



2023

Annual Report

"I had been looking for help for so long, and no one ever got it. But at Child Guidance, you do."

– A CGRC parent



“

Now I know that you don't have to go through it alone. And you can't be everything to everybody all of the time. And that it's ok and there are people like the amazing people at Child Guidance to help. We wouldn't have been able to get through this year without them. (With Child Guidance) you learn so much about yourself and the world. You've taught us that no matter what time of your life it is, it's ok to reach out. The support is out there, you need to make sure you reach out. And because of everything we've learned, they are going to be ok.

”

—Child Guidance Parent

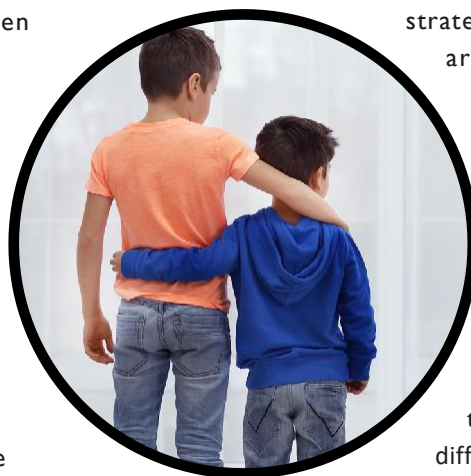
Braden's Child Guidance Journey

Braden is a shy boy with a sharp wit and a sensitive heart.

His older brother has serious developmental and physical disabilities that take a lot of his parents' time and attention. Braden has always had to do a little more, wait a little longer, be extra responsible, and wait for his (last) turn because his brother requires so much care. Braden's mom has a lot on her hands and is under a lot of stress. When Braden was little, he would get frustrated with always having to wait and always having to help. He would lose his temper at his mom, and she would lose patience at him. He would throw things, kick sand at people, have dramatic tantrums, and struggle to get along with other kids.

Braden's family found Child Guidance when he was just seven. He began in individual therapy, but the 1:1 attention was a little overwhelming for him, so his therapist recommended he try social skills group. In the carefully structured activities and games of social skills group, Braden found what he needed. At the beginning he really struggled. He always needed to win every game (and fell apart if he lost), he couldn't share, and it was hard for him to follow directions. Kids would try to play with him, and he would get overwhelmed and sabotage the game. When things fell apart, the group therapist would coach Braden through the problem, help all the children understand the process, and then they would try again.

Soon Braden had grown from creating situations for the group to process to being a leader in modeling positive behavior and helping the other children work things out. He will play with everyone in the group, he says he, "knows what it's like to be left out." He used the group to process his difficult feelings and to improve his friendship skills. It's been almost two years and Braden has flourished, even though his home situation remains challenging.



This year Braden's parents decided to enroll the whole family in Strengthening Families, an evidence-based drug and alcohol use prevention program that improves family relationships. In Strengthening Families, families come together for the session. Children meet in one group and the adults meet in another. Even on Zoom, the families look forward to getting together each week. Braden's parents have learned that there are other parents who struggle with challenging situations, and together they learn new strategies. They have been using new techniques to substitute for arguing with the boys. The entire group applauded when his mom shared that when the boys were arguing in the car that instead of losing her temper and yelling at them, she pulled the car to the side of the road and calmly waited until the boys calmed down. She laughed when she described how surprised they were, and how quickly they got their behavior together.

Through the program his parents have gotten new strategies for helping their two boys get along, and they also realized that they need more help. The physical difficulties their oldest son is facing are becoming increasingly complex and are impacting the very structure of their family. They see that things are getting better, but they are under extreme stress and are often not on the same page and that is hard for their sons, disrupts their marriage, and can lead to serious problems.

So the family enrolled in Family First, which brings therapy for every member of the family right into their own home. Now they are getting intensive family and parent counseling, Braden has added individual therapy to go along with his social skills group. With this ongoing support this family will continue to hang together and flourish. For as long as they need us, Child Guidance will bring the right service to bear to support Braden and his entire family.

Program Descriptions

Applied Behavior Analysis (ABA)

ABA is the science of changing or building behaviors. ABA uses ongoing evaluation of behaviors and applies specific techniques to modify behavior. ABA also teaches skills where functional and/or adaptive skills are lacking in order to improve overall quality of life for the client and their caregivers. This evidence-based therapy benefits children with a diagnosis of autism or developmental delays.

Alcohol, Tobacco, and Other Drug Prevention Programs (ATOD)

ATOD Prevention Programs help to provide strategies and insight so youth can make healthier choices. We help people develop the knowledge, attitudes, and skills they need to be more resilient. Prevention efforts focus on educating families and youth and helping them to learn how to solve problems before they happen.

Blended Case Management

Case managers empower families and help them gain access to support services within their community. Home and community based, case managers work with, and advocate for, families to ensure they have the necessary resources, information, and guidance to grow.

CREATE (Creating Relationships and Emotional Adaptability in a Therapeutic Environment)

CREATE is a year-round, innovative group outpatient service for children and young adults with a diagnosis of autism. Participants will build social and communication skills, improve problem solving and emotional regulation, and enhance flexibility and motivation. Each day in CREATE, every child will participate in evidence-based interactive therapies including Applied Behavior Analysis, Pivotal Response Therapy, Hidden Curriculum, Quest™, Social Thinking™, social stories, and behavior mapping. Family therapy and parent workshops are also a component of CREATE.

Elementary School

Child Guidance offers a licensed private elementary school as an alternative for children in grades K–8 who are struggling in their home districts. The school teaches an academic curriculum with an emphasis on emotional support. Students are transitioned back to their school district as soon as appropriate.

Extended School Year (ESY)

The ESY program is designed for children who need ongoing behavioral and educational support between school years. The summer program focuses on helping children improve cooperative social interaction and reinforces positive educational skills.

Family Based

During this 32-week program, a team of two master's level clinicians works closely with children and their families in their home, school, and community. The ability to engage with the family in their own environment allows the therapists to address more intense family mental health and functioning needs and develop plans to create long-term positive change. Services may include individual, family and group counseling, case management, parent education, and 24-hour on-call support.

Functional Family Therapy (FFT)

FFT is an evidence-based short-term intervention program for youth 11-18 years old. This intensive program averages 12 to 14 sessions over three to five months. Therapists provide services that are conducted in the home, school, and community in order to provide the most effective and beneficial support for long-term change. FFT is also a strength-based model built on a foundation of acceptance and respect. We work with the whole family to build protective factors and build family connection in order to support the child and family. FFT consists of five major components: engagement, motivation, relational assessment, behavior change and generalization. Each of these components has its own goals, focus and intervention strategies and techniques.

High Fidelity Wraparound (HFW)

HFW is a youth-guided and family-driven planning process that follows a series of steps to help youth and their families realize their hopes and dreams. It is a process that allows more youth to grow up in their homes and communities. It is a planning process that brings people together (natural supports and providers) from various parts of the youth and family's life. The HFW workforce (Facilitator, Family Support Partner and Youth Support Partner) helps the youth and family achieve the goals that they have identified and prioritized, with assistance from their natural supports and system providers.

Intensive Behavioral Health Services (IBHS)

IBHS is an in-home service that assists families in addressing behavioral health needs by using strength-based goals and integrating community services. This “wrap-around” service supports the child at home, school, and in the community because progress accelerates when the child’s entire environment is consistently engaged.

Intensive Family Coaching (IFC)

A short-term, in-home coaching program for children ages 2-7 years old and their primary caregivers. IFC specializes in working with children who display disruptive behaviors. Caregivers learn skills and gain parenting confidence as they begin to successfully manage these behaviors.

Multi-Systemic Therapy (MST)

MST is an evidence-based treatment that strives to change how youth between the ages of 12-17 function in their natural environment while decreasing anti-social behavior. MST therapists focus on collaborating with and empowering the parent/caregiver by using identified strengths to develop a natural support system. The primary goals of MST are to: (a) keep youth safely at home; (b) keep youth in school and/or working; and (c) prevent youth from becoming involved with the law and reduce their criminal and/or antisocial behaviors. Together with the MST therapist, families will develop an understanding of current behaviors and concerns within the home, school, and community. This understanding will help you and your therapist build intervention strategies that are tailored to your unique situation.

Next Steps Developmental and Neuropsychological Services Center:

Next Steps Center provides psychological and neuropsychological evaluations across the lifespan where there are concerns regarding learning, cognitive, developmental, or social functioning. We offer a private-pay option for a high-quality evaluation in a convenient community setting to meet needs in a timely manner. Our goal is to provide a comprehensive and holistic understanding of strengths, functioning, and diagnosis, which will be used to guide recommendations for treatment and supports.

Outpatient counseling

Our outpatient therapists are trained to help with challenges like depression, anxiety, stress, anger, self-esteem, ADHD, grief, divorce, and other issues. Additionally, we offer psychiatric services and medication management as needed. After an initial assessment, our clinicians meet weekly with children ages 3-21 to address their ongoing needs. We teach both children and families how to eliminate negative behaviors and encourage positive change. Adult caregivers of clients can also receive therapy in our Havertown office.

Parent Child Interaction Therapy (PCIT):

The PCIT program addresses emotional and behavioral issues for children ages 2-6. A therapist coaches the caregiver through an ear-piece while watching the parent and child through a one-way mirror. PCIT is proven to be effective for ending undesirable behaviors and strengthening the parent-child bond.



Psychological and Psychiatric Services

Our psychologists and psychiatric staff work with all departments to ensure accurate evaluations and continuity of care for individuals receiving treatment at CGRC. Our psychologists complete rigorous and thorough examinations of all client data to provide the most accurate diagnostic picture possible. When necessary, medication management is available to clients involved in another Child Guidance service.

School-based Services

Counseling services for students right in their own schools and weekly clinical support to school staff are the two key components of our school-based model. Clinicians participate as expert consultants within the school, available to run a group, help with IEP meetings, for crisis management and many other services.

Triple P (Positive Parenting Program)

Triple P is an evidence based, tested and effective model of delivering parent and family interventions and systemic consistency to overcome breakdowns in family functioning. Referred families from Delaware County Children and Youth Services participate in ten weekly sessions in their homes to implement Level 4 Standard Triple P. The facilitator utilizes this evidence-based program designed to improve family relationships, reduce problem behaviors, and delinquency in children. The facilitator evaluates for improved social skills and school performance in children. The facilitator engages participation from both children and parents in designated programs.

Truancy and Delinquency Prevention Partnership

Truancy is designed to work with students who exhibit behavior problems and are chronically late, not attending or unprepared for school. Services may include family counseling and support, individual therapy, and behavior management programs provided in the student's home, school, and community.



SERVICES FOR ADULTS

Meson Community Residential Rehabilitation Program

This residential program assists adults with a DSM-V diagnosis in achieving independent living skills. The program offers a transitional setting with therapeutic support where residents aim to move to independent living.

Meson Specialized Community Residential Rehabilitation

This specialized residential program supports individuals with a DSM-V diagnosis in a community setting after long periods in a state hospital. Staff members provide support for all residents as they develop the social and life skills to live safely and collaboratively.

Peer Help in Recovery in an Effective New Dimension (PHRIEND)

PHRIEND helps adults learn how to manage their own recovery and advocacy process. The program helps participants develop independent life skills through a peer-support model including a trained mentor who is on his/her own recovery journey.

Stable Housing Aging in Place (SHAIP)

SHAIP is a supportive housing program devoted to adults aged 55 and older diagnosed with severe mental illness, including those with co-occurring disorders who also face chronic physical health conditions. SHAIP is home. Its goal is to help residents thrive in a setting where they can participate in creating the type of life they envision for themselves as they age in the community.

Child Guidance Resource Centers' Administrative Council:

Lisa Roberts Cadorette, Interim Chief Executive Officer; Terry L. Clark, Chief Financial Officer; Aimee Salas, Chief Clinical Officer; Kevin Olivo, Senior Vice President of Clinical Services; Michael Flannery, Vice President of Performance and Quality; Carolyn Coneys, Vice President of Human Resources; Jack Hee, Controller; Stacey Porter, Executive Assistant



Board of Directors:

R. Gregory Scott
Board Chair
Principal, McFadden Scott
Insurance, LLC

Christine A. Reuther,
Esquire
Vice Chair
Delaware County
Council Member

The Honorable Jack Lippart
Retired
Pennsylvania Magisterial
District Judge

Kevin Dolan
Senior Manager
Deloitte and Touche, LLP

Brett Burman
Healthcare Consultant
Elson Advisors

Samuel Giacomucci
Director Commercial
Excellence
AstraZeneca

Kimberly Bohm
HR Director
AGC Chemicals USA

Williametta Simmons, Psy.D
Psychologist
Integrative Psychological & Consulting
Services

Scott Raimondo
Vice President/Co-Founder
Maddi's Bag Inc.

Tiiu Lutter
Co-Owner
Thriving Families, LLC

Alyssa Cannon Yori, JD
Junior Partner
Sheridan Lawyers

Meghan Kelly
Manager
Open Systems Technology



Delaware County Headquarters
2000 Old West Chester Pike
Havertown, PA 19083
484-454-8700

Chester County Office
28 Chester Avenue,
Coatesville, PA 19320
610-383-5635
866-799-3325

Philadelphia Office
2901 Island Avenue
Philadelphia, PA, 19153
267-713-4100

**Philadelphia Co-location with CHOP
Pediatric and Adolescent Care**
4865 Market Street
Philadelphia, PA 19139
215-590-0413

Child Guidance Resource Centers is a private, non-profit organization registered with the Pennsylvania Bureau of Charitable Organizations, licensed by the Commonwealth of Pennsylvania Department of Human Services and accredited by the Joint Commission Accreditation of Healthcare Organizations (JCAHO). Child Guidance Resource Centers is a United Way participating agency, a member of the Rehabilitation and Community Providers Association,