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FACT SHEET

ABOUT MAPLE COUNSELING | Maple Counseling is a non-profit community mental health clinic that provides services to anyone regardless of their ability to pay. We offer programs throughout Los Angeles County and beyond to clients of all ages - from toddlers through the advanced elderly. Mental health services are available to individuals, couples, families, and groups. In addition, we offer services in schools to youth ages 5-18. Available six days a week, Maple Counseling therapists treat a range of issues, including depression, anxiety, trauma, grief and loss, stress, and relational problems, among other mental health needs.

MISSION | The mission of Maple Counseling is to provide low-cost comprehensive mental health services to individuals of all ages, couples and families, and training of graduates and post-graduates for licensure in the mental health field.

HISTORY | With its genesis in 1972, Maple Counseling was originally opened in response to an increase in substance use identified by concerned parents and community members. Over the years, Maple Counseling expanded its focus and programs to all ages and all areas within Los Angeles County, as well as throughout the State of California with the implementation of tele-health. Since its inception, Maple Counseling has helped over 300,000 people of all ages.

CLIENTS & GEOGRAPHIC REACH | Maple Counseling serves a diverse client base of over 4,000 individuals each year who come from over 135 zip codes. Using HUD guidelines for Los Angeles County, over 85% of our counseling clients are defined as low income with 54% receiving annual wages of less than \$30,000. Our average therapy session costs \$27 and services are offered free to youth in school programs.

TRAINING PROGRAM | Maple Counseling develops the mental health workforce through its structured program of supervised clinical experience required for licensure as a Marriage and Family Therapist (LMFT), Licensed Clinical Social Worker (LCSW), or Licensed Professional Clinical Counselor (LPCC). Maple Counseling programs and services are provided by over 115 mental health trainees and associates annually who work under the supervision of highly experienced licensed clinicians. Maple Counseling's training program is well known and highly respected in the field.

Maple at a Glance

QUICK FACTS

- Established in **1972**.
- Provides **28,000+** hours of quality low-cost mental health care annually to all ages.
- Average counseling fee: **\$27**.
- Our wide range of services includes **individual, family, couples, group, and children's therapy**.
- **300,000+** people of all ages and backgrounds helped since our founding.
- **4,000+** clients served annually, including youth in schools.
- Professional staff of **12 clinical supervisors** and **75 therapists**.
- **3,000+** local students from pre-school to high school are eligible for **FREE** services in schools each year.
- Gold-standard training to over **115 practitioners** each year; providing **3,000+ teaching hours** annually to graduate and post-graduate students working towards licensure in the mental health field.
- Over **85% of our clients** are low-income; **54% earning** less than \$30K annually (HUD LA County guidelines)

LEADERSHIP

Varina Bleil, M.Ed
Chief Executive Officer

Marianne Callahan, Ph.D, LMFT
Chief Clinical Officer

Tori Fisk
Chief Financial & Operating Officer

Rex Wilder
Chair, Board of Directors

Programs & Services

INDIVIDUALS

Issues such as depression, anxiety, relationships, grief or loss, trauma, and addiction are addressed in a therapeutic setting.

COUPLES

Couples meet in private therapeutic settings to discuss their relationship issues with a trained counselor. They learn how to communicate more effectively and become a more cohesive family unit.

GROUPS

Maple Counseling offers a range of interpersonal therapy groups for people of different ages and backgrounds, including LGBTQ+ and parenting support.

CHILDREN, ADOLESCENTS AND FAMILIES

Maple Counseling provides individual therapy for children and adolescents, as well as family therapy, in person at our clinic and via TeleHealth. Children and adolescents are given the opportunity to explore a wide range of developmental issues, from expression to challenges with self-esteem, peer relationships, depression and anxiety. Family members learn to develop more effective communication, establish or re-establish common family goals, strengthen bonds, and learn and practice conflict resolution. Parent education classes are also offered throughout the year to assist parents in developing improved communication and conflict resolution skills, as well as increased family joy.

BRISKIN | WILDER WELCOME CENTER

The Briskin | Wilder Welcome Center helps individuals and families navigate the complex and often frustrating process of finding the right mental health care. The



Welcome Center is both a program and a place at our clinic. Anyone seeking mental health care for oneself or a loved one will receive support to find the appropriate care they need, either at Maple Counseling or through our referral process to other support services available in LA County.

SCHOOL-BASED SERVICES

Maple offers individual, family, and group therapy to middle and high school students, addressing academic, social, and emotional challenges like depression, anxiety, and substance experimentation. Therapists also consult with parents, teachers, and administrators. With over 1,600 students and adults served annually, services are conveniently located on-site at local schools.

ORDEN FAMILY MINDFULNESS PARENTING PROGRAM

This program supports parents of preschool-aged children from underserved communities, integrating mindfulness parenting education with group therapy. Maple therapists assist parents with behavior challenges and provide mindfulness-based intervention strategies, fostering a supportive parent community.

COMMUNITY CIRCLE

Maple's program, spanning nearly 50 years, aids elementary school youth in Beverly Hills and Los Angeles Unified School Districts. Trained volunteers offer in-school social-emotional learning, nurturing communication, conflict resolution skills, self-confidence, and responsibility in a safe environment.

SABAN COMMUNITY CLINIC PARTNERSHIP

Maple provides dedicated therapists for Saban Community Clinic patients, offering support to those who cannot afford therapy independently. Prospective Maple clients can access medical and mental health services covered by Medi-Cal or private insurance through enrollment at Saban. In return, Maple helps meet mental health needs within the Saban community.

BEVERLY HILLS FIRE DEPARTMENT PROGRAM

Maple's latest initiative assists the Beverly Hills Fire Department in addressing non-emergency mental health concerns encountered by first responder units. Trainees conduct thorough clinical assessments, and Maple's Briskin | Wilder Welcome Center offers referrals for long-term mental health solutions.