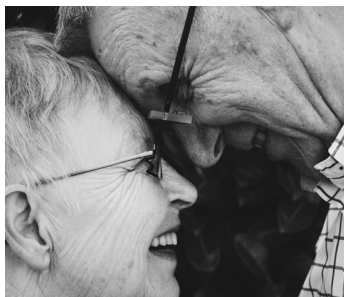


2017 Annual Report



THE FAMILY INSTITUTE

at Northwestern University

RESEARCHERS | EDUCATORS | THERAPISTS | YOU
PARTNER TO SEE CHANGE



Northwestern

The Center for Applied
Psychological and Family Studies

A LETTER FROM LEADERSHIP



Jana L. Jones



Leslie M. Barker

Friends,

We all know that our relationships play a vital role in our health, our well-being and ultimately our communities. In 2017, The Family Institute at Northwestern University not only updated our images and words to better communicate our mission of strengthening and healing individuals, couples and families, we also began to extend our vision to embrace the connection between our work in behavioral health and our clients' whole health.

All of our work is taking place in a marketplace of behavioral health services that is dramatically evolving and growing. There are new technologies, new approaches, new brain science and higher expectations for client outcomes. There is dramatic movement in the insurance industry towards value-based payment. Clients want us to meet them on their terms, not the other way around. As platforms of communications grow and influence how we interact with each other, clients want two-way communication in multiple ways. There is also a shift in what students are looking for, and how best to train them, inspire them and unleash their power.

It's not enough to know these things are happening. We are also energized to be at the forefront of growth and evolution. We are PARTNERING TO SEE CHANGE, powerful and positive change, for our clients, our students and our field. As researchers, educators, therapists and clients, we will continue to bring together the right partners to improve the emotional well-being of children, adults, couples and families across the lifespan and to continuously improve the field of behavioral health.

Thank you for advancing the vision of The Family Institute through your support. We are pleased to share with you this report on our fiscal year 2017.

Jana L. Jones
President & Chief Executive Officer

Leslie M. Barker
Chair

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Proof of Impact

The field of behavioral health is, in many ways, playing catch up to the rest of healthcare when it comes to tracking and reporting outcome measures. The Family Institute continues to take a leadership role in the movement toward evidence-based care and through the strength of our scientist-practitioner model.

We asked: **Can we empirically support the claim that our clients get better through therapy at The Family Institute?** Can we prove our clients are less anxious, or less depressed and/or have overall improved relationships within their family and/or committed relationships?

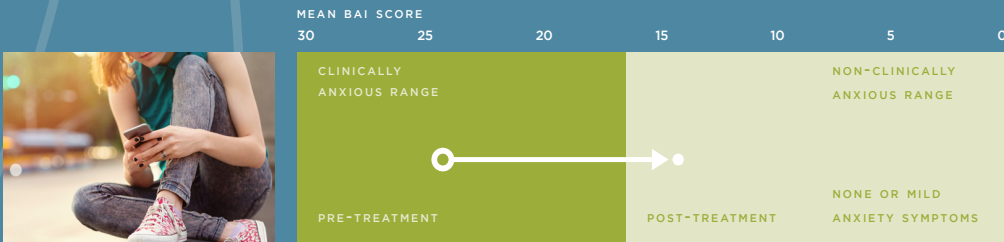
“My family has used the services of The Family Institute to overcome my children’s issues of anxiety, OCD and divorce. Both my boys have dramatically improved their ability to manage their emotions.”

- Mother of two

Using widely accepted measures for anxiety, depression and general distress as well as couple and family functioning, we found statistically significant improvement for our clients across the board. After extensive study and thorough review of the research, **the answer to our question is “YES.”**

Being able to substantiate our clinical work has both internal and external implications. In a world that has grown to expect and demand proof of impact, this research is a meaningful first step for our organization.

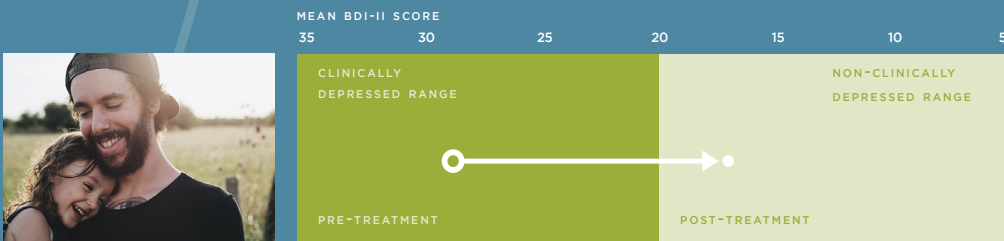
Reduce Anxiety



BAI CLINICAL
CUT-OFF SCORE=16

On average, clients who started therapy in the clinically anxious range (n = 180) moved to the non-clinically anxious range by the end of treatment. ($p = .000$, Cohen's $d = -1.17$)

Reduce Depression



BDI-II CLINICAL
CUT-OFF SCORE=20

On average, clients who started therapy in the clinically depressed range (n = 168) moved to the non-clinically depressed range by the end of treatment. ($p = .000$, Cohen's $d = -1.39$)

PARTNERING TO SEE CHANGE



2017 signaled the start of a multi-phased, several years-long strategic initiative at The Family Institute: the implementation of a fully-integrated electronic health record system. This new system, Delivering Access for Systemic Health, or DASH, will greatly improve the client experience — increasing access and engagement — by re-envisioning how we support our clients at every touch point while also measuring change.

Through the DASH project, The Family Institute will establish itself as an outcome-driven system and promote existing evidence of the effectiveness of our practice across all modalities. In addition, we will collect data on every client interaction for quality improvement and research with evidence-based measures integrated directly in the system, enabling analyses that will lead to meaningful findings important to improving care throughout the field of behavioral health.

STRENGTHENING LOW-INCOME FAMILIES THROUGH THE BETTE D. HARRIS FAMILY & CHILD CLINIC

90%

improve on reported risk (e.g. suicidal ideation, homicidal ideation, abuse)

86%

improve in at least one major problem area (e.g. depression, anxiety, marital strife)

30%

improve in three major problem areas

Project Strengthen is designed to deliver high-quality care to individuals and families who suffer from complex mental health issues alongside socio-economic hardships. This program provides the highest level of care: a therapy team comprised of a staff therapist and a therapist-in-training who work together to provide comprehensive treatment and counseling services. Most families served by Project Strengthen are below poverty level and nearly 80% are high risk for suicidal and/or homicidal thoughts and extreme violence.

Thank you to the Harris Family Foundation for their continued generosity and leadership investment in this important initiative.

COUNSELING@NORTHWESTERN

Counseling@Northwestern launched in the Spring of 2015 with 13 students in the original cohort. In August 2016, this cohort was ready for graduation. Our first online class walked as part of Northwestern University's annual commencement ceremonies in June 2017, at which time there were 188 online students.

Offering our CACREP-Accredited Master of Arts in Counseling program online increases the reach of The Family Institute and allows students who might not otherwise be able, due to geographic, time and family constraints, to access a Northwestern education. By the fall of 2019, we expect Counseling@Northwestern to be fully enrolled with 400 students.

Students range in age from 21 to 61 and come from 45 states plus the District of Columbia. Thirty-eight percent of our online students come from underrepresented minority backgrounds and 79% are female.



articles in
encyclopedias

22

editorial leadership
positions

18

postdoctoral
fellows

88

307

students

6,800
clients

27

journal articles/
book chapters

presentations at
local and national
conferences

25

leadership
positions in national
organizations

12

therapists

75

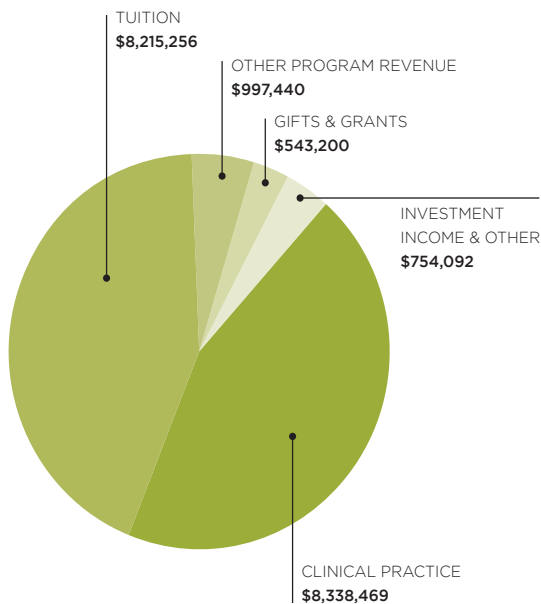
books
published

7

STATEMENT OF FINANCIAL POSITION AS OF AUGUST 31, 2017 AND 2016

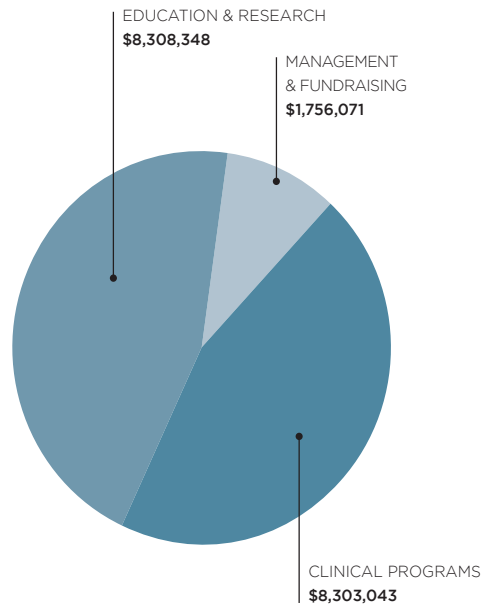
	2017	2016
ASSETS		
Cash and cash equivalents	\$ 2,277,973	\$ 1,371,456
Accounts receivable, net	\$ 500,669	\$ 582,078
Due from Northwestern University	-	\$ 1,009
Prepaid expenses	\$ 113,386	\$ 35,847
Pledges receivable, net	\$ 75,285	\$ 112,739
Investments	\$ 9,061,410	\$ 8,915,970
Property and equipment, net	\$ 2,696,876	\$ 2,919,615
	<u>\$14,725,599</u>	<u>\$13,938,714</u>
LIABILITIES AND NET ASSETS		
Liabilities		
Accounts payable	\$ 156,703	\$ 105,234
Due to Northwestern University	\$ 383,383	-
Accrued payroll, payroll taxes and vacation	\$ 873,011	\$ 870,273
Deferred rent	\$ 812,645	\$ 704,908
Obligations under capital leases	\$ 85,705	\$ 96,118
Loan payable to Northwestern University	-	\$ 229,024
	<u>\$ 2,311,447</u>	<u>\$ 2,005,557</u>
Net Assets		
Unrestricted	\$ 3,110,638	\$ 2,652,117
Temporarily restricted	\$ 2,189,606	\$ 2,167,132
Permanently restricted	\$ 7,113,908	\$ 7,113,908
	<u>\$12,414,152</u>	<u>\$ 11,933,157</u>
	<u>\$14,725,599</u>	<u>\$13,938,714</u>

SOURCES OF REVENUE FOR FISCAL YEAR 2017



Total \$18,848,457

USES OF EXPENSE FOR FISCAL YEAR 2017



Total \$18,367,462

OUR DONORS

We are extremely grateful to the many individuals, families, foundations, corporations and organizations who generously supported The Family Institute between September 1, 2016 and August 31, 2017.

“We are proud to invest in the powerful work taking place at The Family Institute. Our family and our relationships mean everything to us.”

- Larry and Katie Sullivan

\$100,000 AND ABOVE

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Ms. Kathy Harris
Dr. and Mrs. Ronald Paul
and Family
Mr. and Mrs. King Harris
Mr. and Mrs. William Friend
Mr. and Mrs. John Harris
Mr. and Mrs. Scott Friend

\$25,000 TO \$99,999

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THE FAMILY INSTITUTE

at Northwestern University

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PREPARING FOR THE NEXT 50 YEARS

Nearly 50 years ago, The Family Institute was started around a kitchen table. Today, we are a leader in behavioral healthcare and affiliated with a world-class university. We will recognize this milestone anniversary through a year-long celebration in 2019, as we celebrate our rich history and the impact our organization has had on the field while looking forward to the next 50 years.



OF PARTNERING TO SEE CHANGE

NORTHWESTERN UNIVERSITY AFFILIATION

The Family Institute is an independent, not-for-profit organization — with its own governance, programmatic and funding autonomy — that benefits from the academic richness of a major research university. The Family Institute operates the University's Center for Applied Psychological and Family Studies in cooperation with Northwestern's Office for Research and The Graduate School. The affiliation also provides faculty appointments through Northwestern's Department of Psychology for The Family Institute staff members involved in academics.

Northwestern

The Center for Applied
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