



2015

ANNUAL REPORT

MESSAGE FROM THE CHAIRMAN

Dear Friends,

In each of our lives and in the life of every organization, there are transitions that prompt reflection on both accomplishments and aspirations for the future. Sherry Perlstein's planned retirement at the end of December following 29 years as President and CEO is one such occasion.

The lives of nearly 3,000 children were impacted this year through our mental health treatment, support, and outreach programs – a particularly astounding figure when compared to the 805 clients helped when Sherry first joined the agency in 1986! During her tenure, CGC blossomed from a highly respected single-site, one-program treatment center to a wide-reaching agency implementing the most innovative approaches in children's mental health care. Accessibility grew with five community offices and programs became more responsive with 7-day a week emergency mobile capacity and off-site services that bring our expertise directly into families' homes, schools, and other agencies.



Chairman of the Board
Jay H. Sandak

Under Sherry's direction, CGC launched its first teen crisis program. Evolving into a sophisticated Emergency Mobile Psychiatric Services team, it is now an integral part of a statewide network providing critical services to children of all ages. We subsequently introduced two intensive in-home programs to treat families with the most severe needs, one for babies and toddlers and the other focusing on youth involved in drug and alcohol abuse.

Recognized with our community partners for developing the first nationally accredited Child Sexual Abuse Response Team in Connecticut, it has become the model for collaboration between police, child protective services, courts, victim advocates, and mental health professionals. When CGC was selected by the State to develop the Local System of Care, it changed our approach to family engagement across all agency programs. These care coordination services encourage parents to focus not only on their child's mental health, but on resolving the stressors and concrete concerns that affect their family.

While reflecting on these achievements, we have also completed a thorough organizational analysis. Our national search for the agency's new leader sparked vigorous conversation around CGC's identity and our direction for the future. As we seek the next President and CEO, we are confident we will appoint a brilliant successor with the qualities and ambition required to blaze CGC's trail into the years ahead.

A handwritten signature in blue ink, appearing to read 'J. Sandak', with a stylized flourish at the end.

Jay H. Sandak
Chairman, Board of Directors

MISSION

The Child Guidance Center of Southern Connecticut is dedicated to reducing emotional suffering and dysfunctional behavior, strengthening families, and helping each child and adolescent achieve his or her highest potential. We provide specialized outpatient services to children and adolescents to treat psychological, behavioral, developmental, social and family problems in a professionally staffed mental health facility and at homes, schools and other community locations.

MESSAGE FROM THE PRESIDENT



President, Chief Executive Officer
Sherry Perlstein, MSW

Dear Friends,

On a beautiful spring day in 1986, with the azaleas in bloom, I walked into the recently built Child Guidance Center facility on West Broad Street for the first time. Bracing for a day of interviews for the position of Executive Director, I was warmly greeted by the receptionist and noted the building's bright, welcoming design. My strong first impression was, "this is an agency that cares about its patients and values its staff."

For 29 years, I have strived to uphold that sense of caring and have been fortunate to work with Board and staff members who consistently demonstrate intelligence, skill, and passion for our mission and values. Providing clinical expertise, compassion, and respect for the culture and values of the families who turn to us for help, we now reach nearly 3,000 children a year. With 1 in 5 children needing professional mental health services and preventable deaths from suicide, accidents, and homicide the most prevalent causes of death for young people, it is crucial that we continue to expand in order to secure a better future for more children and families who need our help.

CGC has maximized the impact of available resources, streamlining internal processes and building strong collaborative relationships with other community agencies. Partnerships have made us more effective and efficient in meeting the multiple needs of families. To better manage an agency with a broad array of services, this year we restructured oversight of our clinical programs to strengthen our teams and enhance training and support for our staff.

In the last decade, CGC's use of technology has improved all aspects of fiscal and operational management while supporting a state of the art, secure electronic record system. The ability to analyze electronic clinical data informs practice, allows us to benchmark against similar providers and facilitates continual course corrections to maximize the quality and cost effectiveness of our services.

As I prepare for my departure at the end of December, I am profoundly aware of how privileged I have been to engage in work that has been so meaningful and personally rewarding. I am grateful to the community of donors who have cared deeply and contributed so generously to help children and families find their way to a happier today and more secure and fulfilling future.

I am completely confident the wise and committed Board of CGC will select a new CEO with the heart, vision and expertise to continue the agency's 61 year legacy of excellence and compassion. I know that change is both challenging and exciting, but I leave behind a consummate senior management team who will work with the new CEO to assure the continued growth and quality of CGC.

A handwritten signature in cursive script that reads "Sherry Perlstein".

Sherry Perlstein, MSW
President, Chief Executive Officer

2015 AT A GLANCE



2,951
Youth Served



95%
Parenting with
More Confidence



95%
Mobile Crisis Response
Under 45 Minutes



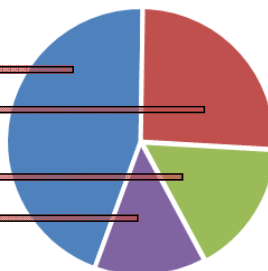
84%
Academic
Improvement

FINANCIAL REPORT

CGC is committed to building a financial base that enables the agency to achieve long-range sustainability and thrive as a center of excellence in the community.

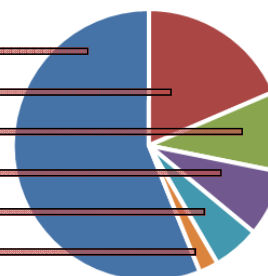
REVENUE

Government Grants	\$2,123,863	44.7%
Fees for Service	1,219,759	25.6%
Corporations/Foundations/ Non-Government Grants	772,348	16.3%
Individual Contributions/Special Events	636,390	13.4%
OPERATING REVENUE	\$4,752,361	100.0%



EXPENSE

Child and Family Therapy*	\$2,737,519	56.2%
Emergency Mobile Psychiatric Services*	903,446	18.5%
Child First	468,434	9.6%
Multi-Dimensional Family Therapy	382,458	7.8%
System of Care	272,961	5.6%
Child Sexual Abuse Response Team	111,597	2.3%
OPERATING EXPENSE	\$4,876,414	100.0%



Operating Surplus/(Deficit)\$ (124,053)

* Includes operating expenses of \$382,358 for services provided to crime victims
September 2015 Unaudited

2015
FISCAL YEAR

Together, We Can Make a Difference

Make Your Donation Today

Use the enclosed envelope or visit www.childguidancect.org/waystodonate.htm

Consider Your Lasting Impact

Together, you and your neighbors have built this community. Together, you can also do something profound to sustain it and help create resources for generations of children to come. Think of your community as one of your heirs and designate the Child Guidance Center as a beneficiary.

Just as a child's journey starts today, so can your legacy. There are many ways you can plan for the future. Some of the options for creating a lasting impact include:

- Gift Annuities
- Bequests / Revocable Living Trusts
- Life Insurance (Beneficiary Designation)
- Retirement Plans / IRAs (Beneficiary Designation)

For more information please contact our Development Department at (203) 517-3320.



YOUR LEGACY. THEIR FUTURE.

A child's mental health impacts major aspects of their daily life and healthy development. Some of our patients have a family history of mental illness that predisposes them to developing similar conditions. Others struggle with anxiety, anger, sadness and fear. Some arrive at our door because they have difficulty coping with life changes like switching schools, moving to a new community, or their parents separating. Others are traumatized by abuse, the death of someone close to them, or violence in their home or community.

We work with children and their families to overcome roadblocks to a secure and fulfilling life, helping them develop the internal resources and skills to independently manage challenges in the future.

Client Symptoms and Challenges:

Among clients served last year...

- **37%** had academic functioning problems
- **32%** were suicidal or contemplated suicide
- **27%** had been physically abused, sexually abused or neglected
- **17%** had previously inflicted injuries on themselves
- **6%** had made prior suicide attempts



Alexa had been experiencing intense thoughts of suicide when our Emergency Mobile Psychiatric Services team met with her at school. She had a history of self-harm - our clinicians were concerned for her welfare and we immediately assessed for her safety. Together with Alexa and her parents, we developed a plan to keep her safe that used simple tools to cope with despair, like listening to her favorite singer.

Once her highest risk symptoms were under control, Alexa transferred to our Child and Family Therapy program, working with her therapist to explore underlying issues that triggered strong emotions: family conflict, trouble with peers, and feeling unloved and unlovable. As she healed, Alexa remarked, "I would never hurt myself again, now that someone else understands how I feel. Now, I know that someone can help me and I can get better."



After Mark started fighting with his 4th grade classmates, his school referred him to CGC. Mark's troubles followed him from school to home, where he had tantrums at bedtime and wrestled aggressively with the family's pet dog. At school, he had trouble fitting in with his peers and was falling behind academically.

Although several family members had been diagnosed with mental health disorders, treatment was a new experience for Mark and his mother, Kristen. As Mark made progress in treatment, Kristen became better able to help him manage his frustration before his anger got out of control. Together, she and Mark's therapist advocated for a special education plan providing him with the one-on-one attention that he needs at school.



Renee enrolled in our Child First program with her two year old son, Tim. She struggled with severe depression and during their first in-home session, they barely interacted with each other. There was little affection, play, or talk. Tim rarely looked to his mother for attention and showed delayed motor skill and language development.

Renee was relieved to have the Child First team working alongside her at home. They helped her talk about her sadness and fear while giving her the space she needed to understand and improve her relationship with Tim. More confident as a mother, Renee is now active in playing with and encouraging Tim. Related to their deeper connection, Tim's motor skills, language development, and social interaction have significantly improved. With greater affection and a stronger bond, Tim and Renee have made wonderful progress together.

WHO WE SERVE

PROGRAM..... # SERVED

Child and Family Therapy*	1,092
Child First Program.....	35
Child Sexual Abuse Response Team	95
Community Consultation Services.....	282
Community Education Services.....	605
Emergency Mobile Psychiatric Services*	674
Community Emergency Response Program.....	66
Community Policing Partnership	22
Multi-Dimensional Family Therapy	38
System of Care.....	42
Total	2,951

GENDER

Male.....	50%
Female.....	50%

AGE

Birth–5	25%
6–11	27%
12–17	47%
18+	1%

ETHNICITY

Latino.....	44%
Caucasian/White	29%
African American/Black.....	22%
Bi-Racial/Other	4%
Asian.....	1%

*The statistics for services provided to 474 crime victims are incorporated in the Child and Family Therapy and Emergency Mobile Psychiatric Services programs.

89%



The percentage of our clients from low-income households

Thanking Sherry Perlstein for 29 Years of Leadership: The Fund for Professional Excellence



“CGC’s commitment to excellence is realized through the skill and commitment of staff at every level in our agency. We continually strive to support competitive staff compensation to better reflect the true value of our professionals. I am honored that CGC has elected to establish a fund in my name.

The most valuable resource that we provide to our clients is not something fully tangible – it is the kind, empathetic ear of a highly qualified professional, or the warm welcome they receive when they take the brave step of walking through our doors. ”

-Sherry Perlstein

On behalf of CGC’s Board of Directors, staff, and the thousands of children we have helped, thank you to Sherry Perlstein for tirelessly advocating for children’s most urgent mental health needs and championing an organizational culture of excellence. Please help us honor Sherry and her leadership’s lasting impact.


Your gift to the **Sherry Perlstein Fund for Professional Excellence** will ensure that our community’s youth will continue to be served by an agency staffed by the best, brightest, and most dedicated professionals committed to helping children and families in need.

CGC offers a broad range of individualized mental health assessment and treatment services, tailored to meet the needs of each child and family.

Crisis Programs

Crisis programs target children at the highest risk for injury, abuse, or lasting psychological damage from a traumatic experience:

- **Emergency Mobile Psychiatric Services** are provided 7 days a week to stabilize critical situations and prevent suicide, violence, and irreparable damage.
- **Child Sexual Abuse Response Team** integrates criminal justice and protective services investigations and provides mental health, physical health, and advocacy services.
- **Community Policing Partnership** provides outreach to child victims and police-identified high risk children.
- **Community Emergency Response** offers on-site counseling for emergencies impacting large groups in the community.




My daughter is so much more confident in herself now! She has really overcome a lot. Thank you.

Specialized Treatment Programs

Specialized treatment programs target children of different age groups and diagnostic categories to foster healthy development while diminishing detrimental psychiatric symptoms and problematic behavior:

- **Child and Family Therapy** provides a range of clinic-based diagnostic assessment and treatment services, individualized for each patient (ages 3-18).
- **Multi-Dimensional Family Therapy** provides 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** is an intensive in-home parent/child therapy and care coordination program focused on decreasing the harmful effects of trauma and deprivation on early development (ages prenatal-6).
- **System of Care** helps families of seriously emotionally disturbed children access integrated services to safely maintain children at home.




I loved the staff. Their services were perfectly suited for our child. Thank you for getting to know us and what we need help with.

Prevention Programs

CGC delivers preventive services that benefit the public and advance knowledge, understanding, and best practices in the field of children's mental health:

- **Community Education** workshops are provided to the general public and professionals working with children to increase understanding of healthy child development and early identification of mental health problems.
- **Consultation Services** are available to schools and youth serving agencies to help them more effectively respond to children's mental health needs.



The services we received at CGC have been life saving. I would recommend them to anyone who needs help.

Collaborations with other community providers such as schools, police, doctors, and hospitals enable us to provide more comprehensive, wraparound services. Similarly, our partnership with donors enables us to bridge the gap between what it costs CGC to provide services and what families are able to pay. Together we make a difference in the lives of children, assuring that when a child is struggling, help is not delayed.

\$100,000+

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Viking Global Foundation

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Louie's Italian Restaurant and Bar
Lynn, Gartner, Dunne & Covello, LLP
Madonia Restaurant
MLB Players Association
National September 11 Memorial & Museum
Judy and Joe Nemec
New York Yankees
Noelle Spa for Beauty and Wellness
One Twenty Three Restaurant
Gregg Padilla
Michael Parry
Jeannine Phelan
Prime Time Limo
Larry Rosenberg
Christopher Russo
Sam's Wine & Liquor
South End Restaurant
Splurge Unique Gifts
Spotted Horse
Stamford Downtown Special Services District
Star Liquors
Starr Restaurants
Michael Stein
Sterling Equities
Michael Stone
Table 104 Osteria-Bar
Tao Restaurant
Team Epic
Mark Teixeira
Thomson Reuters
The Tonight Show with Jimmy Fallon
Patty and Andy Toth
Travelers Championship
Toddy and Tom Turrentine
Valbella Restaurant
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We apologize for any errors or omissions.
Please contact the Development Department
with any concerns.

Come Play...

It's Opening Day!

Thanks to our loyal supporters, this year's annual gala was a phenomenal success! With the theme Come Play!... It's Opening Day, the evening captured the excitement and hopes of children hitting the baseball field for their first game of the season.

More than 250 guests enjoyed fine dining, dancing, music, and a thrilling array of auction items. All proceeds help ensure that CGC's professional expertise and compassionate support will be available when families need help to change – or even save – their child's life.



Save the Date!

Next year's event will be held on **Saturday, April 30th, 2016**
<http://childguidancect.org/comeplay.htm>



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Stamford, CT 06901
203-324-6127 • www.childguidancect.org
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Please note that images in this report do not depict actual patients to ensure privacy and confidentiality*