



THE FAMILY INSTITUTE

at Northwestern University

**BIANNUAL
REPORT**
2020 & 2021

A LETTER FROM LEADERSHIP



Jana L. Jones



Katie Lamb-Heinz

Friends,

The past year has brought several changes, both physical and strategic, to The Family Institute at Northwestern University. We pride ourselves on always learning from our students, our research and our clients. The pandemic over the past two years has offered significant lessons, and we responded by making significant changes.

When COVID-19 hit the U.S. in early 2020, we quickly shifted our systems to support our clinical practice of nearly 100 staff clinicians, our faculty, as well as our students and our clients. In the course of one week, we transitioned from a 2% teletherapy practice to a 100% teletherapy practice. At the time, we had no idea how long it would last. Two years later, we're still operating with a mix of remote and in-person therapy sessions for our clients.

In addition to the psychological pressures and mental health crisis the pandemic exacerbated, it further highlighted that too few people have access to essential mental and behavioral health care services — and that those in most need of support often face the most barriers to receiving care.

In response, in 2020, we began waving all sliding scale fees within our Bette D. Harris Family & Child Clinic. Our therapists-in-training, under close supervision from our licensed therapists, work with clients to create tailored treatment plans and goals. This change felt vital in order to increase access during a time of great difficulty, and we have continued to waive these fees, thanks in large part to generous donations. We remain awed and grateful for the community of donors who made us a priority as we elevated this necessary work.

To most effectively serve clients of all backgrounds, we believe that the therapy field needs clinicians with a range of experiences and perspectives that reflect those of the people seeking therapy. The therapy field is lacking in terms of diversity and representation, and we're committed to growing our field through support for students from underrepresented communities. In fact, 32% of our students this year came from underrepresented communities.

Dozens of our students and faculty are also actively engaged in research. Their growing body of work informs not only the clinical work at The Family Institute, but also the broader field. A sampling of the range of research projects over the past year includes emotional availability and responsiveness, led by Allen Sabey, Ph.D., LMFT; tailoring couple interventions to couple needs, led by Hayley Fivecoat, Ph.D.; and maladaptive expressions of perfectionism, led by Jessica Rohlifing Pryor, Ph.D.

As an organization we also set a renewed commitment to diversity, equity, and inclusion. Within one year 80 employees participated in the Seeking Educational Equity and Diversity (SEED) program, in partnership with Single Story, Inc., setting the foundation to our DEI work.

On behalf of our Board of Directors, staff, faculty, and students, thank you for being our partner.

With gratitude,

Jana L. Jones
President & Chief Executive Officer

Katie Lamb-Heinz
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BRAND STATEMENT

Who is thinking about today's family? we are.

Family and relationship, whether past or present, and regardless of one's definition — are at the center of life. Our relationships play a vital role in our health, our well-being and ultimately our communities.

The Family Institute at Northwestern University brings together the right partners to support children, adults, couples and families across the lifespan.

As researchers, educators and therapists, we work with our clients and **PARTNER TO SEE CHANGE**. These partnerships are bringing a **SEACHANGE** to relationship-based behavioral health.

RESEARCHERS | EDUCATORS | THERAPISTS | YOU

PARTNER TO SEE CHANGE



STRATEGIC VISION

Research plays a robust and integral role at The Family Institute, with clinicians asking the questions that drive our research, and research providing answers that inform our clinical practice. Nearly three dozen students and two dozen faculty contributed to research projects over the past year, raising more than \$500,000 in funding and partnerships since January 2020 through donors, research contracts and external grants. Our researchers' stalwart efforts resulted in more than 35 projects submitted to the Institutional Review Board since February 2018. In 2020-2021 over 90 papers have been accepted at conferences, in peer-reviewed journals and as book chapters, further extending The Family Institute's reach and recognition for thought leadership.

Erika Lawrence, Ph.D., serves as our Director of Translational Science, leading our research initiatives within Northwestern's Center for Applied Psychological and Family Studies. She has so far established a robust portfolio of research projects, and this past year secured a three-year, \$450,000 grant from the Department of Justice's Office on Violence Against Women to support the team's research on violence intervention.

The implementation of a Research Oversight Committee serves to review research proposals from staff, while a Clinical Research Interest Group for staff enables members to learn about each other's research as well as provide feedback. Combined, these efforts prioritize research and drive resulting insights forward within the scope of our larger strategic vision.

The promising research developments of the past year demonstrate our commitment to enhancing our research sector through connection and collaboration. This further establishes The Family Institute as an intellectual hub for pursuing systemically informed knowledge about individuals, couples and families and translating that work into a preeminent teaching and clinical practice, uniquely positioned to benefit clients, students, and faculty and staff.

RESEARCH PROJECTS 2020-2021

THE VIOLENCE INTERVENTION PROJECT

COUPLES PREVENTION PROGRAM

MINORITY FAMILIES AND HEALTH PROJECT

COUPLE & FAMILY DEVELOPMENT LAB

IPV INTERVENTION LAB

PERFECTLY IMPERFECT LAB

STIC / PSYCHOTHERAPY CHANGE PROJECT

EMOTION PROCESSING LAB

SEXUAL AND GENDER MINORITIES, EMERGING ADULTS, AND SIBLINGS LAB

NEUROSCIENCE INTEGRATION LAB

SEED GRANTS

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. 2021's seed projects include:

- Qualitative Pilot Study Exploring Maladaptively Perfectionistic Individuals' Experiences of Childhood Performance Messaging
- The Development of Therapeutic Self-Efficacy
- Black Women and Psychotherapy
- Exploring the Benefits of Parental Apologies to Their Children
- Predictors of Likelihood of Intervention in Stigma-Based Bullying
- First Family Reunion Experiences of Internationally Adopted Columbian Adults

EDUCATING THE NEXT GENERATION OF PROFESSIONALS

SUPPORTING STUDENTS

Supporting our more than 800 graduate students throughout 2020 and 2021 was of particular importance, as COVID-19 significantly disrupted their lives. Faculty and supervisors made strategic decisions quickly, prioritizing the best interests of our students. Despite these abrupt challenges, we have consistently exceeded students' expectations and increased the diversity of our overall student body. With extensive guidance from our nationally recognized educators and practicing clinicians, our students learn through experience. They completed more than 700 hours of clinical training, putting The Family Institute at the forefront of counselor education. In 2020, we graduated more than 200 students, 85% of whom secured employment as a counselor within six months of graduating.

Yet, as a country, we continue to see gaps in demand for mental health care and the ability to meet that demand with high-quality, diverse professionals that reflect the client bases they serve. Currently, more than one-third of Americans live in areas lacking mental health professionals, requiring an additional 6,398 mental health providers to fill those gaps. In some states, more than 80% of the population lives in a mental health professional shortage area. Our dual learning platforms, both on-campus and through Counseling@Northwestern and the forthcoming MFT@Northwestern set to launch in June 2022, enable us to better meet this need by playing a key role in growing the field of highly trained therapists.

The mental health field is also lacking in terms of diversity and representation. Through more than \$1.7 million in dedicated scholarships in 2021 alone, we've committed to supporting students from underrepresented communities.

"The amount of passion and care that the faculty, supervisors and staff express as they work with [students] is outstanding. I have never doubted their desire to support me as a student, challenge me as a learner, and respect me as a future colleague...I have been overwhelmed by the amount of enthusiasm that everyone has for the work that we are doing. It is the ultimate motivator."

- SYDNEY MCCLURE, MSMFT CLASS OF 2022

In FY 2021, over **100** therapists-in-training served **1,230** clients through **20,303** appointments at no-cost.



ENSURING ACCESS TO SERVICES

Providing access to high-quality mental and behavioral health care for those who could otherwise not afford it is at the heart of our work in The Bette D. Harris Family & Child Clinic. Therapists-in-training, supervised by our licensed therapists, work with clients to create a tailored treatment plan and goals. Beginning in 2020, in response to the pandemic, financial insecurity and high need for mental health care, we waived all sliding-scale fees within the clinic. This response to increased community needs due to high rates of lost income and health insurance will continue through fiscal year 2022. Through the Bette D. Harris Family & Child Clinic, more than 100 therapists-in-training served 1,531 clients during 15,738 sessions.

CONNECTING WITH FAMILIES THROUGH THE COMMUNITY PROGRAM

Teletherapy free of cost is of no use if families and individuals lack the devices through which to connect. A generous donation of Chromebooks, directed to our Community Program allowed us to partner with other non-profits and community organizations to identify families in need of both services and devices.

During the pandemic, we gained additional stress financially due to the instability of everything around us...Receiving services from the Family Institute for free during the hard times has helped us tremendously. The therapy helped us through it all, and we continue to use the services. We are starting to rebuild our relationship and you have no idea how much the services helped us. We are eternally grateful. Thank you."

- GRATEFUL CLIENT



RESPONDING IN REAL TIME

Before the pandemic, a mental health crisis had been brewing. Depression and anxiety among children and teenagers had increased 40 percent since 2009, according to a youth risk behavior surveillance report² from the Centers for Disease Control and Prevention. Alcohol use, especially among women, was also on the rise³ and pandemic-induced isolation and parental stress only added to these numbers.

As the country and world swiftly responded as the COVID-19 crisis unfolded, The Family Institute worked diligently to ensure the privacy, security, and continuity of care for our clients when we made the shift to teletherapy. We had already completed an extensive search and evaluation of various teleconferencing providers and were prepared to make this necessary transition as quickly as was required. In 2020, our combined 232 clinicians and therapists-in-training pivoted to teletherapy to prevent loss of care during a crucial period of stress, anxiety, uncertainty, and life disruption. Our over 6,800 clients overwhelmingly appreciated the shift. In surveys, 86% responded that using teletherapy provides them with a high quality of care and convenience, enabling them to connect with their trusted therapist and offering increased and consistent access to care.

Our ever-changing environment continues to evolve our therapy approach, with therapists running sessions in-person and remotely, depending on client requests and the state of the pandemic. Regardless of where therapy happens — over a computer screen, on a telephone or in an office — the care our dedicated clinicians provide continues to be rooted in and informed by research, science and empirical data.

"Having [teletherapy] appointments is wonderful. I feel like the accessibility and convenience have allowed me to take better care of my mental health. Thank you!"

- GRATEFUL CLIENT

SPECIALIZED SERVICES

MINDFULNESS AND
BEHAVIORAL THERAPY

PSYCHIATRY

NEUROPSYCHOLOGICAL
ASSESSMENTS

COGNITIVE BEHAVIORAL
THERAPY



852

Active Graduate Students

32%

Student Population from Underrepresented Minority Communities

08

Internal Research Projects

11%

Increase in Year Over Year Sessions Provided

18

Organizational Leadership Positions

13

Editorial Leadership Positions

50

Presentations at Local & National Conferences

74

Journal Articles, Book Chapters & Manuscript

60

Faculty, Staff and Students Engaged in Research

11

Institutional Review Board Approved Research Projects

237

Journal Articles, Teaching & Supervising Faculty

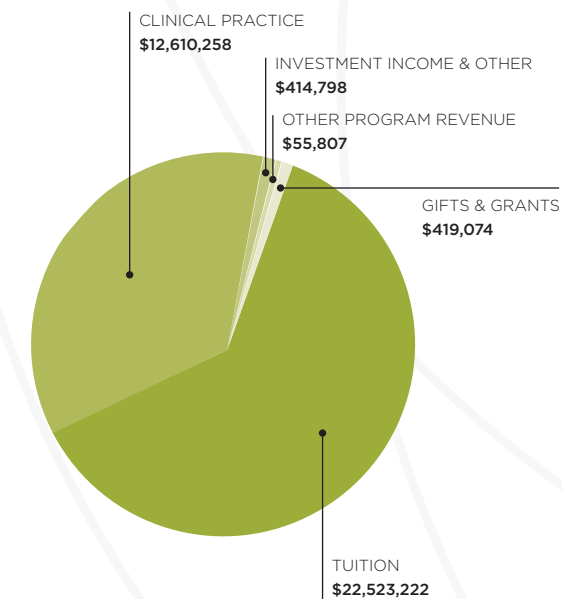
100+

Staff Engaged in Nine Months of SEED Work

FINANCIAL STATEMENT AS OF AUGUST 31, 2021 AND 2020

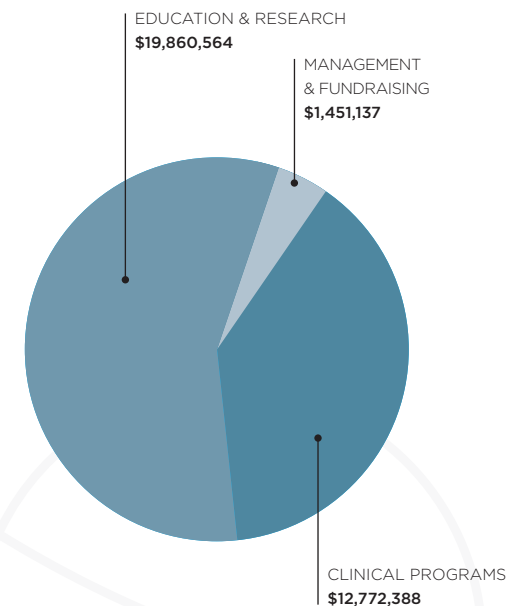
	2021	2020
ASSETS		
Cash and cash equivalents	\$6,067,311	\$3,882,282
Accounts receivable, net	548,306	693,136
Due from Northwestern University	335,443	49,411
Prepaid expenses	204,654	134,469
Pledges receivable, net	30,650	140,760
Investments	11,604,949	8,934,894
Property and equipment, net	2,614,664	1,416,575
	2,993,968	2,371,326
	<u>\$24,399,945</u>	<u>\$17,622,853</u>
LIABILITIES AND NET ASSETS		
Liabilities:		
Accounts payable	\$936,267	\$383,028
Due to Northwestern University	1,718,578	1,467,467
Accrued payroll, payroll taxes and vacation	975,203	1,066,576
Deferred rent	1,503,520	
Obligations under capital leases	34,659	48,988
	<u>\$5,168,227</u>	<u>\$2,966,059</u>
Net Assets:		
Without restrictions	7,226,626	5,176,315
With restrictions	12,005,092	9,480,479
	<u>19,231,718</u>	<u>14,656,794</u>
	<u>\$24,399,945</u>	<u>\$17,622,853</u>

SOURCES OF REVENUE FOR FISCAL YEAR 2021



Total \$36,023,159

USES OF EXPENSE FOR FISCAL YEAR 2020



Total \$34,084,089

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

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Your Support Makes Our Work Possible

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\$150,000+

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THE FAMILY INSTITUTE

at Northwestern University

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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

The Center for Applied
Psychological and Family Studies