

AUSTIN **CHILD** CENTER  
**GUIDANCE**

HELPING CHILDREN NAVIGATE LIFE

2010 ANNUAL REPORT

## LETTER FROM THE PRESIDENT

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WOW! What a year this has been. I want to first thank all the wonderful staff and volunteers at the Austin Child Guidance Center for their great work during this transition year. It's all about the children, and the staff came through, taking great care of our mission- to help the children and their families. I also want to thank all of our wonderful donors who gave so generously during this time. This year we sadly said goodbye to a great man, Dr. Donald Zappone. We cannot thank him enough for his twenty-nine years of service to our community and the Center. He has been instrumental in helping thousands of children through the years with his incredible leadership and kindness.

Thank you, Don!

On the other hand, we had the true pleasure of welcoming our new leader, Russell Smith, as our new Executive Director. We are very excited about the many talents and experiences that he brings to us and we look forward to working with him to build the Center. He is already stepping in and stepping up.

Welcome, Russell!

And now we look forward to this year with enthusiasm, celebrating our 60th Anniversary! We've had sixty wonderful years of serving children and their families, so please join us in securing another sixty years of service by giving to the Center with your gifts, volunteering, and hard work.

Thank you!



*James Maynard*

James Maynard, M.D.  
President, Board of Directors



## ABOUT US

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

## OUR MISSION

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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.



## OUR CORE SERVICES

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*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 issues.

*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 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 6 hours and often help answer questions regarding clients with complicated symptoms, neurological processing, differential diagnostics, or ways the child understands and relates to the world.

*Psychiatric Services:* Child psychiatrists are available to perform psychiatric evaluations, detailed examinations for children who present with many complicated symptoms and where psychotropic medication may be clinically indicated, medication management and monitoring, and medical consultations. These evaluations integrate biological, psychological, and social factors that influence an individual's level of functioning.

*Walk-In Clinic:* In 2009, a grant from the Donald D. Hammill Foundation provided start-up funding to support walk-in therapy services at the Center. These services are provided on a sliding fee scale and with no appointment, for children up to the age of 17 and their family members seeking guidance and direction. 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. In the first year alone, the walk-in clinic has served 25 clients with 96% benefiting positively from their session.

*A total of 723 clients and 978 family members were provided one or more of the Center's core services in the 2010 fiscal year*

## CLIENT SUCCESS STORY

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### BRITTANY HEALS

Brittany was a timid 5-year old with soft, green eyes. Her posture communicated distrust and wariness. After all, the abuse she had experienced in her young life had taken its toll. Child Protective Services found her cowered in a closet after having been beaten by her father. She was suffering from bedwetting, nightmares, and anxiety.

To help her heal from her emotional pain, Brittany was brought to Austin Child Guidance Center where she responded to sand play therapy. She made scenes in the sand that had children being burned, beaten, and blown up. A mother figure was stuck in the sand and could not move. Bombs were placed all around the sand box and one step by the figures would blow up the whole world. A tarantula figure ate children and the police figure could never stop it.

Slowly over time as she was able to talk about her experiences, the sand scenes began to change. The bombs would not kill, only maim, and the tarantula became contained in a fence. The mother began to move freely. In the final session, the tarantula in the fence was buried in sand. There was even an army tent with soldiers surrounding it. A king and queen figure had killed the tarantula and all the children in the sand were safe.

Brittany laughed at her sand play and gave her mother a big hug. The frightened and fragile child was gone and an expressive and happy child had replaced her.



## OUR PARTNERSHIPS

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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 children 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.

*197 children served in 2010.*

- ACCESS Family Services is designed to help families with A.I.S.D. students facing a wide range of challenges including dropping grades or truancy, fighting with peers or siblings, significant changes in the home or school, and defiance or other challenging behaviors. A portion of the project includes the exemplary, evidence-based model program Parenting With Love & Limits which is targeted to children aged 10-17 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.

*48 youth and 66 family members served in 2010.*

### *Juvenile Justice -*

- Austin Child Guidance Center staff provides individual, family, group, and multifamily group therapy services to adolescents residing at the Travis County Leadership Academy

*215 youth and 147 family members served in 2010.*

- In the Substance Abuse Services/ Probation 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. The Center also provides clinical consultation to the project and training to staff.

*175 youth and 23 family members served in 2010.*



### *Community Clinic*

- The TANDEM project is a collaboration with People's Community Clinic, Any Baby Can, and LifeWorks to promote optimal levels of health, educational, and vocational achievement as well as social and family functioning to reduce the risk of subsequent pregnancies among participating teenagers. It serves pregnant teenagers and teen fathers receiving prenatal care at People's Community Clinic. 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 the agencies participating in the project. The University of Texas at Austin evaluates the TANDEM project, which is being considered for replication across the nation.

*150 youth served in 2010.*

### *Childcare Centers and Preschools*

- The Infant and Early Childhood 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, Seawell Elam Foundation, and St. Luke's Episcopal Health Charities .

*213 children, 104 family members, and 75 child care workers served in 2010.*

### *Victim Services*

- *Children's Victim Assistance Recovery Project: 64 youth and 100 family members* who were victims of or witnesses to crime or violence received mental health services.
- *Kids In The Middle Project: Counseled 21 children and 33 family members* involved in high conflict family litigation with Travis County Domestic Relations Office.
- *Services for Hurricane Survivors: Provided mental health services to 2 children and 4 family members* impacted by the Katrina and Rita Hurricanes.

# STATISTICAL OVERVIEW

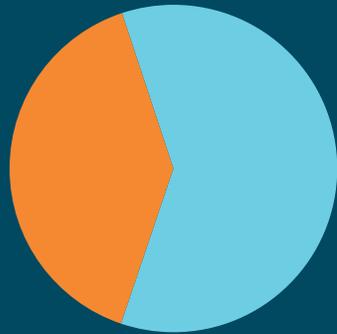
*FISCAL YEAR 2010: SEPTEMBER 1, 2009-AUGUST 31, 2010*

Total number of children and family members served (unduplicated): 3,007

Total hours of service provided to clients: 20,615

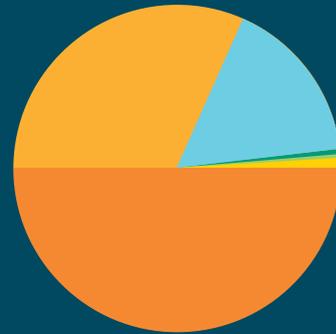
Total number of treatment sessions or contacts: 11,556

Client progress on treatment goals: 89% of clients participating in individual and/or family therapy made progress on their treatment goals; 93% of clients in group therapy showed positive increases or changes in knowledge and behavior.



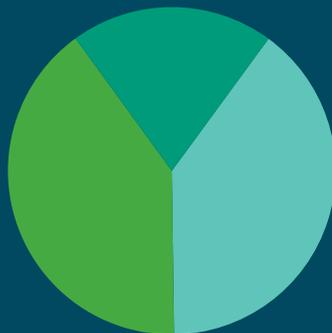
*GENDER*

Male 39% Female 61%



*ETHNICITY/RACE*

African American 17%  
American Indian 1%  
Asian/Pacific Islander 1%  
Hispanic 51%  
White/Non-Hispanic 29%  
Other 1%



*AGE*

5 and under 22% 6-12 37% 13-17 41%

## *LOW INCOME FAMILIES*

Families living at or below  
200% of the federal poverty level: 85%

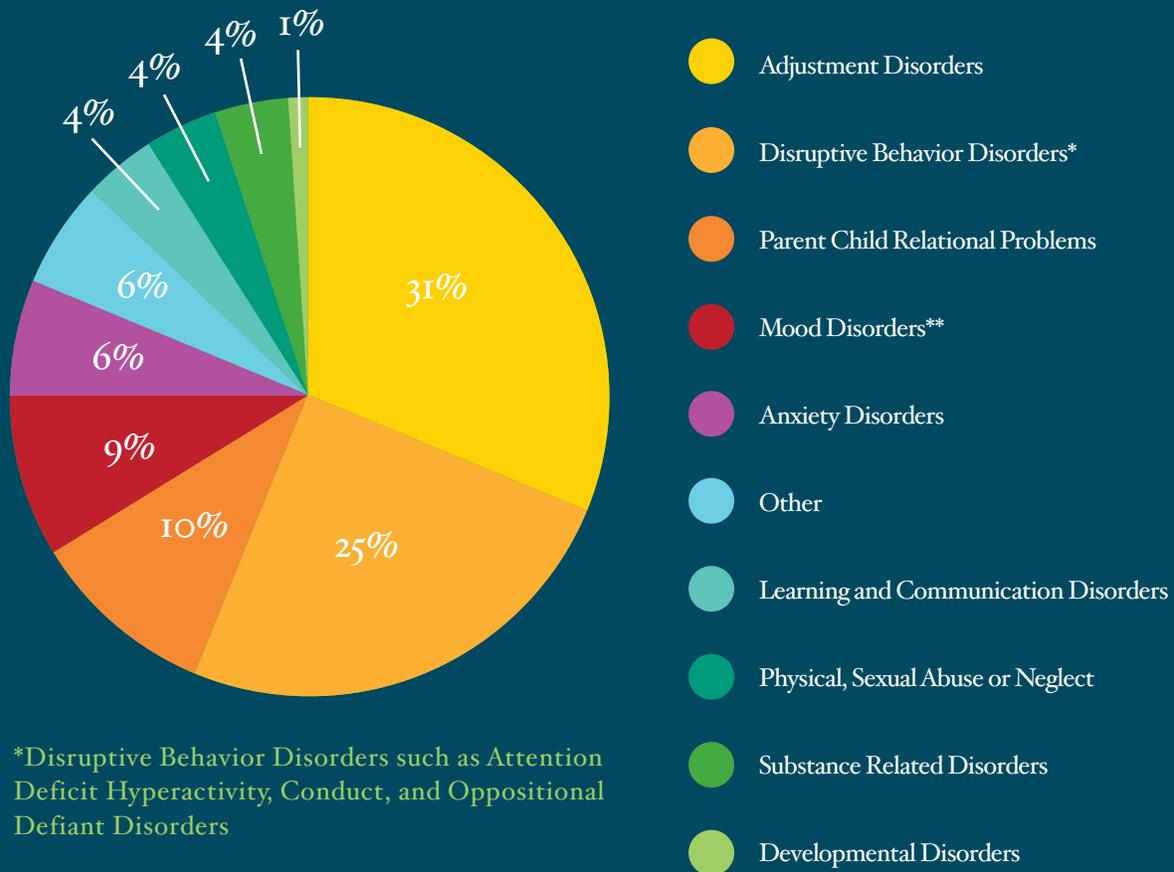
## *CLIENT SATISFACTION*

97% of clients reported that Austin Child Guidance Center's overall services are helpful.

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

# PRIMARY DIAGNOSIS OF CHILDREN SERVED

FISCAL YEAR 2010: SEPTEMBER 1, 2009-AUGUST 31, 2010



\*Disruptive Behavior Disorders such as Attention Deficit Hyperactivity, Conduct, and Oppositional Defiant Disorders

\*\*Mood Disorders such as Bipolar, Dysthymic, and Depressive Disorders

## 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 we are able to serve. Interns are supervised by licensed clinicians and participate in student seminars, staff meetings and case consultations, as well as collaborate with many of our community partners. In 2010, Austin Child Guidance Center hosted interns from the following disciplines:

- Clinical social work interns
- Psychology practicum students
- Psychology interns
- Counseling interns
- Marriage and family therapy interns

Number of graduate students trained: 16

Number of mental health professionals attending trainings: 98

Number of community individuals receiving community presentations/consultations: 1130\*

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

## Statement of Activities

(Years ending August 31)

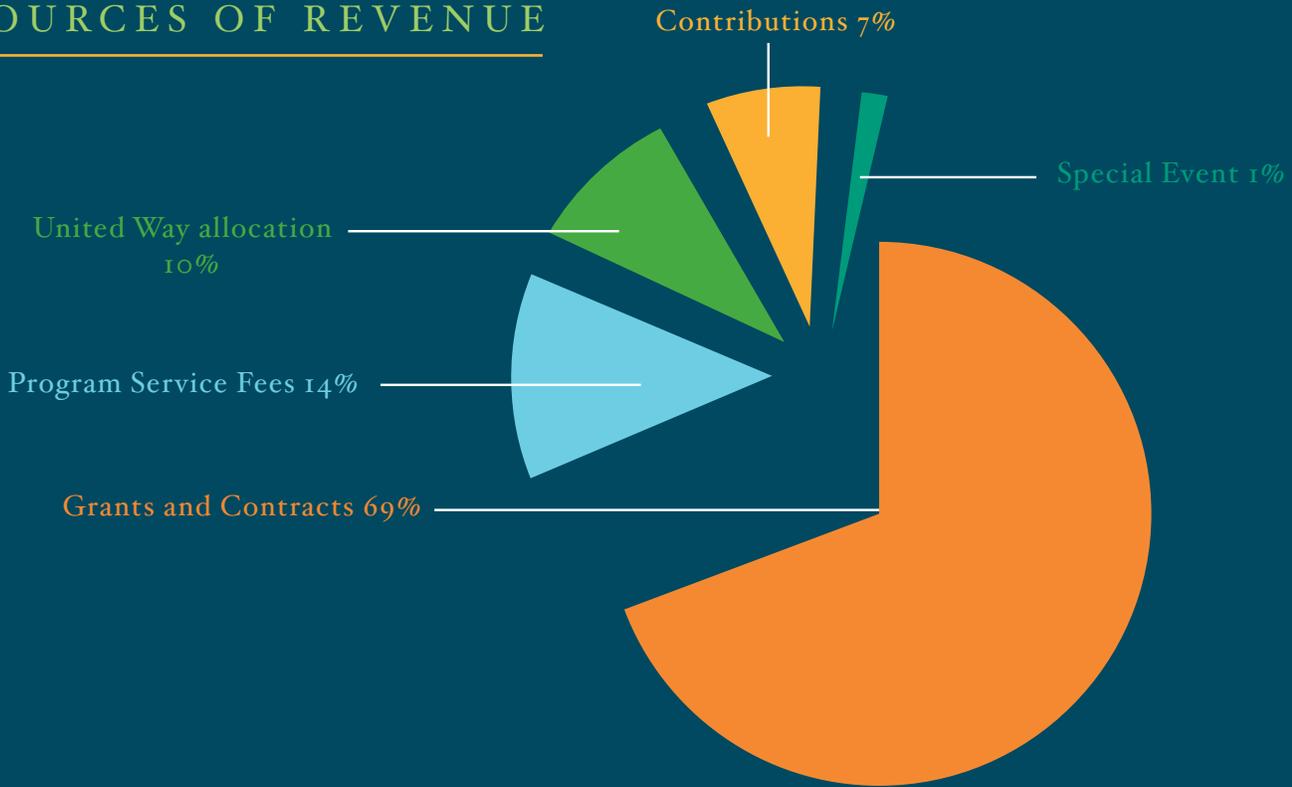
	2010	2009
<b>Revenues &amp; Other Support</b>		
Grants and contracts	\$1,087,111	\$1,190,725
Program service fees	216,809	204,944
United Way allocation	151,198	177,880
Contributions	111,680	145,982
Fundraising-special events	19,207	51,467
Other revenues	3,882	917
Investment income	4,211	1,058
Net assets released from restrictions	-	-
<b>Total revenue &amp; other support</b>	<b>\$1,594,098</b>	<b>\$1,772,973</b>
<b>Expenses</b>		
Program Services		
Mental health services	\$1,462,748	\$1,443,716
Support Services		
Management & general	200,720	166,826
Fundraising	83,389	102,948
<b>Total expenses</b>	<b>\$1,746,857</b>	<b>\$1,713,490</b>
Change in net assets		
Change related to temporarily restricted fund and permanently restricted fund	-\$152,759	\$59,483
Other change	65,630	73,790
<b>Total change in net assets</b>	<b>-87,129</b>	<b>133,273</b>
Net assets, beginning of year	888,822	755,549
<b>Net assets, end of year</b>	<b>\$801,693</b>	<b>\$888,822</b>

## Statement of Financial Position

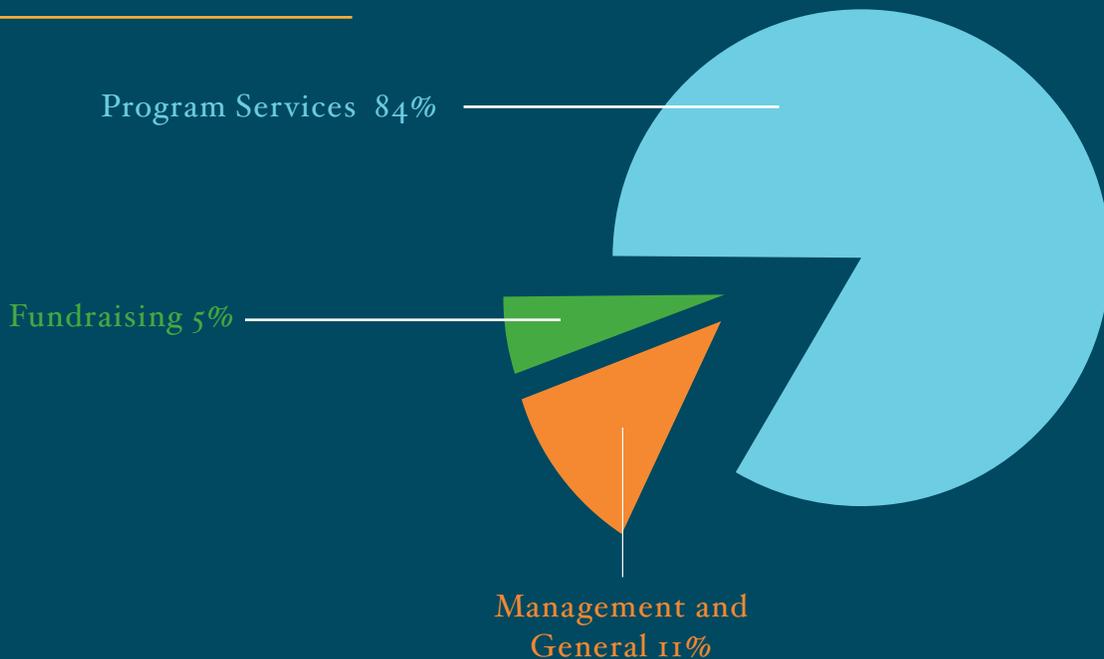
(Years ending August 31)

	2010	2009
<b>Assets</b>		
Cash	\$241,628	\$338,691
Accounts receivables	401,912	329,860
Prepaid expenses	4,982	5,622
Board of Director designations	15,812	15,799
Pledge receivable	20,198	52,930
Fixed assets	86,864	114,585
Other assets	89,079	73,790
<b>Total assets</b>	<b>\$860,475</b>	<b>\$931,277</b>
<b>Liabilities and Net Assets</b>		
<b>Liabilities</b>		
Accounts payable	\$4,193	\$2,257
Accrued payroll expenses	53,589	38,198
Deferred revenues	1,000	2,000
<b>Total liabilities</b>	<b>58,782</b>	<b>42,455</b>
<b>Net assets</b>		
Unrestricted	385,112	524,401
Temporarily restricted	327,502	290,631
Permanently restricted	89,079	73,790
<b>Total net assets</b>	<b>801,693</b>	<b>888,822</b>
<b>Total liabilities and net assets</b>	<b>\$860,475</b>	<b>\$931,277</b>

## SOURCES OF REVENUE



## USES OF FUNDS



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

THANK YOU, DR. DONALD J. ZAPPONE!

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After twenty-nine years of tireless devotion and commitment to Austin Child Guidance Center as the Executive Director, Dr. Donald J. Zappone retired in November 2010. Over the course of his leadership, Don accomplished many wonderful things for the agency.

The Center was first accredited by The Joint Commission, formerly the Joint Commission on Accreditation of Healthcare Organizations, in 1986 and has maintained this accreditation since that time. In 1988, Don helped spearhead a successful capital campaign to build a permanent home for the agency at its current central location off of 45th and Lamar. In 2002, he established an endowment fund for the Center at the Austin Community Foundation to secure its financial future.

In addition to the above accomplishments, Don was very active in the community serving on numerous committees such as the Mayor's Taskforce on Mental Health, University of Texas at Austin School of Social Work's Professional Linkage Committee, Children's Optimal Health Subcommittee on Research, Emerson Process Management's Scholarship Committee, Child and Youth Mental Health Planning Partnership, and the Austin Area Human Services Association, now named One Voice Central Texas.

In 2000, Don was awarded Mentor of the Year by Partners in Education. He is currently serving his 15th year as a mentor at Bryker Woods Elementary School.

His dedication has always been in the future of Austin Child Guidance Center and in strengthening the agency's ties to the community as a resource for our children. We thank Don greatly for all that he has done for ACGC and wish him well in his future endeavors!

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\*deceased

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*Director of Program Services*

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*Director of Psychological Services*

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*Psychiatrist*

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Jill Chrisman, Ph.D.  
Marcela De La Fuente, Ph.D.  
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Sylvia Dudley  
Michael Graves, Ph.D.  
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Elizabeth Sylvester, Ph.D.  
Iektje van Bolhuis

## *Donors: September 1, 2009-August 31, 2010*

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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*Helmsman:*  
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## FROM OUR CLIENTS

I love this place. Thank you for your help. I hope that you continue to help other people.

Very good experience and extremely productive.

The agency was very friendly and responsive to our needs.  
Absolutely great!

Thank you for all the support. The therapist helped me change my relationship with my daughter and this place has been here for me when I was a child and I'm glad it's still here.

Absolutely loved Austin Child Guidance Center!

Very grateful for the services provided for the family!

The services were very helpful and the ADHD parenting classes were great!

My daughter loved working with her therapist. Although we did not get everything worked out completely, we have a much better foundation to build on and continue on a positive note in handling future problems. We now have the attitude of "yes we can". Thank you!

Thank you so much!!! I feel my child and I will be so much better off now with the help I've received here.

Knowledgeable, informative, helpful, professionalism is over the top, courteous, friendly, honest and the list goes on! We thank you all for your assistance and patience. Thank you so very much. We will pass along Austin Child Guidance Center to families we know of who may need your services. Once again, a BIG thank you and a larger one to the therapist!

## THANKS TO OUR SPONSORS AND OUTSTANDING SUPPORTERS!

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