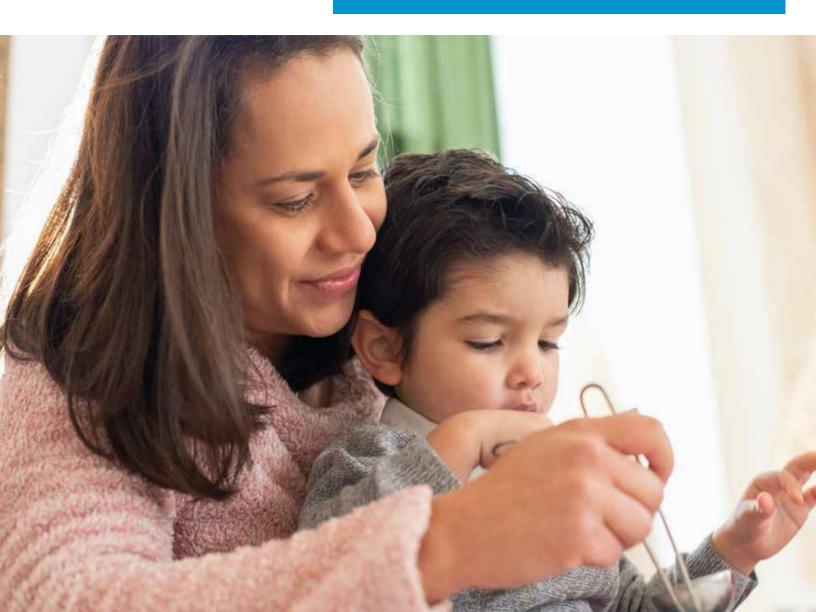


: 2021-2022 : ANNUAL REPORT



OUR VISION

Secure family relationships nurture communities where children are seen, heard, and safe.

TABLE OF CONTENTS

Board of Directors	4
Board Committees	5
etter to the Community	_
Enrollment	8
ervice Highlights	
Evidence-based Modalities	
herapeutic Preschool	12
Devereux Early Childhood Assessment	13
Referral Sources	
Early Childhood Consultation and Training	
Program Service Milestones	
eleconsultation and Webinars	17
Ready! Resilient! Utah Early Childhood Mental Health Summit	18-19
At the Capitol	21
Volunteers	22
inancials	
Gundraising	
Event Sponsors	
Donors	28-35
Honors and Memorials	36
he Children's Center Utah Team	38-39

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Special thanks and much gratitude to our board and commitee members for their passion, discipline, and leadership guiding us succesfully through a significant year.

SCAN TO READ OUR **LATEST PUBLICATIONS** AND REPORTS

LETTER TO THE COMMUNITY

Although it has been three years since our world was turned upside down by lockdown and isolation in response to the COVID-19 pandemic, its effects—particularly on young children's mental health—remain significant and widespread.

Research shows a measurable link between unmet mental health needs in a child's earliest years and lifetime outcomes, including lower rates of high school graduation, college attendance, and employment; and higher rates of poverty, homelessness, and involvement in the criminal justice system. National cost estimates of mental, emotional, and behavioral disorders among youth amount to \$247 billion per year in mental health and health services, lost productivity, and crime.

Addressing this staggering mental health crisis requires thoughtful and sustained intervention. Early interventions have been shown to improve children's current and future health and to reduce future use of services and treatment.

Investments from generous supporters like you enable the dedicated team at The Children's Center Utah to strengthen early childhood mental health through Outpatient Clinical Services, Therapeutic Preschool, Consultation and Training, Workforce Development, and Public Awareness and Pogram/Policy Development.

We know children with untreated childhood trauma carry this burden with them with negative lifelong consequences. As recognized leaders in infant and early childhood mental health, we are proud to report on the high caliber work being done to address early childhood mental health in Utah.

In these pages, you will see the impact of your commitment. You'll find updates about family therapy provided through Outpatient Clinical Services, information about the statewide Teleconsultation program launched in January 2022 to provide workforce development and training for early childhood providers, and a snapshot of the strong public-private partnership we have built in support of mental health over many years.

The Children's Center Utah's team, board, stakeholders, and partners have long been dedicated to enhancing the emotional well-being of infants, toddlers, preschoolers, and their families. We steadfast in our commitment to remain this work, are emboldened in our commitment as we consider the ongoing and ever-increasing mental health challenges faced by young Utahns and their families. Together, we are working toward a future where Utah's children grow into strong, resilient adults prepared to take on life's challenges with confidence and to experience life's joys to the fullest.

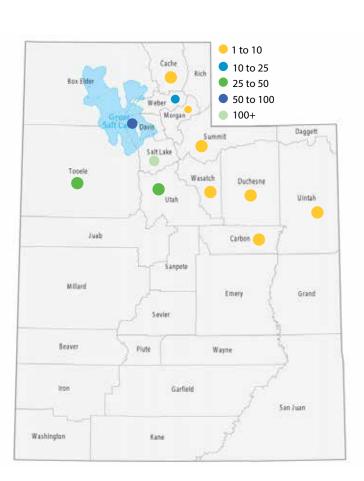


Rebecca Dutson
President and CEO



Kathleen Pitcher Tobey Chair, Board of Directors

FAMILIES ENROLLED IN OUTPATIENT CLINICAL SERVICES



The Children's Center Utah strengthens infant and early childhood mental health through:

Outpatient Clinical Services: Children birth through six and their families receive evidence-based, trauma-informed outpatient therapy.

Therapeutic Preschool: Children ages two through five receive additional support beyond outpatient services so they can thrive in traditional preschool settings.

Early Childhood Consultation and Training: Licensed childcare program staff from a variety of backgrounds receive in-person and virtual training and consultation.

Workforce Development: Infant and early childhood mental health professionals and students participate in internship and residency opportunities.

Public Awareness and Program/Policy

Development: Awareness and policy development

offerts ensure early childhood mental health remain

efforts ensure early childhood mental health remains at the forefront of statewide discussions.

Our dedicated team includes psychologists, psychiatrists, clinical social workers, mental health counselors, licensed marriage and family therapists, graduate student interns, paraprofessionals, bus drivers, and a small group of talented administrators.



SERVICE HIGHLIGHTS

OUTPATIENT CLINICAL SERVICES AND THERAPEUTIC PRESCHOOL

1,051

CHILDREN, FAMILIES, AND CAREGIVERS SERVED

5,949

INDIVIDUAL THERAPY HOURS

572

MENTAL HEALTH ASSESSMENTS

57

PSYCHIATRIC EVALUATIONS

79

PSYCHOLOGICAL EVALUATIONS

6,704

CLINICAL HOURS

The Children's Center Utab | Page 9

EVIDENCE-BASED TREATMENT MODALITIES

Attachment and Biobehavioral Catch-Up (ABC)

An evidence-based, short-term treatment focused on helping caregivers provide nurturing care and engage in sensitive interaction with children. The ABC is a 10-week program that utilizes two models, Infant, and Toddler, and provides services for children six months to four years old.

Attachment, Regulation, and Competency (ARC)

An adaptive intervention developed for children who have experienced complex trauma, along with their caregiving systems. Identifies and addresses important childhood skills and competencies which are routinely shown to be negatively affected by traumatic stress and by attachment disruptions.

Child-Parent Psychotherapy (CPP)

A treatment focused on ways in which trauma has affected the parent-child relationship and the family's connection to their culture and cultural beliefs, spirituality, intergenerational transmission of trauma, historical trauma, immigration experiences, parenting practices, and traditional cultural values.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

An evidence-based treatment approach shown to help children and their parents (or other caregivers) overcome trauma-related difficulties, including child maltreatment. TF-CBT also supports Post-traumatic stress disorder (PTSD), depression, anxiety, externalizing behavior challenges, relationships and attachment challenges, school and cognitive challenges. Includes skills for regulating affect, behavior, thoughts and relationships, trauma processing, and enhancing safety, trust, parenting skills, and family communications.



THERAPEUTIC PRESCHOOL <

ENROLLMENT BY RACE

PACIFIC ISLANDER	0	09
ASIAN	3	1%
AMERICAN INDIAN	4	1%
BLACK	4	1%
WHITE	116	82%
2 OR MORE	13	89
UNLISTED	11	7%
TOTAL	151	100%

The services provided in this program distinguish it as unique and unduplicated and include clinical consultation, concurrent family/caregiver therapy, and additional outpatient services as needed. We also provide transportation for children both to and from our Therapeutic Preschool Program, for both morning and afternoon sessions, which run all year.

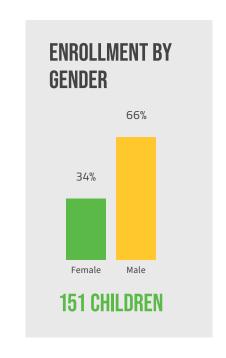
36,369 HOURS OF THERAPEUTIC PRESCHOOL

ENROLLMENT BY ETHNICITY

HISPANIC	44	29%
NON-HISPANIC	107	71 %

ENROLLMENT BY FAMILY INCOME

<100%	129	86%
<300%	20	13%
>300%	2	1%
TOTAL	151	100%





DEVEREUX EARLY CHILDHOOD ASSESSMENT (DECA)

DECA is a nationally standardized assessment tool that helps teachers understand how students are progressing with respect to three key social and emotional skills: Developing healthy relationships, learning to regulate emotions, and showing initiative.

DECA assessments not only provide psychometrically-sound measurements, but also reflect "child protective factors" in individuals and/or groups of children, which offset or diminish the effects of risk and adversity.

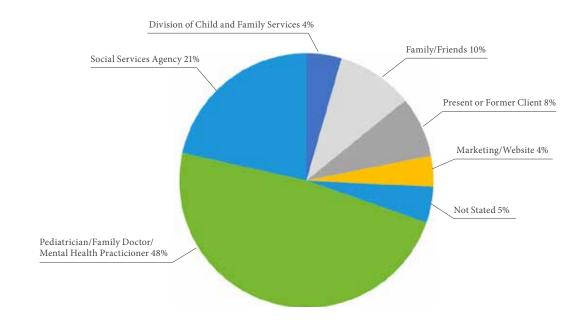
Children with protective factors, such as positive relationships, initiative, and self-regulation tend to be more positive, productive, and resilient.

	PROGRESS	SIGNIFICANT PROGRESS
ATTACHMENT/ Relationships	26%	49%
INITIATIVE	75% combined progress total	42%
	80% combined progress total	
SELF-REGULATION	33%	41%
	74% combined progress total	
TOTAL PROTECTIVE FACTORS	52%	29%
	81% combined progress total	

CHILDREN MADE

CHILDREN MADE

REFERRAL SOURCES < <



REFERRAL SOURCES

The Children's Center Utah is a center of excellence for evidence-based, trauma-informed mental health care, serving both the immediate needs of children from birth through six and their families as well as a training center for early childhood professionals of all backgrounds, leading the way to promote, prevent, and intervene early to improve the mental health outcomes for all Utahns. We seek to partner with other expert institutions to create a continuum of care for children regardless of their ability to pay. For example, 86% of the children served in our Therapeutic Preschool Program are from low and moderate-income populations when many having experienced trauma.

EARLY CHILDHOOD CONSULTATION



AND TRAINING

The Early Childhood Consultation and Training program supported 25 early childhood committees and initiatives in four out of six state regions.

53 COURSES AND WORKSHOPS

85 CONSULTATION HOURS PROVIDED

71 EARLY CHILDHOOD PROGRAMS REPRESENTED

147 CHILDREN DIRECTLY SUPPORTED IN EARLY CHILDHOOD PROGRAMS

156 ENVIRONMENTAL OBSERVATIONS AND FEEDBACK COMPLETED

557 PARTICIPANTS JOINED THE TRAINING AND SUPPORT FOR EARLY CHILDHOOD EDUCATORS

PROGRAM SERVICE MILESTONES <

ZERO TO THREE Fellowship

Vice President of Clinical Strategy and Innovation, Jennifer Mitchell, PhD, BCBA-D, was selected to join the ZERO TO THREE 2020-2022 Fellowship Class. This intensive 18-month professional development program brings together early childhood professionals from around the world who are committed to advancing systems and policies affecting the health and well-being of babies and young children.



Infant Toddler Court

In 2021-2022, we began expanding our pilot Infant Toddler Court program statewide and more than tripled our initial caseload to 15 cases. Throughout the year, we strengthened our network of available resources, obtained additional training from Zero To Three's Safe Babies Court Teams, and expanded our referral services to include referring Utah County families to family therapy. We closed two cases where children were successfully reunited with their parents.



Trauma Program for Young Children

This program builds on the foundation created through previous affiliation with the National Child Traumatic Stress Network, and supports expansion of our evidence-based trauma treatments for children birth to six years throughout Utah. This project creates a trauma-informed support system for child-serving agencies to enhance screening, referrals, and treatment of young children who have experienced trauma.



Our team provided over 100 hours of webinars and consultations each month to infant and early childhood providers from every county across the state.

Consultation provided typically involved case consultation and reflective consultation. Webinar content included, but is not limited to:

Building Regulation Skills: The Preschool Years

Caregiver Affect Management

Cultural Considerations when Working with Hispanic/Latinx Families

Developmentally Informed Care

Domestic Violence in the Context of Early Childhood

Early Childhood Speech and Language: Development and Disorders

Executive Functioning: The Preschool Years

Foundations of Behavioral Reinforcement

Mindfulness with the Parent Child Dyad

Playing to Enhance Speech and Language Development

Preschool Expulsion

Reducing Aggression in Group Settings

Supporting Parasympathetic Recovery

Supporting Social and Emotional Growth in Group Settings

Supporting Social and Emotional Growth through Caregiver-Child Interactions

Trauma-Informed Adoption

Trauma-Informed Engagement with Young Children

 $Working\ with\ Highly\ Traumatized\ Parents\ of\ Young\ Children\ in\ the\ Child\ Welfare\ System$

Wellness: Self-Care

Wellness: Self-Compassion

Wellness: Self-Reflection



94% OF PROVIDERS AGREE THAT OUR CONSULTATION SERVICES IMPROVE THE SERVICES THEY PROVIDE

88% OF PROVIDERS AGREE THAT OUR WEBINARS IMPROVE THE SERVICES THEY PROVIDE

READY! RESILIENT! UTAH EARLY CHILDHOOD MENTAL SUMMIT

In December 2021, The Children's Center Utah, in partnership with Governor Spencer J. Cox and First Lady Abby Cox, presented the second annual summit on children's mental health.

Summit

Hosted online, the 2nd *Ready! Resilient! Utah Early Childhood Mental Health Summit* provided education about and broadened awareness of infant and early childhood mental health challenges in Utah.

Governor Spencer J. Cox and First Lady Abby Cox addressed more than 700 summit attendees, highlighting the connection between mental and physical health, and reiterated their commitment to early childhood mental health.

In addition, the Utah Early Childhood Mental Health Working Group, which was assembled by The Children's Center Utah following the first Ready! Resilient Summit in 2020, presented a vision, mission statement, guiding principles, and proposed strategies to strengthen and improve Utah's early childhood mental health system. The working group includes stakeholders from a variety of early childhood-related professions and backgrounds.

The strategies and tactics developed by the working group are outlined in the report, "A Pathway for Improving Early Childhood Mental Health in Utah."

Keynote Speaker:

Brenda Jones Harden, PhD, Professor, University of Maryland School of Social Work and President of the Board of Directors at Zero to Three

Panelists:

Tracy Gruber, Executive Director, Department of Human Services and Incoming Executive Director of the Utah Department of Health and Human Services

Claire Son, PhD, Associate Professor, University of Utah Sarah Woolsey, MD, Division Director, Utah Department of Health, Family Health and Preparedness

Utah Early Childhood Mental Health Working Group

The Utah Early Childhood Mental Health Working Group began meeting monthly in January 2021 and during the second summit presented a vision and mission statements, guiding principles, and proposed strategies to strengthen and improve Utah's early childhood mental health system.

From these discussions, the Working Group then developed eight strategies, as well as specific tactics that can be used to achieve each strategy, outlined in their report: A Pathway for Improving Early Childhood Mental Health in Utah.





Working Luncheon at the Governor's Mansion

To continue building on these efforts, a working lunch was hosted by First Lady Abby Cox and The Children's Center Utah at the Governor's Mansion.

Over 65 attendees heard from a panel of early childhood mental health experts and discussed the opportunities, strengths, and challenges associated with potencially using the Ages & Stages Questionnaires*: Social-Emotional (ASQ:SE) at all primary care check-ups, by child care providers, and preschools, as well as adding the ASQ:SE as an optional universal school-based mental health screener for students entering kindergarten.

Both the summit and the luncheon provided an opportunity to hear and collect broad public feedback for improving Utah's early childhood mental health systems.

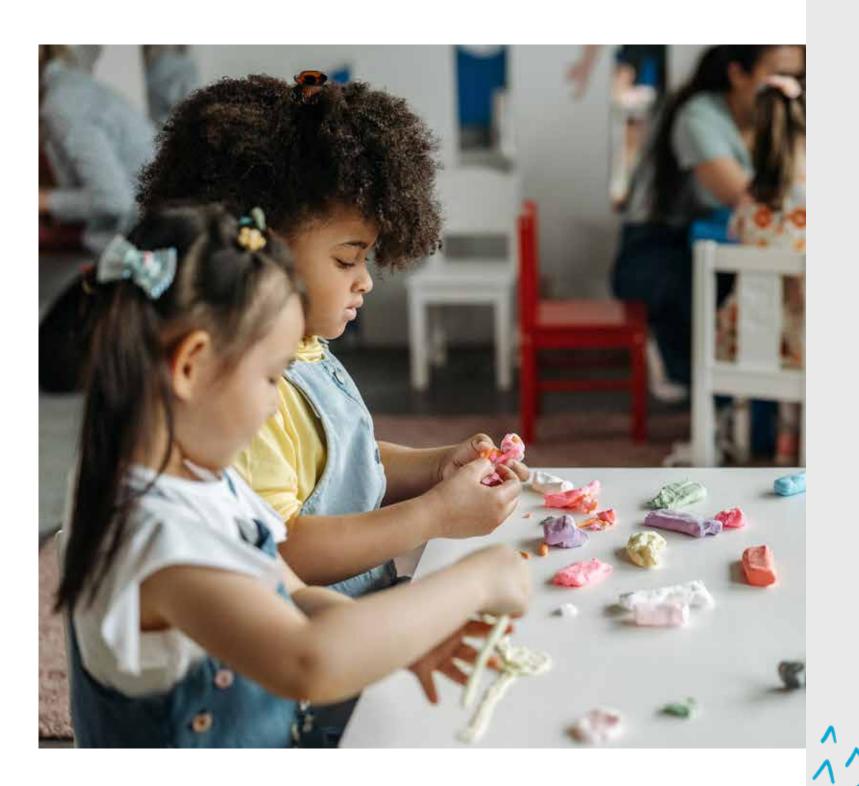












AT THE CAPITOL >>

During the 2022 legislative session, The Children's Center Utah team and stakeholders strengthened the organization's robust public-private partnership by meeting with legislators to provide education about infant and early childhood mental health, broadening awareness of Utah's early childhood mental health challenges through one-on-one and committee meetings, and successfully advocating for inclusion in the Governor's budget.

In February, The Chidren's Center Utah's Board and Public Policy/Advocacy committee members and The Children's Center Utah team hosted a Legislative Break on the Hill, where they were able to speak with legislators about TCCU programs and funding requests.

Governor Cox declared May 7, 2022 Children's Mental Health Awareness Day. We deeply appreciate the support of Governor and First Lady Cox, state legislators, and other state leaders who support our work and ensure infant and early childhood mental health systems are prioritized in our state!







VOLUNTEER PARTICIPATION

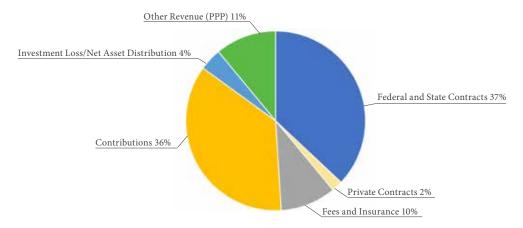
ACTIVITY	NUMBER	HOURS
THERAPEUTIC PRESCHOOL	129	3,018
SPECIAL PROJECTS	49	168
EVENTS	55	240
AT HOME.	3	34.5
BOARD OF DIRECTORS	23	259
BOARD COMMITTEES	53	289
EVENT COMMITTEES	24	857

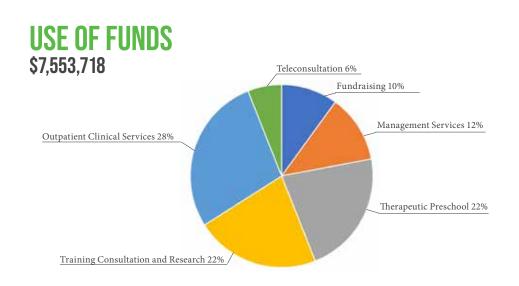
*Due to COVID-19 health guidelines and restrictions, The Children's Center Utah limited the number of volunteers allowed on-site from November 2021 onward. In March 2022, we were so grateful to welcome volunteers back into our classrooms again! With added health and safety precautions in mind, we brought in a limited number of volunteers to support our Therapeutic Preschool team and the children in our preschool. Our volunteers are a vital part of our preschool and we are so excited to have them back in the group rooms.



FINANCIALS S

SOURCES OF FUNDS \$7,553,718









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HOPE AND HEALING BREAKFAST





JEWELRY LUNCHEON

22222222222



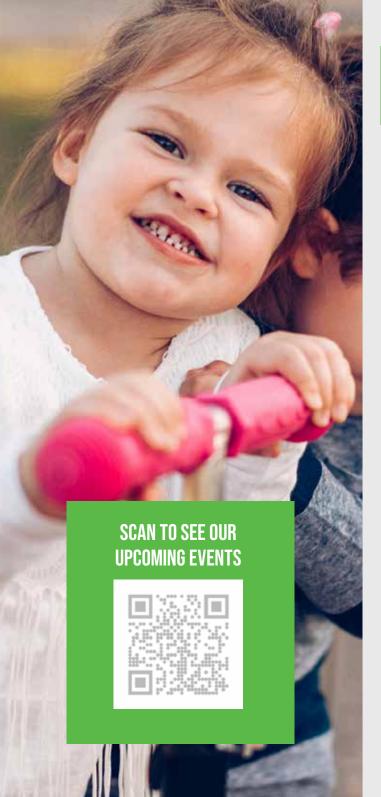
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TOTAL \$870,760



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Healing Circle \$100,000+

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