



HELPING CHILDREN NAVIGATE LIFE



LETTER FROM THE PRESIDENT

Austin Child Guidance Center has been a huge part of my life. I am thankful for the services my daughter and I received years ago and I can only imagine how Austin Child Guidance Center's services have impacted the lives of so many others. For over 50 years Austin Child Guidance Center has delivered exceptional mental health services to children and their families. In my eyes, Austin Child Guidance Center is working very hard to make the world a better place! Since I have been on the board of directors for the last five years, I have met some of the most incredible people that I will never forget. These people are true friends and supporters of Austin Child Guidance Center.

Our vision in 2005 was to continue to increase our marketing and fundraising efforts in order to better inform the public of our services and to raise more unrestricted dollars. This vision became a reality with the addition of a new development director and a 21% increase in our operating budget. This focus changes the process of how we can open the ears of the public to unfamiliar sounds of the children and their families that are calling out for emotional help and stability. Just listening is the first step. When you hear the sounds of healing taking place it sounds like children laughing or communicating with other people without fear or shame. What you see is a slight smile on a child's face that has been treated kindly and given guidance to live a healthy, happy life.

Our supporters have been a huge part of the success of this facility. By working together we are actually working miracles! The journey for healthy children and their families continues and I hope you will also continue your generous support.

With sincere thanks,



Beth Marsh, President



WHAT IS AUSTIN CHILD GUIDANCE CENTER?

Sometimes life is hard. When parents divorce, a teen may feel angry and isolated. When a child cannot sit still in school, he can be sent frequently to the principal's office. When a toddler has been abused, she may not trust her new foster parents. When a preschooler bullies his classmates, he could be kicked out of daycare. When a child is diagnosed with a mental illness, a parent can feel helpless and confused. When a grandparent dies, a teenager can feel lonely and might cry for weeks.

Sometimes it can be so overwhelming. Parents have tried everything and still can't make things better. When life is hard, Austin Child Guidance Center helps children and families deal with those challenges. We give them hope. We provide a safe place for families to talk with a therapist. Parents learn new skills and tools to help their children. We strive to help children and adolescents have successful lives at school, with friends, and with their family.

Austin Child Guidance Center is a community agency with expertise in children's mental health. Our unique team of professionals offers a variety of therapy and mental health services. Our psychiatrists, psychologists, social workers, and counselors develop individualized treatment plans to help children and families navigate life.

OUR MISSION

To improve the mental health of children and their families through early intervention, diagnosis, and treatment by helping them to develop the emotional skills for meeting life's challenges.

OUR TEAM

A multidisciplinary team of psychiatrists, psychologists, social workers, and counselors provides individual, family, and group therapy; psychiatric and psychological services; parent education; community consultations and presentations; and training to current and future mental health professionals.

INDIVIDUAL & FAMILY THERAPY

352 Children in Individual Therapy

358 Families in Family Therapy

We value helping children not in isolation but as a family and community system. Therapy is responsive to the needs of the client, builds on their strengths, and takes into account cultural differences.

"I enjoy talking with the therapist. He was very nice."

- Yolando, child



"Opened my eyes to things I'm experiencing at home."

- Yvette, teen



GROUP THERAPY

209 Children

In a group setting with their peers, children learn how to be a good friend, practice problem-solving, and build self-esteem. Groups are for preschoolers, 6-9 year olds, 9-12 year olds, and adolescents.

PSYCHOLOGICAL SERVICES

41 Assessments and **18** Screened for ADHD Class

Sometimes children presenting with a multitude of problems that do not have a clear cause require in-depth psychological assessments to identify specific challenges and give treatment recommendations.



"They are knowledgeable about child psychiatry issues and responded appropriately. They set goals and we were able to reach them!"

- Gina, parent



PARENT EDUCATION CLASSES

226 Parents

A variety of classes are offered including Enhancing the Parent-Child Relationship, Moving Through: Basic Tools for Divorcing Parents, and Attention Deficit Hyperactivity Disorder (ADHD) Parenting Class.

PSYCHIATRIC SERVICES

60 Evaluations and **65** Children Monitored

For clients who may benefit from the use of medication, a psychiatric evaluation is administered. If prescribed, medication is monitored for efficacy and side effects.

"I'm so excited about learning what we can do to handle life and get back on the right track!"

- Carrie, parent



"I was able to gain a different perspective on my case from my supervisor and broaden my knowledge base of various theoretical orientations."

- Intern



PROFESSIONAL EDUCATION

469 Training Attendees & **14** Graduate Interns

By providing monthly professional trainings and supervising graduate interns, we are enriching the depth of knowledge for staff and community mental health professionals. We hosted the 22nd Annual Children's Mental Health Seminar featuring the evidence-based parenting program *Incredible Years*.

Fiscal Year 2005: September 1, 2004 – August 31, 2005

SERVICES

Children and family members served	2,033
Hours of service provided	18,784
Numbers of sessions or contacts	11,105
Other individuals served (through community consultations and presentations)	1,652
Volunteer Childcare Hours Provided	2,831

ETHNICITY

African American	16%
Anglo	38%
Hispanic	43%
Other	3%

AGE

5 and under= 33%, 6 – 12= 40%, 13 – 17= 27%

GENDER

Male: 42% Female: 58%

LOW INCOME FAMILIES – 79%

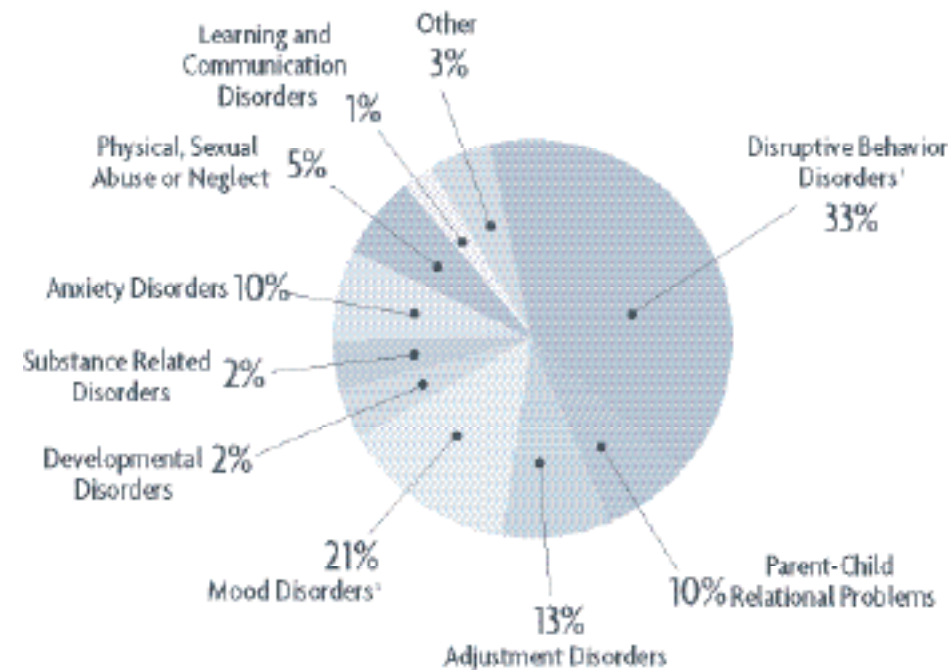
Clients living at or below 200% of federal poverty level, i.e. a family of four having an annual income of less than \$38,700

OUTCOME DATA

89% of children receiving counseling services showed improvement in their ability to function.

PRIMARY DIAGNOSIS OF CHILDREN SERVED

Most often, children have multiple diagnoses; the following are the types of primary diagnosis of the children served onsite.



1. Disruptive Behavior Disorders such as Attention Deficit Hyperactivity, Conduct, and Oppositional Defiant Disorders

2. Mood Disorders such as Bipolar, Dysthymic, and Depressive Disorders



NEXT STEP

In partnership with LifeWorks, led therapy groups at Becker and Zavala Elementary and Fulmore Middle School to develop skills in resolving conflicts, expressing feelings in safe ways, and making good choices with 99 children.

SUBSTANCE ABUSE SERVICES DIVISION

Collaborated with Travis County Juvenile Court to help reduce drug use among 111 14- to 16-year old juvenile offenders by providing therapy services, including multi-family groups.

TANDEM: MOVING FORWARD TOGETHER, A TEEN PRENATAL/PARENTING PROGRAM

Collaborated with People's Community Clinic to provide counseling to 17 teenage parents.

COMMUNITY PARTNERS FOR CHILDREN

Provided consultation to 110 children and family members in collaboration with public and private agencies to provide intensive case management to children who have multiple needs that cannot be met by one agency. The twice a month meetings are held at Austin Child Guidance Center.

CHILDREN'S VICTIM ASSISTANCE RECOVERY PROJECT

Treated 76 children and their families who were victims of or witnesses to crime or violence; supported by the Office of the Attorney General of Texas.

MENTAL HEALTH EVALUATION & TREATMENT SERVICES

Provided services to 24 victims of physical or sexual abuse or neglect referred by the Texas Department of Family and Protective Services.

TRAVIS COUNTY LEADERSHIP ACADEMY

Provided individual and group therapy to 67 adolescents at the Leadership Academy of the Gardner-Betts Juvenile Justice Center.

INFANT AND EARLY CHILDHOOD MENTAL HEALTH TRAINING AND OUTREACH PROGRAM

In collaboration with The University of Texas at Austin, graduate students are trained and supervised to work with infants and young children while also completing a service learning placement at local high-need childcare centers. Served 111 children and family members.

PARTICIPATION IN PLANNING, ADVOCACY, AND COMMUNITY GROUPS

AISD Interagency Council, Child and Youth Mental Health Planning Partnership, Children's Mental Health Summit Day at the Texas Capitol, Community Action Network's Children's Mental Health FAQs Committee, Mayor's Mental Health Task Force, NAMI Austin, Travis County Victim Services Task Force, The University of Texas at Austin School of Social Work Professional Linkage Committee

RECOGNITION OF OUTSTANDING SUPPORT

CORPORATE SUPPORT AWARD



NEW EMERITUS BOARD MEMBERS

The Board of Directors recognized two outstanding past presidents by honoring Phyllis Nelson and Margene Beckham.

IN MEMORIAM

Austin Child Guidance Center remembers the generous contributions of the following Emeritus Board members made throughout their lives: Hub Bechtol, Malcolm Milburn, George Meriwether, and Jeannette Watson.

KING DAVIS, PH.D.

ACGC presented King Davis, Ph.D. with its Christine W. Anderson Children's Service Award. He received the award in recognition of his outstanding service to children and families in Texas with mental health needs and in particular for his leadership of the Hogg Foundation for Mental Health as its executive director. In 2005 the foundation announced a Special Mental Health Services Initiative and Austin Child Guidance Center received a grant to support its psychological and psychiatric services.

AUSTIN AMERICAN-STATESMAN JUNIOR 'DILLO KIDS RUN

Austin Child Guidance Center was selected as the charity beneficiary of the run on April 2, 2005 sponsored by the following.



Austin American-Statesman



HOLIDAY CLASSIC TV SPECIAL

"White Christmas" aired to raise funds with the following major sponsors.



Link Foundation



Harmon Foundation



FINANCIAL STATEMENT

Financial Statement of Operations for Year Ending August 31, 2005

Revenue

United Way (Allocation & Designations)	\$179,000
City of Austin/Travis County (HHS)	\$228,688
City of Austin Contracts	\$30,000
Travis County Contracts	\$169,997
State of Texas and Other Contracts	\$121,000
Donations (Fundraisers and Foundation Support)	\$287,437
Client Fees and Fee Contracts	\$141,466
Resource Development	\$92,080
Other	\$7,097

Total Support and Revenue \$1,256,765

Expenses

Program Services	\$1,014,333
Management and General	\$144,904
Fundraising	\$80,715
Total Operating Expenses	\$1,239,952

Year End Net \$16,813*

This financial report of revenues and expenses is taken from the annual audit, prepared by Gindler, Chappell, Morrison & Co. P.C., Certified Public Accountants. The complete audit is available for inspection during normal business hours at the offices of the Austin Child Guidance Center, 810 West 45th Street, Austin, Texas 78751.

WHO'S WHO

CODE TO INITIALS:

Dr.P.H.	(Doctorate in Public Health)	LMSW	(Licensed Master Social Worker)	MC	(Master's in Counseling)
LCSW	(Licensed Clinical Social Worker)	LPC	(Licensed Professional Counselor)	MD	(Medical Doctor)
LMFT	(Licensed Marriage & Family Therapist)	MA	(Master's of Arts)	MSSW	(Master's of Science in Social Work)
				RPT-5	(Registered Play Therapist-Supervisor)

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OUR FAMILIES SAY 'THANK YOU'

Dear Staff at Austin Child Guidance Center,

I have sons in different programs here at Austin Child Guidance Center. I am very proud of what you all do here. I recommend you all to any parent I see that may need your help. But today, I want to commend you for another reason when I really needed someone to help me out in a time of need.

My husband and I run a youth [football] organization and one of my coaches passed away suddenly from a massive heart attack. I really needed a counselor for my 9 and 10 year old team and [your staff] worked very hard on trying to see who could help us.

[A therapist was sent to talk to the league.] I'm really very proud of her for going way above and beyond the call of duty to help these children and parents from our league. Thank you a million times!

*Thank you,
Sandra*



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