

A detailed black and white line drawing of a flowering branch with leaves and buds, positioned at the top of the page. A large white circle is centered on the page, containing the title text.

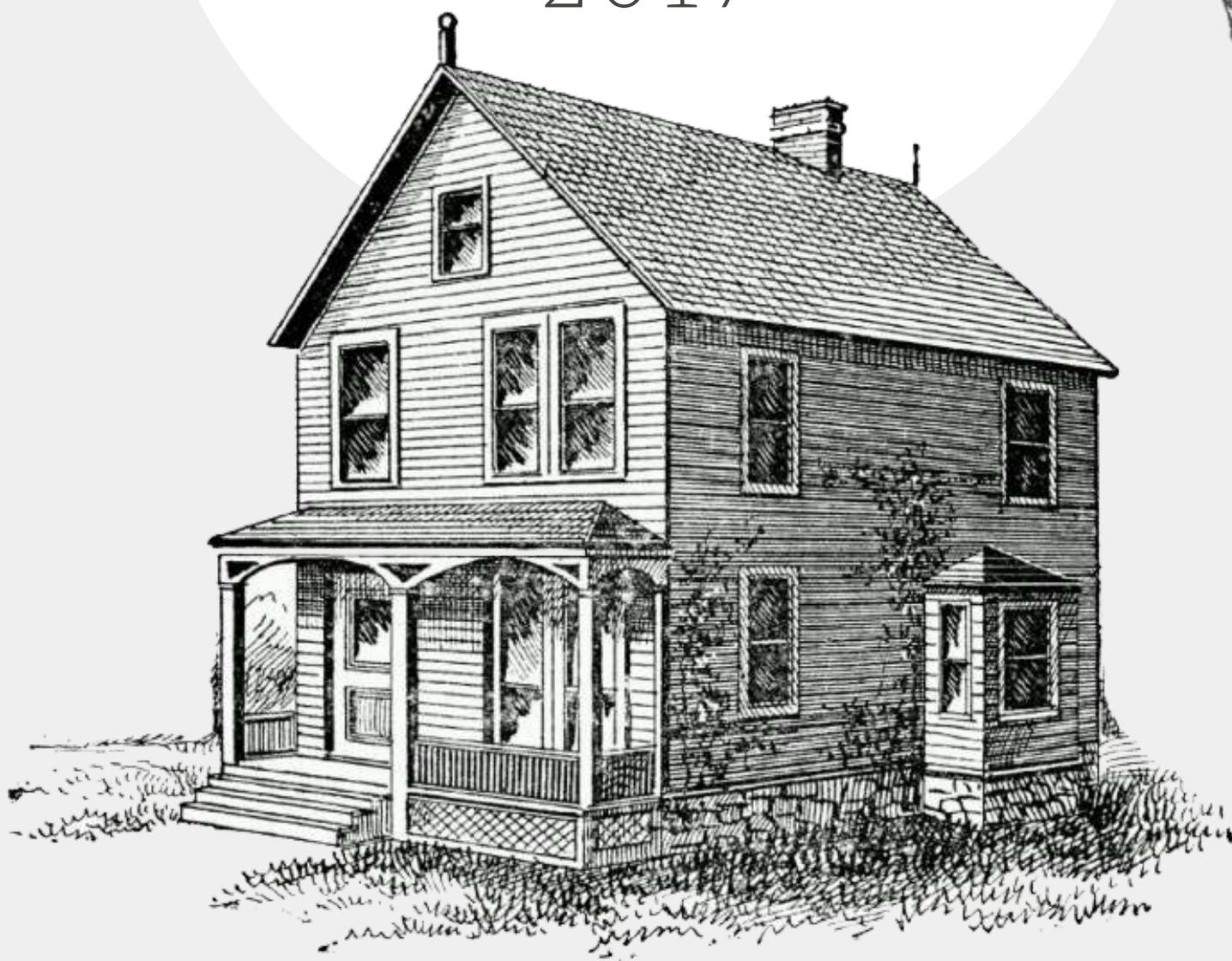
PEOPLE HOUSE

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ANNUAL REPORT

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2017



# PEOPLE HOUSE PHILOSOPHY

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People House is a 501(c)3 non-profit with a dedication to helping support individuals as they explore the unique paths of self-discovery. We are a collaborative community that comes together in an effort to provide affordable yet quality services for those seeking personal growth.

Our philosophy of care recognizes the mind/body/spirit connection. We offer programs that advocate for living a life of conscious awareness and responsibility, while acknowledging that we are each constantly progressing along the path and will all need help somewhere along the way.

The purpose of People House is to create a space and atmosphere where everyone is accepted for who and what they are at this moment, and to enhance the possibilities of who and what they might become should they choose to expand their spiritual awareness. We believe to do so involves everyone living their experience of life with conscious awareness, and responsibly making their own decisions with a willingness to accept the consequences of their words, thoughts and deeds.

At People House, we believe in a few, simple guidelines, which help us increase our experience of Love. These are suggestions, not requirements. We encourage investigation and consideration of all beliefs

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# PRESIDENT'S WELCOME

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People House has always been a defender of equality and a support for those who have been affected by abuse. We have applauded the emergence in 2017 of the #metoo movement and resulting strides toward more equality and social justice. While this last year continued to be a time of division and unease in the American culture and particularly on social media where it's increasingly difficult to discern truth, People House, with its framework of openness to all and focus on unity, is a living model of human development and harmony. Our programs and services offer a respite from instant gratification and a place to renew and revitalize our better selves.

People House creates and holds a sacred space to seek knowledge, growth, and support, to gather and connect, and to celebrate the precious brevity of life that we all share by emphasizing our commonalities, seeing the world from a larger perspective, and by each of us doing what we can to make ourselves, our relationships and our community more loving and productive. Here are a few highlights of the past year showing the many ways our Board of Directors, staff and volunteers diligently worked to strengthen our organization:

1. We sustained a significant increase in service to the Denver community, notably in the Affordable Counseling Program, which makes available low cost, powerful counseling to those responsible individuals motivated to change their lives through the hard work of personal development. We served over 704 clients in 3 different locations.
2. We added new Board members and created vibrant working committees.
3. We have increased our ability to serve the Metro community by expanding our services to Lafayette in order to serve a wider range of clients in three different locations!



# PRESIDENT'S WELCOME cnt'd

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4. We held a very successful benefit “The Gift of Music”, last November chaired by Board member Janet Ferguson along with a vibrant volunteer committee and with the active support of Dazzle, to whom we are extremely grateful. This event raised approximately \$5000 which was contributed to help keep mental health counseling affordable in the Denver metro area.



5. We remain committed to being a helping community that provides an oasis for combining psychology and spiritual well-being as a path of growth. To this end, our Ministerial Program continued to grow with the offering of new programs like Spiritual Exploration, Death Café and individual spiritual facilitation services.

6. The People House Affordable Counseling Program has now graduated over 150 interns, many of whom have established private practices here at People House and/or have taken on leadership roles by becoming pro bono supervisors in our program, serving on the Board, establishing an Alumni Group or serving on the Finance or Outreach Committees. We are grateful for the way our interns enrich our community, during internship and after!

I couldn't be more proud to belong to and be President of this center of education, support, hope and inspiration! All of us here at People House are wishing the world growing unity in the coming year,

Rev. Lori Ohlson, MA, LPC, ACS  
President, Board of Directors  
Director, Affordable Counseling Program



# PEOPLE HOUSE PROGRAMS

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## Affordable Counseling Program

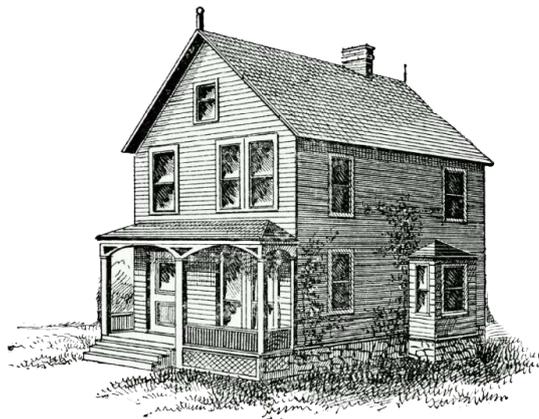
This program provides professional level counseling for those motivated to change their life and work on their mental health. Services are offered on an income-based sliding scale.

## Heart of Service Workshops

Free, donation-based classes that offer ways to improve one's mental, physical, spiritual, and emotional health.

## Ministerial Program

Providing non-sectarian, non-denominational exploration of the various spiritual aspects of ourselves.



## Professional Development Series

Provides affordable yet quality professional development for mental health professionals.

## Veteran's Reintegration Program

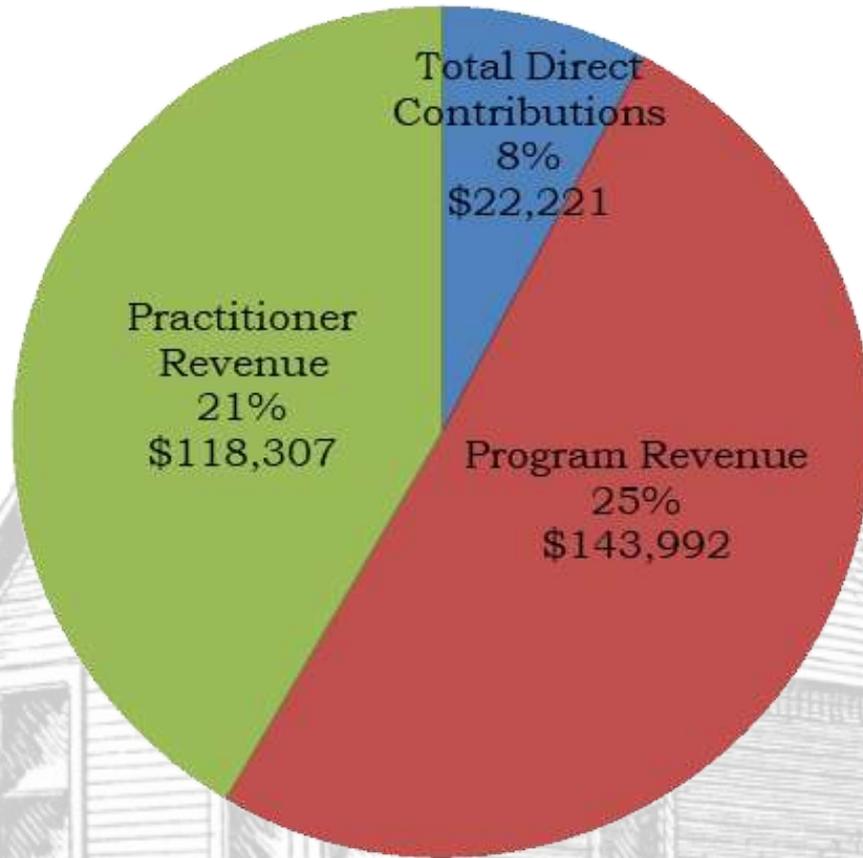
Helping Denver veteran's reclaim stability and autonomy through work with veteran mentors trained in PTSD intervention and professional facilitation.

## Private Practitioner Program

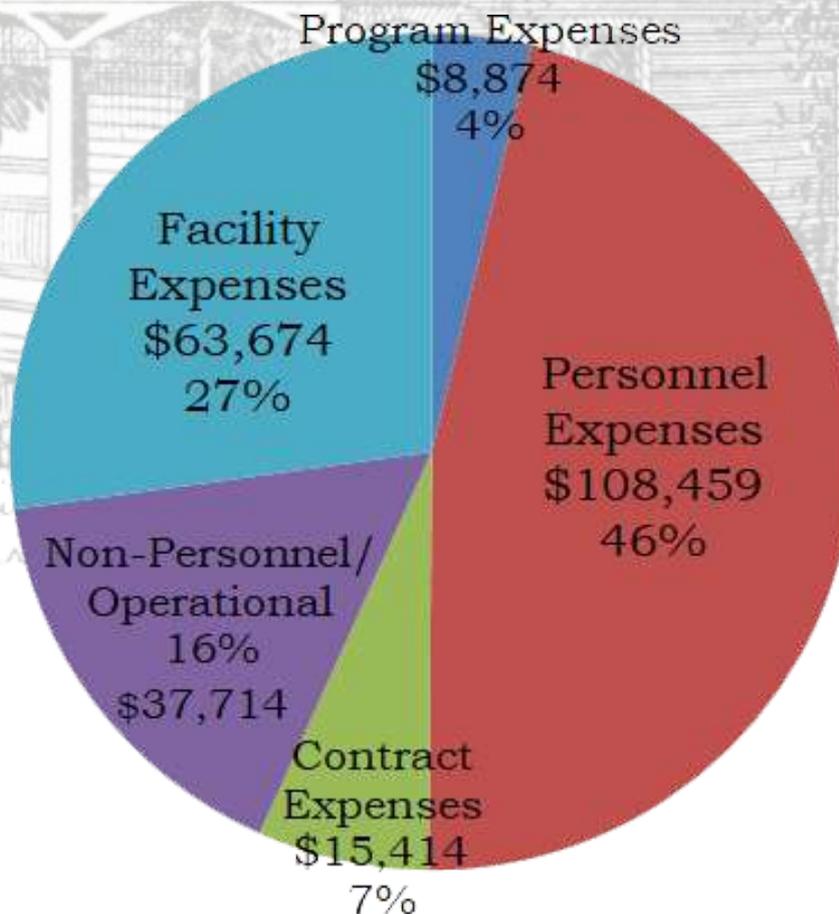
A collaborative and diverse community of private practitioners who rent space here at People House.

# FINANCIAL OVERVIEW

People House Revenue 2017- Total \$283,621



People House Expenses 2017- Total \$235,090



# PERSON OF THE YEAR

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## **Paul Washington**



We are pleased to announce that Paul Washington, Board Treasurer, is the 2017 People House Person of the year. Paul has been a part of People House for almost ten years; he was introduced to People House through Rick Beaver and Katie Brown. It was January of 2009 when Paul was elected to the Board of Directors and he was immediately elected as Treasurer, a role that he continues to hold to this day.

As treasurer, People House has been the beneficiary of Paul's business and financial acumen. He has helped to orchestrate many positive outcomes for People House, including the expansion to the Aurora location, renegotiating the mortgage on the Denver property and being the liaison with the landlords to both Aurora and Lafayette.

The hours of service Paul has given to People House has not been restricted to Treasurer duties alone, he also jumped in with full enthusiasm in the Rebuilding Together Project, a large renovation and redesign of the Denver facility. He was a major player in this project and has truly helped propel People and helped to spread our mission out into the community

It is not only his proficiency in business and finance that has made Paul such a valuable part of People House but his professionalism, he is steadfast in all he does and is a rock that has provided a valuable landing place for us to find stability. His ability to find solutions to problems has been a great benefit and not only is he solution oriented but how his positive attitude throughout has been a shining light exemplifying all the values of the organization. His exuberance and devotion to People House are truly a blessing and we are so honored and pleased we get to call him Person of the Year!

# PROGRAMS BY THE NUMBERS

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## **Affordable Counseling Program**

Total Clients Served: 704

Total Sessions: 5,513

## **Heart of Service Programs**

Volunteer Facilitators: 35

Hours Volunteered: 111

## **Professional Development Series**

Number of Presentations: 8

Number of Attendees: 52

## **Veteran's Reintegration Program**

Veteran's Served: 49

Direct Veteran Mentor Hours: 194

ACP Counseling Sessions Provided: 91

## **Ministerial Program**

Ministerial HoS Hours: 266

Active Ministers: 7

## **Practitioner Program**

Members of the Core Practitioner Program: 50

Members of the Adjunct Practitioner Program: 23

# ACP BY THE NUMBERS

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In 2017, 31 interns served 704 clients,  
through 5,513 sessions,  
with an average of 7.8 sessions per client

## Individuals

Clients - 617

Sessions- 4949

(a 13.6% increase from 2016!)

## Couples

Clients - 74

Sessions - 375

## Children

Clients- 5

Sessions - 12

## Families

Clients - 8

Sessions - 59

Denver Clients - 604

Aurora Clients - 90

Lafayette Clients - 8

Number of Supervisors: 9

Number of Volunteer Hours: 4126

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"I want to express my gratitude...this program is amazing! I have received tremendous hope and spiritual guidance for healing in my life. I believe I've made permanent, personal changes which will enable me to thrive and flourish!" -ACP Client

**Internship Graduates: 31**

**Active Professional Supervisors: 9**

**Leadership Volunteer Hours: 4,126**

## **Supervisors**

Lori Ohlson, MA, LPC, ACS

Paul Zweig, MD

Joel Miller, MD

Inga Larson, LCSW, ACS

Dee Marcotte, MS, MA, LPC, CSAT, ACS

Tedd Taskey, MS, LMFT, ACS

Kathryn Raley, MA, LPC, RPT, ACS

Barb Kamlet, MA, LPC, ACS

Elan BenAmi, MA, LPC, ACS

## **People House is an approved internship site for:**

Adams State University

Argosy University

Capella University

Naropa University - Transpersonal,  
Somatic, and Contemplative Tracks

North Central University

Pacifica Graduate Institute

Regis University

Santa Barbara Graduate Institute

University of Colorado at Denver

University of Denver

University of Northern Colorado

University of Phoenix

"My experience interning with the Affordable Counseling Program at People House was more than I could have hoped for and continues to influence how I work with my clients in my own therapy practice now. People House offers interns a community of fellow learners and practitioners who come from different walks of life and have different approaches to their work, but who all share and spread their passion for their work. Interning with People House helped me build confidence in myself as a therapist and in my approach to supporting clients on their journey toward increased wellness and I am so grateful to have had this experience." -Lauren Skuba, People House Alumni

# VOLUNTEERS

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Elyse Flint

Arica King

Valerie Neilson

Jordan Gorrell

Theresa Southerland

Joan Vrooman

Krystina Martinez

Kerry Bladwin

Rosie Leone

Raine Revere

Dani Goldstein

Tiffany Mikesell

Jackie Troschinetz

Katlyn Von Muenster

Brook Wineland

Lea Otero

Ricardo Alanso

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Administrative Volunteers: 16

Maintenance Volunteers: 1

**Number of Volunteer Hours: 962**

plus countless hours volunteered by our Board of Directors

# CONTRIBUTORS AND DONORS

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Paul and Marlene Zweig

Ronald Ringenbach

David Hoefler

Douglas Moran

Adrian Bishop

Rick Robertson

Helene Weber

Gloria Jalovec

Jennifer Simmon

Rick Beaver

Mary Bartlett

Denise Fazio

Garth Geisler

Lori and Stu Ohlson

Janice Earhart

Carrie Linn

Janet Ferguson

Raine Revere

Suzanne Sellers

Elan BenAmi

Kate Bartlett

Lauren Woosley

Pat and Gary Ferguson

Adam Melin

Betsy Clark

Brenda DiClemente

Tedd Taskey

Tammy Bertollette

Ranger Miller

Theresa Talosi Dent

Jeffrey Kingston

Tia Amdurer

Susan Vick

Joyce Meyer

Kathryn Raley

Bonnie Ludwig

Patricia Skiller

June Smigel

Melanie McClanahan

## Corporate Donors

Denver Foundation

Driven to Donate

Elevations Credit Union

Community Shares

Employer's Council

John. S. Stewart

Dazzle Jazz

Victim's Compensation Fund

And thank you to everyone who has made People House their chosen non-profit on their Amazon Smile.

# YEAR IN REVIEW

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In 2017, Executive Director, Katie Brown retired after working at People House for 10 years. Katie began as People House's Development Director, but quickly became the Executive Director. She dedicated so much of her life to People House and worked hard to help grow our mission and reach. She will be truly missed.



Veronica Diedo started as Executive Director in April of 2017. She has been at People House for 5 years now, and is an invaluable member of the team! Since she began, People House has been more productive than ever and has overseen many projects to help make People House more modern, yet keeping our traditional charm.



## House Beautification

2017 began People House's effort for house beautification! Thanks to the dedication of the house beautification committee consisting of Veronica Diedo, Craig Freund, Janet Ferguson, Ash Hanson, and Katie Mason, our house is looking more beautiful than ever!



# YEAR IN REVIEW

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## Practitioner Levels

In 2017, People House debuted a new set of Private Practitioner Participation Levels. Through this, we were able to be more inclusive of different practitioners and help them reach their professional goals! We now have Core, Adjunct, Visiting, and Facilitator practitionership opportunities!

## Lafayette



September 2017 marks the date that People House ventured into Lafayette to provide our affordable mental health counseling! Spearheaded by one of our private practitioners, Board members, and ACP alumni, Kathryn Raley, we are expanding People House's reach!

## People House Alumni Committee and their 1st Annual Picnic

In 2017, a group of alumni from the People House internship program got together and created the Intern Alumni Committee with the purpose of connecting all of those who have experienced an internship at People House. The Alumni Committee also put together their first annual picnic in order to help People House alumni meet new people who have also been at People House, and to also re-connect with old friends and colleagues.



# YEAR IN REVIEW

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## A Tough GoodBye



In 2017, People House said goodbye to two longtime friends and members of the People House community, Rick and Jeanne Robertson. Rick was the Director of Maintenance and tirelessly watched over and repaired our old Victorian house time and time again. Jeanne weeded, planted flowers, while also facilitating countless

workshops and groups, free of charge. These two are the epitome of the People House spirit and they will be sorely missed. They have since moved to California and we can't thank them enough for all that they did for People House.

## A New Partnership

With Rick Robertson leaving, People House was on the search for a new way to keep the house and property maintained. We found Brothers Redevelopment, Inc. Brothers Redevelopment is a Denver-based nonprofit organization that provides housing and a variety of housing-related services for the region's low-income, elderly and disabled residents. We could not think of a better partnership to make that is so inline with People House's philosophy.



# THE GIFT OF MUSIC

On November 5th, 2017, People House hosted a fundraiser at Dazzle Jazz called "The Gift of Music". Spearheaded by Janet Ferguson (People House Board of Directors member and private practitioner), People House raised \$5,000 to help support affordable mental health counseling. It was an evening of music, community, and a demonstration of a generous outpouring of kindness and giving. Thank you all to those who participated in this event and special thanks to Janet Ferguson, JT Nolan, Donald Rossa and all the amazing people at Dazzle.



## Bands Included:

The Grown A\$\$ Man Band  
The Jack McManaman Trio  
AviFauna  
Duke Street Kings  
Over the Castle  
Amazing Bass



# LETTER FROM OUR EXECUTIVE DIRECTOR

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The desire for change is something we all experience and when it is cultivated in a healthy environment it can transform into growth. People who walk through our doors have a desire to change or grow, which is after all why they are here. Just like those individuals we realize for the need for People House to experience growth in one way or another. As you read our annual report you will be able to see growth we have experienced throughout 2017.

Some of the change had a bittersweet quality to it. I am honored to say that it was my first year as the Executive Director of People House, however, it was sad to say good-bye to Katie Brown. We wish her a very happy retirement and look forward to hearing about the new chapter of her life.

I started with People House five years ago. I was looking for a part time job, I needed a change, and came across the job listing for an administrative assistant at People House. I quickly fell in love with the mission and works of this organization, I have experienced so much personal growth being a part of this amazing organization. I feel so honored to be Katie's successor and to be a part of such a special organization, one that offers so much education, support, and holistic resources for the Denver Metro area.

As we continue to experience change we want to thank all of you who participate in People House. From our wonderful volunteers, supervisors, staff, Board members, ministers, to those that participated in workshops/Heart of Service and clients, to all those who gave tirelessly of their time, energy and finances, they are the ones that have allowed People House the opportunity to grow. As this happens we hope everyone gets the same chance to allow for growth and love to blossom throughout this upcoming year.

Veronica Diedo  
Executive Director

# PEOPLE HOUSE LEADERSHIP

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## Board of Directors

Rev. Lori Ohlson, MA, LPC, ACS- President

Kate Bartlett- Vice President

Paul Washington- Treasurer

Barb Kamlet- MA, LPC, ACS- Secretary

Rick Beaver

Elan BenAmi, MA, LPC, ACS-Practitioner Liason

Janet Ferguson, MA, LMFT

Heather McHugh

Kathryn Raley, MA, LPC, ACS

Paul Zweig, MD

Craig Freund, MA, LPCC

## Affordable Counseling Program

Lori Ohlson, MA, LPC, ACS- Director

Paul Zweig, MD- Co-Director

## Veteran's Reintegration Program

Rick Beaver- Director

## Ministerial Program

Heather McHugh- Spiritual Community Director

## Staff

Katie Brown, MNM- Executive Director until April 2017

Veronica Dieda - Dr. of Operations, Executive Director in April 2017

Ellie Patterson - Administrative Assistant

Mira Fanning - Administrative Assistant

Randy McCall- Director of Finance

Liz Ohlson-Shupp- Janitress



# SOCIAL MEDIA

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**/PeopleHouseDenver**



**/PeopleHouseCO**

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## OTHER WAYS TO SUPPORT PEOPLE HOUSE:

### **-GIVELLA-**

- Download the Givella App
- Choose PH as your charity
- Shop at one of Givella's approved merchants
- 10% of your total will be donated back to PH!

### **-AMAZON SMILE-**

- Enter 'PeopleHouse' during checkout as your chosen charity and 5% of your order total will be donated back to PH!

Purchase artwork hanging around the house at the Denver location, created by Janice Earhart and a percentage comes back to PH!

<http://www.izoar.com>

Also purchase artwork from any of the featured artists in the Pendleton Gallery, located in the Chapel of the PH Denver Location, and a percentage is donated to PH!