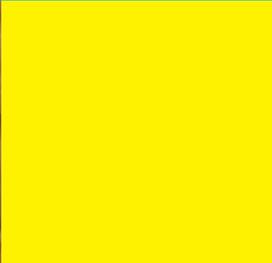
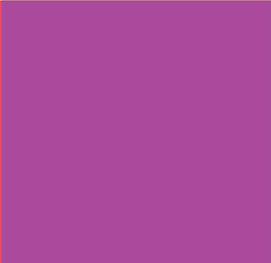


2008
Annual
Report



Helping Children
Navigate Life



Letter from the President

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For over fifty years, Austin Child Guidance Center has served families in the Austin area. Each year, thousands of children and family members are assisted at the Center and in the community by the Center's outstanding team of psychiatrists, psychologists, social workers, family therapists, and professional counselors.

The major highlight of 2008 and every year is the profound difference that the Center makes in the lives of the children, adolescents, teens and their families. The Center also serves the Central Texas community through provision of training for mental health professionals and through participating in community planning and collaborative programs.

As my second term as board president comes to an end, I want to thank the fantastic group of individuals who serve on the board of directors and give their time and money to support the Center. I want to express my deep appreciation to all the donors who enable us to make a positive difference in the lives of families in our community. Also, a special thanks to Alejandro Escovedo who provided inspiration and music to raise funds for the Center in 2008, and who will headline our second annual music event in 2009.

Many more families in our Central Texas community could benefit from the quality effective services offered by the Austin Child Guidance Center. 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 2009.



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



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About Us

Our Team

A multidisciplinary team of psychiatrists, psychologists, social workers, family therapists, and professional 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.

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Mary Ellen West, LCSW

Laura Whitekettle, LMSW

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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Alicia Kruger, MA, LPC-I

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Michael McCarthy, LCSW

Leigh Rainwater, MA, LPC

Allison Sallee, Ph.D.

Katherine Sanchez, LCSW

Sarah Schnoebelen, Ph.D.

Elizabeth Sylvester, Ph.D.

Alexander Zesati, MA, LMFT

"I have learned so much in dealing with my granddaughter. It has helped me tremendously in keeping things on an even keel. The therapist has given excellent counseling to both my granddaughter and me. Thanks so much." - Client



Statistical Overview

Fiscal Year 2008: September 1, 2007 - August 31, 2008

Grand Totals

Total number of children and family members served (unduplicated): 2,478

Total hours of service provided to clients: 17,324

Total number of treatment sessions or contacts: 11,202

Gender

Male	43%
Female	57%

Ethnicity/Race

African American	14%
Hispanic	40%
White/Non-Hispanic	45%
Other	1%

Age

5 and under	19%
6-12	45%
13-17	36%

Low Income Families

Families living at or below 200 percent of the federal poverty level	68%
--	-----

"I am very pleased with the services we received at Austin Child Guidance Center. The therapist was able to connect with our son very quickly and helped him grow to deal with his issues, feelings, and situation more effectively." - Client



Client Satisfaction

98 percent of clients reported that Austin Child Guidance Center's overall services are good or excellent.

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.

Client Outcomes

85 percent of children and youth in individual and family therapy showed improvement on their treatment goals.

86 percent of clients receiving specialized group services showed increased knowledge, improvement in skills, and/or changes in stress/behaviors.

"My daughter and I really enjoyed coming here. It's been a fun and challenging experience for both of us. Thanks for everything." - Client

Therapy

As the only outpatient facility in Austin/Travis County that is solely dedicated to improving children's mental health, Austin Child Guidance Center offers evaluation and treatment, regardless of ability to pay. Services are available in English and Spanish at our central office as well as in the community.



Helping children and families navigate the tough times...

"No one likes me. They say I'm annoying and hyper." Day after day, these words broke the heart of Gina's parents and her fourth grade teacher. Despite her best efforts, 10-year-old Gina could not make friends. At home and school, Gina was defiant and disrespectful of adults and peers and had compulsive rituals like brushing her teeth up to 50 times per day. After engaging in individual and family therapy at Austin Child Guidance Center, Gina was referred to group therapy to enhance her social skills, working specifically on using manners and being respectful of others. Gina was also evaluated by an Austin Child Guidance Center psychiatrist and prescribed medication to help ease the problems she was having with obsessive behaviors and inattention. Using a token economy to reward Gina for positive behaviors, her parents and teachers began to see improvements not only in Gina's attitude and self-esteem, but also in her ability to stay engaged in her schoolwork and get along with classmates. A variety of services, including individual, family, and group therapy as well as psychiatric consultations, combined with hard work by this family, led to much happier 10-year-old girl.

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, trauma, abuse, and parent-child relationship issues.

Family Therapy: Because children develop within a wide context, therapy may extend 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.

Parent Education Classes: Parents participate in group classes focused on child development and topics specific to certain behavior disorders.

Psychological Assessments: Psychological assessments include a battery of tests designed to address and answer complicated clinical questions regarding various issues such as developmental delays, learning disabilities, dyslexia, differential diagnosis, or ways the child understands and relates to the world.

Psychiatric Services: Child psychiatrists are available to perform psychiatric evaluations, detailed tests 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, 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

In partnership with LifeWorks' Next Step program, we led therapy groups at 4 elementary and middle schools, in addition to a summer camp, to develop skills in resolving conflicts, expressing feelings in safe ways, and making choices with **219 children**.

Austin Child Guidance Center began collaboration with AISD's ACCESS project, in which we will implement the evidence-based, nationally recognized Parenting With Love & Limits program with adolescents and families facing juvenile delinquency and risk-taking behaviors. This project is expected to serve 96 families in the next year.

Juvenile Court

We offered individual and group therapy to **177 adolescents and their family members** at the Travis County Leadership Academy, a program of the Gardner-Betts Juvenile Justice Center.

141 adolescents dealing with substance abuse and mental health issues, and their family members, were provided mental health counseling services in collaboration with Travis County Juvenile Court's Substance Abuse Services Division.

Community Clinics

We provided counseling and consultation to **120 teenage parents** in collaboration with People's Community Clinic, Any Baby Can, and LifeWorks in TANDEM: Moving Forward Together, a Teen Prenatal/Parenting Program.

Childcare Centers and Preschools

In collaboration with The University of Texas at Austin and United Way Capital Area's Social Emotional Learning Collaboration with Raising Austin and YWCA, the Infant and Early Childhood Mental Health Project provided mental health consultation and intervention services in 9 identified preschool and childcare centers impacting **280 young children, 129 parents/guardians, and 87 childcare staff**.



Victim Services

Children's Victim Assistance Recovery Project: **169 youth and 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 **19 youth and their families** impacted by the Katrina and Rita hurricanes.

Kids In The Middle Project: Counseled **95 children and family members** involved in high conflict family litigation with Travis County Domestic Relations Office.

Training



In 2008, Austin Child Guidance Center hosted monthly training opportunities for staff and the community. Mental health professionals from the Austin area generously donated their time and expertise to provide these opportunities for continuing education, helping to train and educate current and future mental health service providers.

Number of graduate students trained: 17

Number of mental health professionals attending trainings: 323

Number of community individuals receiving community presentations/ consultations: 1,548*

**Austin Child Guidance Center participates in several ongoing collaborations; this number may duplicate individuals who also serve in more than one collaboration.*

Recognition of Outstanding Supporters

Third Annual “Charting a Course of Hope” Luncheon

On September 27, 2007, Austin Child Guidance Center held its third annual “Charting a Course of Hope” Luncheon at the Austin Country Club. Special thanks to Silicon Laboratories and LCRA for underwriting the expenses for the event, which raised donations and multi-year pledges.



Holiday Classic TV Special

In December 2007 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 The CW Austin channel while supporting Austin Child Guidance Center.



Harmon Foundation



25th Annual Children’s Mental Health Seminar

In April 2008, Austin Child Guidance Center hosted the 25th Annual Children’s Mental Health Seminar, which featured Matthew Selekman, MSW, LCSW, presenting “Expanding the Possibilities: A Collaborative Strengths-Based Family Therapy Approach with Challenging Children and Adolescents.”

Internships

Austin Child Guidance Center expanded its student training and internship program in 2008, with graduate students studying mental health disciplines from several local universities. Serving on a volunteer basis, student interns provide a variety of clinical services to clients; participate in student seminars, staff meetings and case consultations; and collaborate with many of our community partners. Interns come from the following disciplines:

- Clinical social work interns
- Community and administrative leadership social work interns
- Psychology practicum students
- Psychology interns
- Professional counseling interns
- Marriage and family therapy interns
- Psychiatric residents

Financials

Financial Statement of Operations for Year Ending August 31, 2008

Revenue	
United Way (Allocations & Designations)	\$194,893
City of Austin/Travis County (Health & Human Services)	\$263,944
Infant/Early Childhood Mental Health Project	\$61,738
Travis County Contracts	\$251,319
State of Texas and Other Contracts	\$125,770
Donations (Fundraisers & Foundation Support)	\$465,888
Client Fees and Fee Contracts	\$129,727
Parenting With Love & Limits/AISD ACCESS	\$23,176
Other	\$6,878
Total Support and Revenue	\$1,516,455
Expenses	
Program Expenses	\$1,180,782
Management & General	\$168,013
Fundraising	\$98,059
Total Operating Expenses	\$1,446,854
Year End Net	\$69,601*

*Austin Child Guidance Center was the fortunate recipient of a \$42,048 gift from the dissolution of a fellow nonprofit agency.

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.

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as of August 31, 2008

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Donors

Donors: September 1, 2007-August 31, 2008

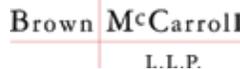
Austin Child Guidance Center is incredibly grateful to all the generous individuals, foundations, businesses, and governmental agencies for their monetary and/or in-kind gifts. Thank you for your continued support.

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First Annual Super Hero Music Event

On August 28, 2008, more than 380 individuals in our community gathered at Antone's to hear live music benefit Austin Child Guidance Center. The community's overwhelming response and generous contributions of funding, time and auction items helped the Center exceed its goal for the benefit, finishing the inaugural event at 119 percent of goal. On behalf of the children and families we serve, we sincerely thank the following individuals and organizations:

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Paula Aaronson and Bob Lum, *Event Chairs*

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