

Psychoanalytic Center of the Carolinas

Board of Directors

November 6, 2023

Minutes

Present: Harold Kudler (Pres), Burton Hutto (Sec), Vann Pearsall (Executive Director), Dhipthi Brundage, Chris Erskine, John Riley, Josie Sawyer, Kendra Surmitis, Scott Warren, Tricia Wilson

Absent: none

- I. Welcome
 - a. Kendra Surmitis was welcomed. She was voted onto the board since the last board meeting.
- II. Procedural Section
 - a. Minutes: The October minutes were approved.
- III. Committee reports
 - a. The reports were distributed in advance. (See Appendix 1.)
 - i. Tricia emphasized the availability of scholarships for PCC members to take DEI training.
 - b. The funds report was also distributed.
- IV. Strategic plan update
 - a. Vann's computer recently met an untimely demise, so the grid was not available for review. It will be distributed soon, but Vann reported good progress on all fronts.
- V. Old business
 - a. Tricia reported on joining the recent ARTF meeting.
 - i. The ARTF would like to focus on chapter 4 of the Holmes Report to implement change in training programs.
 - ii. The ARTF does not have a chair, and they hope for the board to assist with leadership. They would like to have a board member on the task force, and the board would like their presence on the board.
 - iii. The ARTF would like to have a town hall meeting to discuss the Holmes Report with the membership. A proposal was made to support this plan. *The board approved this proposal.*
 - b. Nominating committee
 - i. The nominating committee continues to address the search for a new board president.
 - ii. We desire a nominee to present at the special meeting of members on Jan 27. (At that meeting, members can vote on the revisions of the bylaws approved by the board.)
- VI. New business
 - a. Annual Fund Challenge

- i. The fund drive is launching with a goal of \$45,000.
 - ii. Harold challenged the board itself to pledge \$5000 and achieve 100% participation.
 - b. Holmes Fellowship launch
 - i. A new fellowship open to those connected with the PCC will support a project to address oppression and individual suffering.
- VII. Executive Directors Report
 - a. Vann recently met with the Referral Service.
 - i. Megan Clark is resigning as the senior resource person for the service, and a replacement is sought.
 - b. Website
 - i. Katherine Jarman is making more improvements including the addition of a resources page with links to other sites.
 - c. Grant support
 - i. Vann and Dhipthi are beginning to write proposals to seek grants from foundations that would support our missions including a plan that could establish a child psychotherapy program through the work of the CUP.
- VIII. Next Board meeting will be Monday, December 4, 2023.
- IX. Adjourn

Burton Hutto, Secretary

ARTF, V. Pearsall

The Dorothy E. Holmes Cultural Factors Fellowship will be announced this month on the PCC member listserv and in the November PCC newsletter. The merit-based fellowship is open to all members of our learning or teaching community. Letters of Intent are due Feb 15, 2024, with an optional information session planned for March. The final proposal is due September 25, 2024 and the award will be announced by November 1, 2024.

Circle of Security, D. MugnoCircle Together Network

The Circle Together website will be introduced to the Circle Together network at our November 7th quarterly meeting. The website will provide information for facilitators who would like support and connection with other facilitators. It will also provide information for parents who are seeking groups as well as lists of resources for all users.

<https://circletogethercarolina.org/>

In addition to the website introduction, Megan Roberts will be the special guest speaker at the November quarterly meeting to share her story about her own COSP experience as described in her recent article for WRAL.

<https://www.wral.com/story/there-are-no-perfect-parents-but-you-can-be-good-enough/21062162/>

March COSP Facilitator Training

The training is slowly filling but we still need more participants. It is anticipated that we will have about 36 participants registered by the end of November, but we will need at least 35-40 more to have the training confirmed by Circle of Security International. PCC leadership will be offered 2 full scholarships (to this training or to an online training) and 6 scholarships will be made available for PCC member applicants selected by the COS committee.

The COS committee as well as all of us who provide COS outreach through PCC would like to express many thanks to Heather Craige for her presentation on *Attachment and the Circle of Security*.

PCC Committee Reports
November 6, 2023 Board Meeting

Fundraising Report, H. Kudler

The Fundraising Committee announces the launch of the 2023 Annual Fund. A blast email has been sent to our “near and dear” to be followed by the posting of letters (many of which are personalized and include specific “asks” based on data collected from previous years in our Little Green Light donation software). We will also follow up with reminder emails at regular intervals and a planned phonathon. A total of \$15,000 of this year’s goal of \$45,000 has already been raised in the form of matching gifts. The Committee recognizes and thanks Scott Warren, Sylvia Adkins, and Jannelle Sharp for making these challenge gifts possible through their generous donations. In addition, Dr. Kudler will be meeting with a potential major donor on November 12th and is also working to arrange meetings with Heather Craige and Tricia Wilson during the donor’s visit to Durham.

Scientific Programs, G. Connuck

Amy Levy program on 10/7 drew 52 participants. She is offering an elective on the topic this spring.

Upcoming Programs:

1/20: Martha Stark (virtual)

2/17: David Tuckett (virtual)

5/4: Rosenblitt lecture @ LDC featuring Charles Parks (hybrid)

6/1: Pending request

9/14: Jon Meyer, Photography Program (virtual)

The committee has decided to plan five programs per year, one of which will be the Rosenblitt and one a program on Ethics.

Committee members expressed concern for the staff’s workload given the expansion of PCC programs and the increased request for staff support for zoom meetings on the weekends. We hope to recruit and train our members and volunteers to manage zoom meetings.

PCC Committee Reports
November 6, 2023 Board Meeting

Training and Education Committee, D. Brundage

- The PPT committee has selected the next Pearsall Psychotherapy grant recipient: Maggie Powell. She will receive notification this week.
- The PPT committee has voted to approve the COSP training as an elective for students in our track.
- The psychoanalysis is working on progressions review in Jan and on succession planning for the chair.
- Curriculum Committee & CUP would like to pay close attention to the Holmes Commission Report, Chapter 5, titled Curriculum, Racism as an Analytic Lens, and Supervision. The chapter has data and recommendations for institutes, and we'd like to think together about how our curriculum content shapes who we attract/don't attract, who or what content is included/excluded, etc.
- discussed the (what to me is glaring) absence of a child psychotherapy track in our curriculum. We discussed how this may deter agency-based clinicians or those who wish to practice child/adolescent work analytically from training, because of the high level of commitment (time, money, job setting) involved in full child analytic training).
- Calabria Courses for 2024-2025
- Our attention was drawn to the fact that PEP web restricts access to materials that are less than 5 years old, meaning that teachers and students cannot access the most contemporary publications. We don't know if/how access to such material is possible. Though we have many folks who are university affiliated and thus can access particular titles, I wonder if the PCC might consider a subscription to a few key journals for faculty access (I have no ideas about rules of access though, so this may be a no-go). It seemed like a reasonable request from one of our teachers.
- We hope to begin marketing spring courses in mid-November. Instructors are providing updated syllabi for the Faculty and Curriculum Chair to review before they are published.
- Each spring course has at least one instructor recruited. Hoping to recruit coteachers for a few other courses.
- Faculty members met on Monday, Oct. 23 to continue the discussion of using David Tuckett's "Parsimonious Model" as a possible 'backbone' for what the PCC hopes to teach; Working with CUP toward this understanding.

PCC Committee Reports
November 6, 2023 Board Meeting

- Chris Erskine and Christy Tronnier attended a meeting of the Collaborative Psychoanalytic Education Network. This network could be helpful in the efforts the PCC is currently undertaking to clarify our aims for a revision of our curriculum.

Financial Reports, L. Long

Revenues

- Contributions:
 - Unrestricted: Annual Fund kicked off with a goal of \$45,000
 - Report does not reflect additional \$7,500 in AF pledges due later this year
 - Restricted Contribution does not reflect \$25,000 in pledges due later this year
- Tuition revenue is 22% above the budgeted goal, \$14,700 over the \$54,700 budgeted for the entire year.
- Revenue from Registration Fees has already exceeded the budgeted goal by \$1,570 due to the increased enrollment.
- Currently at 81% of our budgeted Program-related revenue
 - Four scheduled Scientific Programs in 2024
- Membership dues are at 22%, prior to December renewal, primarily due to the Pearsall Fellowship which includes a one-year PCC membership (and PEP Web subscription) to all 15 fellows.
- Investment Income - investments absorbed a loss in Sept & Oct which accounts for a large portion of the net loss this month
- Prior Year's Designated Funds for Scott Fund - Note that no portion of these budgeted funds have been transferred out of PCC investments yet. However, a portion has been used for faculty pay and other budgeted expenses which would cover some of the net loss this month. The Scott funds are on a schedule to be transferred to the PCC operating account in December, February and May.

Expenses

- Scholarships, Grants - Individuals: \$18,750 is for the approved Supervision Grants. Funds to cover these are the remaining Pearsall Funds from Grants 1,2 & 3.

PCC Committee Reports
November 6, 2023 Board Meeting

- Payroll/Benefits: Received notice of a 6.9% increase in employee health insurance for 2024.
- Subscriptions [PEP Web Subscription] are a little high because there were more individuals subscribing to PEP than budgeted. The expense is covered, though, since members/students pay for their PEP subscriptions (the revenue PEP Web Fee will increase as members are invoiced for the subscription).
- Marketing expenses should remain under budget due to the new website platform.
 - \$4,000 was budgeted for MemberClicks; annual hosting and maintenance for the new site will cost about half that.
- Outside Contract Services: Over budget due to the extension of the G3 contract, which ended in September (9/30).

Psychoanalytic Center of the Carolinas
Statement of Financial Activity
July 2023 - June 2024

	<u>Jul '23 - Jun 24</u>	<u>Budget</u>	<u>\$ Over Budget</u>	<u>% of Budget</u>
Ordinary Income/Expense				
Income				
4010 Contributions Unrestricted	10,029	48,000	(37,971)	21%
4020 Contributions Restricted	125,184	217,061	(91,877)	58%
4200 NonGovt Grants, Schlrships	3,512			
5100 Program-related Sales/Fees	83,044	101,918	(18,874)	81%
5210 Membership Dues	5,700	26,000	(20,300)	22%
5300 Investment Income	(31,692)	0	(31,692)	100%
5400 CC Rewards [P/Y Mgmt Fees]	700	0	700	100%
5500 Prior Yr Designated Funds	44,136	467,831	(423,695)	9%
Total Income	<u>240,613</u>	<u>860,810</u>	<u>(620,197)</u>	<u>28%</u>
Gross Profit	240,613	860,810	(620,197)	28%
Expense				
7000 Schlrshps, Grants, Filwshp	146,480	200,500	(54,020)	73%
7200 Payroll Expenses	96,241	370,180	(273,939)	26%
7540 Faculty & Prgm Cmpnsation	35,550	179,550	(144,000)	20%
8110 Office Supplies & Equipmnt	2,358	7,540	(5,182)	31%
8120 Occupancy	1,292	13,680	(12,388)	9%
8300 Travel & Meeting Expense	2,279	29,750	(27,471)	8%
8520 Insurance	43	8,700	(8,657)	0%
8530 Org Dues, Subscriptn, Lics	11,930	13,450	(1,520)	89%
8570 Marketing	322	4,940	(4,618)	7%
8580 Inv, Bank, CC Proc Fees	4,923	10,300	(5,377)	48%
8600 Contract Services	23,479	22,220	1,259	106%
Total Expense	<u>324,897</u>	<u>860,810</u>	<u>(535,913)</u>	<u>38%</u>
Net Ordinary Income	(84,284)	0	(84,284)	100%

Psychoanalytic Center of the Carolinas
Stmnt Fin Activity-Prev Year Comparison
July 1 through November 2, 2023

	Nov 2, 23	Nov 2, 22	\$ Change	% Change
Ordinary Income/Expense				
Income				
4010 Contributions Unrestricted	10,029	15,541	(5,512)	(35%)
4020 Contributions Restricted	125,184	11,900	113,284	952%
4200 NonGovt Grants, Schlrshps	3,512	0	3,512	100%
5100 Program-related Sales/Fees	83,044	46,534	36,510	78%
5210 Membership Dues	5,700	1,569	4,131	263%
5300 Investment Income	(31,692)	23,095	(54,787)	(237%)
5400 CC Rewards [P/Y Mgmt Fees]	700	0	700	100%
5500 Prior Yr Designated Funds	44,136	54,000	(9,864)	(18%)
Total Income	240,613	152,639	87,974	58%
Gross Profit	240,613	152,639	87,974	58%
Expense				
7000 Schlrshps, Grants, Fllwshp	146,480	47,539	98,941	208%
7200 Payroll Expenses	96,241	93,141	3,100	3%
7540 Faculty & Prgrm Cmpnsation	35,550	15,370	20,180	131%
8110 Office Supplies & Equipmnt	2,358	1,857	501	27%
8120 Occupancy	1,292	1,040	252	24%
8300 Travel & Meeting Expense	2,279	7,243	(4,964)	(69%)
8520 Insurance	43	0	43	100%
8530 Org Dues, Subscriptn, Lics	11,930	7,326	4,604	63%
8570 Marketing	322	3,915	(3,593)	(92%)
8580 Inv, Bank, CC Proc Fees	4,923	6,938	(2,015)	(29%)
8600 Contract Services	23,479	17,246	6,233	36%
Total Expense	324,897	201,615	123,282	61%
Net Ordinary Income	(84,284)	(48,976)	(35,308)	(72%)

Psychoanalytic Center of the Carolinas
Balance Sheet
As of November 2, 2023

	<u>Nov 2, 23</u>
ASSETS	
Current Assets	
Checking/Savings	
1010.010 Operating Truist 4016	32,364
1010.015 Checking Truist 2089	79,748
1010.200 LOB Rstrctd Svng 5131	475,494
1010.250 LOB Operating Svg 3194	27,449
1020 Payroll Truist 6244	<u>35,664</u>
Total Checking/Savings	650,719
Accounts Receivable	
1110 Accounts Receivable	<u>(525)</u>
Total Accounts Receivable	(525)
Other Current Assets	
1010.999 Undeposited Funds	2,624
1520 Securian Investments 779	<u>1,018,216</u>
Total Other Current Assets	<u>1,020,840</u>
Total Current Assets	1,671,034
Other Assets	
1521 Securian Endowment 266	<u>186,912</u>
Total Other Assets	<u>186,912</u>
TOTAL ASSETS	<u><u>1,857,946</u></u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Credit Cards	
2580 Credit Card Pts - Truist	<u>876</u>
Total Credit Cards	876
Other Current Liabilities	
7250 Payroll Liabilities	<u>1,290</u>
Total Other Current Liabilities	<u>1,290</u>
Total Current Liabilities	<u>2,166</u>
Total Liabilities	2,166
Equity	
3100 Temp Restr Net Assets	1,295,817
3200 Perm Restr Net Assets	229,017
Unrestricted Net Assets	393,116
Net Income	<u>(62,171)</u>
Total Equity	<u>1,855,779</u>
TOTAL LIABILITIES & EQUITY	<u><u>1,857,945</u></u>

Dorothy E. Holmes Cultural Factors Fellowship

Description:

The Dorothy E. Holmes Cultural Factors Fellowship supports broad and deep psychoanalytic understanding and enhanced impact of intersectional theory through their application in the classroom, the consulting room, clinical supervision, academia, professional organizations, the community, and other settings.

Objective:

The Holmes Fellowship promotes psychoanalytic understanding of and solutions to all forms of oppression. Successful applicants receive funding to undertake projects which explore how and to what extent the various elements of intersectional oppression may contribute to personal suffering – e.g., race, class, gender identity, sexual orientation, religion, and/or other identity markers- and, whenever possible, ameliorate that suffering.

Eligibility:

- This merit-based fellowship is open to all members of the learning or teaching community students and faculty of the Psychoanalytic Center of the Carolinas (PCC). Joint proposals from faculty and student partners will also be considered.
- Proposals may address any of a broad range of domains including (but not limited to) clinical, academic, policy, or public advocacy.
- All applicants must reside in either North or South Carolina.
- All clinical applicants must practice in either North or South Carolina.

Description of the Fellowship:

- Fellows will receive a \$2,500 annual stipend plus up to \$2,500 in annual expenses for professional consultation, outside services, or materials required to complete their project.
- Fellows will serve for a minimum of one calendar year and a maximum of three consecutive years.
- While engaged in the Fellowship, each recipient will commit to:
 - Attending regular meetings with an assigned PCC project advisor
 - Preparing quarterly project reports
 - Preparing a final project report
 - Attending regular meetings with other Holmes fellows and faculty
 - Sharing the progress and outcomes of Fellowship work with PCC members, community organizations, and other audiences as appropriate to the project

Application Procedure:

Fellows will be selected based on demonstrated accomplishment and well-conceived and feasible proposals which address the Fellowship objective and are likely to produce sustainable results.

- Applicants will submit a letter of intent no longer than two pages, expressing their interest in the program.
- Applicants will be invited to a voluntary information meeting four months prior to submitting a final proposal.
- The proposal shall be submitted as a single PDF file containing:
 - A resume
 - A project proposal of no longer than five pages, double-spaced, 12-point font, which includes:
 - A rationale for the proposed project including:
 - Articulation of the problem
 - A brief literature review in support of the project/plan
 - Consideration of the project's feasibility and sustainability
 - A description of the project's desired impact
 - A clear set of objectives, each with measurable outcomes that will define success.
 - Description of methodology
 - The project budget.
 - A timeline for implementation and completion
 - The names of two supporters with sufficient familiarity with the applicant and expertise in the proposed area of work to comment on the applicant's ability to complete the proposed project.
- Letters of intent are due February 15
 - Information meeting third week in March
- Final proposal due September 15
- Award announced November 1

About the Psychoanalytic Center of the Carolinas

The Psychoanalytic Center of the Carolinas (PCC) is a welcoming community of mental health professionals who study and share the life-changing benefits of psychoanalysis. We advocate empathic, attuned mental health care, connecting people seeking therapy with highly qualified psychoanalysts and psychodynamic psychotherapists.

The PCC provides the only post-graduate training program in psychoanalysis and psychoanalytic psychotherapy in the Carolinas. As a membership organization, we assist students and graduates in mental health fields to advance their careers through networking and continuing education.

PCC Fund Management Statement- October, 2023

Virginia Asset Management

Primary Account

Current Balance:	\$997,535
October Change:	-\$20,959

YTD Capital Appreciation:	\$57,953
YTD % Return:	

Endowment Account

Current Balance:	\$181,439
October Change:	-\$5,584

YTD Capital Appreciation:	-\$2,091
YTD % Return:	

Comparisons

S&P YTD Return	15.59%
Nasdaq YTD Report	31.04%
Fidelity Zero Large Cap Index	28.59%

Live Oak Bank

Operating Savings	\$27,534
Restricted Savings	\$477,086
Interest Rate	4%

Notes:

- **There are no percentage YTD returns indicated as Bill failed to send a comprehensive report for all of our holdings, and I am working with the monthly statements alone. I've reached out to him for the additional numbers. Given that we've had so many withdrawals and transfers so far this year, I'll need their more complex equation to accurately calculate, but I'm estimating we are in the 10 -12% range.**
- **As we have shifted endowment funds to a separate account with slightly different parameters, that is reflected above.**
- **Markets recovered slightly last week, but Sept/Oct has been rather rough, particularly with the uncertainty in the Middle East.**