



**ANNUAL REPORT 2018-2019** 



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

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#### **Diversity and Inclusion Task Force**

George Hofmann, Co-Chair Theresa Martinez, Co-Chair Marco Barker Christine Espinel Russ Pack Robert Rendon Ze Min Xiao "After admiring the work of The Children's Center for many years and being deeply moved by its life-changing services, I had the great honor of becoming Chief Executive Officer in January 2019. It's been an incredibly fulfilling year working together to provide hope and healing to Utah's children struggling with adversity and trauma. Thank you for your support. It means the world to our children and families." – Rebecca Dutson, CEO

We are thrilled to report that decades after our founding, we remain committed to the notion put forth by mental health visionary and founder Agi Plenk, that at The Children's Center, "Children's basic need for love and acceptance is met. They develop trust in adults through everyday interactions." Our early intervention and evidence-based services create a stable foundation from which children can comfortably find hope and healing.

Our 2018-2019 year brought many exciting milestones in our service to Utah's children and families. You can be proud of these accomplishments and more. These wins are only possible because our children and families have you—your volunteerism, your advocacy, and your donations. Your generosity and compassionate support make all the difference.

True to our roots, nearly 2,000 children and their families received evidence-based mental health and trauma-informed clinical care to heal the hurt and build each child's resiliency. Families report significant overall improvement in their child's ability to overcome severe challenges as a result of receiving services.

We teach children the life skills they need to unlock their potential and become thriving members of our community. We transform families so they can shape their own futures. We are grateful for you and our many supporters who join us in this work to lift up all Utah children and families who need us. Thank you for allowing our children to hope, heal, and thrive.

# With gratitude,



Adria Swindle Board Chair



Rebecca J. Dutson
Chief Executive Officer

# SERVING MORE CHILDREN AND FAMILIES THROUGH OUR EXPANDING INTERNSHIP PROGRAM

Since inception, The Children's Center has relied on skilled psychology interns to provide critical support to our clinical team. After a lengthy and robust yearlong application process, The Children's Center received accreditation from the American Psychological Association (APA) in October of 2018. As one of only eleven sites in the state of Utah, the prestige of our recently completed APA accreditation helped us attract a larger

pool of psychology intern applicants from throughout the country for our 2019-2020 intern class. This pool of applicants were incredibly diverse and highly qualified. Our new interns hail from prestigious universities throughout the country and we are excited our APA accreditation attracted this talented group of interns who were drawn to the mission of our work.

With special thanks to Making a Difference Foundation, we hired two additional interns—for a total of four—allowing us to reduce wait list times and increase clinical capacity. By expanding the number of interns we can hire, and recruiting from the best applicant pool in the country, The Children's Center is better equipped to meet the needs of the children and families in our community who need us most.

"The driving force behind moving my family from Michigan to Utah last July was the opportunity to receive quality training at a nationally-recognized and respected training site. Few training sites offer the opportunity to provide young childhood and infant mental health services, and even fewer do it with the efficacy of The Children's Center."

- Jacob Brushaber-Drockton, Intern at The Children's Center

# Training 2018-2019







27 Early Childhood Consultation classes and workshops

20 Early childhood professionals received group and individual coaching from our Early Childhood Consultation Team

Early childhood professionals participated in classes and workshops



# BUILDING LANGUAGE SKILLS IN THE THERAPEUTIC PRESCHOOL

During the last year, with the support of a targeted grant award of \$75,000 from Daniels Fund, The Children's Center made a significant investment in providing support services to children with diagnosed or suspected Autism Spectrum Disorder. Our partnership with Daniels Fund enabled us to provide newly-added Autism intervention services to children enrolled in our Therapeutic Preschool Program.

Thanks to the investment made possible by the grant, unique Autism intervention services are provided daily by a full-time Speech and Language Pathologist on our team. This Speech and Language Pathologist works with Therapeutic Preschool staff by targeting speech and language needs throughout the day, enhancing

kindergarten readiness in each classroom across both sites. This benefits all children—with and without speech and language concerns—creating an environment rich in language concepts and opportunities. The implementation of this push-in model gives children in our Therapeutic Preschool the gift of increased language and the opportunity to interact with their classmates and their parents in a way that was not possible before.





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# AN INVESTMENT IN OUR CLINICAL TEAM IS AN INVESTMENT IN CHILDREN'S FUTURE

The Children's Center underwent important clinical restructuring to further strengthen the ways in which we meet the mental health needs of children and families. Jennifer Mitchell, PhD, who has been with The Children's Center for seven years, and previously served as Clinical Director of our Kearns location, was named Senior Program and Operations Director. Her promotion subsequently led to role changes for Malinda Freitag, CMHC, and McCall Lyon, PsyD, who were each promoted as Clinical Directors over the Salt Lake Center and Kearns Center, respectively. The caseloads of our clinical supervision team have been modified to provide increased oversight and leadership support for our clinical

team as we continue to strengthen our evidence-based treatments. This restructuring reinforces our continued efforts to provide consistently high-quality, evidence-based services to the children and families we serve.

As the research underscores, without the very important clinical interventions offered at The Children's Center, children experiencing mental health challenges, poverty, or trauma have an almost certain path toward low academic achievement and a lifetime of challenges. Investing in our clinical team is investing in the future of our children and our community.









# STATE OF UTAH OUTCOME IMPROVEMENT INITIATIVE PILOT PROGRAM

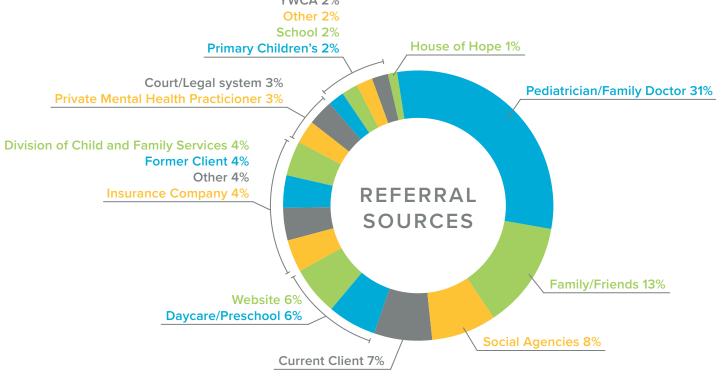
In the Spring of 2019, the State of Utah Division of Substance Abuse and Mental Health chose
The Children's Center from a competitive applicant pool to participate in its 2019-2020 Outcome Improvement
Initiative Pilot Program, an initiative aimed at bridging the gap between science and practice in the State of Utah.
The goal of this pilot program is to assist behavioral health organizations in the implementation of organizational frameworks that increase the efficacy of treatments, thereby improving client outcomes.

Many evidence-based behavioral health treatments, especially those focused on the treatment of trauma in young children, require significant ongoing supervision, which often presents a financial burden to organizations

striving to maintain fidelity to such services. Further, without this financial support, therapists may have caseloads that cannot support meeting frequently enough with clients. Consequently, the shift to providing best-in-class, evidence-based practices requires a financial investment by organizations and the stakeholders that support them. Because of our efforts to restructure caseloads, while still meeting the community's needs for mental health services for young children, The Children's Center was honored to be the only nonprofit organization that received this grant and is wholly committed to continually improving client outcomes. This pilot program naturally aligned with our commitment to continuous improvement as we evaluate our effectiveness, which will not only benefit families and their specific treatment plans, but also the organization as a whole.

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# **YWCA 2%**



#### SERVICE STATISTICS

**Families Served** 

Consultations

Children in Therapeutic **Preschool Program** 

Observations

118 81,726 **Hours of Therapeutic Preschool Treatment** 

**Therapy Hours** 

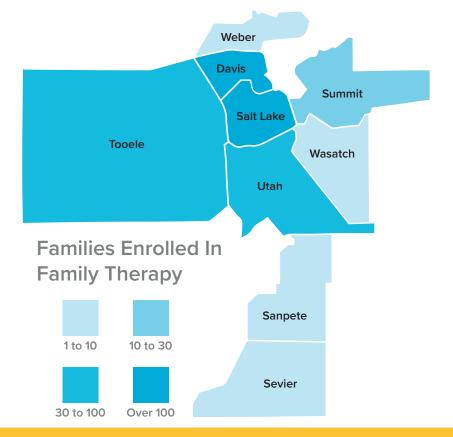
Outpatient **Group Hours**  **Family Therapy** 

**Psychiatric Evaluations**  **Evaluations** 

# **EVIDENCE-BASED TREATMENT MODALITIES**

- ☑ Alternatives for Families: A Cognitive Behavioral Therapy





# THERAPEUTIC PRESCHOOL DATA

## **ENROLLMENT BY FAMILY INCOME**

ising rederal poverty guidelines		2018-19		
	260	<100%	(90%)	
	22	<300%	(8%)	
	6	>300%	(2%)	

#### **ENROLLMENT BY ETHNICITY**

2017-18		2018-19
109 (35%)	HISPANIC	88 (31%)
201 (65%)	NON-HISPANIC	200 (69%)
310	TOTAL	288

#### **ENROLLMENT BY RACE**

2017-18		2018-19
5 (2%)	AMERICAN INDIAN	1 (0%)
11 (4%)	BLACK	<b>15</b> (5%)
5 (2%)	PACIFIC ISLANDER	5 (2%)
2 (2%)	ASIAN	1 (0%)
263 (85%)	WHITE	241 (84%)
24 (8%)	2 OR MORE	25 (9%)
310	TOTAL	288

## **VOLUNTEERS**







Committee

Members



Volunteer Hours





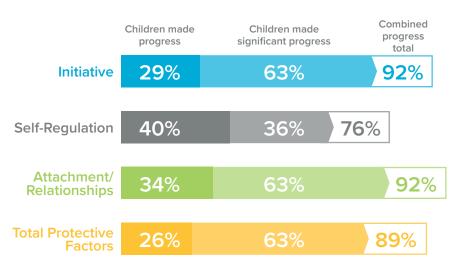




Volunteers

# DEVEREUX EARLY CHILDHOOD ASSESSMENT

Progress of Children in the Therapeutic Preschool Program









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#### **FUNDRAISING EVENTS**

Thank you to our donors, sponsors, and guests of our Hope & Healing Breakfast, Jewelry Luncheon, and SHINE Gala!

\$800,097

Raised during our 2018-2019 Fundriasers



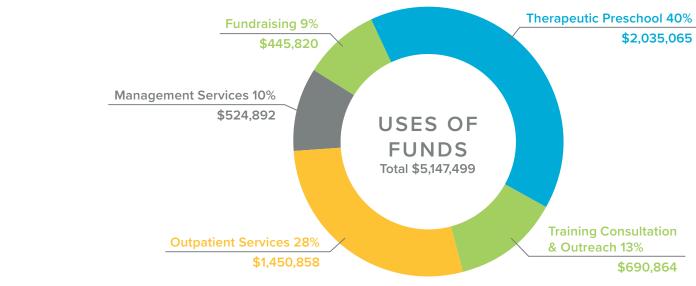


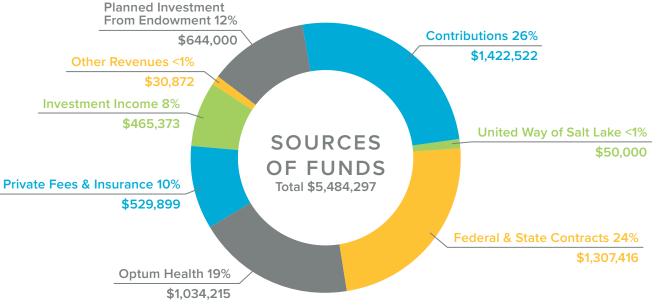












\*For a full combined statement of financial position, please see our website childrenscenterutah.org

# SHINE Gala 2019 **DONORS**

loyal supporters like you change the lives of

the children and families we serve. Caring people, corporations, foundations, and community partners make healing a reality for hundreds of children and families in desperate need of mental health treatment.

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We deeply appreciate the generosity of every individual, foundation, and corporation making contributions in support of The Children's Center during the past fiscal year, July 1, 2018 through June 30, 2019. Donors making annual contributions totaling \$1,000 or more are recognized within our Championship Circle.

Lawrence T. Dee and Janet T. Dee Foundation

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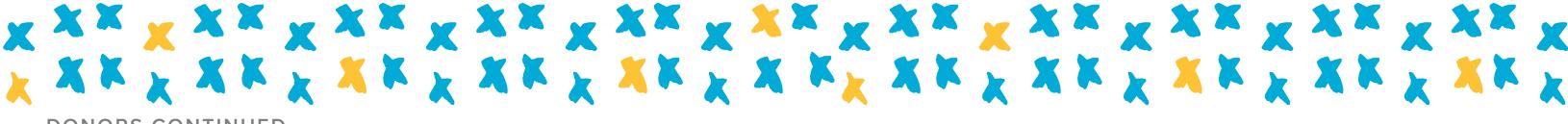
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#### **LOCATIONS:**

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