



Message from Our Board Chair and CEO In June 2017, we celebrated Center for Child Counseling's 18th anniversary. We have grown significantly and responsibly to meet the overwhelming demand in our community to provide effective early intervention, trauma-informed care, and trauma treatment for children and caregivers impacted by abuse, violence, and other types of toxic stress that can thwart healthy development. In 2016-2017, we served more than 2,400 children through an array of prevention, early intervention, and treatment services. In line with our mission and the science of early childhood, we continue to address the impact of trauma and strive to prevent the cycle of intergenerational violence and abuse by building the capacity of adult caregivers to meet the social-emotional needs of young children. In partnership with childcare centers and the School District of Palm Beach County, we are colocated in several high-risk communities, working collaboratively to increase access to care for vulnerable children facing daily, chronic stress and trauma.

We are proud to continue partnering with <u>Quantum Foundation</u> to develop innovative strategies aimed at tackling the complex issue of early adversity, which impacts health and learning throughout the lifespan. This year, they have supported our work with a research consultant, developing a Theory of Change and refined evaluation framework for our Childcare and Community Social-Emotional Wellness (CCSEW) Program. Our newest CCSEW partnership is with <u>Boys and Girls Club</u>, funded by <u>Palm Beach County Youth</u> <u>Services</u>. This will help further our impact throughout Palm Beach County, with trauma-informed care training and consultation for BGC staff at all thirteen of their club sites.

In the 3rd year of our Fighting ACEs (Adverse Childhood Experiences) Initiative, we trained over 3,000 professionals and caregivers. In partnership with Leadership Palm Beach County, we hosted our inaugural Lead the Fight breakfast, with over 100 business and community leaders attending. Our Board member Eddie Stephens, partner at Ward Damon, was the featured speaker, telling his personal story of resilience and hope. We look forward to expanding this work through new funding from the Farris Foundation and Florida Blue Foundation.

The foundation of our work is in Infant and Early Childhood Mental Health. However, we have continued to develop partnerships to address the need for effective trauma treatment for older children and teens. Due to the generosity of Ruth Hartman, we have been able to train numerous staff in EMDR (Eye Movement Desensitization Reprocessing) over the past four years. We have expanded our work with children in the foster care system, partnering with Therapeutic Court and Speak Up for Kids to help teens like 14-year-old Micah (his name has been changed to protect confidentiality).

Micah began therapy in October 2016, with a history of sexual abuse, physical abuse, neglect, exposure to domestic violence and substance abuse, multiple foster and group home placements, incarceration, several psychiatric hospitalizations, and bullying. 'Everything' had been tried and 'nothing' worked. Micah spent one year in intensive trauma therapy at Center for Child Counseling, primarily using EMDR. He stopped fighting with peers, nightmares decreased, his grades improved, and he passed 6th grade after two previous unsuccessful attempts. As a result, Micah was placed in a pre-adoptive home. Micah's strength is incredible, stating that he wants to "forgive" his abusers. Micah is now able to dream...he wants to become a children's author and therapist later in life. He wants to write about his experiences to help other children heal from their own trauma. Micah dedicated his first 'book', which was his trauma narrative, to his therapist Anne-Marie Brown, Director of our Childhood Trauma Response Program.

Micha's is just one of thousands of success stories. We are deeply appreciative for the continued support from Quantum Foundation, Town of Palm Beach United Way, and the Healthcare District of Palm Beach County, providing funding for us to serve children and families who would otherwise lack access to appropriate, quality prevention and early intervention efforts. The support of Children's Services Council of Palm Beach County has enabled treatment for young children and caregivers with intensive mental health, care coordination needs, and maternal health counseling needs.

A heartfelt thank you to our staff, volunteers, funders, partners, donors for your passion and vision in helping support our mission. You make it possible for us to continue building the foundation for playful, healthful, and hopeful living for children and families in Palm Beach County.



Bill Lynch, Board Chair



Renée Layman, President & CEO

Warmest regards,

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Eighteen Years of Fighting ACEs in Palm Beach County

Center for Child Counseling is building the foundation for **playful**, **healthful**, and **hopeful** living for children and families in Palm Beach County.



In the absence of healthy, buffering relationships, exposure to toxic stress and ACEs (Adverse Childhood Experiences) puts children at higher risk for learning difficulties, emotional and developmental issues, and long-term health problems.

Since 1999, Center for Child Counseling has focused on addressing childhood adversity and trauma for the most vulnerable children and families, ameliorating the devastating impact on their minds and bodies. Center for Child a Counseling is also on the frontlines, providing trauma treatment for children who have experienced sexual and physical abuse, loss, complicated grief, and other traumatic circumstances no child should ever endure.



Our Foundation

Playful. Healthful. Hopeful.



Founder, Jane Robinson, LMHC, RPT-S

<u>Playful:</u> We specialize in Play Therapy and other evidence-based interventions such as EMDR, TF-CBT using play, and Child-Parent Psychotherapy that are specific to working with young children and their caregivers.

<u>Healthful</u>: Access to prevention and early intervention services is key to building a healthier community. We provide services early, on-site, and in the community to increase access.

Hopeful: We know that children are resilient. Positive, healthy relationships with adult caregivers can act as a buffer to the harmful effects of toxic stress.





Reviews

"This is an amazing organization! The therapists that work at Center For Child Counseling are extremely knowledgeable empathetic and dedicated to helping children and families heal!"

"The organization is not only making an impact for children in Palm Beach County - they are also training others and building the capacity of our community to meet the needs of babies and young children facing adversity. Love what they are doing!"

"This agency can pride itself in a holistic approach of healing that integrates the values, support and hope that children and families need for a better future. Having seen the power of play at work, I truly believe in the incredible way that it empowers children, strengthens parents and heals families."

Source: Great Nonprofits and Guidestar



Impact of ACEs

ACEs are surprisingly common, and most of us have experienced at least one.

The higher the ACE score (from 0-10), the worse the possible outcomes:

An ACE score of 4 increases the risk of alcoholism 7 times and attempted suicide 12 times; it also doubles the risk of heart disease and cancer.

People with high ACE scores have higher rates of divorce, unwanted pregnancies, prescription drug abuse, broken bones, and obesity.

Without positive intervention, those with six or more ACEs have shorter lifespans by up to 20 years.

High doses of exposure to ACEs dramatically increase the risk for **SEVEN** of the **TEN** leading causes of death in the US.

What's Your ACE Score?

#FightingACEs









Join the Fight...

In 2017, we trained over 3,000 caregivers and professionals on becoming ACEs aware and trauma-informed.



We ADVOCATE for relevant policies and systems change that reflect what we've learned from the science of ACEs, toxic stress, and lessons from clinical practice

We ENDORSE cultivation of trauma-informed systems using trauma-informed practices to support children and families facing adversity.

We NEED increased funding and access to effective and promising treatments and practices that address childhood adversity.

"The material provided within the course outlined necessary foundational information for beginning to heal ACEs. Therapists, teachers and others in the community who work with children can definitely benefit from this workshop."

Course Feedback Survey

Why Do We Care?

Because when we create healthier environments for all children, we're promoting a healthier and more productive nation. When we invest in children now, we don't have to pay later, as individuals or society.

Why Should You Care?

ACEs not only lead to lifelong negative effects for the child who experiences them, but also creates a drain on businesses and taxpayers. Studies show that ACEs lead to higher healthcare costs and incarceration rates, lost work time, and poor health outcomes.

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Board of Directors and Staff

We could not achieve our mission without our dedicated Board of Directors, staff, and volunteers.



Eddie with Laura Davis Smith, Chair of the Family Law

Board Member Highlight

Eddie Stephens was the recipient of the 2017 "Alberto Romero Jr. Making a Difference Award" The award is in recognition of Eddie's "dedication to making a difference for Florida's children and families through tireless service to the disadvantaged and underserved members of our community."

Eddie also received the <u>The Florida Bar Family Law Section</u> "Unsung Hero Award" - In recognition of Eddie's willingness to provide his candor and expertise selflessly whenever needed. He also received their "Above and Beyond Award" for exceeding all expectations with his tireless and hard work during service to the Family Law Section.

Thank you Eddie for your commitment to making a difference in our community. You are truly a hero in our eyes! Eddie is a partner at Ward Damon and a graduate of Leadership Palm Beach County. He was the main speaker at our inaugural Lead the Fight breakfast, telling his own story of hope and healing.

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Lauren Scirrotto, Chief Program Officer
Elizabeth Truong, Finance Director
Angie Lykins, Operations Manager
Clarissa DeWitt, Clinical Director, Child First
Stephanie De La Cruz, Clinical Director
Sarah Shrier, Director, Institute for Clinical Training
Nida Paul, Director, CCSEW
Hilary Jacques, Director, Child and Family Center
Anne-Marie Brown, Director, Childhood Trauma
Response Program

Founding Members & Expert Volunteers Jane Robinson, Founder Cynthia Rosenbaum, Finance Consultant



Renée Layman, Denise Bleau, Jacquie Stephens, and Eddie at the Hats Off Awards.

Committed to Excellence and Transparency

Center for Child Counseling has a history of commitment to excellence, including being the recipient of the Blue Foundation's Sapphire Award and the National Easter Seals Award of Excellence.









In 2016-2017, we received the following awards and recognition:

- Great Nonprofits 2017 Top-Rated Award, for the 5th year in a row. This award is based on consumer and stakeholder ratings.
- <u>GuideStar's</u> Platinum rating, reflecting our commitment to transparency, as well as sound business and financial practices.
- <u>Lutheran Services</u> of Palm Beach County's 2017
 Partner of the Year Award for our work within PBC HeadStart Centers.
- Nonprofits First Accreditation under its Excellence Standards.
- 2017 Nonprofits First Hats Off Award Finalist and 2016 ATHENA Award finalist.
- 4th Year as a part of <u>Extraordinary Charities</u>, founded by Beverlee Miller.

Our CEO, Renée Layman, was the recipient of Nonprofits First <u>Executive of the Year Award</u> at their First Annual Nonprofits First "Hats Off" awards. She was also accepted into <u>Leadership Florida's Cornerstone Class of XXXVI</u>.

In addition, our staff co-chair the local chapters of the <u>Association for Play Therapy</u> and <u>Florida Association for Infant Mental Health</u>.

Approved provider of education through...

Programs

Our expertise and programs are grounded in the latest research about Infant and Early Childhood Mental Health.



- <u>Child First</u>: A national, evidence-based model that works with vulnerable young children and their families, providing intensive, home-based services.
- <u>Child and Family Center</u>: Provides a safe place for children and families to heal, resolve problems, learn new skills, and find the joy in being a family again.
- <u>Children's Behavioral Health Collaborative</u>: Counseling and support for atrisk children and families in need of behavioral health services throughout Palm Beach County.
- <u>Childcare and Community Social-Emotional Wellness Program</u>: Prevention, early intervention, and treatment for young children in childcare centers and shelters throughout Palm Beach County.
- Institute for Clinical Training: Clinical workshops for professionals, a year-long internship program for students, and community-wide workshops for parents and caregivers.
- <u>Fighting ACEs Initiative</u>: Education, advocacy, outreach, and intervention that focuses on Adverse Childhood Experiences which impact physical and emotional health throughout the lifespan.
- <u>Childhood Trauma Response Program</u>: Assessment and counseling for children, ages birth to 6 entering the foster care system.
- <u>Infant Mental Health Program</u>: Counseling for pregnant women, new mothers, and young children experiencing stress and trauma.

A Safe Place for Children and Families to Heal...

Our Child and Family Center in Palm Beach Gardens offers a warm and supportive environment for children and families to receive counseling. Our therapists are trained in an array of individual and family interventions considered best practice in the field of mental health.

"Center for Child Counseling was there when we needed them most...when I felt most hopeless and lost. Our therapist worked with us together in the playroom. It has changed the way I parent my son...our bond is so much stronger and I know what to do when he's feeling anxious or fearful."

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Thomas' Story

A Story of Healing and Hope

3-year-old *Thomas came into our **Childhood Trauma Response Program** in September 2016. He had a history of
undernourishment, seizures due to starvation, exposure to domestic
violence and substance abuse, memories of being locked in closets,
and hit.

Thomas had severe behavioral problems at school and home, hitting peers and teachers at school, pushing other children down, pinching people, and constantly fighting with others. He experienced nightmares most nights and wet the bed. Thomas would dissociate when his caregiver left him at school, he would not eat, or allow anyone to touch, hug, or hold him for the first 3 months after entering foster care.

After 10 months of Trauma-Focused Play Therapy and EMDR (Eye Movement Desensitization Reprocessing) Therapy, Thomas was finally able to talk about memories of the trauma. He conveyed these memories through a touching metaphor...a mama bird forgetting to feed her baby bird.

Shortly after being able to verbalize (and play out) his story, Thomas began to eat in session, hold his therapist's hand...he stopped fighting, and his caregiver reported a reduction in maladaptive behaviors, bed wetting, and nightmares.

Thomas' story is one of healing and hope. He now has the chance for a healthier, happier future.

A special thank you to the major program funder...





Over 190

children and caregivers received screening, crisis support, and trauma counseling through our Childhood Trauma Response
Program.

In partnership with <u>ChildNet</u>, the program supports children, ages birth to 6, placed in the child welfare system.

In October 2017, the program was expanded to include children placed with relative caregivers.

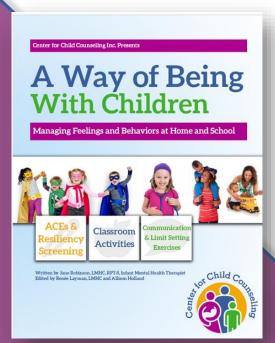
Our heartfelt thanks to the Jim Moran Foundation, JL Cares, the Mirasol Foundation, Ibis Charities, and Wycliffe Charities for supporting this essential program.

Thank you to <u>Caler</u>, <u>Donten</u>, <u>Levine</u>, <u>Cohen</u>, <u>Porter</u>, <u>& Veil</u>, <u>P.A.</u> for donating hundreds of comfort kits!

Institute for Clinical

Training

Improving Clinical Practice

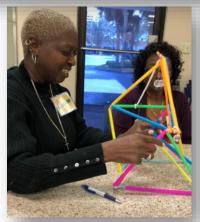


The Center for Child Counseling is dedicated to improving how therapists, teachers, and pediatric providers work with children. Through our <u>Institute for Clinical Training</u>, we offer a variety of training, internship, and supervision opportunities and focused on helping professionals and students learn to work with children effectively with experiencing grief, depression, anxiety, trauma, and a range of emotional or behavioral concerns.

In 2017, we provided training for over 3,000 professionals, students, and adult caregivers. Our live workshops include hands-on experiences to enhance the learning process. Participants leave with skills and strategies they can immediately implement into practice. Our online learning platform, welearning platform, welearning platform, including Play Therapy.

In 2017, we provided trauma-informed care training to numerous organizations, including The Lord's Place, Healthy Mothers Healthy Babies, and Lutheran Services.









"The science of how adverse childhood experiences impact individuals across the lifespan is important for every clinician or administrator working with families to understand. This excellent review should be mandatory training for anyone involved in human services. Highly recommended."







In the News

South Florida Business and Wealth Magazine



Senior therapist Hilary Jacques, President and CEO Renée Layman, Chief Program Officer Lauren Scirrotto, Director of Community Relations Sarah Turner, Director Nida Simsek and Senior Therapist Claudia Morona of The Center for Child Counseling

Mitigating the Damage

Organizations partner to combat childhood trauma

BY MARTIN LENKOWSKY

Little 5-year-old Johnny's home life could some day affect his to actually determine the extent of a child's exposure to these future performance in the working world.

experiences. "Based on their answers, you can see a direct

The Center for Child Counseling, a Palm Beach County-based organization, has seen the evidence and compiled the data to prove definitively that what happens to us in our formative years, especially those first few crucial years, can seriously impact us as we reach adulthood. To further their work, the CCC went to the Quantum Foundation and received a series of grants totaling just under \$I\$ million.

Kerry Jamieson, senior director of communications for the Quantum Foundation, says these traumatic childhood experiences are called Adverse Childhood Experiences (ACEs) and a scientific method has been created—in the form of a questionnaire—

to actually determine the extent of a child's exposure to these experiences. "Based on their answers, you can see a direct correlation with both a person's physical and mental health," Jamieson says, adding it's of course much better to intervene when kids are really young.

"If these (ACEs) are not addressed, the cost for mental and physical treatment as adults is enormous," she says.

The Quantum Foundation was founded in 1995 in order to provide funding for various health-related projects in Palm Beach County. Only nonprofit organizations are funded. The foundation's mission is to improve the health of county residents. "We're at the forefront of this kind of funding," says Jamieson. "This early intervention and prevention approach to mental health issues is

really cutting-edge. It's actually training the brain, at a stage when it's most receptive to new information, to be more resilient."

The Center for Child Counseling's focus is on "preventing and healing the effects that adverse experiences and toxic stress have on developing children; promoting resiliency and healthy family relationships."

The organization's CEO, Renee Layman, is at the forefront of these efforts. She works with members of the medical profession, educators and the business community. She cites a Kaiser study conducted in 1998 that revealed a definite correlation between ACEs and adulthood mental and physical health problems. She points to the fact that Palm Beach County is in the throes of a serious opioid epidemic. She says studies have shown those who experienced ACEs while growing up are significantly more likely to abuse drugs, alcohol, and suffer from depressive disorders.

Jamieson says one of the leading causes of adult absenteeism from work is depression. And not only are ACEs a major contributing factor to mental health issues, they can lead to a host of physical impairments later in life including heart disease, strokes and cancer.

"We focus on early childhood intervention," says Layman. "The brain is more elastic in ages birth to five. Those early experiences are the most critical and do the most damage."

Through family therapy and counseling, Layman's organization tries to find and provide the positive support to mitigate some of the damaging effects of ACEs on a young person.

As part of its initiative to educate the public as to the horrible effects of ACEs, Layman says the organization has trained more than 3,000 individuals in Palm Beach County, including pediatricians, counselors and teachers, as well as many child-care centers.

Randy Scheid, the Quantum Foundation's vice president of programs, has been strongly supportive of the ACE initiative.

"They have proved a very strong correlation between the number of ACEs and health problems later in life," he says. "These are very costly for our healthcare system. Approximately



for Child Counseling counselor, Eunice Salvador, works with a client using play therapy.



A young client uses the play room's sand tray, where a counselor interacts and works with her.

one- sixth of our economy is spent on health. What we're trying to do is get to children early to introduce resiliency to mitigate the impacts."

Scheid says ACEs can affect anybody. "It doesn't matter where you come from," he says, adding that if these issues are not prevented it will lead to a path of future chronic health issues, "that will cost the health system and tax payers more money. When you fund these preventative programs, there's a direct return on investment."

He says the program's goal is to introduce resiliency to young minds affected by this trauma. "The CCC works to introduce coping skills," Scheid says, "they reinforce with children that bad experiences aren't their fault. It goes beyond children, too. The organization's focus is on the family."

Another agency heavily involved with combatting the hornific effects of adverse childhood experiences is the tax-supported Children's Services Council. Council CEO Lisa Williams-Taylor says the organization funds programs from pre-natal to age 18. The council also helps fund the Center for Child Counseling.

"We contract with them to provide mental health counseling for our families," Williams-Taylor says. "What happens in the early years affects the trajectory of their success in life. Research shows that having a caring adult in their life can make all the difference."

She stresses the importance of the business community becoming involved in these efforts.

"Our children will be in our workforce," she says. "We know if they are exposed to trauma, it'll have a life-long impact."

To score your ACEs or to learn more about services visit: www.

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Financials

For Fiscal Year 6/1/2016 - 5/31/2017

Statement of Activities

Revenues

\$910,814
\$653,944
\$771,943
\$723,272
\$8,725
\$17,035
\$2,646

Total Revenues \$3,088,379



The Center for Child Counseling is audited by the independent CPA firm Schafer, Tschopp, Whitcomb, Mitchell, & Sheridan LLP., which conducted its examination in accordance with Government Auditing Standards.

The firm rendered an unqualified opinion (typically called a "clean opinion") on the financial statements for the fiscal year ended May 31st, 2017. Highlights of financial position and results of operations are presented here.

Financials

For Fiscal Year 6/1/2016 - 5/31/2017



Expenses

Program Services	\$2,430,832
Management and	\$211,251
General Fundraising	\$64,035

Total Expenses \$2,706,118

Change in Net Assets \$382,261

Net Assets at Beginning of Year \$356,454 Net Assets at End of Year \$738,048



Contributions benefit the Center for Child Counseling, Inc. a not for profit organization.

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Financials

Statement of Financial Position

Assets		
Cash	\$563,165	
Accounts Receivable	\$174,511	
Pledges Receivable	\$100,000	
Inventory	\$632	
Prepaid Expenses	\$18,148	
Deposits and Other Assets	\$25,035	
Property and Equipment	\$46,224	
Total Assets		\$927,715
Liabilities and Net Assets		
Accounts Payable & Accrued Expenses	\$89,667	
Total Liabilities		\$89,667
Unrestricted Net Assets		\$738,048
Temporarily Restricted		\$100,000
Total Net Assets		\$838,048
Total Liabilities and Net		¢007.54.5
Assets		\$927,715





















































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Exploring the Economic Impact of Childhood Adversity and Trauma on Palm Beach County



































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Funding

A heartfelt thank you to our major donors and funding partners for helping us build the foundation for playful, healthful, and hopeful living for children and families.





















































John and Nellie Bastien Memorial Foundation H. Kirsch Family Foundation of the Community Foundation of Palm Beach and Martin Counties

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Barney and Jane Robinson
Ian and Jennie Baker-Finch
To our major private donors, who wish to remain anonymous, thank you.

Dur Partners

We could not achieve our mission without our community and corporate partners! We were proud to partner with these businesses and organizations in 2016 -2017!































Palm Beach County's Parenting Resource





















Community Partners...

YWCA Child Development Centers, the Appleseed Preschool and Nursery, Faith Lutheran School, Opportunity Early Childhood Education and Family Center, Florence Fuller Child Development Centers, Achievement Centers for Children and Families, The Lord's Place, Lutheran Services Palm Beach County, Bethune Elementary, Washington Elementary, Healthy Mothers Health Babies, AVDA, Child First Inc., Palm Beach County Youth Services, Prime Time of Palm Beach County, Boys Town of South Florida, NAMI Palm Beach County, Families First of Palm Beach County, FAU Community Health Center, Palm Beach Pediatrics, Boys and Girls Club, Healthier Neighbors, PBC Department of Health, Home Safe, and over 30 other organizations that work together to make Palm Beach County healthier!

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Wynne Stallings

Make a Difference Today

Join us in our mission to support the youngest, most vulnerable children in our community.

Ways to Give

Give online at: https://www.centerforchildcounseling.org/ways-to-give.

Checks should be made payable to Center for Child Counseling and sent to: 7731 N. Military Trail, Suite 4, Palm Beach Gardens, FL 33410

- Visit our <u>Donate Online</u> page for giving options, including designation of funds and tribute gifts.
- Corporate giving is easy through our annual giving program! Our <u>corporate sponsorship</u> <u>packet</u> outlines all opportunities for businesses who want to make a difference.
- <u>Sign-up</u> for our e-newsletter to learn about upcoming events and volunteer opportunities.
- Visit our <u>Program</u> and <u>Volunteer</u> pages to learn about our programs and how you can support young children in our community through advocacy and volunteerism.

Share our <u>website</u> and social media pages with friends and colleagues to help promote our mission in Palm Beach County.

Corporate Matching Gifts

You can double or even triple the value of your contribution by taking advantage of your employer's matching gifts program. Consult your personnel office to get specific details and obtain a matching gift form.

Wish List

Contact us at 561-244-9499 for a <u>current wish</u> <u>list</u>, which often includes toys and materials to equip our Play Therapy rooms.



2016-2017

Impact Report



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Child and Family Center 7731 N. Military Trail, Suite 4 Palm Beach Gardens, FL 33410

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