

AUSTIN CHILD GUIDANCE CENTER

ANNUAL REPORT

Reporting on Fiscal Year
September 1, 2018 - August 31, 2019





LETTER FROM THE EXECUTIVE DIRECTOR

Kristen Pierce-Vreeke, LMFT-S

Since accepting the position of Executive Director of Austin Child Guidance Center in January 2019, I have had the opportunity to get to know many of the dedicated staff members, volunteers and supporters that are part of a nearly 70 year history. I am incredibly grateful for the opportunity to lead this organization and look forward to advancing the mission of ACGC. My desire is to make sure that the mental health needs of every child and family are seen and met, and my respect for this organization grows stronger each day.

The past few months have been a whirlwind of listening, learning, observing, asking a million questions and assessing how we can best live out our mission in this rapidly growing community.

To better understand the needs of the community and how to best align programs and initiatives, we conducted listening sessions with community members and surveyed key stakeholders.

We have been fortunate to have Mission Capital Consultants conduct an organizational diagnostic assessment of ACGC to better understand our strengths and areas for improvement both from an internal and an external perspective. Together, these efforts provided some invaluable information and a spring board from which we could begin to take some confident steps forward.

I'm proud to say that we have already made progress in elevating the quality of client and staff care. As we work to streamline administrative processes and protocols, we have begun the process of vetting commercial electronic health record systems to find the best tools for our agency. Similarly, we've upgraded and conducted an overhaul of our donor database and adjusted our fundraising model.

With generous funding from the St. David's Foundation, three of our clinicians traveled to Yale University to be trained in Child and Family Traumatic Stress Intervention (CFTSI), an evidence based therapeutic model that provides more immediate services to survivors of recent trauma and survivors who recently disclosed abuse. Take a moment to read Chloe's story for more about the impact of this therapy model.

Finally, we successfully pulled off our 8th Austin Originals Benefit Concert with a four month lead time for brand new Development Director. As a first time attendee at the event, I can say I was impressed by the event and work that went into making it happen!

Finally, I want to extend a heartfelt thanks for the kind welcome to this position. I am honored to be able to meet with so many ACGC friends and community members. I am excited to work with you to continue the long legacy of care for children and families struggling with mental health issues.

Kristen

"We envision a world where every family's mental health needs are seen and met."

- ACGC Vision Statement



Austin Child Guidance Center provides accessible, high quality mental health services to children and their families empowering them to thrive in childhood and beyond.



Individual Therapy

Therapists engage with children using a strength-based approach to meet their mental health needs within the context of the family system.



Family Therapy

Family therapy can involve all family members and guardians in the child's life. Because change does not occur in a vacuum, family members are encouraged to work together to heal and learn new patterns of behavior.



Group Therapy

Children in group therapy practice problem-solving, learn ways to build their self-esteem, and improve social skills. Activities promote managing conflict, negotiating social situations, and reaching consensus. Group therapy is also offered to parents.



Parent Workshops

Workshops offer a chance to parents to improve their parenting skills. Workshops are offered in both English and Spanish.



Psychological Assessments

Individually designed assessments assist parents or providers in determining if a child has a specific condition (e.g., ADHD, autism), and informs the creation of an appropriate treatment plan. Parents are provided with a comprehensive written report.



Psychiatric Services

When individual and family therapy sessions are not sufficient, a psychiatric evaluation may be appropriate. These evaluations aim to identify appropriate diagnoses and determine the need for medication. The psychiatrist will meet regularly with the child and family to monitor and manage medical treatment.



Walk-In Clinic

The Walk-In Therapy Clinic provides immediate counseling to children and family members without an appointment. Walk-in services are offered in English and Spanish and offered on a sliding fee basis.

Did You Know?

- 77% of our clients live at or below 200% of the Federal Poverty Level.
- All services are offered on a sliding fee scale for uninsured or under-insured clients.
- No child is turned away for inability to pay for services.

LEARNING TO LAUGH AGAIN

Chloe's Story



Imagine what it would feel like to find yourself being held hostage with a gun to your head. Now, imagine your father being the person holding the gun. For our 17-year-old client Chloe, she doesn't have to imagine what it would be like because this is her story.

During a two-day long fight, Chloe, her younger brother Martin, and their mother Maria were held hostage by Chloe's father in their home. He threatened to kill all of them and placed the gun to the heads of his two children. Thankfully, Maria was able to successfully escape with the kids and Chloe's father was arrested.

Following this terrifying event, Chloe and Martin had problems sleeping, cried a lot, and had difficulty focusing. They were nervous and anxious jumping at the slightest sound. Maria was understandably afraid and extremely concerned for her children. She knew they needed help and turned to ACGC.

Having previously received therapy at ACGC when a family member died by suicide, the family was able to schedule an appointment within two days of calling they were immediately enrolled in a new model of therapy called the Child & Family Traumatic Stress Intervention.

Initially assessed at the "extremely severe" range of trauma symptoms, their therapist worked with them to increase communication, helped them develop strategies to improve sleep, and ways to process the painful feelings and emotions related to the trauma.

At the end of the six-week program, Maria scored both of the children in the subclinical range of the trauma symptoms scale, meaning that almost all symptoms had resolved. Chloe and Martin reported they felt an improved connection with their mom, slept throughout the night, and used strategies to manage painful feelings when they arose.

During her last session at ACGC, Chloe stated "I know that I'm doing better because I'm feeling courageous again. I'm having fun and laughing with my friends and family. I'm not going allow what happen to scare me for the rest of my life."

Child and Family Traumatic Stress Intervention



A short-term 7 session, evidence based early intervention therapy



For children 7 - 18 yrs. old that helps reduce traumatic stress and the onset of PTSD



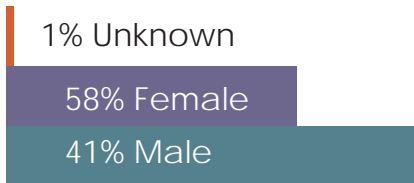
Occurs within 45 days of an event or the disclosure of physical or sexual abuse

ABOUT ACGC CLIENTS

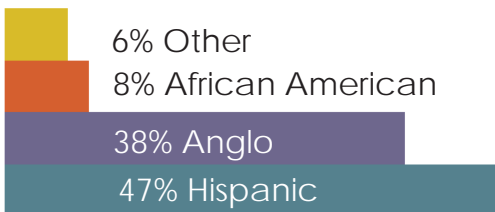
2,406 children and family members were served at ACGC

18,229 hours of services provided to ACGC clients

GENDER

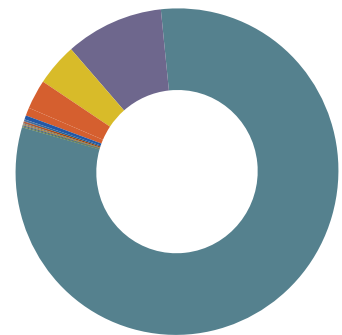


ETHNICITY



Travis	81.1 %
Williamson	9.8 %
Bastrop	4.2 %
Hays	2.9 %
Caldwell	.8 %
Comal	.4 %
Fayette	.2 %
Lee	.2 %
Burnet	.1 %
Milam	.1 %
Robertson	.1 %
Tom Green	.1 %

WHERE ACGC CLIENTS LIVE



STAFF ACHIEVEMENTS



LAURA TWEEDIE, MBA

Promoted to Chief Finance and Operations Officer



CHRISSY FEGAN

Promoted to Director of Administration



SEANNA CROSBIE, LCSW-S

Promoted to Chief Program Officer



ANDREA CICERI, LCSW-S

Promoted to Director of Therapy Services



KELLY ROWLEY

Hired as Director of Development



BRITTANY GOLDEN

Promoted to Associate Director of Development



LETTER FROM THE BOARD CHAIR

Jessica Boston, LMSW

Looking back at the amazing accomplishments of the last year at the Austin Child Guidance Center (ACGC) is a heartwarming and inspiring exercise. We had a tremendous year of change and growth and are grateful to the amazing staff who make ACGC a pinnacle of children's mental health services in Central Texas.

ACGC kicked off 2019 in the capable hands of our new Executive Director Kristen Pierce-Vreeke. This change marked the beginning of a new chapter for ACGC, and we were pleased to work with Mission Capitol through this transition. We are infinitely grateful to current and previous board members, donors, and community supporters who participated in the search process by contributing expertise and passion by supporting ACGC. We are grateful to Mrs. Pierce-Vreeke for her tenacity and passion jumping into a leadership position after such an impactful transition. She has been fearless in her leadership and launched into the second quarter by hiring for the development director position and reinvigorating our fundraising and community-building efforts.

With planning and infrastructure building defining much of the work of 2019, the Board has been hard at work to support their continued efforts by taking part in a recommitment process, and welcoming four new board members.

ACGC continues to be a leader in mental health and community impact in Central Texas. This year, ACGC collaborated with Yale University to bring a new intervention to families to address peri-traumatic stress, Child & Family Traumatic Stress Intervention. ACGC expanded family resource navigation services, which includes case management, to survivors of crime. We grew our walk-in clinic to offer bilingual services two days a week. ACGC has also enhanced prevention programs, such as our infant early childhood program, which includes Pre-K partnerships, in collaboration with United Way for Greater Austin and Travis County.

As we look to the future, we will be embarking on a strategic planning process for guidance as we carry forward the tremendous work of Austin Child Guidance Center into the future.

Jessica

"I am a returning client and am proud to say that whenever my child starts therapy things start to get better. That makes a world of difference to my family."

- An ACGC Client



STATEMENT OF FINANCIAL POSITION

Years ending August 31st	2019	2018
Assets		
Cash	\$193,279	\$192,033
Accounts Receivable	648,855	870,798
PrePaid Expenses	19,507	13,292
Pledges & Grants Receivable	48,441	379,781
Fixed Assets	14,938	24,200
Other Assets	130,493	163,297
Total Assets	\$1,055,513	\$1,643,401
Liabilities and Net Assets		
Liabilities		
Accounts Payable	\$6,383	\$14,527
Accrued Vacation Expenses	58,373	58,474
Long-term Debt	300,000	0
Total Liabilities	\$364,756	\$73,001
Net Assets		
Unrestricted	\$-34,258	\$197,427
Temporarily Restricted	725,015	1,372,973
Total Net Assets	\$1,176,096	\$1,851,032
Total Liabilities and Net Assets	\$1,273,260	\$1,983,018

STATEMENT OF ACTIVITIES

Years ending August 31st	2019	2018
Revenues		
Grants & Contracts	\$737,154	\$795,125
Contributions	739,050	1,523,914
Program Service Fees	394,879	2,291,045
Fundraising Events	123,879	811,825
Other Income	17,600	6,225
Investment Income	1,821	8,755
Total Revenues	2,014,383	5,436,889
Expenses		
Program & Services	\$2,184,666	\$2,291,045
Management & General	156,914	142,378
Fundraising	410,213	587,590
Total Expenses	\$2,751,793	\$3,021,013
Change in Net Assets	(737,410)	394,394
Net Assets, Beginning of Year	1,570,400	1,176,096
Net Assets, End of Year	\$690,757	\$1,570,400



HOW YOU CAN HELP

Austin Child Guidance Center

DONATE

Give online by visiting our website at AustinChildGuidance.org. Make a tax-deductible contribution by mail to: Austin Child Guidance Center, 810 W. 45th Street, Austin, TX 78751. ACGC accepts gifts of stock. For more information, email development@austinchildguidance.org or call (512) 451-2242.

ENDOWMENT AND PLANNED GIVING

Ensure children and families have access to mental health services in the future. Making a gift to the ACGC endowment will provide long-term sustainability for the organization. Including ACGC in your will or estate can provide support for the ACGC community. Email development@austinchildguidance.org for information or to indicate that you have already included ACGC in your estate plans.

BECOME A FUNDRAISER

Start your own fundraising campaign to support the Austin Child Guidance Center and make a difference. Visit www.austinchildguidance.org/ways-to-invest for information.

VOLUNTEER

Austin Child Guidance Center engages hundreds of volunteers each year. From Play Leaders who are key partners in the therapeutic process to Healing Garden volunteers and board members, we rely on volunteers to help us make a difference. For volunteer opportunities, visit www.austinchildguidance.org/volunteers.



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[_acgc_](https://www.instagram.com/_acgc_)



Austin Child Guidance Center
810 West 45th Street, Austin, TX 78751
512.451.2242
www.austinchildguidance.org
info@austinchildguidance.org