



ANNUAL REPORT

2012



RESEARCH



CLINICAL SERVICES



EDUCATION



THE FAMILY INSTITUTE
at Northwestern University

WHAT WE OFFER

The Family Institute at Northwestern University is deeply committed to our mission of strengthening and healing families from *all* walks of life. We are leading the way in family therapy while setting the standard for innovative research, teaching and care in the field.

DIRECT MENTAL HEALTH SERVICES

- Nationally-renowned Staff Practice
- Committed to ensuring everyone has access to our knowledge and care, regardless of their ability to pay through our Bette D. Harris Family and Child Clinic

GRADUATE EDUCATION WITH NORTHWESTERN UNIVERSITY

- Committed to educating and training the next generation of mental health practitioners through our two education programs:
 - Master of Arts in Counseling Psychology
 - Master of Science in Marriage and Family Therapy

CLINICAL RESEARCH

- Continued to conduct clinical and research projects to help discover how people actually change in therapy and what therapists do to facilitate that change

POSTGRADUATE FELLOWSHIPS

- Provided clinical and research fellowships for mental health professionals who have completed Master's or Doctoral degrees

DOCTORAL-LEAD STUDENTS & PSYCHIATRY RESIDENTS CLINICAL TRAINING

- Provided training for clinical psychology doctoral students studying at Northwestern University's Department of Psychology and for psychiatry residents enrolled in Northwestern University's Feinberg School of Medicine

CONTINUING EDUCATION FOR MENTAL HEALTH PROFESSIONALS

- Offered professional continuing education opportunities through workshops, seminars, conferences and clinical consultation



WHAT WE BELIEVE

Our core values guide us as we extend our capacity to help greater numbers of people and an enormous diversity of families.

- The family is the singular most significant factor influencing human identity.
- Family-based therapy is a powerful model for change, one that not only helps people cope with major life issues, but that can ultimately transform how we lead our lives, resulting in healthier communities and societies.
- Quality mental health care should be available to all who need it, regardless of their financial resources.
- The definition of "family" takes many forms, and is comprised of people joined together by biology, intentionality, and/or law.



NORTHWESTERN UNIVERSITY AFFILIATION

Through a unique affiliation, The Family Institute is integrally linked with one of the nation's most prestigious institutions of higher learning, Northwestern University. This relationship



permits The Family Institute to remain an independent, not-for-profit organization – with its own governance, programmatic and funding autonomy – while benefitting from the academic richness of a major research university. Under the partnership, The Family Institute operates the University's Center

for Applied Psychological and Family Studies in cooperation with Northwestern's Graduate School and Office of Research. Graduate education and research activities at the Institute are conducted under the auspices of the Center. The affiliation also provides faculty appointments through Northwestern's Department of Psychology for Family Institute staff members who teach in either of the two graduate programs.



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President



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Chair, Board of Directors

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Greetings. Fiscal Year 2012 was a year of challenge and success for The Family Institute. We exceeded our expectations and previous performance in all areas: clinical service, professional education and research.

In FY12 we conducted more than 73,000 therapy sessions with over 7,000 cases (couples, individuals and families). To meet the increased demand for our services, we hired additional staff and took on more space at our downtown Chicago (Millennium Park) and Northbrook locations. A major challenge for us was Blue Cross/Blue Shield's last-minute decision (for us) to reduce session reimbursement fees, which created a significant hole in our budget. I am very proud of the way our clinical staff stepped up and took on additional cases to reduce that "hole."

Our education programs continue to grow and thrive. The Master's program in Marriage and Family Therapy successfully went through the arduous process of reaccreditation, and our Master's program in Counseling Psychology introduced two new practicum opportunities: Rainbows (a group to help children dealing with loss) and the Mental Health Human Rights Clinic (a program for traumatized refugees).

Our scientific work, through the Psychotherapy Change Project, continues to transform practice and research in Chicago and around the world. During FY12, our STIC® questionnaire and feedback system for tracking client change was successfully implemented at three major Chicago mental health agencies. The creation of this Chicago Consortium mirrors a similar program we created in Norway. Both are precursors to the rigorous evaluation of the STIC system in randomized clinical trials beginning in the spring of 2013. These trials will test the STIC's ability to improve psychotherapeutic outcomes.

Our systemic perspective, and the way in which we combine clinical service, education and research, allow us to fulfill our mission to strengthen and heal families from all walks of life. We continue as a beacon of hope to those in need.

All of our growth and transformative work would not be possible without the contributions we receive from donors throughout year.

We look ahead with excitement, optimism and confidence. Thank you for your interest and support.



William M. Pinsof, PhD
President



James H. Feldman
Chair, Board of Directors

Who we are

+73,000	counseling sessions conducted
+16,000	hours of therapy offered through the Bette D. Harris Family and Child Clinic
475	hours of community treatment in Evanston
103	psychological and neuropsychological assessments
4	primary sites
58	staff practice clinicians
34	affiliate clinicians
3	affiliated psychiatrists
6	postgraduate fellows

Class of 2012

46	graduates
24	in Master of Arts in Counseling Psychology
22	in Master of Science in Marriage and Family Therapy

FY12 Web facts

442,992	Pageviews
78,090	Unique visitors
196	Facebook followers
1,321	Twitter followers
476	LinkedIn followers

Selected Presentations, Publications and Media Mentions*

SELECTED PRESENTATIONS

- Gill, D. & Port, R. (2012, January). Running on empty: How parents can help fill up their teens' emotional and intellectual lives. Highland Park High School, Highland Park, IL.
- Maslar, M. (2012, April). Dialectical Behavior Therapy: Behavioral principles. Nashville, TN.
- Pinsof, W. (2012, June). Looking back, looking forward: Reflections on three decades of process-outcome research. International Society for Psychotherapy Research Conference, Virginia Beach, VA.
- Rampage, C. (2011, November). Monogamy: Some not-so-simple truths about the 'M' word. Circle of Knowledge, Chicago, IL.
- Sheehan, C. (2012, June). Trapped: Detained and mentally ill. Jones Day, Chicago, IL.
- Sher, T. (2011, October). Couples and illness. University of Chicago, Chicago, IL.

SELECTED PUBLICATIONS

- Anderson, T., Knobloch-Fedders, L. M., & Stiles, W. B. (2012). The power of subtle interpersonal hostility in psychodynamic psychotherapy: A speech acts analysis. *Psychotherapy Research*, 22, 348-362.
- Lebow, J. L. (2012). Common factors, shared themes, and resilience in families and family therapy. *Family Process*, 51(2), 159-162.
- Lebow, J., & Black, D. A. (2012). Considerations in court-involved therapy with parents. *Journal Of Child Custody: Research, Issues, And Practices*, 9(1-2), 11-38.
- Hill, J. M., Vernig, P. M., Lee, J. K., & Orsillo, S. M. (2011). The efficacy of a brief mindfulness-based program in reducing rates of sexual revictimization among college women. *Journal of Clinical Psychology*, 67(9), 969-980.
- Prenoveau, J. M., Craske, M. G., Zinbarg, R. E., Mineka, S., Rose, R. D., & Griffith, J. W. (2011). Are anxiety and depression just as stable as personality during late adolescence? Results from a three-year longitudinal latent variable study. *Journal Of Abnormal Psychology*, 120(4), 832-843.

SELECTED MEDIA MENTIONS

- Bloom, L. "Beat stress this holiday season." Fox Chicago News at Noon, December 2011.
- Chambers, A. "Newlyweds take heed: 7 steps to steer clear of marital money troubles." Washington Post, May 2012.
- Doheny, M. "Bullying." WMAQ-AM, June 2012.
- Gill, D. "Are family vacations worth it?" New York Times – Room for Debate, July 2012.
- Lebow, J. "Back to happily ever after: What couples do in the aftermath of an affair can determine whether they'll have a future together." Wall Street Journal, May 2012.
- Pinsof, W. "Does couple therapy work?" New York Times, March 2012.
- Solomon, A. "Long-term jobless borrow money to stay afloat." NPR, December 2011.

* For a complete list of FY12 presentations, publications or media mentions, please email cschu@family-institute.org.

FY12 ACCOMPLISHMENTS

- Formalization of Child and Adolescent Program
- Expanded Northbrook and Chicago locations
- 25% increase in Psychological and Neuropsychological Assessments

2012 was very successful for The Family Institute. Staff Practice clinicians, affiliated clinicians, postgraduate fellows and therapists-in-training accounted for over 73,000 sessions (units of service).

STAFF PRACTICE AND AFFILIATED CLINICIANS

The Staff Practice and Affiliated Staff produced over 53,800 sessions.

POSTGRADUATE FELLOWSHIP

The Postgraduate Fellowship program increased the number of fellows from six to seven in July 2012. The fellows accounted for over 3,000 sessions in 2012.

CLINIC THERAPISTS

Therapists-in-training from the Marriage and Family Therapy program, the Counseling Psychology program and Clinical Psychology students conducted over 16,400 sessions in our Bette D. Harris Family and Child Clinic.

NICHE PROGRAMS

Assessment

Assessment services were expanded to include younger children (3-5 years old). The collaborative model of psychological assessment was broadened to include neurological assessment. Four Illinois Institute of Technology students, one staff member and one affiliate were enrolled in the new Neuropsychological Assessment Practicum.

Mindfulness and Behavior Therapies

The Mindfulness and Behavior Therapies (MBT) program continued to grow and thrive. Clinical outcomes included preliminary reductions of 53% on self-injury and suicide attempts within the first 12 months of treatment for adults and 82% reduction in adolescents, 100% reductions in hospitalizations for adults and 78% reductions in other major clinical target behaviors for adults. The program also had an 84% retention rate.

Parents in Charge

Over 20 new families were seen through the Parents in Charge (PIC) program. The program spread into the Bette D. Harris Family and Child Clinic, where two Marriage and Family Therapy students, one Counseling Psychology student and one student from the Erikson Institute worked with families with children aged 30 months to 6 years.



EDUCATION

Committed ... to training future therapists

Commencement was held in June at Northwestern University's Alice Millar Chapel. Twenty-two Marriage and Family Therapy students and 24 Counseling Psychology students graduated.

Board Member Bishop Horace Smith, MD, delivered the Commencement address. He expressed his gratitude to graduates as they embarked on a great challenge – “You have decided to commit yourselves to the pursuit of the health and well-being of others. You have decided to devote your time and resources to become an expert in order to aid others in becoming healthy and whole. This is a noble quest, and one that will require focus, excellence and tenacity.”

MASTER OF SCIENCE IN MARRIAGE AND FAMILY THERAPY

FY12 ACCOMPLISHMENTS

- Achieved reaccreditation from the American Association for Marriage and Family Therapy's Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE)
- Faculty published six articles with several more in preparation



MFT AND COMMUNITY

2012 marked the 20th year The Family Institute provided mental health services in communities throughout the Chicagoland area. Fifteen students provided 475 hours of treatment to elementary, middle school and high school-aged students and families in Evanston.

CLASS OF 2012

The program graduated 22 students in June 2012. Two students went on to doctorate programs, one entered The Family Institute Postgraduate Fellowship program and 19 sought employment elsewhere.

ADMISSIONS

Twenty-one students matriculated to comprise the class the 2014. There are 20 females and one male. Of these, two are African American, one is Latina and two are of mixed descent. Their mean GPA is 3.87.

MASTER OF ARTS IN COUNSELING PSYCHOLOGY

FY12 ACCOMPLISHMENTS

- Started “Jumpstart Your Career” initiative (networking, resume writing, job search and interviewing workshops)
- Eighteen first-year and six second-year students trained at the Bette D. Harris Family and Child Clinic



NEW INITIATIVES

Counseling Psychology saw the development of two new clinical initiatives for their therapists-in-training: the Mental Health Human Rights Clinic (MHHRC) and Rainbows. The MHHRC incorporates innovative collaborative programming in which attorneys and Family Institute staff therapists and students bridge the intersection between legal, mental health concerns, family issues and human rights. This Clinic allows Counseling Psychology students to evaluate and counsel refugees seeking asylum in the United States. Rainbows helps children deal with loss in the form of divorced parents, parental death, deployment or imprisonment of a parent. The Family Institute partnered with Rainbows, an international not-for-profit organization that helps children work through their grief, to offer peer support groups for children suffering loss at no cost to the families.

CLASS OF 2012

The program graduated 24 students in June 2012. Eleven students went on to doctorate programs.

ADMISSIONS

Twenty-six students matriculated to comprise the class the 2014. There are 23 females and three males. Of these, nine are of African American, Hispanic or Asian descent. Their mean GRE is 1186.

FY12 ACCOMPLISHMENTS

- Jay Lebow, PhD, named editor of the journal *Family Process*
- Tamara Sher, PhD, hired as Vice President for Research
- Twenty-four journal articles, books and book chapters published



In 2012 the Research department continued its work executing three major projects: the Psychotherapy Change Project (William Pinsof, PhD, Principal Investigator), Enhancing Treatment for Generalized Anxiety Disorder (Richard Zinbarg, PhD, Principal Investigator), and Interpersonal Context of Depression and Anxiety in Couples (Lynne Knobloch-Fedders, PhD, Principal Investigator). The department also developed five new projects to continue investigating psychological functioning and interventions in the context of couples and families.

Research faculty mentored over 40 undergraduate and 16 graduate student research assistants. Two postdoctoral fellows also continued their clinical research training with the research faculty.

The STIC® is the first instrument in the field of family therapy for studying how people change over the course of therapy and the primary research tool of the Psychotherapy Change Project. The STIC employs self-report questionnaires to track client change during therapy as well as an Internet-based system for analyzing the data and providing feedback to the therapist.

The Family Institute is grateful to the Dan J. Epstein Family Foundation for its generous donation to the continuation of our research on the STIC.

Psychotherapy Change Project STIC® Stats

70 Institute staff, supervisors, and students used the STIC

390 individuals, couples, and families involved with the STIC

25 Consortium clinicians* used the STIC

34 Norwegian clinicians used the STIC

738 cases used the STIC

* Catholic Charities, Community Counseling Centers of Chicago, and Jewish Child and Family Service

Advancing the Institute

The Family Institute's President's Circle is a special donor recognition society, recognizing the support of a generous group of donors who contribute \$1,000 or more during a given fiscal year (September 1 through August 31). In FY12, President's Circle members were responsible for contributing more than \$1.4M in support of the Institute and its programs.

With an increase of 17% more visitors over 2011, The Family Institute website saw numerous enhancements during 2012,

including the launch of an online therapist search function, where potential clients can search for a therapist based on problem areas, location, insurance and language. Extensive time was also spent on a Website 2.0 service grant through the Taproot Foundation, giving the Institute a redesigned website.

Media placements also advanced the Institute. There was a 15% increase over FY11 of staff experts being quoted in newspapers, magazines and blogs, or appearing on the radio or TV.

The Family Institute at Northwestern University

Financial Statements for Fiscal Years 2012 & 2011

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

Statement of Financial Position as of August 31

ASSETS

	2012	2011
Cash and Cash Equivalents	\$ 529,098	\$ 624,034
Accounts Receivable and Prepaid Expenses	315,309	387,463
Investments (at market)	8,384,372	8,550,239
Other Assets	3,858	2,379
Pledges Receivable	739,480	1,274,439
Property and Equipment, Net	3,908,925	3,496,461
Total Assets	<u>\$ 13,881,042</u>	<u>\$ 14,335,015</u>

LIABILITIES AND NET ASSETS

Liabilities

Liabilities	<u>\$ 1,358,145</u>	<u>\$ 741,140</u>
Total Liabilities	<u>\$ 1,358,145</u>	<u>\$ 741,140</u>

Net Assets

Unrestricted	2,824,557	3,723,572
Temporarily Restricted	2,584,432	2,758,659
Permanently Restricted	7,113,908	7,111,644
Total Net Assets	<u>12,522,897</u>	<u>13,593,875</u>
Total Liabilities and Net Assets	<u>\$ 13,881,042</u>	<u>\$ 14,335,015</u>

Statement of Activities for the Years Ended August 31

SUPPORT AND REVENUES

	2012	2011
Contributions and Grants	\$ 1,262,524	\$ 1,249,106
Program Services	9,971,966	9,478,479
Investment Income	337,346	327,945
Total Support and Revenues	<u>\$ 11,571,836</u>	<u>\$ 11,055,530</u>

EXPENSES

Program

Education	2,285,971	2,283,053
Clinical Services	7,423,461	6,419,294
Research	1,148,481	659,529
Total Program Expenses	<u>\$ 10,857,913</u>	<u>\$ 9,361,876</u>

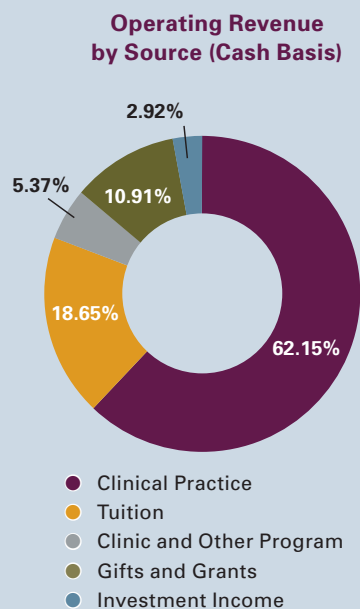
Supporting Services

Management and General	1,260,477	788,078
Fundraising and Public Relations	488,446	625,476
Total Supporting Services Expenses	<u>\$ 1,748,923</u>	<u>\$ 1,413,554</u>
Total Expenses	<u>\$ 12,606,836</u>	<u>\$ 10,775,430</u>

Increase (Decrease) Before Nonbudgetary Items	(1,035,000)	280,100
Unrealized Gain (Loss)	(35,978)	944,988
Increase (Decrease) in Net Assets	(1,070,978)	1,225,088
Net Assets at Beginning of Year	13,593,875	12,368,787
Net Assets at End of Year	<u>\$ 12,522,897</u>	<u>\$ 13,593,875</u>

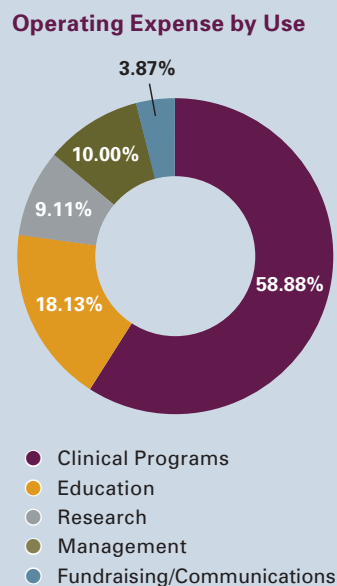
Operating Revenue by Source (Cash Basis) Fiscal Year 2012

Clinical Practice	\$7,191,807	62.15%
Tuition	2,158,569	18.65%
Clinic and Other Program Revenue	621,590	5.37%
Gifts and Grants	1,262,524	10.91%
Investment Income and Other	337,346	2.92%
Total	\$11,571,836	100.00%



Operating Expense by Use Fiscal Year 2012

Clinical Programs	\$7,423,461	58.88%
Education	2,285,971	18.13%
Research	1,148,481	9.11%
Management	1,260,477	10.00%
Fundraising/Communications	488,446	3.87%
Total	\$12,608,836	100.00%



CIRCLE OF SUPPORT



We are extremely grateful to the many individuals, families, foundations, corporations and organizations who so generously supported a specific program, research or the general operating fund. The following is a list of those who made gifts to The Family Institute between September 1, 2011 and August 31, 2012.

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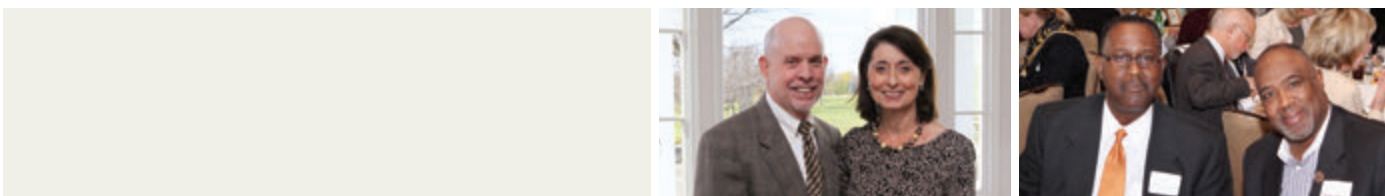
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ACSW	Academy Certified Social Workers
ATR-BC	Art Therapy Registration, Board Certified
CADC	Certified Alcohol and Drug Counselor
EdM	Master of Education
JD	Juris Doctor
LPC	Licensed Professional Counselor
LCPC	Licensed Clinical Professional Counselor
LCSW	Licensed Clinical Social Worker
LMFT	Licensed Marriage and Family Therapist
MM	Master of Management
MSEd	Master of Science in Education
MSSA	Master of Science in Social Administration
MSW	Master of Social Work
MSMFT	Master of Science in Marriage and Family Therapy
PsyD	Doctoral degree in Psychology

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