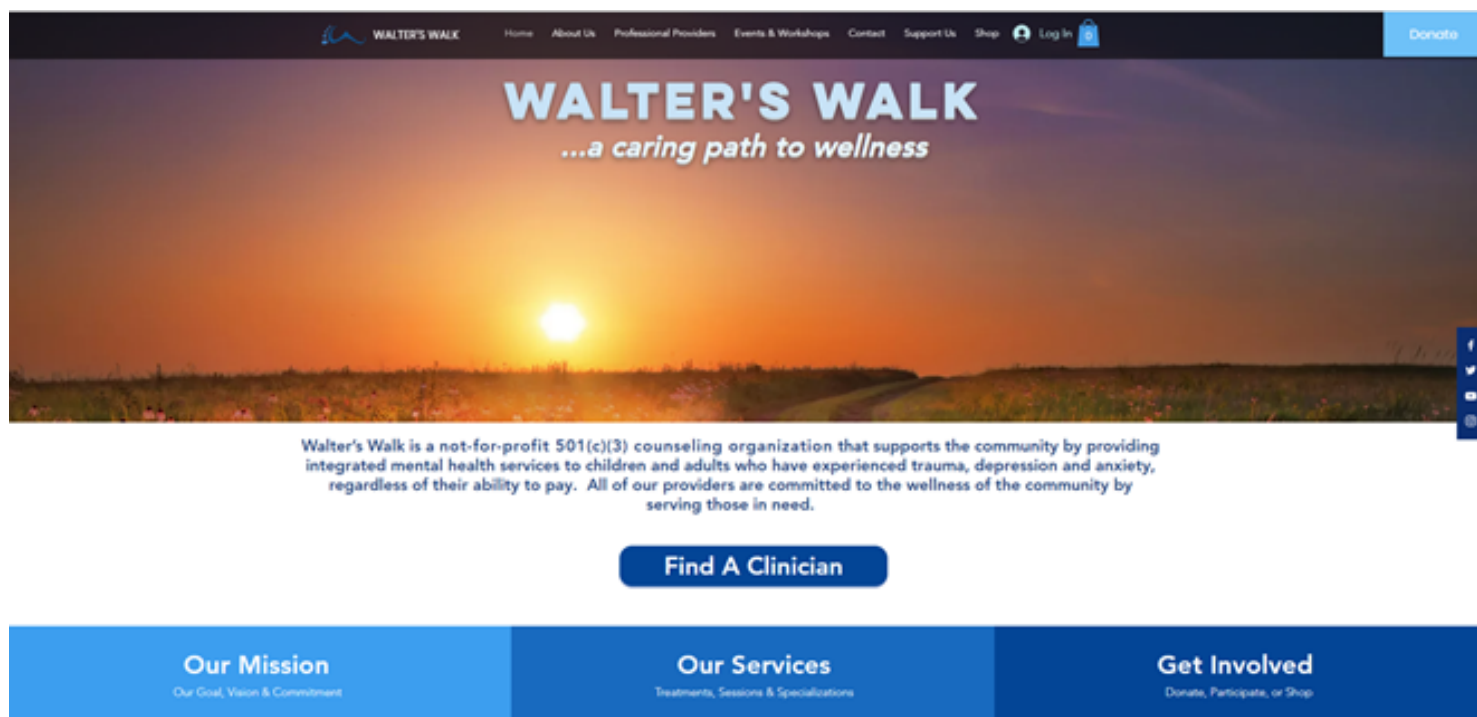
Thanks to the efforts of our Marketing VISTA, the website was fully redesigned (view pictures below). Our site is now more cohesive looking, more professional and is better at informing viewers about Walter's Walk. The upgrade also came with features that helps our organization. One of the features is that we are now able to create and send emails for marketing. In addition, we can take payments for events and sell our knit items online. We also have a contact form on the site, which is an easier way to get referrals to our providers and helps the community faster!



OLD WEBSITE



NEW WEBSITE



Check out the full site at www.walterswalk.com

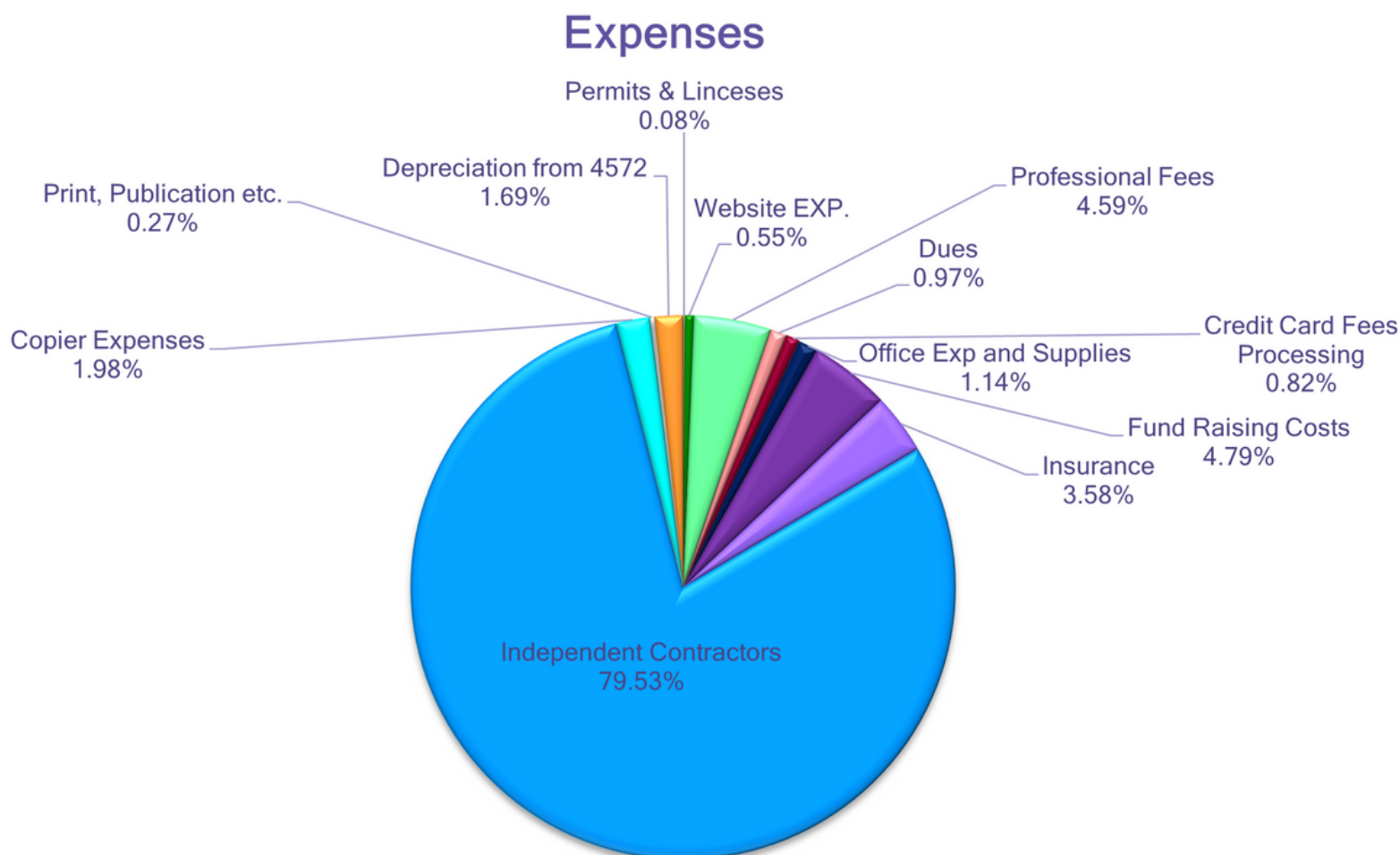


CHALLENGES

COVID-19 CHALLENGES

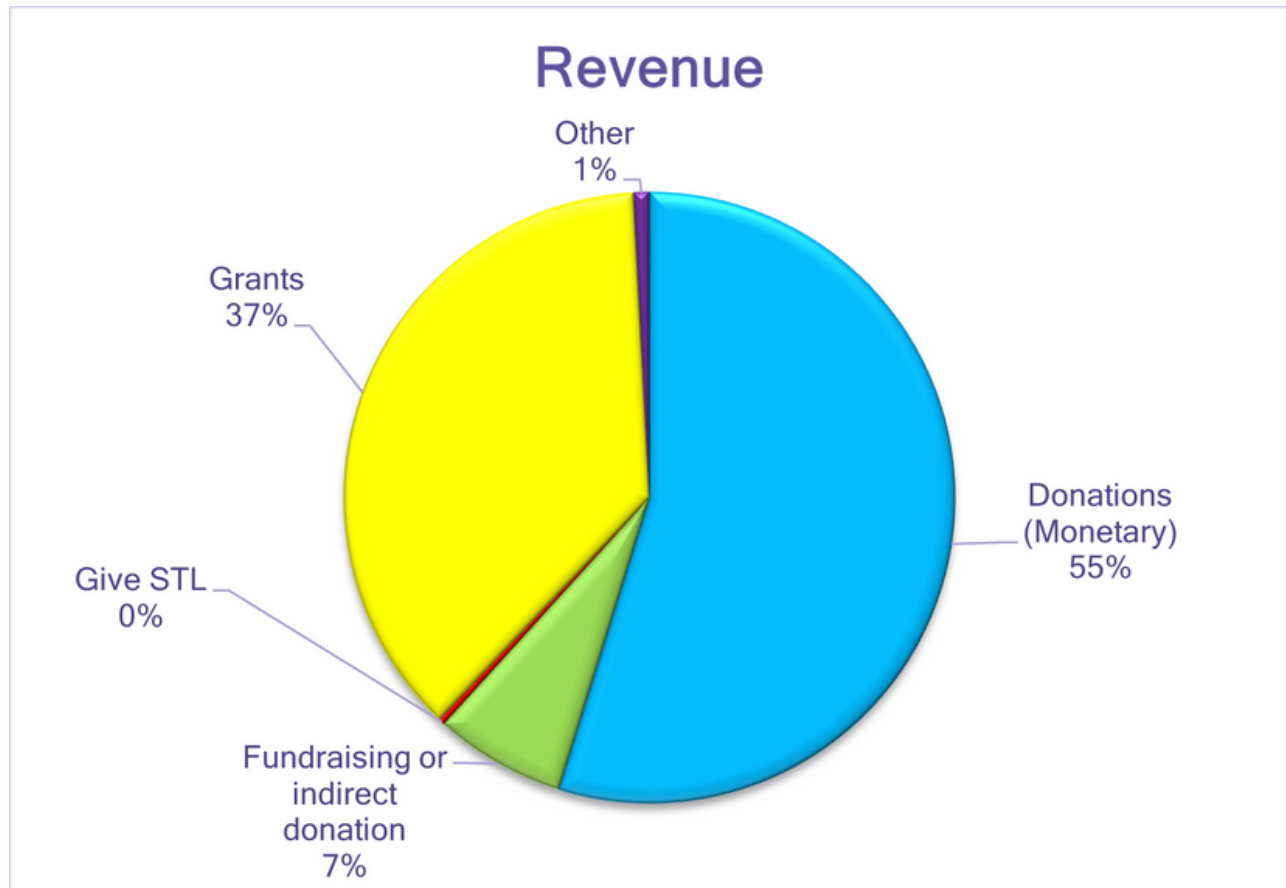
This past year we have greatly expanded our options to meet the demands of the Coronavirus pandemic by embracing telehealth delivery model keeping both our clinicians and clients safe. We continue to follow CDC guidelines involving social distancing, keeping our workstations hygienic and continue to follow the mask mandates as they changed. While we were not able to continue every one of our services, we are proud that we not only faced the challenges, but we excelled and had the most successful year to date.

EXPENSES



TOTAL REVENUE

Generous donations from people like you remain our most important revenue source, as it makes up the majority of our income (55%) This is followed by grants (37%), and fundraising (7%). We will forever be indebted to our donors as they make our help us turn mission from a vision to a reality.



CATEGORY	AMOUNT
Donations (monetary)	\$47,485
Fundraising or Indirect Donation	\$6,036
Give STL	\$2,739
Grants	\$32,150
Other	\$726
TOTAL	\$86,668

GRANTS

GRANT ACTIVITIES

At Walter's Walk while we believe that our mission is important, it is essential that it remains financially trustworthy and that those who choose to invest in us through grants, can be confident that their money is being put to good use. The Bridgeton Landfill Grant and the Episcopal Presbyterian Health Trust went directly into providing our staff the compensation they deserve for providing their high-quality service to our clients. The Mission St. Louis provided us with our VISTAs, which has allowed us to expand our capacity, particularly in terms of social media presence and fundraising efforts. Finally, St. Louis County cares, allowed us to further invest in our company, by providing us the funds necessary to purchase 3 laptop computers to allow our VISTAs to work remotely and safely during the pandemic, as we as an EDMR light bar to expand our ability to provide the life changing EDMR therapy to help those who have experience serve trauma.

GRANTS	AMOUNT
Bridgeton Landfill Grant	\$5,000
Episcopal Presbyterian Health Trust	\$12,000
St. Louis County CARES	\$5,000
Mission St. Louis	\$10,150
TOTAL	\$32,150

THANK YOU TO ALL OF OUR SUPPORTERS!

SPECIAL HELP

- Rotary Club
- Mission St. Louis
- Americorps VISTA
- Greater STL Trauma Recovery Network

IN-KIND DONATIONS

- Schlafly: The Saint Louis Brewery
- Duck Donuts
- Dewey's
- Saint Louis Acquairum
- Trader Joe's
- Miniature Market
- Helium Comedy Club
- Waterway Car Wash
- La Combre Coffee

EVENT SPONSORSHIP

- American Family Insurance, Cory Seals
- Fyra Captial Management
- Nikoden Dental
- Walter's Family
- Danna McMkitrick, P.C. Attonerys At Law
- Northwest Psychatric Associaties LtD
- Alberici Constructors
- Ever Hopeful
- Bob & Diane Wamhoff
- Home State Health Plan
- The Gellman Team
- McManus Family Counseling
- Arch Dentistry
- Greater St. Louis Trauma Recovery Network
- Wellness Way
- BB Lavish

COFFEE HOUSE MUSICIANS

- Caravelli-Cooper-Givens
- MO Bottom Project
- Jane Godfrey
- Kenny Lee Hall
- Chris Lorzano
- Eliza Lynn
- Susan Marting

