

AUSTIN



GUIDANCE CENTER

ANNUAL REPORT

2013

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.

OUR MISSION; OUR BRAND

For over 63 years, the Austin Child Guidance Center (ACGC) has improved the mental and emotional well-being of underserved children. Our identity and brand is uniquely intertwined with the longevity and success of our laser focused mission of improving children's mental health. In this 2013 Annual Report, we unveil the center's new logo. This new colorful logo reflects the playful spirit of the children we serve and the agency's bold, new direction of becoming a more visible entity within the community. For so long, the agency has been a relatively quiet organization tucked back behind the landscape on the corner of 45th and Lamar.

It is a new era for the Austin Child Guidance Center. With a new prominent, colorful sign on the corner and a new matching logo, ACGC has made a visible announcement to the community about the importance of children's mental health. Furthermore, through various efforts, initiatives, events and outreach with the media, the center has become a more vocal, recognized leader within the community.

One particular new endeavor is associated around the agency's expertise in treating childhood trauma. As neuroscience research continues to demonstrate the high costs of childhood trauma on child development, ACGC, through funding from St. David's Foundation initiated the Trauma-Informed Care Consortium (TICC) of Central

Texas. The center is the lead organizer of the consortium, which encompasses members from over thirty local youth serving agencies. The mission of the consortium is to create a comprehensive trauma-informed community for children, families, and providers through education, outreach and trainings.

As you look through this year's 2013 Annual Report, you will recognize the profound short and long-term impacts the Austin Child Guidance Center has made within our community. The overall numbers, outcomes, personal client success stories, and client artwork are memorable and impressive, just like our new logo and sign. We want to thank all of this year's supporters, donors and volunteers who contributed their resources, voices and energy to the cause of improving our children's mental health.

Gratefully,

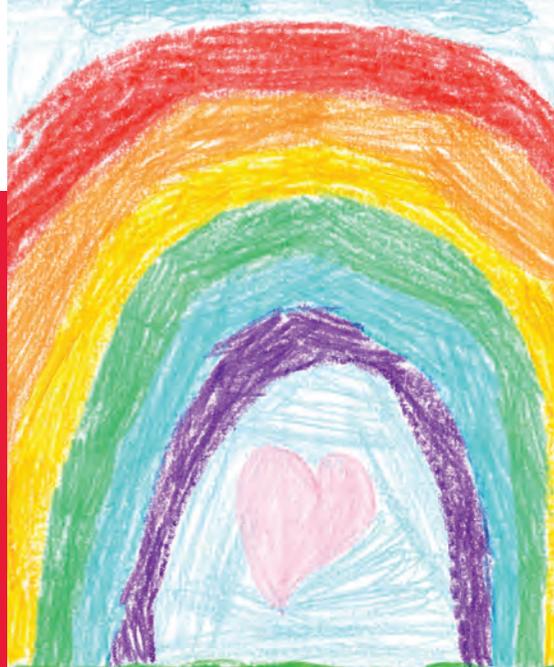


Joel Fleschman, LCSW, MPH
Board President, 2013



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.

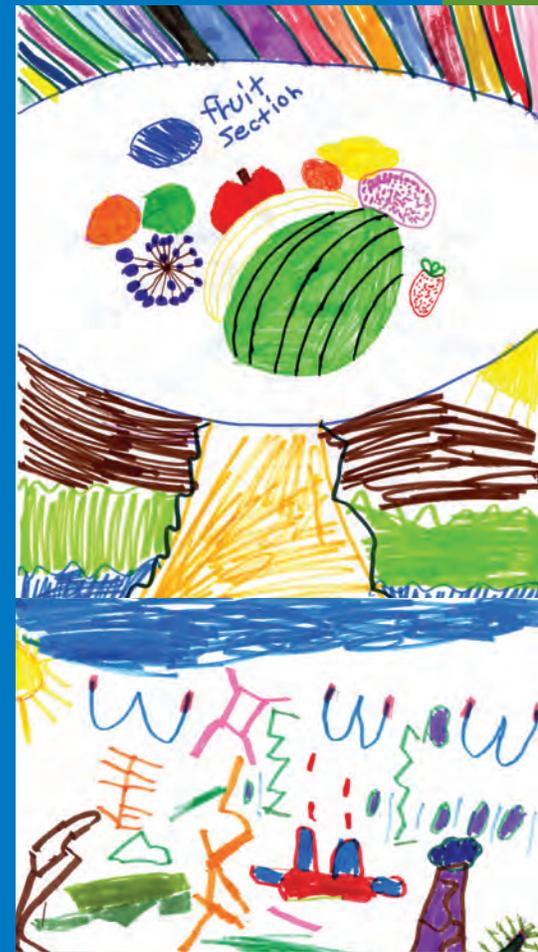


“Thank you for providing the tools and resources and helping us to implement strategies that were possible and effective.”

By 17, Jessica had been arrested multiple times for being a runaway. She would leave home and would remain missing for months. Although she had been a stellar student for many years, she began to skip school and was failing every class. Eventually she was placed in a secure setting where she began to work with an ACGC therapist. It took time and patience, but after several weeks Jessica began to trust her therapist and eventually felt secure enough to open up in therapy sessions. She disclosed she had been sexually abused for years by a relative, with whom she still had frequent contact. In addition, her boyfriend was physically abusive and threatened to kill her if she ever told anyone about the abuse. Jessica would often wake up scared at night and would be unable to fall back asleep due to intrusive thoughts of the assaults. She had difficulty concentrating in class and reported having flashbacks of the abuse.

The therapist introduced the treatment of trauma-focused cognitive behavioral therapy (TF-CBT). In therapy, Jessica learned skills to help calm her brain and her body. She practiced techniques that helped her focus in school and feel more grounded. She also practiced cognitive skills which helped her to feel less fearful. She was able to share her trauma narrative with her therapist and her family. Her parents were able to protect her and offer support in therapy. At the end of treatment, Jessica is now able to sleep through the night and reports that she feels better about herself and her future. She also feels a sense of empowerment and courage by sharing her story with others and not keeping the abuse a secret. Her grades have improved and she's learning how to be a teenager again.

A total of 759 clients and 1,032 family members were provided one or more of the Center's core services in the 2013 fiscal year.





OUR CORE SERVICES

The Center's core 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

Services extend to all family members and guardians in the child's life. Since 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.

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. It integrates biological, psychological, and social factors that influence functioning.

PSYCHOLOGICAL ASSESSMENTS

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

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.

PARENT WORKSHOPS

In 2013, ACGC expanded educational workshops geared toward parents. Classes on various topics are now 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.

LATINO CHILDREN'S MENTAL HEALTH INITIATIVE

Initiated through one-time funding from Travis County in 2013 supported the expansion of therapy services to Spanish speaking children and families.

“La atención, la comodidad y la disponibilidad pero sobre todo la igualdad, y la ayuda recibida en nuestro idioma.”



OUR PARTNERSHIPS

Austin Child Guidance Center partners with several agencies and participates in a number of collaborations in Austin/Travis County, including:

CHILDCARE CENTERS AND PRESCHOOLS

The Infant and Early Childhood Mental Health Project (IEC) is a United Way Success by Six 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.

275 children, 99 family members, and 63 childcare workers served in 2013.

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 multiple sites including, ACGC, the Intermediate Sanction Center, the Day Enrichment Program, local schools and client homes, which ensures that Juvenile Court clients have easy access to quality mental health services.

514 youth and 12 family members served in 2013.

MIDDLE SCHOOLS

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.

69 youth and 40 family members served in 2013.

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.

152 youth and 6 family members served in 2013.

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 is a victim or witness to crime or violence is eligible for treatment services at no cost. Funding is provided by a grant from the Office of Texas Attorney General and Criminal Justice Division.

52 youth and 98 family members served in 2013.

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.

9 youth and 15 family members served in 2013.

Alex, a 14 year old boy, had been battling his anxiety for years. He put an extreme amount of pressure on himself to do well in school. Many of his triggers were connected with the stress and pressures that came with being a sophomore at an academically rigorous high school. When his anxiety peaked, Alex was experiencing frequent panic attacks daily. This caused him to shake and sometimes repeatedly ring his hands, which often disrupted the class. This began to interfere with his academic performance and his social life. In addition to his panic attacks,

Alex was also experiencing high social anxiety. He had two close friends and without their presence, he was unable to interact with fellow peers. As a result, he would often avoid social situations altogether. At this point, Alex's mom decided to seek help and found Austin Child Guidance Center.

Alex began to see a therapist on a weekly basis. In his sessions, he learned new coping skills that he could practice to help calm himself during panic attacks while in school or at home. Eventually Alex was able to gauge his own symptoms of anxiety and practice coping skills in the moment before it developed into a full on panic attack. By the end of the year, Alex had expanded his social circle from two friends to eight and even gave a class presentation on an essay he wrote about his anxiety.



“From the very beginning everyone has been so helpful in every way - I can't begin to tell you how grateful I am that we found you to help us.”

COMMUNITY OUTREACH



TRAINING

In addition to volunteerism and special events, ACGC has an extensive and highly regarded training program for graduate students and mental health professionals in and around the city. The agency is a current local leader in training for trauma informed care for children. Student interns from many disciplines (social work, psychology, nursing, and others) receive training at our Center, which assists in the agency's outreach and impact on clients.

In addition to regularly occurring staff and professional trainings, ACGC hosts an annual Children's Mental Health Seminar. This year, Brenda L. Underhill, MS, presented "*Seeking Safety: An Evidenced-Based Practice for Adolescent Trauma Survivors*" to over 130 community mental health workers.

SPECIAL EVENTS

ACGC has grown leaps and bounds through the production of special events, which are directed at engaging and informing the community about children's mental health. In June, ACGC held a private party at the lovely Lake Austin estate of our dear supporters, Mike and Tami Schroeder. The intimate setting welcomed almost 100 guests to learn more about ACGC's 2013 Giving Campaign.

ACGC produced its Second Annual, "Austin Originals" Benefit Concert and Live Taping at the historic KLRU Studio 6A. H-E-B Tournament of Champions was the presenting sponsor, and the event featured Grammy award winning Grupo Fantasma. Robert Hadlock of KXAN was the emcee of the event and the Honorable Judge Darlene Byrne was awarded the 2nd Annual Phyllis Richards Austin Icon for Children Award for her incredible commitment to improving the lives of local children. William Jackson, Publisher of InFLuential Magazine excelled in the role of Honorary Chair of the event, and also received a distinguished award for his invaluable contributions to the center. Overall the evening raised over \$112,000, which helped to provide mental health services to underserved families.

"Volunteering as a Play Leader with ACGC has given me great exposure to the culture of a community mental health center. As a potential future Play Therapist, I am so happy to be connected to such a great organization! Rock on, ACGC!" — Erin Alive



Dell Volunteers

Ann Richards School for Young Women Leaders Volunteers



VOLUNTEERISM

Volunteerism plays an integral role in creating a healthier community. ACGC has become one of the most sought after volunteer placement centers in town. Our volunteers are like no other; they help transform our agency into the unique place that it is. In 2013, volunteers groomed and maintained ACGC's Children's Healing Garden as a therapeutic space for our clients. Other volunteers provided direction and mentorship as Play Leaders in our waiting area. Volunteers also increased awareness about ACGC through social media platforms.

ACGC has had the pleasure of hosting some incredible corporate teams. In 2013, we welcomed volunteers from: Samsung, APO, H-E-B, KeyStaff Inc., Dell, Ann Richards School, NVIDIA, Ellis & Salazar, and Camden Living. Board and committee members also provided strategic direction, connected the center to community partners and donors, and assisted in planning special events.



“Loving my time at ACGC and looking forward to much more time with our awesome kids!”

— Devon Strickland

STATEMENT OF FINANCIAL POSITION

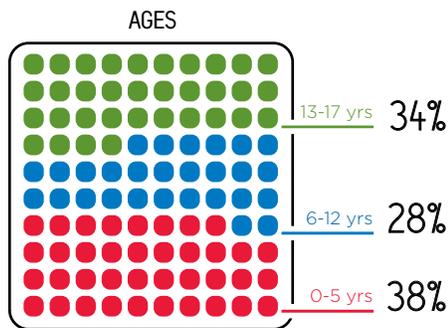
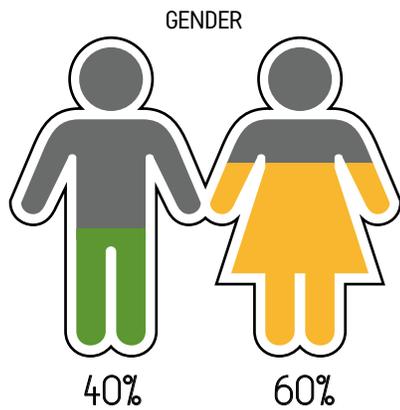
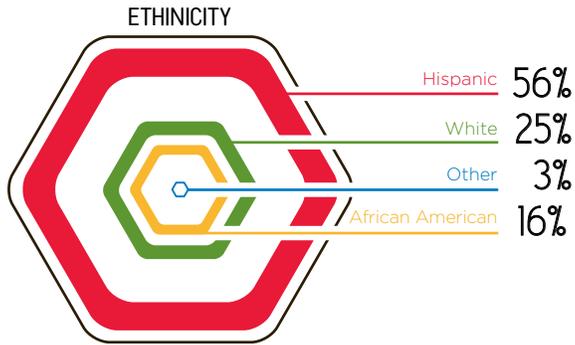
Years ending August 31	2013	2012
Assets		
Cash	\$36,963	\$249,454
Accounts receivable	843,802	356,972
Prepaid expenses	14,741	-
Board of Director designations	15,839	15,830
Pledges receivable	63,650	88,621
Fixed assets	59,817	45,439
Other assets	130,457	131,108
Total assets	\$1,165,268	\$887,424
Liabilities and Net Assets		
Liabilities		
Accounts payable	\$5,903	\$13,056
Accrued payroll expenses	80,651	72,587
Deferred revenues	5,604	3,100
Total liabilities	92,158	88,743
Net assets		
Unrestricted	113,082	402,597
Temporarily restricted	850,364	478,169
Permanently restricted	109,664	122,342
Total net assets	1,073,110	1,003,108
Total liabilities and net assets	\$1,165,268	\$1,091,851

STATEMENT OF ACTIVITIES

September 1 - August 31	2013	2012
Revenues and Other Support		
Grants and contracts	\$1,446,154	\$911,346
Program service fees	339,143	275,783
United Way allocation	75,000	75,000
Contributions	120,074	233,484
In-kind contributions	-	33,030
Fundraising	105,423	14,475
Other income	2,623	913
Investment income	9,158	8,739
Total revenues and other support	\$2,097,575	\$1,552,770
Expenses		
Program Services	1,450,460	1,422,731
Management & General	215,203	206,608
Fundraising	157,483	127,858
Total Expenses	\$1,823,146	\$1,757,197
Net assets		
Beginning of year	798,681	1,003,108
End of year	<u>\$1,073,110</u>	<u>\$798,681</u>

STATISTICAL OVERVIEW

Fiscal Year 2013: September 1, 2012 - August 31, 2013



CLIENT PROGRESS ON TREATMENT GOALS

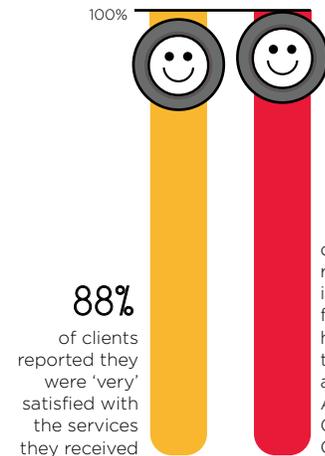


of clients participating in individual and/or family therapy made progress on their treatment goals



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

CLIENT SATISFACTION*



of clients reported they were 'very' satisfied with the services they received

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



AUSTIN CHILD GUIDANCE CENTER

The new brand that you see is the latest and most visible sign of the transformation of Austin Child Guidance Center. Our new, brightly colored sign on the corner was completed this year, leading to our most frequently asked question of “how long have you been there?” We’ve been “here” on 45th and Lamar for 26 years, and “here” in Austin serving the mental health needs of children and families since 1951.

Our sign, our new logo, and our renewed focus on outreach and community engagement reflect our commitment to ensuring that families know who they can turn to when their child is struggling. Investments from our wonderful supporters have helped us more than double the capacity to serve children and families “here” at our Center, while maintaining and increasing our services in the community. This past year has seen a particular emphasis on increasing services to Spanish-speaking families, and we have added bi-lingual therapists, psychologists, and intake staff to serve this growing community.

We have transformed into the premier trauma-informed agency in Austin. In addition to trainings, workshops, and advocacy, we convened the Trauma Informed Care Consortium, gathering child-serving agencies to learn, share, and collaborate on serving children and families who have experienced trauma.

Our year of transformation has included some sadness as well. Susie Matthews and Alice Monroe, pillars of the organization for the past three decades, retired. Additionally, our hearts are heavy with the passing of June Martinez, a truly remarkable woman and the backbone of ACGC for so many years.

ACGC was on the cutting edge of mental health services when it was founded in 1951. We were on the cutting edge when we brought the first services to victims of sexual abuse to the area. We were on the cutting edge when we brought the first child psychiatrist to Austin, and we currently are on the cutting edge in increasing local awareness and treatment for childhood trauma. Our logo and brand may be new, but our commitment to providing high-quality, evidence-based mental health services to the community will never change.

A handwritten signature in black ink that reads 'Russell A. Smith'.

Russell A. Smith, LMSW
Executive Director

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*deceased

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\$100,000 - \$249,999

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\$25,000 - \$99,999

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Georgetown Winery
Go Dance Studio
Gruene Homestead Inn
Gymboree
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Lone Star Riverboat
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Maudie's Tex-Mex
Moonshine Patio Bar and Grill
Murphy Adams Restaurant Group
Myo Massage
Natural Bridge Caverns
Olive and June Restaurant
Olivia

Omni Austin Hotel Downtown
P. Terry's
Paint Nite
Painting with a Twist
Paramount Theatre
Peace, Love, Nails
Perry's Steakhouse & Grille
Peter Pan Mini Golf
Pinot's Palette
Pinup Salon
Polkadots Cupcake Factory
Prep Dish
Pubcrawler of Austin
Qui
Rae Cosmetics
Ranch House Bed & Breakfast
Ride Indoor Cycling
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Rowing Dock
Russell Korman Jewelers
Sail and Ski
Salty Sow
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