



# THE FAMILY INSTITUTE

at Northwestern University



2024  
*Annual*  
REPORT

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## Who is thinking about today's family? We Are.

Family relationships, 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 **SEA CHANGE** to relationship-based behavioral health.

**The Mission** of The Family Institute is to strengthen and heal families from all walks of life through clinical service, education and research.

### Inclusive Strategies

We aim to build an organizational culture where equity is centered in all systems, practices, and services, and where differences are deeply valued and wholly embraced.

### Our Values

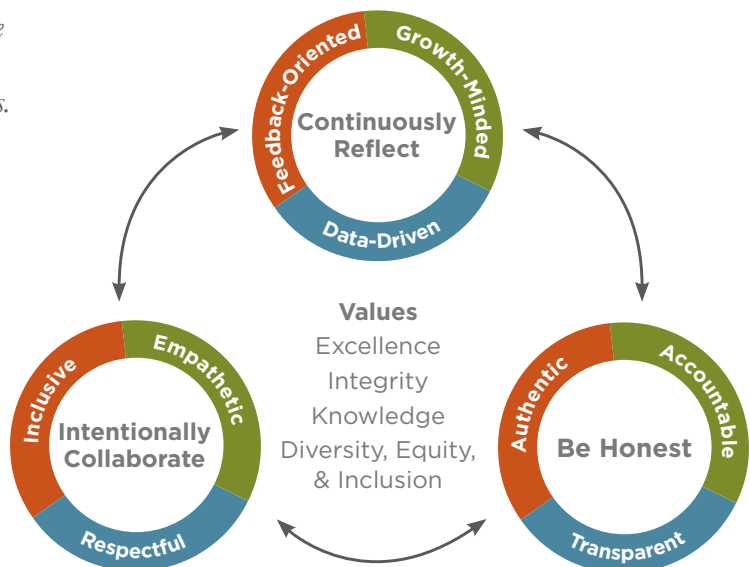
Part of what makes The Family Institute such a powerful force for positive change is our commitment to what we believe. Our unwavering values and beliefs help reinforce and strengthen this commitment through all we do.

*We see ourselves as leading the behavioral health field and show up as leaders in our roles.*

*We serve our mission with courage and a strong work ethic.*

*We utilize the best available information, practices, and research to guide our decision making.*

*We honor and value the dignity of all individuals.*



# Letter from Leadership

Friends,

At The Family Institute at Northwestern University, we know that strong relationships are central to our mental health and well-being. In FY24, our unwavering mission to strengthen and heal families from all walks of life guided our work as we advanced clinical decision-making, grew our research team, trained the next generation of behavioral health therapists, and deepened our community impact.

This past year was one of growth and progress. Together with our dedicated clinicians, faculty, staff, students and the generosity of our donors, we continued to advance the field of behavioral health and whole health. A few of our key accomplishments include:

**ACADEMICS:** More than 200 faculty and supervisors guided over 1,000 graduate students through 17,000+ hours of clinical training. With a 95% retention rate and scholarships awarded to reduce financial barriers, we continue to prepare the next generation of behavioral health leaders through our Center for Applied Psychological and Family Studies at Northwestern University.

**CLINICAL SERVICES:** Our clinicians provided more than 6,000 clients with over 77,000 hours of compassionate, relationship-based care while expanding the use of Measurement-Informed Care. Measurement Informed Care is an empirically supported approach, which involves tracking treatment progress using consistent client completed measures. The integration of data into clinical work is best practice in behavioral health care; it creates an opportunity for our clients to give routine feedback on the process and impact of their care.

**RESEARCH:** Faculty and students expanded community-based research initiatives, forging new partnerships and generating insights that strengthen public health locally and globally.

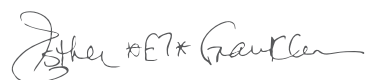
**COMMUNITY IMPACT:** The Bette D. Harris Family & Child Clinic provided free therapy to over 1,100 children, individuals, couples, and families. Through these vital services, along with community outreach and psychoeducational programs, the Clinic continues to strengthen and support the well-being of our community.

This progress reflects the collective efforts of our clinicians, faculty, staff, students, partners, and donors. Together, we are advancing a future where mental health care is more accessible, responsive, and outcome based.

In partnership,



Jana L. Jones  
President & CEO



E.T. Franklin  
Board Chair



Jana L. Jones  
President & CEO



E.T. Franklin  
Board Chair

# Board of Directors



## FY 2024

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Antonia Warren

# Research Update

The Family Institute at Northwestern University continues to make significant contributions to the advancement of community-based intervention research to improve the state of public health in not only Chicago, but across the globe. In FY24, our team of renowned faculty, staff, and students secured funding and established meaningful partnerships to forward impactful research initiatives.

84

faculty, staff & students  
engaged in research

20

internal research  
projects

7

community partnerships

7

IRB approved  
research projects

3

grants funding research  
faculty projects

## RESEARCH FACULTY AND GRANTS:

This past year, the research team at The Family Institute increased the number of total ongoing research projects that are reflective of a diverse range of interests and initiatives. From parenthood to counselor training to ameliorating domestic violence, researchers at The Family Institute are dedicated to improving the systems that influence the wellbeing of couples and families. The team's passion for driving this research forward has resulted in the successful acquisition of numerous grants, both federal and local, to support their projects.

The Seed Grant at The Family Institute offers a unique opportunity for researchers to conduct the essential beginning phases of a research project, which then can be used to apply to larger federal grants in the future. FY24 Seed Grant awardees have developed novel interventions and explored the roots of systemic issues that affect marginalized communities.

In FY24, Drs. Kate Collison and Erika Lawrence received a grant from the National Institute of Health through the Northwestern University Clinical and Translational Sciences (NUCATS) Institute. Their project strives to create the blueprint guiding the implementation of the (Acceptance and Commitment Therapy for Violence (ACTV) intervention within correctional and community settings across the United States. Testing the effectiveness of ACTV itself is supported by a \$450,000 grant from the U.S. Department of Justice Office of Violence against Women. This project is the fourth study to demonstrate the effectiveness of ACTV compared to traditional interventions for men convicted of domestic violence. This has established ACTV as the first empirically supported program targeting domestic violence offenders.

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## DEPARTMENT OF GROWTH AND PROFESSIONAL DEVELOPMENT:

There has been an increase in the number of faculty, staff, and students who are actively engaged in research compared to last year. This can be attributed to the Seed Grant, which allows researchers to create new research labs and take on students as research and graduate scholars. The research labs at The Family Institute have produced numerous meaningful academic deliverables, which are in the form of published peer-reviewed articles, books, and book chapters, as well as participation in conference presentations. The number of articles published, and the number of presentations given, continue to grow as the research department grows.

The continual acquisition of grants, the development and meaningful connections with community partners, and the growth of the research department is a testament to the ongoing commitment to making a positive, lasting difference in the ever-changing landscape of our behavioral health.

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# Academic Update

The Family Institute at Northwestern University continues to shape the next generation of behavioral health leaders through our on-ground and online Master of Arts in Counseling and Master of Science in Marriage & Family Therapy programs. With guidance from over 200 dedicated faculty and supervisors, we continue to ensure we can provide care to people from all walks of life.

Once students graduate our impact extends well beyond the classroom with over 1,000 active graduates across 46 states, broadening access to high-quality behavioral health care.

Our strong 95% student retention rate reflects the expertise and commitment of our nationally recognized faculty. Collectively, students in our on-ground program completed more than 17,000 hours of clinical training, reinforcing our mission to combine academic excellence with hands-on experience.

Recognizing that financial barriers affect many students, we remain committed to easing this burden. In FY24, The Family Institute awarded more than \$2.2 million in scholarships — \$131,500 to on-campus students and \$1.7 million to online students — ensuring that our graduates are well prepared to bring meaningful change to the lives of the most vulnerable populations.

## 1,023

active graduate students

## 288

teaching & supervising faculty

## 17,000

hours of clinical training

## 95%

student retention rate

## \$2.2<sup>M</sup>

in scholarships



# Bette D. Harris Family & Child Clinic Update

The Bette D. Harris Family & Child Clinic continues to remain committed to providing accessible, high-quality mental and behavioral health care at no cost to clients — a continued reflection of our organizational values.

In FY24, the Clinic served 1,173 individuals through 17,194 appointments. Clients most often sought support for anxiety and panic, communication challenges, depression, emotional dysregulation, low self-esteem, and couple or family conflict.

The Bette D. Harris Family & Child Clinic remains a vital resource, providing free, accessible therapy to individuals and families who could not otherwise afford it. Services are offered both in-person and virtually, with 73% of appointments conducted online—expanding access and supporting continuity of care. In FY24, clients came from across 50 Chicago-area zip codes, with the highest concentrations in Rogers Park, Logan Square/Bucktown, Lakeview, Jefferson Park, and Brighton Park.

Reflecting our commitment to inclusivity and cultural responsiveness, the Clinic also provides therapy services in Spanish and Mandarin, ensuring that more individuals and families can access care in the language most comfortable to them.

17,194  
appointments

1,173  
clients

113  
therapists-in-training

“

*My partner and I have had such a positive experience working with couples' counselors. It's been easy to coordinate, and even more we have grown so much in our relationship and communication. Thank you.”*

- Grateful Clinic Client

## PROJECT STRENGTHEN

Project Strengthen continues to provide high-quality care for individuals and families navigating complex mental health challenges in the context of significant socio-economic hardships. Clients pair with a senior staff therapist and a therapist-in-training who work together to provide families with comprehensive treatment and counseling that integrates expertise with compassionate support.

In FY24, 24 cases were completed with the involvement of 13 staff therapists and 16 therapists-in-training. Project Strengthen remains deeply committed to offering a safe, therapeutic environment while reducing barriers to care for the most vulnerable members of our community.

13  
staff therapists

---

# 50

community cases  
in District 65

# 23

clinical trainees

## COMMUNITY PROGRAM

The Community Program continues to strengthen partnerships across Evanston by working closely with schools, agencies, and families. Supervisors and therapists-in-training maintain consistent, in-person engagement, offering therapeutic services in homes, classrooms, and other non-traditional settings to meet clients where they are.

In its fourth year of collaboration with the District 65 Community Schools Resource Coordinator, the program deepened understanding of school needs and increased referrals. In FY24, 50 cases were supported from District 65 schools, with 23 clinical trainees providing 902 sessions.

In 2024, the team welcomed a new cohort of eight first-year MFT community therapists-in-training and 12 second-year students, bringing diverse backgrounds and perspectives that enhance the program's ability to deliver a multifaceted therapeutic approach for students and families.



# Clinical Practice Update

For over 55 years, The Family Institute has been dedicated to advancing behavioral health through the integration of high-quality clinical care, world-class education, and innovative research. In FY24, we provided more than 79,650 therapy appointments to over 6,200 individuals, couples, children, and families. Through a team of 115 clinicians, we delivered high-quality, relationship-based behavioral health care rooted in evidence-based practices. Guided by our mission, we remain committed to strengthening and healing people from all walks of life through clinical service, education, and research.

Building on this commitment, beginning in March 2023, The Family Institute introduced Measurement-Informed Care into our clinical process and continued to expand its use throughout FY24. Measurement-Informed Care is an evidence-based practice that systematically collects patient-reported measures to track progress and guide clinical decision-making over time. This approach ensures that treatment is responsive, personalized, and outcomes-focused, empowering clients to play an active role in their care.

Since its launch, over 2,400 clients and 105 clinicians have engaged with Measurement-Informed Care, with nearly 72% of clients completing measures regularly. Clients who participate in Measurement Informed Care report feeling more engaged in their treatment and experiencing greater engagement with their providers, highlighting that their perspectives are valued and central to the therapeutic process. By integrating these tools, The Family Institute continues to enhance the quality, accountability, and impact of mental health care for all we serve.

79,652  
total appointments

6,245  
clients

115  
practicing clinicians

“

*From a stressful and daunting experience, you made us feel as comfortable and well taken care of as possible. We're truly grateful for your services and empathy.”*

- Grateful Clinic Client

## COMMUNITY EVENTS

In FY24, The Family Institute hosted a diverse range of free community events, led by our expert clinicians. These programs provided valuable opportunities for mental health education, skill-building, and open dialogue around mental health, reaching community members of all walks of life. By offering accessible mental health resources and programming, The Family Institute continues to strengthen community well-being and foster greater awareness, understanding, and support for mental health across the region.

### Black Mental Health Forum

The Family Institute once again partnered with Bishop Horace E. Smith, M.D. and Apostolic Faith Church in Chicago for an important conversation on Family Dynamis: Mental Health Across Generations. Topics ranged from tips for blended families, caring for aging family members, and marriage and parenting tips.

### Working In the Schools Presentation

Amber Przybyla, LPC, ATR participated as a panelist in a Working In the Schools (WITS) presentation on how school communities are adapting to the influx of newcomers in Chicago Public Schools. WITS is a Chicago nonprofit dedicated to improving literacy through one-on-one reading support for students. During the presentation, the group of panelists discussed best practices for supporting students who have experienced trauma and students who are learning English.

### Psychoeducational Webinars

In FY24, The Family Institute hosted six psychoeducational webinars covering a range of timely mental health topics, including Stress Management & Resilience, Giving an Effective Apology, Parent Coaching & Support for School-Aged Children, Intimacy & Emotional Connection, Inner Healing through Grief & Loss, and Holiday Wellness. During these sessions, our clinicians shared their expertise and engaged participants in engaging question-and-answer discussions, providing practical guidance and strategies to support mental health and well-being in the community.



# Gratitude Gala

Once again as a part of Mental Health Awareness Month, The Family Institute brought together mental health advocates and supporters committed to advancing the field of behavioral health. The second annual Gratitude Gala was held on May 8, 2024, at Galleria Marchetti. The evening featured a fireside chat, silent auction, raffle, cocktail, hors d'oeuvres, and entertainment. All proceeds from the event directly supported The Bette D. Harris Family & Child Clinic.

**\$246,000**  
total amount raised

**203**  
attendees

**32**  
sponsors

**27**  
auction items

During the event, Ben Zobrist, former Chicago Cub and 2016 World Series MVP was honored with the Mental Health Community Impact Award in recognition of his mental health advocacy work through his non-profit, Champion Forward. Daniel Wilsea, Therapist and Mental Health Performance Consultant, joined Ben Zobrist for the fireside chat where they explored Zobrist's experiences with mental health as a professional athlete and discussed ways parents and coaches could support the mental health of young athletes.

This year's Gratitude Gala brought together more than 200 people and raised over \$246,000 supporting free mental and behavioral health therapy services for individuals, couples, and families who may not otherwise be able to afford it.



“

*I am deeply honored to accept the Mental Health Community Impact Award, which symbolizes our commitment to empowering athletes to thrive both on and off the field. Together, we are dedicated to fostering self-investigation, emotional versatility, and mental wellness among athletes, enabling them to realize their full potential and lead fulfilling lives beyond the game."*

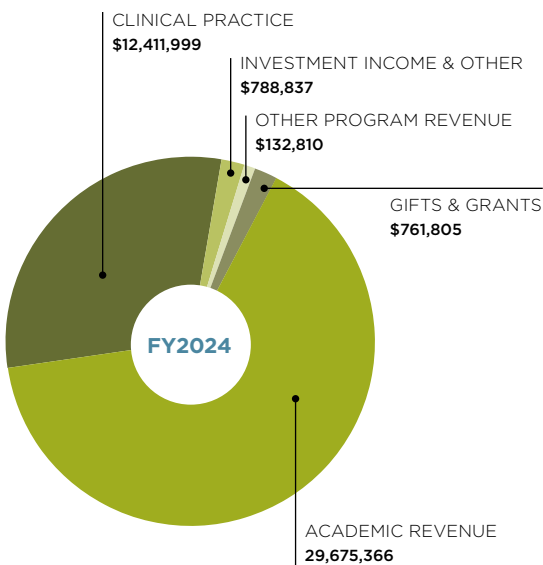
- Ben Zobrist



## FINANCIAL STATEMENT

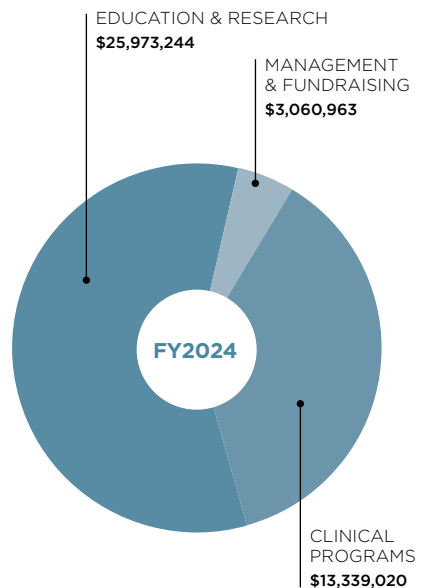
	2024	2023
<b>ASSETS</b>		
Cash and cash equivalents	4,871,937	\$5,270,833
Accounts receivable, net	469,596	421,426
Due from Northwestern University	7,345,384	6,772,651
Prepaid expenses	385,335	141,965
Pledges receivable, net	25,000	1,700
Investments	10,275,817	10,444,438
Investments, board designated	6,901,346	4,549,868
Property and equipment, net	2,649,399	2,463,457
Operating lease right-of-use assets, net	388,450	902,986
<b>Total Assets:</b>	<b>\$33,312,264</b>	<b>\$30,969,324</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>Liabilities:</b>		
Accounts payable	8,072,733	\$6,360,004
Accrued expenses	2,428,124	2,430,039
Deferred revenue	3,742	213,265
Operating lease liabilities	471,596	1,399,574
<b>Total Liabilities:</b>	<b>\$10,976,195</b>	<b>\$10,402,882</b>
<b>Net Assets:</b>		
Without donor restrictions	\$11,205,147	\$9,742,448
With donor restrictions	11,130,922	10,823,994
<b>Total Net Assets:</b>	<b>\$22,336,069</b>	<b>\$20,566,442</b>
<b>Total Liabilities and Net Assets:</b>	<b>\$33,312,264</b>	<b>\$30,969,324</b>

## SOURCES OF REVENUE



**TOTAL**  
**\$43,770,817**

## USES OF EXPENSES



**TOTAL**  
**\$42,373,227**

The Family Institute's auditors have expressed an unmodified opinion on our financial statements for the fiscal year ended June 30, 2024. Those financial statements, which are available upon request, include associated notes that are essential to understanding the information presented herein.

# Many Thanks to Our Donors

## **\$150,000+**

The Harris Family Foundation

## **\$50,000-\$149,000**

Leslie and William Barker

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## **\$25,000-\$49,000**

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## **\$10,000 - \$24,999**

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Antonia Warren  
Rachel Zar  
Michael Zubi and Fidel Leal  
Steven Zuckerman, PhD, LMFT and Paula Gorlitz

**Up to \$99**

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Sarah Frick  
Tori Fries  
Paul Nguyen  
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September 1, 2023 - August 31, 2024  
Please contact [advancement@family-institute.org](mailto:advancement@family-institute.org)  
if there is an error in your listing.



# THE FAMILY INSTITUTE

at Northwestern University

Bette D. Harris Center  
618 Library Place  
Evanston, IL 60201

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## NORTHWESTERN UNIVERSITY AFFILIATION

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 Weinberg College of Arts and Sciences 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