

2020

Annual Report

CHILDREN'S RESEARCH TRIANGLE



CHILDREN'S
RESEARCH
TRIANGLE

Highlights

2020 IN REVIEW

"Help us grow into our DREAMS..."



- We engaged four new partners in the Austin and Oak Park communities: Forest Park Vet Center, Evanston Vet Center, Family Focus Lawndale, and READI, a gun violence prevention program.
- CRT served 676 families through a combination of in-person and telehealth services.
- Camp SOAR welcomed 128 campers for a two-week fully virtual experience.
- CRT trained 1,067 child-serving professions on a variety of topics including 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.
- While we missed our annual Children's Holiday Party due to coronavirus, we celebrated our clients and the festive season with a virtual magic show and gift cards for each child.

Therapy

COVID-19 has been a monumental challenge for CRT to overcome, but the transition to teletherapy and virtual training has expanded services to clients previously hampered by logistical barriers, extended CRT's reach to families in need and widened access for under-resourced communities. The stress of the global pandemic compounded hardships faced by our clients; yet despite unprecedented circumstances many families found healing and growth through therapy at CRT.

Below we highlight two stories of success from the clinic:

Gloria (age 7) and her mother, Rocio were referred for therapy services by the Infant Welfare Society due to involvement with DCFS Intact Family Services due to domestic violence within the home. Rocio reported feeling overwhelmed with raising Gloria and her three siblings. The CRT therapist began working with Gloria to help her explore feelings of safety and ways to express sadness, as well as working with Rocio to provide psychoeducation and developmental guidance about caretaking. Working in tandem, the CRT therapist and Family Support Specialist were able to connect the family to a domestic violence service, housing resources, medical resources, and provide a referral to Early Intervention for the 2 year old sibling. CRT has been instrumental to stabilizing this family and because of this, the family have been successfully discharged from DCFS services while remaining engaged in working with CRT on therapeutic and case management goals.

Maria is a young mother of 9 month old Gabriel. Maria enrolled in STEP (Systematic Training for Effective Parenting) group as a requirement set by DCFS in order to reunify with her son. Maria attended the group weekly and was an active, committed participant. Maria was able to learn important concepts about child development, how children communicate and get their needs met, and how she can best respond to those needs through effective parenting skills. Maria was also able to learn from other parents in the group and feel supported and connected. Through our screening process, our therapists were also able to identify the specific mental health needs of Maria and her child and successfully connected the family to Parent Child Psychotherapy at CRT. Maria continues to work on her skills learned in STEP to develop a healthy attachment with her son.

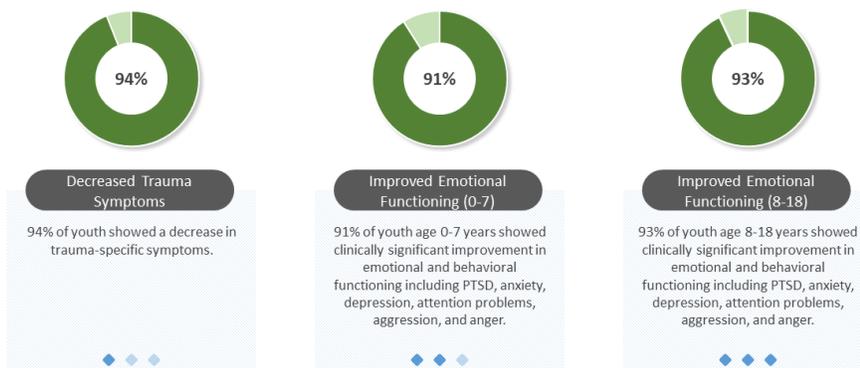


Research

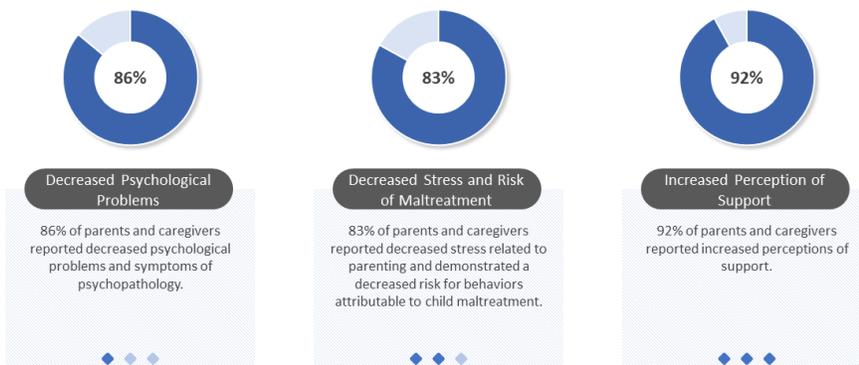
CRT's Research team is integral to the quality of services we provide. The Research team evaluates client experiences to assess CRT's clinical services and training programs through invaluable insight across thousands of data points collected from the Trauma Treatment Program, Violence Prevention Program, Camp SOAR and the assessment clinic every year.

Working hand in hand with the clinical team, the research team was able to transition our program evaluation operation successfully to remote operations. This included making measures accessible to children and their families, working with therapists to receive measures electronically, and creating internal infrastructure to process, score, and track data in an entirely electronic environment.

Youth Outcomes



Parent/Caregiver Outcomes

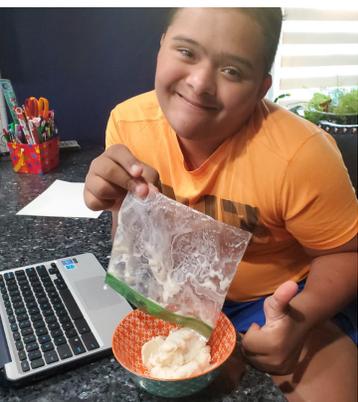


Camp SOAR

Camp SOAR continues to innovate and offer new opportunities to enrich the summer for children with disabilities and provide respite for families. Although COVID-19 prevented us from being together in person, Camp SOAR pivoted to recreate the fun of camp in a virtual environment that included arts and crafts, magic shows, and of course, dance parties. Each camper was able to enjoy two weeks of virtual programming and a backpack full of art supplies, game materials, snacks and even a full camping tent. Additionally, Camp SOAR developed a counselor-based babysitting clearing house for parents to access respite services.

We are grateful for our counselors without whom Camp SOAR would not be possible.

Danielle Anderson	Colleen Cuncannan	Blake Lawson	Victoria Powell	Abby Vaughn
Sammy Atkins	Sherya Daniel	Lauren Lemanski	Peyton Reisman	Kimberly Vu-Smith
Ellen Bakal	Reese Delahanty	Katherine Lytle	Sarah Rhone	Elizabeth Watson
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Jesse Barney	Dori Eby	Meredith Metzger	Jillian Schmit	Kate White
Caitlin Bauer	Ellie Fagan	Emily Meyers	Ben Schwan	Kate Woodland
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Hannah Cohen	Cara Johnson	Ashlyn Park	Abigail Tracz	
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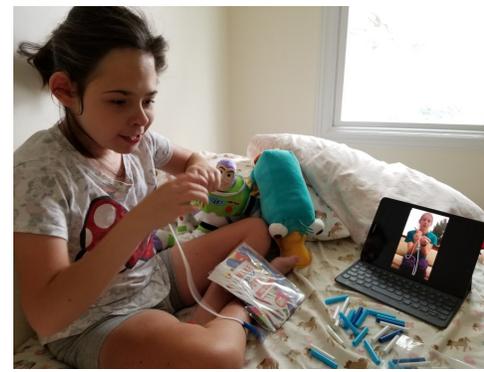
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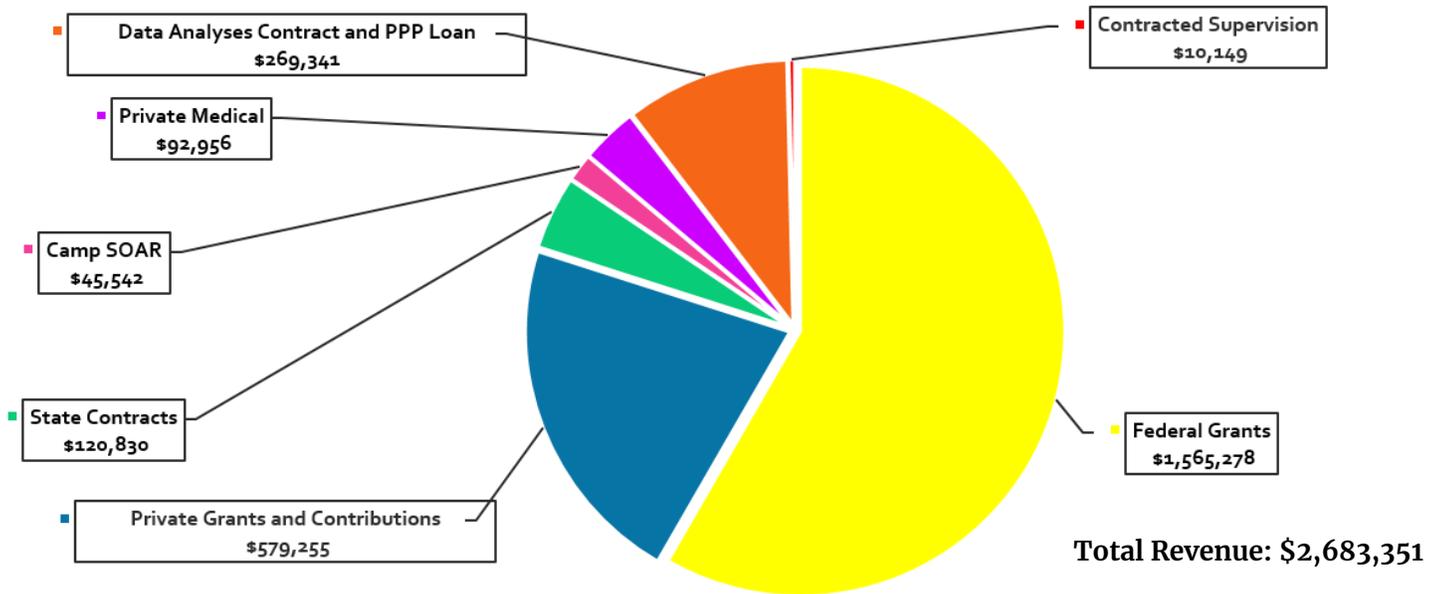
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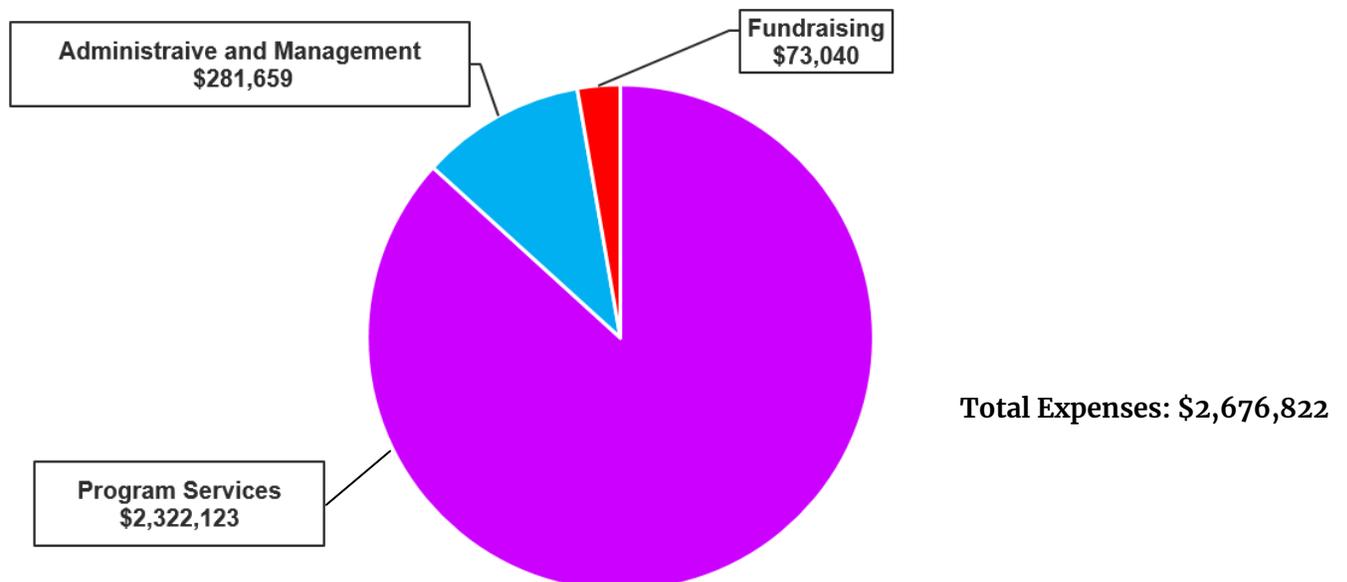
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2020 Expenses



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Licensed Clinical Psychologist

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