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The Lookout

Austin Child Guidance Center's E-Newsletter
Winter 2005

Greetings!

Welcome to our first electronic newsletter, "The Lookout." We hope that you will enjoy receiving this communication on a quarterly basis. You have been selected to receive this e-mail newsletter because you have been a friend or supporter of the Austin Child Guidance Center. For that reason I would like to thank you for your support of the children and families in Austin who need mental health services. If there are any particular types of articles or information that you would like to see in this communication, please feel free to contact me at dzappone@austinchildguidance.org. Also, if for any reason you would not like to receive this newsletter, please let us know.

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

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Representative Elliott Naishtat Receives Award

The Healing Power of Sand



Parents of 5-year old Isabel first came to the Austin Child Guidance Center when their child displayed intense distrust and feared leaving the house after a traumatic incident. While playing in her yard, Isabel was accidentally shot with a bee-bee gun by a neighbor's child, nearly causing her to



On behalf of the Austin Child Guidance Center, 2004 Board President James R. Evans, Jr. (right) presented Representative Elliott Naishtat (left) with the Christine W. Anderson Children's Service Award at ACGC's Annual Meeting on January

28, 2005. Representative Naishtat received the award in recognition of his outstanding service to children and families and in particular for his commitment to restoring the Children's Health Insurance Program (CHIP) with mental health benefits.

Corporate Support Awards were also presented to Miller Blueprint Co. and VoxGroup Marketing And Advertising. Bruce Mills and John B. Lay were inducted as Emeritus Board Members.

You Are Invited....

To come spend an hour at the Austin Child Guidance Center to learn more about the children and families we serve, the students we train, and the research in which we are involved.

The open houses for the next three months are scheduled on Wednesday evenings from 5:30 to 6:30 p.m. on February 23, March 9 and 23, and April 13 and 27. They are free and open to the public. Austin Child Guidance Center is located at 810 W. 45th Street.

We are excited to share the important work in children's mental health that has been going on in your community since 1951.

[For directions to ACGC...](#)

Center Brings Nationally Recognized Parenting Program to Austin

For 22 years, Austin Child Guidance Center has brought nationally recognized experts to the Austin community for its Annual Children's Mental Health Seminar. On February

lose an eye.

Isabel's therapist chose to treat her using sandplay therapy. This therapy allowed her to express herself in the child's universal language of play. A sand-filled container houses various toy figurines; the therapist asks the child to create a scene in the sand with the toys. During the first session of sandplay, Isabel made a barnyard scene divided by a fence. On the one side she placed domesticated animals such as cats and cows and described them as "good." On the other side she placed "bad" wild animals such as tigers and bears. Her therapist observed this scene to symbolize the comfort of Isabel's own home and her fear of the neighbor's house.

Over time, Isabel was able to appropriately display her fears and receive support from her family to feel safe. In her final session of sandplay, she created a scene in which there was no fence and all the animals represented safe figures. With the help of sandplay, Isabel no longer feared leaving home.

25, 2005 Austin Child Guidance Center hosts *Parenting Tools for Children's "Incredible Years": An Evidence-Based Program to Empower Parents*. The all-day workshop designed for mental health professionals will feature award-winning parenting program *The Incredible Years*. Professionals will learn techniques to work with families and young children at risk of or already exhibiting high levels of aggressive and disruptive behavior.

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

Remembrance Gifts

Do you have a friend or family member you wish to remember in a special way? One way you can do this is by making a Remembrance Gift to the Austin Child Guidance Center. This is a thoughtful way to say to a friend, relative, or bereaved family that you care. You can also honor an accomplishment or life milestone of a friend or family member. At the same time your gift supports the mission of the Austin Child Guidance Center.

Memorial Gifts are acknowledged immediately by a personalized card to the bereaved family. No mention is made of the gift amount. Many find this "living memorial" more meaningful than sending flowers.

Honor Gifts may be sent in observance of a birth, birthday, anniversary, graduation, illness, recovery, or occasions such as Mother's Day, Father's Day, Christmas, or "just because." The honoree is promptly notified with a personalized card. The gift amount will not be mentioned.

To make a remembrance gift please see the coupon below or call 512-451-2242.

email: jkluth@austinchildguidance.org
phone: 512-451-2242
web: <http://www.austinchildguidance.org>

In December 2004, an Art Loves Kids event raised over \$1,100 and allowed the purchase of a new sand tray and hundreds of new toy figurines.

Top of Form

Join our mailing list!

Bottom of Form

Austin Child
Guidance Center

In Memory of: _____

In Honor of: _____

Please send an acknowledgement to:

Remembrance Gifts

_____ (name)
_____ (address)
_____ (city/state/zip)

Mail to: ACGC, 810 W. 45th Street, Austin, TX 78751

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