

2006 annual report

helping children navigate life

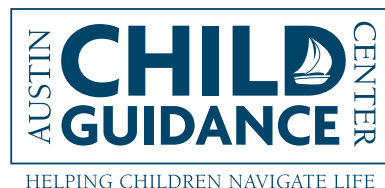




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September 1, 2005 - August 31, 2006

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## letter from the president

These are exciting times for Austin Child Guidance Center, and I feel honored to have been president of the board this past year. Being on the board the past six years, I have had the unique opportunity to be part of a significant resurgence at Austin Child Guidance Center. Three years ago the board and staff began a campaign to add a new full-time role of director of development. This person has the sole focus of developing our group of supporters and fundraising efforts. In 2004 we obtained funding from the Meadows Foundation for this new position and hired our first full-time director of development. We have had this role at Austin Child Guidance Center for two years now, in addition to our community relations coordinator, and are beginning to see the results. Our fundraising increased 80% in fiscal year 2005 and another 26% in fiscal year 2006. We began hosting open houses, giving the community a chance to learn first hand how our amazing staff impacts children's lives on a daily basis. In fiscal year 2006, we held our first annual Charting a Course of Hope luncheon where we raised over \$139,000 in donations and five-year pledges, including 15 individuals/couples who founded our multi-year giving society, the Navigator Society, by donating at least \$1,000 a year for five years. The fundraising success of the Center over the last two years represents a foundation on which the Center must continue building, so that Austin Child Guidance Center can sustain and strengthen our services to the community.

In addition to these fundraising efforts, we are excited about a growing partnership that we are developing with The University of Texas at Austin School of Social Work. This alliance will allow Austin Child Guidance Center to continue, to an even more significant degree, the development of evidence-based practices, diffusion of new knowledge and services into the community, and to make lasting changes in the lives of children and their families. Furthermore, this partnership will let us provide university students, current mental health practitioners, and other professionals with innovative and expanded opportunities to enhance their professional development.

Through the continuous efforts of our talented staff, dedicated board members, and committed group of supporters – like you – we are making a difference. THANK YOU! Together we form the team that is taking Austin Child Guidance Center to the next level – a level where all children in our community can receive the mental health services that they so desperately need.



David Zodikoff  
President, Board of Directors

**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.

# statistical snapshot

Fiscal Year 2006: September 1, 2005 - August 31, 2006

## Services

Children and family members served	2,085
Hours of service provided	18,581
Numbers of sessions or contacts	10,254
Other individuals served (through community consultations and presentations)	1,634
Volunteer Childcare Hours Provided	2,341

## Ethnicity

African American	18%
White/Non-Hispanic	31%
Hispanic	47%
Other	4%



## Age

5 and under	20%
6 – 12	47%
13 – 17	33%

## Gender

Male	59%
Female	41%

## Low Income Families

Of the families using our sliding fee scale, 81% were low income or living at or below 200% of the federal poverty level. For a family of four this is an annual income of \$40,000 or less.

## Outcome Data

### Therapeutic Progress Toward Meeting Goals

86% of children and youths in individual and family treatment showed improvement on their treatment goals.

### Social, Emotional, and Behavioral Symptom Reduction

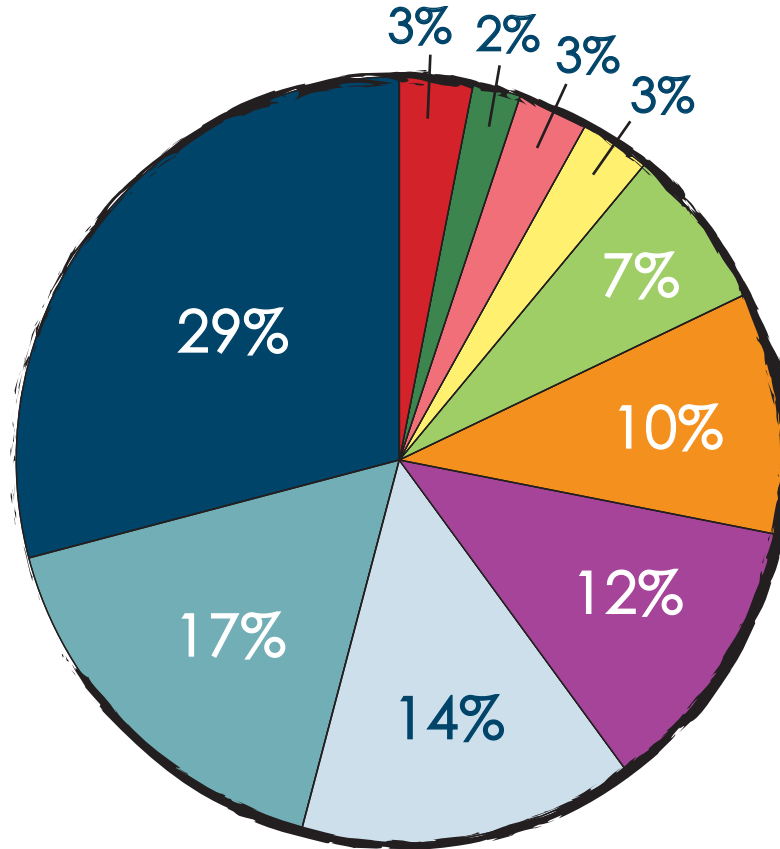
By the end of treatment, 64% of children and youths who fell within a clinically severe range on the Youth Outcome Questionnaire showed statistically significant improvement. This questionnaire assesses parents' perceptions of social, emotional, and behavioral distress in their children.

### Client Satisfaction

96% of clients reported having either good or excellent overall services at Austin Child Guidance Center. 91% of clients reported that there was either a good or excellent probability that they would return to Austin Child Guidance Center if they needed further mental health treatment services.

### Primary Diagnosis of Children Served

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



- Disruptive Behavior Disorders\*
- Adjustment Disorders
- Mood Disorders\*\*
- Parent-Child Relational Problems
- Anxiety Disorders
- Physical, Sexual Abuse or Neglect
- Developmental Disorders
- Substance Related Disorders
- Learning and Communication Disorders
- Other

\* Disruptive Behavior Disorders such as Attention Deficit Hyperactivity, Conduct, and Oppositional Defiant Disorders

\*\* Mood Disorders such as Bipolar, Dysthymic, and Depressive Disorders



## we help children navigate life. but what does that mean?

Being a child in this world can be a challenging and sometimes difficult experience. Children are members of the most vulnerable group of people in our society. They face challenges in school when they are unable to participate appropriately in class. They face challenges at home when there are life changes, such as divorce, death, moving, or new siblings. They face challenges internally when they feel like they can't explain their sad feelings or their inability to concentrate. At Austin Child Guidance Center, we believe that children should not have to struggle through life's hard times without help and support.

Our vision at Austin Child Guidance Center is to provide children and families – regardless of their ability to pay – with comprehensive, evidence-based mental health treatment. We recognize that children are not isolated, but can only successfully be treated in the context of their families. We also recognize that access to mental health services should not be denied to someone based on their income level. We strive to provide the best mental health services that are effective and beneficial to our clients and their families. Our psychiatrists, psychologists, social workers, and counselors develop individualized treatment plans to help children and families navigate life.

# services

## Individual & Family Therapy

498 children and families

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.

*“Here at Austin Child Guidance Center, [things] are excellent. I’ve learned new ways to express emotions other than harm to myself or others. It has helped me so much.” - Daniel*

## Group Therapy

47 children

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

*“I have really enjoyed coming to group. I read over all of the material when at home and have put to use some of the ideas we have discussed. Thank you.” - Juanita*

## Psychological Services

106 children

Sometimes children 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.

*“We have been blessed greatly for having the chance to receive the services provided by Austin Child Guidance Center. Thank you for working so well with us to provide services to meet our needs.” - Marsha, parent*

## Psychiatric Services

91 children

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.

## Parent Education Classes

47 parents

Parenting classes offered on-site include Enhancing the Parent-Child Relationship and Attention Deficit Hyperactivity Disorder (ADHD) Parenting Class.

*“Thank you so much for your “guidance” and support! I hope to use the skills and coping mechanisms to be a better parent for my child and better partner with his mom. Thanks, for everything!” - Bob, parent*

## Professional Education

454 training attendees and 15 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 23rd Annual Children’s Mental Health Seminar featuring Scott Sells, Ph.D., presenting *Undercurrent Therapy: Treating the Secret Wounds of Kids and Adults*.

Note: Many families are served by multiple services.

# collaborations and special projects



## Next Step

In partnership with LifeWorks, led therapy groups at Becker and Zavala Elementaries and Fulmore Middle School to develop skills in resolving conflicts, expressing feelings in safe ways, and making good choices with 116 children.

## Substance Abuse Services Division

Collaborated with Travis County Juvenile Court to help reduce drug use among 93 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 and consultation to 117 teenage parents.

## Children's Victim Assistance Recovery Project

Treated 71 children and their families who were victims of or witnesses to crime or violence; supported by the Office of the Attorney General of Texas.

## Travis County Leadership Academy

Provided individual and group therapy to 117 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 child-care centers. Served 111 children and family members.

## Kids In The Middle Project

Provided counseling and psychiatric services to 38 children and their families referred by the Travis County Domestic Relations Office.

## Services For Families Impacted by Hurricanes Katrina and Rita

Collaborated with the Austin Area Disaster Relief Mental Health Collaboration and provided mental health services to 10 children and families impacted by the Katrina and Rita hurricanes. Partnered with McCallum High School, Communities In Schools, and the Writer's League of Texas for the Katrina History Writing Project, a group therapy project for 6 youth survivors of Hurricane Katrina.

## Participation in Planning, Advocacy, and Community Groups

AISD Interagency Council  
Child and Youth Mental Health Planning Partnership  
Children's Mental Health Summit Day at City Hall  
Children's Optimal Health Summit  
Community Partners for Children  
Joint Steering Committee on Gang Activity

Texans Care for Children  
Travis County Victim Services Task Force  
United Way Capital Area Success By Six  
The University of Texas at Austin School of Social Work  
Professional Linkage Committee

Note: Many families are served by multiple services.



# recognition of outstanding supporters

## First Annual “Charting a Course of Hope” Luncheon

On September 28, 2005, Austin Child Guidance Center hosted the first annual “Charting a Course of Hope” luncheon. Underwritten by Silicon Laboratories, the event raised \$139,011 in donations and multi-year pledges. The Navigator Society was established by 15 founding members/couples pledging a minimum of \$1,000 per year for five years.



SILICON LABORATORIES

### Founding Navigator Society Members

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Dr. Phyllis Richards

#### *Sailor*

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Donald & Jean Zappone



*Founding Members of  
The Navigator Society*

## Endowment Fund Challenge Grant

Austin Child Guidance Center is one of ten Austin area nonprofits selected by Austin Community Foundation for the Non-Profit Endowment Initiative. This challenge means that over the next four years Austin Child Guidance Center will receive a 1:4 match of up to \$5,000 annually, provided we raise at least \$20,000 each year. Given that every \$4 contributed to our endowment will be matched with an additional \$1, the Center has the opportunity to increase the endowment fund by at least \$100,000.



## Outstanding Corporate Support Award



## In Memoriam – 2006

Austin Child Guidance Center remembers the generous contributions that the following Emeritus Board member made throughout her life: **Mrs. Janie P. Harrison.**

## Kathy T. Rider, LCSW

Austin Child Guidance Center presented Kathy T. Rider with the Christine W. Anderson Children's Service Award. She received the award in recognition of her outstanding service to children and families in Texas.

## Holiday Classic TV Special

In December 2005 Austin Child Guidance Center hosted the ninth annual Holiday Classic TV Special, a stay-at-home "event." This unique fundraiser does not require going to a gala, but instead allows families to spend time together watching a holiday movie on KNVA/The CW Austin channel.



**Link Foundation**

**Harmon Foundation**

# financial statement of operations

for year ending august 31, 2006

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.

\*Note: The majority of this balance is temporarily restricted funds to be expended in future fiscal years.

## staff

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### Code to Initials:

ATR-BC (Board Certified Art Therapist)  
Dr.P.H. (Doctorate in Public Health)  
LCSW (Licensed Clinical Social Worker)  
LMFT (Licensed Marriage & Family Therapist)  
LMSW (Licensed Master Social Worker)  
LPC (Licensed Professional Counselor)  
MA (Master's of Arts)  
M.D. (Medical Doctor)  
Ph.D. (Doctorate of Philosophy)  
Psy.D. (Doctorate of Psychology)  
RPT-S (Registered Play Therapist-Supervisor)

Revenue	
United Way (Allocation & Designations)	\$179,000
City of Austin/Travis County (Health & Human Services)	\$241,135
City of Austin Contracts	\$29,203
Travis County Contracts	\$214,969
State of Texas and Other Contracts	\$120,000
Donations (Fundraisers and Foundation Support)	\$304,603
Client Fees and Fee Contracts	\$173,021
Resource Development	\$81,955
Other	\$21,752
<b>Total Support and Revenue</b>	<b>\$1,365,637</b>
Expenses	
Program Services	\$1,043,966
Management and General	\$154,414
Fundraising	\$84,404
<b>Total Operating Expenses</b>	<b>\$1,285,784</b>
<b>Year End Net</b>	<b>\$79,853*</b>

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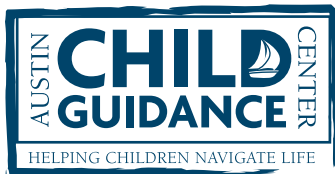
# our families say 'thank you'

The vision of Austin Child Guidance Center is to provide children and their families with comprehensive, evidence-based mental health treatment with a focus on building effective parent/child relationships. This vision is demonstrated vividly in the story of one family that was impacted by our services. Nici and Kevin were the newly adopted parents of two teenaged boys. When Nici and Kevin came into their lives, these boys had suffered through many hardships, including the loss of their mother and father, as well as their brother and aunt. The boys faced many challenges and they soon began to act out with anger and violence. At this time, the family decided to seek help and they found that help at Austin Child Guidance Center.



Nici shares the following:

"My family first discovered Austin Child Guidance Center in the spring of 2002. To think where we would be without this discovery is unbearable....Over the next three years, Austin Child Guidance Center shared in our family's ups and downs....Austin Child Guidance Center provided not only a place for [the boys] to talk, but for all of us to talk. It became our safe haven....We are finally [now] able to see our boys blossom into young men. We are enjoying the fruits of our labor and the efforts of the wonderful staff at Austin Child Guidance Center. Both boys have a greater opportunity to succeed in life because of the tools and skills they developed through Austin Child Guidance Center and us. Without our intervention and Austin Child Guidance Center, we truly believe that [the boys] would have fell victim to the vicious life-cycle they had been dealt....Kevin and I learned invaluable parenting skills and our children learned valuable life skills....Through hard work, dedication, perseverance, hope, faith, and love, we are the family we are today....We owe our successes to hard work, determination and the direction of Austin Child Guidance Center. Our family will be forever grateful."



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