



HELPING CHILDREN NAVIGATE LIFE

Annual Report 2011



Deep Roots and New Growth



I remember when I had the privilege of serving on the board of the Austin Child Guidance Center in the early 1990's. Things were very different back then. We were sewing new seeds of future growth for our children and our community. At this time, we recently moved from a makeshift building downtown on Sixth Street next door to Katz's Deli into our brand new, sparkling home on 45th Street. The clinical staff were peers and mentors of mine. Dr. Don Zappone was our Executive Director, and he had a real enthusiasm, as Austin was in a relative economic boom time. We were so looking forward to establishing roots in a new setting that would allow us to broaden our depth and outreach into the community. Our mission to help nurture the mental health of Austin's children and families grew, as programs and services grew. Back then, we enjoyed planning and doing The Festival of Trees, and Volleyball Tournaments, as well as upgrading our infrastructure well before cell phones and the internet!

But wait. The important things really haven't changed at all. We are still totally dedicated to helping serve the mental health needs of children and families in the Austin area, regardless of their ability to pay. The clinical staff may be different, but we still have several key employees with us from back then. We enjoy the great continuity of having Susie Matthews, June Martinez, and Alice Monroe still with us. We may not be in an economic boom, nor do we have Don Zappone with us, but we certainly have just as much enthusiasm with our new Executive Director, Russell Smith! Under this new leadership, we look forward to developing new relationships and programs, as well as expanding our current services! We may not have the Festival of Trees and Volleyball Tournaments, but we're still fundraising successfully with our Holiday Classic, Music Event, and many new grants and awards. Like many non-profits today, we are continuing to improve our infrastructure in the Information Age. You can find us on the Internet, Facebook, Twitter and Pinterest. It is truly exciting to carry our mission forward with children and their families in this New Era of Russell Smith, new technologies, and our wonderful staff. After 60 years of service to the community, Austin Child Guidance Center has played a significant role in children's mental health, nurturing growth and well-being for our future, one child at a time.

James Maynard, M.D.

Board President, 2010-2011

Board Member, 1992-1995, 2006-present



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. Throughout its history, ACGC has used a multidisciplinary approach, with psychiatrists, psychologists, social workers, and professional counselors to treat children and their family members. The team works closely together to provide individual, family, and group therapy; psychiatric evaluations and psychological assessments; parent education; community 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.

“The therapist has been AMAZING with my daughter. She has helped her and I have the relationship we had before. She helped get my daughter’s spirit and personality back.”

Client Success Story

The first thing you notice about Celisse is that she is small for a 12 year old, with a sense of sweetness and innocence about her. What was not visible on the surface were her struggles with adjusting to life as a pre-teen, the thick silence that had developed between Celisse and her mom, and the fact that she was exposing herself to risky behavior. She was getting into physical fights at school with other girls and befriending dangerous people online. Her mom felt like she had lost all connection with her daughter and was desperate to rebuild it.

When things peaked for Celisse, her Mom brought her to Austin Child Guidance Center to have a safe place to explore some of her struggles. Celisse became comfortable opening up with her therapist about some of the challenges she was experiencing at school and in her family. With a protected space to sort her thoughts, Celisse discovered how to stand up for herself and make choices that moved her towards the type of life she wanted. She learned how to diffuse sticky situations. Celisse also decided for herself that she wanted to focus more on school and not be distracted by boys and drama. The biggest success of therapy was helping Celisse get to a point where she was willing to reopen and restore communication with her mother.

During her work at the center, Celisse was able to shed some of the heaviness she had been carrying on her small shoulders. This child regained not only the support and love of her mother, but nurtured her own ability to love and value herself.



Our Core Services

The majority of services provided are offered at our central facility. Our multi-disciplinary team utilizes evidenced-based treatments, including parent-child interaction therapy, cognitive behavioral therapy, solution-focused therapy, structural family therapy, and play therapy. With help from Impact Austin and St. David's Foundation, ACGC was able to increase our capacity in 2011 to provide children and families the following 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 issues.

Family Therapy

Therapy can extend 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 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.

Walk-In Clinic

In 2009, ACGC began the walk-in therapy clinic 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.

Parent Workshops

In 2011, ACGC expanded our offerings of workshops geared toward parents. Workshops on bullying, communicating with teenagers, and tempering tantrums were developed and presented.

A total of 436 clients and 593 family members were provided one or more of the Center's core services in the 2011 fiscal year.

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.

Our 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

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.

113 youth and 181 family members served in 2011.

Next Step

In collaboration with LifeWorks, Next Step is an evidence-based early intervention program that works with children in small groups to help them develop self-awareness, life management, self-protection, health awareness and social skills.

136 children served in 2011.

Juvenile Court Project

The Juvenile Court Project team provides individual, family, group and multifamily group therapy services to adolescents residing at Travis County's residential program, the Intermediate Sanctions Center.

179 youth and 26 family members served in 2011.

In the Juvenile Probation Services Division, Austin Child Guidance Center therapists provide a multitude of mental health services, including mental health screenings, psychiatric and psychological services, as well as individual, family and group therapy. These services are conducted at ACGC, the Day Enrichment Program, local schools and client homes, which ensures that Juvenile Court clients have easy access to quality mental health services. The Center also provides clinical consultation and training to Juvenile Court and its staff.

156 youth and 50 family members served in 2011.

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. The project serves pregnant teenagers and teen fathers receiving prenatal care at People's Community Clinic. ACGC provides mental health services to teens, including individual & family therapy; psychological assessments; and psychiatric evaluations. We also provide consultation to the professional staff participating in the project.

157 youth and 7 family members served in 2011.

Victim Services

Crime Victims' 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 a grant from the Office of Texas Attorney General.

63 youth and 96 family members served in 2011.

“The therapist was an absolute miracle worker. She was caring and made me hopeful for my daughter’s recovery. She has instilled in my daughter confidence and made her feel loved after this traumatic event. My daughter is going to be o.k.”

Kids In The Middle Project

This project is an initiative in which we offer 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.

12 youth and 17 family members served in 2011.

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, YWCA and Raising Austin, this project is funded by United Way Capital Area, and St. Luke’s Episcopal Health Charities.

551 children, 145 family members, and 136 childcare workers served in 2011.



Statistical Overview:

Fiscal Year 2011: September 1, 2010 – August 31, 2011

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

3,054

Total hours of service provided to clients:

19,647

Age:

5 and under: 22%
6-12 years: 29%
13-17 years: 33%

Gender:

Male: 39%
Female: 61%

Client progress on treatment goals:

90% of clients participating in individual and/or family therapy made progress on their treatment goals. 95% of clients in group therapy showed positive increases or changes in knowledge and behavior.

Client Satisfaction:

95% of clients reported that Austin Child Guidance Center's overall services are helpful. 93% of clients reported that if they needed further mental health services, they would again choose Austin Child Guidance Center.

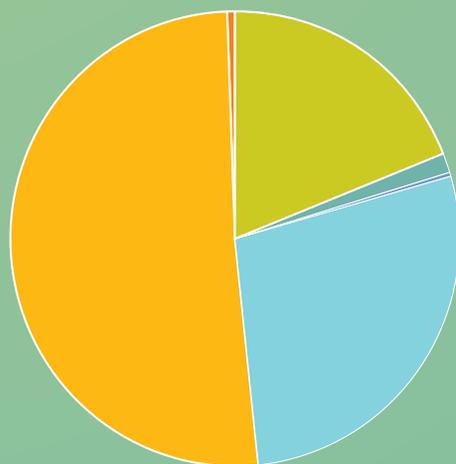
Low Income Families:

Families living at or below 200% of the federal poverty level: 87%

Total number of treatment sessions or contacts:

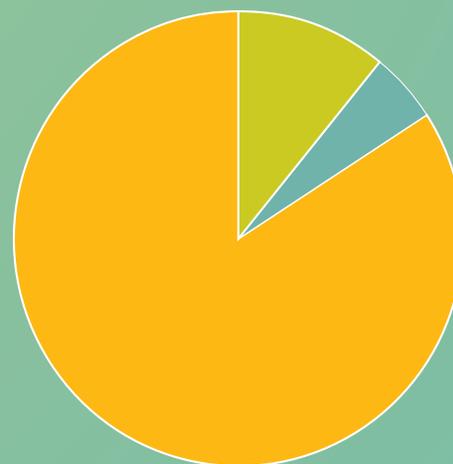
10,154

Ethnicity



- American Indian: .4%
- Hispanic: 51%
- African American: 19%
- Other: 1.3%
- White/Non-Hispanic: 28%
- Asian/Pacific Islander: .3%

Uses of Funds



- Program Services: 83%
- Management and General: 12%
- Fundraising: 5%

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

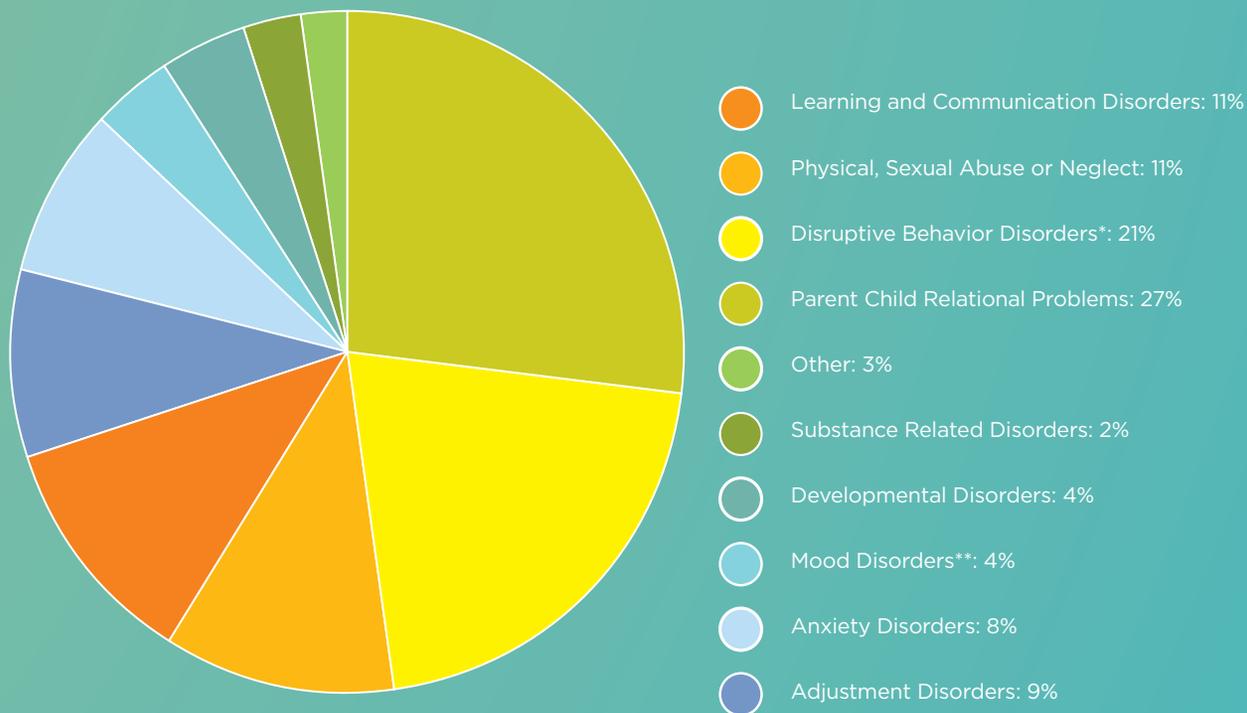
student seminars, staff meetings and case consultations, as well as collaborate with many of our community partners. In 2011, Austin Child Guidance Center hosted interns from the following disciplines:

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

- Number of graduate students trained: 16
- Number of community individuals receiving community presentations/consultations: 1369*

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

Primary Diagnosis of Children Served



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

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

Statement of Activities

Years ending August 31	2011	2010
Revenues & Other Support		
Grants and contracts	\$1,340,437	\$1,087,111
Program service fees	195,433	216,809
United Way allocation	75,000	151,198
Contributions	255,755	111,680
Fundraising-special events	23,274	19,207
Other revenues	6,193	3,882
Investment income	9,179	4,211
Net assets released from restrictions	-	-
Total revenue & other support	\$1,905,271	\$1,594,098
Expenses		
Program Services		
Mental health services	\$1,392,768	\$1,462,748
Support Services		
Management & general	197,736	200,720
Fundraising	91,902	83,389
Total expenses	\$1,682,406	\$1,746,857
Change in net assets		
Change related to unrestricted, temporarily restricted and permanently restricted funds	\$222,865	-\$152,759
Other change	-21,450	65,630
Total change in net assets	201,415	-87,129
Net assets, beginning of year	801,693	888,822
Net assets, end of year	\$1,003,108	\$801,693

Statement of Financial Position

Years ending August 31	2011	2010
Assets		
Cash	\$257,599	\$241,628
Accounts receivables	504,300	401,912
Prepaid expenses	4,073	4,982
Board of Director designations	15,822	15,812
Pledge receivable	95,679	20,198
Fixed assets	61,566	86,864
Other assets	122,342	89,079
Total assets	\$1,061,381	\$860,475
Liabilities and Net Assets		
Liabilities		
Accounts payable	\$3,735	\$4,193
Accrued payroll expenses	53,538	53,589
Deferred revenues	1,000	1,000
Total liabilities	58,273	58,782
Net assets		
Unrestricted	402,597	385,112
Temporarily restricted	478,169	327,502
Permanently restricted	122,342	89,079
Total net assets	1,003,108	801,693
Total liabilities and net assets	\$1,061,381	\$860,475

This financial report is taken from the annual audit, prepared by Gindler, Chappell, Morrison & Co. PC., 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.

“My son is very good about avoiding personal feelings and issues. I believe the therapist was very good about bringing my son’s issues to the forefront of his mind and giving him the tools to process and deal with those issues either by himself or with his adults.”

Client Success Story

Kendal knew that moms and dads weren’t supposed to hit or hurt each other, which is why it was so scary for him at 5 years old to witness as his dad physically assaulted his mom. Kendal locked himself in his room, opened the window, and crawled out to go tell his neighbor what was happening in his house. The police came, but it was too late to protect Kendal from what it meant to be a witness to an act of violence. He was so scared after the incident that the effects were echoing through every aspect of his life.

Soon after, Kendal and his mom came to Austin Child Guidance Center and began seeing a therapist through the Crime Victims’ Recovery Project. His therapist used play therapy to help him process his experience, as he was too young for traditional talk therapy. Kendal constantly wanted to play police, so that’s exactly what they did, every time he came. He wanted to catch the bad guys, as if he needed to prove that he and the people he loved would be protected.

One day, after multiple sessions, Kendal no longer chose the police badge to play with, and instead chose a different toy. Though he never verbalized explicitly what was going on in his mind, it was clear that Kendal had worked through what he needed to as a 5 year old in his situation. His mother reflected that he now walked through his life with a greater sense of safety and security, instead of being dominated by fear.

An adult that Kendal loved betrayed his sense of safety and ripped his roots out from under him. The time at Austin Child Guidance Center gave Kendal a place to abandon the heaviness of his fear, and allowed him to cultivate the trust and joy that all children should be allowed to have.





The Austin Child Guidance Center celebrated 60 years of serving the mental health needs of children, youth and families in 2011. In that time, we have provided individual, family, and group counseling to over 130,000 individuals. We celebrated our 60th at a gathering last October, bringing together former and current board members, staff, former clients, and the community to reflect on the work of the Center. This gathering of individuals who shaped the direction and growth of the agency's mission was monumental. That night we witnessed the fruition of past efforts and stories of personal successes, which validated and invigorated our commitment to children's mental health.

As we have been looking back at our history, it has also been a year of change for ACGC. I stepped in to fill the shoes of the Center's long-time Executive Director Don Zappone, who retired in November 2010. At Don's retirement ceremony, former Board President Mike Schless literally had me put on Don's shoes. Fortunately, like a good Disney movie, they fit, and the Austin Child Guidance Center has been a good fit for me.

This year we saw the completion of our five-year project with Austin ISD, and our long-term partnership in the Next Step program with LifeWorks. Our amazing partners at the St. David's Foundation have helped us expand our therapy services (in addition to funding our psychological services). The generous Impact Austin grant received in 2011 has afforded us the opportunity to add two additional therapists at the center - positions that will be sustainable into the future. We have increased our therapeutic group offerings, added new free parent workshops, and expanded our trainings for students and mental health providers. Our shared vision is to ensure that the Austin Child Guidance Center meets the mental health needs of children, youth, adolescents, and family members; continues to be the premier training site for students, parents, mental health professionals, and community members; and is in the forefront of advocating for the needs of our clients.

We head into 2012 with enormous momentum and great optimism. I have the distinct pleasure of working with a committed, professional, and enthusiastic staff, and the best board of directors in town. We may be in our sixty-first year, but we are nowhere near retirement.

Russell A. Smith

Russell A. Smith, LMSW
Executive Director

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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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