

# IMPACT REPORT

# 2023



## MENTAL HEALTH SERVICES

CRT's mental health services reach underserved Chicago communities, particularly on the South and West sides. In 2023, we served **965** children and caregivers with mental health therapy and evaluations, and trained **991** child-serving professionals and caregivers. CRT's services bring healing and hope to children and families to move past traumatic events.

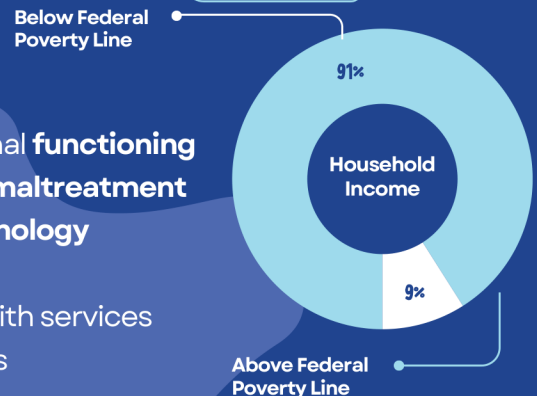
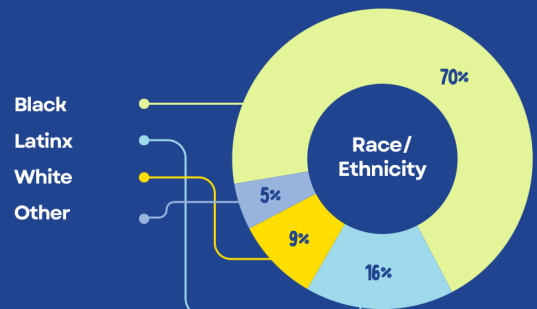
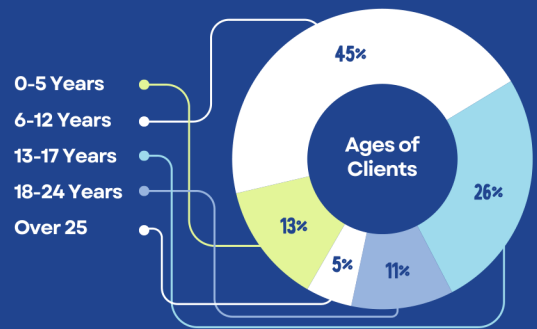
### THE CHILDREN CRT SERVES

#### 95% of CRT clients have experienced trauma, most **TWO OR MORE**:

- 62% have been **separated** from a parent/caregiver
- 38% experience **neglect**
- 33% live in a household with **domestic violence**
- 33% have an **impaired caregiver**
- 29% experience **emotional/psychological abuse**
- 20% experience **physical maltreatment/abuse**
- 18% experience **sexual abuse/assault**
- 17% experience food or housing **instability**

#### Despite these statistics, **CRT SERVICES PROVIDE HOPE:**

- 82% of youth exhibit **decreased trauma symptoms**
- 82% of youth **improved** adaptive, behavioral and emotional **functioning**
- 75% of caregivers demonstrate **decreased risk for child maltreatment**
- 86% of caregivers report **fewer symptoms of psychopathology**
- 80% of caregivers report **decreased parenting stress**
- 90% of youth and **93%** of caregivers report satisfaction with services
- 78% of training participants improved on knowledge tests





## COMMUNITY PARTNER NETWORK

### CRT would be unable to impact so many children across Chicago without our network of community partnerships:

- Domestic violence and homeless shelters
- Schools
- Community social service agencies
- Veterans centers

Working onsite at 18 community-based locations, CRT therapists are able to meet with children and families where they spend their time, providing accessible support in the environments and situations they experience daily.

## COMMUNITY PARTNER SPOTLIGHT



**HOUSE OF THE GOOD SHEPHERD**

### House of the Good Shepherd Domestic Violence Shelter

House of the Good Shepherd is a safe haven for women and their children, providing housing, food, childcare and other supports to help mothers rebuild their lives. CRT’s team provides onsite therapy for children, parenting sessions for mothers, and early intervention and trauma-focused training and consultation for staff. Our bilingual clinicians serve children in group therapy, individual therapy, with their mothers, and in a specialized teen group therapy to meet their unique needs. There is always a waiting list. Last year CRT was able to serve 14 families at the shelter. With increased funding, CRT would be able to place more therapists at House of the Good Shepherd and serve even more children significantly impacted by the trauma of domestic violence.



## CELEBRATING THE CHILDREN WE SERVE

In December, CRT and sponsor WH Trading hosted our clients at the much-anticipated Children’s Holiday Party. Several hundred children and their families attended the party at Lincoln Park Zoo, enjoying games, dinner, hot chocolate and the Holiday Zoo Lights!

# CAMP SOAR IS "SIMPLY AMAZING!"

**Camp  
SOAR**

CHILDREN'S RESEARCH TRIANGLE



**Swimming. Crafts. Magicians. Dance Parties!** This is the standard stuff of summer camp, which many kids with disabilities miss out on. At CRT's Camp SOAR, an overnight summer camp for children and adolescents with significant developmental disabilities, these youth have a chance to enjoy a camp experience nothing short of life changing. This past July, in the leafy green woods of Wisconsin, Camp SOAR welcomed **88 campers** supported by **106 volunteer** counselors, medical staff and camp leadership.

**Simply put, your donations make Camp SOAR happen.** We remain extremely grateful for the generosity of our donors, and deeply appreciate your ongoing support of this program that means so much to our campers, counselors, and families.



**"My boy is an only child, with disabilities that keep him more isolated than most. Camp SOAR and the camp counselors were a godsend that filled my lonely boy's days with camaraderie, laughter, growth and companionship. That is priceless."**

## A CAMP SOAR PARENT



**SAVE THE DATE**



## Celebrate 25 Years of Camp SOAR!

**Camp SOAR is celebrating its 25th Anniversary** – a quarter century of providing camp for children who would otherwise miss out on a traditional camp experience. In honor of this milestone, we are hosting a very special CRT Gala this fall. You won't want to miss it! Save the date and plan to join us on **Saturday, November 9**, to celebrate CRT and 25 Years of Camp SOAR!