



FY2022 ANNUAL REPORT



THE FAMILY
INSTITUTE
at Northwestern University

A Letter from Leadership



Jana L. Jones



Katie Lamb-Heinz

Friends,

Words cannot express the profound sense of pride and gratitude that arises when looking back at all that The Family Institute at Northwestern University was able to accomplish over the course of the past year. In addition to our day-to-day work, this past year our colleagues were called on to address multiple tragedies both locally and nationally. It is through the collective effort of our staff, Board of Directors, faculty and students that we have been able to not only continue to serve our community and educate the next generation of mental health leaders, but also meet the needs of our community in response to the current events happening around us.

First and foremost, we are incredibly grateful to continue offering free mental healthcare services for clients of the Bette D. Harris Family & Child Clinic. What started as an initiative to counteract the health and economic circumstances that arose as a result of COVID-19 has grown into a mainstay of our organization by eliminating the cost barrier that often prevents individuals, couples and families from seeking needed help. It is through the generosity of our donors and the dedication of our faculty and students that we were able to help more than 1,248 people through free mental health services in the last year.

In addition to the incredible work taking place at the clinic, we also want to recognize the ongoing success of our staff practice in helping people through therapy services, neuropsychological assessments and group therapy. Last year, we served nearly 6,000 clients with almost 75,000 appointments, including 2,700 new cases.

This past year saw moments of innovation and growth for The Family Institute. To reach a broader audience of perspective students interested in becoming passionate and informed Marriage and Family Therapists, the MSMFT Program at Northwestern University launched MFT@Northwestern. This online branch of our long-standing on-campus MFT program has national reach with students enrolled across the country and has maintained a 100% retention rate since its launch in June 2022. We look forward to seeing this program continue to prosper.

Additionally, The Family Institute's first book, *Integrative Systemic Therapy in Practice: A Clinician's Handbook*, was published in September 2022. This book, authored by William Russell, LCSW, LMFT, BCD, Doug Breunlin, MSSA, LMFT, LCSW and Bahareh Sahebi, Psy.D., LMFT, was written for supervisors, students, and practitioners of Integrative Systemic Therapy. It provides examples of how therapists can converse with clients to address their presenting concerns and constraining patterns while maintaining a strong therapeutic alliance.

From all of us at The Family Institute at Northwestern University, we thank you for being an ally to our organization and partnering to see change.

With Gratitude,

Jana L. Jones
President & Chief Executive Officer

Katie Lamb-Heinz
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The State of Research



Research is at the heart of everything we do at The Family Institute.

We continue to embrace evidence-based therapies into every aspect of our work. With 10 active research projects currently taking place, our researchers, scholars, clinicians, and students have continued to ensure that The Family Institute is advancing the field of behavioral health.

In 2013, Professor Erika Lawrence and colleagues embarked on a national effort to reduce intimate partner violence (IPV) by adapting Acceptance and Commitment Therapy to target IPV. This effort led her to create and implement a 24-week group intervention called Achieving Change Through Value-Based Behavior (ACTV). After joining The Family Institute in 2019 as the Director of Translational Science, Dr. Lawrence received a four-year \$450K grant from the Department of Justice (DOJ) Office of Violence against Women to conduct an evaluation of the intervention's effectiveness. Notably, ACTV is the first IPV intervention listed on the DOJ website as "promising," meaning there is published evidence of its effectiveness.

Drs. Lawrence and Hayley Fivecoat are concluding an evaluation of their novel prevention program for couples in the early stages of relationships. Couples are administered a semi-structured interview targeting the quality of their relationship functioning across domains, given feedback on their relationship strengths and challenges, and then offered a six-hour group workshop that targets the domains in need of improved functioning.

This study is another step toward Drs. Lawrence and Fivecoat's goal of developing the first prevention intervention for couples that can be tailored to their specific relationship needs as opposed to using the "one-size-fits-all" approach of existing prevention programs. Of note, 25 students and four clinical postdoctoral fellows are involved in this project, providing a wonderful opportunity to gain exposure to and experience with research for our students and trainees.

Dr. Lawrence's third study is examining relationship functioning among Latine couples in the early years of marriage. This five-year study was completed this year and will be used to challenge conceptual models based on White non-Latine studies that have been used to guide research with and treatment for Mexican American families.

Over the last several years, we have been able to offer research time to two members of our clinical staff who are also prolific researchers with a track record for obtaining external funds - Professors Hayley Fivecoat and Mark Driscoll. Along with the couple prevention program noted above, Dr. Fivecoat is conducting a study examining the impact of unemployment and underemployment on families. The goal of this study is to formulate specific recommendations for treating couples adjusting to periods of unemployment and identify critical points of intervention.

Dr. Driscoll is conducting two studies. In the first study, he is examining subtypes of and treatment for disorders of overcontrol and its links to interpersonal problems and distress. In the second project he is investigating models

of stress and depression among individuals of underrepresented and/or marginalized groups, with an emphasis on Latines. The goal of this research is to identify the social and psychological mechanisms by which cultural change and adaptation occur and their relationship to mental health.

The Family Institute's seed grants bring research funds to our faculty, staff, and students. The goal of this initiative is to provide funds for researchers to get projects off the ground and collect data necessary to apply for external funding. Access to seed funds is a critical preliminary step for researchers to expand upon their work and secure funding for larger-scale projects.

The FY 2022's seed grants include:

- Understanding Vocational Engagement Among Black Youth with Mental Health Conditions (Olayemi Akinola, Ph.D.)
- Interpersonal Behavior Subtypes Among Overcontrolled (OC) Personality Styles (Mark Driscoll, Ph.D.)
- Cross-Validation of Clinical Supervision Instruments (Gideon Litherland, Ph.D.)
- Sense of Belonging Among Adjunct and Contingent Faculty in MFT (Darren Moore, Ph.D.)
- Pining for a Pegging: Anal Receptive Heterosexual Males Negotiating Stigma and Masculinity (Jen Rafacz, Ph.D. & Sam Allen, Ph.D.)
- Exploring the Benefits of Parental Apologies to their Children (Allen Sabey, Ph.D.)

The innovative research of our researchers, scholars, clinicians and students both informs and strengthens our practice and our education of the next generation of counselors and marriage and family therapists.

The Family Institute's researchers continue to further the field of behavioral health through dissemination of their work. During 2022, our researchers had their work accepted across platforms: 16 poster presentations, 34 research talks/symposia, 21 peer-reviewed articles, 14 book chapters/encyclopedias, and three external grants. Our researchers continue to demonstrate impressive prioritization of sharing their findings with the larger community.

Education and Scholarship Update

The Family Institute's goal to grow the field of highly trained therapists was further amplified in FY 2022. Our long-standing on-campus Master of Science in Marriage and Family Therapy program now has national reach with the launch of MFT@Northwestern, our online branch that combines online learning with innovative therapeutic methods and in-person clinical experiences. The program launched with eight students in the summer cohort with a 100% retention rate, and 15 new students starting in the fall quarter of 2022. These 23 students join our more than 900 students in both our Counseling and Masters in Family Therapy programs.

We were also grateful to be able to celebrate the achievements of our Master of Arts in Counseling and Master of Science in Marriage and Family

Therapy Graduates with our first in-person graduation since the COVID-19 pandemic on June 11, 2022. We were proud to witness 204 graduates be honored and commemorated by the leadership and faculty of The Family Institute during the ceremony. We look forward to seeing our graduates work to continue to close the gap in access to mental healthcare.

In FY22, 35% of our Counseling students and 40% of our Marriage and Family Therapy students were from BIPOC communities. Additionally, with nearly \$1.9 million in dedicated scholarships, we were able to award 328 scholarships to students from underrepresented communities, including BIPOC, veterans and students living in rural areas, showing our steadfast commitment to furthering diversity and equity within our field.

Clinic Update

Through the Bette D. Harris Family & Child Clinic, The Family Institute at Northwestern University provides free access to mental and behavioral therapy services for families, couples and individuals who could not otherwise afford it. In FY 2022 alone, we were able to serve 1,248 clients through 17,754 appointments from 122 providers in the Clinic. Anxiety/panic, depression and trauma-related problems are the top three issues that clients have identified as needing help navigating.

Prior to the pandemic, the Clinic saw 2% of clients via teletherapy. Today, 81% of appointments are conducted via teletherapy which furthers the accessibility of the Clinic.

“*Meeting with [my therapist-in-training] was such a great experience. She provided an empathic and safe space for me to just be. As someone who has struggled being open with my emotions, I found it easy to open up to her.*” - GRATEFUL CLINIC CLIENT

PROJECT STRENGTHEN

Project Strengthen became a reality in 2017. The program delivers high-quality care to individuals and families who suffer from complex mental health issues alongside socio-economic hardships. Project Strengthen provides the highest level of care that The Family Institute can offer through a therapy team comprised of a senior staff therapist and a therapist-in-training who work together to provide comprehensive treatment and counseling services to the client and their family.

Most families served by Project Strengthen are below the poverty level (\$30,000/year for a family of four) and nearly 80% are at high risk for suicidal and/or homicidal thoughts and extreme violence. Given the level of specialized care required for our clients within the Project Strengthen Program, our team of 25 staff therapists and 36 therapists-in-training are focused on supporting the unique needs of each of our 18 clients.

COMMUNITY PROGRAM

Situated within the Bette D. Harris Family & Child Clinic, the Community Program partners with a variety of community organizations and schools to best serve the needs of the Evanston community. Community supervisors and therapists-in-training create relationships — as well as strengthen existing ties — by maintaining regular, in-person contact with participating agencies and schools. Therapeutic services in the Community Program are often provided in clients' homes, classrooms or other non-traditional therapy settings.

Over the last two years, the Community Program also began working with the District 65 Community Schools Resource Coordinator to increase referrals and understand the needs of the schools. Last year, 28 students were under the supervision of four staff therapists and two consultant supervisors as they worked with 84 clients.

Recognition

Under the leadership of Dr. Donna Baptiste, The Counseling Team received an eight-year accreditation with The Council for Accreditation of Counseling and Related Educational Programs (CACREP). The CACREP process is an accreditation for counseling programs in a variety of specialization areas at the masters and doctoral levels here in the U.S. and throughout the world. After an extensive review of a more than 1,000-page self-study, The CACREP team leader shared that The Family Institute's self-study was the strongest seen in more than 20 years.



Staff Practice Update

With over 6,200 clients, nearly 75,000 appointments and 2,700 new cases within the last fiscal year, The Family Institute's staff practice continues to serve adults, children, adolescents, couples, and families with over 100 clinicians.

As an organization that has been addressing the needs of children and their families for over 50 years, The Family Institute's staff practice swiftly adapted to the enhanced need for therapy services as the American Academy of Pediatrics' (AAP) issued a child mental health emergency in the aftermath of COVID-19 in October 2021. Through an increase in teletherapy availability and clinicians with a specialization in child and adolescent treatment, our staff practice provided care for over 800 children in FY 2022, working to ensure that parents and children are able to access the mental health support they need. There was also a concerted effort to provide resources for parents to both understand the warning signs and become equipped with action items to support their children. On May 25, 2022, The Family Institute hosted a panel discussion to address the children's mental health emergency with mental health experts Ariel Horovitz, Psy.D., Jocelyn McDonnell, M.A., LCPC, NCC and Alejandra Cardenas Oliveros, M.A., LCPC. Additionally, Aaron Cooper, Ph.D. in collaboration with Marina Eovaldi, Ph.D. and Benjamin Rosen, Ph.D. continued to share the video series entitled *Talking to Kids You Love* to help parents build new skills to enhance their effectiveness in promoting their child's emotional intelligence and self-esteem.

In a continued effort to improve our outcomes, in February of 2022, we established the Clinical Services Advisory Council. The Council is a representative group of 15 clinicians across the practice with experience and expertise in clinical research, clinical best practices, and outcomes. The group serves as an advisory to our Continuous Quality Improvement (CQI) team led by Dr. Nancy Burgoyne, Ph.D. The Council is continuing the implementation of our road map to ensure The Family Institute continues to progress towards measurement-based care.

“*Since starting the family group DBT and especially since individual therapy and phone coaching, both [my] daughter and family have learned and practiced concepts and skills that have helped us manage emotions, communication, and relationship much better. Not enough words to express the gratitude and relief, but THANK YOU THANK YOU THANK YOU.*” - GRATEFUL STAFF PRACTICE CLIENT



By the Numbers



870

ACTIVE GRADUATE STUDENTS

70

FACULTY, STAFF & STUDENTS ENGAGED IN RESEARCH

56

JOURNAL ARTICLES, BOOK CHAPTERS & MANUSCRIPTS

248

TEACHING & SUPERVISING FACULTY

42

PRESENTATIONS AT LOCAL & NATIONAL CONFERENCES

18

ORGANIZATIONAL LEADERSHIP POSITIONS

113

STUDENTS & FELLOWS TRAINING IN CLINIC

13

EDITORIAL LEADERSHIP POSITIONS

11

INSTITUTIONAL REVIEW BOARD-APPROVED RESEARCH PROJECTS

38%

STUDENT POPULATION FROM UNDERREPRESENTED COMMUNITIES

10

INTERNAL RESEARCH PROJECTS

7

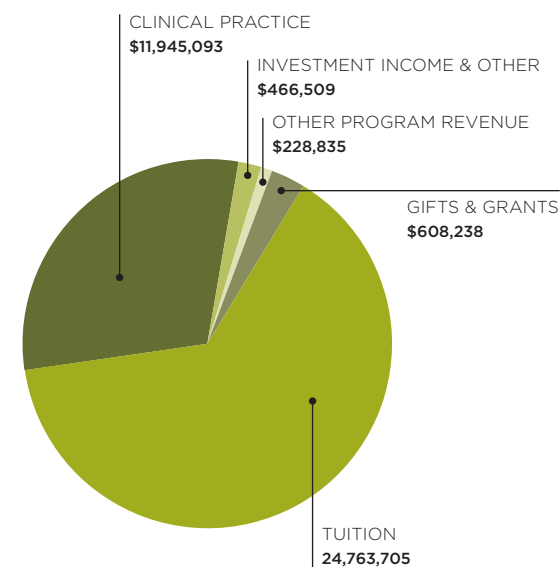
POSTDOCTORAL CLINICAL FELLOWS

Financial Statement

AS OF AUGUST 31, 2022

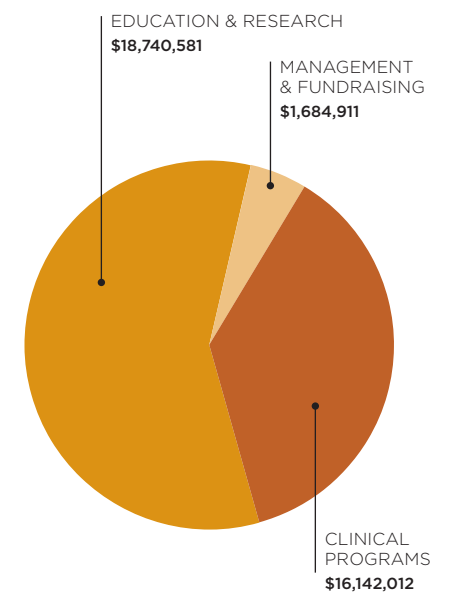
	2022	2021
ASSETS		
Cash and cash equivalents	\$4,855,504	\$6,067,311
Accounts receivable, net	422,935	548,306
Due from Northwestern University	139,842	249,909
Prepaid expenses	171,091	204,654
Pledges receivable, net	27,500	30,650
Investments	10,946,094	11,604,949
Investments, board designated	4,472,406	2,614,664
Property and equipment, net	2,824,318	2,993,968
Total Assets:	\$23,859,690	\$24,314,411
LIABILITIES AND NET ASSETS		
Liabilities:		
Accounts payable	\$622,524	\$850,733
Accrued payroll, payroll taxes and vacation	1,758,998	1,718,578
Deferred rent	862,186	975,203
Deferred revenue	759,975	1,503,520
Obligations under capital leases	19,140	34,659
Total Liabilities	\$4,022,823	\$5,082,693
Net Assets:		
Without donor restrictions	\$8,600,161	\$7,226,626
With donor restrictions	11,236,706	12,005,092
Total Net Assets:	\$19,836,867	\$19,231,718
Total Liabilities and Net Assets:	\$23,859,690	\$24,314,411

SOURCES OF REVENUE FISCAL YEAR 2022



TOTAL
\$38,012,380

USES OF EXPENSE FISCAL YEAR 2022



TOTAL
\$36,567,504

The Family Institute is audited annually by an independent certified public accounting firm. A copy of the audited financial statement is available upon request.

Our Donors

We are extremely grateful to the many individuals, families, foundations, corporations and organizations who generously supported The Family Institute between September 1, 2021 and August 31, 2022.

\$150,000

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¹ usafacts.org/articles/over-one-third-of-americans-live-in-areas-lacking-mental-health-professionals/

² www.cdc.gov/nchstp/dear_colleague/2020/dcl-102320-YRBS-2009-2019-report.html

³ www.niaaa.nih.gov/sites/default/files/publications/NIAAA_Alcohol_FactsandStats_102020_0.pdf

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The Family Institute is an independent, not-for-profit organization — with its own governance, programmatic and funding autonomy — that benefits from the academic richness of a major research university. The Family Institute operates the University's Center for Applied Psychological and Family Studies in cooperation with Northwestern's Office for Research and The Graduate School. The affiliation also provides faculty appointments through Northwestern's Department of Psychology for The Family Institute staff members involved in academics.

Northwestern

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