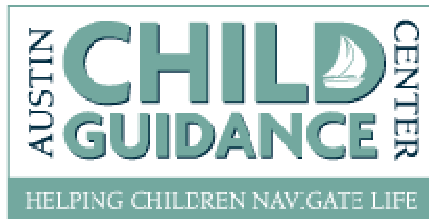


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The Lookout

Austin Child Guidance Center's E-Newsletter
Summer 2005

Greetings!

It is that time of year again – children are heading back to school. This becomes one of the busiest times of the year for Austin Child Guidance Center as parents and teachers seek our help. We believe that a child's emotional intelligence is just as important as their academic intelligence for success and healthy development. This school year we will be collaborating and working with at least 3 Austin schools and 7 child care centers.

Thank you for your interest in Austin Child Guidance Center and for allowing me to share with you our latest news. As always, I welcome your ideas in regards to this email newsletter; please email me at dzappone@austinchildguidance.org.

Executive Director Donald J. Zappone, Dr.P.H.

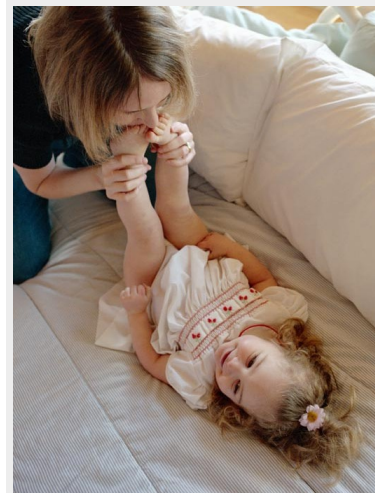
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- Clinical Director Develops New Therapy Tool
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- Who's Your Favorite Teacher/Student?
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Most Lifetime Mental Illnesses Begin By 14

Recent research by the National Institute of Mental Health found that half of all lifetime cases of mental

You Are Not Alone



When parents go through a divorce it can seem like an overwhelming and lonely process. A common concern for parents is how to best help their children deal with the change and smoothly move through the transition. One parent, Denise, found the Austin Child Guidance Center to be a helpful resource.

Denise attended Austin Child Guidance Center's one day workshop called *Moving Through: Basic Tools for Divorcing*

illness begin by age 14. Unfortunately, there tends to be significant delays in seeking treatment. Untreated mental disorders can possibly lead to increased severity or development of co-occurring mental illnesses.

The need for early identification, intervention, and treatment of a mental disorder is imperative. Through its work with youth under the age of 18, Austin Child Guidance Center is able to provide services to those in need at a young age.

[For more info on NIMH report...](#)

Clinical Director Develops New Therapy Tool

With 20 years experience practicing mental health treatment and training graduate students and professionals,



Clinical Director Michael Hastie, LCSW, LMFT (pictured) created a useful new training tool for one of the most insufficiently taught skills in psychotherapy. His "case conceptualization grid" will be presented at a workshop, *Teaching the Art of Case Conceptualization*, with local psychologist Dr. Anne Nelson on Friday, September 16 from 9:00 a.m. to 12:00 p.m. Known among the local mental health community as a leading training site for interns and beginning professionals in the field, Austin Child Guidance Center will share its expertise with the community through this workshop.

[For more info and how to register...](#)

Take the Behind-the-Scenes Tour

Since the start of 2005, Austin Child Guidance Center has opened its doors for the community to see first

Parents. She bravely shared with the group the struggles she faced with her divorce and how it affected her children. She felt alone and worried. Much to her surprise, the other parents chimed in with similar concerns. The greatest impact of the workshop was to know that other parents shared her experiences, validated her concerns, and offered her support. At the end of the workshop Denise exclaimed with tears in her eyes, "I feel like we should have a group hug!"

The single biggest indicator of how a child will cope with divorce or separation is the level of conflict between parents. Austin Child Guidance Center's *Moving Through* educates parents on how to handle the divorce process with children. *Moving Through* is offered once a month on Saturdays from 9:00 a.m. to 2:00 p.m. For more information or to register, please call 512-451-2242.

[For more about Moving Through and other parenting services...](#)

Join our mailing list!

hand how we make a difference. We have hosted 14 open houses with a total of 69 visitors. Included in the open house is a tour of the facilities. If you have not visited us yet, please come see us and bring a friend on the 2nd or 4th Wednesday of every month from 5:30-6:30 p.m.

[For more info...](#)

Who's Your Favorite Teacher/ Student?

When you were in school, what teacher made the biggest impact on your life? If you are a teacher, what student had the biggest impact on your life? With back-to-school in full swing, this is a perfect time to recognize them. Consider making an honorary gift in their name to Austin Child Guidance Center. Your honoree will be promptly notified with a personalized card; the gift amount will not be mentioned. To make a gift, fill out the coupon below or visit our website.

[To make a secure online donation...](#)

Spring Mail Campaign Raises \$17,635

A spring mail campaign was launched this year and raised a total of \$17,635. Special thanks to everyone who donated to the new campaign supporting mental health services to all in our community, regardless of ability to pay!

email: jkluth@austinchildguidance.org

phone: 512-451-2242

web: <http://www.austinchildguidance.org>

Favorite Teacher/Student Honorary Gift

In Honor of: _____

Donation made by:

_____ (name)

_____ (address)

_____ (city/state/zip)

_____ (phone)

Send acknowledgement to (\$ amount not included):

_____ (name)

_____ (address)

_____ (city/state/zip)

**Make check payable to ACGC and mail with coupon to: ACGC, 810 W. 45th Street, Austin, TX 78751.
For more info or to donate over the phone call Lisa at 512-451-2242.**

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