

# 2009 Annual Report



Helping Children Navigate Life

# Letter from the President

I still remember my first impression about the Austin Child Guidance Center when I attended an informational meeting with Executive Director Donald Zappone: “How have I never heard about this incredible organization?” Clearly, I should have heard something before about an organization that makes such a significant impact on the lives of children and their families.

But as I began to work with the organization, I understood why I had never heard about ACGC. It is because the core of the organization – its committed staff, which includes a multidisciplinary team of psychiatrist, psychologists, social workers, family therapists, and professional counselors – is not interested in fame, fortune, or glory. They are there because they believe that every family and child deserves affordable mental health services.

As my term as Board President comes to a close, I want to thank this amazing group of individuals. I also want to thank the members of the Board of Directors whose expertise, commitment, and passion continue to amaze me.

Last, but certainly not least, I want to thank all the donors whose support is vital to the organization. Without their support, ACGC would be unable to meet the growing needs for mental health services. These donors include those that gave their time and talents to the organization – including Alejandro Escovedo, Ian McLagan and the Bump Band, Right or Happy, and James McMurtry – the artists that made our 2009 Super Hero Show a reality.

Through troubled economic times, we are more committed than ever to seeing that the growing need for affordable mental health services for children and families in the Austin area is addressed by compassionate and qualified professionals. 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 2010.



Brenda Barrett Healey  
President, Board of Directors

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## Our Team

Psychiatrists, psychologists, social workers, family therapists, and professional counselors comprise the Austin Child Guidance Center's multidisciplinary team. This team works closely together to provide individual, family, and group therapy; psychiatric evaluations and medical consultations; psychological assessments and consultations; parent education; community consultations and presentations; and training to current and future mental health professionals.



## 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.

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*“ACGC’s people are above A+.  
 I will tell others of this awesome  
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 - Client

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## Fiscal Year 2009: September 1, 2008–August 31, 2009

Total number of children and family members served (unduplicated): 3,011

Total hours of service provided to clients: 22,946

Total number of treatment sessions or contacts: 12,121

Client progress on treatment goals: 91% of clients participating in individual and/or family therapy made progress on their treatment goals; 90% of clients in group therapy showed positive increases or changes in knowledge and behavior

### Gender

Male: 43%

Female: 57%

### Ethnicity/Race

African American	17%	Hispanic	52%
White/Non-Hispanic	28%	American Indian	1%
Asian/Pacific Islander	1%	Other	1%

### Age

5 and under: 24%

6-12: 37%

13-17: 39%

### Low Income Families

Families living at or below 200 percent of the federal poverty level: 73%

### Client Satisfaction

- 93 percent of clients report that Austin Child Guidance Center's overall services are helpful.
- 90 percent of clients report that if they needed further mental health services, they would again choose Austin Child Guidance Center.

## Success Story

Five-year-old Eric, who had been diagnosed with attention deficits and oppositional behavior, came to Austin Child Guidance Center to participate in individual and family therapy. Eric had been prescribed medication for his disruptive and aggressive behavior by his primary care doctor, but his behavioral problems persisted. Eric's parents noted that he was angry, withdrew from social contact, and was aggressive to the extent that he was sometimes difficult to manage. After a brief time in treatment at ACGC, Eric's therapist grew concerned about other symptoms Eric displayed, such as poor verbal skills and poor ability to express his emotions safely. The therapist referred Eric's family to ACGC's psychological services unit for help in clarifying Eric's diagnosis and planning further therapeutic treatment.

As part of the evaluation, the psychologist interviewed Eric, his therapist, and his parents. After noting Eric's pattern of rigid behaviors, poor eye contact, and lack of interest in developing peer relationships, the psychologist broadened the evaluation to take these factors into consideration. The psychologist then evaluated Eric's intellectual functioning, emotional functioning, developmental history, and social interaction skills. Eric's language skills and academic functioning were also screened.

The evaluation revealed that Eric's attention deficits, impulsivity, and lack of social interaction were consistent with an Autistic Disorder. This diagnostic clarification was important to Eric's continued development and treatment both at home, at school, and in therapy, because interventions for Autistic Disorder are very different than those for Attention Deficit Disorder. The psychologist made recommendations for appropriate therapeutic and educational interventions, including expanded special education accommodations to support Eric's social and academic needs. Family therapy continued at ACGC, during which Eric's family members received education about Eric's diagnosis and how to work with him to improve his social functioning. Eric's family was also helped to identify additional community resources that could assist in any other needs they encountered.

# Austin Child Guidance Center's Services

In 1951, Austin Child Guidance Center became Austin's first outpatient mental health facility solely dedicated to affordable children's mental health care. Throughout its history, ACGC has used a multidisciplinary approach, with psychiatrists, psychologists, social workers, professional counselors, and marriage and family therapists, to treat children and their family members. English and bilingual services are offered on a sliding fee scale in our main office at 45th and Lamar, as well as in various community settings.

## 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, and parent-child relationship problems.

**Family Therapy:** Because children develop within a wide context, therapy often extends 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 and improve their social skills

**ADHD Parent Education/Support Classes:** Parents of children diagnosed with ADHD participate in group classes focused on managing and improving their child's hyperactivity, impulsivity, and oppositional behavior.

**Psychological Assessments:** Psychological assessments are in-depth tests that may last up to 10 hours; the assessments are often able to help answer complicated questions regarding cognitive delays, neurological processing, differential diagnostics, or ways the child understands and relates to the world. Detailed and informative reports that include recommendations for the child and family are provided to clients.

**Psychiatric Services:** A child psychiatrist is available to perform psychiatric evaluations, detailed examinations 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 and monitoring and medical consultations are also available.

## Partnerships

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

### Austin Independent School District

- Next Step, a collaboration with LifeWorks, is an evidence-based early intervention program that works with AISD students in small groups to help them develop self-awareness and life management skills, health awareness and self-protection skills, and relationship building and social skills. *234 children served in 2009.*
- Parenting With Love & Limits is an evidence-based program that targets adolescents and children, aged 12-18 years and their families. Using a combined family therapy and group therapy format, the program addresses risk factors such as delinquency, school suspensions, conduct disorders, violence and aggression, and mental health disorders. *71 youth and 94 family members served in 2009.*

### Juvenile Justice

- Austin Child Guidance Center staff provide individual, family, group, and multifamily group therapy services to adolescents residing at the Travis County Leadership Academy. *397 youth and 43 family members served in 2009.*
- In the Substance Abuse Services Division, Austin Child Guidance Center therapists provide an array of mental health services, including: mental health screenings; psychiatric and psychological services; individual, family and group therapy. ACGC also provides clinical consultation to the project and training to staff. *182 youth and 24 family members served in 2009.*

### Community Clinic

TANDEM is a collaboration with People's Community Clinic, Any Baby Can, and LifeWorks to promote optimal levels of health, educational and vocational achievement, and social and family functioning and to reduce the risk of subsequent pregnancies among participating teenagers; it serves pregnant and parenting teenagers receiving prenatal and postnatal care at People's Community Clinic, as well as teen fathers. Austin Child Guidance Center provides mental health services to teens, including individual/family therapy and psychological/psychiatric evaluations, as well as consultation to the professional staff of other agencies participating in the project. The University of Texas at Austin evaluates the TANDEM program, which is being considered for replication across the nation. *141 youth served in 2009.*

### Childcare Centers and Preschools

The Infant and Early Childhood Mental Health Project provides direct service and consultation to select childcare centers in regard to early identification of mental health concerns in infants and young children. Parent workshops, staff trainings, assessments, and interventions with children/families are offered by two licensed social workers as well as graduate students from The University of Texas at Austin School of Social Work. Working in partnership with the United Way Success By 6 Social Emotional Learning Collaboration, including the YWCA and Raising Austin, this project is funded by United Way Capital Area, Dell Foundation Healthy Communities grant, Seawell Elam Foundation, and St. Luke's Episcopal Health Charities. *327 children, 104 family members, and 127 child care workers served in 2009.*

## Victim Services

- Children's Victim Assistance Recovery Project: *50 youth and 87 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 *11 youth and their family members* impacted by the Katrina and Rita Hurricanes.
- Kids In The Middle Project: Counseled *16 children and 23 family members* involved in high conflict family litigation with Travis County Domestic Relations Office.



Number of graduate students trained: 18

Number of mental health professionals attending trainings: 62

Number of community individuals receiving community presentations/ consultations: 492\*

*\*Because Austin Child Guidance Center participates in several ongoing collaborations and partnerships, this number may include duplications.*



## Training

Austin Child Guidance Center has an extensive and highly valued training program for graduate students studying mental health disciplines. Serving on a volunteer basis, student interns provide a variety of clinical services to clients, thus significantly increasing the number of clients ACGC is able to serve. Interns are supervised by licensed clinicians and participate in student seminars, staff meetings and case consultations. Interns also collaborate with many community partners. In 2009, Austin Child Guidance Center hosted interns from the following disciplines:

- Clinical social work
- Psychology
- Professional counseling
- Marriage and family therapy

Training

## 26th Annual Children's Mental Health Seminar

In March 2009, Austin Child Guidance Center hosted the 26th Annual Children's Mental Health Seminar, which featured Susan Kaiser Greenland, JD, from InnerKids in California, presenting "Mindful Awareness Practice and Mindful Awareness Tools for Clinical Practice With Children."



## Financial Statement of Operations for Year Ending August 31, 2009

REVENUE	
Grants and Contracts	\$1,190,725
Program Service Fees/Sliding Fee Scale	\$204,944
United Way Allocations	\$177,880
Contributions	\$145,982
Fundraising - Special Events	\$51,467
Other Revenues	\$917
Investment Income	\$1,058
<b>Total Revenue</b>	<b>\$1,772,973</b>
EXPENSES	
Program Expenses	\$1,443,716
Management & General	\$166,826
Fundraising	\$102,948
<b>Total Operating Expenses</b>	<b>\$1,713,490</b>
<b>Year End Net</b>	<b>\$59,483</b>

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.



# Donors: September 1, 2008–August 31, 2009

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.

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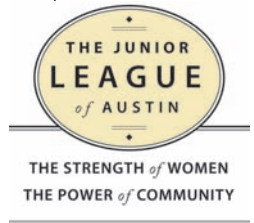


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