

ANNUAL REPORT **2017**

**"I really enjoyed spending time with (my therapist) and getting stuff off my chest. It really helped me get past problems and grow stronger."
-ACGC Child Client**



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 (ACGC) became Austin's first outpatient mental health facility solely dedicated to children's mental health. To this day, ACGC remains the leader in affordable mental health care for Austin area children and their families and predominantly provides services to underserved children who might otherwise go without care.

Throughout its history, the agency has used a multidisciplinary approach with psychiatrists, psychologists, social workers, and professional counselors to treat children and their family members. The agency is a recognized premiere training facility for future and current therapists. Bilingual services are offered in our main office at 45th and Lamar, as well as in various community settings.

2,952

of unduplicated children & family members served in 2017

24,620

Total hours of service provided to clients in 2017

144,167

of unduplicated children & family members served since 1951



COMMUNICATE. LEARN. GROW.

While I had known of Austin Child Guidance Center (ACGC) for many years in my capacity as a practicing social worker, I came to appreciate the agency in a new way when I brought my son Sam to ACGC for help with the stresses of high school. Under the guidance of his therapist, he learned new skills to focus his attention, increase motivation and manage the demands of school. As a way to give back, I later joined the Board of Directors of the Center.

Since 1951, the Center has provided high quality mental health services to children and families here in Austin. While much has changed in our city since that time, ACGC continues to use the "child guidance clinic" model to help families develop the emotional skills to navigate life's challenges. A highly trained team of psychiatrists, social workers, licensed professional counselors and psychologists work together to improve the mental health of children and families through trauma-informed early intervention, diagnosis and treatment. Our team utilizes the latest evidence-based treatment techniques both at the Center and in the community to support families in confronting the complex issues of today. Since our founding, ACGC has remained committed to serving all children and families with quality mental health services, regardless of their ability to pay. Without the sliding fee model, Austin's most vulnerable children would not receive needed care.

We look back on this year with pride at the agency's accomplishments, while focusing firmly on growth to serve more children and families in the future. In 2017, the staff completed the St. David's Foundation Capacity Academy, which focused attention on technology infrastructure, as well as leadership training for all of our Directors and Coordinators. This year, we also developed important new partnerships to support needed growth. The Kozmetsky Family Foundation joined us to fund an expansion of our Walk-In Clinic, as well as provide critical funding to lower-income families. We also established a partnership with the Michael and Susan Dell Foundation,

which supports services to underserved families. These collaborations will help us maintain the continuum of care that ACGC has provided to families for so many years.

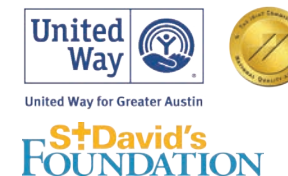
As I enter my second year as president of the Board of Directors, I feel enormous pride and excitement. During the five years that I have been on the board, I have seen the agency grow and develop new services and programs to better address families' needs. I feel proud of ACGC's sustained commitment to the health of our community, so that children and families can, over the cycles of their lives, count on us to help them through difficult times. I also feel very excited about the growth that lies ahead. ACGC has much more to contribute to the overall wellness of our community and I can't wait to be a part of that effort.

I encourage each of you to get involved with the work of ACGC, and I want to thank all of the donors and volunteers that currently support our mission!

Gratefully,

Sarah Swords

Sarah Swords, LCSW
Board President, 2017





OUR CORE SERVICES

Austin Child Guidance Center's (ACGC) core trauma-informed therapeutic services are offered on-site at our central location. ACGC's multi-disciplinary team of therapists utilizes evidenced-based treatments to work with children experiencing: anxiety, trauma, physical and sexual abuse, grief, neglect, depression, divorce, adoption, parent child relational issues, substance abuse, disruptive behavior disorders, and learning and communication disorders. Therapy services include evidence-based treatments such as Parent-Child Interaction Therapy as well as Trauma-Focused Cognitive Behavioral Therapy, among many others.

JORDAN'S STORY

Jordan was ten years old when she first started coming to ACGC. She had already been diagnosed with multiple disorders. She would have severe and violent outbursts 2-3 times a week that lasted for hours, having to be restrained. Jordan would frequently run away from school and started having suicidal thoughts. However, there was more bubbling underneath the surface of Jordan's diagnoses and behavior- she had experienced trauma.

Jordan had been physically and sexually abused by people that she and her parents trusted. ACGC's therapists understand the effects that trauma can have on behaviors. Jordan's therapist worked with Jordan and her family in processing these traumatic events through trauma-focused cognitive behavioral therapy. Jordan learned mindfulness, began using "I" statements, how to reframe unhelpful thoughts, and learned healthy distraction and relaxation skills.

By the close of therapy, Jordan had gone two months without a meltdown or outburst, was equipped with coping skills to handle life's challenges, and had processed the trauma that had occurred in her life. Today, Jordan utilizes the skills she learned in therapy at home, school, and in the community.



2,164

children & family members provided one or more ACGC core on-site services in 2017

84%

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

"I couldn't have imagined or let myself hope she would have come this far"
-ACGC Client

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 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 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

Parent Workshops

Classes on various topics are provided in English and Spanish and at no cost to families.

Sliding Fee Scale

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.

2,710 1,326

individuals received community presentations/consultations in 2017

individuals received training and technical assistance on trauma in 2017

OUR PARTNERSHIPS

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

School-Based Services

Charter School Collaborative. In 2017, 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.

199 youth & family members served in 2017

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.

30 youth & family members served in 2017

Victim Services

Children's Victim 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 grants from the Office of Texas Attorney General and the Office of the Governor Criminal Justice Division.

369 youth & family members served in 2017

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 onsite at 12 local, high-needs childcare centers.

621 children, family members, & childcare workers served in 2017

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.

55 youth and family members served in 2017

Trauma-Informed Care Consortium (TICC)

TICC was established in 2013 through the generous support of St. David's Foundation. TICC, led by Austin Child Guidance Center, brings together professional organizations throughout Central Texas to address the trauma needs of children and families. TICC is made up of over 70 community partners from a variety of professions: mental health clinicians, school personnel, medical/nursing professionals, occupational/physical therapists, law enforcement, and juvenile justice professionals. The consortium meets quarterly 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 1,326 individuals on trauma and trauma-informed care in 2017

ALICIA'S STORY

At age 14, Alicia found out that she was pregnant. A freshman in high school, she had dreams of attending law school and becoming an attorney one day. When she discovered that she was pregnant, she was overwhelmed. She felt trapped, as though her dreams were out of reach. She started going to the People's Community Clinic for prenatal care and continued using their case management services after giving birth to a healthy baby daughter.

After having the child, Alicia was overcome by the stress of her responsibilities as a teen parent and a full-time high school student. Support from her family and the family of her child's father was unstable. Alicia began to struggle with being able to control her anger and decided to seek help. Alicia found help with a clinician from Austin Child Guidance Center working with the People's Community Clinic's Tandem Teen Prenatal & Parenting Program, an interagency collaboration also including Any Baby Can and LifeWorks.

In her weekly counseling sessions, Alicia practiced interpersonal skills taught through Dialectic Behavioral Therapy. Alicia and her family were connected with resources to help her realize her goals as a mother and a student. Alicia gained the tools needed to successfully navigate the challenges that come with a difficult family situation while pursuing a high school diploma. She worked hard at it, used what was available, and tried new things.

In 8 months, she felt stronger, more confident, and ready to tackle life's challenges. Alicia never gave up on her dream. She completed her pre-college courses in high school and has since been accepted into a state university, where she is pursuing her dream with her daughter at her side.



"You found us a therapist right away. Something no one else was able to do anywhere!"
-ACGC Client

COMMUNITY OUTREACH

Volunteerism

Austin Child Guidance Center (ACGC) has many opportunities to engage supporters in philanthropy. In 2017, 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 as well as served on planning committees to increase the impact of our mission within the community. To learn more about volunteer opportunities with ACGC, please email: volunteer@austinchildguidance.org

4,848

total volunteer hours worked in 2017

384

total volunteers in 2017

Each year, Austin Child Guidance Center aims to engage donors and supporters through creative, impactful events and opportunities for philanthropy. Here is a look at our community outreach from 2017.

Austin Originals Benefit Concert

The 6th Annual Austin Originals Benefit Concert and Live Stream with ten-time Grammy Award winning band Asleep at the Wheel at ACL Live at the Moody Theater was a huge success. Terry Lickona was our amazing emcee with Colin Pope and Heather McKissick as the Honorary Co-Chairs. Guests enjoyed the Austin Originals Tasting Grove presented by Lexus of Austin and Lakeway. The 6th Annual Phyllis Richards Austin Icon for Children Award was presented to two outstanding individuals, Ryan Therrell and Dr. Libby Doggett. The live stream with TourGigs brought in an additional 10,000 views to the event. In total, the event raised \$475,000 in support of children's mental health.

ACGC Night Live

The First Annual ACGC Night Live at Cap City Comedy Club kicked off ACGC's Amplify Austin campaign. The night featured emcee Liz Cass, stand-up comedy from Annie Lieber and the "Funniest Person in Austin," Lashonda Lester, improv comedy by Mirage Machine, aerial dance performance by Sarah Sparkles, musical duet with ACGC board members Casey McPherson and Cassie LaMere, Mike Malone Jazz Trio, and an operatic recap by Liz Cass of Local Opera Local Artists (LOLA).

Amplify Austin

ACGC participated in Amplify Austin for the 4th year. In total ACGC raised \$73,377 with 36 fundraiser profiles, 183 donations and countless shares online. Special thank you to the St. David's Foundation for designating ACGC as a St. David's Partner and increasing our match percentage for each donation.

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

For the 4th year, ACGC hosted Trivia Night in honor of Children's Mental Health Awareness Day in May. Teams from Rose Dental, CommUnity Care, Texans Care for Children, Integral Care, Any Baby Can, Atchley & Associates, Norton Rose and Fulbright, and Give Talent, as well as individuals from the community joined us at Cap City Comedy Club for a fun night of trivia.

2017 Cross-Discipline Trauma Conference

On May 11th & 12th, Austin Child Guidance Center welcomed over 480 attendees to the 2017 Cross-Discipline Trauma Conference of Central Texas at the AT&T Conference Center. World renowned researcher Dr. Dan Siegel led a full day discussion on his research with Adverse Childhood Experiences (ACEs) and Interpersonal Neurobiology. On day two, attendees chose from 16 breakout sessions with a variety of topics in trauma and mental health. Over 3,000 hours in Continuing Education Units (CEUs) were provided to professionals.

Voices for Children Giving Society Brunch at Chez Zee

ACGC unveiled its Growth Campaign plans to ACGC Voices for Children Giving Society and best supporters at a lovely afternoon brunch at Chez Zee. Executive Director, Russell Smith, along with the Directors of each department explained the plans and need for future expansion. Casey McPherson of Alpha Rev debuted a special song dedicated to ACGC's Growth Campaign.



2,609

Facebook Likes



1,435

Twitter followers

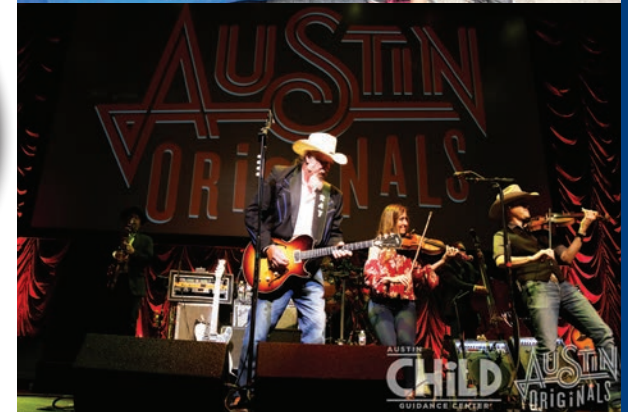
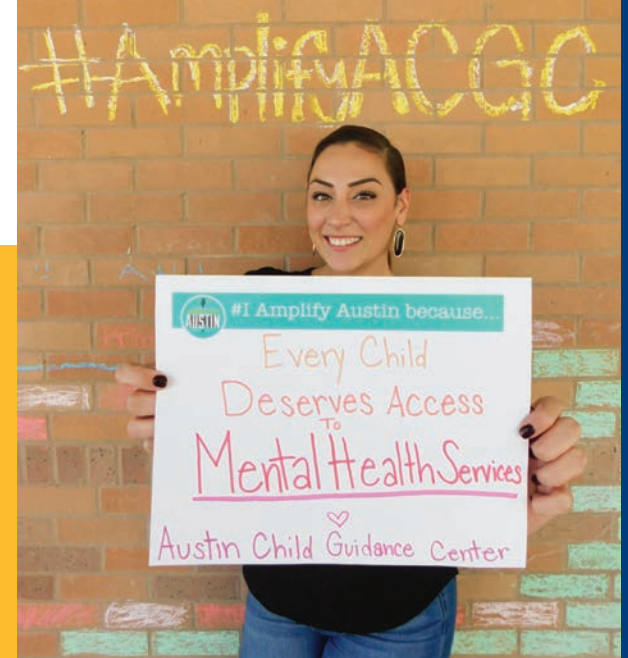


588

Instagram followers

Volunteering with ACGC for several years was not just rewarding because I got to build relationships with dozens of amazing kids, but also because I had the privilege of witnessing the progress that they made with their therapists. The staff always demonstrated enormous appreciation for their volunteers. ACGC is a meaningful place for so many children and families in the Austin community, and I loved being a part of that!

-ACGC Volunteer



Statement of Financial Position

Years ending August 31st	2017	2016
Assets		
Cash	\$399,211	\$471,692
Accounts Receivable	571,129	858,732
PrePaid Expenses	5,884	45,667
Pledges & Grants Receivable	86,762	389,218
Fixed Assets	55,716	76,568
Other Assets	154,558	141,141
Total Assets	\$1,273,260	\$1,983,018
Liabilities and Net Assets		
Liabilities		
Accounts Payable	\$26,773	\$53,258
Accrued Payroll Expenses	68,591	78,728
Deferred Revenues	1,800	0
Total Liabilities	\$97,164	\$131,986
Net Assets		
Unrestricted	\$217,206	\$241,772
Temporarily Restricted	849,126	1,499,496
Permanently Restricted	109,764	109,764
Total Net Assets	\$1,176,096	\$1,851,032
Total Liabilities and Net Assets	\$1,273,260	\$1,983,018

Statement of Activities

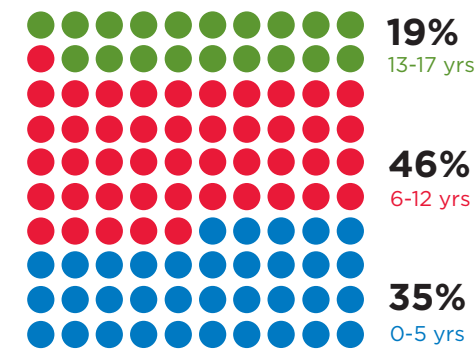
Years ending August 31st	2017	2016
Revenues		
Grants & Contracts	\$684,306	\$651,727
Contributions	747,180	2,200,586
Program Service Fees	394,879	299,210
Fundraising Events	332,218	653,201
Other Income	9,893	8,491
Investment Income	13,421	5,566
Total Revenues	\$2,181,897	\$3,818,781
Expenses		
Program & Services	\$2,336,684	\$2,014,827
Management & General	199,066	208,022
Fundraising	321,083	414,255
Total Expenses	\$2,856,833	\$2,637,104
Change in Net Assets	(674,936)	1,181,677
Net Assets, Beginning of Year	1,851,032	669,355
Net Assets, End of Year	\$1,176,096	\$1,851,032

Statistical Overview Fiscal Year 2017: September 1, 2016 - August 31, 2017

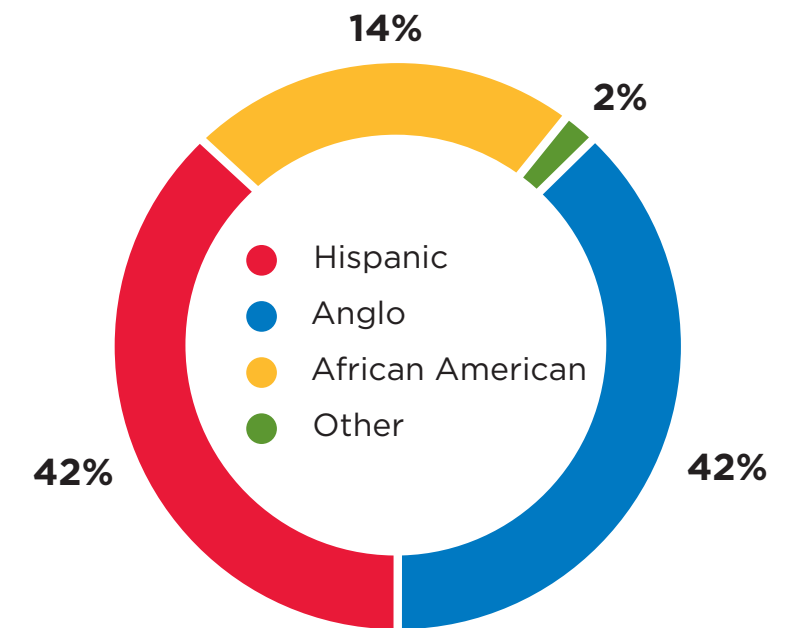
84%

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

Age



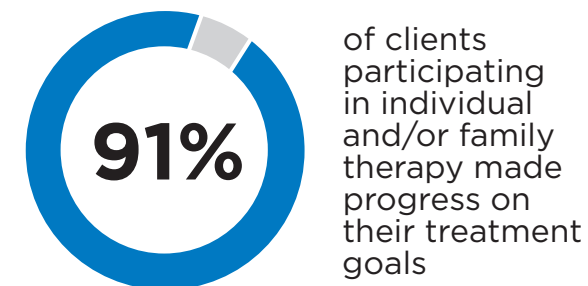
Ethnicity



Gender



Progress on Treatment Goals



Client Satisfaction



COMMUNICATE. LEARN. GROW.

“I am a returning client and am proud to say that whenever my child starts therapy things start to get better. That makes a world of difference in families.”
- ACGC Client

Change Is Not So Easy To Notice While It Is Happening

It is only through comparing where you have been with where you are and where you are going that you can truly see change. Case in point – when I started at Austin Child Guidance Center (ACGC) seven years ago, my twin daughters were in 4th grade. Now they are looking at colleges.

Back in 2010 at ACGC, we were still using typewriters, three-part forms, and old computers. Today, we have tablets, newer computers, electronic records, and the typewriters have been donated to a museum. Many of the names and faces have changed here in seven plus years, but the services and dedication to the children and families of Central Texas have not. We have always been an agency that builds on our past while embracing the future. So many of our former board, staff and clients stay connected to ACGC, joined by new friends, supporters, and champions.

It's hard to pinpoint those seminal moments of change. In my mind, it's hard for me to recall when my girls weren't this age. Soon they will be moving out into the world on their own. At ACGC, I know that I am tasked with both honoring the history while simultaneously moving things forward. We miss Susie, Alice, June, Don, and all the others who moved the mission forward. And we embrace the new people who take up the challenge. Of the 34 staff members as of today, only five have been here longer than me.

Very fortunately for the agency, three of them are our senior clinical leadership: Seanna, Julia and Stephen, who (along with Andrea), are the keepers of the clinical “flame.” Renee joined us a year after I came on, and Laura a couple of years after that. All of the

senior leaders honor the legacies of those who came before while putting their unique mark on ACGC.

It's hard to remember when we weren't at the center of trauma-informed care in the community; when our events weren't the best in town and we had a robust development team and ever-expanding support; when we didn't have bi-lingual clinicians comprising over 50% of our clinical staff; or when our data and financial systems weren't integrated, efficient, and dynamic. But none of these things were true in 2010. Looking back, I see the change.

We have renovated our space; re-branded; launched an updated website (twice); started the Trauma Informed Care Consortium of Central Texas; put on two state-wide conferences; increased services in the community and on-site; among many other accomplishments. I'm proud to add these accomplishments on my short timeline to the grand history of the agency.

More change is underway. A few years from now, after we grow our building on the corner of 45th and Lamar, we can reflect back and wonder how we were able to manage with the limited space we had. I wonder about that every day. I will be certain to take a few minutes to reflect back, to help put the change in perspective. If I wait long enough, I might even have a kid or two living back in the house.



Russell A. Smith, LMSW
Executive Director

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Psychiatrist

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Donors: September 1, 2016 - August 31, 2017

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

ACGC Voices for Children Giving Society

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\$250,000

St. David's Foundation

\$100,000 - \$249,999

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\$5,000 - \$9,999

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Congressman Lloyd & Dr. Libby
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Melanie & Charlie Jones
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Frank Schubert, Ph.D.
Sarah Swords

\$1,000 - \$2,499

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Jessica & Eric Boston
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