



## In Office Counselling Program 2023

### INOC program participant stats

**Our program has served and supported 250 clients in 2023.**

**78% of those clients were first time clients to our counselling program.**

**22% of those clients were clients who had accessed our program in the past and were returning.**

**81% of the clients who were supported in our program identified as Caucasian.**

**5%- of clients who were supported in our program identified as Indigenous**

**The majority age of clients supported in our program were between the ages of 30-39.**

**With an increase the number of clients aged 60 and over.**

### INOC program length of service stats

**90% of clients completed the program in 3 - 4 month**

**In 2023, the average wait time for counselling services from the time the request of service was made to being offered services was 30 days.**

### INOC referrals

**55% are referred by MCFD**

**45% are self-referred**

### INOC goal type

**49% wanted to increase their own emotional well-being**

**26% wanted to contribute to wellness inside family relationships**

**25% wanted to decrease their choice of violence and increase safety to those inside their family system.**

### INOC program Trends

**In 2023 we saw an increase of the number of referrals indicating support for grandparents raising their grandkids and grandparents whom are co-parenting with the primary parent (s).**

**In 2023, we documented a decrease in how many clients moved in the past year. More clients indicated living in the same home for over a year or more.**

### Most common presenting problem

**Violence inside the family system**

**Substance use of one or more of the primary parents.**