



FOR IMMEDIATE RELEASE

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PCS Receives Grant from Bean Foundation to Support “Couples Project”

Manchester, N.H. – PCS is proud to announce it recently was awarded a \$25,000 grant from the Norwin S & Elizabeth N. Bean Foundation to help support its ongoing *Couples Project*. PCS provides psychotherapeutic techniques while respecting the natural connection between the physical, mental, emotional and spiritual dimensions in the psychotherapy process. At the core of PCS’ mission is to provide counseling to everyone seeking assistance, because of this the provision of adjusted fee counseling services has always been a mainstay of PCS’ mission.

“Fundraisers and contributions from individuals and congregations have often times made up the financial difference so that services can be provided to anyone requesting them,” said Dr. David Reynolds, D.Min PCS Executive Director. “However, with the expansion of medical insurance availability in the Affordable Care Act of 2010, there has actually been an increase of adjusted fee services. The grant from the Bean Foundation will help offset costs associated with couples who need counseling but cannot afford what their insurance requires them to pay as deductibles.”

The PCS Couples Project is led by Douglas Stephens, Ed.D., M.S.W., LICSW, PCS Training Coordinator and a NH Licensed Independent Clinical Social Worker. He is also the co-author of the *Couples’ Survival Workbook*. “The Couples’ Project is intended to provide affordable adjusted fee counseling without the concern for insurance coverage,” said Stephens. “Couples would be set a reasonable session fee with their therapist, somewhere in the range of \$20.00 to \$50.00 per session. This would be their actual fee and only cover part of the actual PCS cost of the services. The Bean Foundation Grant will help offset these costs. Without the assistance of the Bean Foundation, many couples might not seek professional assistance for their troubled marriage relationship due to the cost while meeting their insurance deductible.”

Therapy and counseling services in the Couples Project is provided by a team of four graduate and postgraduate therapists who are attaining their state licenses following completion of their master’s or doctorate degrees in marriage/family therapy, clinical social work, clinical mental health counseling, or clinical psychology. According to Stephens, each therapist will be under close supervision by a senior PCS clinician in the formats of individual and group supervision as part of the PCS’ Training Program.

“One of the strengths of PCS as a mental health counseling agency is that all therapists practice in community and professional support of each other,” said Stephens. “Therefore clients can be assured of outstanding quality and efficient services. The PCS clinical staff averages over 25 years licensed experience, and for supervisory therapists in the Couples Project they average more than 30 years of clinical and supervisory experience.”

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Those in the Couples Project are assisted with problems ranging from communication conflicts to severe parenting disagreements. Cost-effective, quality couples counseling and therapy has been proven to be an effective method for curtailing problems before they lead to crises and emergencies, added Stephens.

About PCS - PCS was founded in 1979 and provides the best psychotherapeutic techniques while respecting the natural connection between the physical, mental, emotional and spiritual dimensions in the psychotherapy process. PCS is an agency in which clients *Feel Heard, Feel Cared for and Feel Better*. In addition to our counseling services, PCS impacts the vitality of the community by partnering with other non-profit organizations to help underserved & at risk populations with stress management techniques. PCS also honors those who pursue extraordinary measures to strengthen communities and improve life in New Hampshire with the Good Samaritan Awards, an annual tradition since 1996.

About the The Norwin S. and Elizabeth N. Bean Foundation – This organization awards grants in the communities of Manchester and Amherst, New Hampshire. Approximately 90% of the awards go to Manchester and 10% to Amherst. Project applications are sought from organizations which have defined a significant problem or opportunity in their field, have a well-planned approach to addressing the issue, and have skilled professional and voluntary leadership. Grants are made in the fields of arts and humanities, education, environment, health, human services, and public/society benefit. Decisions on grant applications are made by the Foundation's seven trustees. In addition to general grants, the Bean Foundation awards Educational Enhancement Mini-Grants to support creative projects that build upon or expand classroom curriculum, offer new opportunities to students through co-curricular activities, or address issues of health and wellness in the school setting. Educational Enhancement Grants are made to teachers and staff in the Manchester and Amherst public schools.

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