

Annual Report 2016



CRT Highlights of 2016 ~



- ◆ For the past seven years, our Trauma Treatment Program (TTP), with significant support from the Substance Abuse and Mental Health Services Administration (SAMHSA), has provided trauma-informed interventions at ten community sites and our Loop clinic. We were honored this year to receive five additional years of funding from SAMHSA, which supports TTP's screening, assessment and clinical services.
- ◆ CRT Research Director Dr. Anne Wells was invited by the White House to participate in the Convening on Outcomes-Focused Technical Assistance in Washington, D.C. this past October. The use of evidence based programs in combating social issues was the major point of discussion.
- ◆ Our Community Outreach Program expanded further to provide onsite therapy and staff training at our newest partner agencies, The Montessori School of Englewood and Madonna House Homeless Shelter.
- ◆ Through a Chicago Public Schools Attendance Grant, designed to increase school attendance with chronically truant students, CRT provided services at three East Garfield High Schools.
- ◆ 112 happy SOAR campers and 136 dedicated volunteer counselors enjoyed a terrific summer experience filled with fun and exciting overnight camp activities.



Clinical Work ~

One family's experience—

Our son Kamari is an extremely intelligent 4 year old. He is a wonderful brother to his three siblings. He is outgoing and kind, and can make you laugh like no one else can. However, despite all of his wonderful qualities, my husband and I knew something wasn't quite right. Any variances from our daily routine, something as simple as my husband helping Kamari tie his shoes before leaving the house rather than me, would send him into huge meltdowns. He loved to crash into anyone and anything. He was extremely anxious about, what we considered to be, simple situations, and had a very difficult time in any social situation. These are just a few examples of the difficulties we were having on a daily basis. We knew we needed help, we just had no idea what kind of help we needed.

We first heard about Children's Research Triangle from friends of ours. After doing a little research, it seemed like the perfect place to go to get answers to so many of our questions. We weren't sure what to expect, but any expectations we did have were far exceeded. Each staff member we saw was fully engaged with our family, and with Kamari. They weren't just interested in what was happening right now, but in everything that led up to now. I loved that they focused on his strengths rather than only his areas of concern. We never felt rushed; Dr. Telford spent so much time answering all of our questions. When we left, I felt a sense of relief.



Since our visit to CRT, and because of the answers we received from them, we have been able to get the appropriate services in place for Kamari. He is thriving. I can't express how thankful we are for Dr. Telford and the amazing staff at Children's Research Triangle. We received the tools and resources we needed to help Kamari reach his full potential. While every day isn't perfect, we have seen amazing growth and positive change in our son, and for that, we are truly grateful.

Sincerely,

Michelle and Scott

Research ~

CRT's research department conducts program evaluation on federal, state, and foundation grants, and provides our clinical team with feedback that improves existing programs and guides the development of new endeavors. Our 2016 Trauma Treatment Program data demonstrates the following successes: Among clients who could demonstrate change, 85.8% showed a clinically significant decrease in their experience of trauma-specific symptoms and 88% showed clinically significant improvement in emotional and behavioral functioning. 86% of parents reported decreased stress since their family began services with CRT, and their written comments included:

- *"I wouldn't have the coping skills to deal with my daughter... we understand one another better. We cope better now."*
- *"My son's behavior has improved with the tools he learned and I have experienced great encouragement."*



Youth also expressed great satisfaction with services, and their written comments included:

- *"This group has helped me keep my feelings and emotions in order...and think smarter."*
- *"I have a place and someone who I can reach out to. This is something that I hadn't had for a while."*

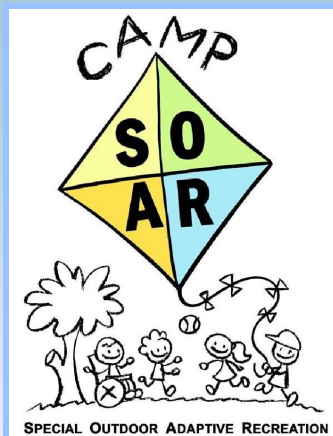
Our research and clinical teams share our data through a variety of presentations throughout the year. In March, Research Director Anne Wells and Staff Therapist Stefanie Ward participated in a panel presentation at the 2016 National Child Traumatic Stress Network All-Network Conference, titled "The Magic of Measurement: Strategies from CIMI (Clinical Improvement through Measurement Initiative) to Support and Sustain Measurement-Based Care."

CRT's active participation in national projects contributes to the field by providing agencies the information and tools they need to estimate the costs of addressing trauma among children. As part of our Children's Bureau funded grant, Project Thrive, our therapists participated in a nationwide pilot test of cost study instruments being designed for several Trauma-Specific Evidence Based Practices.

Training the next generation of researchers is a CRT priority. We were happy to host 18 research interns in 2016, one of whom was awarded a Community Engagement Award through Loyola University. Congratulations Shaniqua Mitchell!



Camp SOAR ~



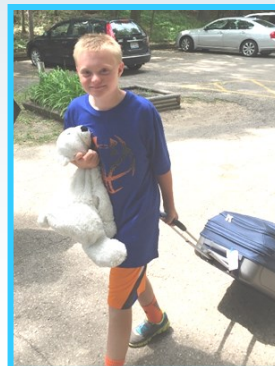
Brian and Corinne's son, Cole, has been a Camp SOAR camper since 2013, when he was 10 years old. As you can tell by his photos, he has grown from a rather shy boy starting his first adventure away from home to a ready-to-go (along with his trusty bear friend) young teen. But new campers aren't the only ones who feel unsure about spending five nights away from Mom, Dad and siblings. It is certainly a transition period for the whole family.



2013 FIRST SUMMER

Corinne remembers thinking of Cole constantly and worrying if her son was having fun, or if he was homesick, during that first week of SOAR. Would he act appropriately with the counselors and other campers? Considering Cole's preference to eat pancakes and only pancakes, had Corinne sent enough home cooked pancakes to ward off his hunger? As she put her other three children to bed, she could not help but wonder how Cole was handling his new and different bedtime routine at camp.

As she found out, her worries were for naught. Cole not only loves the outdoor activities, but has grown in the way he connects with people. Cole reaches out to other campers who need help or attention and has developed meaningful relationships with his fellow campers, counselors and camp staff. Cole's big heart has definitely been nourished at Camp SOAR.



2016 SOAR PRO

For the Thompsons, caring every day for a child with special needs, then being allowed to let go for a week and have someone else take over is almost surreal. Cole's week at Camp SOAR gives him a chance to grow as a person and become more independent, while giving his family time to re-program themselves, time to focus on their other children and each other, knowing Cole is in good hands and loves being at Camp SOAR.



2016 Children's Holiday Party



The children love the Holidays!
The whole Holiday season

Now, please don't ask why.
No one quite knows the reason.

Maybe the Holidays, they thought
Doesn't come from a store.

Maybe the holidays ...perhaps...mean a little bit more!



Thanks, WH Trading
for the party...
We had a blast!



2016 Heroes of Our Hearts Gala

It was a privilege for CRT to present Noble Network school social workers, Shanna Ross and Jessica Weisbach with the Heroes of Our Hearts Award in 2016. Competition with the Cubs playoff game added to the excitement of the evening, as ample TV screens kept guests in the know!



*Save the Date ~
November 18, 2017
Heroes of Our Hearts Gala
Loews Chicago Hotel, O'Hare*



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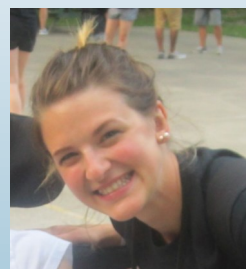


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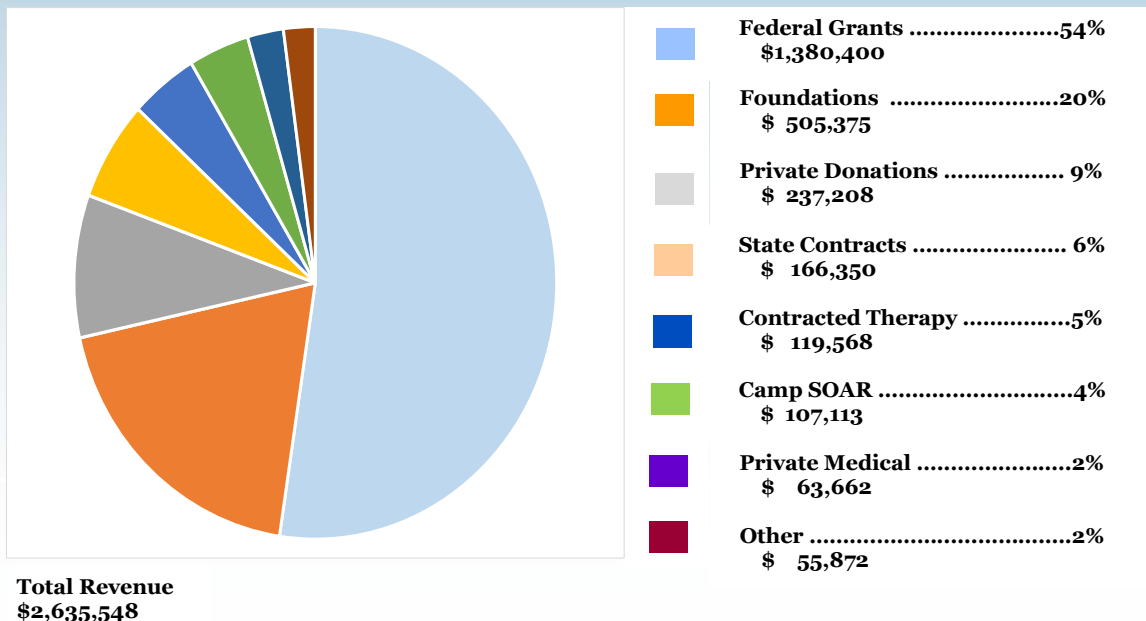


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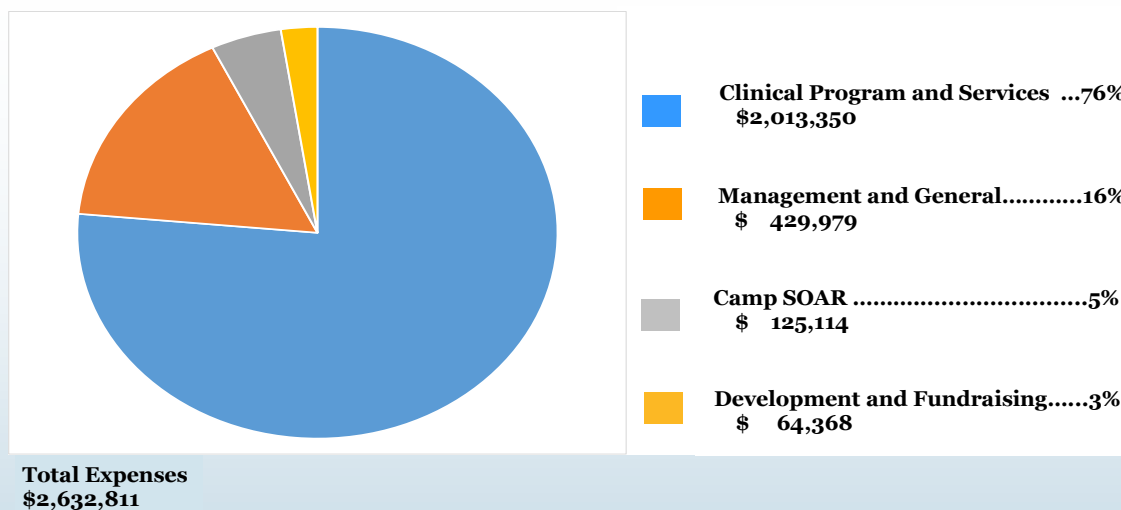


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~ Revenue ~



~ Expenses ~



Statement of revenue and expenditures
FY January 2016—December 2016

This information was compiled from audited financial statements.

A complete copy of our audit is available upon request.

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