



## **ANNUAL REPORT 2016-2017**





## 2016-2017

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We are grateful to our board members for their passion, discipline, and leadership — guiding us successfully through the year without compromising our long-term vision.

## **EXECUTIVE DIRECTOR**

Our new tagline says it all: "Where hope and healing happen." That's what we are all about at The Children's Center. And one mother summed it up beautifully in her thank you note to a staff member when she said, "Thank you so much for helping my family figure out this confusing world. The Children's Center has changed our lives and helped me be a better, more sane mom." Parenting is an exhilarating part of life that brings with it incredible joy. There's simply nothing like it. But for many the long, tiresome, painful days can start to outweigh the joy. When that occurs, The Children's Center staff embraces the family and does all that we can to provide a sense of hope as the healing process begins.



This past year 2,000 families walked through our doors seeking help and solace. Their child may have been expelled from preschool, bullied by peers, or struggled to play without becoming aggressive. Some were so explosive at home that the family felt like they were always walking on eggshells. Others suffered from trauma exposure and their families worried that the impact might be life-long. And still others were anxious that the child's behavior was suggestive of an autism diagnosis. For all of these families our professional staff provided exemplary clinical care. And by the end of treatment the vast majority confirmed our new tag line, "Where hope and healing happen."

We are equally proud of the fact that this year we implemented outcome based treatment strategies. Children attending our Therapeutic Preschool Program are evaluated by their caregivers and Therapeutic Preschool Specialists every three months in order to ascertain their progress. This new process allows us to carefully monitor every child and every therapy group in order to ensure that our treatments are effectively targeting referral concerns. Our data confirms that The Children's Center is, in fact, a place where children are healing.

Children who suffered from unimaginable traumatic events receive our evidence based care and are developing life skills to effectively manage their trauma. We added a new program to our Therapeutic Preschool this year titled, "Incredible Years." Now, through a carefully crafted curriculum, the children are learning to express and cope with their emotions, make friends, and learn to function in group settings. Their parents have noticed the difference it's making at home as one mother recently stated, "My child is really talking about feelings now, and listening so much better!"

We are always mindful that we only accomplish these great feats with the support of our Board of Trustees, community volunteers, and all of you. Without the incredible generosity of our friends, community foundations, and volunteers none of these outcomes would be possible. We hope you appreciate that our successes are yours as well. And together we can make the promise of a better childhood come true for thousands of children and their families each year.

Douglas Goldsmith, ,Ph.D.

Executive Director





## **BOARD CHAIR**

Thank you for your support of The Children's Center over the past year. When Utah families are seeking help for children who have experienced trauma or who have challenging behavioral needs, The Children's Center is there for them, ready to provide the comprehensive behavioral health care so necessary to their emotional well-being and healthy development. As a Utah resident, a healthcare leader, the outgoing chair of the Board of Trustees, and the mother of children exposed to trauma, I can attest to the unique and indispensable role The Children's Center plays in our community. No other organization offers such a focus and array of resources to meet the behavioral health needs of children during periods when

they are most vulnerable and impressionable. I feel a personal and compelling need to call attention to the mission of The Children's Center and to encourage others to support its efforts. We are so grateful to you for answering this call.

Without The Children's Center, many children might go without care or have to wait lengthy periods of time for treatment. This could result in unnecessary suffering and lasting damage to a child's overall mental health. When we come together to support families in need, both emotionally and financially, we begin to address the long-term effects of behavioral health issues and early childhood trauma. We enable new generations of Utahns to find resilience and lead healthy, fulfilling adult lives. It is because of you that we have been able to help so many children over the past year.

Throughout the year, the Board and staff worked together to make important strategic decisions in all areas of our organization. From solidifying our financial base, to implementing new evidence based treatments in our Therapeutic Preschool, to focusing on staff training and support, we continue to build a solid foundation for sustainable growth. I am grateful to the entire Board and the incredible staff for allowing me to serve as Board Chair the last two years; it has truly been an honor.

While our organizational accomplishments deserve celebration, they cannot compare to the challenges and successes of the more than 2,000 families who bravely walked through our doors this past year. I can speak firsthand about the importance of receiving help during a time of need. I know many people who have benefited from The Children's Center in times of crisis and others who have found help there over months or years. The Children's Center can be there for each one of us as long as we continue supporting it as a community. I encourage you to continue to contribute to The Children's Center, in any way you are able. I can't think of anything more gratifying than making such an investment in the lives of children and the future of our community.

In service,

Mikelle Moore Board Chair (2015-2017)

## HEALING FAMILIES

The Children's Center's clinical team is made up of psychiatrists, psychologists, social workers, and mental health counselors. We take great pride in the fact that they are all trained to provide evidenced based treatments for families and children. This requires extensive training and supervision in order to ensure that treatment is being administered correctly. Effective treatment also ensures that parents' concerns are being addressed and families are making progress toward healing together. Our data supports the fact that children who have suffered from traumatic events are healing.

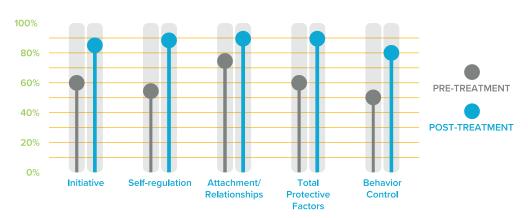
This year, we added "The Incredible Years" program to our Therapeutic Preschool curriculum. This is an evidence based program designed to address aggression, promote child social competence,

"The Children's Center has taught my daughter how to express her emotions in a healthy way causing her anxiety to be reduced."

emotional regulation, positive attributions, academic readiness, and problem solving. The program also aims to improve parent-child interactions, build positive parent-child relationships and attachment, and improve parental functioning.

In order to measure the impact of this treatment, parents and Therapeutic Preschool Specialists complete the Devereux Early Childhood Assessment every three months. By doing so we effectively track each child's progress in treatment and are now able to clearly demonstrate when a child has a high probability of being successful in a typical childcare, preschool, or kindergarten classroom.

#### DATA SHOWS THAT THE CHILDREN ARE HEALING



"The professionals here have brought our family back from the edge of disaster. We used to be in a constant state of crisis, and now we're functioning like a normal family."

# OFFERING HOPE THROUGHOUT OUR COMMUNITY

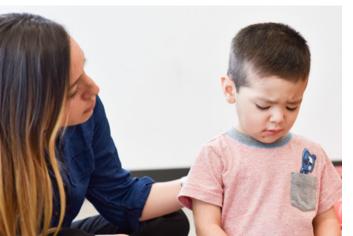
For over 55 years, The Children's Center's mission has included taking our expertise into the community to help ensure that all Utah families with young children can benefit from our help. Our Early Childhood Outreach Program brings training and consultation to childcare and preschool staffs throughout the valley to assure the availability of quality childcare.

But we do even more to assist the community. Dr. Goldsmith is a member of Utah's Intergenerational Poverty Advisory Committee, providing expertise on the effects of trauma and the unique issues faced by families experiencing intergenerational poverty. In addition, he was asked by Lieutenant Governor



Spencer Cox to chair a subcommittee tasked with the goal of crafting a plan to make Utah a trauma informed state, enabling all Utah's children to receive critical mental health care right in their own communities. He also chairs the Oversight Committee of the Guardian ad Litem; a group of attorneys dedicated to protecting the rights of vulnerable children throughout the state. And this year we completed our training program for clinicians throughout the state teaching them to provide trauma treatment so children can receive quality trauma care in their own communities.

Our clinical team provides monthly consultation to the YWCA staff to help facilitate appropriate referrals into treatment at our downtown location. In addition, we work with their staff to help them understand how to support families who have undergone significant trauma. And we provide our evidence based "Strengthening Families Coping Resources" group therapy to help families develop critically needed coping skills. For more than 25 years, the State Office of Childcare has



partnered with our Outreach team to improve the quality of early childhood programs by supporting teachers and administrators with professional development and on-site consultation.

Whether it's through consultation with DCFS caseworkers, presentations to the Judicial System, or working with representatives from all of the local school districts, The Children's Center staff is available to help others understand and respond to the unique needs of very young children. We share our skills with others throughout the state in order to provide hope to all families with very young children.

## **FUNDING & ZIP CODE DATA**

Since our earliest years in the mid 1960's, the state of Utah has consistently provided support to help us impart hope and healing for families in need. During that time our own fundraising efforts have grown substantially – and that community support has allowed us to expand, reaching more and more families every year. We are extremely grateful for the public and private support we receive every year that has truly changed the lives of countless families with young children over our 55 year history.

## 1,800,00 1,600,00 1,400,00 1,200,00 1,000,00 800,00 600,00 400,00 200,00

2005-

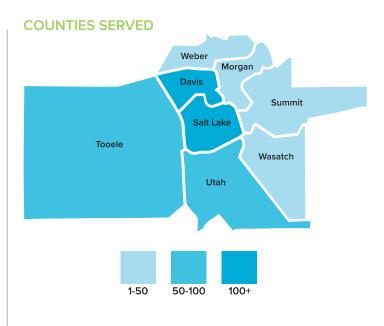
2001 .... 2006 .... 2011 .... 2016

2010-

2015-

STATE FUNDING

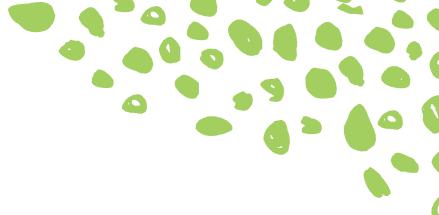
OVER A DECADE OF STATE AND PUBLIC SUPPORT



2000-

PUBLIC SUPPORT

## SERVICE STATISTICS



## **ENROLLMENT BY RACE**

| 2   | AM INDIAN        | 1%  |
|-----|------------------|-----|
| 10  | BLACK            | 3%  |
| 2   | PACIFIC ISLANDER | 1%  |
| 5   | ASIAN            | 2%  |
| 278 | WHITE            | 85% |
| 26  | 2 OR MORE        | 8%  |
| 323 | TOTAL            |     |

## **ENROLLMENT BY ETHNICITY**

| 111 | HISPANIC     | 34% |
|-----|--------------|-----|
| 212 | NON-HISPANIC | 66% |
| 323 | TOTAL        |     |

## **ENROLLMENT BY FAMILY INCOME**

| 207 | <100%                                      | 64% |
|-----|--|-----|
| 95  | <300%                                      | 29% |
| 21  | >300%                                      | 7%  |
| 323 | TOTAL *percentage of national poverty rate |     |

## **SERVICE STATISTICS**



1205 12762 \$308,063

Volunteers Hours of Total savings service

200

Backpacks delivered to help kids succeed in school 112

Pajamas delivered to families in need

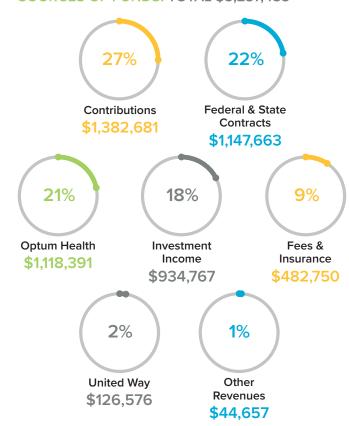
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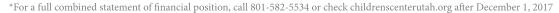
**USES OF FUNDS: TOTAL \$4,710,587** 



**SOURCES OF FUNDS: TOTAL \$5,237,485** 









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We want to express our profound appreciation to the following donors who allow us to provide hope and healing throughout the year!

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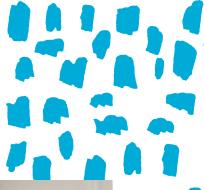
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