

What is your potential?



What?

How?

Why?

Who?

Annual Report 2011

# Message from the Executive Director and the President

Dear Friends,

Each and *every child has potential* – the ability to fulfill his or her dreams and become an extraordinary person. This year, over 2,000 local children are one step closer to becoming the best possible people they can be because of you and all the friends of the Child Guidance Center (CGC). Thank you!

Together, with our Board and staff, you share a vision of a community where children do not suffer. At CGC, this vision hinges on an uncompromised focus on meeting the mental health needs of the children and families who seek our help. It also embodies a commitment to the highest quality of treatment services, readily available to all children debilitated by issues such as abuse, neglect, depression, anxiety, victimization, suicidal thoughts, and dangerous behavior.



Sherry Perlstein (left) will celebrate 25 years of service as CGC's Executive Director this year. Nancy Barton (right) has been a dedicated member of the Board for over 10 years.

For nearly six decades, our great strength has been our ability to identify relevant trends, adapt to emerging community needs, and implement innovative treatment approaches based on the latest and most effective options in children's mental health. As we reflect on the past year, we also look to the future knowing that achieving *our potential* as an agency impacts the lives of children and adolescents for years to come.

In the last year, we recognized the nationwide focus on making healthcare information more accessible to both patients and medical providers. We are proud to announce that on April 1, 2011, we successfully implemented a new Integrated Technology Management System including an electronic clinical record. In addition to enhancing collaborations through secure and confidential information exchange, the new system will more effectively and efficiently measure the effectiveness of programs and services, reduce cumbersome paperwork, and increase our capacity to serve more children and families.

This system is a pivotal investment in *our potential* and will greatly enhance our ability to provide effective, comprehensive, and coordinated mental health services that better serve children and families, while increasing our ability to meet intensifying need.

While we invest in our capacity to provide state-of-the-art services, you invest in the children that receive help. Last year, your contributions directly changed the course of children's lives and futures. We are honored by your confidence in our ability to help you reach *your potential* as a donor by positively impacting so many children in such a profound way.

We *all* have amazing potential. Together the possibilities are endless.

Sherry Perlstein, MSW  
Executive Director

Nancy Barton  
President, Board of Directors

our potential

# Mission

The Child Guidance Center of Southern Connecticut is a professionally staffed outpatient mental health center for children and adolescents who experience psychological, behavioral, developmental, social or family problems. We are dedicated to reducing emotional suffering and dysfunctional behavior, strengthening families, and helping each child and adolescent achieve optimal potential.

# Who?

# Why?

# Community Impact

According to the 2009 Connecticut School Health Survey, 25% of students reported being depressed during the past year, and 7% reported having attempted suicide.

Over 400 local children served by CGC agency wide last year were suicidal. Fortunately, with effective mental health intervention and early identification, there were no suicides and crisis was stabilized and improvements realized in 87% of children completing crisis treatment.

*"After my alcohol overdose, treatment helped me stay clean and sober. Now I feel like I have a better relationship with my mother and I can go to her before making choices that will hurt me or get me into trouble. I feel like I am finally on track."*

Teen, 17 years old  
Multi-Dimensional Family Therapy

*"After the darkest hour as a parent, today I feel hope that this team will be able to keep my children safe."*

Parent, 5 year old child  
Child Sexual Abuse Response Team

*"My son was physically out of control and I was afraid for myself and him, I didn't know what to do. I called 211 and Mary came right away to help, she is an angel!"*

Parent, 7 year old child  
Emergency Mobile Crisis Services

*"Our Care Coordinator helped us navigate the school system, so we can support him in what he needs. He is doing so much better in school because of this program."*

Parent, 12 year old child  
System of Care

***Over 2,000 local children needed help and you were there***

Serving children birth to 18 years in

Stamford  
Greenwich  
Darien  
New Canaan

# Come Play!

Over two hundred and fifty guests gathered together at Roger Sherman Baldwin Park in Greenwich on April 30, 2011, to support CGC's annual benefit gala. The theme, **Come Play!**, is inspired by the importance of play in a child's life. This year, we focused on the vibrant sights and sounds of youthful, carefree play at the beach.

**Come Play!...At the Beach** was a great success, *raising over \$300,000* to support professional mental health services to children and families in our community who desperately need them. *Thank you!*



CGC Emergency Mobile Crisis Clinician Mary Joggerst (right) encourages Board of Directors member Jim Colica (left) to underwrite an "hour of therapy" for a child.



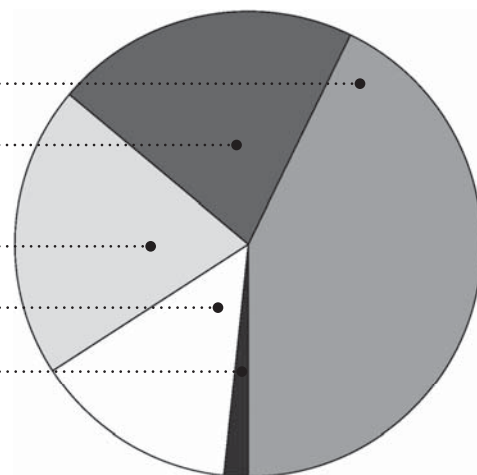
**Top Right:** *Come Play!* Committee member Margaret O'Neal with Sadhna Venkat.  
**Top Left:** Board of Directors member Margaret Deluca with Maja Dubois. **Bottom Right:** Ellen and Eddy Melton, Sue and Board of Directors member Tim Collier, Regina and Dan Rizzuto.  
**Bottom Left:** Board of Directors member Laura Weintraub Beck with Jennifer Coffey.

...At the Beach

# Financial Report

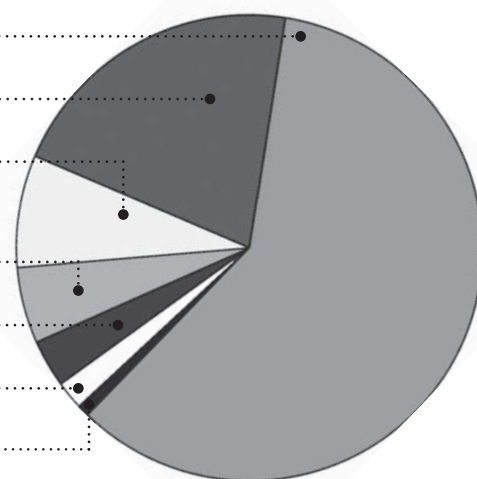
## Revenue

Government Grants .....	\$ 1,616,717	42.6%
Fees For Service .....	804,646	21.2%
Corporations / Foundations / Non-Government Grants .....	765,062	20.2%
Individual Contributions / Special Events ....	545,236	14.4%
Other.....	63,687	1.6%
<b>Operating Revenue.....</b>	<b>\$ 3,795,348</b>	<b>100%</b>



## Expenses

Child and Family Therapy* .....	\$ 2,367,202	59.8%
Emergency Mobile Crisis Services* .....	832,774	21.0%
Intensive Home-Based Services .....	316,266	8.0%
System of Care / Child and Parent Resource Team.....	199,420	5.0%
Child Sexual Abuse Response Team .....	135,455	3.4%
Community Education and Consultation .....	75,872	1.9%
Community Policing Partnership .....	35,734	0.9%
<b>Operating Expenses.....</b>	<b>\$ 3,962,723</b>	<b>100%</b>



## Change in Net Assets Before

Depreciation/Amortization .....	(\$ 167,375)
Depreciation / Amortization.....	182,842
<b>Decrease in Net Assets.....</b>	<b>(\$ 350,217)</b>

\*Includes operating expenses of \$456,629 for services provided to crime victims

Fiscal Year  
**2011**

# Programs & Services

At CGC we believe **a child's potential** is rooted in the ability to access the resources needed to succeed at home, at school, and as a future community member. Guided by our *Principles of Practice*, CGC is committed to providing services that are: Based on an appreciation of the unique qualities and experiences of each child; Child centered and family focused, encouraging active involvement of parents/guardians in all aspects of assessment and treatment; Grounded in an analysis of the complex interaction of personality, emotional and cognitive development, family situation, biological predisposition, and social environment; Culturally competent, sensitive, and respectful of each family's values and belief; Built on the strengths of the youngster and family to effect positive resolution of identified needs; and Dedicated to promoting individual and family resilience, stability, and fulfillment.

## Program Statistics

PROGRAM.....	# SERVED
Child and Family Therapy*	1,047
Emergency Mobile Crisis Services*	456
Community Policing Partnership	284
Child Sexual Abuse Response Team	104
System of Care	80
Intensive Home Based Services	56
<b>Total</b> .....	<b>2,027</b>

\*The statistics for services provided to 268 crime victims are incorporated in the Child and Family Therapy and Emergency Mobile Crisis Services programs.

## GENDER

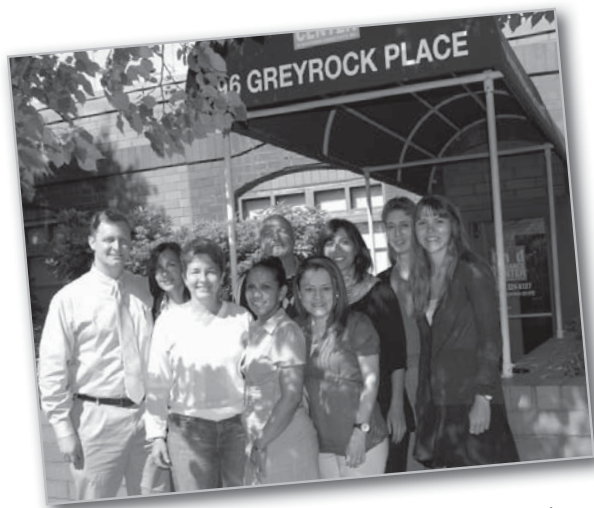
Male .....	51%
Female.....	49%

## AGE

Birth-5 .....	11%
6-11 .....	34%
12-17.....	53%
18+ .....	2%

## ETHNICITY

Latino.....	40%
Caucasian/White .....	31%
African American/Caribbean.....	21%
Bi-Racial/Other .....	6%
Asian.....	2%



CGC's Emergency Mobile Crisis Team is available 24-hours a day, 7-days a week for immediate mental health assessment and stabilization services.

DIAL 2-1-1

## Crisis Programs

**Emergency Mobile Crisis Services** provide immediate mental health assessment and crisis stabilization services 24-hours a day, 7 days a week for children and adolescents experiencing serious psychiatric symptoms or severe reactions to a traumatic event.

**Child Sexual Abuse Response Team** is an interagency team, integrating criminal justice and protective services investigations, while providing comprehensive services for child sexual abuse victims and non-offending parents.

**Community Policing Partnership** brings together police officers and mental health clinicians to provide 24-hour outreach and mental health services to child victims and "high-risk" children identified by police.

**Community Emergency Response Program** provides on-site assistance and counseling in response to emergencies impacting large groups in the community. (i.e. suicide, terrorism, school violence, death of a youngster or teacher, natural disasters, etc.)

a child's potential

## Ongoing Treatment Programs

**Child and Family Therapy**, the cornerstone of CGC for 57 years, utilizes a multidisciplinary team approach to provide a broad range of comprehensive individualized mental health assessments and treatment services, tailored to meet the needs of each child and family.

**Intensive Home Based Services** provide intensive treatment services in-home and at community sites for youngsters with high-risk behavioral problems.

**System of Care** provides extensive care coordination to help families of seriously emotionally disturbed children access a range of needed community services and resources.

579

children had problems  
at school and 272 struggled  
with learning disabilities

600

children had uncontrollable  
parent-child conflict

433

children were suicidal

304

children were victims of  
physical or sexual abuse

247

children witnessed  
domestic violence



# What?

CGC served over **2,000** children agency wide, of those completing treatment **89%** realized symptom reduction, improvements in mood, behavior, school, and peer and family functioning.

## Prevention Programs

*Expanding our reach through prevention, we focus on reducing the prevalence of mental health issues in our community and positively impact countless children and families.*

**Community Education** offers seminars and workshops for the general public and professionals working with children to increase awareness of issues affecting child development.

**Consultation Services** offer professional consultation services to area schools, courts, residential facilities and shelters, substance abuse programs, and other youth serving agencies to help them more effectively respond to the special needs of youth.

**Crime Victims Assistance Program** provides 24-hour outreach and mental health services to children who are witnesses or victims of crime, to reduce immediate and potential long-term emotional consequences.

In a crisis dial 2-1-1. But, please do not wait until it is an emergency to get help. If you are concerned that your child is troubled, unhappy or anxious, or if you are interested in learning more about our professional mental health services, please call the Child Guidance Center at (203) 324-6127 or visit [www.childguidancecenter.org](http://www.childguidancecenter.org).

# Community Partners

Resolving complex problems that affect a youngster's emotional well being requires a coordinated community effort. CGC's ability to collaborate with parents, schools, police, doctors, hospitals, and donors is crucial in our ability to respond to children that needs us. Each year, your support fulfills **your potential** to positively impact the community by assuring that when a child is struggling help is not delayed.

## How?

### \$100,000 +

Jim Colica  
GE  
United Way of Greenwich

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

The Community Fund of Darien  
Hedge Funds Care  
United Way of Western Connecticut

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

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your potential

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Please contact the Development Office with any  
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Use the enclosed envelope or visit [www.childguidancecenter.org/waystodonate.htm](http://www.childguidancecenter.org/waystodonate.htm).

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*For more information please contact Jeannine Egdorf at (203) 517-3320 or [jeannine.egdorf@childguidancecenter.org](mailto:jeannine.egdorf@childguidancecenter.org).*

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