

understanding | strengthen | healing | community
care | research | individuals | couples | outreach | fa
y | education | knowledge and caring | counseling | v
communication | families count on | hope | therapy
marital | mental health | family-based therapy | health
iversity | systematic therapy inventory of change | me

THE *Family* INSTITUTE
AT NORTHWESTERN UNIVERSITY

> 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 not limited by the boundaries of biology and marriage.

> WHAT WE OFFER

DIRECT MENTAL HEALTH SERVICES

- Nationally-renowned Staff Practice
- Sliding-fee scale offers high-quality mental health care to all who need it
- Community Outreach brings high-quality mental health care to underserved, under-resourced neighborhoods

GRADUATE EDUCATION WITH NORTHWESTERN UNIVERSITY

- Master of Arts in Counseling Psychology
- Master of Science in Marital and Family Therapy

CLINICAL RESEARCH

The Family Institute conducts important research in affiliation with Northwestern University that leads to a better understanding of mental health issues and improved treatments.

POSTGRADUATE FELLOWSHIPS

Conducted through clinical and research fellowships for mental health professionals who have completed Master’s or Doctoral degrees.

DOCTORAL-LEAD STUDENTS & PSYCHIATRY RESIDENTS CLINICAL TRAINING

The Family Institute is a training site 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

The Family Institute offers continuing professional education annually through workshops, seminars, conferences and clinical consultation.

> WHO WE ARE

Conducted over
58,000
sessions

More than
15,000
hours of therapy through the Bette D. Harris Clinic

Over
3,000
hours of service to clients in under-served and under-resourced communities through our Community Outreach program

212
participants in our Community Outreach program

4
primary sites

9
community sites

23
people in administration

5
people in institutional advancement

47
staff practice clinicians

32
affiliate clinicians

3
psychiatrists

6
fellows

11
clinicians in Community Outreach

CLASS OF 2009

53
graduates

31
in Master of Arts in Counseling Psychology

22
in Master of Science in Marital and Family Therapy

CIRCLE OF KNOWLEDGE

466
people attended our events

211
attendees were new

Greetings!

Dedication to the mission of strengthening and healing families has been the hallmark of The Family Institute for over 40 years. Maintaining our strength and resilience through the recession presented many challenges in fiscal year 2009. But with our wonderful and committed staff, we met the challenges head on and helped the greatest number of people in our history.

This report highlights our progress during fiscal year 2009.

- We conducted over 58,000 therapy sessions to over 6,000 clients. Fifteen thousand of these sessions were offered on a sliding-fee scale through our Bette D. Harris Family and Child Clinic.
- Fifty-three students graduated from our two Master's programs.
- Our Northbrook office experienced steady growth, confirming our decision to expand there.
- Over 200 new attendees joined us at our Circle of Knowledge events.
- Our staff presented their research at national and international conferences and published widely in books and journals.
- In collaboration with the University of Oslo, we began a research project with a consortium of mental health and family service centers in Norway.

Our donors, friends, alumni and Board challenge us to be the best. And this is our goal for fiscal year 2010 – to be the best. We pledge all of our efforts towards the goal of our mission – strengthening and healing families through clinical service, community outreach, professional education and research.

Thank you for your continued support of The Family Institute. Through your generosity, the doors of the Institute are open to thousands of people from all walks of life who seek our help. We are grateful for your partnership in our mission.

We look to the year ahead with optimism and confidence.



William M. Pinsof, PhD
President



James H. Feldman
Chair, Board of Directors

William M. Pinsof, PhD
President

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Clinical Service The Bette D. Harris Family and Child Clinic continued to grow again in FY09, providing 20,885 units of service, an 11% increase over FY08. The Clinic continues to be highly sought as a training setting, drawing not only Marital and Family Therapy students but also attracting Counseling Psychology students to do their graduate work

while at The Family Institute. In addition, the Psychology Department clinical program at Northwestern University has made the Institute clinic its primary training site.

Our Millennium Park expansion proved positive as we are near capacity for space utilization. In addition, our Northbrook office, opened in February 2008, continues to grow and thrive.

Education More than 100 students were enrolled in our two Master's programs in FY09. Commencement was highlighted with Illinois Senator Christine Radogno, a graduate of The Family Institute's two-year training program, who spoke to the graduates about using the skills they learned in all aspects of their lives and to particularly think about public service.

MASTER OF SCIENCE IN MARITAL AND FAMILY THERAPY PROGRAM

CLASS OF 2009

The Master of Science in Marital and Family Therapy program (MFT) graduated 22 students, seven of whom went on to doctorate programs, two entered The Family Institute fellowship program and 10 sought employment.

ADMISSIONS

Despite the troubled economy, MFT was highly successful with recruitment for the class of 2011, with 26 students matriculating, making this the largest (and most diverse) class ever. Their mean GRE score is 1102 and overall GPA is 3.69. There are 21 females and five males. Their mean age is 24.

STAFFING

MFT staffing underwent significant changes in FY09 with Timothy Dwyer, PhD, announcing his resignation and Douglas Breunlin, MSSA, LCSW, LMFT, taking on the role of the McCormick Tribune Foundation Chair in Marriage and Family Therapy and Director of the Master of Science in Marital and Family Therapy program.

MASTER OF ARTS IN COUNSELING PSYCHOLOGY PROGRAM

CLASS OF 2009

The Counseling Psychology program (CPSY) graduated 31 students, six of whom went on to Doctoral programs. Because of the strong practitioner orientation of the program, the remaining 25 sought clinically-oriented jobs in outpatient mental health clinics, group practices, intensive outpatient facilities, residential facilities, hospitals and government agencies.

ADMISSIONS

Twenty-three students matriculated to comprise the class of 2011, with 16 in the Standard Curriculum and seven in the Two Plus Curriculum. The mean GRE for the class is 1118. There are 30 females and three males. Their age range is 21-42.

STAFFING

Lenore S. Blum, PhD, retired after more than 30 years as director of the program. Ava Carn-Watkins graciously stepped in as Interim Program Director.

INTERESTING TIDBIT

CPSY applied for and received two grants during FY09. Three thousand dollars was awarded from the NU Alumnae Association to be used for a "Lunch and Learn," where experts present each quarter on a topic of clinical importance. The Graduate School Professional Development Grant helped to fund the CPSY "Careers Night," which serves as a program educational event and networking opportunity for CPSY students.

Community Outreach

The Community Outreach program used FY09 to better deal with the challenges facing community programs. The Community Outreach Strategic Taskforce (COST) was created to assess the program, identify ways to build program capacity and effectiveness, and provide recommendations for program enhancement.

Eight program principles were defined, dictating that the program should be school-based, family-centered, ecologically focused and comprehensive, empirically-informed, need-based, sustainable, culturally relevant, and useful for clinical training.

These eight program principles informed the service delivery model, which will focus on prevention, early intervention and treatment to communities that have been identified through a needs assessment. Guided by these principles, the program will be manualized to ensure program fidelity.

In FY09, the program:

- Offered services at 9 locations
- Provided 3,281 hours of mental health services to 212 participants
- Trained 23 Family Institute graduate students in community mental health care

Research In FY09, the Research Department continued its work executing four major research programs: the Psychotherapy Change Project (William Pinsof, Principal Investigator), Enhancing Treatment for Generalized Anxiety Disorder (Richard Zinbarg, Principal Investigator), Family Environment, Child Temperament and Risk for Depression (Emily Durbin, Principal Investigator), and Interpersonal Context of Depression and Anxiety in Couples (Lynne Knobloch-Fedders, Principal Investigator). All four major projects continued collecting new data, analyzing study results, and publishing their work in major research journals, as well as presenting their work to other scholars at national and international conferences. We initiated expansion of the Psychotherapy Change Project to include collaboration with the University of Oslo and a consortium of mental health and family service centers in

Norway through the use of the STIC® (Systemic Therapy Inventory of Change®), our system for tracking client change over the course of therapy.

The Research Department has also been very active training the new generation of scholars at the undergraduate, graduate and post-graduate level. In addition to the nine undergraduates who participated in the summer research internship for advanced undergraduates, the research faculty mentored over 55 undergraduate and six graduate student research assistants in their work on the four major projects.

The research team was very productive in the area of publications during the year. The eight members of the research team published (or have in press) 24 journal articles, 27 book chapters, and three authored or edited books.

The Alumni Association serves all alumni who have graduated from or have a certificate from The Family Institute's professional training/education programs, including those conducted at The Family Institute of Chicago, the Center for Family Studies (Northwestern Memorial Hospital), School of Education & Social Policy's Counseling Psychology PhD or MA program (Northwestern University), and the Center for Applied Psychological and Family Studies (Northwestern University).

The Alumni Association strives to foster lifelong relationships between The Family Institute and its alumni. The Association promotes a spirit of loyalty and camaraderie among graduates, students and friends, while encouraging alumni to maintain involvement in activities of the Institute and to support the Institute's work through financial and volunteer contributions.

This past year, the Alumni Association focused its efforts on being a resource for current students, alumni and the Institute itself.

SERVICE TO THE ALUMNI

The Alumni Association provides professional development, networking and social events, and advocacy for The Family Institute's alumni base.

In April, the Alumni Association hosted its annual spring social at The Tasting Room in Chicago. This year's reunion was even more special because alumni, faculty, staff and supervisors gathered to celebrate The Family Institute's 40th anniversary.

The Alumni Association also launched a new, re-designed website, with a secure section for alumni to access news, photos and the online practice directory.

SERVICE TO THE STUDENTS

The Alumni Association connects with The Family Institute's graduate programs by providing mentoring, advocacy and promoting continued involvement with the Institute and the Alumni Association.

The Student Transitions Committee of the Alumni Advisory Board planned a back-to-school kick-off for Counseling Psychology and Marital and Family Therapy students. The event welcomed new first-year students and gave everyone the chance to get to know each other.

Career Guidance Night for Marital and Family Therapy students was held in March 2009. Alumni panelists shared their professional experiences and answered students' questions about their various career paths.

SERVICE TO THE FAMILY INSTITUTE

The Alumni Association supports the mission and activities of the Institute and fosters a culture of financial support among the alumni.

The Alumni Association extended its reach as ambassadors for The Family Institute this year. The Public Affairs Committee of the Alumni Advisory Board organized contact lists to help get the word out about various news and events, helping to strengthen the connection between The Family Institute and its alumni.

ALUMNI ADVISORY BOARD

(November 2008-August 2009)

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The Family Institute at Northwestern University Financial Statements for Fiscal Years 2009 & 2008

The Family Institute is audited annually by the independent certified public accounting firm of McGladrey & Pullen, LLP. Copies of the audited financial statements are available upon request.

Statement of Financial Position as of August 31

	2009	2008
ASSETS		
Cash and Cash Equivalents	\$ 193,051	\$ 119,184
Accounts Receivable and Prepaid Expenses	335,316	299,579
Investments (at market)	7,314,665	8,392,828
Other Assets	16,119	18,786
Pledges Receivable	878,233	1,400,483
Property and Equipment, Net	3,566,523	3,707,279
Total Assets	\$ 12,303,907	\$ 13,938,139
LIABILITIES AND NET ASSETS		
Liabilities		
Current Liabilities	\$ 730,912	\$ 744,478
Total Liabilities	\$ 730,912	\$ 744,478
Net Assets		
Unrestricted	\$ 3,843,233	\$ 4,684,511
Temporarily Restricted	653,923	1,587,281
Permanently Restricted	7,075,839	6,921,869
Total Net Assets	\$ 11,572,995	\$ 13,193,661
Total Liabilities and Net Assets	\$ 12,303,907	\$ 13,938,139

Statement of Activities for the Years Ended August 31

	2009	2008
SUPPORT AND REVENUES		
Contributions	\$ 946,067	\$ 1,438,216
Program Services	7,627,679	6,872,553
Investment Income	302,488	265,030
Total Support and Revenues	\$ 8,876,234	\$ 8,575,799
EXPENSES		
Program		
Education	\$ 2,130,653	\$ 1,942,490
Clinical Services	4,968,391	4,730,181
Research	668,050	475,415
Total Program Expenses	\$ 7,767,094	\$ 7,148,086
Supporting Services		
Management and General	\$ 531,630	\$ 578,538
Fundraising and Public Relations	607,786	688,392
Total Supporting Services Expenses	\$ 1,139,416	\$ 1,266,930
Total Expenses	\$ 8,906,510	\$ 8,415,016
Increase (Decrease) in net assets before nonbudgetary items	(30,276)	160,783
Unrealized (Loss) from investments	(1,590,390)	(313,570)
Increase (Decrease) in Net Assets	(1,620,666)	(152,787)
Net Assets at Beginning of Year	13,193,661	13,346,448
Net Assets at End of Year	\$ 11,572,995	\$ 13,193,661

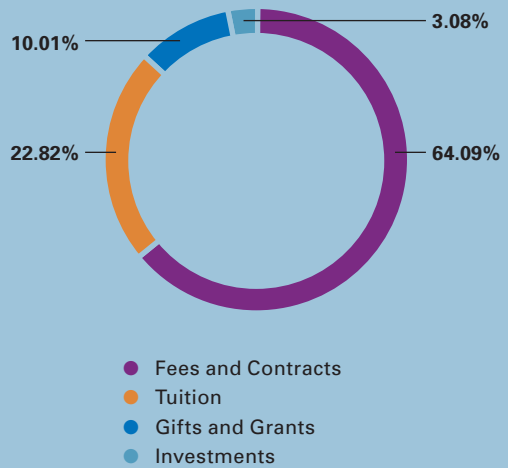
Fiscal Year 2009 covers September 1, 2008-August 31, 2009

Fiscal Year 2008 covers September 1, 2007-August 31, 2008

**Operating Revenue by Source
(Cash Basis) Fiscal Year 2009**

Fees and Contracts	\$5,625,340	64.09%
Tuition	2,002,959	22.82%
Gifts and Grants	879,053	10.01%
Investments	270,497	3.08%
Total	\$8,777,849	100.00%

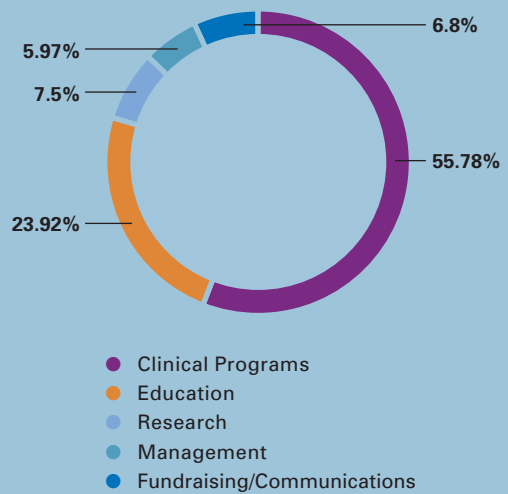
**OPERATING REVENUE BY SOURCE
(CASH BASIS)**



Operating Expense by Use Fiscal Year 2009

Clinical Programs	\$4,968,391	55.78%
Education	2,130,653	23.92%
Research	668,050	7.5%
Management	531,630	5.97%
Fundraising/Communications	607,786	6.8%
Total	\$8,906,510	100.00%

OPERATING EXPENSE BY USE





Thank you! The Family Institute thanks all of our donors for generously supporting our mission to strengthen and heal families.

Fiscal Year 2009 Donors (Gifts received September 1, 2008-August 31, 2009)

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In Memory of Robert Neal Sklare
Ms. Joan Elisberg Mandel and
Mr. Richard Mandel

In Honor of Pam Szokol
Mr. Steve Kahn and Ms. Karen Shorr

Selected Presentations, Publications and Media Mentions*

Selected Presentations

Black, D. & Zinbarg, R. (2008, November). *Predicting GAD treatment response using the worry interaction coding system*. In T. Rodebaugh & K. Renshaw (Chairs), Symposium presented at the 42nd Annual Association for Behavioral and Cognitive Therapies Convention. Orlando, FL.

Durbin, C.E. (2009, April). *Defining temperamental emotionality variables as reactivity to context*. Invited talk for the Department of Psychology, University of Illinois at Chicago.

Durbin, C.E. (2009, April). Symposium chair, *Family factors and processes: Links to early risk factors for behavioral and emotional problems in children*. Symposium presented at the biennial meeting of the Society for Research in Child Development. Denver, CO.

Knobloch-Fedders, L.M. (2009, May). *Interpersonal correlates of depression and relationship distress in couples*. Midwestern Psychological Association Conference, Chicago, IL.

Pinsof, W.M. (2009, August). *Multisystemic and multidimensional assessment and tracking of change: The Systemic Therapy Inventory of Change (STIC) and the STIC Feedback System*. Workshop presentation. APA Annual Meeting, Toronto, Canada.

Pinsof, W.M. (2009, August). *Toward an empirically informed, integrative and systemic therapy*. Panelist: Symposium on Masters in Family Psychology. APA Annual Meeting. Toronto, Canada.

Selected Publications

Black, D.A., Uliaszek, A., Lewis, A., & Zinbarg, R.E. (2009). Generalized Anxiety Disorder and Relationships: The Case of Systemic Intervention. In Cuyler, E. & Ackhart, M. (Eds.), *Psychology of Relationships*. Hauppauge, NY: Nova Science Publishers.

Black, D.A., & Lebow, J. L. (2009). Systemic Research Controversies and Challenges. In J. Bray & M. Stanton (Eds.), *Handbook of Family Psychology*. Oxford: Blackwell Publishing.

Durbin, C.E., & Wilson, S.B. (2009). Assessment of mood disorders in children and adolescents. In J. Matson (Ed.), *Assessing Childhood Psychopathology* (pp.241-273). New York: Springer.

Knobloch, L.K., & Knobloch-Fedders, L.M. (in press). The role of relational uncertainty in depressive symptoms and relationship quality: An actor-partner interdependence model. *Journal of Social and Personal Relationships*.

Lebow, J.L. & Chambers, A.L. (2009). Family therapy. In H. Reis & S. Sprecher (Eds.), *Encyclopedia of Human Relationships*. New York: Sage.

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* This is a selection of presentations, publications and media mentions conducted throughout FY09.

For a complete list, please contact the Institutional Advancement Department at 312-609-5300, ext. 483.

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ACSW	Academy Certified Social Workers
ATR-BC	Art Therapy Registration, Board Certified
CADC	Certified Alcohol and Drug Counselor
CSADC	Certified Supervisor Alcohol and Other Drug Abuse Counselor
EdM	Master of Education
LCPC	Licensed Clinical Professional Counselor
LCSW	Licensed Clinical Social Worker
LMFT	Licensed Marriage and Family Therapist
LSW	Licensed Social Worker
MBA	Master of Business Administration
MCEd	Master in Christian Education
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
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