There are so many reasons why we must celebrate the 65 years of service the Austin Child Guidance Center (ACGC) has provided to our community. Not only has the agency helped to improve the mental and emotional health of thousands of children and family members, but it has also guided the way Austin residents understand and respond to mental health. The agency has been a local pioneer of children’s behavioral health for over six decades. Through the years, the Center has helped to decrease the stigma attached to mental health issues and has prompted the community to respond to significant issues that affect our youth.

I personally came to know the Austin Child Guidance Center 14 years ago as a client, and a mother in need of guidance and assistance after adopting my two sons who were teenagers. Like my children, our community is filled with children who have experienced trauma and adversities that ultimately affect their future outcome. If left undiagnosed and not treated, children have a higher likelihood to participate in risky behavior, experience difficulty in school, and have problems with relationships at home and with others. I understand how a child’s mental well-being not only affects them, but also the whole family.

Our family is living testimony to the extraordinary care provided by the Austin Child Guidance Center. I joined the board as a way to give back. I have seen the agency change over the years, and I am extremely proud to be a part of that transformation. For our 65th Anniversary Celebration, we embarked on producing an oral history video project to document our profound work. We interviewed past clients, staff and board members like Libby Doggett, Ada Anderson and Phyllis Richards to help tell “our story.” And it is a remarkable story, worthy of documentation, especially at a time when mental health is finally becoming more accepted by the general public.

As you look through this year’s Annual Report, you will see the photography stretching from black-and-white images (beginning in 1951), to vibrant colorful photos of the present. ACGC’s invaluable service expands across multiple generations, creating historic community changes by offering meaningful systemic solutions to improve the emotional well-being of our community. We are extremely grateful to all of the people through the years who have shaped what the agency is today, and we thank all of our current supporters for believing in our mission and uplifting children’s mental health.

Gratefully,

Nici Huff
Board President, 2015

mission

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.

about us

In 1951, Austin Child Guidance Center became Austin’s first outpatient mental health facility solely dedicated to children’s mental health. To this day, ACGC remains the leader in affordable mental health care for Austin area children and their families. ACGC predominantly provides services to underserved children who might otherwise go without care. Throughout its history, the agency has used a multidisciplinary approach, with psychiatrists, psychologists, social workers, and professional counselors to treat children and their family members. The agency is a recognized premiere training facility for future and current therapists. Bilingual services are offered in our main office at 45th and Lamar, as well as in various community settings.

“I like the treatment approach and feel very comfortable with my daughter’s therapist. I appreciate having various resources in addition to the therapy, including psychological testing and if necessary a psychiatrist, at one site. It’s really nice that ACGC deals with the insurance and I only have to take care of the co-payment. And, though we have financial resources, I think it’s great that ACGC serves all kinds of families, including many low income families.”
The Center’s core trauma-informed therapeutic services are offered on-site at our central location. ACGC’s multi-disciplinary team of therapists utilizes evidenced-based treatments to work with children experiencing: anxiety, trauma, physical and sexual abuse, grief, neglect, depression, divorce, adoption, parent-child relational issues, substance abuse, disruptive behavior disorders, and learning and communication disorders.

**individual therapy**

Therapists take a strengths-based approach to help children work through existing issues. It focuses on the child’s needs and what is developmentally appropriate. The child is treated within the context of the family, and incorporates parents and family members in the plan for treatment.

**family therapy**

Extends to 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**

In order to promote positive peer relations, children in group therapy practice problem-solving and learn ways to build their self-esteem and improve social skills. In group work, children practice managing conflict, negotiating social situations, and reaching consensus. Group therapy is also offered to parents of children diagnosed with ADHD.

**psychological assessments**

A psychological assessment is a process of gathering information in order to learn more about a child and to inform treatment decisions. An assessment can be useful for determining a specific diagnosis, such as a learning disability, Attention Deficit/Hyperactivity Disorder, or an autism-spectrum disorder, or helpful when parents, teachers, therapists, or other providers are confused about a child’s behavior and how to intervene.

**psychiatric services**

Psychiatric evaluations are provided to children with complicated symptoms and where psychotropic medication may be clinically indicated. These evaluations are available to children currently engaged in therapy at the center. Psychiatric evaluations include biological, psychological, and social factors that influence functioning.

**walk-in clinic**

The walk-in therapy clinic at the Center provides immediate counseling to children and family members on a sliding fee scale. No appointment is necessary. Clients are seen first-come, first-serve every Friday from 2 p.m. to 4 p.m. by licensed Psychologist Arnie Slive, Ph.D. and a team of qualified mental health professionals. Walk-in services are offered in English and Spanish.

**parent workshops**

Classes on various topics are provided in English and Spanish and at no cost to families.

**sliding fee scale**

All services are offered on a sliding fee scale rate for un-insured/under-insured clients. No child is turned away for inability to pay for services.

A total of 1,563 children, youth, adolescents and family members were provided one or more of the Center’s core services in the 2015 fiscal year.
participates in a number of collaborations in Austin/Travis County, including:

School-based Services

Middle School Matters is a collaborative project funded by United Way for Greater Austin. Through this initiative Austin Child Guidance Center delivers on-site mental health supports and counseling services at three at-risk middle schools: Mendez Middle School, Decker Middle School and Webb Middle School.

137 youth and family members served in 2015

Charter School Collaborative – in 2015, ACGC forged new partnerships with four charter schools serving low-income children and families in northeast and southeast Austin (KIPP, Austin Achieve, IDEA, and Montessori for All).

55 youth and family members served in 2015

Juvenile Court Project

In the Juvenile Probation Services Division, ACGC therapists provide mental health screenings, psychiatric and psychological services, individual, family and group therapy. These services are conducted at the Intermediate Sanction Center which ensures that Juvenile Court clients have easy access to quality mental health services.

260 youth and family members served in 2015

Community Clinic

The TANDEM Project is a collaboration with People’s Community Clinic, Any Baby Can, and Life Works to promote optimal levels of health, education, and vocation, as well as social and family functioning to reduce the risk of subsequent teen pregnancies. The project serves pregnant teens and teen fathers receiving prenatal care at People’s Community Clinic. ACGC provides the mental health component, which includes individual & family therapy, psychological assessments; and psychiatric evaluations.

135 youth and family members served in 2015

Client Story

Fourteen is a difficult age in any circumstance, but Patrick had to move across country from California to Austin to live with his mom after his dad was incarcerated. Patrick came from a verbally and physically abusive situation and suddenly found himself with a Mom, Stepdad, and half siblings that he did not know. As he tried to leave behind his old baggage and adjust to his new life and new family, he struggled with his grades and had complete apathy towards activities and friends. That is when his mom brought him to Austin Child Guidance Center. At first, the therapist noticed that Patrick was very hyper, dismissive, and overly confident. He talked about wanting to go to college on a swimming scholarship, but had stopped going to practices because he felt he was better than all of his new teammates. It seemed that Patrick was adopting his new attitude as a defense mechanism against his new reality. Patrick was also struggling to understand his relationship with his dad now that he had some distance from his father’s abusive behavior, and especially now that he knew his father’s crimes. His dad was trying hard to pressure Patrick for more attention during their weekly phone calls by being verbally abusive.

In therapy, Patrick began to identify what his goals for himself looked like in his new life, and took steps to work towards those goals, like rejoining the swim team. He discovered how to open up to the people around him, and began making friends. He also learned how to set limits with his dad in a way that made Sam feel healthy, safe, and protected. Austin Child Guidance Center cannot take away the bad things that kids like Patrick experience, but it can offer help and support as they find their way.

2,777 Total number of individuals receiving community presentations/consultations

1,314 Total number of individuals receiving training and technical assistance on trauma

Childcare centers and preschools

The Infant and Early Childhood Mental Health Project (IEC) is a United Way for Greater Austin and Travis County Health and Human Services funded project. The overarching goals are to promote the social and emotional health of children so they are prepared for school and future success, as well as to educate and provide guidance to childcare staff and parents on infant and early childhood developmental issues. ACGC licensed mental health professionals and interns work onsite at 8 local, high-needs childcare centers.

512 children, family members, and childcare workers served in 2015

Victim Services

Children’s Victim Recovery Project is a program that helps children and families recover from the psychological effects of crime, violence, and abuse. Any child or adolescent who was a victim or witness to crime or violence is eligible for treatment services at no cost. Funding is provided by grants from the Office of Texas Attorney General and the Office of the Governor Criminal Justice Division (for Spanish-speaking victims of crime).

383 youth and family members served in 2015

Kids In The Middle Project offers mental health services and support to children and families involved in high conflict divorce, family violence, or custody issues. Funding is provided by grants from the Travis County Domestic Relations Office and the Travis County Counseling and Education Services Department.

20 youth and family members served in 2015

Trauma-Informed Care Consortium (TICC) was established in 2013 through the generous support of St. David’s Foundation. TICC, led by Austin Child Guidance Center, brings together professional organizations throughout Central Texas to address the trauma needs of children and families. TICC is made up of over 60 community partners from a variety of professions: mental health clinicians, school personnel, medical/nursing professionals, occupational/physical therapists, law enforcement, and juvenile justice professionals. The consortium meets quarterly to network, share information, coordinate trainings, as well as to create a trauma-informed newsletter and maintain the www.traumatexas.com website. In addition, ACGC provides trainings to organizations and groups on trauma and trauma-informed care.

ACGC trained 1,314 individuals on trauma and trauma-informed care in 2015

“The service has been invaluable to our family. My daughter and son have received coping skills that will last a lifetime! I wish this had been around when I was little. It would have definitely helped in life.”
ACGC would like to say thank you to the remarkable corporate teams and organizations who volunteered in 2015: Veritas Group, Atlassian, Kendra Scott, Texas Women in Business, Keller Williams Reality, Nordstrom Rack, Texas Sweethearts, Neiman Marcus, IAEE - Central Texas Chapter, Malauzai Software, Dance Another World, SWITCH Camp with Austin Stone and Cornerstone Church, DoubleTree Suites, CLS Partners, and Junior League of Austin.

During 2015, Austin Child Guidance Center participated in Amplify Austin. As Austin Way Magazine's charity of choice, ACGC kicked off Amplify Austin at the magazine's Spring Launch Party where over 200 Austin Way guests were in attendance. ACGC ended the 24 hours with our Watch Party at the home of supporters Don and Lise Grillo in the Towers on Townlake.

In March, in partnership with the Texas Network of Youth Services and the Texas Department of State Health Services, ACGC convened the first regional Cross-Discipline Trauma Conference drawing 500 participants over two days to learn about trauma and trauma-informed care. Renowned expert Dr. Bruce D. Perry, Dr. Vincent Felitti, and Dr. Ginny Sprang were the event's Keynote speakers along with breakout sessions on a variety of topics led by local experts. The St. David's Foundation and the Roddy-Holden Foundation were generous supporters of the Cross-Discipline Trauma Conference.

Once again, ACGC celebrated National Children's Mental Health Awareness Day with our Trivia Night and an array of 3rd party events throughout the week. Trivia Night was held at Urban an American Grill with teams from: Atchley & Associates, Riverkids Pediatric Home Health, Community Care Health Center, CASA of Travis County, Rose Dental Group, Child Inc., and Salient Systems. DEN Property Group welcomed ACGC for the Free Your Mind Collective Art Show featuring art from Zachariah Garner, Marlene Jorge, Lorna Roberts, Jean Sander, Matt Wayne, and Renee Hanson Malone.

June 13th marked the inauguration of ACGC's Voices for Children Giving Society at the home of Joe and Donna Fowler on Lake Travis, featuring operatic selections from vocalist Liz Cass, Executive Producer of LOLA and pianist Cynthia Wilson. Mayor Steve Adler issued a proclamation of June 13th, 2015 as Austin Child Guidance Center Day. ACGC partnered with Sephora Barton Creek for their Values Inside Out program to raise funds and awareness. Sephora provided free face painting during in-store events and was the official Beauty Sponsor at Austin Originals.

In 2015, over 488 volunteers supported ACGC. Play Leaders are trained in trauma-informed care to provide a structured, safe and fun environment for clients. Garden Volunteers maintained our Children's Healing Garden, which serves as a therapeutic space for clients. Board Members and Professional Volunteers provided governance and oversight, and served on planning committees to increase the impact of our mission within the community.

ACGC would like to say thank you to Kendra Scott, Sephora Barton Creek, Serve Gourmet, Cantina Lardeo, Zink, New York Life Insurance, and Rainey Street: Javelina, No Va Kitchen and Bar, Royal Blue Grocery, Container Bar, Icenhauer's, Bar 96, El Naranjo, Clive Bar, Craft Pride, Bungalow, Blackheart and Half-Step.
Statement of Financial Position (Years ending August 31)

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<tr>
<th>Assets</th>
<th>2015</th>
<th>2014</th>
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<tbody>
<tr>
<td>Cash</td>
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<td>Accounts receivable</td>
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<td>Prepaid expenses</td>
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<td>Board of Director designations</td>
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<tr>
<td><strong>Total assets</strong></td>
<td>$835,405</td>
<td>$915,767</td>
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<table>
<thead>
<tr>
<th>Liabilities and Net Assets</th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Liabilities</td>
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<tr>
<td>Accounts payable</td>
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<td>Deferred revenues</td>
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<td>109,764</td>
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<tr>
<td><strong>Total net assets</strong></td>
<td>669,355</td>
<td>805,367</td>
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</tbody>
</table>

| **Total liabilities and net assets** | $835,405 | $915,767 |
We ended our long-term partnership with Juvenile Probation last year, and welcomed several partnerships with high-need charter schools. It looks different, but it feels the same. We are celebrating our 65th Anniversary in 2016, re-connecting with many of the 300 plus people who have been on the board over the years. Our board looks different, but it feels the same. We finally got rid of the 25-year-old waiting room furniture and replaced it with comfortable chairs and tables. It looks different, but, well, in this case it also feels different. We re-branded and built a new website. It looks different, but feels the same.

It feels the same because our model is unchanged since 1951 – evidence-based, inter-disciplinary mental health care for children in the context of their families. It feels the same because at our core, we are one therapist working with one child and family, helping them develop skills and resiliency. And it feels the same because this one relationship between therapist and child is repeated thousands of times per year, creating community-wide change.

The coming year brings new changes. We are upgrading client and data systems through St. David’s Foundation’s Capacity Academy. The Healing Garden expands, we gained a seven-story neighbor, and we renovated our administrative area.

In the past few months, I have had many people tell me the same thing: “It looks so different.” A colleague from another non-profit who did her internship here a decade ago visited. “It looks so different.” A former board member who served in the 1990’s visited. “It looks so different.” Our former Executive Director Don Zappone (now a therapist and helping in the Walk In Clinic) volunteers most Fridays. “It looks so different.”

I see the center every day. The tile, the new carpet, the pain, our sign on the corner, the new furniture in the waiting room and the conference room – all seem like they have been here forever. The Healing Garden expands, we gained a seven-story neighbor, and we renovated our administrative area.

It does look different. But it feels the same. ACGC feels like a place of healing. A place where children and families can come for help when they are in need.

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The coming year brings new changes. We are upgrading client and data systems through St. David’s Foundation’s Capacity Academy. We are looking at ways to expand our footprint at our main site while increasing services in the community. We are building on our trauma-informed care efforts and planning a second Regional Trauma Conference for 2017.

As these initiatives come to fruition, we may look different, but our commitment and our impact will be the same. And as we start on the next 65 years, we extend our sincere appreciation to all of the individuals who have made an impact on our mission and the clients we serve.

Russell A. Smith, LMSW
Executive Director
your continued support. Austin Child Guidance is incredibly grateful to all of the Texas Network of Youth Services Silicon Laboratories Shield-Ayres Foundation Carl C. Anderson Sr. & Marie Jo Anderson Foundation Topfer Family Foundation Roddy Holden Kintzel Charitable Fund Austin Community Foundation INSTITUTIONAL SUPPORTERS ($25,000 - $99,999) United Way for Greater Austin Travis County Health & Human Services City of Austin Health & Human Services INSTITUTIONAL SUPPORTERS ($100,000 - $249,999) City of Austin Health & Human Services Travis County Health & Human Services United Way for Greater Austin INSTITUTIONAL SUPPORTERS ($25,000 - $99,999) Austin Community Foundation H+8 Tournament of Champions Lala Wright Foundation Office of the Governor Criminal Justice Division Rudd Holden Kirzel Charitable Fund Texas Office of the Attorney General Topfer Family Foundation INSTITUTIONAL SUPPORTERS ($100,000 - $249,999) Carl C. Anderson Sr. & Marie Jo Anderson Foundation Episcopal Health Foundation Link Foundation Roy F. and Joanie Cole Mitte Foundation Shield-Ayres Foundation Silicon Laboratories Texas Network of Youth Services