

# 2019

# Annual Report

CHILDREN'S RESEARCH TRIANGLE



CHILDREN'S  
RESEARCH  
TRIANGLE



# Highlights

## 2019 IN REVIEW

- CRT was honored to receive a five year, \$4M grant from the Substance Abuse and Mental Health Services Administration in support of the Linking Actions for Unmet Needs in Children's Health (Project Launch) initiative. As one of only 15 grant recipients nationwide, Project Launch will have a direct impact Chicago's Southland; among the services to be provided are community partner training in screening and assessing children in need of mental health service and a workforce training initiative for underemployed resident.
- We welcomed three new community partners: DRW college prep in West Lawndale, A House in Austin, and Oak Park River Forest Infant Welfare Society.
- Camp SOAR celebrated our 20th Anniversary summer with 136 volunteer counselors and 126 campers!
- CRT continues to be grateful for the support of new funders Special Kids Foundation, Albertson's, and the McCormick Health and Wellness Network.
- CRT trained 326 child-serving professions on Youth Mental Health First Aid—designed to teach participants how to identify, understand, and respond to signs of mental illnesses, mental health crisis and substance use disorders.



# Community Partners

## NEW MOMS

We are proud to partner with thirteen organizations to provide mental health services across the Chicagoland area. Children's Research Triangle values our partners as therapy services located within the community being served help overcome socioeconomic and cultural barriers to seeking treatment.

New Moms, located in Austin, is a transitional housing program for mothers experiencing homelessness. New Mom's work focuses on breaking the cycle of poverty by providing support for young moms and their children via housing and job training. Many of the young families with whom New Moms works are victims on domestic or sexual abuse or have been exposed to other violent crimes; 100% of the families live below the poverty line. CRT provides on-site trauma informed therapy needed to set these families on the path to healthy, stable futures.

One particular success story is that of Angela, 21, and her son, now age two. Angela had previously experienced abusive relationships with both her mother and her boyfriend. When Angela and her son began Child Parent Psychotherapy at New Moms, she was very impatient with her son and had difficulty attending to what should be expected in his current developmental stage. Following just a few months of consistent weekly therapy, Angela increased her capacity to recognize the impact of her actions on her son.

Although the family has since moved out of New Moms housing, their CRT therapist has transitioned to meeting with the family in their home in order to allow for a continuation of therapy. Therapy sessions continue to be a space for Angela to process her stressors. Angela has been increasingly playful and affectionate with her son and now sees her role as a mother as a guiding force in her life.

Johnson College Prep Principal Jonas G. Cleaves  
pictured with Johnson Social Work Team and CRT  
therapist Venezah St. Louis.



# Research

Led by Dr. Anne Wells, CRT's Research team continues to provide invaluable insight across thousands of data points. In 2019, the Research team provided analysis on more than [2,500] standardized measures. Data collected from the Trauma Treatment Program, Violence Prevention Program, and the assessment clinic is critical in evaluating client experiences and subsequently improving CRT's clinical services and training programs from year to year.

In addition to clinical data assessments that shape feedback and guidance to our Therapy team, managing a team of undergraduate and graduate interns, the CRT Research team regularly conducts studies to present to the larger Psychological Research community. Most recently Devanshi Shah, Alison Suzukamo and Ajla Hodzic, in conjunction with Dr. Wells, published a study based on 20 years of data collected by CRT. Entitled *Overcoming Barriers to Mental Health Services*, the study evaluates differences in outcome based on location of mental health services and was selected to be presented at the Midwestern Psychological Association's conference.

The study illuminates mental health trends and critical information pertaining to trauma. Within Chicago neighborhoods, approximately 60% of youth between the ages of 9-15 years have experienced at least 2 or more types of trauma. [2] Youth with increased odds of exposure are males, Hispanics, 3rd generation immigrants, older youths, and those living in under-resourced neighborhoods, unstructured socializing environments and areas with scarcity of youth services. [2] Trauma experienced in childhood is linked to several mental health conditions, substance abuse, and other risky behaviors that present challenges in all aspects of life. [1] Therefore, an effective behavioral health treatment plan is a vital part of the healing and recovery process.

Children and families often face several obstacles when seeking care, including lack of availability, accessibility and knowledge. The study's underlying hypothesis proposes therapeutic services located in clients' communities eliminate barriers to consistent attendance and treatment engagement and thus improve eventual outcome. The results highlight trends in engagement by racial groups, ethnicity, and gender which better inform treatment options through community partnerships.



1. SAMHSA. (2019, August). Trauma and Violence. Retrieved from <https://www.samhsa.gov/trauma-violence>.
2. Zimmerman, G. M., & Posick, C. (2016). Risk Factors for and Behavioral Consequences of Direct Versus Indirect Exposure to Violence. *American journal of public health*, 106(1), 178- 188. <https://doi.org/10.2105/AJPH.2015.3029203>.
3. Beck, A.T., Steer, R.A., & Brown, G.K. (2005). Beck Youth Inventories Second Edition Manual. San Antonio, TX: Psychological Corporation.
4. Briere, J. (2005). Trauma Symptom Checklist for Young Children Professional Manual. Lutz, FL: Psychological Assessment Resources, Inc.



# Camp SOAR

20 SUMMERS OF FUN

This past summer Camp SOAR celebrated its 20th Anniversary. That's 20 summers full of entertainment, laughter, and fun. Campers and counselors have formed friendships that make Camp SOAR the best two weeks of summer year after year.

CRT is thankful for the dedicated counselors that make Camp SOAR the highlight of the summer for the campers.

Kasey Abrahamsen	Rebecca Burke	John DeFranco	Shannon Gallagher	Zachary Horvath
Lindsay Allen	Ethan Carls	Sydney DeHaai	Faith Gancayco	Brendan Huerta
Megan Auld	Kathleen Carmody	Miranda DeHaai	Peter Gancayco	Tyson Jenkins
Ellen Bakal	Vincent Carso	Tyler Delahanty	Charlotte Geier	Cara Johnson
Erin Bakal	Savita Chandarana	Ryan Derrig	Sarah Gervais	Kyle Kanai
Nicole Baker	Maya Chandarana	Liam Derrig	Haley Giavanovits	Emma Karman
Bobby Baratta	Josephine Chavez	Caden Deutsch	Emily Graves	Nadia Kerman
Jack Barrett	Kevin Chorley	Daniel Dilan	Kylie Graves	Emily Klott
Jack Baum	Graeme Christensen	Lauren Dimayuga	Sarah Greising	Klaudia Lagowski
Sam Bay	Nicolas Cima	Michael DiPietra	Maeve Griffin	Zoe Lavis-Djokovic
Kaley Beckman	Angela Coco	Anthony Dirico	Amanda Hall	Lauren Lemanski
Mia Belcastro	Ilya Connor	Kathleen Doherty	Abby Hanselman	Mckenzie Liboy
Bucky Berendt	Riley Cronin	Dori Eby	Tara Hanson	Zachery Lin
Max Berk	Kara Cullerton	Allison Eby	Samuel Horvath	Anna Linscott
Emma Biggins	Sean Cummings	Aidan Finn	Nathaniel Horvath	Gloria Lobin Schwartz
Michael Bonis	Colleen Cuncannan	Jada Frazier	Zachary Horvath	Louie Lobin Schwartz
Kassandra Bout	Pria Daniel	Anna Fuente	Brendan Huerta	Calee Luna





Zuri Mabrey-Wakefield  
 Delaney MacIsaac  
 Jennifer Madigan  
 John Madigan  
 Ryan Manthy  
 Riley Manthy  
 Brian Matkovic  
 Paige McBride  
 Milo McNabb  
 Nolan McNabb  
 Mary Helen McQuillan  
 Meredith Metzger  
 Kelsey Miller  
 Casey Miller  
 Timmy Miller  
 Sean Miller  
 Ben Mitchell  
 Lizzy Mitchell  
 Michaela Mueller  
 Alitza Munoz  
 Allison Nagy  
 Ali Naim

Kelsey Napoleon  
 Shannon Nibbio  
 Maeve Nicoll  
 Jack Nudelman  
 Joe Nudo  
 Sebastian Ochoa  
 Neil O'Grady  
 Meghan O'Halloran  
 Kaitlin O'Hern  
 Ben Okolita  
 Charlie Okolita  
 David O'Leary  
 Abby Oliveri  
 Stephanie Orr  
 Abbigail Otto  
 Holly Panfil  
 Kylie Parker  
 Payal Patel  
 Mia Petri  
 Charlie Pillsbury  
 Wendy Ptolemy  
 Victoria Powell

Anna Power  
 Ashley Prabakar  
 Aidan Rappaport  
 Sari Reiger  
 Vanessa Robelo  
 Josie Ronson  
 Katlin Sattley  
 Jillian Schmit  
 Meghan Schmit  
 Leah Schwartz-Dodek  
 Emma Schwartz-Dodek  
 Eric Shanahan  
 Jenna Simpson  
 Paige Singla  
 Abby Smith  
 Nora Smith  
 Dani Stassen  
 William Stefaniak  
 Aleksandra Steinert  
 Bridget Stephens  
 Madison Svoboda  
 Nyla Thurston

Maggie Tippet  
 Lizzie Titus  
 Max Troyke  
 Niko Vasilopoulos  
 Abby Vaughan  
 Carley Walker  
 Kelly Walter  
 Julia Warheit  
 Elizabeth Watson  
 Rosie Westerbeck  
 Tim Wheeler  
 Kate White  
 Jenny Wilson  
 Kenzie Woodland  
 Ethan Wright  
 Jack Zator  
 Ruthie Zolla





# 2019 Heroes of Our Hearts Gala

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John and Jennifer Turcich  
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Lori Quaderer

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Josh Schwartz-Dodek  
Chris and Anna Smith  
Ruth Williamson  
Max Zakharenko



# 2019 Heroes of Our Hearts Gala

## **CRT Friend**

### **\$250-\$499**

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Ruth Cawley  
Sue and John DeKoker  
Todd Haitz  
Sue Hendrickson and Jon Hannessian  
Rob Homchick  
Robert and Barbara Johnson  
Joan Keck  
Bill and Staci Kennedy  
John Kelly  
Denise and Tom Lemanski  
The Mayo Association  
Cori Mohr  
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Lantz Roe  
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Shelly Wax  
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Nirvana Technology Solutions  
Friends of Meghan O'Halloran  
Morris and Fran Schwartz  
Ambaj Sharma  
Mark Fagan and Chrisy Schmidt





# Annual Donors

We gratefully acknowledge the gifts of the following donors

## Trustee Level \$40,000 +

Anonymous Charitable Grant  
Chicago Tribune Charities, A McCormick Foundation Fund  
Cook County Justice Advisory Council, Violence Prevention  
The Crown Family Philanthropies  
Michael Reese Health Trust

## Leadership Level \$10,000-\$19,999

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Special Kids Foundation

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# Annual Donors

We gratefully acknowledge the gifts of the following donors

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Kathy Loria  
William and Kathleen Lynch  
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Michele and Guy Polvere  
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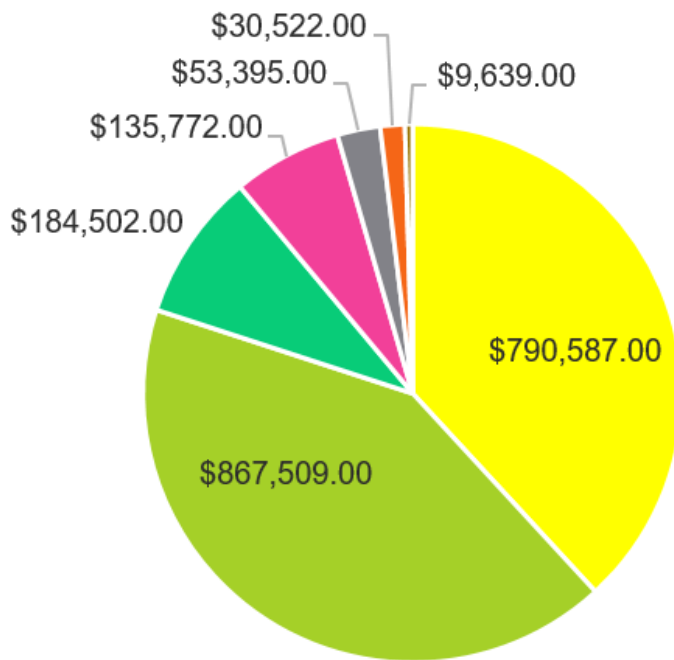
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# Financial Summary

FISCAL YEAR 2019



## 2019 Revenue

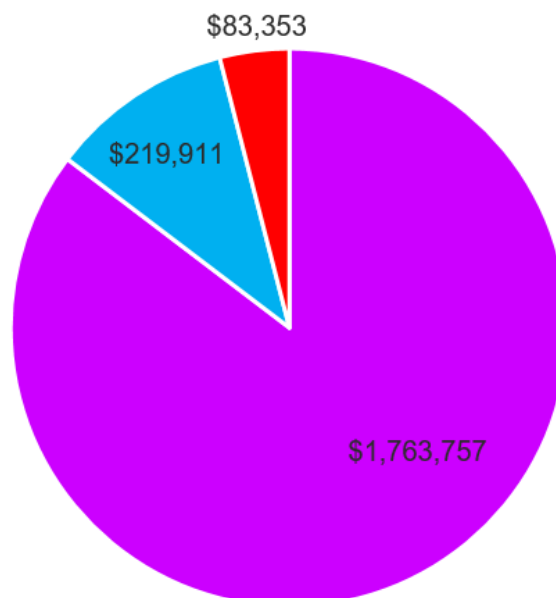
- Federal Grants
- Charitable Contributions
- State Contracts
- Camp SOAR
- Private Medical
- Other
- Contracted Therapy

Total: \$2,071,926

## 2019 Expenses

- Program Services
- Administrative and Management
- Fundraising

Total: \$2,067,021



# Staff List

## CHILDREN'S RESEARCH TRIANGLE

### Leadership Team

**Linda Schwartz, Ph.D.**

Chief Executive Officer

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**Julianna Wesolowski, LCPC**

Therapy Director

### Research Team

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Research Director

**Ajla Hodzic**

Research and Program Evaluation  
Specialist

**Alison Suzukamo**

Research and Program Evaluation  
Specialist, 4Ps Plus Manager

**Fiona Horner**

Research Assistant

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**Teniesha Hinds**

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Camp SOAR Director

**Sari Rieger, MS, BCBA**

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Child and Family Therapist

**Gauri Goswami, LCSW**

Child and Family Therapist

**Claude King, LCPC**

Child and Family Therapist

**Wendy Kovacs, Ph.D., LMFT**

Child and Family Therapist

**Patricia Peña, LMFT**

Bilingual Senior Child and Family Therapist

**Stefanie Ward, LMFT**

Lead Supervisor and Child and Family  
Therapist

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Office Manager

**Maria Fay**

Executive Clinical Assistant

**Kimberly Runnels**

Intake Coordinator

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