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

- Provided by diverse, nationally-renowned staff
- Committed to ensuring everyone has access to counseling services, regardless of their ability to pay through our sliding-fee scale 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
  - Master of Science in Marriage and Family Therapy

CLINICAL RESEARCH

- Continued cutting-edge, innovative research projects to help discover how people change in therapy and what therapists do to facilitate that change

POSTGRADUATE AND POSTDOCTORAL FELLOWSHIPS

- Offered to select mental health professionals who have completed Master’s or Doctoral degrees

CONTINUING EDUCATION FOR MENTAL HEALTH PROFESSIONALS

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

WHAT WE BELIEVE

Our core values guide us as we extend our capacity to help greater numbers of people and very diverse 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.

These beliefs are as relevant today as they were when The Family Institute was founded in 1968. They guide us as we expand our capacity to help greater and more diverse numbers of people.
Greetings. Fiscal Year 2013 was a year of innovation at The Family Institute. New technology, new programs, new directions in our outreach, and a new look and maneuverability to our website all combined to help us strengthen and heal families from all walks of life through clinical service, education and research.

During FY13, Institute clinicians provided over 71,000 units of service to over 7,500 different clients (individuals, couples and families). Our new electronic recordkeeping system brought us into the 21st Century. Not only do we now have less paperwork, but we are complying with new federal regulations regarding patient privacy.

We took the initial steps toward accreditation for our newly-renamed Master of Arts in Counseling program, and the Master of Science in Marriage and Family Therapy program graduated its twentieth class.

Work on the STIC® measurement and feedback system continued, and we began our Randomized Clinical Trial, a first step toward determining whether using the STIC improves outcomes, and if so, for whom.

We’ve grown again in FY13, and now occupy three floors in our Millennium Park location. This expansion illustrates the increasing reach of our work, and provides us additional therapy offices for the ever-growing number of people who seek our services in the Loop.

Through our expanded Circle of Knowledge Series, we worked toward our strategic goal of furthering awareness of our work throughout Chicagoland. We presented our first-ever panel discussion on Chicago’s South Side and held our first event in the Western Suburbs.

As always, we acknowledge our generous donors as we continue to innovate and help everyone who comes through our doors, regardless of their ability to pay. Thank you for your continued support and confidence in our mission.

William M. Pinsof, PhD
President

James H. Feldman
Chair, Board of Directors
SELECTED PRESENTATIONS, PUBLICATIONS AND MEDIA MENTIONS*

SELECTED PRESENTATIONS


SELECTED PUBLICATIONS


SELECTED MEDIA MENTIONS

Cooper, A. “How helicopter parents can ruin kids’ job prospects.” CNN.com, July 2013.

Doheny, M. “Money the main reason many Millenials stay put with their parents.” Chicago Tribune, August 2013.


* For a complete list of FY13 presentations, publications or media mentions, please email cschu@family-institute.org.
2013 was very successful for The Family Institute. Our four locations – Evanston, downtown Chicago, Northbrook and LaGrange Park – continued to be busy with clients and we further expanded our Chicago location to accommodate the increased demand.

STAFF PRACTICE AND AFFILIATED STAFF
The Staff Practice and Affiliated Staff produced over 53,000 units of service.

POSTGRADUATE FELLOWSHIP
The Postgraduate Fellowship program moved from a postgraduate fellowship to a postdoctoral fellowship. The Fellowship program added two clinical program fellows, one working in the Mindfulness and Behavior Therapies program and one in the Anxiety program. The fellows accounted for over 4,000 units of service in 2013.

CLINIC THERAPISTs
Over 80 therapists-in-training from the Marriage and Family Therapy program, the Counseling program and Clinical Psychology residency program conducted over 14,000 units of service in our sliding-fee scale Bette D. Harris Family and Child Clinic.

NICHE PROGRAMS

Neuropsychological Assessment
Neuropsychological Assessment services were expanded to include children as young as three years old and added capacity to assess intellectual impairment in children and adults. Four pre-doctoral students and two staff members participated in the Neuropsychological Assessment Practicum.

Mindfulness and Behavior Therapies (MBT)
The Mindfulness and Behavior Therapies program concluded its study for Alzheimer’s patients and their caregivers. Positive outcomes were found on measures of depression and stress for dementia patients and their caregivers, as well as cognitive improvements for the patients.

Child and Adolescent Services
The Child and Adolescent Services program continued to grow in 2013. Two additional clinicians were hired, and two fellows joined the team. The program was able to involve students through a mentorship model to work with staff on cases that are highly complex (e.g., multiple problems and constraints) and have financial need (e.g., unable to afford the level of care needed such as multiple session per week).
EDUCATION
Committed … to training the next generation of mental health practitioners

Commencement was held in June at Northwestern University’s Alice Millar Chapel. Twenty-one Marriage and Family Therapy students and 23 Counseling students graduated.

Board Chair James Feldman delivered the Commencement address. He expressed the importance of mental health in so many areas of life, and the difference the graduating students will make in the lives of many. “As a mental health professional, you have been drawn to this field because of your passion for it. Many of you, like me, have been touched and inspired by personal or family experiences and are now turning adversity into a positive in your life and the lives of others … you are fortunate that you have found a way to make your passion work to achieve your goals.”

MASTER OF ARTS IN COUNSELING

FY13 Accomplishments
• Name officially changed to Master of Arts in Counseling
• First steps taken to become a nationally accredited program

NATIONAL COUNSELOR EXAMINATION
The Counseling program began offering the National Counselor Examination to all students in the program, a first step in the post-graduation licensure process. Of those that chose to take the test, 100% passed.

CLASS OF 2013
The program graduated 23 students in June 2013. Three students went on to doctorate programs.

ADMISSIONS
Twenty-seven students matriculated to comprise the class the 2015. There are 21 females and six males. Of these, 13 are of African American, Hispanic or Asian descent.

MASTER OF SCIENCE IN MARRIAGE AND FAMILY THERAPY

FY13 Accomplishments
• The program graduated its twentieth class
• Doug Breunlin, MSSA, LCSW, LMFT, and Anthony Chambers, PhD, ABPP, named among the Top 99 Professors in their field

MFT MATRICULATION
For the first time in its 20 year history, the Marriage and Family Therapy program had a 100% matriculation rate from accepted students.

CLASS OF 2013
The program graduated 21 students in June 2013. Two students went on to doctorate programs, one entered The Family Institute Fellowship program and 18 sought employment elsewhere.

ADMISSIONS
Twenty-eight students matriculated to comprise the class the 2015. There are 23 females and five males. Of these, five are African American, one is Latina and one is Asian. Their mean GPA is 3.46.
RESEARCH
Innovative … research and projects

FY13 Accomplishments
• Randomized clinical trial of the Dan J. Epstein Family Foundation Center for Psychotherapy Change Project (the STIC®) began
• Four research grants were funded

In 2013, the Research department mentored over 80 students and worked on 23 separate research projects in addition to the department’s major projects (the Psychotherapy Change Project; Enhancing Treatment for Generalized Anxiety Disorder; Interpersonal Content of Depression and Anxiety; Behavioral Medicine Research Lab). Collaborators on the 23 projects included IIT, the University of Utah, UCLA, the University of Chicago, York University, University of Illinois, University of San Diego, Connecticut College and Northwestern University.

Twenty-four manuscripts were published by members of the Research department. In addition, members of the department sat on 15 editorial boards and reviewed over 290 manuscripts for publications.

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 Dan J. Epstein Family Foundation Center for 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.

STIC® Stats

<table>
<thead>
<tr>
<th>Count</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>169</td>
<td>Total number of participating therapists at The Family Institute</td>
</tr>
<tr>
<td>73</td>
<td>Total number of participating therapists in the Chicago Consortium*</td>
</tr>
<tr>
<td>1,647</td>
<td>Clients at The Family Institute</td>
</tr>
<tr>
<td>585</td>
<td>Unique clients in the Chicago Consortium</td>
</tr>
</tbody>
</table>

*Chicago Consortium partners: Community Counseling Centers of Chicago (C4), Catholic Charities of the Archdiocese of Chicago, Jewish Child & Family Services

ADVANCING THE INSTITUTE

The Circle of Knowledge Series is an extension of the Institute’s mission to provide the knowledge and care families count on to live healthy lives. Through a series of luncheon lectures and evening programs, the Institute shares information on timely issues that affect us all. In FY13, the Institute expanded the Circle of Knowledge into a series and presented seven talks, reaching more than 1,500 attendees from across the Chicagoland area. Sponsorship support provided the necessary resources for this expansion, availing the Institute of the opportunity to reach new and more demographically and geographically (race, ethnicity, age) diverse communities. Our FY13 sponsors included Arthur and Sheila Nielsen, Sipi Metals Corp., Jenner & Block, Golub & Company, Project Leadership Associates, TLC Management, AOK Gourmet, First Bank & Trust, McGladrey LLP and Today’s Chicago Woman.

The Family Institute underwent a complete website redesign as part of a Website 2.0 service grant through the Taproot Foundation. The new site boasts a cleaner design, better organization of pages and enhanced content as well as a tidbits section that highlights Family Institute events and news and a calendar of events on the homepage. As a result, there was a 2.44% increase in pageviews over FY12. Visitors from India, China, United Kingdom, Australia, Philippines and South Korea increased an average of 37% over FY12. There was also an increase in visitors from Yelp (361%), Google+ (400%) and Tumblr (300%).
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

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSETS</strong></td>
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<td></td>
</tr>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$538,434</td>
<td>$529,098</td>
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<tr>
<td>Accounts Receivable and Prepaid Expenses</td>
<td>445,066</td>
<td>315,309</td>
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<tr>
<td>Investments (at market)</td>
<td>8,769,262</td>
<td>8,384,372</td>
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<tr>
<td>Other Assets</td>
<td>595</td>
<td>3,858</td>
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<tr>
<td>Pledges Receivable</td>
<td>499,309</td>
<td>739,480</td>
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<tr>
<td>Property and Equipment, Net</td>
<td>3,672,776</td>
<td>3,908,925</td>
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<tr>
<td><strong>Total Assets</strong></td>
<td>$13,925,442</td>
<td>$13,881,042</td>
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<tr>
<td><strong>LIABILITIES AND NET ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liabilities</td>
<td>$1,508,348</td>
<td>$1,358,145</td>
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<tr>
<td><strong>Total Liabilities</strong></td>
<td>$1,508,348</td>
<td>$1,358,145</td>
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<tr>
<td><strong>Net Assets</strong></td>
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<tr>
<td>Unrestricted</td>
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<td>2,824,557</td>
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<tr>
<td>Temporarily Restricted</td>
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<td>2,584,432</td>
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<tr>
<td>Permanently Restricted</td>
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<td>7,113,908</td>
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<td><strong>Total Net Assets</strong></td>
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<td>12,522,897</td>
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<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td>$13,925,442</td>
<td>$13,881,042</td>
</tr>
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### Statement of Activities for the Years Ended August 31

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUPPORT AND REVENUES</strong></td>
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<tr>
<td>Contributions and Grants</td>
<td>$1,173,626</td>
<td>$1,262,524</td>
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<td>Program Services</td>
<td>10,767,359</td>
<td>9,971,966</td>
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<td>Investment Income</td>
<td>360,146</td>
<td>337,346</td>
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<tr>
<td><strong>Total Support and Revenues</strong></td>
<td>$12,301,131</td>
<td>$11,571,836</td>
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<tr>
<td><strong>EXPENSES</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Program</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Education</td>
<td>2,541,817</td>
<td>2,285,971</td>
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<tr>
<td>Clinical Services</td>
<td>7,507,675</td>
<td>7,423,461</td>
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<tr>
<td>Research</td>
<td>1,101,593</td>
<td>1,148,481</td>
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<tr>
<td><strong>Total Program Expenses</strong></td>
<td>$11,151,085</td>
<td>$10,857,913</td>
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<tr>
<td><strong>Supporting Services</strong></td>
<td></td>
<td></td>
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<tr>
<td>Management and General</td>
<td>1,202,740</td>
<td>1,260,477</td>
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<tr>
<td>Fundraising and Public Relations</td>
<td>497,803</td>
<td>488,446</td>
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<tr>
<td><strong>Total Supporting Services Expenses</strong></td>
<td>$1,700,543</td>
<td>$1,748,923</td>
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<td><strong>Total Expenses</strong></td>
<td>$12,851,628</td>
<td>$12,606,836</td>
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<td>Increase (Decrease) Before Nonbudgetary Items</td>
<td>(550,497)</td>
<td>(1,035,000)</td>
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<tr>
<td>Unrealized Gain (Loss)</td>
<td>444,694</td>
<td>(35,978)</td>
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<tr>
<td>Increase (Decrease) in Net Assets</td>
<td>(105,803)</td>
<td>(1,070,978)</td>
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<tr>
<td><strong>Net Assets at Beginning of Year</strong></td>
<td>12,522,897</td>
<td>13,593,875</td>
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<tr>
<td><strong>Net Assets at End of Year</strong></td>
<td>$12,417,094</td>
<td>$12,522,897</td>
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</tbody>
</table>
Operating Revenue by Source Fiscal Year 2013

<table>
<thead>
<tr>
<th>Source</th>
<th>Revenue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Practice</td>
<td>$7,636,680</td>
<td>62.07%</td>
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<tr>
<td>Tuition</td>
<td>$2,399,366</td>
<td>19.51%</td>
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<tr>
<td>Clinic and Other Program Revenue</td>
<td>$731,313</td>
<td>5.95%</td>
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<tr>
<td>Gifts and Grants</td>
<td>$1,173,626</td>
<td>9.54%</td>
</tr>
<tr>
<td>Investment Income and Other</td>
<td>$360,146</td>
<td>2.93%</td>
</tr>
<tr>
<td>Total</td>
<td>$12,301,131</td>
<td>100.00%</td>
</tr>
</tbody>
</table>

Operating Expense by Use Fiscal Year 2013

<table>
<thead>
<tr>
<th>Category</th>
<th>Expense</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Programs</td>
<td>$7,507,675</td>
<td>58.42%</td>
</tr>
<tr>
<td>Education</td>
<td>$2,541,817</td>
<td>19.78%</td>
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<tr>
<td>Research</td>
<td>$1,101,593</td>
<td>8.57%</td>
</tr>
<tr>
<td>Management</td>
<td>$1,202,740</td>
<td>9.36%</td>
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<tr>
<td>Fundraising/Communications</td>
<td>$497,803</td>
<td>3.87%</td>
</tr>
<tr>
<td>Total</td>
<td>$12,851,628</td>
<td>100.00%</td>
</tr>
</tbody>
</table>
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, 2012 and August 31, 2013.

$100,000 and above*
The Chicago Community Trust
Dan J. Epstein/Dan J. Epstein Family Foundation
Harris Family Foundation
Dr. and Mrs. Joseph Szokol
Ms. Kathy Harris
Dr. and Mrs. Ronald Paul and Family
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Mr. and Mrs. William Friend
Mr. and Mrs. John Harris
Mr. and Mrs. Scott Friend
Mr. Arthur C. Nielsen, Jr. (deceased)

$50,000 to $99,999*
Randy L. and Melvin R. Berlin
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Dr. and Mrs. Arthur C. Nielsen III

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Golub Family Foundation
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Sandy & Lee Golub and Family
Paula & David Harris and Family
Sheila & Michael Newman and Family
The Kovler Family
Holly and John Madigan

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Northwestern University
Viviana E. Ploper,* MA, LCPC
Cheryl Rampage, PhD and Larry La Boda
Michele Rogers, MBA

* Donors who made a gift of $1,000 or more are members of the President's Circle.
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\$500 to \$999
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Mrs. Elaine G. Thomas
Suzy Thompson
Mr. Richard C. Tuttle
Dr. and Mrs. Jeffery Vender
Vista National Insurance Group
Mr. and Mrs. Scott Witten

\$250 to \$499
Anonymous (2)
Ms. Sheila O’Brien and
Mr. Wayne Andersen
Heather Bates,* LMFT
Linda G. Bell*
Mr. and Mrs. Philip D. Block III
Dr. and Mrs. Michael Blum
Mr. and Mrs. Joshua Buchman
Mr. William R. Bush
Drs. LaRoyce and Minnie Chambers
Susan A. Lee and Solomon Cytrynbaum
Lynn Straus and Muller Davis
Mr. and Mrs. William Dutton
Mr. and Mrs. Stephen J. Eisen
Mr. and Mrs. Edmund Eisenberg
Gary J. Friend,* DPM, LPC
Mrs. Mark A. Fuller III
Ms. Pamela Gingold
Mr. and Mrs. Charles Gofen
Mr. Stuart Gordon
Mr. and Mrs. Robert J. Greenebaum
Ms. Nancy Gidwitz and
Mr. Jeffrey Grossman
Meredith and Roger Harris
Mr. E. Franklin Hirsch
Mr. and Mrs. Richard Hoffman
Dr. Lauren D. Holinger
Mr. and Mrs. Joel Honigberg
Mr. and Mrs. Wade Judge
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Dr. Colman and Julie Kraff

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Liju Mathew
Ms. Lynn Mense
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Margie Morrison, LCSW
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Mr. and Mrs. Andy Newman
Hon. Julia Nowicki
Ms. Kathy Odendahl
Ms. Karen Otto
Dr. Natalia Pascal* and
Dr. Ronald Gannellen
Mr. and Mrs. Jack Pope
Christopher Randolph, PhD
Mrs. Alice Rapoport and
Mr. Michael Sachs
Mr. and Mrs. James Reed III
Mr. and Mrs. James T. Reid
Ms. Karen Reyhan-Mandell
Susan Kennedy-Riechers and
Joel R. Riechers
Dr. and Mrs. David Roadhouse
The Robbins Family

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Members of The Family Institute’s
President’s Circle — business and civic leaders, alumni, grateful patients and
employees — form an elite group of philanthropic leaders. Through their
generosity, they provide the resources that enable the Institute to deliver high
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receive periodic updates on Institute initiatives and exclusive invitations to
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Mr. John B. Simon
Mr. and Mrs. John R. Siragusa
Sklar Family Foundation
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Mr. James L. Thompson
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Mr. and Mrs. Richard Tinberg
Mrs. Anne Becker Wiericki and
Mr. Paul Wiericki
Janice Witzel,* PhD, LCPC
Mr. and Mrs. James Woldenberg
Steven Zuckerman,* PhD, LMFT and
Paula Gorlitz

$100 to $249
Anonymous (2)
Richard and Kathleen Adler
Clare and John Ardizzone, PhD
Mr. and Mrs. Michael Arkes
Drs. Michele and DeWitt Baldwin
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