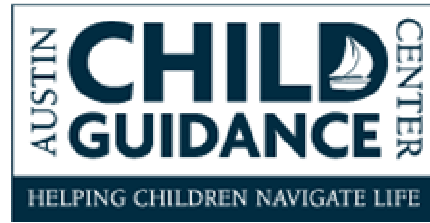


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## The Lookout

**Austin Child Guidance Center's  
E-Newsletter**

**July 2010**

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### Greetings!

The mission of Austin Child Guidance Center (ACGC) is to improve the mental health of children and their families through early intervention, diagnosis, and treatment to help them develop the emotional skills for meeting life's challenges. A multidisciplinary team of psychiatrists, psychologists, social workers, marriage and family therapists, and professional counselors provides individual, family, and group therapy; psychiatric and psychological services; parent education; community presentations and consultations; and training of current and future mental health professionals.

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

Have a wonderful Summer!

### Quick Links

**[More About Us  
Wish List](#)**

**[2009 Annual Report  
You Can Help](#)**



Blackfoot Daisies in full bloom in  
the Children's Healing Garden

# MEDIA ALERT!

3<sup>rd</sup> Annual Super Hero Show



Austin, TX -- Sources tell us Superheroes from across the Austin area will be convening for their 3<sup>rd</sup> annual meeting known as the Super Hero Show to be held on Thursday, September 23<sup>rd</sup> at Super Hero Headquarters, Antone's Night Club.

Sources confirm that a number of the area's top musical acts will be making appearances, including Ian McLagan and the Bump Band, John Dee Graham plus many more which, for security reasons, we cannot reveal here.

According to this reporter's sources, tickets are in high demand. Capes have been spotted throughout the city as area Superheroes *leap* and *soar* looking to secure access to this most important event!

GOOD NEWS! The Austin Child Guidance Center has secured a limited number of tickets for their own Superhero community (that's you guys!). With all proceeds going to benefit the work of ACGC, these tickets are going to go like hotcakes... Yowzers!

Be sure to secure access to this exclusive event and buy your ticket today! An anonymous tip tells us that tickets are available at [www.AustinChildGuidance.org/SuperHeroShow](http://www.AustinChildGuidance.org/SuperHeroShow).

Your contribution to the Austin Child Guidance Center makes you a Super Hero to the Austin Community.... Be Careful,  
Your Cape is Showing!



St. David's Health Foundation Awards Grant to Center

St. David' Health Foundation s has long funded the psychological services at Austin Child Guidance Center allowing us to help parents determine what services may benefit their children whether the problems are emotional, behavioral, educational, or developmental. Although Austin Child Guidance Center provided these services prior to this funding, the funding we have received from St. David's has allowed Austin Child Guidance to provide these services to a greater number of clients, to keep experienced psychologists on staff, to build a more extensive library of testing materials, and to train staff in newer areas of assessment such as assessment for pervasive developmental disorders.

This year, St. David's funding is allowing our psychologists to continue to stay on the forefront of psychology by allowing us to access to a literature search device that helps put us in touch with the latest research in psychology. In addition, St. David's is supporting Austin Child Guidance Centers' commitment to training of psychologists through their funding of a post-doctoral fellow position. Through this supervised experience, the post-doctoral fellow will extend the services we are able to deliver to our clientele while gaining training experience in psychology needed for licensure, gaining experience with this population and the needs of this community and hopefully developing a commitment to working within this community in the future.

### Staff Highlight: Seanna Crosbie, LCSW

Seanna Crosbie, the new Director of Program Services, has been at the Austin Child Guidance Center for over nine years. As the Director of Program Services, Seanna oversees the therapeutic services and projects that the Center offers. Prior to her current position, she served as the Project Director for the Center's juvenile court grants. Seanna, who spent much of her childhood in Saudi Arabia, is particularly interested in multi-cultural counseling and working with diverse populations. She has a passion for working with teens, and really enjoys individual and family therapy work with kids on probation. Seanna, a graduate of UT's School of Social Work, also worked at Communities in Schools, ATC/MHMR (Travis County Integral Care) and Protective and Regulatory Services, prior to coming to ACGC. In her free time, Seanna enjoys traveling, yoga, her adorable niece, and her two amazing dogs, Archie and Amigo.



### Client Success Story

*ACGC is committed to providing high-quality, professional mental health services to Austin/Travis County children and families, regardless of their ability to pay. Common presenting problems are disruptive behavior, trauma, depression, anxiety, and parent-child relationships. With each e-newsletter, ACGC shares a story about a recent client's success in therapy.*

Several years ago, 17 year-old Leticia was referred to the Austin Child Guidance Center to help her manage her anger. She had been on probation for almost a year; however, she had continued to re-offend, use drugs, and was becoming increasingly more involved in gang activity. During this time, Leticia also discovered that she was three months pregnant with her first child; this was particularly scary news for Leticia, as both of her parents had drug addiction issues and were of limited support to her.

Leticia's therapist worked with Leticia to help her develop positive ways of managing her anger. She made significant progress on this goal, by learning to express her feelings appropriately, rather than physically acting out. In therapy, she also developed a better sense of autonomy, and started to make positive choices for herself in other areas of her

life. She stopped engaging in gang behavior, received drug treatment, and got a part-time job to support herself.

Leticia called her therapist a couple of years later, to report that she and her son were doing well. While she had a short relapse recently, she had been clean for several months and had maintained a full-time job.

*To learn more about ACGC's [services](#) and [sliding fee scale](#), visit our website at [www.austinchildguidance.org](http://www.austinchildguidance.org).*

## Update from the Children's Healing Garden

Thanks goodness for rain showers! Our trees and plants are thriving with all the recent rain!

Thanks to a donation from the Housing Authority of the City of Austin, the Garden will soon have a rainwater harvesting system! In addition to providing sustainable irrigation, the development and utilization of our system will be documented and used as a service learning project by the Conservation Division of the Texas Water Development Board to educate others in the community on rainwater harvesting and water conservation!

Since the installation, many children have been found exploring the garden, either with play leaders or with their therapist. The garden brings out a child's natural sense of wonder, as they notice the blooming flowers and various butterflies and insects creating homes in our garden.

*For more information about the garden or to volunteer, please contact Sarah Jones, LMSW ([sjones@austinchildguidance.org](mailto:sjones@austinchildguidance.org)).*



## Thank YOU, Supporters!

**YOU MAKE OUR WORK POSSIBLE**

**April, May, and June Donors**

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## HOW YOU CAN MAKE A DIFFERENCE

Ever wonder what your donation means to the children and families at ACGC? When you donate, here is what you do for our community's children and youth who are experiencing emotional and behavioral problems such as abuse, neglect, school phobia, trauma, grief and loss, divorcing parents, and depression:

- **\$80 - 8-week ADHD parent education course for one family**
- **\$100 - therapy session for one family**
- **\$350 - one 2-hour psychiatric evaluation for one child**
- **\$750 - one 6-hour psychological assessment for one child**
- **\$1,000 - ten therapy sessions for one family**

Donating online is easy - visit our website at [www.austinchildguidance.org](http://www.austinchildguidance.org) and click on the red **Donate** button. Donations can also be sent to Austin Child Guidance Center, 810 W. 45th Street, Austin, TX 78751; or you can us at call (512) 451-2242.

Don't forget to link your Randall's card to Austin Child Guidance Center - our Good Neighbor Number is 407. A percentage of Randalls' sales will be donated to ACGC.

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