

# Annual Report 2017



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# CRT Highlights of 2017 ~

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- CRT continues to expand our services, affording access to clients throughout the Chicago Metropolitan area and beyond. 1,056 clients participated in CRT's clinical services, community outreach program, and Camp SOAR. Staff conducted 50 trainings and educational workshops for 1,203 participants in the fields of education, health and mental health care, and social service.
- In November of 2017, the TTPS was awarded a two year Cook County Justice Advisory Council grant to provide trauma-focused violence prevention services at our East Garfield Park partner schools, Manley Career Academy High School, John Marshall Metropolitan High School, and Al Raby High School.
- CRT welcomed the support of two new funders, North Shore Exchange and Oak Park-River Forest Community Foundation, for our Trauma Treatment Program, helping us increase access to mental health services at community partner agencies in some of Chicago's most under-resourced neighborhoods.
- Our school-based partnerships have been expanding due to a high level of need, and CRT's word-of-mouth reputation among school administrators promoting our programming. This summer we added Viewing Our Children as Emerging Leaders (VOCEL) in Austin as a new community partner.
- A new cabin opened at Wesley Woods, allowing the SOAR roster to increase to 121 happy SOAR campers and 136 dedicated volunteer counselors. Everyone enjoyed a terrific summer experience filled with fun and exciting overnight camp activities. We are proud to announce the Christopher and Dana Reeve Foundation as a new funder to Camp SOAR.



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## Clinical Work ~

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My name is Rashea Ratliff. I was a foster parent for 5 ½ years before finalizing my daughter Eden’s adoption just a few months shy of her sixth birthday. Sadly, Eden was ushered into the foster care system as an infant of six months after her 18 month old brother was brutally murdered by her father following a domestic dispute with her biological mom.



Becoming a foster parent involves multiple background checks, CPR training, interviews, parenting courses and computer based modules. However, nothing adequately prepared us for what we encountered while welcoming an innocent into our life. But, in spite of all of the challenges, the months and ensuing years that followed have been extremely rewarding. I came to learn about the Children’s

Research Triangle after discussing my ongoing concerns with caseworker. I must say, that first appointment has stuck with me for many years, helping to pave the way for us to acquire the resources to help Eden with the emotional and academic support needed. Gradually we have witnessed so many positive changes in her life. Through CRT, Eden was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), as well as Sensory Processing Disorder.



On behalf of all of the foster parents who have sought and received treatment for our children through the CRT, with much gratitude we say thank you to the entire staff, from the interns to Dr. Messer and Dr. Pratt and many others at CRT for the help they have provided to our children. By working collaboratively together, our children can finally acquire the most necessary tools they will undoubtedly need to make it out of the foster care system and to grow to become thriving and productive members of our society.



Thank You, Rashea Ratliff

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# Research ~

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CRT’s research team continues to work behind the scenes to support the mission of the organization by evaluating the extent to which we have met our program goals and ways to improve services for our clients.

In 2017, CRT successfully concluded work on Project Thrive, a five year federal grant from the Administration for Children and Families.

Highlights of the findings include the following:

- ❖ Youth in foster care participating in Project Thrive exhibited fewer placement disruptions and had more time in each placement (13 months average) after participation in therapy than prior to participation in therapy (2 months average).
- ❖ Youth in foster care who received psychological evaluations and subsequent case management through Project Thrive gained better access to school-based services than youth with similar psychological evaluations without Project Thrive case management services.

The research team also evaluated our Trauma Treatment Program. Our 2017 Trauma Treatment Program data indicate that among clients who could demonstrate change, 93.8% showed a clinically significant decrease in their experience of trauma-specific symptoms and 88.2% showed clinically significant improvement in emotional and behavioral functioning. 81.8% of parents reported decreased stress since their family began services with CRT.



## **PARENTS AND CAREGIVERS EXPRESSED GREAT SATISFACTION WITH SERVICES RECEIVED THROUGH THE TRAUMA TREATMENT PROGRAM, THEIR COMMENTS INCLUDED:**

*“My daughter is able to talk about what happened to her. She is also standing up for herself.”*

*“With [my therapist] I learned coping skills. It helped a lot in my everyday life, also with the relations with my kids ...”*

*“[My daughter] is doing much better. Both [therapists] were always helpful, kind and really did everything they could to help our family. 5 stars! Thank you so much!”*

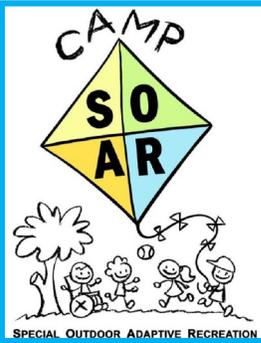
## **WHAT STUDENT PARTICIPANTS HAVE TO SAY ABOUT THE PROGRAM:**

*“I know myself better. I talk to my family more. I know more about why my first mom can't take care of me.”*

*“Attending sessions helped me change because now I open up about how I feel and I learn coping skills to help relax me. Also, it feels good to know I have someone to trust and talk to.”*



# Camp SOAR ~



My name is Meghan O'Halloran, I am a 25 year old Camp SOAR counselor and work in the field of special education. I am one the "lifers", a term to describe individuals who began as counselors and continue to come back for years and years. With each passing year, a "lifer" gains more experience and might decide to take on a leadership role; as a cabin leader or behavior support. Ultimately, a "lifer" potentially chooses a career path working with individuals with disabilities. I am conclusively and proudly a "lifer". I volunteered on a whim. I was 14 and have spent the past 11 summers at Camp SOAR. Along the way, I learned a lot about myself.

What keeps me coming back? For those who have experienced Camp SOAR, no explanation is needed, for the others, I will try to give an inside feel. It's the moment you meet your camper and instantly become pals. Or, it might take a day or two to warm up to one another but the feeling is heartfelt and long lasting. Once you find something your camper is super into, the experience becomes even more fun. Several years ago I was paired up with a young girl who loved the Disney movie *Ratatouille*. Remy



and Linguini are the main characters: you can best believe we reenacted every scene several times over. For the rest of the week, everyone at camp referred to me as Remy.

What makes Camp SOAR so special? Standing on the porch outside of the dining hall looking out at the expansive view of camp seeing kiddos on the swing set, playing duck duck goose, building sand castles, balls being popped up by the parachute, the model train, bubbles and chalk...this to me is the most beautifully chaotic sight. Roasting s'mores around the campfire while listening to the great tale of how Camp SOAR came to be. Dr. Nancy handing out freeze pops by the lake. The smell of sun-screen and bug spray. Listening to the song, "You're Welcome" from *Moana* all week because every cabin wants to have the best moves for the family talent show.



Each year, I look forward to seeing campers and counselors return. I glimpse a camper who was unable to brush their teeth without assistance come back doing this independently. I see a camper who had difficulty following directions be a leader during campfire songs and nature hikes. Watching these triumphs bring me so much joy. Similarly, I have witnessed a shy counselor during training truly come out of their shell.

I will forever be thankful for Camp SOAR and all it has taught me and for the joy it has brought to my life. It has remained a constant during personal life struggles. I have met some of the most influential people and loving friends within my Camp SOAR family. Camp SOAR is and forever will be etched in my heart. I have chosen my career and become the person I am today because of Camp SOAR.

*Thank you, Meghan*



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## 2017 Children's Holiday Party

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What's a holiday party without Santa? With many thanks to volunteer Bruce Skedd, CRT has never had to worry. Bruce has been our hale and hearty Santa for more years than any elf can count. He's shown the kids to dance like no one is watching and, just like you'd expect, gives each and every child his full attention.



We are fortunate to have Santa Bruce along with the annual event sponsors, WH Trading, to make the holidays complete for the children and families of Children's Research Triangle.

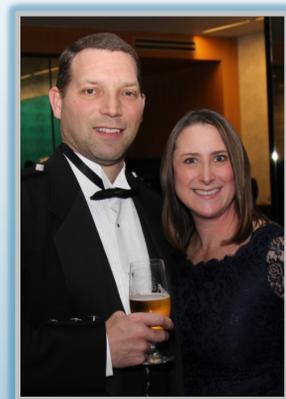
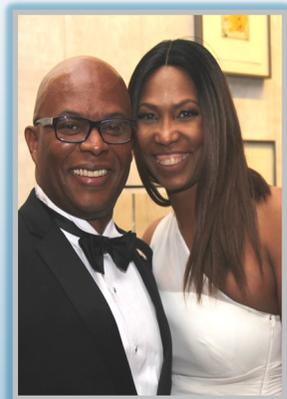


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## 2017 Heroes of Our Hearts Gala

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*The 2017 Heroes of Our Hearts honored Foster Parents everywhere for opening their hearts and homes and dedicating themselves to helping the children in their care grow and thrive. Guests and honorees alike enjoyed a festive evening of fine dining, auctions, games and community. Mark your calendar for the November 3, 2018 Heroes of Our Hearts Gala*



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*We gratefully acknowledge the generous gifts of the following donors who contributed between January 1 and December 31, 2017.*

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*CRT is grateful for all donations.  
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*Thank You*

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Children's Research Triangle wishes to thank the following donors,  
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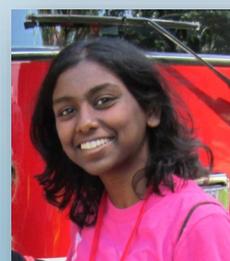


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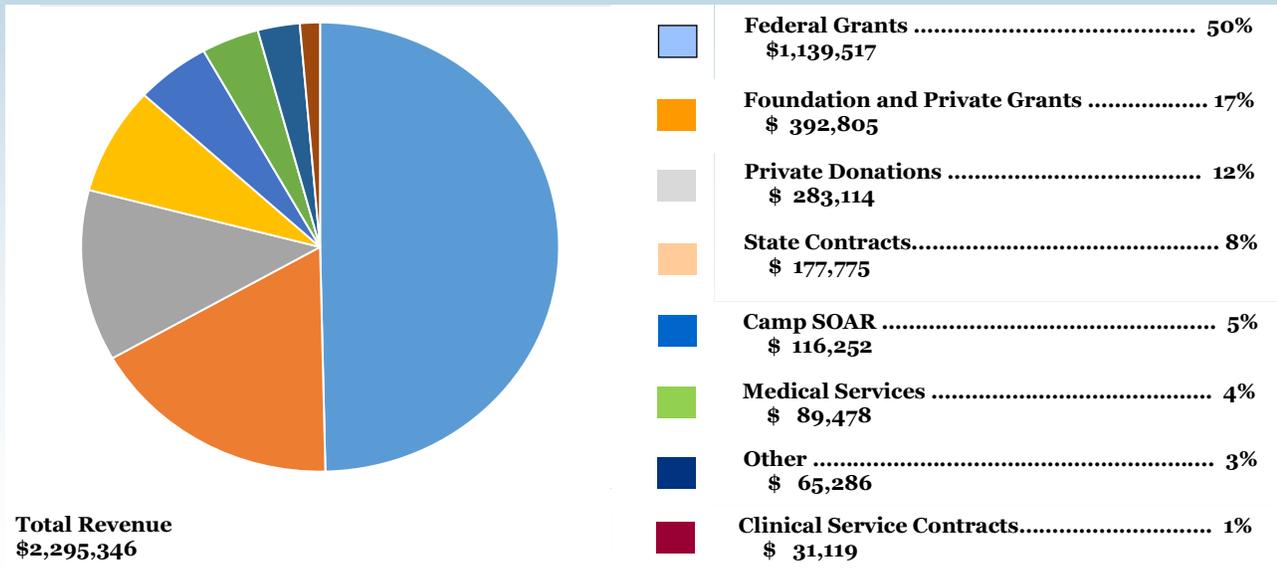


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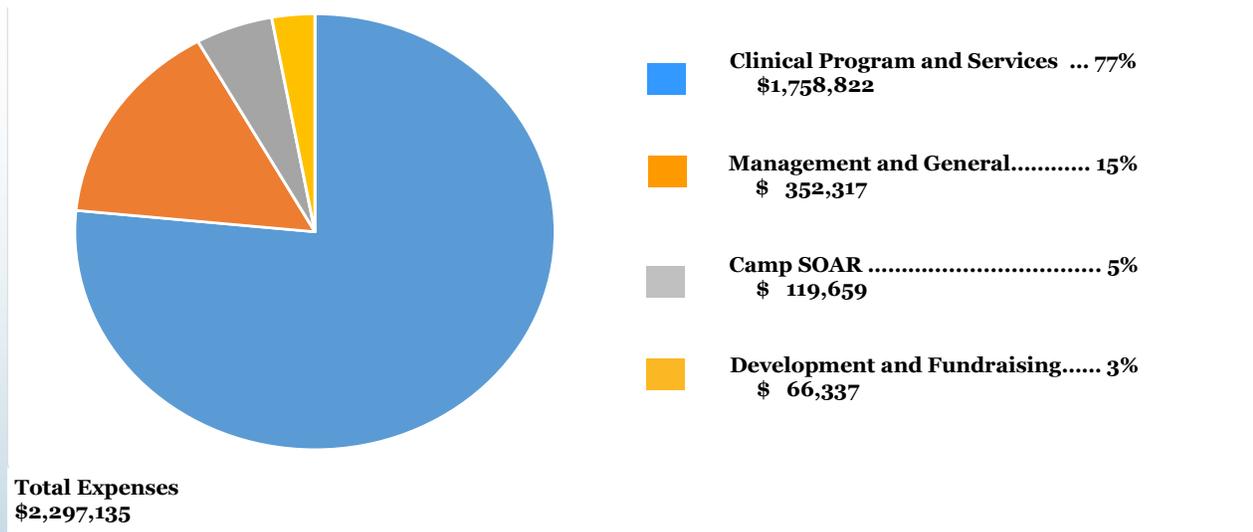


# Financial Summary ~ FY 2017

## ~ Revenue ~



## ~ Expenses ~



Statement of revenue and expenditures  
FY January 2017—December 2017

This information was compiled from audited financial statements.

A complete copy of our audit is available upon request.

## Executive Team

**Linda Schwartz, PhD**  
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Assistant Therapy Director*  
**Stefanie Ward, LMFT, CADC**  
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