



Annual Report 2018 Reporting on Fiscal Year September 1, 2017 - August 31, 2018

"Best therapy services that I have ever experienced for my child."

-ACGC Client



Letter From The Board President

Writing this opening letter to the 2018 Annual Report brings up mixed emotions for me. Pride, nostalgia, sadness, and excitement all rise up as I think of the events of this year, my final year as board president of the Austin Child Guidance Center (ACGC) Board of Directors. In my more than seven years on the board, I have witnessed significant growth and change at the agency, while also seeing the agency's unwavering presence in the Austin community and its commitment to providing quality mental health care to children and families.

This past year brought leadership change, with Russell Smith leaving after over seven years of solid service. I was honored to work with the search committee, made up of current board members, former board members, and community stakeholders, in finding and welcoming Kristen Pierce-Vreeke as our new highly capable Executive Director. We are in excellent hands. I leave With warmest regards, the board, again with bittersweet feelings, knowing that Jessica Boston and the rest of the board leaders will continue the forward progress but definitely missing the role I have filled in serving this stellar agency.



A few of the many agency's accomplishments from the last seven years stand out: our staff increased capacity in providing bilingual therapy and psychological assessments; ACGC took on a leadership role in training the mental health community on trauma-informed care: and we expanded our reach in the community through work in charter schools and through the walk-in clinic.

As a social worker and educator, I understand the impact of these program developments on the overall mental health and wellness of our community. As a parent and former client of ACGC, I remain invested in supporting the work of the agency as a committee member. Voices for Children Giving Society member, and forever donor. I ask you to join me in maintaining your commitment to the work of this unique agency, which stands with and for Austin area children and families.

Sarah Fronds

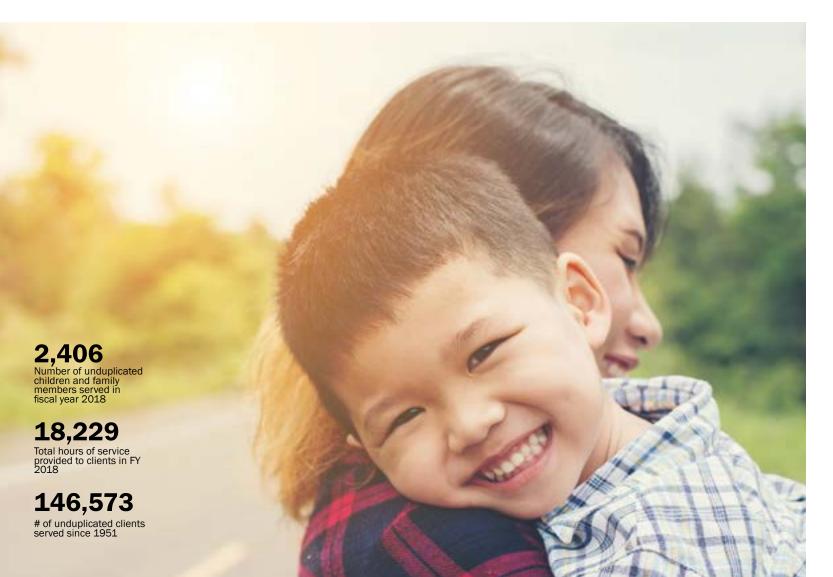
Sarah Swords President

What We Do

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.

In 1951, Austin Child Guidance Center (ACGC) became Austin's first outpatient mental health facility solely dedicated to children's mental health. To this day, ACGC remains the leader in guality affordable mental health care for Austin area children and their families. We use a multidisciplinary approach with psychiatrists,

psychologists, social workers, and professional counselors to treat children and their family members. We offer bilingual services at our office on 45th and Lamar and in various community settings. In addition, ACGC is a recognized premiere training facility for future and current therapists.



Core Services

Individual Therapy

Therapists employ a strengths-based approach to help children work through existing issues. It focuses on the child's needs and what is developmentally appropriate. The child is treated within the context of the family, and therapy incorporates parents and family members in the plan for treatment.

Family Therapy

Family therapy can involve 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 **Parent Workshops** problem-solving and learn ways to build their self-esteem and improve social skills. In group work, children practice managing conflict, negotiating social situations, and reaching consensus. Group therapy is also offered to parents of Classes on various topics are provided in English and Spanish. children diagnosed with ADHD.

Psychological Assessments

Psychological assessment is a powerful strategy for answering questions parents or providers may have about a child. Parents and children collaborate with the psychologist to identify assessment questions, and the psychologist designs an individualized assessment plan in order to answer these questions. An assessment can be useful for determining whether a child has a specific condition (e.g., ADHD, autism); learning more about a child's strengths and weaknesses; and informing treatment. Following the assessment, parents meet with the psychologist for feedback and a comprehensive, written report.

Psychiatric Services

When individual and family therapy are not sufficient for making desired changes. a psychiatric evaluation may be appropriate. Psychiatric evaluations are provided to identify appropriate diagnoses and determine whether medication may be warranted. These evaluations are available to children currently engaged in therapy at ACGC. If medication is recommended, the psychiatrist will meet regularly with the child and family to monitor and manage medical treatment.

Walk-In Clinic

The Walk-In Therapy Clinic at the Center provides immediate counseling to children and family members on a sliding fee scale. No appointment is necessary. Clients are seen every Tuesday from 5 p.m. to 7 p.m. and every Friday from 2 p.m. to 4 p.m. Walk-in services are offered in English and Spanish.

Sliding Scale Fee

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.

"My therapist was friendly and actually gave my mother more information about my depression. Even though I didn't always feel like doing the work she didn't give up on me and believed in me."

-ACGC Client

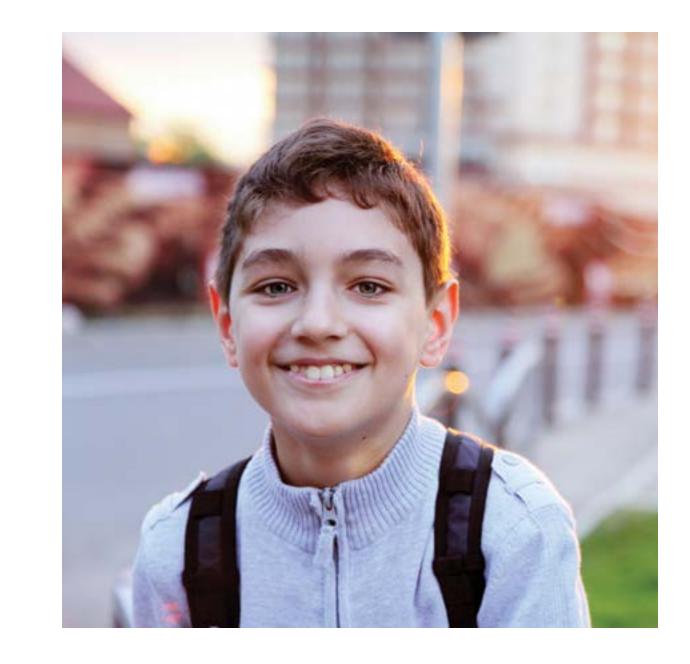
Miguel's Story

Miguel was 10 years old when his parents noticed that he started having problems in school and was isolating himself. He had previously been an engaged, curious, and social child, but was now spending a lot of time in his bedroom. He refused to go to school, which was atypical since he loved reading and math. Miguel's parents first brought him to Austin Child Guidance Center to address these concerns.

During the intake evaluation, Miguel disclosed that a baby sitter had sexually abused him. The abuse occurred on several occasions by a trusted family friend. Miguel was afraid to tell anyone because the family baby sitter convinced him that he would not be believed.

Miguel shared that when thoughts of the abuse arose, he would isolate himself in his bedroom. He had difficulty trusting people, including friends and family members. He also developed poor hygiene because he was fearful of bathing. And, he had difficulty falling asleep at night. During their time at ACGC, Miguel and his parents engaged in trauma-focused cognitive behavioral therapy (TF-CBT), an evidence-based intervention that includes both individual and family components. With the tools provided in therapy, Miguel and his parents learned strategies to help calm him when he experienced painful feelings, thoughts and intrusive memories. He had an opportunity to share his story with his parents, and they responded in a supportive, loving way.

Miguel's symptoms of trauma decreased while in therapy. He still struggles on some days, but has the skills to ask for help and manage difficult feelings. He is now able to sleep better at night. He is more interested in going to school, seeing friends, and is able to focus in the classroom while at school. And, most importantly, he is feeling joy again in his life and has a tighter, more bonded relationship with his parents, who supported him throughout his entire healing journey.



Partnerships

Austin Child Guidance Center partners with several agencies and participates in a number of collaborations in Austin & Travis County.

"It's given us a lot of quick and useful tools, has made us better parents, fostered connection with our son. It's definitely improved our relationship with him and helped us work together as parents." -ACGC Client

School-Based Services

Charter School Collaborative. In 2018, ACGC partnered with ten local charter schools (KIPP, Austin Achieve, IDEA, and Montessori for All), serving low-income children. Students and parents receive in-school, no cost counseling services and parent workshops in northeast and southeast Austin areas. Additionally, school personnel receive training on trauma-informed care.

Community Clinic

The TANDEM Project is a collaboration with People's Community Clinic, Any Baby Can, and LifeWorks to promote optimal levels of health, education, and vocation; as well as social and family functioning to reduce the risk of subsequent teen pregnancies. The project serves pregnant teens and teen fathers receiving prenatal care at People's Community Clinic. ACGC provides the mental health component, which includes in-home individual & family therapy; and psychological assessments.

Trauma-Informed Care Consortium (TICC)

TICC was established in 2013 through the generous support of St. David's Children's Victim Recovery Project is a program that helps children and families Foundation. TICC, led by Austin Child Guidance Center, brings together recover from the psychological effects of crime, violence, and abuse. Any child professional organizations throughout Central Texas to address the trauma needs or adolescent who was a victim or witness to crime or violence is eligible for of children and families. TICC is made up of over 70 community partners from treatment services at no cost. Funding is provided by grants from the Office of a variety of professions: mental health clinicians, school personnel, medical/ Texas Attorney General and the Office of the Governor Criminal Justice Division. nursing professionals, occupational/physical therapists, law enforcement, and juvenile justice professionals. The consortium meets guarterly to network, share information, coordinate trainings, as well as to create a trauma-informed newsletter and maintain the www.traumatexas.com website. In addition, ACGC provides trainings to organizations and groups on trauma and trauma-informed care. TICC hosted the Cross-Discipline Trauma Conference of Central Texas, featuring Dr. Dan Siegel. ACGC trained 706 individuals on trauma and traumainformed care in 2018.

Childcare Centers and Preschools

The Infant and Early Childhood Mental Health Project (IEC) is a United Way for Greater Austin and Travis County Health and Human Services funded project. The overarching goals are to promote the social and emotional health of children so they are prepared for school and future success, as well as to educate and provide guidance to childcare staff and parents on infant and early childhood developmental issues. ACGC licensed mental health professionals and interns work on-site at 12 local, high-needs childcare centers.

Kids In The Middle Project

This partnership offers 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.

Victim Services

Statistics & Financials

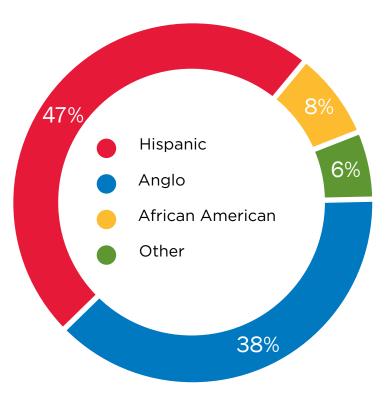
2 out of 5 clients are

female

Fiscal Year 2018: September 1, 2017 - August 31, 2018

ETHNICITY

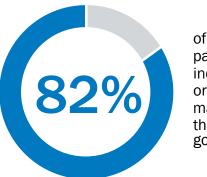
GENDER





of ACGC clients live at or below 200% of the federal poverty level

TREATMENT GOALS



of clients participating in individual and/ or family therapy made progress on their treatment goals

CLIENT SATISFACTION



97%

reported they would again choose ACGC if they needed further mental health services

AGE

26% 13-17 yrs
61% 6-12 yrs
13% 0-5 yrs

STATEMENT OF FINANCIAL POSITION

Years ending August 31st	2018	2017
Assets		
Cash	\$192,033	\$399,211
Accounts Receivable	870,798	571,129
Prepaid Expenses	13,292	5,884
Pledges & Grants Receivable	379,781	86,762
Fixed Assets	24,200	55,716
Other Assets	163,297	154,558
Total Assets	\$1,643,401	\$1,273,260
Liabilities & Net Assets		
Liabilities		
Accounts Payable	\$14,527	\$26,773
Accrued Payroll Expenses	58,474	68,591
Deferred Revenues	0	1,800
Total Liabilities	\$73,001	\$97,164
Net Assets		
Unrestricted	\$197,427	\$217,206
Temporarily Restricted	1,263,209	849,126
Permanently Restricted	109,764	109,764
Total Net Assets	\$1,570,400	\$1,176,096
Tot. Liabilit. & Net Assets	\$1,643,401	\$1,273,260

STATEMENT OF ACTIVITIES

Years ending August 31st	2018	2017
Revenues		
Grants & Contracts	\$795,125	\$684,306
Contributions	1,523,914	747,180
Program Service Fees	269,473	394,879
Fundraising Events	811,825	332,218
Other Income	6,225	9,893
Investment Income	8,755	13,421
Total Revenues	\$3,415,317	\$2,181,897
Expenses		
Program & Services	\$2,291,045	\$2,336,684
Management & General	142,378	199,066
Fundraising	587,590	321,083
Total Expenses	\$3,021,013	\$2,856,833
Change in Net Assets	394,304	(674,936)
Net Assets, Beg. of Year	1,176,096	1,851,032
Net Assets, End of Year	\$1,570,400	\$1,176,096

Community

Each year, Austin Child Guidance Center (ACGC) aims to engage donors and supporters through creative, impactful events and opportunities for philanthropy. Here is a look at some of our community outreach from fiscal year 2018.



Volunteering

ACGC has many opportunities to engage supporters in philanthropy. In 2018, over 384 volunteers supported ACGC's mission. Play Leaders are trained in trauma-informed care to provide a structured, safe and fun environment for clients. Garden Volunteers maintained our Children's Healing Garden, which serves as a therapeutic space for clients. Board Members and Professional Volunteers provided governance and oversight, and served on planning committees to increase the impact of our mission within the community. To learn more about volunteer opportunities with Austin Child Guidance Center, please email volunteer@austinchildguidance.org. Pictured on left: Apple Volunteer planting flowers in ACGC's healing garden.

Amplify Austin Day & ACGC Night Live

ACGC participated in Amplify Austin for the 5th year. In total ACGC raised \$143,427 with 23 fundraising profiles, 263 donations and countless shares online! Special thank you to the St. David's Foundation for including ACGC as a St. David's Partner by increasing our match percentage for each donation. The 2nd Annual ACGC Night Live at Cap City Comedy Club kicked off ACGC's Amplify Austin campaign. The night featured emcee Craig Ries, stand-up comedy from Martha Kelly and Chris Cubas, sketch comedy with Shaun Branigan and BeckiJo Neill, and drag queen lip sync battle with Collen Deforrest and Louisiana Purchase, with musical guests the Mike Malone Jazz Trio, and a roast of Amplify Austin with Russell Smith. Picture on right: ACGC volunteer, supporter, and Austin Originals 2018 Co-Chair, Andrea Ames of A&D Insurance Advisors.







Trivia Night in Honor of Children's Mental Health Awareness Week

For the 5th year, ACGC hosted Trivia Night in honor of Children's Mental Health Awareness Day in May. Teams from Hi How Are You Foundation, BNI Geared for Success, Child Inc., Austin Infiniti as well as individuals from the community joined us at Casa Chapala for a fun night of trivia. Pictured on left: ACGC's staff dressed in green on Children's Mental Health Awareness Day to bring attention to the cause.



7th Annual Austin Originals Benefit Concert & Live Stream Featuring **Bob Schneider**

The 7th Annual Austin Originals Benefit Concert and Live Stream with Bob Schneider at ACL Live at the Moody Theater was a huge success with Terry Lickona as our emcee, and Madeline Hollern and Andrea Ames as Co-Chairs. Suzanna Choffel and 5-piece string ensemble give a passionate performance of original composition "If You Could Help Me." a beautiful and moving piece written by Casey McPherson dedicated to ACGC's mission. Guests enjoyed a VIP reception sponsored by Blue Cross Blue Shield of Central Texas and the Austin Originals Tasting Grove. The annual Phyllis Richards Austin Icon for Children Award was presented by Dell Children's Medical Center representative, Geronimo Rodriguez to two outstanding individuals: Beth Misner and Isabel Huerta. The live stream with TourGigs brought in an additional 10,000 views to the event. In total, the event raised \$395.971 in support of children's mental health.

Fall Fiesta

On October 27th, 2018 ACGC hosted the first Fall Fiesta sponsored by the Misner Family Foundation. The event was held in the Children's Healing Garden and open to all ACGC clients. The Texas Sweethearts ran activity booths like pumpkin painting and a cake walk! Fun was had by all as we celebrated our clients. Pictured on left, from left to right: ACGC staff members Seanna Crosbie, Brittany Golden, Kaitlyn Haney, and Eva Gonzalez Stitts taking a moment for a picture during setup for Fall Fiesta.

THANK YOU ALL!

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of our hearts."

"Because of the

help we received

future and wants

years. Thank you

from the bottom

to live for many

our child is

looking to the

-ACGC Client

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