

2023
**ANNUAL
REPORT**

Children's Research Triangle



Chief Executive Officer

Dear Children's Research Triangle Donors & Partners,

Our 25th anniversary has been a time to reflect on where we've been as an organization and where we are going. We began as an organization that served families impacted by fetal alcohol spectrum disorders (FASD), primarily by providing comprehensive psychological, developmental, and medical evaluations. We had a strong emphasis on using data and research to inform treatment (and that's why our middle name is research!) Early on we were primarily funded by federal grants.

Within a few years of CRT's inception, therapy and training were added to our mental health services, and Camp SOAR began providing a volunteer-driven overnight summer camp experience for children and youth with developmental disabilities. Mental health therapy has become our largest service offering. And since 2007 we've grown our community-based partners model so that most of our services are offered directly in communities with high unmet mental health needs and barriers to receiving services. Research and program evaluation continue to inform and improve all of our services, and robust outcome data supports the strong impact of CRT's services.

CRT's 45-member staff includes 15 therapists working onsite at schools, shelters, vet centers, and family service agencies primarily on Chicago's South and West sides. And with a funding picture that now includes support from foundations, corporations, individuals, and our annual Gala--in addition to federal grants--most of CRT's services are provided without a cost.

We recently revisited CRT's mission statement in light of the growth of the organization over the last 25 years. We updated it to reflect the common denominator in our services--equity. We remain committed to providing exceptional behavioral health services and Camp SOAR for children with barriers to accessing these services. We thank you for being a mission partner with us in this important work!



Linda Schwartz, PhD
Chief Executive Officer

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OUR MISSION

Children's Research Triangle provides **equitable access** to research-driven **behavioral health services, training, research, and adaptive recreation** to support the development and well-being of **underserved children and youth**, partnering with their families and communities **to help them reach their full potential.**

MENTAL HEALTH SERVICES

CRT's mental health services reach underserved Chicago communities, particularly on the South and West sides. In 2023, we served **966** children and caregivers with mental health therapy and evaluations, and trained **968** child-serving professionals and caregivers. CRT's services bring healing and hope to children and families to move past traumatic events.

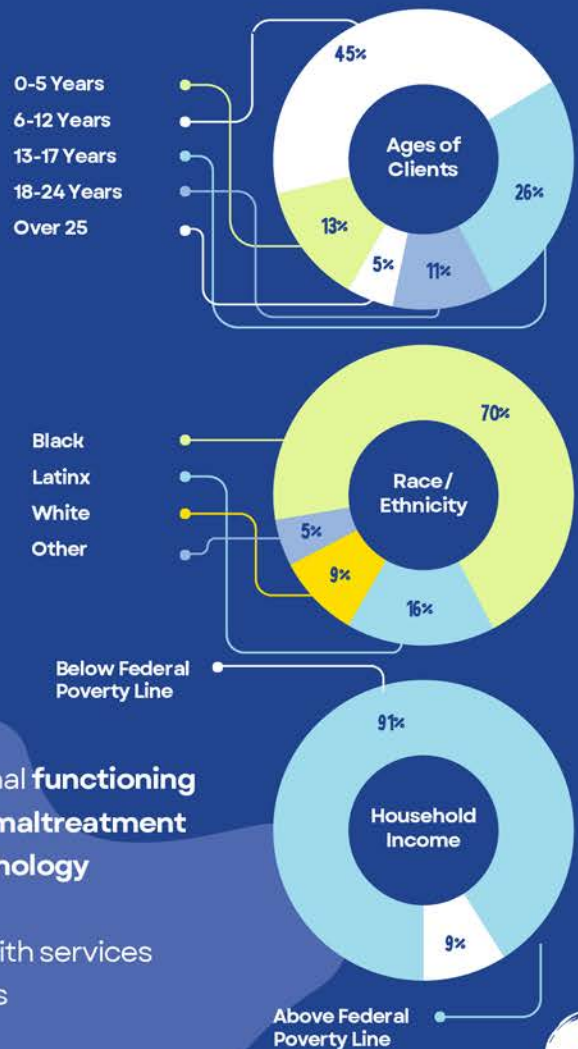
95% of CRT clients have experienced trauma, most **TWO OR MORE**:

- 62% have been **separated** from a parent/caregiver
- 38% experience **neglect**
- 33% live in a household with **domestic violence**
- 33% have an **impaired caregiver**
- 29% experience **emotional/psychological abuse**
- 20% experience **physical maltreatment/abuse**
- 18% experience **sexual abuse/assault**
- 17% experience food or housing **instability**

Despite these statistics, **CRT SERVICES PROVIDE HOPE**:

- 82% of youth exhibit **decreased trauma symptoms**
- 82% of youth **improved** adaptive, behavioral and emotional **functioning**
- 75% of caregivers demonstrate **decreased risk for child maltreatment**
- 86% of caregivers report **fewer symptoms of psychopathology**
- 80% of caregivers report **decreased parenting stress**
- 90% of youth and **93%** of caregivers report satisfaction with services
- 78% of training participants improved on knowledge tests

THE CHILDREN CRT SERVES



COMMUNITY PARTNER SPOTLIGHT



HOUSE OF
THE GOOD
SHEPHERD

House of the Good Shepherd Domestic Violence Shelter

CRT would be unable to impact as many children across Chicago without our network of partnerships with community organizations, shelters and schools. Working onsite in these locations, our therapists are able to meet with children and families where they are, providing support in the environments and situations they experience daily.

House of the Good Shepherd is a domestic violence shelter for women and their children, providing safe housing, food, clothing, childcare and afterschool programming, and multiple other supports to help the families to rebuild their lives. CRT's team provides therapy for the children, parenting session for mothers, and Early Intervention coaching and consultation for staff members. We are also provide staff and parent training on the impact of trauma on development.

Our bilingual clinicians serve children in individual therapy, group therapy, and family therapy, in addition to a unique teen group therapy to meet the distinct needs of youth from domestic violence impacted families. There is always a waiting list for more therapy. Last year CRT was able to serve 14 families. With increased funding, CRT would be able to place more therapists at House of the Good Shepherd and serve even more children significantly impacted by the trauma of domestic violence.

Pictured below, clients at CRT community partner, A House in Austin.

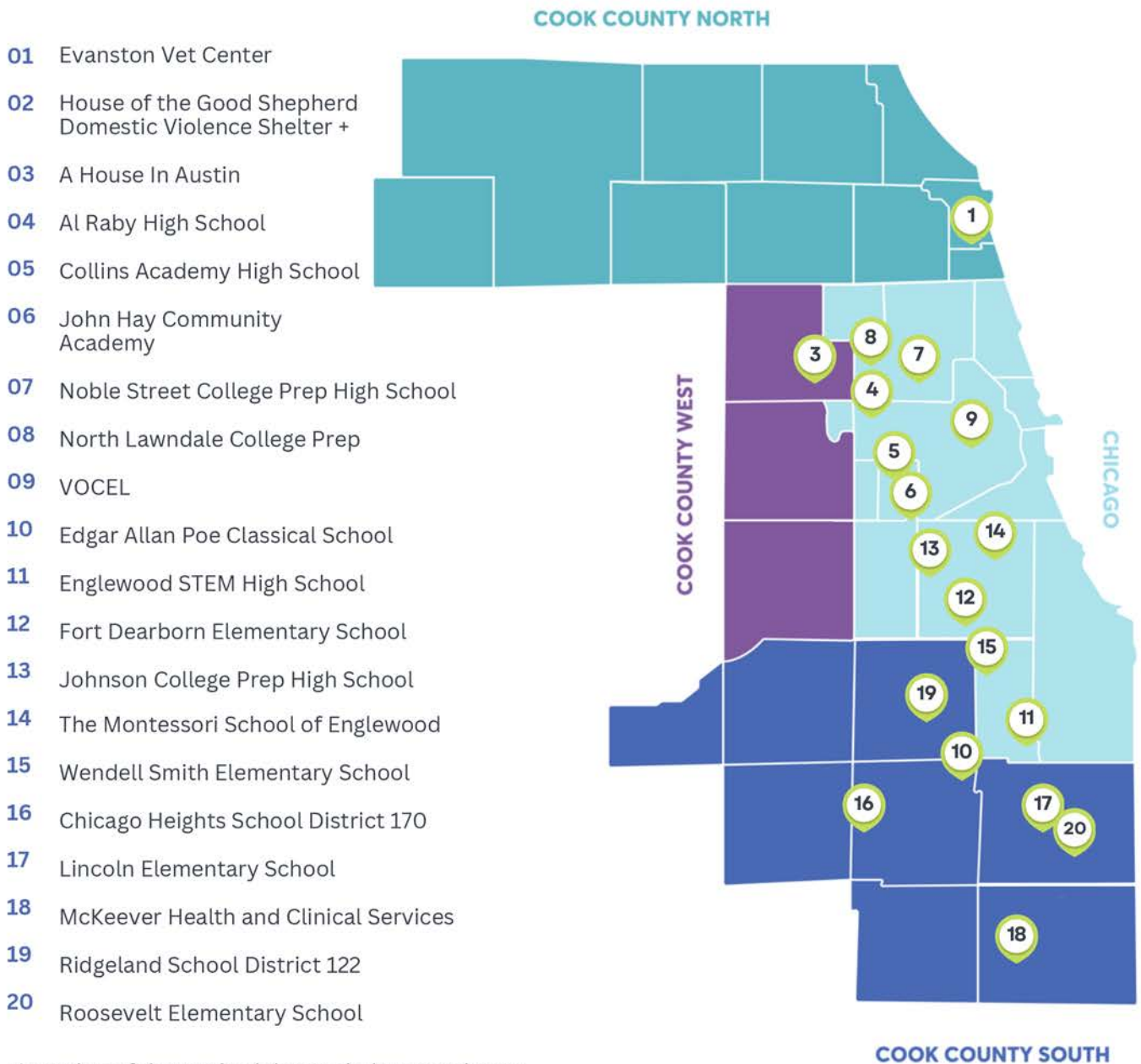


COMMUNITY PARTNER NETWORK

CRT would be unable to impact so many children across Chicago without our network of community partnerships:

- Domestic violence and homeless shelters
- Schools
- Community social service agencies
- Veterans centers

Working onsite at community-based locations, CRT therapists are able to meet with children and families where they spend their time, providing accessible support in the environments and situations they experience daily.



+Location of domestic violence shelter not shown

CRT INTERNSHIPS Training the Next Generation



One of the exciting elements of CRT's programming is our commitment to teaching and training future clinicians in trauma-focused therapy and services. With the goal of putting more providers in Chicago's continually underserved neighborhoods, these programs focus on the challenges and trauma faced by so many of Chicago's Black and Brown children.

RESEARCH INTERNS

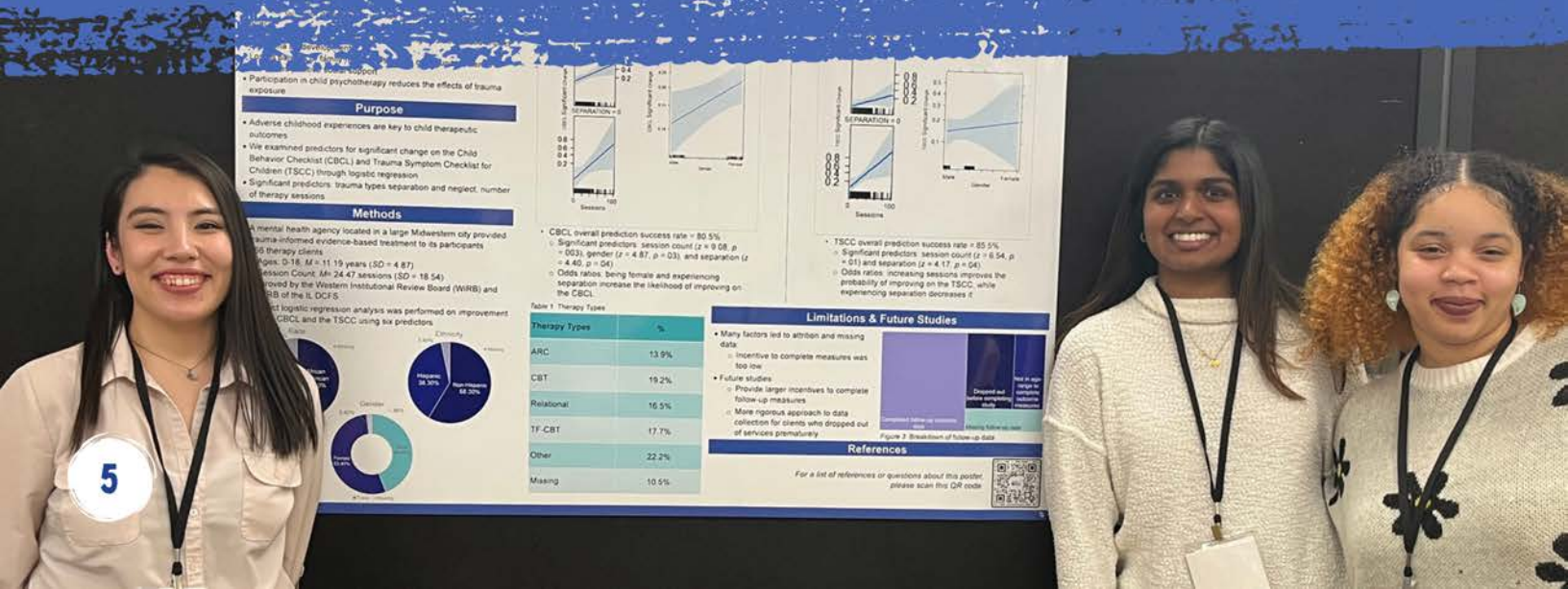
CRT's Research Team hosts up to 10 students every semester, with many opting to stay more than one term. With many bound for graduate school, their degree programs range from clinical and cognitive psychology, bio and neurosciences to pre-med and human services; graduating interns say the program had a profound affect on them. Experience in research systems gives them a broader knowledge base and a leg up when applying to graduate school.

A particularly robust learning program, the research internship features a rotation system, pairing the intern with a different member of the research team every two weeks to work on their specific project, providing a wide range of experiences from scoring measures, learning about scales, graphing and reporting results and much more. Nearly 140 students applied for the summer session, from schools around the country such as UCLA, Tufts and Vassar.

CLINICAL INTERNS

Focused on master's and doctoral students in clinical psychology, counseling, social work and even art therapy, our Clinical Internships aim to create a pipeline of well-trained, trauma-informed therapists to meet Chicago's needs. A cohort of up to eight students spend a full school year learning from licensed staff, including handling their own caseload of 10 clients with close supervision and monitoring. This program is a collaboration of CRT's Training and Therapy Teams.

CRT is committed to investing in our students, including conducting weekly Processing Groups to help interns understand how trauma work affects them -- their mind and body -- to help prevent burnout as they approach CRT's challenging cases.



Participation in child psychotherapy reduces the effects of trauma exposure

Purpose

- Adverse childhood experiences are key to child therapeutic outcomes
- We examined predictors for significant change on the Child Behavior Checklist (CBCL) and Trauma Symptom Checklist for Children (TSCC) through logistic regression
- Significant predictors: trauma types separation and neglect, number of therapy sessions

Methods

A mental health agency located in a large Midwestern city provided trauma-informed evidence-based treatment to its participants (N=150 therapy clients).

Age: M=10.18, SD=1.19 years (SD=4.87)

Session Count: M=24.47 sessions (SD=18.54)

Approved by the Western Institutional Review Board (WIRB) and IRB of the U. of C.

Logistic regression analysis was performed on improvement CBCL and the TSCC using six predictors.

Table 1: Therapy Types

Therapy Types	%
ARC	13.9%
CBT	19.2%
Relational	16.5%
TF-CBT	17.7%
Other	22.2%
Missing	10.5%

Limitations & Future Studies

- Many factors led to attrition and missing data
 - Incentive to complete measures was too low
- Future studies
 - Provide larger incentives to complete follow-up measures
 - More rigorous approach to data collection for clients who dropped out of services prematurely

References

For a list of references or questions about this poster, please scan this QR code

EVALUATION

CRT's Evaluation Team offers comprehensive developmental, neuropsychological, and psychological evaluations for children ages 0 to 18. We are a unique evaluation provider because we are one of only a few agencies specializing in the needs of children with prenatal substance exposure and/or trauma. CRT is also one of the only agencies in Illinois offering evaluations that include assessment by a pediatrician, providing comprehensive evaluations for fetal alcohol syndrome disorders (FASD), as well as trauma-informed assessment and more.

Evaluation clients report that CRT's compassionate Evaluation Team members strive not only to ensure that children and caregivers feel comfortable, but also to fully understand each child's strengths and challenges, within the context of their multiple environments (e.g., home, school, etc.) and culture.

“

“As a teacher, I read many psycho-educational reports. The reports I've received from CRT for my foster children always outshine the private practices & university systems' reports. Wow!”

“The Evaluation Team at Children's Research Triangle is such a huge blessing. I left crying. Happy tears. Feeling validation. Hearing support. Our sweet foster girl will forever face challenges, but I've never felt so much support or hope in this entire experience until today.”



CELEBRATING THE CHILDREN WE SERVE



In December, CRT and event sponsor WH Trading hosted our clients at the much-anticipated Children's Holiday Party. Several hundred children and their families attended the party at Lincoln Park Zoo, enjoying games, dinner, hot chocolate and the Holiday Zoo Lights!

CAMP SOAR IS "SIMPLY AMAZING!"



Swimming. Crafts. Camp Fires. Dance Parties! This is the standard stuff of summer camp, which many kids with disabilities miss out on. At CRT's Camp SOAR, an overnight summer camp for children and adolescents with significant developmental disabilities, these youth have a chance to enjoy a camp experience nothing short of life changing. This past July, in the leafy green woods of Wisconsin, Camp SOAR welcomed **88 campers** supported by **106 volunteer** counselors, medical staff and camp leadership.

“My boy is an only child, with disabilities that keep him more isolated than most. Camp SOAR and the camp counselors were a godsend that filled my lonely boy's days with camaraderie, laughter, growth and companionship. That is priceless.”

-A CAMP SOAR PARENT



CAMP SOAR COUNSELORS 2023

Alivia Albright
Kendall Bailey
Nicole Baker
Brianna Banser
Bella Bassing
Eddie Berger
Alena Brandt
Connor Buckley
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Abby Voelker
Sydney Wetherill
Trey Wetherill
James White
Peter Winslow
Max Wydmanski

DONORS

Thank you to CRT's generous donors who are mission partners with us in our work to provide youth mental health and Camp SOAR. We are grateful for donations of any amount; here we list those donors of \$1,000 or more in 2023.



Nearly 400 guests gathered at the Heroes of Our Hearts Gala on November 4, 2023, as we celebrated 25 years of CRT!

\$50,000 & ABOVE

Chicago Mercantile Exchange Foundation
Crown Family Philanthropies
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\$25,000-\$49,999

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\$10,000-\$14,999

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\$2,500-\$4,999

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John and Erin Telford Family Fund
Brian and Corinne Thompson
Tom Turcich
Deborah Vaughan
Joanne Walgreen



CRT gratefully acknowledges the Substance Abuse and Mental Health Services Administration (SAMHSA) for significant support for our programs, including Project LAUNCH, Early Childhood Mental Health, Training, and the National Child Traumatic Stress Network.

FY 2023

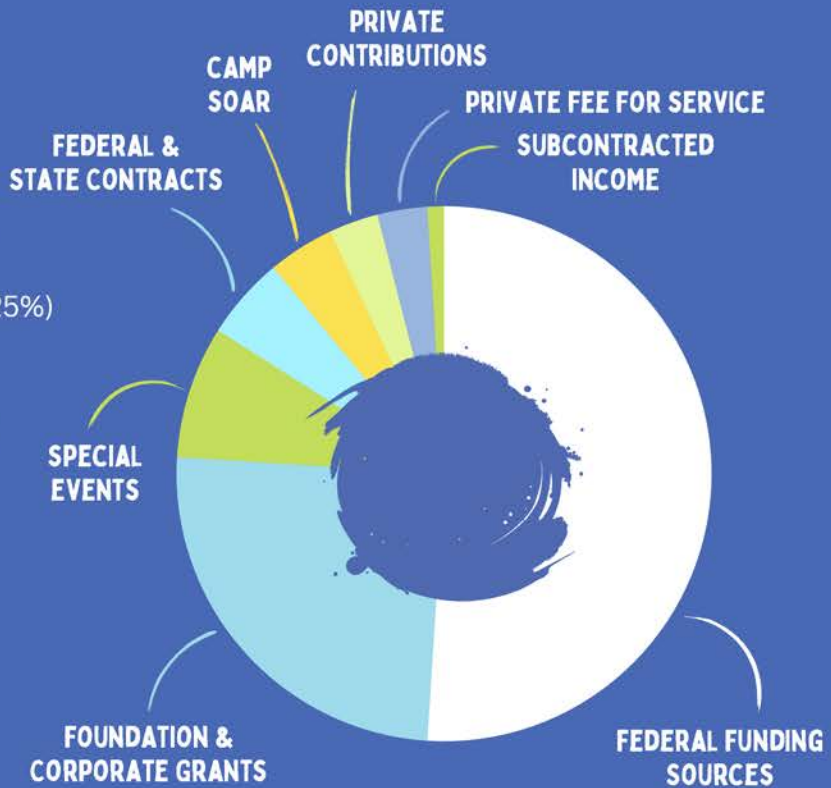
Financials

CRT strives to maintain a balanced budget, responsible financial practices, and diverse funding streams.

REVENUES

\$3,505,848

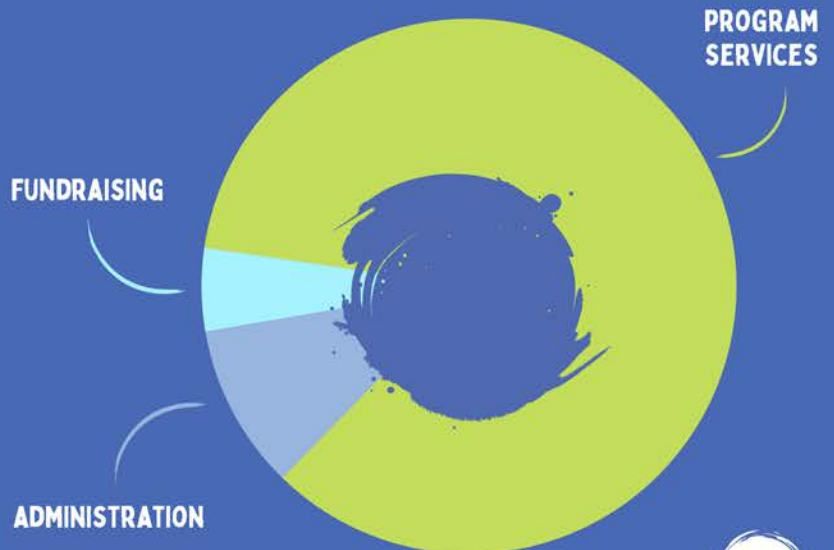
- Federal and State Grants \$1,777,590 (51%)
- Foundation & Corporate Grants \$885,225 (25%)
- Special Events \$294,591 (8%)
- Federal and State Contracts \$166,224 (5%)
- Camp SOAR \$156,504 (4%)
- Private Contributions \$107,923 (3%)
- Private Fee for Service \$90,754 (3%)
- Subcontracted Income \$25,811 (1%)
- Other \$1,226 (<1%)



EXPENSES

\$3,440,344

- Program Services \$2,920,838 (85%)
- Administration \$354,081 (10%)
- Fundraising \$165,425 (5%)



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Gabiell Carpenter – Research & Program Evaluation
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