

Annual Report 2016

















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A letter from the board president

In 1951, the Austin Child Guidance Center (ACGC) opened using the "child guidance clinic" model to diagnose and treat through a "teamwork approach" involving psychiatrist, social workers, licensed professional counselors, and psychologist. Sixty-five years later, ACGC is still utilizing this multidisciplinary model to improve the mental health of children and their families through early intervention, diagnosis, and treatment to help develop the emotional skills to face life's challenges. ACGC had the foresight to know all children and families should receive quality mental health services regardless of their ability to pay. Without the sliding fee scale model, Austin's most vulnerable children would not receive care.

With the help of staff, board, donors and friends of ACGC, 2016 was a year of celebration! In February, we enjoyed a phenomenal 65thAnniversary Celebration. ACGC has helped over 140,000 clients since it opened its doors. The Voices for Children Giving Society was launched at the event to help ensure ACGC will be here to serve Austin well into the future. It was remarkable to hear and see stories of the past. I always enjoy seeing past board presidents, board members, staff, clients and volunteers who attend these events to show continued support of ACGC.

Fifteen years ago when I adopted two teen-aged sons, 13 and 15, I knew my life would never be the same. I had no idea that advocating for them would lead me down the path to advocate Board President, 2016 for other children and families who struggle with the effects of trauma and/or mental health concerns. For so many years, there has been a terrible stigma attached to mental health. As I began to share my family's experiences, I quickly realized there are many who struggle yet feel ashamed to speak out. Unselfishly my sons not only gave me permission to speak publicly, but also encouraged me. They realized this was their way to give back to others and help remove the stigma that has plagued mental health for far too long.

It has been an honor and privilege to serve on the board for the past 8 years. It's outstanding to reflect on all ACGC has done while I've been on the board. ACGC started the Trauma-Informed Care Consortium, a walk-in clinic, celebrated its 60th and 65th Anniversaries, built the signature Austin Originals Benefit Concert, re-branded, renovated the Center and created many new partnerships. I will miss working and seeing everyone as regularly as I have, but as they know I will not go far. As Russell Smith, our Executive Director says, "ACGC is in my DNA."

As I say good-bye to the staff, board, volunteers and donors who I have enjoyed meeting and working with over the years, I also look forward to all they will accomplish in the coming years. ACGC was my family's safe haven and Austin is blessed that ACGC will be here for the next 65+ years. Thank you to all of our supporters who believe in our mission and our community's children.

Gratefully,

Nici Huff

Our 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 treating 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.

3,535

Total number of children and family members served (unduplicated)



23,250

Total hours of service provided to clients



141,127

Since 1951: Total number of children and family members served (unduplicated)



'ACGC is a wonderful resource and has been an enormous help to our family."









79% Percentage of client living at or below 200% of the federal

poverty level



The Center's core trauma-informed therapeutic services are offered on-site at our central location. ACGC's multi-disciplinary team of therapists 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. Therapy services include evidence-based treatments such Parent-Child Interaction Therapy as well as Trauma-Focused

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.

Cognitive Behavioral Therapy, among many others.

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.

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 patters of behaviors.

Psychological Assessments

Psychological assessment is a powerful strategy for answering questions parents or providers may have about a child. Parents and children collaborate with the psychologist to identify assessment questions, and the psychologist designs an individualized assessment plan in order to answer these questions. An assessment can be useful for determining whether a child has a specific condition (e.g., ADHD, autism); learning more about a child's strengths and weaknesses; and informing treatment. Following the assessment, parents meet with the psychologist for feedback and a comprehensive, written report.

ACGC Core Services

Psychiatric Services

When individual and family therapy are not sufficient for making changes, a psychiatric evaluation may be appropriate. Psychiatric evaluations are provided to identify appropriate diagnoses and determine whether medication may be warranted. These evaluations are available to children currently engaged in therapy at the Center. If medication is recommended, the psychiatrist will meet regularly with the child and family to monitor and manage medical treatment.

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.

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.

Melinda's Story

Fifteen year-old Melinda's mother was worried. Melinda was talking back to her teachers, engaging in risky behaviors, and would run away for days at a time. She had recently run away to live with her uncle, and her mom was at a loss for how to connect with her daughter. That's when she brought Melinda to ACGC for help. At first, Melinda was reluctant, but when the therapist started working with her individually and with her mother, she quickly became engaged. With their therapist, Melinda and her mom worked on expressing their feelings and being direct with one another. Instead of running away from her problems, Melinda gained the tools to address them. After two months, Melinda moved back in with her mom, and after five months, the family chose to end services. They said they got what they were looking for from therapy at ACGC. Now Melinda and her mom not only have the skills to communicate, but they've also found shared interests they can enjoy together.

Our Partnerships

Austin Child Guidance Center partners with several agencies and 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.

158 youth and family members served in 2016

Charter School Collaborative

In 2016, ACGC partnerships with 4 local charter schools (KIPP, Austin Achieve, IDEA, and Montessori for All) expanded to serve 8 campuses serving low-income children. Students and parents in need receive no cost counseling services and supports in northeast and southeast Austin. **98 youth and family members served in 2016**

Community Clinic

The TANDEM Project

Is a collaboration with People's Community Clinic, Any Baby Can, and Lifeworks 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.

122 youth and family members served in 2016

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 on-site at 11 local, high-needs childcare centers.

988 children, family members, and childcare workers served in 2016

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.

377 youth and family members served in 2016

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.

42 youth and family members served in 2016

Trauma-Informed Care Consortium (TICC)

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 nearly 70 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. TICC also helps to plan the Cross-Discipline Trauma Conference of Central Texas.

ACGC trained 1,088 individuals on trauma and



"This is the best thing ever for my son."

trauma-informed care in 2016







Lorenzo's Story

Lorenzo and his family first came to ACGC when he was 8 years old, due to the significant aggression he was showing at home. Lorenzo had come to live with his grandparents at age 5 after witnessing prolonged and serious domestic violence. Because Lorenzo's mother had a history of severe mental illness, his grandmother was concerned that Lorenzo might also have a psychiatric diagnosis, such as bipolar disorder.

Lorenzo's therapist began using Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) with Lorenzo and his grandmother; however, progress was slow, and Lorenzo's grandmother was reluctant to implement the parenting strategies presented as part of TF-CBT. As Lorenzo continued to show behavior problems at home and at school, his therapist referred him for a psychological assessment, hoping to obtain diagnostic clarification and treatment recommendations. Due to concerns about cognitive development related to prenatal drug and alcohol exposure, cognitive and neuropsychological evaluations were included. Lorenzo showed average cognitive abilities, and his executive functioning (as measured through neuropsychological measures) also fell in the expected range. Likewise, he showed expected academic achievement. However, emotional/behavioral assessment revealed that Lorenzo was continuing to have many symptoms related to trauma, including re-experiencing, avoidance, and persistent distress. Also consistent with early trauma, Lorenzo showed difficulty understanding other people and relationships, pronounced social withdrawal, and a sense of helplessness.

Based on the assessment, he was diagnosed with Post-Traumatic Stress Disorder. Through feedback, Lorenzo's grandmother was able to understand the link between his behavior and his experience of trauma, and she showed increased engagement in TF-CBT. Over time, Lorenzo's aggression has decreased; his relationship with his grandmother has improved; and the family was able to complete treatment.



Total number

of individuals

receiving training

and technical

assistance

Total number of individuals receiving community presentations/ consultations







Community Outreach

Volunteerism

Austin Child Guidance Center has many opportunities to engage supporters in philanthropy. In 2016, over 344 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. To learn more about volunteer opportunities with Austin Child Guidance Center, please email Volunteer@austinchildguidance.org.

344
Total Number of Volunteers



5,630Total Number of Hours

"I can confidently work with a demographic I rarely interacted with before this semester and am looking more into clinical social work."

Special Events

The 5th Annual Austin Originals Benefit Concert and Live Stream with Alejandro Escovedo at ACL Live at the Moody Theater. Guests enjoyed special performances from past ACGC clients, Alejandro Escovedo and Sarah Sparkles. Terry Lickona and Casey McPherson were the co-emcees for the event and BA Snyder & Colin Pope served as the honorary co-chairs. The 5th Annual Phyllis Richards Austin Icon for Children Award was given to Mycah Lee Arellano-Blake and Kathy Morgan. The benefit concert was a huge success in the new venue and raised almost \$400k in revenue. The event was once again streamed live by TourGigs, so that anyone could watch around the world.

65th Anniversary at the Four Seasons Hotel.

The celebration brought together over six decades of past and current board members, staff, donors, sponsors and influential supporters who have assisted the Center in becoming the recognized community leader of children's mental health. Suzon Kemp served as Honorary Chair and Cassie Lamere and Ron Olivera were the event emcees. In total, this monumental event raised \$285,300.

Oral History Video Project for 65th Anniversary. ACGC's

Oral History Video Project featured interviews from past board members, clients and staff. This narrative history documents some of the successes and challenges ACGC faced, as the agency pioneered local efforts for children's mental health.

Installation of ACGC's Voices for Children Giving

Society Tree. The Giving Society is a group of benefactors comprised of individuals who are committed to provide sustaining philanthropic support so that underserved children and families can receive quality mental health services at Austin Child Guidance Center. Each contributor is beautifully displayed on the Giving Tree that welcomes clients to the Center and lets each client know they have a community of supporters. To learn more about becoming a member of the Voices for Children Giving Society contact rhanson@austinchildguidance.org.

Amplify Austin. ACGC participated in Amplify Austin for the 3rd year. **In total ACGC raised over \$140k** and was ranked in the top 10 non-profits that raised the most money in the city. Special thank you to Atlassian downtown, who hosted our well attended kick-off party.

For Trivia Night in Honor of Children's Mental Health Awareness Week. For the 3rd year, ACGC hosted Trivia Night in honor of Children's Mental Health Awareness Day in May. Teams from Subaru Austin, CommUnityCare, Rose Dental, Care Options for Kids, Embellish Nails & Boutique, Community Partners for Children, I Live Here, I Give Here, as well as individuals from the community joined us at Abel's on the Lake for a fun night of trivia.











Statement of Financial Position

(Years ending August 31)

				2016	2015
Assets					
		Cash		\$471,692	\$13,653
		Accounts Receivable		858,732	530,493
		Prepaid Expenses		45,667	35,368
		Board of Director Designations			15,847
		Pledges & Grants Receivable		389,218	29,916
		Fixed Assets		76,568	74,549
		Other Assets		141,141	135,580
Total Assets				\$1,983,018	\$835,405
Liabilities and Net Assets					
	Liabilities				
		Accounts Payable		\$53,258	\$52,587
		Accrued Payroll Expenses		78,728	98,058
		Deferred Revenues			15,405
	Total Liabilities			131,986	166,050
	Net Assets				
		Unrestricted		241,772	172,163
		Temporarily Restricted		1,499,496	387,428
		Permanently Restricted		109,764	109,764
	Total Net Assets			1,851,032	669,355
Total Liabilities and Net Assets				\$1,983,018	\$835,405
Statement of Acti (9/1/15 - 8/31/16)	ivities				
Revenues					
			Grants and Contracts	\$651,727	
			Contributions	2,200,586	
			Program Service Fees	299,210	
			Fundraising Events	653,201	
			Other Income	8,491	
			Investment Income	5,566	
			mired medical		
	Total Revenues			3,818,781	
Expenses	Total Revenues		an education and only		
Expenses	Total Revenues		Program Services		
Expenses	Total Revenues			3,818,781	

2,637,104

1,181,677

669,355

\$1,851,032

Total Expenses

Change in Net Assets

Net Assets, End of Year

Net Assets, Beginning of Year

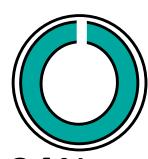
Statistical Overview

Fiscal Year 2016: September 1, 2015 - August 31, 2016

Client Progress on Treatment Goals



91% of clients participating in individual and/or family therapy made progress on their treatment goals

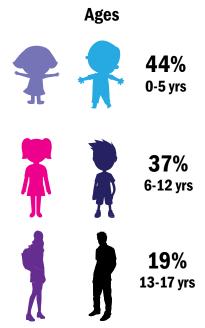


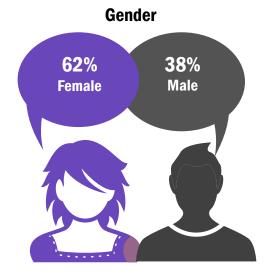
91% of clients in group therapy showed positive increases or changes in knowledge and behavior

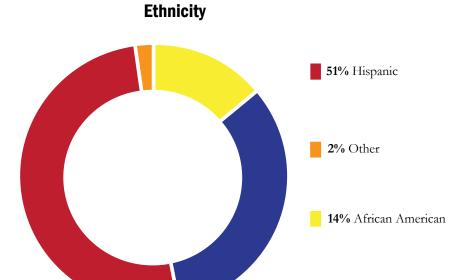
Client Satisfaction

99%
of clients
reported were
"very" satisfied
with the
services they
received

98% of clients reported that if they needed further mental health services, they would again choose Austin Child Guidance Center







33% Anglo



When my first daughter was little, we would read a lot of Dr. Seuss together. She loved hearing the story of Yertle the Turtle, and I loved reading it. Even today, some 20 plus years later, I can recite most of the story by memory. "On the faraway island of Sala-ma-sond, Yertle the Turtle was king of the pond..." The story is about a vain turtle king who builds a massive pile of turtles so he can see far into the distance (and therefore, expand his rule).

I was thinking about this story as we embark on a journey of growth and expansion of our main campus. It's not because we are expanding our kingdom, but related to a subtler lesson in the story. Yertle relied on all of the turtles in his pile for his majestic view, though he certainly did not give them any credit.

Austin Child Guidance Center has been built upon the vision, commitment, and hard work of hundreds of board, staff, volunteers, interns, supporters and champions. We took a moment to reflect on this in February as we celebrated 65 years of service. Five years ago, for our 60th, I embarked on a historical dig through our records (we keep everything), and built a list of all the board members who have served the agency (327 as of today). For the 65th, I did a similar dig for staff, identifying 363 staff members since 1951.

At the risk of calling myself Yertle, I realize that ACGC sits upon the backs / shells of these 690 folks, as well as countless students,

interns, partners and many others. It is their legacy that we build upon. [BTW – I prefer to identify myself with Mack, the plain little turtle who helped move things along.

Last year ACGC saw the beginning of the last phase of a period of capacity building. We have renovated & repaired; built therapy capacity; re-branded; increased outreach and visibility; built a new website; developed new partnerships; and re-built our client and information systems.

The final step in our capacity building is underway. ACGC's commitment to incremental, data-driven, sustainable growth of services had two parts – on-site and off-site. We have built capacity off-site, mainly through new partnerships with charter schools. Now is the time for our on-site growth. We have begun the process of envisioning new space. In 2017, we will move from vision to plans, to budget and then on to a capital campaign.

It is an exciting time at ACGC, with change and growth on the

--Russell A. Smith, LMSW

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Sherrill Morales, CPA Treasurer

John Harcourt, Secretary

Jessica Boston, LMSW Sarah Farley Denise Hoos William Jackson Suzon Kemp Cassie LaMere Casey McPherson Rich Parsons Eagle Robinson Erin Rodriguez, Ph.D. Dr. Nakia Scott

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Donors: September 1,2015 - August 31, 2016

Austin Child Guidance is incredibly grateful to all of the generous individuals, foundations, business & governmental agencies for their monetary and/or in-kind gifts. Thank you for your continued support.

ACGC Voices for Children Giving Society (as of 12/31/16)

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Austin Originals Benefit Concert August 27, 2016

Title Sponsor

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