

2007 Annual Report



Helping Children Navigate Life



Our Mission

To improve the mental health of children and their families through early intervention, diagnosis, and treatment by helping them develop the emotional skills for meeting life's challenges.

Our Team

A multidisciplinary team of psychiatrists, psychologists, social workers, and 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.

AUSTIN CHILD GUIDANCE CENTER is a welcoming place for children and youth and their families who are seeking services for the issues or crises affecting their lives. Warm feelings ensue when entering the doors of the Center. Outstanding, committed staff members create and provide this healing environment. Community members and mental health professionals benefit from the presentations, training, and consultation offered. I am honored to serve as president of the board of directors, a fantastic group of individuals dedicated to supporting the mission of Austin Child Guidance Center.

During fiscal year 2007, nearly 2,500 children, youth, and family members received individual and family treatment, group services, parenting classes, psychiatric evaluations, and psychological assessments. Families from all income levels are served at the Center. Around 79 percent of those served are at or below 200 percent of the federal poverty level. In addition, in 2007, Austin Child Guidance Center served over 2,800 individuals and mental health professionals through community presentations and consultations.

The excellence of the services provided by the Center is reflected in many ways. Most rewarding is the feedback from families, who indicate that the lives of their children are positively affected and that relationships within the family are improved as the parents learn how to better help their children manage learning, mental health, and trauma-induced difficulties. Austin Child Guidance Center is also recognized among professionals. Staff receive training in effective and evidence-based practices, and share their training and knowledge with interns and community professionals, who give the Center high marks for this service. By demonstrating compliance with national standards for health care quality and safety, in 2007, Austin Child Guidance Center again earned the Gold Seal of Approval from the Joint Commission, an accreditation held since 1986.

Consistent with the current philanthropic environment in the community and nation, Austin Child Guidance Center seeks to diversify its funding sources. We are grateful for our generous donors and for the benevolent corporations, foundations, and governmental agencies that provide major funding. Our donors are a most valued source of support, and the Center is participating in the I Live Here, I Give Here awareness campaign encouraging philanthropy and educating Austinites about the needs in Central Texas.

Many more families in our Central Texas community could benefit from the quality, effective services offered by Austin Child Guidance Center. We count on your support so that we can continue to work for the children, youth, and families in our area. Please join me in making 2008 another successful year.



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



ETHNICITY

African American	22%
White/Non-Hispanic	28%
Hispanic	47%
Other	3%

GENDER

Male	60%
Female	40%

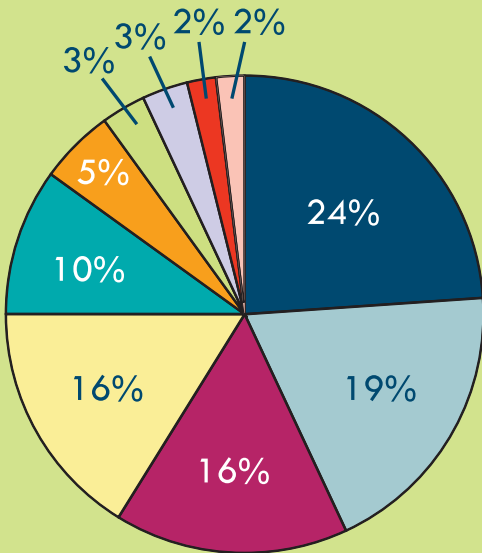
AGE

5 and under	15%
6 – 12	53%
13 – 17	32%



Primary Diagnosis of Children Served

Most often, children have multiple diagnoses. The following are the types of primary diagnoses of the children served onsite:



- Disruptive behavior disorders*
- Adjustment disorders
- Mood disorders**
- Parent-child relational problems
- Anxiety disorders
- Physical/sexual abuse or neglect
- Developmental disorders
- Substance-related disorders
- Learning disorders
- Other

*Disruptive behavior disorders such as attention deficit hyperactivity, conduct, and oppositional defiant disorders.
 **Mood disorders such as bipolar, dysthymic, and depressive disorders.

Fiscal Year 2007

September 1, 2006 - August 31, 2007

LOW INCOME FAMILIES

Families living at or below 200 percent of the federal poverty level 79%

SERVICES

Number of children & family members served	2,485
Hours of service provided	20,269
Numbers of treatment sessions or contacts	11,467
Other individuals served (community consultations & presentations)	2,883

CLIENT SATISFACTION

Ninety-seven (97) percent of parents reported that the services their child received were good or excellent.

Ninety-four (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.



Hope, Healing and Support

is provided to children, teens, and families experiencing emotional and/or behavioral problems such as depression, anxiety, parent-child relationship problems, grief, loss, abuse, trauma, and school challenges.

The Impact

Number of children and family members who received services: **2,485**

JUVENILE COURT

Offered individual and group therapy to **326** juvenile offenders involved in the Gardner Betts Juvenile Justice Center.

COMMUNITY CLINIC

Counseled and consulted with **126** teen parents in collaboration with People's Community Clinic, Any Baby Can, and LifeWorks in TANDEM program.

Therapy Services

Austin Child Guidance Center provides individual therapy, family therapy, group therapy, and parent education classes. **Sixty (60) percent of the clients served come to Austin Child Guidance Center's central location.** Services are provided on a sliding fee scale. No one is denied services if unable to pay.

Austin and United Way Capital Area's Social Emotional Learning Collaboration with Raising Austin and YWCA.

SCHOOLS

Led therapy groups at **4** schools impacting **172** students in partnership with LifeWorks' Next Step program.

CHILDCARE CENTERS

Provided mental health consultation and intervention services to selected childcare centers impacting **120** young children, **97** parents, and **100** childcare staff. In collaboration with The University of Texas at

Special Populations

Children's Victim Assistance Recovery Project: Served **145** youth and family members who were victims of or witnesses to crime or violence.

Services for Hurricane Katrina Survivors: Provided mental health services to **25** youth and their families impacted by the Katrina and Rita hurricanes.

Kids In The Middle Project: Counseled **134** children and family members involved in high conflict family litigation with Travis County Domestic Relations Office.

Client Outcomes

Eighty-three (**83**) percent of children and youth in individual and family therapy showed improvement on their treatment goals.

Sixty-six (**66**) percent of youth whose baseline Youth Outcome Questionnaire scores fell within a clinically severe range reported statistically significant improvement by the end of treatment.

Ninety-two (**92**) percent of clients receiving specialized group services showed increased knowledge, improvement in skills, and changes in behaviors.

A Family Story: Bryce and Malinda

Bryce's mother Malinda was becoming increasingly frustrated:

Bryce's experience at school was deteriorating. At times, he ran away from campus during school hours. He frequently shut down at school, breaking pencils, throwing his books to the ground, ripping up assignments, and calling himself names. His teacher told Malinda that Bryce was, "being lazy and not trying his best." In Malinda's words, "Bryce was at a critical point."

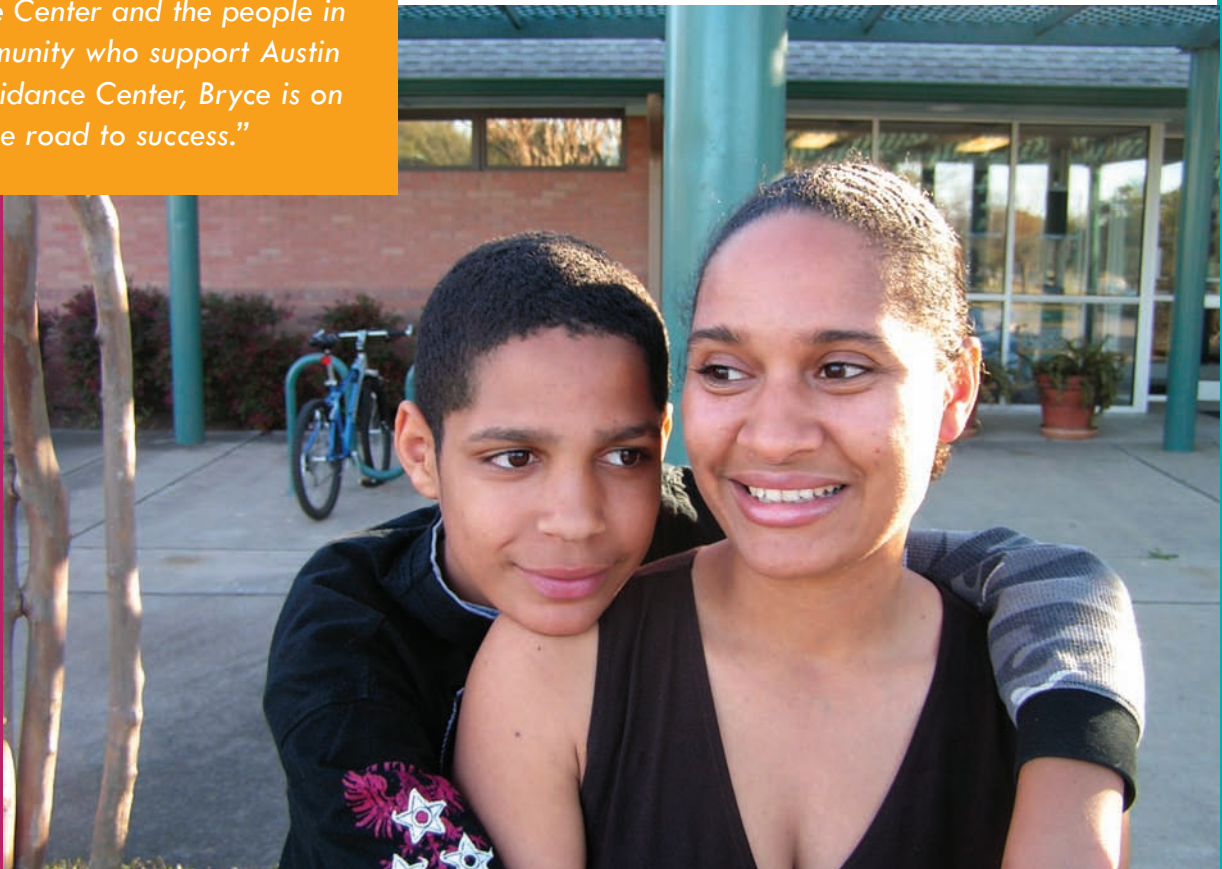
"I had many concerns and questions, but no answers. How could Bryce be so smart, but unable to read? How could Bryce be so generous and kind, but so aggressive and angry? Why isn't he progressing overall? What am I doing wrong?"

Exhausted and hopeless to the point of tears, Malinda called Austin Child Guidance Center when Bryce was 9 years old. They began to meet with one of Austin Child Guidance Center's therapists. After a few therapy sessions, the therapist referred him to one of Austin Child Guidance Center's psychologists for testing. A psychological assessment revealed that Bryce was severely dyslexic, which was—according to Malinda—"the diagnosis that saved his future."

In light of this diagnosis, Bryce and his therapist continued to work together to develop his coping skills, improve his self-esteem, and cultivate his anger management strategies. In addition, the therapist worked with Malinda to enhance her ability to advocate for her son at his school to get him the support he needed. As a result, his experience and performance at school dramatically improved.

According to Malinda: "Bryce could have turned down the road of self-destruction. Because of Austin Child Guidance Center and the people in the community who support Austin Child Guidance Center, Bryce is on the road to success."

Now 12 years old, Bryce is excelling in school. Though frustrations still arise, he has learned effective ways of coping with them. He aspires to go to college and become a firefighter.



Annie shares how her experience at Austin Child Guidance Center impacted her development as a professional social worker:

“The tools I gained through the community of sharing at Austin Child Guidance Center I use in my practice every day.”



An Intern Story: Annie Miles

Annie Miles began volunteering at Austin Child Guidance Center while studying at The University of Texas at Austin as an undergraduate. Volunteering as a play leader, Annie spent time interacting and playing with children. She witnessed how the therapists engaged the entire family in the therapeutic process towards positive change. After this experience, Annie was certain that she wanted to pursue a master's degree in social work.

Once she was in graduate school and was looking for an internship, Annie applied and was selected to complete hers at Austin Child Guidance Center. According to Annie, one of the most valuable aspects of her internship was the multidisciplinary approach to her professional development and training. As one of several graduate student interns, Annie remembers the atmosphere of camaraderie at the Center among staff and interns—a stimulating learning environment of social workers, psychologists, and counselors collaboratively pursuing evidence-based and best-practice techniques in the field of mental health and applying them to their work with families.

She also values the diversity of experience she received at Austin Child Guidance Center. Not only did she perform individual, family, and group therapy, supported by consistent supervision with a licensed therapist, but she also co-led multi-family groups, an experience she describes as rare for an intern. Annie has now earned her graduate degree and brings many of the skills she learned as an intern at Austin Child Guidance Center to the settings where she is now employed. She works at an elementary school as well as an inpatient mental health treatment center and a hospital emergency room. Upon starting her career as a program director at the elementary school, Annie modeled her classroom play area after the play area at Austin Child Guidance Center.

The Impact

Number of graduate students trained: **19**

Number of mental health professionals attending trainings: **328**

Number of community individuals receiving community presentations/ consultations: **2,883**

Internships

Austin Child Guidance Center offers a challenging and enriching internship experience for graduate students studying in the mental health discipline. They are a valuable asset to the organization, providing services on a volunteer basis. The following interns are utilized from various local universities:

- Clinical social work interns
- Community and administrative leadership social work interns
- Psychology practicum students
- Psychology interns
- Counseling interns
- Psychiatric residents

24th Annual Children's Mental Health Seminar

In February 2007, Austin Child Guidance Center hosted the 24th Annual Children's Mental Health Seminar, which featured Andrea Allen, Ph.D., LMHC, presenting "Helping Children in the Aftermath of Disasters: An Empirically-Informed Intervention."

Groups

Staff are involved in the following planning, advocacy, and community groups:

- Austin Independent School District Interagency Council
- Children and Youth Mental Health Planning Partnership
- Children's Optimal Health, Seton Family of Hospitals
- Community Partners for Children
- Texans Care For Children
- Success By 6, United Way Capital Area
- Professional Linkage Committee, The University of Texas at Austin School of Social Work
- Travis County Underage Drinking Prevention Taskforce
- Austin Training Consortium



The Impact

Number of children who received a psychological assessment: **97**

Number of children who received psychiatric services: **59**

Psychologists and Psychiatrists

perform specialized tests to diagnose mental health issues and to identify specific treatment recommendations based on the diagnosis.

Psychological assessments at Austin Child Guidance Center can evaluate:

- Cognitive ability
- Academic functioning
- Social/emotional/behavioral functioning
- Influence of physical or sexual abuse or neglect
- Adjustment to situational stressors such as divorce, death, or loss
- The presence of developmental disorders

Psychiatric evaluations assess and integrate the biological, psychological, and social factors leading to a child's functioning at the time. The evaluation strives to arrive at a diagnosis and to provide treatment recommendations to manage symptoms such as psychotherapy and medication management, if appropriate.

A Staff Story: Serie Spicer, Ph.D.

Since 2005, Serie Spicer has served as the director of psychological services at Austin Child Guidance Center. Serie has a doctoral degree in counseling psychology and a master's degree in clinical psychology. She is a licensed psychologist in the state of Texas and is registered as a national health service provider in psychology, with a specialization in child and adolescent psychology. Serie coordinates all psychological services, provides direct services to children and families, supervises psychology graduate students, oversees Austin Child Guidance Center's electronic outcome measurement system, and provides in-service trainings and community presentations. During her time at Austin Child Guidance Center, Serie has expanded the range of psychological tests available to clients, adding considerable depth to the continuum of services provided to families. According to Serie:



"I believe that change is possible and that Austin Child Guidance Center is an agency committed to facilitating positive change in the lives of children and their families. I feel blessed to be working with a talented group of people here at this agency, as well as the children and families who continually amaze me with their resiliency and creative solutions in navigating the challenges they face."

Financial Statement of Operations for Year Ending August 31, 2007

<i>Revenue</i>	
United Way (Allocation & Designations)	\$89,500
City of Austin/Travis County Health & Human Services	\$252,762
City of Austin Contracts	\$50,769
Travis County Contracts	\$234,654
State of Texas and Other Contracts	\$120,318
Donations (Fundraisers and Foundation Support)	\$285,557
Client Fees and Fee Contracts	\$172,625
Resource Development	\$90,241
Other	\$30,390
Total Support and Revenue	\$1,326,816
<i>Expenses</i>	
Program Services	\$1,114,290
Management and General	\$158,542
Fundraising	\$90,241
Total Operating Expenses	\$1,363,073
YEAR END NET	(\$36,257)*

This financial report of revenues and expenses was 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.

**Note: This deficit reflects the audit projected impact of possible United Way funding reductions.*

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(cont. on page 10)

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Kristin Niemeyer, Ph.D.	
Leigh Rainwater, LPC	

Recognition of Outstanding Supporters

2ND ANNUAL "CHARTING A COURSE OF HOPE" LUNCHEON

On September 27, 2006, Austin Child Guidance Center hosted the second annual "Charting a Course of Hope" luncheon, underwritten by Silicon Laboratories, raising donations and multi-year pledges.



ENDOWMENT FUND CHALLENGE GRANT

Austin Child Guidance Center was selected by Austin Community Foundation as one of ten Austin area nonprofits to participate in the Nonprofit Endowment

Initiative with the opportunity to increase our endowment fund by at least \$100,000 by 2010.

Each year of the four-year challenge, Austin Child Guidance Center receives another \$1 from the foundation for every \$4 contributed to our endowment; the maximum match is \$20,000.

Holiday Classic TV Special

In December 2006, 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 KNVA/The CW Austin channel while supporting Austin Child Guidance Center.



OUTSTANDING CORPORATE SUPPORT AWARD

Austin Child Guidance Center recognized JPMorganChase with the Outstanding Corporate Award of 2007. JPMorganChase's support provides Austin Child Guidance Center the opportunity to serve many families whose income is below 200 percent of the poverty level. Families served through JPMorganChase's support will receive a variety of mental health services to help them overcome their children's school related challenges.



Community Partners for Children

CHRISTINE W. ANDERSON CHILDREN'S SERVICE AWARD

Community Partners for Children was presented with the Christine W. Anderson Children's Service Award. A collaboration committed to providing services to families with multiple and complex needs, Community Partners for Children received the award in recognition of their outstanding service to children and families in Central Texas.

IN MEMORIAM – 2007

Austin Child Guidance Center remembers the generous contributions that former board member **Mrs. Joan Powers** made throughout her life.



A Donor Story: James Maynard, M.D.

Dr. James Maynard has been a long-time supporter of Austin Child Guidance Center. As a local child psychiatrist, his lifelong commitment has been to help children. His dedication to children's mental health issues connected him to Austin Child Guidance Center more than 20 years ago when he completed his psychiatric residency at the Center. Since then, he has served on Austin Child Guidance Center's board of directors twice. James has generously given to the Center as a donor and a volunteer. He shares these reasons why:

"I support Austin Child Guidance Center because it provides excellent clinical care to children and their families. What distinguishes Austin Child Guidance Center from other nonprofits is its ability to be effective. It consistently scores very high on client and student satisfaction. The teaching aspects of Austin Child Guidance Center also separate it from other entities, namely more and higher quality teaching. It is a true gift to the students to get such hands on experience with children and their families."

Donors

DONORS: SEPTEMBER 1, 2006—AUGUST 31, 2007

Austin Child Guidance Center is profoundly 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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THE POWER of COMMUNITY

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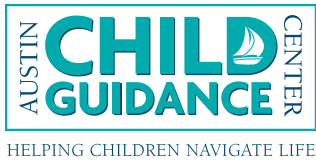
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