2008 Annual Report

Helping Children Navigate Life
For over fifty years, Austin Child Guidance Center has served families in the Austin area. Each year, thousands of children and family members are assisted at the Center and in the community by the Center’s outstanding team of psychiatrists, psychologists, social workers, family therapists, and professional counselors.

The major highlight of 2008 and every year is the profound difference that the Center makes in the lives of the children, adolescents, teens and their families. The Center also serves the Central Texas community through provision of training for mental health professionals and through participating in community planning and collaborative programs.

As my second term as board president comes to an end, I want to thank the fantastic group of individuals who serve on the board of directors and give their time and money to support the Center. I want to express my deep appreciation to all the donors who enable us to make a positive difference in the lives of families in our community. Also, a special thanks to Alejandro Escovedo who provided inspiration and music to raise funds for the Center in 2008, and who will headline our second annual music event in 2009.

Many more families in our Central Texas community could benefit from the quality effective services offered by the Austin Child Guidance Center. We count on your assistance so that we can continue to work for the children and families in our area. Please join us in providing children with needed support in 2009.

Kathryn B. Kramer, Ph.D.
President, Board of Directors
About Us

Our Team

A multidisciplinary team of psychiatrists, psychologists, social workers, family therapists, and professional counselors provides individual, family, and group therapy; psychiatric and psychological services; parent education; community consultations and presentations; and training to current and future mental health professionals.

Donald J. Zappone, Dr. P.H.
   Executive Director
June Martinez
   Office Manager/HR Officer
Susanne Matthews
   Administrative Director/CFO
Kelli Williamson, MA, LMFT
   Clinical Director
Serie Spicer, Ph.D.
   Director of Psychological Services
Keith Caramelli, M.D.
   Psychiatrist
Leslie J. Archambault
   Director of Development
Josie Kluth Geck, LMSW
   Community Relations Coordinator
Ruth Ann Airhart, MA, LPC
Carolina Arroliga, MA, LPC-I
Deanna Brittain, LCSW
Seanna Crosbie, LCSW
Kristina Didion
Zack Flores
Julia Hoke, Ph.D.
Ana Irizarry, MA, LPC, LMFT
Dana Jones, LCSW
Sarah Jones, LMSW
Megan Kafer, MSW
Shawn Kent, MA, LPC-I
Stephen Kolar, Ph.D.
Lea Kruger, LMSW
Keisli Lee
Ann Levine, Psy.D.
Gail Massey, MA, LPC
Linda White Melnick, LCSW, LMFT, RPT-S
Sherry Michalenko
Anne L. Minor, LCSW
Alice Monroe
Maxine Moore
Sunny Patten, LCSW
Stacy L. Rider, Psy.D.
Vanessa Robles, LMSW
Lauren Saca
Trent Schmiedehaus, LMSW
Mary Ellen West, LCSW
Laura Whitekettle, LMSW

“I have learned so much in dealing with my granddaughter. It has helped me tremendously in keeping things on an even keel. The therapist has given excellent counseling to both my granddaughter and me. Thanks so much.” - Client

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.

Contract

Staff

Genié Beckmann
Sylvia Dudney
Lynn Henton, Ph.D.
Paula Hern, LCSW
Alicia Kruger, MA, LPC-I
Bernadette Moore, LCSW
Michael McCarthy, LCSW
Leigh Rainwater, MA, LPC
Allison Sallee, Ph.D.
Katherine Sanchez, LCSW
Sarah Schnoebelen, Ph.D.
Elizabeth Sylvester, Ph.D.
Alexander Zesati, MA, LMFT

I live here, I give here.
Statistical Overview

Fiscal Year 2008: September 1, 2007 - August 31, 2008

Grand Totals
Total number of children and family members served (unduplicated):  2,478
Total hours of service provided to clients:  17,324
Total number of treatment sessions or contacts:  11,202

Gender
Male  43%
Female  57%

Ethnicity/Race
African American   14%
Hispanic    40%
White/Non-Hispanic   45%
Other       1%

Age
5 and under  19%
6-12  45%
13-17  36%

Low Income Families
Families living at or below 200 percent of the federal poverty level  68%

Client Satisfaction

98 percent of clients reported that Austin Child Guidance Center’s overall services are good or excellent.

94 percent of clients reported that if they needed further mental health services there was a good or excellent probability that they would again choose Austin Child Guidance Center.

Client Outcomes

85 percent of children and youth in individual and family therapy showed improvement on their treatment goals.

86 percent of clients receiving specialized group services showed increased knowledge, improvement in skills, and/or changes in stress/behaviors.

“My daughter and I really enjoyed coming here. It’s been a fun and challenging experience for both of us. Thanks for everything.” - Client
As the only outpatient facility in Austin/Travis County that is solely dedicated to improving children’s mental health, Austin Child Guidance Center offers evaluation and treatment, regardless of ability to pay. Services are available in English and Spanish at our central office as well as in the community.

Helping children and families navigate the tough times...

“No one likes me. They say I’m annoying and hyper.” Day after day, these words broke the heart of Gina’s parents and her fourth grade teacher. Despite her best efforts, 10-year-old Gina could not make friends. At home and school, Gina was defiant and disrespectful of adults and peers and had compulsive rituals like brushing her teeth up to 50 times per day. After engaging in individual and family therapy at Austin Child Guidance Center, Gina was referred to group therapy to enhance her social skills, working specifically on using manners and being respectful of others. Gina was also evaluated by an Austin Child Guidance Center psychiatrist and prescribed medication to help ease the problems she was having with obsessive behaviors and inattention. Using a token economy to reward Gina for positive behaviors, her parents and teachers began to see improvements not only in Gina’s attitude and self-esteem, but also in her ability to stay engaged in her schoolwork and get along with classmates. A variety of services, including individual, family, and group therapy as well as psychiatric consultations, combined with hard work by this family, led to much happier 10-year-old girl.

Sliding Fee Scale/Core Services

**Individual Therapy:** Therapists take a strengths-based approach to help children work through issues such as grief, loss, depression, anxiety, school phobia, trauma, abuse, and parent-child relationship issues.

**Family Therapy:** Because children develop within a wide context, therapy may extend to their families in order to facilitate more global changes. Therapists encourage the identification and strengthening of community and social supports as well.

**Group Therapy:** In order to promote positive peer relations, children in group therapy practice problem-solving skills and learn ways to build their self-esteem.

**Parent Education Classes:** Parents participate in group classes focused on child development and topics specific to certain behavior disorders.

**Psychological Assessments:** Psychological assessments include a battery of tests designed to address and answer complicated clinical questions regarding various issues such as developmental delays, learning disabilities, dyslexia, differential diagnosis, or ways the child understands and relates to the world.

**Psychiatric Services:** Child psychiatrists are available to perform psychiatric evaluations, detailed tests for children who present with many complicated symptoms and where psychotropic medication may be clinically indicated. These evaluations integrate biological, psychological, and social factors that influence an individual’s level of functioning. Diagnosis guides treatment recommendations. Medication management, monitoring and medical consultations are also available.
Austin Child Guidance Center partners with several agencies and participates in a number of collaborations in Austin/Travis County, including:

**Austin Independent School District**

In partnership with LifeWorks’ Next Step program, we led therapy groups at 4 elementary and middle schools, in addition to a summer camp, to develop skills in resolving conflicts, expressing feelings in safe ways, and making choices with 219 children.

Austin Child Guidance Center began collaboration with AISD’s ACCESS project, in which we will implement the evidence-based, nationally recognized Parenting With Love & Limits program with adolescents and families facing juvenile delinquency and risk-taking behaviors. This project is expected to serve 96 families in the next year.

**Juvenile Court**

We offered individual and group therapy to 177 adolescents and their family members at the Travis County Leadership Academy, a program of the Gardner-Betts Juvenile Justice Center.

141 adolescents dealing with substance abuse and mental health issues, and their family members, were provided mental health counseling services in collaboration with Travis County Juvenile Court’s Substance Abuse Services Division.

**Community Clinics**

We provided counseling and consultation to 120 teenage parents in collaboration with People’s Community Clinic, Any Baby Can, and LifeWorks in TANDEM: Moving Forward Together, a Teen Prenatal/Parenting Program.

**Childcare Centers and Preschools**

In collaboration with The University of Texas at Austin and United Way Capital Area’s Social Emotional Learning Collaboration with Raising Austin and YWCA, the Infant and Early Childhood Mental Health Project provided mental health consultation and intervention services in 9 identified preschool and childcare centers impacting 280 young children, 129 parents/guardians, and 87 childcare staff.

**Victim Services**

- **Children’s Victim Assistance Recovery Project**: 169 youth and family members who were victims of or witnesses to crime or violence received mental health services.

- **Services for Hurricane Survivors**: Provided mental health services to 19 youth and their families impacted by the Katrina and Rita hurricanes.

- **Kids In The Middle Project**: Counseled 95 children and family members involved in high conflict family litigation with Travis County Domestic Relations Office.
Training

In 2008, Austin Child Guidance Center hosted monthly training opportunities for staff and the community. Mental health professionals from the Austin area generously donated their time and expertise to provide these opportunities for continuing education, helping to train and educate current and future mental health service providers.

Number of graduate students trained: 17
Number of mental health professionals attending trainings: 323
Number of community individuals receiving community presentations/consultations: 1,548*

*Austin Child Guidance Center participates in several ongoing collaborations; this number may duplicate individuals who also serve in more than one collaboration.

Recognition of Outstanding Supporters

Third Annual “Charting a Course of Hope” Luncheon
On September 27, 2007, Austin Child Guidance Center held its third annual “Charting a Course of Hope” Luncheon at the Austin Country Club. Special thanks to Silicon Laboratories and LCRA for underwriting the expenses for the event, which raised donations and multi-year pledges.

Holiday Classic TV Special
In December 2007 Austin Child Guidance Center hosted the 10th annual Holiday Classic TV Special, a stay-at-home “event.” This unique fundraiser allows families to spend time together watching a holiday movie on The CW Austin channel while supporting Austin Child Guidance Center.

Internships

Austin Child Guidance Center expanded its student training and internship program in 2008, with graduate students studying mental health disciplines from several local universities. Serving on a volunteer basis, student interns provide a variety of clinical services to clients; participate in student seminars, staff meetings and case consultations; and collaborate with many of our community partners. Interns come from the following disciplines:

- Clinical social work interns
- Community and administrative leadership social work interns
- Psychology practicum students
- Psychology interns
- Professional counseling interns
- Marriage and family therapy interns
- Psychiatric residents

25th Annual Children’s Mental Health Seminar

In April 2008, Austin Child Guidance Center hosted the 25th Annual Children’s Mental Health Seminar, which featured Matthew Selekman, MSW, LCSW, presenting “Expanding the Possibilities: A Collaborative Strengths-Based Family Therapy Approach with Challenging Children and Adolescents.”

<table>
<thead>
<tr>
<th>Revenue</th>
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<tbody>
<tr>
<td>United Way (Allocations &amp; Designations)</td>
<td>$194,893</td>
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<tr>
<td>City of Austin/Travis County (Health &amp; Human Services)</td>
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<td>Infant/Early Childhood Mental Health Project</td>
<td>$61,738</td>
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<td>Travis County Contracts</td>
<td>$251,319</td>
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<td>State of Texas and Other Contracts</td>
<td>$125,770</td>
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<td>Donations (Fundraisers &amp; Foundation Support)</td>
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<td>Client Fees and Fee Contracts</td>
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<td>Parenting With Love &amp; Limits/AISD ACCESS</td>
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<td>Other</td>
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<td><strong>Total Support and Revenue</strong></td>
<td><strong>$1,516,455</strong></td>
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<th>Expenses</th>
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<td>Program Expenses</td>
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<td>Management &amp; General</td>
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<td>Fundraising</td>
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<td><strong>Total Operating Expenses</strong></td>
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<td><strong>$69,601</strong></td>
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*Austin Child Guidance Center was the fortunate recipient of a $42,048 gift from the dissolution of a fellow nonprofit agency.

This financial report of revenues and expenses is taken from the annual audit, prepared by Gindler, Chappell, Morrison & Co. P.C., Certified Public Accountants. The complete audit is available for review during regular business hours at the offices of Austin Child Guidance Center, 810 W. 45th Street, Austin, Texas 78751.

**Navigator Society Members**

as of August 31, 2008

- **Captain:** Pat and Bob Ayres
- **Helmsman:** Phyllis Richards
- **Sailors:**
  - Margene and Patrick Beckham
  - David and Lore Bigham
  - Robert Boney and Anne Nelson, Ph.D.
  - Robin Chotzinoff
  - Mike and Kelli Craddock
  - Bradley and Corliss Englert
  - John and Kay Flowers
  - Kenneth and Kathy Fox
  - Anne Freeman
  - Michael and Brenda Barrett Healey
  - Deborah Hensley
  - Randy and Julia Howry
  - Kathy and Frank Ikard
  - Kaye Knox
  - Jim and Betsy Kreisle
  - Jean McCvicker
  - Leslie A. Moore and John Park
  - Cori Moyer
  - Phyllis and Jef Nelson
  - John Olsson
  - Dick and Sara Rathgeber
  - Gene Anne Sandbach
  - Frances and Pete Schenkan
  - Will and Lisa Shapiro
  - Suzy Spencer
  - Serie Spencer and Hank Dembosky
  - Jim and LaVada Steed
  - Jay and Lori Symcox
  - Gary and Marjorie Tritle
  - Mary Ellen Umstattd
  - David and Laura Wieland
  - Tom and Kathryn Williamson
  - Donald and Jean Zappone
  - David and Miriam Zodikoff
Donors: September 1, 2007-August 31, 2008

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

#### In Honor Of

<table>
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<tr>
<th>Donor</th>
<th>Donor</th>
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<tr>
<td>Paula Aaronson</td>
<td>Steve and Lora Ann Gerson</td>
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<td>Dr. William Bandy</td>
<td>Missy and Richard McCarroll</td>
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<tr>
<td>Mr. and Mrs. Earl Hale</td>
<td>Dr. Maggie Coleman and</td>
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<tr>
<td>Dr. Thomas Hill</td>
<td>Dr. John Knowles</td>
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<td>Dr. Scott Ream</td>
<td>Missy and Richard McCarroll</td>
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<td>Jeanette Cecil</td>
<td>Dr. Maggie Coleman and</td>
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<td>Mary Forbes</td>
<td>Dr. John Knowles</td>
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<td>Josie Geck</td>
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<td>Matt and Lisa Dow</td>
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<td>June Martinez</td>
<td>Susie Matthews</td>
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<td>Sherry Michalenko</td>
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<td>Alice H. Monroe</td>
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<td>Maxine Moore</td>
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<td>Dr. Daniel Morehead and</td>
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<td>Carol Morehead, RN</td>
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<td>Andreaea</td>
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<td>Gretchen Whitehill</td>
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<td>Whitney Whitehill</td>
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<td>Elly Whitehill</td>
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<td>Miles Whitehill</td>
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<td>In Memory Of</td>
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<tr>
<td>Amy Burton</td>
<td>Ms. Suzanne Duvall</td>
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<td>Donna G. Conway</td>
<td>Ms. Lorrie F. Henderson</td>
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<td>Judy DeBooe</td>
<td>Marsha J. LeGrand</td>
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<td>Charlie Hard</td>
<td>Ms. Susan B. Chambers</td>
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<td>Marjorie Heck</td>
<td>Sandra and Thomas Cumming</td>
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<td>Margaret Hembree</td>
<td>Dietlind and Israel Hernandez</td>
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<td>Ramon Hernandez</td>
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<td>Luke Jolin</td>
<td>Ms. Becky Jolin</td>
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<td>Isabel Mann</td>
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<td>Joan R. Powers</td>
<td>Mr. William E. Powers</td>
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<td>Mark Roloff</td>
<td>Ms. Mary Coco</td>
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<td>Elise Steed</td>
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<td>Lucille Stone</td>
<td>Charles Feld</td>
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<tr>
<td>Richard Wang</td>
<td>Paul Ballentine</td>
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<tr>
<td>Marc A. Wiesner</td>
<td>Paula Wiesner, Ph.D.</td>
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<tr>
<td>Marcel</td>
<td>Dana Bartholomew</td>
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**Recognition of Outstanding Supporters**

**First Annual Super Hero Music Event**

On August 28, 2008, more than 380 individuals in our community gathered at Antone’s to hear live music benefit Austin Child Guidance Center. The community’s overwhelming response and generous contributions of funding, time and auction items helped the Center exceed its goal for the benefit, finishing the inaugural event at 119 percent of goal. On behalf of the children and families we serve, we sincerely thank the following individuals and organizations:

- **Alejandro Escovedo, Honorary Chair**
- **Don Harvey, Honorary Chair and Event Organizer**
- **Ian McLagan & the Bump Band**
- **The Reivers**
- **Jody Denberg, KGSR, Emcee**
- **Mark Murray, KVUE, Celebrity Auctioneer**
- **Kevin Connor, ME Television, Celebrity Auctioneer**
- **Paula Aaronson and Bob Lum, Event Chairs**

**KGSR**

- **Antone’s**
- **Lacks Valley Stores**
- **Brown McCarroll, L.L.P.**
- **PRO-ED, Inc.**
- **Emily and Jack Cardwell**
- **Amy Musgrave Brown and Tom Brown**
- **Donald D. Hammill Foundation**
- **LandAmerica Austin Title Company**
- **McMahan Group**
- **Phyllis Nelson, LCSW and Jef Nelson, M.D.**
- **Southwest Strategies Group**
- **Stanberry & Associates Realtors**
- **The Austin Chronicle**
- **William C. Streusand, M.D.**
- **Wachovia Bank**
- **Walter P Moore**

**Antone’s**

**LACKS FURNITURE**

**107.1 KGSR**

**107.1 KGSR**

This year’s annual report was designed by freelance designer Amanda J. Cobb

www.amandajcobb.com
“Thank you for all the help you have given me and my family. You are all wonderful and helpful people.” - Client