



# Carve Your Own Path 2023 Annual Report

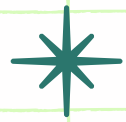


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# 2023 YEAR IN REVIEW

## A Note from Our Founder

As I reflect on not only the last year, but the last 5 years of incorporation for Carve Your Own Path, I feel a multitude of emotions. Most present is the sense of profound gratitude for navigating a year like any other. We embarked on a courageous journey of transformation and emerged with a new identity, symbolized by our new logo and welcoming website.



The following pages highlight a remarkable year of serving others - an impossible task without the unwavering dedication of our staff, volunteers, and community supporters. Explore these pages with an open heart, and witness the boundless potential when a community rises to carve its own path.



*Amanda Kostura*

# 2023 YEAR IN REVIEW ←

## Board Development

Behind the scenes, our board of directors evolved. We intentionally focused on bringing fresh perspectives, and ensuring our leadership reflects the diverse communities we serve.

## Implementation of Strategic Plan

We made it a priority in our strategic goals to diversify our funding streams, ensuring our mission's sustainability and amplifying the reach of our impact.

*"...I've had counseling my entire life and never made progress... My therapist.. with patience, acceptance and keeping space for me has lead me to a better understanding of my diagnosis and how to work within that. This has brought me a new found freedom. It gave me a foundation to work from."*

- Anonymous client testimonial, December 2023



All data is reflective of fiscal year 12/22/22-12/22/23

TOTAL CLIENTS  
SERVED

75

NEW CLIENTS  
SERVED

23

CLIENTS WHO  
USED SLIDING FEE  
SCALE

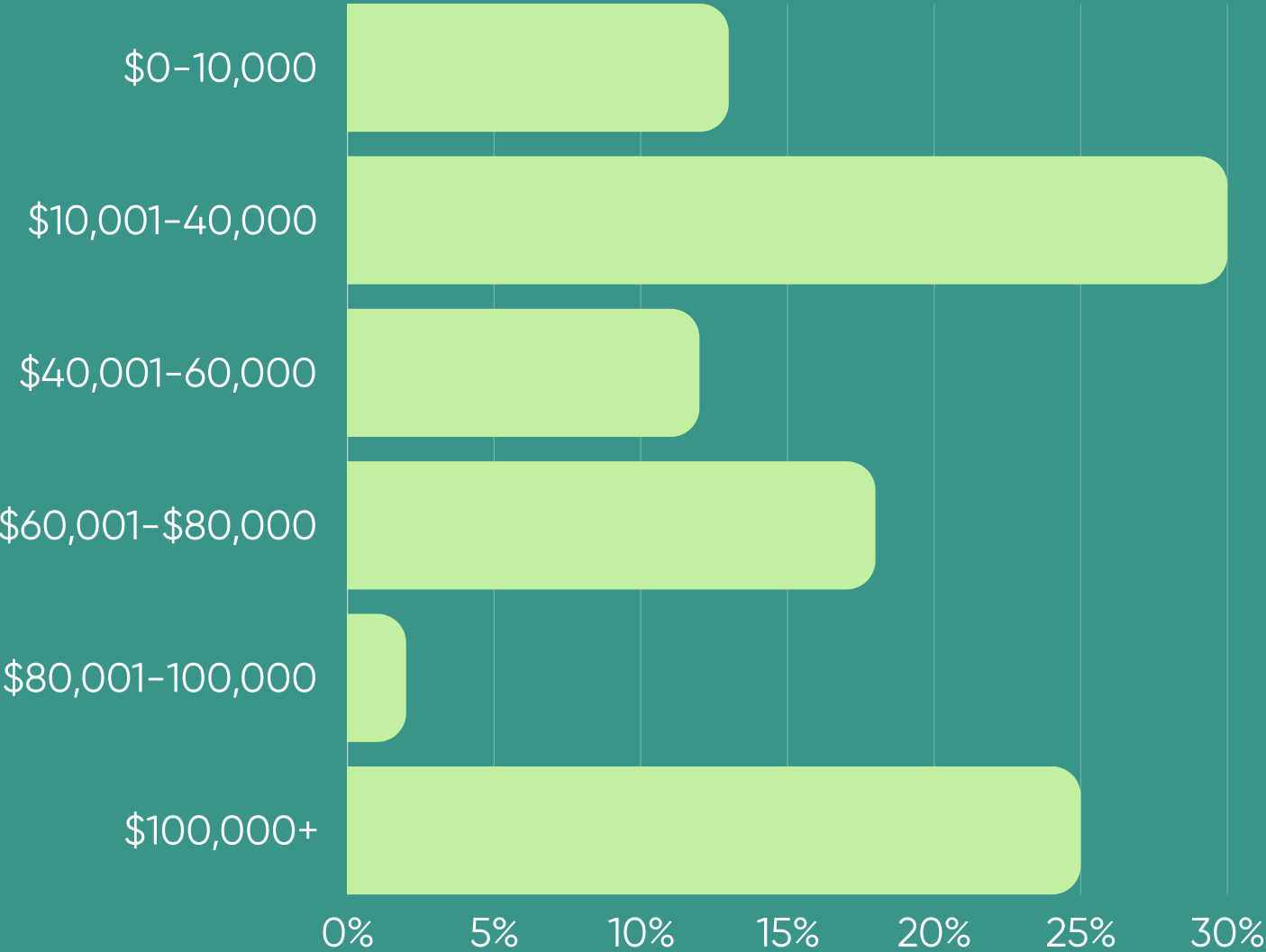
37

*"I felt immediately safe which hasn't been the case with other therapists. Thank you for providing that energy."*

*-Anonymous client testimonial, December 2023*

# Client Demographics ←

## Client Income



# Client Ethnicity

White

91%

6%

Black/African American

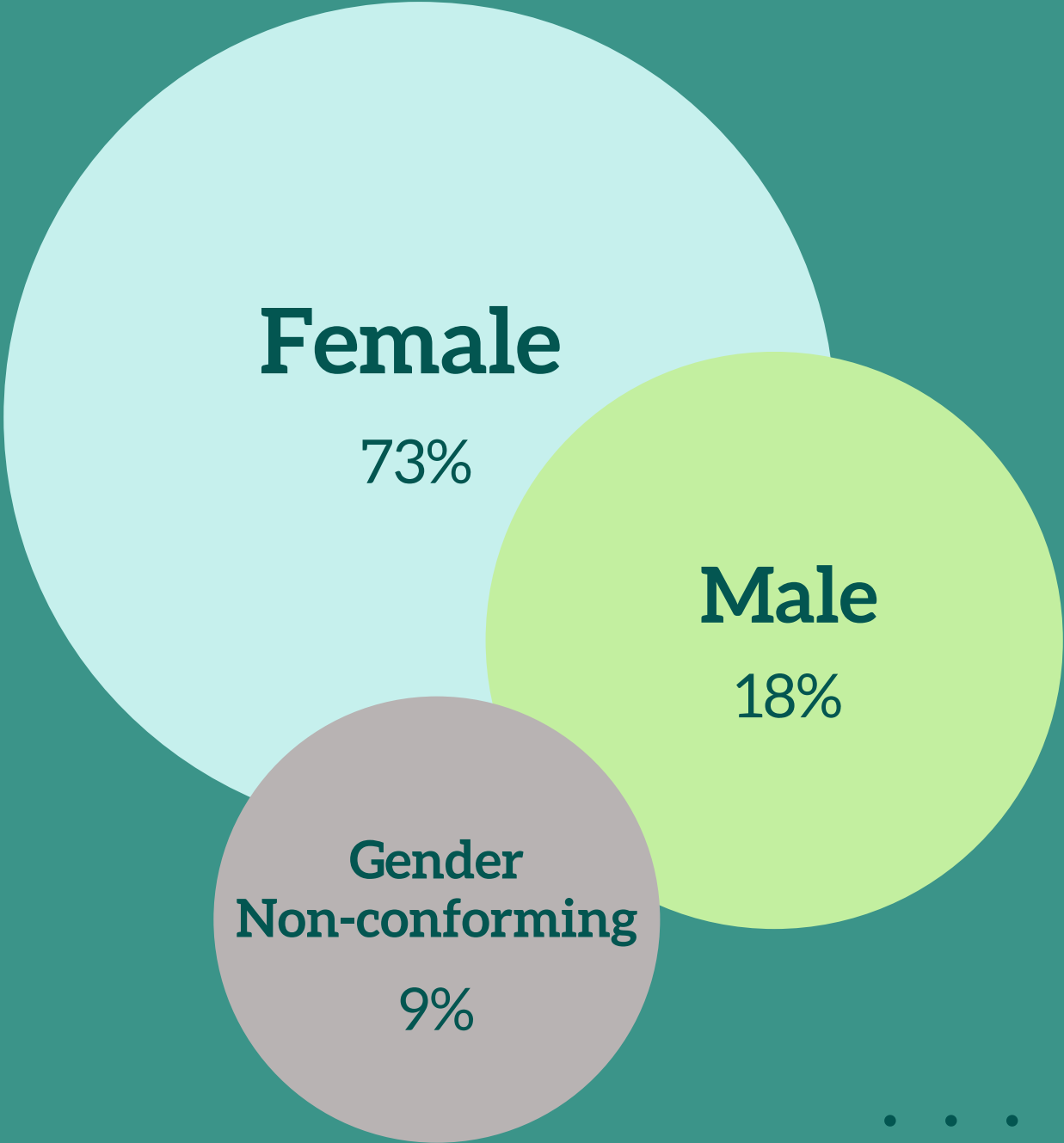
Bi-racial

1.5%

1.5%

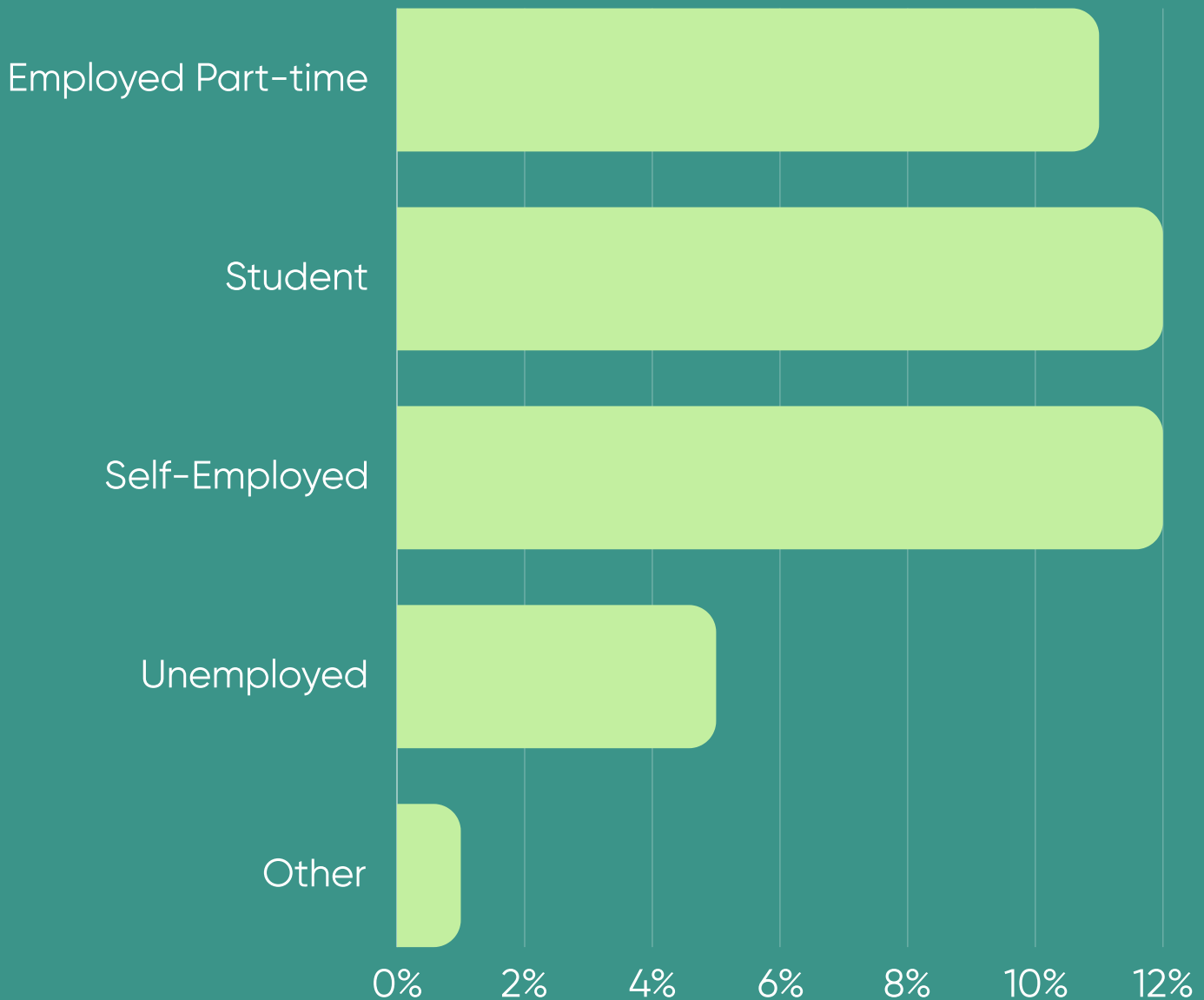
Asian

# Client Gender Identities





## Client Employment Status



*"I appreciate the flexibility for in-person and telehealth options and I appreciate having additional hours after 5pm. This makes it so much easier for me to schedule and maintain consistent appointments."*

- Anonymous, Client testimonial, December 2023

TOTAL NUMBER OF  
COMMUNITY WELLNESS  
WORKSHOPS

8



1/2023 – Vision Board Workshop

2/6 – Financial Wellness Panel

3/2 – Stealthy Impacts of Stress w/ Heather Wyatt Coaching

3/27 – Surviving the Blowups: Parenting w/ Molly Feigal Parenting

4/17 – Environmental Wellness Panel

4/26 – Zentangle Detangle

5/15 – Social Wellness Panel

5/19 – How to Better Manage Stress w/ Conscious Wellness

6/12 – Mental & Emotional Wellness Panel

*"I attended today's session to get a feel for what these panels are all about. I had no idea how much I would get out of it and how powerful the messages are. This far exceeded my expectations! I will be attending the others as well."*

- Client testimonial, Lori Pieper, May 2023



TOTAL NUMBER OF  
PRIVATE REIKI  
SESSIONS

17



TOTAL NUMBER OF  
GROUP YOGA  
SESSIONS

12



TOTAL NUMBER OF  
COMMUNITY OUTREACH  
EVENTS PARTICIPATED IN

10

- 2/16 – Hosted Outstanding Ohio Business Networking
- March 2023 – Hosted 4 Social Work Month Events
- 4/22 – Akron Library Resource Fair
- 4/29 – Special Needs Living Resource Fair
- 6/19 – Rohrer Corp. Wellness Fair
- 10/3 – Summit Co. Children Services Employee Wellness Fair
- 10/4 – Revere High School Future's Day

HOURS OF SOCIAL WORK  
TRAINING SUPERVISION  
PROVIDED:

93



TOTAL NUMBER OF  
SPEAKING AND/OR  
PROFESSIONAL  
DEVELOPMENT EVENTS

11



- 1/24 – Emotional Regulation Training for Ashland University
- 1/26 – Kent State University Mental Health in Adolescence Class
- 3/21 – Women’s Empowerment Workshop for GovExec
- 3/26 – Wadsworth First Christian Church DEI Panel
- 4/22 – HerWealth Conference – Self Care
- 5/9 & 5/10 – Wendy’s Wonderful Kids Conference – Supervision
- 5/25 – Best in Business Networking – Stress Management
- 9/14 – Copley Chamber Presentation – Self-care
- 10/19 – Nonprofit Support Network
- 11/2 – Aspies of Greater Akron – Stress Management
- 11/9 – Copley Chamber Nonprofit Fair

# Media Features

TOTAL NUMBER OF  
GROW YOUR PATH TO  
WELLNESS PODCAST  
EPISODES

13

## PODCASTS

**Wadsworth Area Chamber of Commerce**

*Zoom into Business: Carve Your Own Path*

**Real Chat with Kat**

*Coaching, Therapy, or Integrative, which is best for You*

**You Were Designed for Greatness w/ Donna Tashjian**

*To be released..*

**HerTalkShow with Sabrina Victoria**

*Carve Your Own Health & Wellness Path | Amanda Kostura*

**Natural Health & Wellness w/ Michael & Charlotte Fritzius**

*We Don't Have a Healthcare System, We Have a Sickcare System*

**Anilujah**

*Talking about Depression and Toxicity with Amanda Kostura*

**Moments of Clara-ty**

*Amanda Kostura - How to Exit a Toxic Environment*

**Her Wealth Conference with Sabrina Victoria**

*Radical Self-care: Empowering Women to Prioritize their Well-being*

**The Financially Free Author Show with Carolyn Choate**

*Managing Stress with Amanda Kostura*

**Doing Business with a Servant's Heart**

*Managing Stress: The Missing Element in Business & Personal Growth with Amanda Kostura*

**Exactly Zero Podcast**

*We Don't Have a Healthcare System, We Have a Sick Care System*

**Behind Our Door Podcast**

*Holistic Empowerment for the Mind- Reiki, Yoga & More with Lisa Schaefer  
Carve Your Own Path w/ Amanda Kostura*

## LOCAL TELEVISION

### ***Ascend Health Show***

#33 - Family Conflict - 1/23/2023

# 39 - Art Therapy - 5/26/2023

# 43 - 8 Dimensions of  
Well-being - 9/7/2023



## TRAININGS AND PRESENTATIONS

3/21/2023 - GOV Exec - Women's Resource Group - *Women's Empowerment through Self-Care* - Amanda Kostura

5/10-5/11/23 - Dave Thomas Foundation for Adoption - Wendy's Wonderful Kids Conference - *Modern Supervision: Humanizing the Supervisory Process* - Amanda Kostura

8/11/2023- Child Guidance & Family Solutions - *Self Care through the 8 Dimensions & Creativity* - Jenna Savago

# Fundraising Efforts



## Grants:

In December 2023, CYOP received a \$5,000 grant through the Akron Community Foundation's Health and Human Services Grant Cycle to provide inclusive, trauma-informed mental health services to uninsured and underinsured individuals in Summit County.

## Volunteer Contributions:

We had a significant increase in our amount of volunteer hours and services in 2023. Between board member service hours, volunteer hours with marketing, administrative work, events, and even in-kind donations of expertise, we obtained \$5,046 worth of volunteer time for the year.

*"I just want to say thank you so much for offering this opportunity to me and for being my therapist... It's an interesting dynamic because I think the key to therapy is feeling like you can trust someone enough to guide you. Thank you for your guidance and patience with me."*

*-Client testimonial, Lindsey, August 2023*



# Carving the Future

As an additional effort of diversifying our funding streams, and in celebration of five years incorporated, we held Carving the Future on November 3rd. This was a phenomenal event recognizing our progress, and raising funds to support our ability to propel our mission forward even further.

Total Raised  
**\$1,906.24**

## Ways this can help ...

### Therapy Sessions

**32**



Trauma-informed and identity affirming mental health counseling sessions on a sliding fee scale.

### Reiki Sessions



**24**

Individual Reiki energy healing sessions to support holistic well-being.

### Yoga Sessions

**64**



Restorative healing focused Yoga sessions to support whole body wellness.

### Community Education

**7.5**



Hours of professional development and employee wellness services.

### Outreach and Advocacy



**25**

Community events and opportunities to educate on and destigmatize mental health.

### Social Work Training

**42**



Hours providing required training supervision to ensure ethical and competent social work practices.



5 YEAR CELEBRATION  
— BENEFITTING —  
CARVE YOUR OWN PATH

# Donors

**We extend our warmest thanks to these organizations and individuals that have donated their time, talent or treasure this calendar year.**

Erin Johnson – *eXp Realty & Outstanding Ohio*  
 Gina Betti – *Edward Jones* • Tijana Coso – *The Tapping Project* • NASW Ohio • Consumers National Bank • Rachel Russell – *Rooted Pelvic Wellness*  
 Michael Scaperato – *Integrity Chiropractic* • Lori Pieper – *Journey to Inner Joy* • Annette Garsteck  
 David Lee – *Lake Erie Illusions* • Sara Trescott – *6Mixx*  
 Pettitti Gardens • Akron Zoo • Flourish Plant Market  
 Akron Rubber Ducks • Akron Symphony Orchestra  
 Dr. Julie Sharrar – *Conscious Wellness* • Arkham Tattoo • Day Three Botanicals • Absolute Fitness  
 Captured Moments Photography

Tom Kostura • Steven Antalvari • Karen Hodge  
 Barry Irwin • Barb Anthony • Jody Schweiger • Tiffany Lewis • David Visco • Libby Villavicencio • Heather Viering • Lily Roth • Kelley Lewis • Brad Lubinger  
 Elisa Lyons • Laurie Frye • Keri Sicard • Greg Kalikas  
 Shana Miller



# Awards and Certifications



1/12/23

Recognized by NASW OH Region 2 for Outstanding Service to NASW in 2022

3/1/23

Obtained MACC Cultural Competency Certification

3/11/23

Recognized by NASW OH at State-wide Recognition Ceremony



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# Board Members

## Amanda Kostura

Board President, Founder of Carve Your Own Path



## Tom Kostura

Board Treasurer, Manager – T.S.O.C. at First Energy Corp.



## Steven Antalvari

Board Secretary, Education Consultant at Workday



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## **Keri Sicard**

Patent Attorney & Owner, Virtual IP Law



## **Karen Hodge**

Nonprofit and Higher Education Consultant and Coach



## **Shana Miller**

Director of Community Engagement at Summit Co. CoC



# Staff



## **Amanda Kostura**

LISW-S – Founder of Carve Your Own Path

## **Jenna Savago**

LPCCC, ATR – Mental Health Therapist,  
Art Therapist

## **Lisa Schaefer**


LISW, LICDC-CS, RYT-200 – Mental Health  
Therapist, Reiki Master, Yoga Teacher





# Thank You For Your Support

## Contact Information

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