

Child GUIDANCE CENTER

OF SOUTHERN CONNECTICUT, INC.



Just because you can't see our pain, doesn't mean it's not there.

ANNUAL REPORT

FISCAL YEAR 2018 JULY 1, 2017 - JUNE 30, 2018

Helping Children

Healing Families

Since 1954

MESSAGE FROM

THE BOARD CHAIRMAN AND OUR PRESIDENT

Since our start in 1954, the Child Guidance Center of Southern Connecticut (CGC) has provided mental health services to children and teens in our surrounding communities, regardless of their families' ability to pay. While the words in our mission, the programs we provide, and the challenges we face have evolved through the years, our intentions have never wavered. With help from CGC friends like you, we continue to ensure that services are accessible to children and families in critical need of support.

In the face of declining government and foundation funding, the incidence of children's mental health problems has never been higher. One in five children has a mental health condition and at least 80% of these children go without treatment. Half of all mental illness emerges before the age of 14, and the lifetime economic cost is greater for mental illness than for any other non-communicable disease. Given the staggering emotional and economic costs of mental illness, declining funding is nothing short of a public health crisis. The result of inadequate funding for mental health care can be dire, as suicide is now the second leading cause of death for those ages 10 to 34 years old.

While the decrease in funding poses a significant challenge, it also further motivates our staff to develop and implement solutions that will reach more children and families in need. With funding from a local family foundation, for example, next year we will be opening a walk-in clinic at our West Broad Street office to enable parents to bring their child for an evaluation the same day they call. We plan to grow our medication evaluation and management services, and to expand the range of evidence-based individual and group treatments for a variety of mental health conditions. CGC continues to witness an increased need for children's mental health services in our community and we are ready to meet this need.

Though we receive funding from the State of Connecticut and fees from Medicaid and private insurance companies, this support covers less than 70% of the total cost of providing mental health services. Your contributions make it possible for CGC to continue to provide high quality services for children who are in dire need of mental health care.

Thank you for your continued support of our community's most vulnerable children and families.

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Eliot Brenner, PhD
President and
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MISSION & FINANCIALS

MISSION The Child Guidance Center of Southern Connecticut (CGC) is dedicated to improving the mental and behavioral health of children and teens through treatment, education, and community support.

PRINCIPLES OF PRACTICE CGC is committed to providing the highest quality mental health services regardless of a family’s financial circumstances. Our services are:

- | INDIVIDUALIZED FOR EACH CHILD
- | GROUNDED IN THE ACTIVE ENGAGEMENT OF FAMILIES
- | BASED ON CURRENT RESEARCH AND BEST PRACTICE
- | CULTURALLY RESPECTFUL AND RESPONSIVE
- | STRENGTHS-BASED, PROMOTING RESILIENCE AND INDEPENDENCE

CORE VALUES As employees of CGC, we demonstrate the following core values in our interactions with clients, colleagues and community partners:

- INTEGRITY** | SHOW DEVOTION TO WHAT IS RIGHT, HONEST AND JUST
- RESPECT** | TREAT OTHERS WITH DIGNITY
- CARING** | BE KIND AND HELPFUL
- EXCELLENCE** | STRIVE FOR PROFESSIONAL DISTINCTION AND GROWTH
- DIVERSITY** | RESPECT INDIVIDUAL AND GROUP DIFFERENCES



REVENUE

Government Grants	\$2,360,754
Fees for Service	1,192,523
Individual Contributions/Special Events	1,040,509
Corporations/Foundations/Non-Government Grants	488,162

OPERATING REVENUE \$5,081,949

EXPENSE

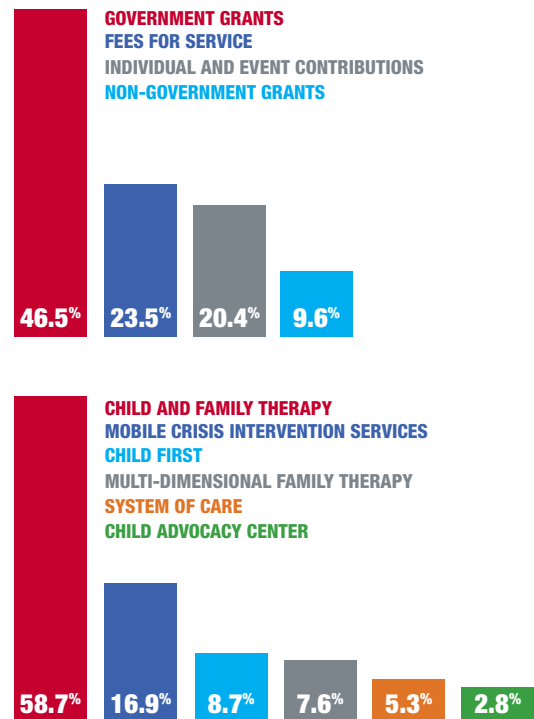
Child and Family Therapy	\$2,951,859
Mobile Crisis Intervention Services	849,0088
Child First	439,276
Multi-Dimensional Family Therapy	384,002
System of Care	267,000
Child Advocacy Center	140,957

OPERATING EXPENSE* \$5,032,101

Operating Surplus 49,848

* Includes operating expenses for services provided to crime victims of 398,755

For Fiscal Year 2018



PROGRAMS & SERVICES

Using a child-centered, family-focused approach, our programs serve children struggling with a range of challenges, such as depression, anxiety, and developmental delays. We are committed to enhancing access to evidence-based treatments in our communities.

Crisis services target children at the highest risk for injury, abuse, or trauma:

- **Mobile Crisis Intervention Services** are provided 365 days a year to stabilize critical situations and prevent suicide, violence, and dangerous behaviors;
- **Child Advocacy Center** provides a child-friendly environment where child victims of physical abuse, sexual abuse, and neglect are interviewed for forensic purposes and are connected with mental health, advocacy and medical services.

Specialized treatment programs target children of certain age groups and diagnostic categories to foster healthy development:

- **Child and Family Therapy** provides a range of clinic-based assessment and treatment services (ages 3-18);
- **Multi-Dimensional Family Therapy** offers intensive, in-home child and parent treatment for youth abusing alcohol or drugs and engaging in delinquent or dangerous behaviors (ages 9-18);
- **Child First** offers intensive, in-home parent/child therapy and care coordination focused on decreasing the harmful effects of trauma and deprivation on early development (ages prenatal-6).

Additionally, we offer services that further ensure the stability of children and teens:

- **System of Care** helps families with complex needs access integrated services;
- **Developmental Evaluations and Psychological and Neurological Assessments** help identify and design a plan to address developmental, learning and neuropsychological concerns;
- **Community Emergency Response** offers on-site counseling for emergencies impacting large groups in the community, including natural disasters, suicides and school violence;
- **Preventative Services** such as community education workshops and consultation services to schools and child-serving agencies, advance best practices in the field of children’s mental health.

OUR DEMOGRAPHICS

Numbers Served by Program

CRISIS PROGRAMS

Mobile Crisis Intervention Services	686
Child Advocacy Center	101

SPECIALIZED TREATMENT PROGRAMS

Child and Family Therapy	998
Child First	44
System of Care	43
Multi-Dimensional Family Therapy	31

PREVENTION SERVICES

Consultation Services	213
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LOW-INCOME FAMILIES82%

AGE GROUPS

Birth to 5	10%
6 to 11	32%
12 to 17	56%
18+	2%

ETHNICITY OR RACE

Hispanic/Latino	49%
Caucasian	23%
African American/Black	18%
Biracial/Other	7%
Asian/Pacific Islander	3%

GENDER

Female	50%
Male	50%

OUR IMPACT

CGC clinicians are all specially trained to treat children and teens struggling with various types and intensity levels of mental and behavioral health issues. Like Jasmine*, who at 5 years old came to us due to behavioral issues at home and in the classroom; or Leo*, a 13 year old boy who struggled with depression that led him to withdraw from family and friends; or Cassidy*, a teen who struggled with suicidal thoughts. No matter the issue, our staff of qualified mental health professionals help children and families from all walks of life overcome and manage their challenging circumstances.

Meet Michael

Michael*, at 17 years old, had a history of severe physical abuse and neglect. While some children develop and demonstrate extraordinary resilience in the aftermath of these experiences, many, like Michael, struggle with significant distress or develop psychological difficulties that can be serious or long-lasting. After being released from a psychiatric hospital due to experiencing suicidal thoughts, he was referred to CGC.

Knowing that Michael had a history of ending treatment prematurely with other mental health agencies, he was offered a trauma informed

treatment which is an effective intervention for children who have significant psychological symptoms following abuse or neglect.

During 10 months of treatment, Michael had no instances of suicidal thinking that necessitated hospitalization or crisis services, and he consistently attended his treatment sessions at CGC. Whenever he started to think about suicide, he'd put into practice the safety plan he and his clinician agreed to. Michael worked hard to improve his relationships with family members and school staff and, as a result, now has a better support system.

** identifying information has been changed to protect the privacy of the child and family.*



93% of parents surveyed reported improvement in the problems for which they sought help



94% of parents surveyed reported feeling more confident in meeting their child's specific needs



95% of emergency mobile crisis calls were responded to onsite within 45 minutes



98% of parents surveyed reported overall satisfaction with services

Watch CGC's new video, *Hope for Kids with Mental Illness*, to see how we help heal children struggling with mental or behavioral challenges.

www.childguidancect.org

OUR SUPPORTERS

We are grateful to our supporters who make it possible for us to continue to provide mental health services to children, regardless of their families' ability to pay

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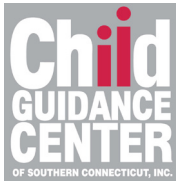
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We apologize for any errors or omissions.



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 Stamford, CT 06902
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Other service locations

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 83 Lockwood Avenue, Stamford, CT 06902
 81 Holly Hill Lane, Greenwich, CT 06830

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NATIONAL CHILDREN'S ALLIANCE®



CGC's Gala held on Saturday, May 5, 2018, netted a record-breaking \$727,000. Every year, CGC's gala committee executes an elegant and enjoyable benefit and celebrates the children and families we've helped to heal.

Thank you to everyone who made this gala the best one yet!



Help Us Help Others Now and In The Future. Please Give!

Help a child live a productive life. Help a family thrive. Help build a strong community.
 Use the enclosed envelope to send your gift today.
 For online donations visit www.childguidancect.org/give.
 Thank you for your support.

88% of every donation CGC receives goes directly to providing mental health treatment services for children

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