



Annual Report

Fiscal Year 2016

July 1, 2015 - June 30, 2016



*Helping Children
Healing Families
Since 1954*

MESSAGE FROM THE BOARD CHAIRMAN



Dear CGC Friends,

2016 was a year filled with change for the Child Guidance Center of Southern Connecticut (CGC). With the retirement of Sherry Perlstein, who led CGC as our CEO for nearly 30 years, the Board of Directors conducted a comprehensive needs assessment and a national search to select the best candidate to continue to grow and adapt the agency to the changing needs of our communities. We know we chose the right candidate in Dr. Eliot Brenner, a clinical psychologist and seasoned nonprofit leader.

CGC touched the lives of over 3,000 children this year. The record number of children our agency served highlights the mental health needs of our region. As we celebrate the goals we achieved, the families we helped, and the children we saved, it's important to recognize that this number only represents a small fraction of those in need of mental health support. These are difficult times due to state budget cuts and increased symptom severity in young children. Despite the challenges, I have no doubt that CGC will prevail because we have amazing community supporters, a strong board, and dedicated staff.

The strength of CGC's Board of Directors comes from a combination of the unwavering support of its legacy members and the addition of new board members. Our Board of Directors has implemented a strategic approach to how we govern— broadening our understanding of the mental health needs of our communities, the function of each CGC program in meeting those needs, and the role of each staff member in fulfilling our mission to address those needs. With that understanding in meeting those needs, the role of our board is to provide the necessary support to those on the front lines, ensuring they have the tools necessary to help children and their families thrive.

Each board member recognizes that our agency positively impacts so many lives because of the passion and dedication each CGC staff member displays. Their level of experience, professionalism, and commitment to improving the lives of each child and family who requests help is truly unparalleled. The achievements of CGC's staff are not merely measured by the number of lives they touch, but also by the significant improvement each child helped achieves. It's a privilege and honor to support these unsung heroes, as they have gained the unflinching trust of each board member.

While CGC has accomplished many feats, there's still room to grow and improve. With the support of our communities, the strength of our board, and the experience and professionalism of our staff, I'm confident our agency will continue to deliver programs and services to effectively meet the growing needs of our region's youth.

Thank you for your ongoing support.

A handwritten signature in black ink, appearing to read "Jay H. Sandak". The signature is fluid and cursive, written over a white background.

Jay H. Sandak
Chairman, Board of Directors



Nationally, one-in-five
children has a mental illness

MESSAGE FROM OUR PRESIDENT

Dear Valued Supporters,

On my first day at the CGC, I remember feeling inspired by the accomplishments of my predecessor, Sherry Perlstein. For 30 years she nurtured and cultivated this premier mental health agency that serves children ages birth to 18. Every day, I strive to maintain the legacy Sherry built. It's crucial to our agency's success and sustainability to adapt to changing times to meet the needs of our communities' youth.



As we navigate through the challenge of state budget cuts, we realize the importance of better communicating the quality of our services to children and families. After evaluating our agency's performance I've established two goals:

- Continue to provide value to those we serve and to our funders by enhancing the measurement of all agency services; and
- Engage in greater community outreach to ensure our services are accessible to all who are in need.

It's crucial that we continue to fine-tune how we track and measure our performance to improve our treatment services. With one-in-five children needing professional mental health care, we must also make a greater effort to increase our visibility in the towns we serve, ensuring that all families in Stamford, Greenwich, Darien and New Canaan are aware of our services.

Since I've began at CGC, we have updated our mission, principles of practice, and core values so to make the purpose of our organization more clear to our clients, supporters, and the community at large. By using less clinical language in our messaging we are able to enhance communication with our community members.

In addition, CGC developed and executed a new recruitment plan to continue to attract the best qualified staff. This will allow us to provide timely service for even more children and families.

During my first year at CGC, I've had the wonderful opportunity to work with an extremely talented staff and an incredibly dedicated Board of Directors. As our agency evolves to better meet the mental health needs of children and teens, I have no doubt we will continue to provide the high quality care that our communities deserve.

Thank you.

A handwritten signature in black ink, appearing to read 'Eliot Brenner'.

Eliot Brenner, PhD
President, Chief Executive Officer

Only 20% of children in CT with mental health issues have access to care



MISSION, PRINCIPLES & VALUES

88%

of families CGC serves are low income

99%

of families require CGC subsidy to cover cost of care



Our 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.

Our Principles of Practice

The Child Guidance Center of Southern Connecticut is committed to providing the highest quality mental health services regardless of a family's financial circumstances. Our services are:

1. Individualized for each child
2. Grounded in the active engagement of families
3. Based on current research and best practice
4. Culturally respectful and responsive
5. Strengths-based, promoting resilience and independence

Our Core Values

Here at 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

PROGRAMS & SERVICES

CGC offers a broad range of 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 trauma:

- **Emergency Mobile Psychiatric Services** are provided 365 days a year to stabilize critical situations and prevent suicide, violence, and dangerous behavior
- **Child Advocacy Center** provides a children-friendly, neutral environment in which children who have experienced physical abuse, sexual abuse, and neglect are interviewed for forensic purposes and are connected with mental health, advocacy and medical services
- **Community Policing Partnership** provides outreach services 365 days a year for child victims and high risk children identified by the police
- **Community Emergency Response** offers on-site counseling for emergencies impacting large groups in the community, including natural disasters and school violence



Specialized Treatment Programs

Specialized Treatment Programs target children of certain age groups and diagnostic categories to foster healthy development and reduce 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** 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)
- **System of Care** helps families of seriously emotionally disturbed, abused or neglected children meet complex needs by accessing integrated services



Prevention Programs

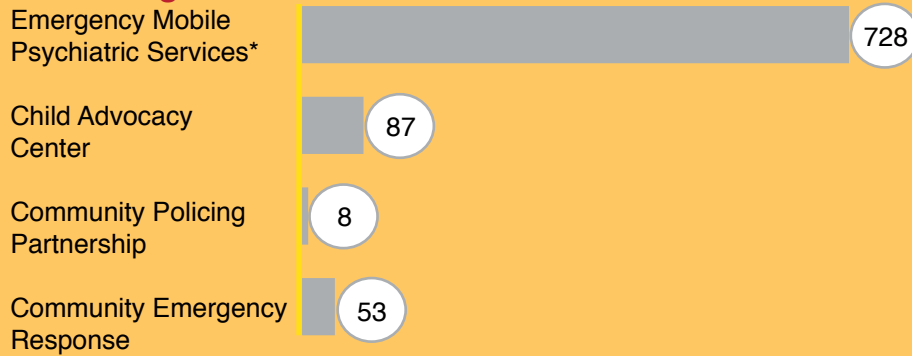
Prevention Programs benefit the public and professionals working with children, by advancing best practices in children's mental health via:

- **Community Education** workshops
- **Consultation Services** to schools and agencies serving youth

OUR DEMOGRAPHICS

Numbers Served by Program

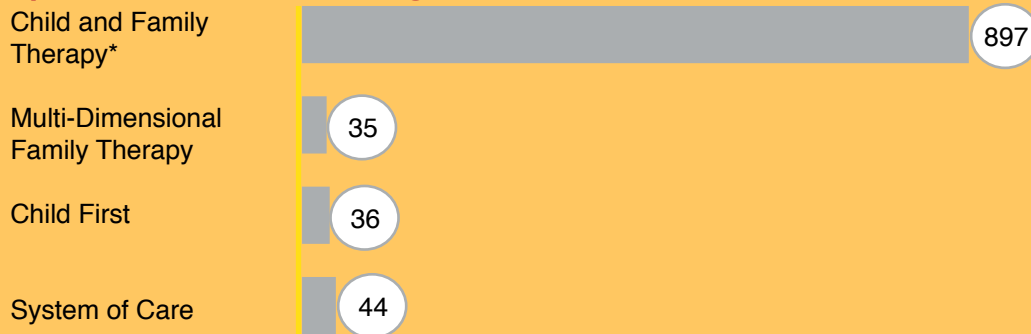
Crisis Programs



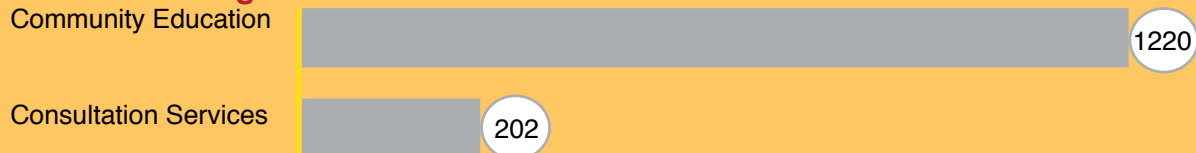
3,310
Children and
Teens Served

An Additional
4,303
Parents Served

Specialized Treatment Programs

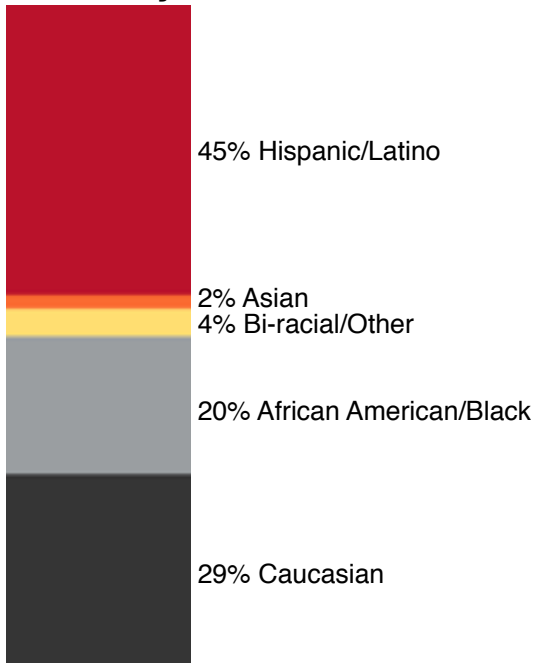


Prevention Programs

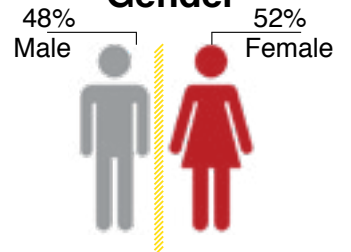


* Services provided to 432 crime victims are included in the Emergency Mobile Psychiatric Services and Child and Family Therapy programs.

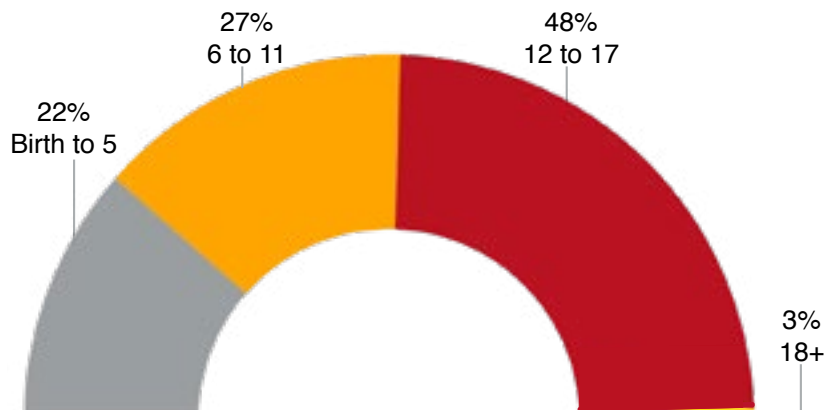
Ethnicity



Gender



Age Groups



OUR IMPACT

95%

of parents felt more confident in meeting the needs of their child

99%

of parents were satisfied with CGC's services



Vivian, age 13, the oldest of three children, was referred to CGC by her parents due to her drug and alcohol use. Once an honor student who loved sports, they were alarmed to see such drastic changes in their daughter. Vivian began to withdraw from her family. She was associating with a different group of friends, sneaking out at night, and using drugs and alcohol. To her parents, Vivian wasn't the sweet little girl they had raised.

Vivian and her family were referred to CGC's Multi-Dimensional Family Therapy (MDFT) program. A clinician visited the home to provide treatment sessions. In counseling, Vivian was diagnosed with depression and anxiety. When she opened up about her feelings, the clinician learned that Vivian's behaviors had changed after her mother started working full-time. Vivian felt her parents were completely unavailable to her due to their demanding schedules. When her parents were home, Vivian felt they were too busy arguing with each other to care about what she was doing. To cope, Vivian started engaging in destructive behaviors. She gave up on her parents because she thought they'd given up on her.

The MDFT clinician worked with Vivian to find healthy ways of expressing and managing her feelings. Her parents learned how to communicate more effectively with their children. A CGC Care Coordinator connected Vivian's parents with a marriage counselor to help them find healthier ways of communicating with each other.

After five months in the MDFT program, Vivian stopped using drugs and drinking, and her grades improved. The family started to communicate with one another in a more positive and respectful manner. Vivian's parents changed their work schedules so they could spend more time with each other and with their children.

OUR FINANCIALS

REVENUE

Government Grants	\$ 2,237,481	47.0%
Fees for Service	985,586	20.7%
Corporations/Foundation/Non-Government Grants	794,671	16.7%
Individual Contributions/ Special Events	741,722	15.6%

OPERATING REVENUE **\$ 4,759,460** **100.0%**

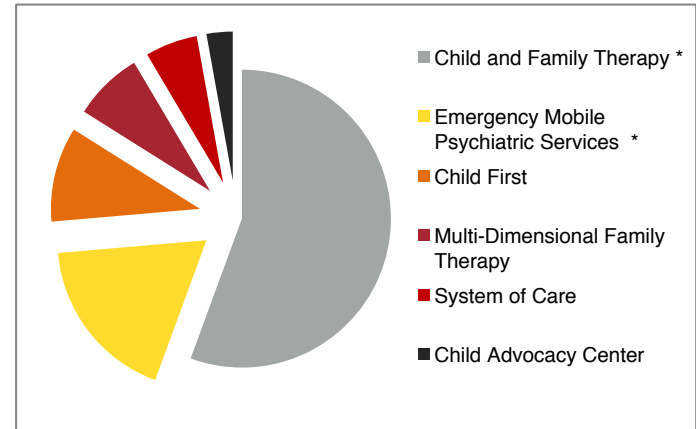
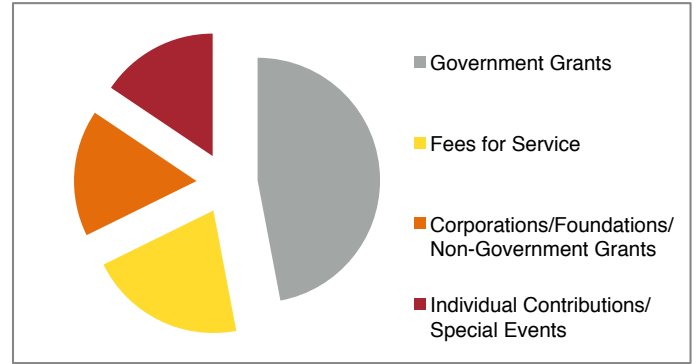
EXPENSE

Child and Family Therapy *	\$ 2,608,479	55.6%
Emergency Mobile Psychiatric Services *	845,741	18.0%
Child First	483,508	10.3%
Multi-Dimensional Family Therapy	354,305	7.6%
System of Care	266,470	5.7%
Child Advocacy Center	132,967	2.8%

OPERATING EXPENSE **\$ 4,691,469** **100.0%**

Operating Surplus **\$ 67,991**

*Includes operating expenses of \$378,425 for services provided to crime victims



September 2016 Unaudited

OUR SUPPORTERS

We are grateful to our supporters who help us make up the difference between what it costs CGC to provide mental health services and what families can afford to pay. Thank you for making a difference in the lives of children, teenagers, and their families.

\$200,000+

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\$100,000+

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Elizabeth Ortiz-Schwartz, MD, Medical Director	

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Psychology Postdoctoral Fellow

Alexis Herman, PsyD

Psychology Interns

Stephanie Helwig, PsyD Candidate	Talli Hitt, PsyD Candidate	Gerald Reid, PsyD Candidate
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Social Work Interns

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