MARIA DROSTE
COUNSELING SERVICES

BRINGING HOPE TO LIFE

Since 1992

Annual Report Fiscal Year 2026

July 1, 2025—June 30, 2026

Who We Are

Maria Droste Counseling Services provides professional outpatient mental health therapy and holistic therapies that are compassion-based and affordable to ALL in need.

Our compassionate care model centers our work to focus on nurturing the body, mind, and spirit for adults, children, adolescents, couples and families. Our therapeutic approach is based on our core belief in the value of every individual—rooted in the ideals of the Sisters of the Good Shepherd—who founded our organization in 1992 within the same offices we still occupy in the Adams Building in Quincy Center.

At the heart of Maria Droste Counseling Services are four core values that provide the foundation of our mission: Acceptance, Respect, Compassion & Healing. Our core values work together, supporting our vision of *Bringing Hope to Life*.

Our Mission Statement

"To provide professional mental health counseling and holistic therapies that are compassion-based and affordable to ALL in need."

Leadership & Core Staff

Michael Shanahan, M.Div., LMFT—*Executive Director, Clinical Supervisor, Outpatient Therapist*
Stacey Campbell—*Director of Operations, Intake Specialist*
Meghan Earle, LMHC—*Clinical Director, Outpatient Therapist*
Elish McPartland, RGS, M.T., RCST®—*Holistic Therapist*
JJ Sorensen—*Director of Engagement*

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An Update From Mike Shanahan

Dear Friends,

This fall, for the very first time, Maria Droste Counseling Services is publishing our Annual Report right away at the beginning of the next fiscal year!

This may not seem like a big deal to everyone, but for me, it marks one important sign that our organization has established a more solid footing and is bringing staff on board who can support the transformative work our therapists have been doing since our founding in 1992.

Everyone who works here, and all of our clients, can feel the healing energy that lives in the walls and halls of our office. In this Annual Report, we want to tell our story and we want to share our success with you because we see the reality of the difference that our important work is making for the lives of our clients, and as a result for our community as a whole.

I have the honor of sharing this page with one of my most esteemed colleagues, Sister Elish McPartland, who came to Maria Droste in 1995 and lives her vocation in the service of others as a Reiki practitioner and holistic healer. Sr. Elish is down-to-earth, matter-of-fact in her demeanor and words, and inspiring in her countenance. I celebrate her work, her presence on our staff, and the love she shares with all of us. Without further ado, please see her message below!

With gratitude,

Michael Shanahan, M.Div., LMFT

A Message From Sr. Elish McPartland

Dear Friends,

The motto of Maria Droste Counseling Services is “bringing hope to life.”

As I reflect on the values of compassion and respect for the dignity of each person—the values that underpin our work at MDCS—I myself am filled with hope. As I witness those values as they are expressed by the staff here at MDCS day in and day out—I am filled with still more hope.

I view Maria Droste Counseling Services as a safe harbor in the stormy seas of the anxiety and mental anguish so prevalent today. Yet hope is an intangible—it does not depend on positive circumstances and it can blossom in times of adversity. If we can see that possibility to our desire for wholeness we have hope—if we do not see that possibility we have only despair.

We find courage and hope in the presence of love. As I am immersed in the mission of MDCS and the love that is so present here, I have hope for the future of all those who avail themselves of the services offered by our staff. I also have great confidence that the vibrancy of our organization will continue to flourish and be that safe harbor!

With much gratitude to our donors, our Board of Directors, and ALL who continue to give us hope through their generous support.

Sincerely,

Elish McPartland, RGS, M.T., RCST®

My Camino de Santiago Honoring My Brother, Robert

By: Karen Donnellan, *Board of Directors, Vice President*

My brother Robert was a man who fought battles that most people around him never fully saw. He faced addiction and mental health challenges head on—and with great courage. He was magnetic—the life of every room he walked into, the kind of person who held court wherever he went, drawing people in with his warmth and humor. Robert was a proud man, and that pride, as beautiful as it was, sometimes made it difficult for him to ask for help.

Three years ago, we lost him to suicide. And with that loss came a grief unlike anything I had ever known—the haunting question that so many survivors carry: *"could I have done more?"* The honest answer is that I did what I could. We all did. But Robert's death made something undeniably clear to me—we are not doing enough as a society to reach the men in our lives who are silently struggling.

And so, rather than stay in that grief, I decided to walk through it—literally. My Camino de Santiago in September 2025 became my way of honoring Robert, of processing an almost unbearable loss, and of raising awareness for the very mission that Maria Droste Counseling Services lives every single day.

With every mile, with every conversation, with every person who walked beside me, I felt Robert's presence—not as a wound, but as a reminder of why I was there. There was something about the rhythm of walking—the steady movement, the open road, the absence of everyday distraction—that seemed to dissolve the walls people normally keep up. In those moments, I felt Robert walking right there beside us. Not as a loss, but as a presence—as if he had sent me out onto that road for exactly this purpose.

It was on the final day in Santiago that I met Father Manny—a man of such gentle grace that his presence alone felt like a gift. We had offered our intentions, as so many pilgrims do, carrying the names and the hopes of those we love to that sacred place. But what happened next I will never forget. Father Manny sought me out. He came to me, took my hands, and asked my name—and my brother's name. And then he held me in an embrace and said simply, "I hope you forgave him." Those five words stopped me completely. In that quiet moment, with Father Manny's words still hanging in the air, I understood something I had not seen before. You cannot offer peace before you offer forgiveness.

Robert was not a broken man. He was a brilliant, funny, fiercely loved human being who simply could not find his way to the help he needed. And he is not alone. Every day, men just like him—proud, capable, deeply feeling—are quietly struggling in ways those closest to them can barely see. We need to keep talking, keep listening, and keep showing up for one another. The Camino taught me that we are never truly meant to walk alone. Reaching out is not a sign of weakness. It is one of the bravest steps you will ever take.

I walked the Camino for Robert. I walked it for every person still searching for their peace. And I walked it as a reminder—to myself and now to you—that forgiveness, connection, and healing are always possible. *Buen Camino.*

A Pilgrim's Journey to Angers, France and Back Home—to MDCS

By: JJ Sorensen, *Director of Engagement*

In so many ways and for so many reasons, Maria Droste Counseling Services feels like it is where I was always meant to be. I was excited to join MDCS as the Director of Engagement in December 2025, but at that time I wasn't yet fully aware that this organization would truly become home for me. Strangely enough, that revelation occurred on an entirely different continent.

Shortly after I started at MDCS, our Executive Director, Mike Shanahan, offered me the once-in-a-lifetime opportunity to travel to Angers, France in April 2026 on a pilgrimage to the Motherhouse of the Sisters of the Good Shepherd. Accepting this offer was a no-brainer. I was immediately excited about and grateful for the opportunity, but I had no way of knowing the depth of what I was about to experience.

My time in Angers was nothing short of transformative. Walking in the footsteps of the founder of the Sisters of the Good Shepherd, Saint Mary Euphrasia, and seeing her living quarters and desk where she worked tirelessly for this mission that we still carry on today, was genuinely humbling. Witnessing the peaceful and serene beauty of the Loire Valley and the living history of millennia surrounding me in this spectacular setting was grounding and rejuvenating. Learning about the mission of the Sisters of the Good Shepherd—which has always been rooted in compassionate care for the underprivileged and underserved—was truly inspiring.

Standing in front of the famed green doors of the original entrance to the Motherhouse. Generations of Sisters and pilgrims have been welcomed into the mission by walking through this sacred entrance.

My pilgrim's journey led me from Boston, Massachusetts to the Charles de Gaulle Airport in Paris, then onto a bullet train to the beautiful and ancient city of Angers, France where Saint Mary Euphrasia founded the Sisters of the Good Shepherd in 1835. After arriving at the Motherhouse I was united with my fellow pilgrims—an incredible group of several dozen partners in mission and Good Shepherd Sisters—many of whom I formed deep connections with that are continuing to strengthen to this day. From the serene and spiritually rejuvenating grounds of the Motherhouse we traveled to the stunningly beautiful island of Noirmoutier, where Saint Mary Euphrasia was born and spent her childhood, then we returned to the Motherhouse for the remainder of our pilgrimage.

The inside courtyard of the Motherhouse grounds in Angers, France.

During my time in Angers, I learned more about the history and heritage of our mission, the global impact of our efforts, and about my own spiritual connection to this work, than I ever could have imagined. I began my journey as a pilgrim, and by the time the experience was over, I had become a Good Shepherd. When the week reached its conclusion, I departed the holy grounds of the Motherhouse in pre-dawn darkness and began my return journey home—a journey back to the airport by way of the bullet train—onto an airplane that took me across the Atlantic Ocean home—home, to Maria Droste Counseling Services.

Raising Awareness of Mental Health in the Workplace

By: Kathleen Bondi, MA MHC, *Outpatient Therapist*

In May 2026, I was invited to speak about the importance of mental health awareness in the workplace by Matt O'Dette, VP of Operations and Talent Management at Cramer, a marketing strategy and content production agency in Norwood, Massachusetts. During our discussion with a crowd of Cramer employees, we touched on many important topics ranging from employee satisfaction regarding compensation to paid time off, and how to best support colleagues experiencing burnout. We began with the idea that mental health is a part of overall health. Unfortunately, many still doubt this concept, and for those needing mental health treatment, stigma often remains.

According to the American Psychological Association (APA), 77% of workers surveyed in 2023 reported experiencing work-related stress during the previous month. High levels of stress make it difficult for employees to concentrate, communicate effectively, and remain motivated and engaged. Prolonged and continued stress contribute to employee burnout and lower job satisfaction. By acknowledging these problems, employers can take steps to address unhealthy working conditions which will benefit employee health, as well as a company's bottom line.

Many enter the workforce with existing mental health challenges that affect both their personal lives and their ability to work effectively. According to a 2019 World Health Organization (WHO) report, 15% of working-age people report a mental health diagnosis, an estimated $1 trillion USD, and 12 billion working days are lost each year due to mental health complications. A 2024 survey conducted by the National Alliance on Mental Health (NAMI) found 74% of full-time employees in the U.S. say it is appropriate to discuss mental health concerns at work. However, just 58% surveyed say they would actually feel comfortable talking about their mental health at work. This leaves many who want and need help but don't know where to turn or how to talk about the challenges they face at work.

Providing access to counseling and employee assistance programs, offering mental health education for managers, encouraging reasonable workloads, and supporting a healthy work-life balance are all ways employers can support staff. Equitable and fair compensation is vital as well. Reasonable accommodations such as flexible work hours, supportive meetings with managers, and when possible, extra time to complete projects, are some simple ways employers can support staff. Most importantly, employees should feel that they can discuss mental health without judgement or negative consequences.

Conflict and stress in the workplace can cause or exacerbate mental health challenges. Employers like Cramer have an important role in creating an environment where mental health is taken seriously. Being aware of and, when appropriate, addressing these concerns in the workplace is key to supporting employee well-being, reducing stigma, improving productivity, and creating a healthier work environment. When people are supported at work, they are more capable and successful. Those benefits ripple out from the workplace into the community, which in turn strengthens the fabric of our families, neighborhoods, and the wider world as a whole.

The therapists at Maria Droste Counseling Services understand the mental health challenges and needs of those in the workforce and can assist managers and employers in learning more about fostering a healthy work environment. If you are interested in growing a mental health awareness program in your place of employment, reach out to us to explore the options available through Maria Droste. *Reduce the stigma, support your employees, and enjoy the returns on your investment.*

Annual Fundraiser *Fashion for Compassion* Supports Mental Health Care Access for ALL

On Tuesday, May 19, 2026, Maria Droste Counseling Services hosted our annual fundraiser, ***Fashion for Compassion* at Granite Links in Quincy, Massachusetts**. The event was a cathartic celebration of compassion and healing in celebration of our important mission.

The event culminated with its grande finale—an upbeat, high-energy fashion show that delivered jaw-dropping style and no shortage of "glam"—the result of tireless work from many dedicated volunteers and led by **Karin Monfredo of *George & Dino*.**

The event's keynote speaker was **Liam Martin, former WBZ-TV and WCVB-TV news anchor**, who in 2024 left his dream job to treat his Obsessive Compulsive Disorder. Today, Liam serves as the Chief Marketing Officer for Newsmaker Marketing, is the co-host of The OCD Confessional podcast, and is a tireless and outspoken mental health advocate.

Our Executive Director Mike Shanahan delivered the evening's welcoming remarks. **He dedicated the event to the late Thomas M. Maloney, Jr.**—long-time MDCS board member and beloved Quincy, Massachusetts native who passed away this spring and had been an avid supporter of this event.

Vice President of the MDCS Board of Directors, Karen Donnellan delivered a heartfelt and emotional address, sharing the story of her extraordinary 400-mile pilgrimage along the Camino de Santiago she embarked on in September 2025 in memory of her beloved brother Robert, whose life was lost to suicide in 2023 at the age of 59.

Lisa Donovan, co-host of iHeart Radio's *Billy & Lisa in the Morning*, served as the emcee for the evening.

Sr. Elish McPartland (left) and Sr. Mary Ann Crowley, CSJ, former volunteer who served 12 years as a counselor at MDCS, pose for a photo.

Healing by the Numbers

Fiscal Year 2026

7,800
Therapy Sessions Provided

Age 4–88
Clients Treated

50%
Low-income Clients

20%
Unemployed Clients

Our important work is making a real difference improving the lives of people in need —and remains grounded in prioritizing serving the underserved and underprivileged.

Client Testimonials

"My therapist is excellent, compassionate, and articulate. She has helped me tremendously to sort through my feelings of loss and to develop an action plan. Since I had a limited budget, Maria Droste Counseling Services worked with me on a compassionate level, making services affordable. Thank you to my therapist and to the agency from the bottom of my heart!"

"I have seen my therapist for the past 2 months in an effort to overcome PTSD symptoms. Thanks to her remarkable support, I've been successfully coping with long-term unemployment and job search issues. Today I am grateful to announce I start a new position on Monday and have made progress on my personal goals and achievements. Thank You!"

"I've been coming to Maria Droste for many years. I am so grateful for the support and consistent healing it provides my life. I have become a more whole person, more confident and more accepting of who I am. The emotional support has helped me trust more, feel loved, accepted and safe. Gratitude, Gratitude, Gratitude!"

Honor Roll of Donors

At Maria Droste Counseling Services, we are on the front lines of a mental health crisis—one that is exacerbated by the realities of current economic conditions. The exceptional and compassionate care that our talented therapists provide to our clients depends on donor support. Our supporters' generosity has immeasurable impact on our clients and our community as a whole—*mental health is community health.*

We sincerely thank ALL our generous donors who contributed to our important mission during Fiscal Year 2026*.

**Our team has made every effort to ensure the completeness and accuracy of our Honor Roll of Donors. If you believe we have made any errors or omissions, please contact us at: info@mariadrostecounseling.com*

Honor & Memorial Gifts

Maria Droste Counseling Services offers our heartfelt condolences to loved ones of the dearly departed friends of our organization, especially those who passed away during the previous year.

During Fiscal Year 2026, gifts were made in memory of the following people:

Barbara Basinger
Sr. Lorraine Bernier, RGS
Steven DesRoche
Robert Donnellan
Thomas Donnellan
Catherine P. Donovan
Mary Kay
Thomas M. Maloney, Jr.
Mary Alice Moran
Sr. Miriam Moroney, RGS
Esther & Richard Shanahan
Sr. Joanne Westwater, RGS

We are immeasurably grateful to those who have inspired generosity in honor of Maria Droste Counseling Services.

During Fiscal Year 2026, gifts were made in honor of or in tribute to the following people:

Kat Bondi
Carri Lyon
Sr. Elish McPartland, RGS
Members of the Massachusetts State Senate
Britta Nielsen
Jacque Patey

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You can also make a donation by using your cell phone and texting the word: **HAPPY** to **53555**.

Or you can send a gift by check or money order to:

Maria Droste Counseling Services
1354 Hancock Street
Quincy, MA 02169

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