

2022 Solihten Institute Annual Report

Solihten Institute member Centers practice one of the most effective paths to wholeness: integrated healing.

We connect and accredit these Centers to better integrate **mind, body, spirit, and community** into every aspect of healing.

By nurturing the light within, we help people connect with the light beyond.

Letter from the Institute Board Chair-Elect

The release of our latest annual report puts me in a **reflective mood**. Was it a good year? Were we effective as a board of directors? How much impact did we make on improving the health of those we serve? Where did we fall short? What successes/wins should we celebrate?

My heart guides me to **locales that are not so much quantitative as qualitative**. Our **work is so relational**. In my role as board chair-elect, I relate to board colleagues, to our Solihten staff, to our strategic planning team that will begin its work in 2023, and various members of our Network.

I offer the following mindfulness exercise to conclude the year rather than to overwhelm you with lots of statistics. Trust me, the impressive statistics can be found in our annual reports -- **and the impact is great** -- but it feels like **this exercise might complement the reading of the reports** that document our impressive impact.

The exercise is called gratitude prompts. These prompts or those of your own composing provide several ways to begin a gratitude statement, with infinite possibilities for completion. They cover multiple senses, colors, people, and things. The goal is to identify at least three things in each category that you are thankful for.


Example prompts include:

- I'm grateful for three things I hear:
- I'm grateful for three things I see:
- I'm grateful for three things I smell:
- I'm grateful for three things I touch/feel:
- I'm grateful for these three things I taste:
- I'm grateful for these three animals/birds:
- I'm grateful for these three friends:
- I'm grateful for these three teachers:
- I'm grateful for these three family members:
- I'm grateful for these three things in my home:

There, doesn't that feel better!!!!

I am grateful for the staff as they keep our programs humming and we begin to think about a transition in leadership; for all that Bob Johnson has done to improve our network during his tenure as President/CEO; in my own center for the sound of the voices of joyous children wandering the halls after completing a session; for the laughter of colleagues after enduring a challenging day; for the news that a generous donor called to let us know of a **year-end gift that helps us to continue the magic that is the Solihten Institute**.

This is the year the lord has made, let us rejoice and be... **Grateful**.


Jim Hayes
Chair Elect, National Board of Directors, Solihten Institute

Letter from the Institute President/CEO

If enthusiasm equates to energy, then Solihten and our affiliated members are super charged for 2023 and beyond. There are [10 accomplishments from 2022](#) that provide the rocket fuel for our Solihten launch into the next phase of integrating mental, physical and spiritual health.

Individually each one of these represents a triumph of bold vision, focused attention to detail, creative thinking, collaborative teamwork, and dedication to our values. Taken together they represent a compelling and powerful effort to break through the barriers of fear, discouragement, and doubt brought on by the pandemic.

I would like to focus special attention on three of these events.

Celebrating our 50th Anniversary and Honoring R.J. Ross. A common concept employed in the self-help world is that change is a constant and we need to accept it. What doesn't get nearly the attention it deserves is the underlying support that makes this acceptance possible: an underlying system of core beliefs and values. R.J. Ross and his fellow founders Lee Martin and Dr. Burton Kintner believed in the healing power of integrating the whole of a person's mental, physical, and spiritual health when they face personal, emotional, and psychological distress. With determination and gratitude, we commit ourselves to carry forward these core beliefs as we open the next chapter of Solihten.

Offering our first year of *Spiritually Integrated Psychotherapy a la carte Training*. For 50 years we have declared that the integration of a person's spiritual identity, values and beliefs are the key to achieving an enduring quality of life. We recognize that if we are to continue to hold this principled position with integrity, then we have to offer it up for scrutiny from the professional and scientific communities. We understand that pursuing this opens us up to the risk of being challenged, but we are confident this examination at worst can correct errors and at best can strengthen our ability to promote health and healing for our neighbors in need.

Asking for and receiving \$2,451,000 in Community Support to advance our mission of providing communities with local Centers of excellence, dedicated to providing mental health care that honors the whole person. Asking your friends, neighbors, and community leaders to part with their hard-earned resources to support a cause you believe in is a moment of deep vulnerability. It is frequently an exchange of giving and accepting another's trust, the depth of which has not been earned through an equal degree of experience. We are humbled by the trust freely given in this last year and pledge to be good stewards of the resources gifted to us for the purpose of caring for others.

We are forever grateful for your support and kindness in 2022 and look forward to continuing our partnership to respect, value, and affirm the sacred dignity of all those who seek out help in 2023.



Robert Johnson
President/CEO, Solihten Institute

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Financial Condition

(Click to view each document)

- **2022 [Audited Financials](#)**
- **2022 [Form 990](#)**

Third-Party Collaborators

In addition to our donors, the following partial list of third parties play important roles in reaching the identified objectives of the Solihten Institute:

- Telehealth Certification Institute provides teletherapy training for Therapists.
- The Compliancy Group provides consultation and tools for achieving and maintaining HIPAA compliance.
- Bridges Psychotherapy Solutions provides consultation services for grant writing and research in Spiritually Integrated Psychotherapy.
- Vālant Medical Systems provides an Electronic Health Record system for I I Network Affiliates.
- The National Board for Certified Counselors (NBCC) conferred Solihten with the authority to provide continuing education units to licensed therapists.
- Zoom, Inc., provides virtual meeting technology in support of the Solihten VideoTherapy Program.

Solihten Institute Staff

Robert (Bob) Johnson, MS, and the Executive Committee of the Solihten Institute's National Board of Directors provides oversight and end-point authority on the implementation of Solihten Program Offerings.

Steve Duson, Vice President for Development, in collaboration with Bob Johnson, was responsible in 2022 for grant research and writing, concept and design of research initiatives, and Center coaching and consultation. Steve also runs the Teletherapy Platform, Teletherapy policies and procedures, and conducted the on-boarding of more than 200 therapists to the platform in 2020. He facilitates two Leadership Consulting Groups and provides liaison, accreditation and consultations service for Centers on a variety of topics throughout the year.

Fonda Latham, LCSW, ACSW, Vice President, takes point around keeping the Institute and our affiliated Centers up to date on Federal, State, and private insurance evolving rules, policies and procedures regarding third party telehealth reimbursement for clinical services on a virtual platform. She is also the lead site visitor for Solihten Accreditation and a primary liaison to our Centers. Fonda is also responsible for directing the Institute's Clergy and Congregation Care program.

Laurie Pechie, MBA, Executive Vice President provides operational support and financial management. Laurie is also lead for the Annual Conference, as well as assembling data for the annual Statistical Summary. She researches and publishes The Update, a monthly publication that provides critical information to the Network about best practices, trends, and important clinical, administrative, and development news items. She also serves as the Accreditation Coordinator.

Carol Pitts, PhD, LPC, LMFT, CPCS, National Training Director is the lead staff member for the development and delivery of education and training specific to effective Spiritually Integrated Psychotherapy I services.