





## Dear Friends of CGC



As the Board Chair, I am proud of the impact of the Child Guidance Center on our community. We are delighted with the affect our work has had on the children we serve and the satisfaction expressed by their parents. For 65 years, CGC has helped vulnerable children and families achieve their goals and

become productive members of society. For most of our clients, CGC is their only available resource. Without our dedicated staff and committed donors, many of the children and families we treat would have long term challenges. To our staff and donors, we thank you for improving the lives of so many members of our community. We look forward to continuing these results for many years to come.

*Richard Ostuw*

Rich Ostuw  
Chairman, Board of Directors



This year we celebrated our 65th anniversary of providing hope to and addressing the mental health needs of children in Stamford, Greenwich, Darien and New Canaan. With your support we were able to provide treatment to children and their families enabling them to happily and successfully participate in their home and school environments.

In addition to serving our children and families, we ended the year by opening a new office on Shippan Avenue in Stamford. This space enables us to see even more children in a setting that is comfortable and convenient for our families. I am excited to announce that we were awarded a state grant to expand the size of our Child First program. Now our clinicians will be able to increase the number of families served annually by this program by 50 percent.

The close of our fiscal year also marked a leadership transition from Eliot to me. I am thrilled to be working with our dedicated staff, board, friends and donors to continue to strengthen our programs and efforts to ensure that we meet the needs of every child in our four communities who needs our help.

Together we will continue to make a difference, thank you.

Sincerely,

*J. Welt*

Jessica Welt, Psy. D  
Acting CEO and Clinical Director

## 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

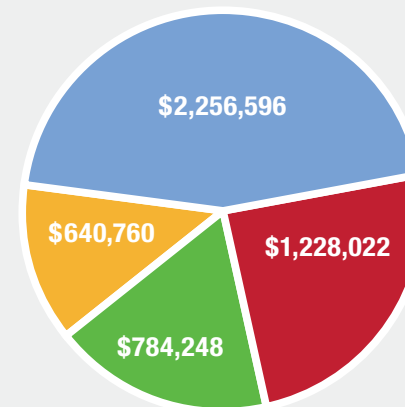


**Core Values:** As employees of CGC, we demonstrate the following core values in our interactions with clients, colleagues and community partners:

- Show devotion to what is right, honest and just
- Treat others with dignity
- Be kind and helpful
- Strive for professional distinction and growth
- Respect individual and group differences

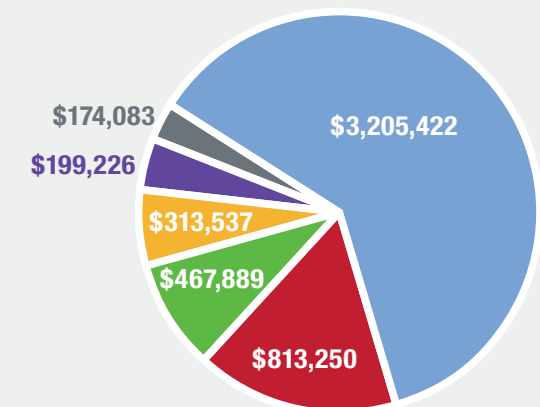
## Financials

### Sources of Revenue



- Government Grants
- Fees for Service
- Individual Contributions/Special Events
- Corporations/Foundations/Non-Government Grants

### Program Expenditures



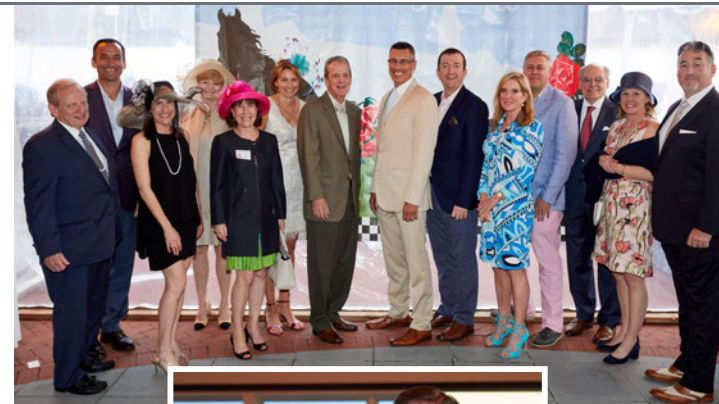
- Child and Family Therapy
- Mobile Crisis Intervention Services
- System of Care
- Multi-Dimensional Family Therapy
- Child Advocacy Center

**May 2,  
2020**

SAVE THE DATE  
FOR OUR FUN-FILLED EVENING  
*Honoring Jay Sandak*




CHILD GUIDANCE CENTER OF SOUTHERN CT  
*Annual Spring Gala*



Programs and Services

Using a child-centered, family-focused approach, our programs serve children and teens 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);
- **Child First** offers intensive, in-home parent/child therapy and care coordination focused on decreasing the harmful effects of trauma and deprivation in the early development of children (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.

Meet Emily

Seeing how high you can go on a swing before jumping off, mastering the monkey bars, learning to love to read...these are the memories of elementary school that we want all children to have. Emily was not having a typical elementary school experience. Last November her school repeatedly called the 2-1-1 crisis line because she had been cutting herself and expressing suicidal thoughts. As the Crisis team started to unravel the complicated threads leading Emily to feel so isolated and in pain they learned that she had moved to the United States as a toddler and was currently living with her father and stepmother after being removed from her abusive mother’s custody. Crisis transferred Emily to an outpatient CGC clinician for weekly, evidence-based trauma focused treatment. Over the early spring Emily learned coping mechanisms and also began to learn when to take responsibility for her behavior and when things were not her fault. Emily’s father also received psycho-education to help him understand her emotional needs. Together they developed a safety plan that was supportive and allowed Emily access to things she found comforting, like music, during stressful moments. By the end of the school year Emily was able to ask for help, in school and from her peers, rather than engaging in self harm.



Meet Carlos

American history, physics, literature classes, SAT prep, pep rallies and community service are part of the fabric of high school life. Carlos, a junior, had been on the football team and part of the school community in middle school. In high school he started skipping classes and regularly smoking marijuana. Carlos’ mother called the 2-1-1 Crisis line concerned that he had depression and thoughts of suicide. The first time Carlos met with the Crisis team he confided that he had witnessed his mother being abused by his father. He was referred from Crisis to outpatient for weekly therapy during which he shared with the clinician how his parents’ relationship had influenced his views of the world and provided him with a roadmap of what he did not want to become. Over the spring, the clinician participated in a school meeting and consistently collaborated with Carlos’ probation officer and School Resource Officer to strategize ways to promote Carlos’ attendance. In therapy Carlos created goals for his future which included attending school and joining the football team. With the help of his therapist, mother and the school Carlos successfully completed his second semester and started senior year in good academic standing.

Our Impact

Who We Serve

Crisis Programs

Mobile Crisis Intervention Services*	564
Child Advocacy Center	106

Specialized Treatment Programs

Child and Family Therapy	917
Multi-Dimensional Family Therapy**	19
Child First	42
System of Care	38

Prevention Services

Consultation	189
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Low-Income Families	82%
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Age Groups

Birth to 5	9%
6 to 11	32%
12 to 17	53%
18	6%

Ethnicity or Race

Hispanic	49%
White-non-Hispanic	28%
Black/African American	16%
Asian or Pacific Islander	3%
Multi-racial	2%
Other/Unknown	2%

Gender

Female	48%
Male	52%

88% of parents surveyed reported improvement in the problems for which they sought help

91% 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

96% of parents surveyed reported overall satisfaction with services

\*Counts reflect the fact that some children received services in more than one program.  
\*\* MDFT program ended 12/31/18



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Impact Fairfield County

Together we make an impact...the following supporters made it possible for us to provide mental health services to children, regardless of their families' ability to pay.

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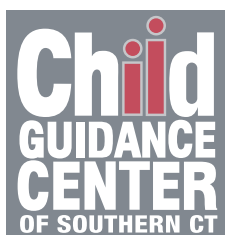
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*\*We apologize for any errors or omissions.*



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 Karen Marin, BA  
 Joselyn Ordonez, BA  
 Kianna Thompson, BS

### Psychology Interns

Moshe Marcus, M.Phil  
 Kerry McBroom, MS  
 Arielle Sherman, MS  
 Sol Wahba, MA

### Social Work Intern

Megan Lykkehoy, BS

### Administrative Managers and Staff

Rob Doak, BA  
 Gayle Glover, BS  
 Anita Kasdan, LMSW,  
 CPHQ  
 Sandi Kornblum, BA  
 Maritza Martinez, MBA  
 Melissa Mera-Flores  
 Dawn Obzud, BBA  
 Ned Pearce, MPA  
 Josephine Persampieri, BA  
 Yeny Quinones  
 Monica Rodriguez  
 Luz Salas, CMA  
 Maria Showman, MS  
 Elsy Soberal, BA  
 Lynn Stempien, BA

Child Guidance Center of Southern Connecticut, with multiple locations serving the Stamford, Greenwich, Darien and New Canaan communities:

103 W. Broad Street  
 Stamford, CT 06902

401 Shippin Avenue, Suite 204  
 Stamford, CT 06902

83 Lockwood Avenue  
 Stamford, CT 06902

81 Holly Hill Lane  
 Greenwich, CT 06830



203-324-6127

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