

## ANNUAL REPORT 2016/2017

Helping families thrive.

## **Center & Foundation Boards**

### **Center Board Officers**

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(January - June 2017) Michael Berger - Chair Cheri Fleming –Vice Chair Michael Lebecki - Vice Chair Dr. Marc Winger –Treasurer Ginger LeVang –Secretary William Cooper - Immed. Past Chair

### Foundation Board Officers

*(July - December 2016)* Nick Lentini - Chair Michael Lebecki – Vice Chair Chris Blazey – Treasurer Jane Bettencourt-Soto - Secretary

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## Mission

The Child & Family Center helps build a healthy Santa Clarita Valley by providing mental health, behavioral and education services to children, adults and families.

## Vision

At the Child & Family Center, children, adults, and families can easily access the help they need in a safe and nurturing environment. Responding to the community's need for services, the Child & Family Center continues to grow and expand. Reaching out to new areas of need, the Center provides children and adults the opportunity to live in healthy, supportive relationships that encourage them to become responsible, caring citizens.

## Message from our President/CEO and Board Chair

The Child & Family Center, just like any other vibrant and evolving organization, continues to change over time to meet the needs of our clients and communities. For over forty years, our mission has been to help children and families live happier, healthier and more productive lives. For close to twenty of those years we had a dedicated Foundation helping us to deliver on our Mission. Through the work of our Foundation we were able to build our permanent location and fund programs that our government contracts either did not fund or did not fund completely. As time went by and the landscape of fund raising and philanthropy changed, we realized we also needed to change in order to continue to effectively and efficiently deliver on our Mission.

Over the past two years we explored whether or not we would be better able to meet the needs of our clients and communities by having two separate organizations; the Center for delivering services and care and the Foundation to focus on fund raising and donor relations. It was a difficult decision, but with the expertise, support and guidance of two strong boards, we arrived at the decision to merge our Center and Foundation. Our merger was complete in December 2016 and we held our first board meeting of the newly merged boards in January 2017 and installed our new slate of officers in February.



As with any change, there have been details to work through and new roles and responsibilities to understand. We feel that Child & Family Center is stronger united with a single focus on the entire spectrum of needs and concerns in order to make and keep our Agency strong and sustainable. Our programs continue to grow as we strive to meet the needs of the community. Thanks to our dedicated staff, supporters and board, we feel we are well positioned to meet both.

*Joan* Joan Aschoff, PsyD President/CEO Míke

Michael Berger Chair, Board of Directors

Helping children and families live happier, healthier and more productive lives.

# Shake Rattle & Roll

## Music & Movement Therapy

Child & Family Center offers Music & Movement therapy groups for children ages 6-10 which supports them with development of self-regulation strategies and social skills using music and movement interventions. Some of the group favorites include yoga, drum circle, and dance. A parenting support group is offered for participants' caregivers while the children are in session.

Music, movement, and creative self-expression can greatly enrich the lives of children with emotional or behavioral needs.



Music and movement activities offer participants the opportunity to practice speech and communication skills, make eye contact with others, and socialize. It may also promote creative movement and healthy self-expression, boost self-esteem and self-confidence and promote emotional understanding.

The music and movement program can help to:

- Increase attention span
- Decrease self stimulatory behaviors
- Improve cognitive functioning
- Increase socialization
- Improve behavior and mood
- Increase self-expression
- Improve auditory processing
- $\boldsymbol{\cdot}$  Improve in fine and gross motor ability
- Boost self-esteem and self-confidence
- Improve language and communication skills
- Decrease anxiety
- Improve academic functioning
- Increase eye contact



Special thanks to Remo Inc. for providing all the instruments for the program.

## Jamie

Jamie first came to Child & Family Center through the crisis department. His teacher contacted the Center when he became agitated in the classroom and threatened other students. He also said that he wanted to die. The crisis team was able to stabilize Jamie and he was referred to Kristen, an outpatient therapist at the Center.



Music & movement helped Jamie learn how to regulate his behaviors.

Jamie expressed an interest in music. Since Kristen facilitates the Music & Movement Group, she felt that Jamie would greatly benefit from participating. The group helps children who struggle with social skills, are impulsive and may have suffered from trauma that limits boundary setting. Music helps them to self-regulate and maintain a sense of calm, as well as learning how to play well with others. Creative arts therapy can be extremely helpful when talk therapy itself isn't effective. It is especially helpful for children who are high risk and need access to a full array of services.

On the first day, Jamie struggled with expressing his feelings. He was overwhelmed and upset. Kristen gave him a scarf and asked him to move it to show how he was feeling. After several sessions, he was comfortable waving the scarf and was able to express himself. During their individual sessions, they were able to talk about what had happened in the group, and how to ask for help from the other children. Often, children like Jamie are teased by their peers. The use of music, dance and games in the group make it a perfect therapeutic setting. Since most of the children are struggling with similar issues, they are more tolerant and learn to support each other in a safe therapeutic space. This unconditional support helps children to gain confidence.

Jamie is currently finishing his second series of 8-week group. He has not only learned how to express his feelings, he encourages others to follow the rules and has developed into a leader for other children to follow. He is able to manage his behaviors now, even in a non-therapeutic setting. He learned to love drumming while in the group, and is now enrolled in drum lessons. His individual therapy is also winding down.

# Seeking Seal of Approval

**Behavioral Healthcare Accreditation** 



Child & Family Center began preparation for the accreditation process in 2016 and we expect to submit an application in January 2019.

Child & Family Center is pursuing national accreditation, an evaluation by recognized experts that provides impartial evidence of the quality of care, treatment or services delivered to the individuals we serve. Preparing for accreditation affords us the opportunity for an in-depth review of all of our processes.

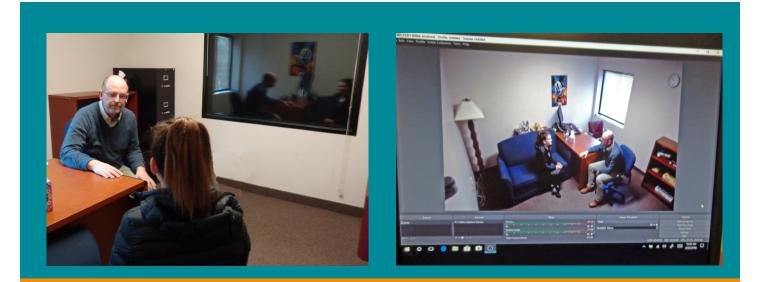
Accreditation requirements address the organization's performance in specific areas, and specify requirements to ensure that care, treatment and services are provided based on quality and in a safe manner. A trauma-informed, recovery/ resilience-oriented philosophy and approach to care, treatment and services is embedded in the requirements.

The accreditation process concentrates on operational systems critical to the safety and quality of care, treatment or services provided to the individual. Surveys are conducted by experienced and licensed behavioral health care professionals, including psychologists, social workers, professional counselors, and administrators.

Achieving accreditation is a visible demonstration to those we serve, their families, our staff and the community of Child & Family Center's ongoing commitment to safe, high quality care and services.

## Hi Tech Training

## **Therapy Observation Rooms**



Therapists and supervisors can observe the therapy session in an adjacent room through a two-way glass, as well as watching via a hidden camera on a computer screen. Sessions can also be recorded for later viewing.

Thanks to a grant from the Women Helping Youth Foundation, the installation of the audio visual equipment in therapy observation rooms was completed. This improved the ability to provide excellent clinical services to our clients while establishing training opportunities for staff.

The observation room was used for 325 client sessions during the 2016/17 fiscal year. The majority of the sessions utilized the Parent-Child Interactional Therapy (PCIT) treatment modality, designed for our youngest clients ages 2-5.

Additionally, the room was used with more challenging clients of various ages. Supervisors saw the challenges first–hand and were able to provide targeted guidance to therapists in order to help clients meet their goals. The rooms give us the ability to directly observe client sessions and clinical supervisions allowing us to make adjustments to our current training program.

Sessions provided by student trainees have been recorded on a regular frequency. This provides a great learning tool for both the students and potential supervisors. In conjunction with our intern/practicum program, the rooms will also be utilized by MFT and MSW students beginning with a minimum of one recorded session per week.

The ultimate goal is to provide better training and support for our staff and higher quality services for children and families.

## Practicum Training Program



At the Child & Family Center, we are interested in developing passionate and competent clinicians who are interested in serving the communities in the Santa Clarita Valley and beyond.

The Master's Level Practicum program is typically a year-long (16-20-hour/week) training program with two possible start dates in January and September of each year. It aims to provide students with clinical, team oriented, real-world experience. Students provide individual, family and group therapy to clients of various ages.

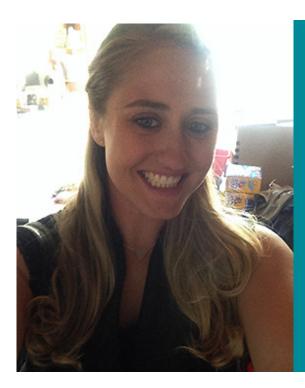
Master of Social Work students can have an opportunity for macro projects. Supervision is strength-based, supportive, and intensive learning, based on core competency. In addition, the students are provided clinical trainings related to practice orientations and treatment intervention on a monthly basis, including Evidence-Based Practice models.

While we aim for opportunities for retention post-graduation, our goal overall with the practicum program is to prepare the students to become clinicians. Utilizing evidence based treatment models, our staff is trained in Cognitive Behavioral Therapy, Trauma Informed treatments, Triple P Parenting,

Motivational Interviewing and other proven interventions for optimum treatment outcomes.

## Randee Whitney From Student to Staff Member

Randee Whitney came to Child & Family Center in February, 2017 as a Practicum Student Trainee for Professional Clinical Counselor. Her college course work with Capella University (an online program) required that she complete two residencies to ensure that her online training could be practiced in person. She completed 700 hours in the program while a student and graduated in December 2017 with a Masters in Mental Health Counseling and a Certificate in Marriage & Family Therapy.



"The opportunities I've had while an intern at Child & Family Center have been incredible."

Randee Whitney

Randee wanted to learn as much as possible about the agency as a whole. She shadowed as many programs as possible to get a better understanding. She sat in on assessments, attended home therapy sessions, helped facilitate the music and movement group, attended the parenting group, and co-facilitated the Las Vegas shooting support group.

Her dedication and commitment led to her being hired as a staff member in January 2018. She was offered a permanent position as a case manager, teaching clients life skills, job skills, hygiene and social skills. She will be applying for her state associate number in February 2018 and then will apply for a clinician position at Child & Family Center. While an associate, she is required to complete 3,000 hours which takes between two and three years.

"My long term goal is to remain at the Center once I receive my license and join the crisis intervention team. I would also like to become a supervisor of practicum students in the future."

# Improving Lives

We treat hundreds of children and their families each week. They come to us seeking help for various reasons. Each is given an individualized treatment plan to receive the best possible care. Without treatment, children with mental health issues are at increased risk of school failure, contact with the criminal justice system, dependence on social services, and even self-harm or suicide.

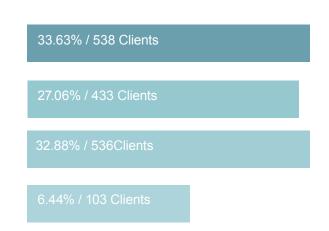
## Diagnoses

Anxiety / Stress Disorders Anxiety, Adjustment, OCD, Phobia

**Behavioral or Emotional Disorders** ADHD, Conduct, Social Functioning

Mood Disorders Bipolar, Depression

Other Substance Use





**Neighborhoods Served** 

5%
570
4%
6%
7%
2%
7%
1%
9%
8%
1%



Ages / Gender Served

# Clients					
0-5	184	8.65%			
6-12	627	45.39%			
13-18	590	35.89 %			
19+	174	10.07%			
Male	810	51.44%			
Female	764	48.49%			



## **Races Served**

#	# Clients		
Caucasian	508	32.24%	
African American	99	6.29%	
Hispanic	807	51.24 %	
Asian	27	1.74%	
Other (Not identified)	134	8.49%	

## 2016/17 Financials



## Expenses



- 81.30% Program Contracts
- 14.20% Administration
- 4.5% Fundraising

## Revenue

- 91.14% Program Contracts

  - 7.6% Fundraising/Private Grants
  - 1.22% Other

## Guardians of Hope

Guardians of Hope is a distinguished group of individuals, businesses, and civic leaders who have made an annual contribution of \$1,000 or more.

#### PLATINUM GUARDIANS Gifts \$25,000 or more

Harold & Jacqulyn Petersen Founding Honorary Chairs Petersen International Underwriters

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## Thank You



Thank you to our supporters for helping to make all of our amazing achievements possible this year.

The donor list below reflects cash gifts received between July 1, 2016 - June 30, 2017. If we have inadvertently omitted your name, please accept our apologies and contact the Center.

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#### \$500 - \$999

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*In honor of Steve Milovich* Sucherman Consulting, Inc.

*In honor of the marriage of G.Marshall & Kathleen Hann* Scott & Vanessa Wilk

*In Memory of Frank Kleeman* Larry & Peggy Rasmussen

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