

# Austin Child Guidance Center Winter Newsletter 2009



*The Lookout: Austin Child Guidance Center's Quarterly E-Newsletter*

January 2009



## Greetings!

The mission of the Austin Child Guidance Center 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, and 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



## Help our marathoners reach their goals!

For the second year, Austin Child Guidance Center was fortunate to be chosen as one of 26 charities to benefit from the Austin Marathon. Our dedicated "Pace Pals" have pledged to raise \$1,000 each as they train for this exciting, energizing, and early-morning event! Help our marathoners reach their pledge and fitness goals as they lace up, stretch out, and hydrate on race day. Follow the link below to learn about our Pace Pals and make a donation to your favorite runner! Just click the "Search" button at the top of the page on the link below to learn about our Pace Pals and make a donation to your favorite runner... as Jeanne Wilson, a half-marathoner, says: "I'll run the 13 miles and you write the check - Believe me, your part of the deal is the easy one."

<http://www.active.com/donate/austinchildpacepals>

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## Voices for Change Day, 2/4/09

On Wednesday, February 4, 2009, join hundreds of children's activists, parents, children, and youth ask Texas policymakers to put children first by decreasing barriers to children's health insurance, improving the foster care system, and increasing funding for juvenile justice programs. Event highlights include a tour of the Capitol, advocacy training, and meetings with legislators. Join in the cause: Registration begins Wednesday, 2/4 at 9am and the event is scheduled until 3:30pm. Follow the link below for more information about registration and venue information.

<http://www.texanscareforchildren.org/innerpage.php?pageid=180>

### Mark your calendar... Annual Children's Mental Health Seminar

Austin Child Guidance Center's Annual Children's Mental Health Seminar is scheduled for Thursday, March 26, 2009 at the Thompson Conference Center at The University of Texas at Austin. Our presenter this year is Susan Kaiser Greenland from Inner Kids; Susan will provide a full day of emerging research, information, and training on mind/body work with children. Registration and additional information will be available in mid-February on our website. Find out more about Inner Kids and Susan at [www.innerkids.org](http://www.innerkids.org).

### New Resources on Indicators of Child Well-Being

Child Trends, a nonprofit, nonpartisan research center that studies child development, recently released *A Guide to Resources for Creating, Locating, and Using Child and Youth Indicator Data*. This comprehensive list of data and information resources provides brief descriptions of books, journals, professional newsletters, web sites, research centers, and technical resources related to child and youth well-being. Find all the resources at

[http://www.childtrends.org/Files//Child\\_Trends-2009\\_01\\_05\\_FR\\_ChildIndicatorGuide.pdf](http://www.childtrends.org/Files//Child_Trends-2009_01_05_FR_ChildIndicatorGuide.pdf)

Additionally, *The State of Texas Children 2008-2009* was recently released by the Center for Public Policy Priorities. This annual report gives a statewide view of the status of Texas children. Excerpts from the book, as well as order information are available at <http://www.cppp.org/factbook08/index.php>.

## Upcoming Events

### **Austin Marathon, Sunday, February 15, 2009**

We are honored to take part of what has been awarded as the "**Greenest Marathon in North America**" as well as publicly raise awareness for our social mission! The marathon is **Sunday, February 15** and we need volunteers to help run our water stop! If you'd like to cheer on Austin's elite runners, sign up online at

[http://youraustinmarathon.com/index.php?option=com\\_content&task=view&id=133](http://youraustinmarathon.com/index.php?option=com_content&task=view&id=133)  
and shoot an email to our Marathon Volunteer Coordinator Zack Flores ([zflores@austinchildguidance.org](mailto:zflores@austinchildguidance.org)) to let him know what shift you'd like:

**Early energizer:** 6:30am-9am

**Middle man (or woman):** 8:30am-12pm

**Sunday sleeper:** 11:30am-2:30pm

**Get a free t-shirt with your volunteer service!**

**Thank you for your continued support!**

Austin Child Guidance Center continues to provide high-quality mental health services to children and their families through the generous contributions of individuals, foundations, and public agencies. Your generous support is reflected in the tremendous progress of our clients: Last year, Austin Child Guidance Center served over 4,100 individuals, including 1,591 children and family members in individual, family, and group therapy. Consistently, about 90% of children and their family members make improvements in their ability to meet life's challenges! We are proud of these results and thank you for your continued support!

<http://www.austinchildguidance.org/you.jsp?pagelid=2161392210281113862424924>

#### **Contact Information**

Laura Whitekettle, LMSW  
Community Relations Coordinator

#### **Forward email**



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