



# ANNUAL REPORT

FISCAL YEAR 2017 JULY 1, 2016 - JUNE 30, 2017

*Helping Children*

*Healing Families*

*Since 1954*



# MESSAGE FROM

## THE BOARD CHAIRMAN AND OUR PRESIDENT

Anxiety, depression, trauma, and abuse affect children in all our communities. At the Child Guidance Center of Southern Connecticut (CGC), we serve children from a wide range of backgrounds, because mental illness does not discriminate by ethnicity, race, income or education.

We are profoundly grateful for your support of our mission. Because of you, this year CGC helped more than 3,200 children and their families in critical need of mental health services.

As the incidence of children's mental illness increases locally and nationally, there continues to be a demand for all levels of treatment. In Connecticut, the demand for outpatient services has never been greater, with the state and hospital systems eliminating many psychiatric beds and residential treatment centers, and having capped enrollment on in-home treatment programs. Beacon Health Options, Connecticut's Medicaid administrative service organization, recently reported that between 2010 and 2015, children's outpatient admissions increased 27%. CGC steadily receives requests from families, community agencies, and schools to provide treatment for youth and their families who would most likely benefit from higher levels of care. The demand for outpatient services in the towns we serve (Darien, Greenwich, New Canaan and Stamford) is particularly intense as there are no child psychiatric beds in our area.

Likewise, the need for our Mobile Crisis Intervention Services has never been greater. With the release of the Netflix series "13 Reasons Why" we witnessed a 38% increase in the fourth quarter of FY17 of the number of children and teens we served who were at risk of harming themselves.

Although our overall revenue increased from last years report, it was outpaced by the cost of providing services. Like most small businesses, we sustained a significant increase (28%; \$100,000) in our healthcare premium. To offset expenses, we cut administrative staff and implemented several changes in the way we deliver clinical services that have enabled us to increase the productivity of clinical staff so they can serve more children and families.

These changes in service delivery will improve client engagement and provide staff with the support they need to help more children. At the same time, we focused heavily on improving data collection and management to be able to report outcomes with greater accuracy. The changes will better position us to continue to serve more children and families and improve client outcomes in the years to come.

The grants we receive from the State of Connecticut and the fees paid by Medicaid, private insurers and patients cover less than 70% of the cost of providing our services. More than 30% of our revenue is from individual donations, private foundation grants, corporate supporters, and events. In other words, we simply cannot provide essential mental health services for children without the generous support of people like you.

Thank you for your support in allowing CGC to continue to provide critical services to children and families in our community.



Jay H. Sandak  
Chairman 2014-2017  
Board of Directors



Eliot Brenner, PhD  
President,  
Chief Executive Officer

# MISSION, PRINCIPLES & VALUES

**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.

**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.

**PRINCIPLES OF PRACTICE** CGC 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





# 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.

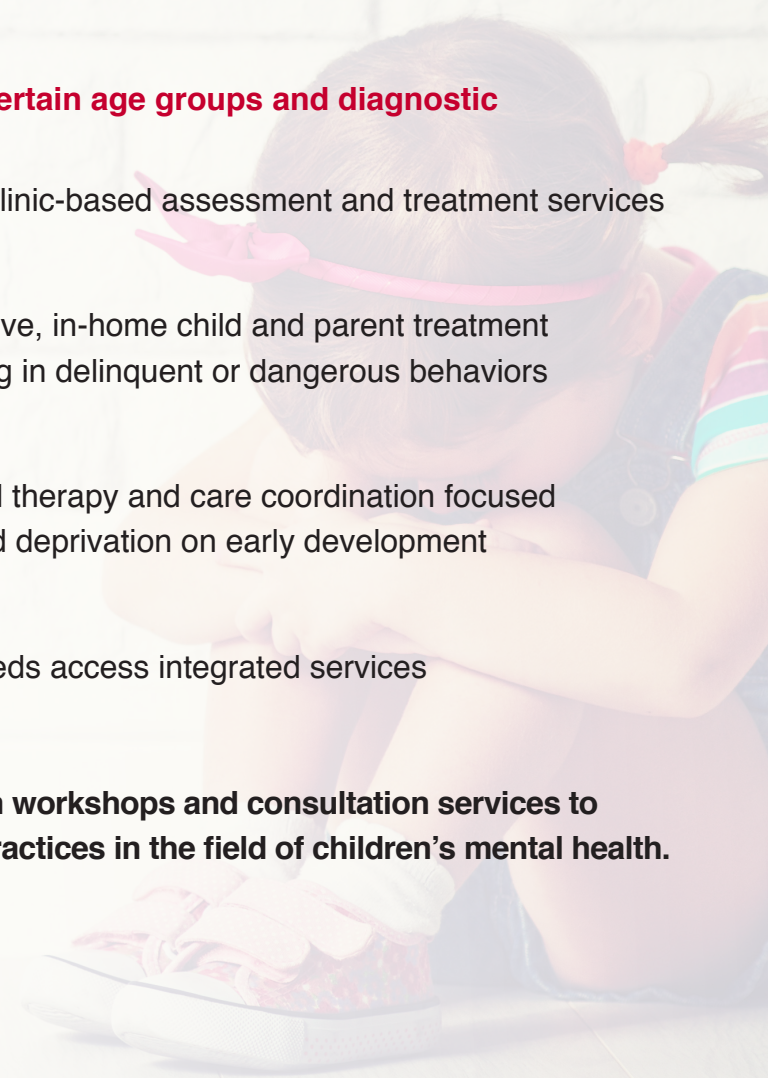
## **Crisis services target children at the highest risk for injury, abuse, or trauma:**

- Mobile Crisis Intervention Services (formerly known as Emergency Mobile Psychiatric Services or EMPS) are provided 365 days a year to stabilize critical situations and prevent suicide, violence, and dangerous behaviors
- Child Advocacy Center (formerly known as Sexual Abuse Response Team or SART) provides a child-friendly environment where child victims of physical abuse, sexual abuse and neglect are interviewed for forensic purposes and connected with mental health, advocacy and medical services
- Community Emergency Response offers on-site counseling for emergencies that impact large groups in the community, including natural disasters and school violence

## **Specialized treatment services 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)
- System of Care helps families with complex needs access integrated services

**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 FINANCIALS

## REVENUE

Government Grants .....	\$2,372,848
Fees for Service .....	1,043,609
Corporations/Foundations/Non-Government Grants .....	839,472
Individual Contributions/Special Events .....	722,878
Board-Designated Funds.....	100,000

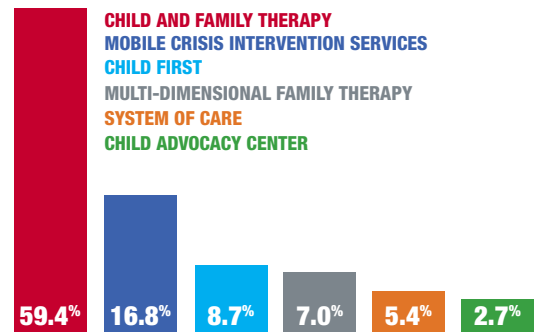
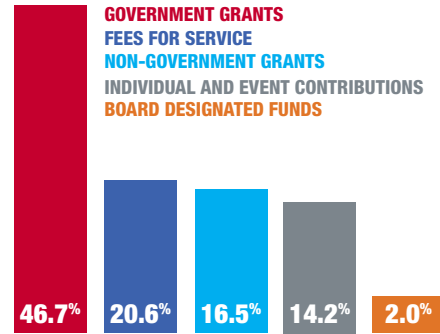
**OPERATING REVENUE** ..... **\$5,078,807**

## EXPENSE

Child and Family Therapy .....	\$3,162,819
Mobile Crisis Intervention Services .....	895,868
Child First .....	464,155
Multi-Dimensional Family Therapy .....	374,537
System of Care .....	288,346
Child Advocacy Center .....	143,691

**OPERATING EXPENSE** ..... **\$5,329,416**

September 2017 Unaudited



Board members  
Margaret O'Neal and  
Sharad Samy with  
CFO Jennifer Knebel  
at the A Derby Affair 2017



First Selectman Peter Tesei and  
President/CEO Dr. Eliot Brenner celebrate  
the opening of our new Greenwich office.  
Located at 81 Holly Hill Lane this space will  
enable CGC to better serve the needs of our  
Greenwich clients and build a greater  
presence within the community



Clinical Director Dr. Jessica Welt  
and Director of Psychology Training  
Program Dr. Julie Ringelheim

# OUR DEMOGRAPHICS

## Numbers Served by Program

### CRISIS PROGRAMS

Mobile Crisis Intervention Services .....	499
Child Advocacy Center .....	110

### SPECIALIZED TREATMENT PROGRAMS

Child and Family Therapy .....	921
Multi-Dimensional Family Therapy .....	21
Child First .....	37
System of Care .....	51

### PREVENTION SERVICES

Community Education .....	1344
Consultation Services .....	260

### AGE GROUPS

Birth to 5 .....	8%
6 to 11 .....	34%
12 to 17 .....	51%
18+ .....	7%

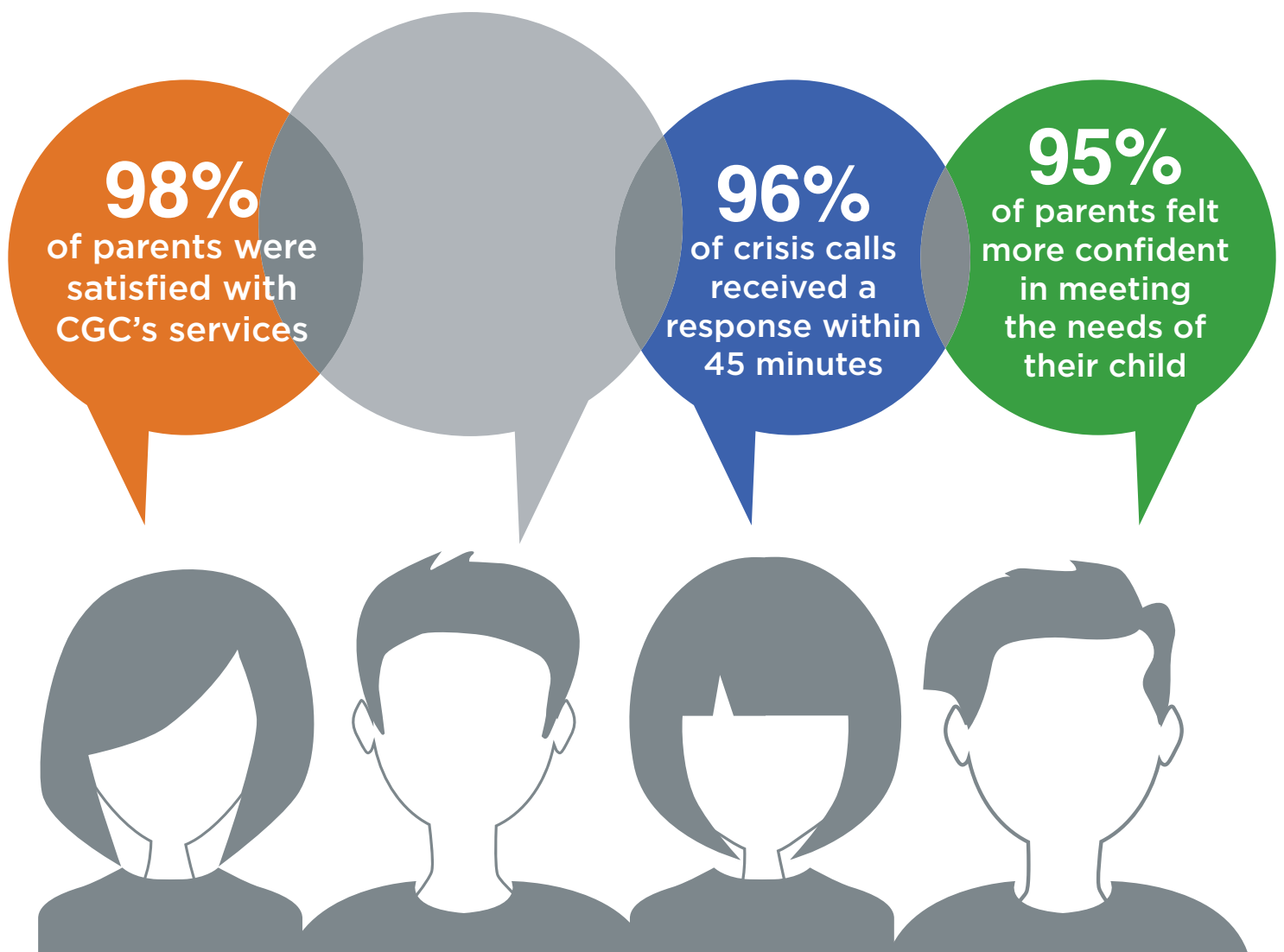
### GENDER

Female .....	49%
Male .....	51%

### ETHNICITY OR RACE

Bi-Racial .....	6%
African American/Black .....	16%
Caucasian .....	29%
Hispanic/Latino .....	49%

### LOW-INCOME FAMILIES .... 82%





# OUR IMPACT

## Meet Yvette

At 15 years old, Yvette was referred to CGC by her counselor because she had reported cutting herself. Her parents were also concerned because they noticed a significant drop in her weight in a very short period of time, and she had become much less social.

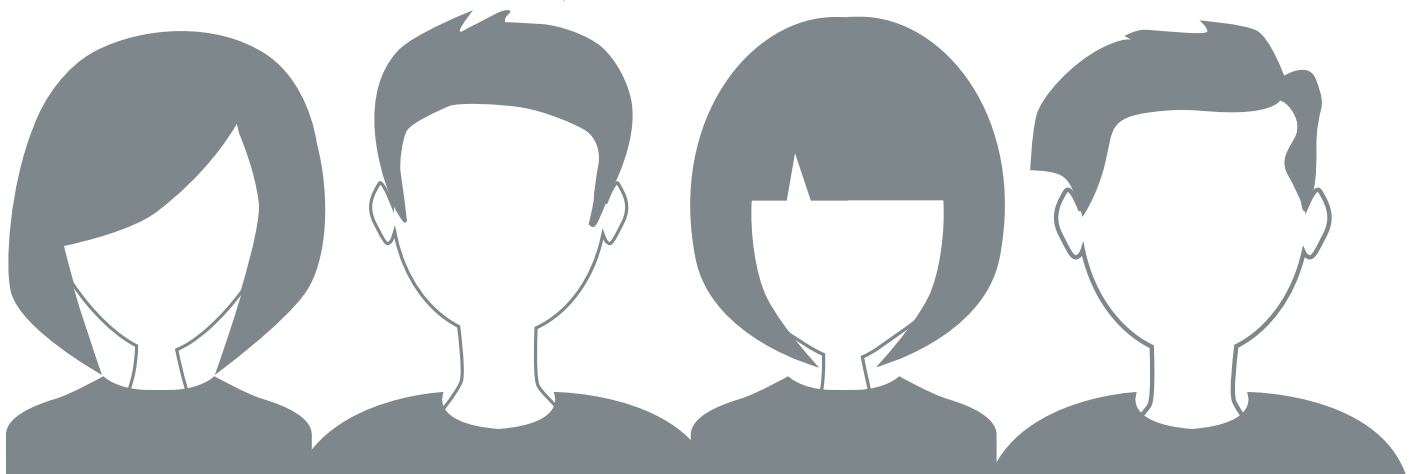
CGC's Mobile Crisis Intervention Services team was called to the school to conduct a safety assessment. The team referred Yvette for treatment at CGC's Child and Family Therapy program. During therapy, Yvette told the clinician that she was under a lot of pressure academically, and didn't want to let her parents down. Because Yvette based so much of her self esteem on academics, when she began struggling in a couple of her classes she started losing hope and felt worthless. She withdrew from her friends, stopped eating, and started cutting. She was able to deceive her parents about her

eating habits by walking around the house with food in her hand or pushing food around her plate during dinner, but not actually eating. Yvette was depressed and anxious, and she used cutting as a form of emotional release.

The clinician worked with Yvette to help her stop cutting by identifying emotional triggers and teaching healthy coping techniques. The clinician also helped Yvette's parents support her during rough times. Yvette and her family are still working with the therapist to develop more realistic expectations for her academic performance. To help Yvette manage her depression, she was also referred to a CGC psychiatrist for medication management. Yvette has stopped cutting and her parents are happy to report a significant improvement in her mood and appetite.

**82%**  
of children  
experienced  
improvements in  
functioning, mood,  
self concept and  
developmental  
skills

**93%**  
of children  
experienced crisis  
stabilization and  
safety achieved



# 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, adolescents, and their families.*

## **\$100,000+**

GE  
Greenwich United Way  
Herbert and Nell Singer  
Foundation  
Viking Global Foundation

## **\$50,000 - \$99,999**

James A. Colica  
Connecticut Health &  
Educational Facility  
Authority  
Judy and Charles Eaton  
Fairfield County's Community  
Foundation  
Hedge Funds Care /  
Help For Children

## **\$25,000 - \$49,999**

Community Fund of Darien  
Nancy E. Barton Foundation  
S & L Marx Foundation  
Tudor Foundation

## **\$10,000 - \$24,999**

American Psychological  
Association  
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Institute  
Susan and Tim Collier  
Everett Bulkley Trust  
First County Bank Foundation  
Garden Homes Fund  
Jennifer and Craig Knebel  
Jamie Boris and Paul Lapin  
Jill Gordon and Dan Malkoun  
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TD Charitable Foundation  
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Jennifer and Ron VanBelle  
William and Sylvia Silberstein  
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Rachel and Taymore Zarghami  
Ann and Michael Zucker

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Andre Salz  
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Jacqui and Howard Tooter  
Diane and Peter Tryhane  
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Janet T. Weintraub  
Sallyan Zenko Pelletier

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Keith Betensky  
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Cellia and Rich Canning  
Mauro De Carolis  
Dorothy Adams and  
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     Edward Glassmeyer  
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#### Municipalities

CDBG Greenwich  
 CDBG Stamford  
 Town of Greenwich  
 Dept. Human Services  
 Town of New Canaan  
 Dept. Health and Human Services

#### Gifts received in honor of:

Gloria Aronson Weinberg  
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Nancy E. Barton  
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 Mastoloni Jewelers

Mimi Dickerson  
 MKTG  
 New Canaan Wine Merchants  
 Noble Salon  
 Noelle Spa for Beauty and Wellness  
 One Twenty Three Restaurant  
 Origin Fitness  
 Priority Limo  
 Quintessentially  
 Rockwell Art & Framing  
 Sam Tell Companies  
 Sam's Wine & Liquor  
 Scout and Mollys  
 She La La  
 Shell & Bones  
 SIXTY Hotels  
 Soleil Toile  
 Spiga- Wine Bar & Salumeria  
 Spotted Horse  
 Stamford Downtown Special Services  
 Sterling Equities  
 Sue and Tim Collier  
 TAO Asian Bistro  
 The Art of Control  
 The Bar Method- Darien  
 The Chelsea  
 The Gray Goose  
 The Hermitage Club  
 The New York EDITION  
 The Spare Room  
 Thomson Reuters  
 Travelers Championship  
 UConn IMG Sports Marketing  
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 vineyard vines  
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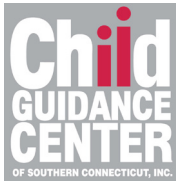
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203-324-6127 • [www.childguidancect.org](http://www.childguidancect.org)

*Other service locations*

103 West Broad Street, Stamford, CT 06902  
83 Lockwood Avenue, Stamford, CT 06902  
81 Holly Hill Lane, Greenwich, CT 06830  
972 Post Road, Darien, CT 06820



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