



2019 Annual Report

“

We have utilized a lot of services here at Child Guidance,

and everyone, in every interaction, from the psych department to the girl at the front desk to the teachers upstairs, we have never felt judged. We always feel welcomed. You take medicine for your allergies, and your inner self is no different from your physical self. My kids know that, because they have learned it from you. And so the stigma is not there. It's huge. Getting the support that we needed for my children has allowed them to be the people that they are supposed to be and not allow a traumatic experience to define them.

Brooke, CGRC Parent

”



Dear Friends of Child Guidance Resource Centers,

At Child Guidance, we take pride in delivering high quality behavioral healthcare services to meet the needs of our families and communities. We strive to be not only a resource but the solution for those children, adults, and families who are struggling with mental illness. I am so proud of our staff's ability and willingness to do "whatever it takes" to ensure those individuals in our care receive all of the services they need in order to thrive and live happier, healthier lives.

We celebrated many successes during this past year. We opened a new supported housing residence for 8 older adults (age 55+) with severe mental illness, co-occurring disorders (intellectual disabilities, substance abuse) and chronic physical conditions. This innovative program, sponsored by the Delaware County Office of Behavioral Health, extends opportunities for supported community living to adults with complex mental and physical health needs and builds on CGRC's reputation for providing high quality community based care for adults.

During fiscal year 18/19, Child Guidance also completed our first full year of providing Applied Behavioral Analysis (ABA) services in Philadelphia and Delaware Counties. ABA is the only evidence-based practice proven effective for assisting individuals with an autism spectrum diagnosis to develop necessary skills to function fully at home, school, and the community. CGRC received a designation as an ABA provider in April 2018 and quickly responded to the state's request to provide services to children and families.

Child Guidance's staff works tirelessly every day to highlight the issues of children and adults in need of care. Individuals who, through no fault of their own, face struggles that most of us cannot imagine. As a friend of Child Guidance, your support and recognition of their work and the importance of mental health overall truly makes an impact in the lives of so many children, adults and families.

Please continue to partner with us by sharing our message and our mission. We could not do what we do without you, and we are honored to have you in the Child Guidance family. Please visit our website, attend one of our events, or arrange a personal visit. Together our voices are powerful, and we will continue to bring attention to the mental health needs of children, adults and families in our communities.

Sincerely,



President and CEO



After Child Guidance, our clients shine!

I just want to say thank you to everyone who works there and I want you to know you are changing lives—and you are so appreciated. Maybe you don't hear that enough. And your kids that have moved on, they never forget you. I know, because I'm one of them.

Honestly, I don't think I would've survived without Child Guidance. My mom found Child Guidance when I was 9. I had been struggling for years, with tantrums and anxiety and suicidal thoughts. No one had an answer. Mostly my mom was told I was undisciplined and would never live up to my potential. I was a problem child they didn't know what to do with. My mom knew it couldn't just be that. And she searched for a place to help me, and her.

When she found Child Guidance, I was in the midst of losing my grandmother. I was feeling worse than ever, about myself and about life. Then we met my therapist; she wasn't like anybody else I had seen. She didn't act or talk like I was the problem. She made me feel like there was hope. I finally had someone to listen to me, and to help communicate what I was feeling and experiencing.

In middle school, I needed inpatient help, and Child Guidance supported me and helped me get into the Horsham Clinic, first for inpatient, and then for partial. I was diagnosed with bipolar and started medication that actually helped with my mania. We finally had a reason behind everything. It was a relief. And it was also scary. Without Child Guidance, I'm not sure I would've been able to deal with the diagnosis. It made me angry and scared. I felt more isolated. Yet the coping skills I learned, I have carried for the rest of my life. Child Guidance gave me the ability to see past the moment. My relationships became stronger. I learned how to advocate for myself. My therapist taught me that my diagnosis was just a small part of who I was.

I stayed with my therapist from the time I was 9 until I was 20. I went into psychology because of what I learned in her office. When I graduated, I started in early intervention and then emotional support. I worked every day with children who reminded me of myself. I tried to show my kids every day the empathy and respect my therapist always showed me. I listened to them, because I knew what it was like not to be heard or understood. I wouldn't be who I am today without her.

Currently, I work with the AIDS Care Group. I work on educating the community about risk factors and prevention tools; I've put a focus on children, teenagers, and young adults in our outreach. The passion I have for helping them—it's from Child Guidance. It's because I want to give back what I got. Although I'm not sure I'll ever be able to give that much.

Child Guidance Alumnus



A Letter from our Board Chair

Above and beyond is a pervasive theme at Child Guidance. Our dedicated employees' commitment to providing quality mental health care goes beyond the workday. People like Joe Mack, who serves on the Delco Suicide Task Force or Jeff Alpart, one of the founders of the Philadelphia Association for Couple and Family Psychology, or the dozens of staffers who serve on committees around the region to further the cause of better mental health, and volunteer their time at Child Guidance's community events and fundraisers. It is this commitment that results in recognition like the EPIC seal of excellence for evidence based practices awarded to our Southwest Philadelphia office presented by the Evidence Based Practice and Innovation Center of the Philadelphia Department of Behavioral Health and Intellectual Disabilities.

According to the Mental Health Association of Pennsylvania, about 20% of children have a diagnosable mental illness during any given year. This translates to 150,000 children under 18 in our service area. While we provided services to over 9,600 children and their families last year, the demand is even greater. To address these needs, Child Guidance continues to add new programs and services including a new adult services location in Lansdowne, intensive family coaching in Chester County, and in Delaware and Philadelphia Counties, we added Applied Behavior Analysis, which is an evidence based service to treat children with autism. Our programs have resulted in verifiable improvements in the lives of the families we serve, and with your help we are reaching more and more people each and every year.

I would like to take this opportunity to thank everyone at Child Guidance for the exemplary work they do. I would also like to thank all of our supporters who donate time, energy, and financial assistance in furthering our mission to inspire hope, to empower and to contribute to the well-being of children, families, and adults throughout the five county Philadelphia region by delivering evidence-informed behavioral health services and community-wide wellness programs.

Sincerely,



R. Gregory Scott
Board Chair



2019 Highlights



Chosen by Coatesville Area Youth Philanthropy Program

to receive a grant to support a suicide prevention program in Coatesville.

Presents for 381 children

were given thanks to generous donors through our Holiday Wish List campaign



Raised over \$17,000

in our Shatter the Stigma end of year campaign thanks to the generosity of our supporters.

Held our 6th Annual Superhero 5k Run for Prevention and Wellness Fair

at Williamson College of the Trades. Almost 200 people joined us for an exciting morning of superheroes, scavenger hunts, and positive messages about making healthy choices one stride at a time. This event earned almost \$19,000 to provide services for those most in need.



2018 Night at the Derby

2019 Shine a Light, Wear White, Giving Back is the New Black: The Black and White Ball fundraising galas used a new live auction format and brought our giving community together for evenings of fun and giving back. Thanks to our generous donors, our 2018 Gala raised \$111,300 and the 2019 Gala raised \$138,000.

Earned 2,200
followers on Facebook.



Began telepsychiatry in Chester County

to increase the availability of
evaluations and medication
management to clients.



Planted a garden with the help of volunteers

from SAP, a group of
dedicated staff have planted
a therapeutic community
garden for everyone to
use and enjoy.



Hosted our 10th Annual Spring Fling

for over 100 adults from
area residential programs.
Part dance, part afterprom,
the Spring Fling provides a
rare opportunity for these
adults to gather and
celebrate in an environment
tailored just for them.



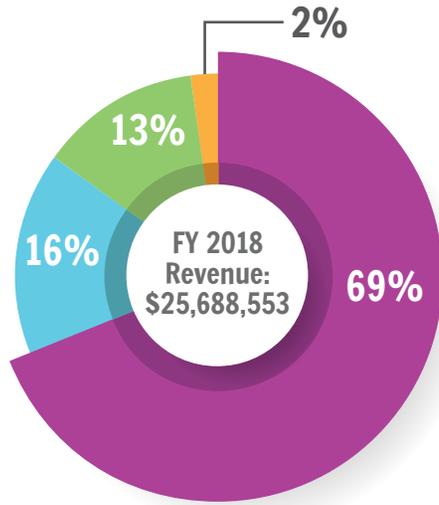
Outpatient counseling for adults:

In 2018 we began offering
outpatient therapy to adult
caregivers of active
Child Guidance clients.
Our client-caregivers can
now access therapy to treat
their own mental health
challenges at an
organization they trust.

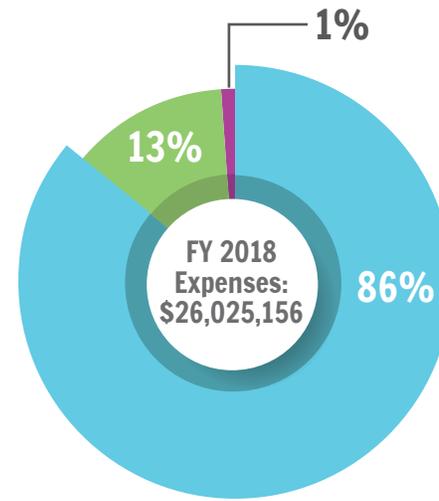


Financial Highlights

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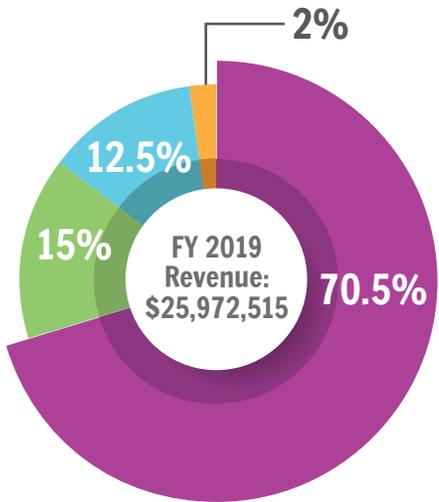


- Service Fees
- Tuition
- Government Contracts
- Donations

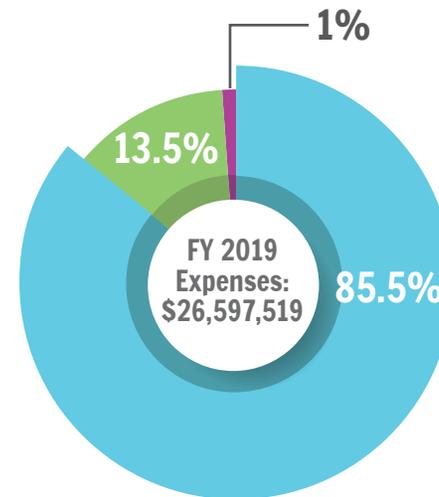


- Program
- Administration
- Fundraising

2019



- Service Fees
- Government Contracts
- Tuition
- Donations



- Program
- Administration
- Fundraising



Featured Accomplishments

“Mental Health, The Roots of Thriving Communities”

On March 23, 2018, Child Guidance held its first legislative breakfast, Mental Health, the Roots of Thriving Communities in our Havertown headquarters. Clinicians, clients, board members and senior staff were joined by 28 legislators and key stakeholders from across Delaware County. This meeting planted seeds that continue to bear fruit. Since that day we have expanded this critical conversation to include Chester and Philadelphia counties, with smaller stakeholder breakfasts, office tours, and visits with state senators and representatives, school board officials, and federal representatives.

EPIC Seal

We were awarded the prestigious Evidence-Based Practice and Innovation Center (EPIC) designation seal for exemplary use of evidence-based practices in serving the community. EPIC was established in 2013 to advance system-wide strategies that support implementation, sustainability, and accessibility of behavioral health practices in Philadelphia. Getting the seal from EPIC is like getting the Good Housekeeping Seal of Approval. It is a recognition that we have proven ourselves to be able to stay true to these excellent treatment models and provide evidence-based services accurately and as intended.

SHAIP

We were awarded a contract to establish a brand new long-term housing and care option for adults with chronic severe mental illness: Supportive Housing, Aging in Place (SHAIP). SHAIP is home for its residents, they can remain with us for the rest of their lives. Our staff helps residents meet their own goals by helping to connect them to all available services so they can live safe, fulfilling lives with as much independence as possible. SHAIP seeks to keep residents in the community and out of higher levels of care. To that end, we provide support to sustain residents for the rest of their lives, including specialized healthcare and in-home caregivers right on site.

SOUL

We partnered with the Philadelphia Soul for their Annual Inclusion Game on June 29, 2019. More than 500 people attended our accompanying Welcome Festival at the Wells Fargo Center in Philadelphia. In addition to traditional festival activities, we provided free behavioral health screenings, an "ask the expert" table, and mental health resources for all families. During the game, 10,000 fans learned about Child Guidance and our mission through jumbotron displays, announcements and rally towels. We also staffed a quiet Sensory Support Zone to provide assistance to families who needed a quiet space to regroup and enjoy a somewhat overwhelming environment.

Grant Received

The Foundation for Delaware County chose Child Guidance as the recipient of one of their inaugural grants. We received \$25,000 in support for costs associated with training counselors in Trauma Focused Cognitive Behavioral Therapy to address the impact of trauma on children and families throughout Delaware County. Ten clinicians participated in training in March 2019 and have greatly expanded our capacity for this evidence-based treatment.

Program Descriptions

Applied Behavioral Analysis

ABA is the science of changing or building behaviors. ABA uses ongoing evaluation of behaviors and applies specific techniques to modify behavior. ABA also teaches skills where functional and/or adaptive skills are lacking in order to improve overall quality of life for the client and their caregivers. This evidence-based therapy benefits children with a diagnosis of autism or developmental delays.

Alcohol, Tobacco and Other Drug Prevention Program (ATOD)

Our ATOD program provides drug abuse education and prevention services in Delaware County through community engagement and two evidence-based programs. Toward No Drug Abuse is a curriculum for adolescents implemented in schools.

Behavioral Health Rehabilitation Services (BHRS)

BHRS is an in-home service that assists families in addressing behavioral health needs by using strength-based goals and integrating community services. This "wrap-around" service supports the child at home, school, and in the community because progress accelerates when the child's entire environment is consistently engaged.

Blended Case Management

Case managers empower families and help them gain access to support services within their community. Home and community based, case managers work with, and advocate for, families to ensure they have the necessary resources, information, and guidance to grow.

CREATE

CREATE is a year round, innovative group outpatient service for children and young adults with a diagnosis of autism. Participants will build social and communication skills, improve problem solving and emotional regulation, and enhance flexibility and motivation. Each day in CREATE, every child will participate in evidence-based interactive therapies including Applied Behavior Analysis, Pivotal Response Therapy, Hidden Curriculum, Quest™, Social Thinking™, social stories, and behavior mapping. Family therapy and parent workshops are also a component of CREATE.

Elementary School

Child Guidance offers a licensed private elementary school as an alternative for children in grades K-8 who are struggling in their home districts. The school teaches an academic curriculum with an emphasis on emotional support. Students are transitioned back to their school district as soon as appropriate.

Extended Assessment Services (EAS)

EAS is an up to 60-day process that takes an in-depth look at a child at school, home, and in the community. We identify the most appropriate services for addressing the child's needs, whether they be emotional, behavioral, or developmental. EAS offers a full breadth of tools to determine various diagnoses and appropriate treatment options.

Extended School Year (ESY)

The ESY program is designed for children who need ongoing behavioral and educational support between school years. The summer program focuses on helping children improve cooperative social interaction and reinforces positive educational skills.

Family First

During this 32-week program, a team of two master's level clinicians works closely with children and their families in their home, school, and community. The ability to engage with the family in their own environment allows the therapists to address more intense family mental health and functioning needs, and develop plans to create long-term positive change. Services may include individual, family and group counseling, case management, parent education, and 24-hour on-call support.

Incredible Years

An evidence-based program created to help families with over-active, inattentive, noncompliant, and aggressive children. Through a 20-week program, children and parents learn effective coping skills and are given emotional and behavioral support to create optimal change for the child and family.

Intensive Family Coaching (IFC)

A short term, in-home coaching program for children ages 2-7 years old and their primary caregivers, IFC specializes in working with children who display disruptive behaviors. Caregivers learn skills and gain parenting confidence as they begin to successfully manage these behaviors. IFC builds positive caregiver-child relationships and increases the child's compliance with adult requests.

Multi-Systemic Therapy (MST)

This 3-6 month evidence-based program is designed for children who exhibit troubling and difficult to manage behaviors. MST works with families in the home, school, and community through an intensive therapeutic process to supportively and proactively address behaviors and helps children move in a positive direction.





Next Steps Developmental and Neuropsychological Services Center

Next Steps Center provides psychological and neuropsychological evaluations across the lifespan where there are concerns regarding learning, cognitive, developmental, or social functioning. We offer a private-pay option for a high quality evaluation in a convenient community setting to meet needs in a timely manner. Our goal is to provide a comprehensive and holistic understanding of strengths, functioning, and diagnosis, which will be used to guide recommendations for treatment and supports.

Outpatient counseling services

Our outpatient therapists are trained to help with challenges like depression, anxiety, stress, anger, self-esteem, ADHD, grief, divorce, and other issues. Additionally, we offer psychiatric services and medication management as needed. After an initial assessment, our clinicians meet weekly with children ages 3-21 to address their ongoing needs. We teach both children and families how to eliminate negative behaviors and encourage positive change.

Parent Child Interactive Therapy (PCIT):

The PCIT program addresses emotional and behavioral issues for children ages 2-6. A therapist coaches the caregiver through an ear-piece while watching the parent and child through a one-way mirror. PCIT is proven to be effective for ending undesirable behaviors and strengthening the parent-child bond.

Pivotal Response Training

Created for children on the autism spectrum ages 18 months to 17 years, PRT uses motivational strategies in the child's natural environment and incorporates objects chosen by the child for optimal results. The three-phase program comprises parent/child training, consultation, and support sessions.

Psychological and Psychiatric Services

Our psychologists and psychiatric staff work with all department to ensure accurate evaluations and continuity of care for individuals receiving treatment at CGRC. Our psychologists complete rigorous and thorough examinations of all client data to provide the most accurate diagnostic picture possible. When necessary, medication management is available to clients involved in another Child Guidance service.

Truancy and Delinquency Prevention Partnership

Truancy is designed to work with students who exhibit behavior problems and are chronically late, not attending or unprepared for school. Services may include family counseling and support, individual therapy, and behavior management programs provided in the student's home, school, and community.

Services For Adults

Intellectual Disability Socialization Program

This program provides weekly educational and entertaining social events for intellectually disabled adults. Every event is designed to encourage socially appropriate behaviors and skills through interaction with peers.

Meson Community Residential Rehabilitation Program

This residential program assists adults with a DSM-V diagnosis in achieving independent living skills. The program offers a transitional setting with therapeutic support where residents aim to move to independent living.

Meson Specialized Community Residential Rehabilitation

This specialized residential program supports individuals with a DSM-V diagnosis in a community setting after long periods in a state hospital. Staff members provide support for all residents as they develop the social and life skills to live safely and collaboratively.

Peer Help in Recovery in an Effective New Dimension (PHRIEND)

PHRIEND helps adults learn how to manage their own recovery and advocacy process. The program helps participants develop independent life skills through a peer-support model including a trained mentor who is on his/her own recovery journey.

Stable Housing Aging in Place (SHAIP)

SHAIP is a supportive housing program devoted to adults aged 55 and older diagnosed with severe mental illness, including those with co-occurring disorders who also face chronic physical health conditions. SHAIP is home. Its goal is to help residents thrive in a setting where they can participate in creating the type of life they envision for themselves as they age in the community.

Mission Statement

We know that children cannot flourish in a vacuum, and that attaining mental health is not about treating illness, but rather about building strong families and healthy communities that are free of stigma and encourage care for the whole family. To that end, we have developed a new mission statement to more accurately reflect the work we do every day and the change we hope to be in the world: *Child Guidance Resource Centers mission is to inspire hope, to empower and to contribute to the well-being of children, families, and adults throughout the five county Philadelphia region by delivering evidence-informed behavioral health services and community-wide wellness programs.*

Employee of the Year

The Employee of the Year is a person who is committed to and passionate about the services Child Guidance provides to individuals and families. This person serves as an Ambassador of Child Guidance Resource Centers, is an active participant in the community and is an inspiration to others. He or she exhibits consistent performance in his or her position. This person connects programs, people, and systems in a way that contributes to and sustains the effectiveness of the organization. We congratulate Clifford Richmond for his selection as Child Guidance's 2018 Employee of the Year. Cliff's positivity, care for our clients, dedication to effective processes, and support of our therapists is an asset to our team.

Clifford Richmond
2018 Employee of the Year



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In Memoriam

Elaine Reuther



Child Guidance Resource Centers is a private, non-profit organization registered with the Pennsylvania Bureau of Charitable Organizations, licensed by the Commonwealth of Pennsylvania Department of Human Services and accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). Child Guidance Resource Centers is a United Way participating agency, a member of the Rehabilitation and Community Providers Association, the Better Business Bureau, and the Delaware County Chamber of Commerce. Child Guidance Resource Centers participates in state medical assistance programs and most major commercial insurance offerings. Admissions and referrals are made without regard to race, sex, color, national origin, ancestry, religious creed, handicap, age, sexual identity, affectional preference or AIDS. Any complaints in this area can be filed with the Office of Civil Rights (WHS), Bureau of Civil Rights (DPW) and/or the Pennsylvania Human Relations Commission.

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