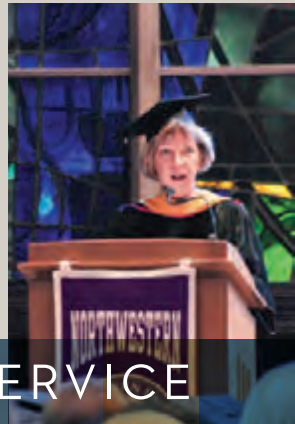
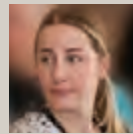


ANNUAL REPORT

2015

tfi



EDUCATION, RESEARCH & CLINICAL SERVICE



tfi

THE FAMILY INSTITUTE
at Northwestern University

NORTHWESTERN UNIVERSITY AFFILIATION

Through a unique affiliation, The Family Institute is integrally linked with one of the nation's most prestigious institutions of higher learning and research, Northwestern University. This relationship permits The Family Institute to remain an independent, not-for-profit organization – with its own governance, programmatic and funding autonomy – while benefitting from the academic richness of a major research university.

Under the partnership, The Family Institute operates the University's Center for Applied Psychological and Family Studies in cooperation with Northwestern's Graduate School and Office of Research. Graduate education and research activities at the Institute are conducted under the auspices of the Center. The affiliation also provides faculty appointments through Northwestern's Department of Psychology for Family Institute staff members who teach in the two graduate programs.

What we offer

The Family Institute at Northwestern University is deeply committed to our mission of strengthening and healing families and individuals from all walks of life. We are leading the way in family therapy while setting the standard for innovative research, teaching and care in the field.

DIRECT MENTAL HEALTH SERVICES

- Provided by diverse, nationally-renowned staff
- Committed to ensuring everyone has access to our knowledge and care, regardless of their ability to pay through our sliding-fee scale Bette D. Harris Family and Child Clinic

GRADUATE EDUCATION WITH NORTHWESTERN UNIVERSITY

- Committed to educating and training the next generation of mental health practitioners through our education programs:
 - Master of Arts in Counseling
 - Counseling@Northwestern
 - Master of Science in Marriage and Family Therapy

CLINICAL RESEARCH

- Conducted advanced research projects, including:
 - The process and determinants of how people change in psychotherapy
 - Anxiety and mood disorders over the life course
 - The relationship between illness and couple functioning
 - Post-traumatic stress disorder and physiological reactivity in response to conflict among military couples

POSTDOCTORAL FELLOWSHIPS

- Conducted through clinical and research fellowships for mental health professionals who have completed Doctoral degrees

CONTINUING EDUCATION FOR MENTAL HEALTH PROFESSIONALS

- Offered professional continuing education through workshops, seminars, conferences and clinical consultation

What we believe

Our core beliefs – Excellence, Collaboration and Teamwork, Compassion, Caring and Empathy, Knowledge, Truth and Integrity, and Diversity and Inclusion – remain the same, and continue to be the backbone of the work we do.

- The family is the singular most significant factor influencing human identity.
- Family-based therapy is a powerful model for change, one that not only helps people cope with major life issues but one that can ultimately transform how we lead our lives, resulting in healthier communities and societies.
- Quality mental health care should be available to all who need it, regardless of their financial resources.
- The definition of “family” takes many forms, and is comprised of people joined together by biology, intentionality and/or law.

These beliefs are as relevant today as they were when The Family Institute was founded. They guide us as we expand our capacity to help greater and more diverse numbers of people.

Greetings

Fiscal Year 2015 was an excellent year for The Family Institute at Northwestern University. It was a year of growth and expansion. Historically, the positions of CEO and President were held by the same person. This year, Bill Pinsof retained the CEO position and we hired Jana Jones as our new President. Jana brings an extensive background in healthcare and medical entrepreneurship to The Family Institute as we move into the next phase of our institutional development. This move affirms what we know will be a successful leadership transition in FY16.

Our dedication to *strengthening and healing families and individuals from all walks of life* continued during FY15. We provided over 4,000 families, couples and individuals with over 52,000 therapy and counseling sessions. Over 80 therapists-in-training from our various educational programs provided more than 16,000 sessions to over 2,100 families, couples and individuals through our Bette D. Harris Family and Child Clinic, where our average fee is \$12.00.

While our Master of Science in Marriage and Family Therapy Program was again re-accredited, our Master of Arts in Counseling Program received first-time accreditation through Council for Accreditation of Counseling and Related Educational Programs for eight years — the highest level of accreditation. We are also proud to announce that we launched the online version of our Counseling Program. This is a pioneering step for the Institute and Northwestern, in partnership with 2U, the leading organization in the country in developing online postgraduate degree programs in top tier research universities. The online program's first cohort was admitted in April 2015, and we now have over 60 students in the program. We anticipate extraordinary growth in the program.

Our research team, through the Epstein Center for Psychotherapy Change, continued to evaluate the effectiveness of our online measurement and feedback system for tracking client change, the STIC®. As the three year randomized clinical trial (RCT) draws to a close, our team is starting to analyze the incredible amount of data we collected. Our hope is that we will find evidence to support the idea that giving therapists quantitative feedback about client progress throughout the course of therapy will improve the effectiveness and efficiency of couple and individual therapy.

As we look ahead with anticipation and excitement, we also reflect on the wonderful generosity of our friends and donors. Thank you for your interest in and support of the Family Institute. Together, we continue making the world better.



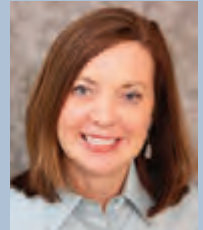
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James H. Feldman
Chair, Board of Directors



William M. Pinsof, PhD
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Jana L. Jones
President

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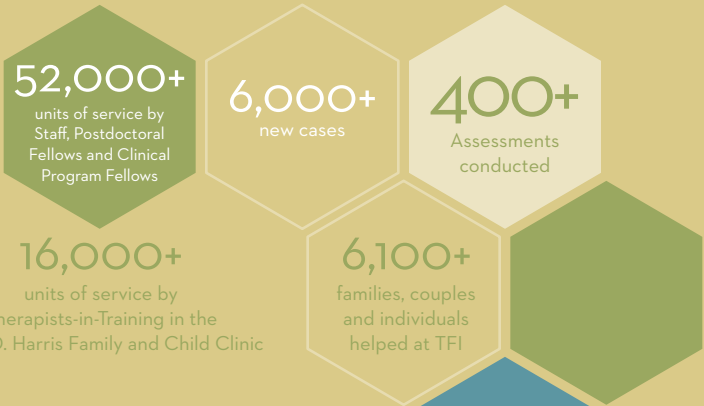
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FY15: A year in review

The Family Institute at Northwestern University is a thriving relationship-based mental health system comprised of many preeminent clinicians, academics and researchers. Over 190 clinicians,

fellows, therapists-in-training and non-clinical staff helped make The Family Institute a success in FY15. This is what makes the Institute a leader at the forefront of our field.

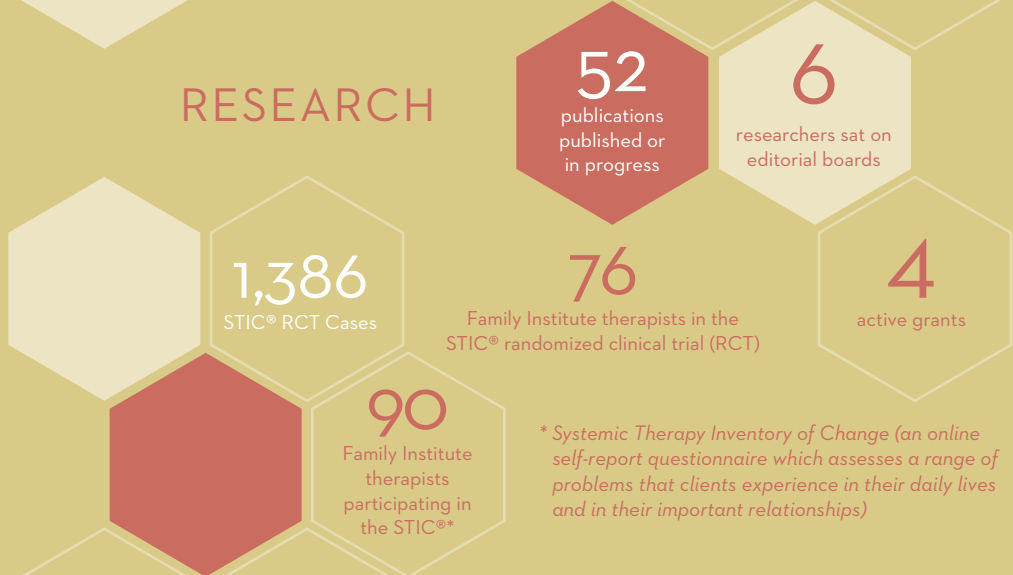
CLINICAL SERVICES



WHO WE ARE



RESEARCH



* Systemic Therapy Inventory of Change (an online self-report questionnaire which assesses a range of problems that clients experience in their daily lives and in their important relationships)

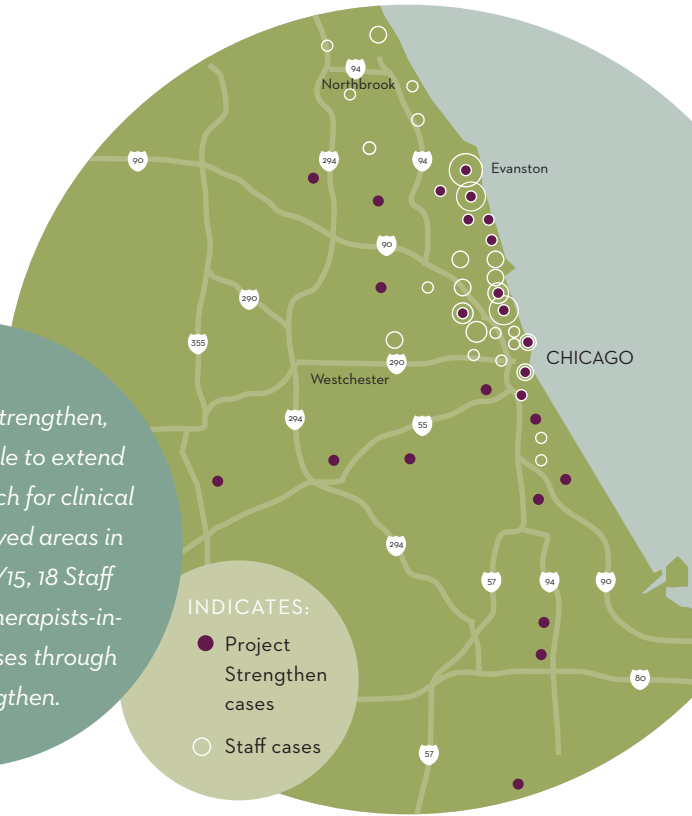
Clinical Service

PROJECT STRENGTHEN

Project Strengthen expands the fabric of collaboration, research and science at the heart of delivering The Family Institute's unique model of care to those who suffer from highly complex issues alongside financial hardship. Thanks to the generosity of donors, Project Strengthen allows our staff therapists to be primary therapists in providing direct service in conjunction with therapists-in-training in our Bette D. Harris Family and Child Clinic.

Through Project Strengthen, the Institute was able to extend its geographical reach for clinical service to underserved areas in Chicagoland. In FY15, 18 Staff Clinicians and 18 Therapists-in-Training saw 23 cases through Project Strengthen.

INDICATES:
 ● Project Strengthen cases
 ○ Staff cases



Education

MASTER OF ARTS IN COUNSELING

- 25 students graduated
- 28 students matriculated
- 60+ students enrolled in Counseling@Northwestern
- 5 publications published

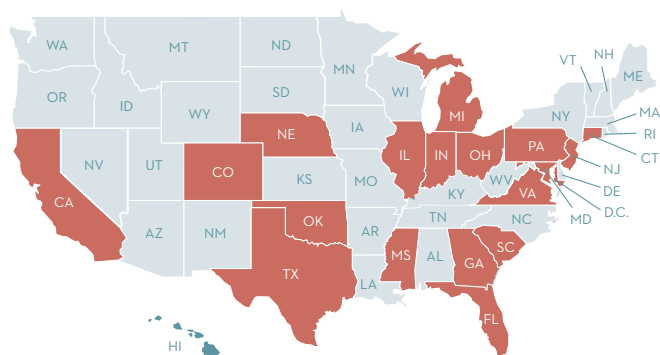
In FY15, the Counseling Program received a first-time, eight-year accreditation from the Council for Accreditation of Counseling and Related Educational Programs (CACREP). This achievement is based on the strength of the program, the faculty and the supervisors.

MASTER OF SCIENCE IN MARRIAGE AND FAMILY THERAPY

- 25 students graduated
- 28 students matriculated
- 11 publications in progress

The Marriage and Family Therapy Program successfully underwent reaccreditation by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) while boasting the largest total program size in history during FY15, with 56 students.

Counseling@Northwestern, our online Master of Arts in Counseling, matriculated its first class in Spring 2015. Students come from 20 states, including Connecticut, Oklahoma, South Carolina, Texas and Alaska.



Research

The Family Institute continues to improve mental health care through clinical research. Each of our eight researchers were involved with the Dan J. Epstein Family Foundation Center for Psychotherapy Change in FY15. Many of them also conducted additional research within their areas of expertise: anxiety and panic disorders; depression, anxiety, relationship distress and couples; and the impact of relationships on health. Each of these initiatives allows the Institute to remain dedicated to intervention and to the development of improved treatments.

- 6 researchers sat on editorial boards
- 52 publications published or in progress
- 12 research presentations

- 4 active grants
- 147 individuals mentored
- 90 Family Institute therapists participating in the STIC®*
- 16 Chicago Consortium** therapists participating in the STIC®
- 76 Family Institute therapists in the STIC® randomized clinical trial (RCT)
- 1,386 STIC® RCT Cases

* *Systemic Therapy Inventory of Change* (an online self-report questionnaire which assesses a range of problems that clients experience in their daily lives and in their important relationships)

** *Chicago Consortium partners: Community Counseling Centers of Chicago (C4), Catholic Charities of the Archdiocese of Chicago, Jewish Child & Family Services*



FY15 Circle of Knowledge Series

The *Circle of Knowledge Series* is an extension of the Institute's mission to provide the knowledge and care families count on to live healthy lives. Through a series of luncheon lectures and evening programs, the Institute shares information on timely issues that affect us all. In FY15, the Institute presented five talks to more than 700 attendees throughout the Chicagoland area. The talks included:

November 2014. William M. Pinsof. *Grandparenting: A three generational affair.* University Club, Chicago, IL.

February 2015. Reginald Richardson, Donna Baptiste & Adia Gooden. *42%: Single, African American and Female.* Apostolic Faith Church, Chicago, IL.

March 2015. Cheryl Rampage. *The Pleasures & Challenges of Retooling at Midlife.* Edgewood Country Club, La Grange, IL.

April 2015. Danielle Black. *Straight A's & Stressed: Navigating childhood, teen and young adult anxiety.* Exmoor Country Club, Highland Park, IL.

April 2015. Alexandra Solomon. *Dating, Mating & Marrying in the Age of Social Media.* Microsoft, Chicago, IL.

Sponsorship support provided the necessary resources for this expansion, availing the Institute of the opportunity to reach new and more demographically and geographically (race, ethnicity, age) diverse communities. For a complete list of sponsors see page 11.

Selected Presentations, Publications and Media Mentions*

SELECTED PRESENTATIONS

Chambers, A. & Lebow, J. (2015, August). Couple Therapy through Four Lenses. APA Convention 2015, Toronto, Canada.

Drucker, A. (2015, February). How-To's for Parents Saying their Good-Byes. New Trier Parent Coffee Program, Winnetka, IL.

Giordano, F. (2015, March). Showing Courage in Front of Others: How to give an effective presentation. Illinois Counseling Association, Skokie, IL.

Knobloch-Fedders, L. (2015, April). The Interpersonal Context of Depression in Couples. Rush Neurobehavioral Center, Skokie, IL.

Lebow, J. (2014, September). Couple and Family Therapy: An integrative perspective. Aitia Family Institute, Shanghai, China.

Pinsof, W. (2015, May). IPCM as an Integrative, Empirically-Informed, Multi-Systemic Perspective. Modum Bad Center, Vikersund, Norway.

Rampage, C. (2014, November). The Risk of Affluence for Teenagers of Divorcing Families. AAML Foundation, Chicago, IL.

Richardson, R. & Chavis, S. (2014, October). When Love Hurts. Victory Apostolic Church, Matteson, IL.

Russell, W. (2014, October). The Treatment of Infidelity in Couples. Oak Park Vet Center, Oak Park, IL.

Young, P. (2015, June). Coping with Thoughts and Emotions Caused by Stigma. Naomi Ruth Cohen Conference, Evanston, IL.

SELECTED PUBLICATIONS

Gurman, A. S., **Lebow, J. L.**, & Snyder, D.K. (2015) *Clinical Handbook of Couple Therapy (5th ed.)*. New York: Guilford.

Lebow, J. L. & Slesinger, N. (2015) *Family Process*. In C. Sheen (ed.) *The Encyclopedia of Family Science*. New York: Wiley.

Pinsof, W. M., Zinbarg, R. E., Shimokawa, K., Latta, T. A., Goldsmith, J. Z., Knobloch-Fedders, L. M., & Lebow, J. L. (2015). Confirming, validating, and norming the factor structure of the Systemic Therapy Inventory of Change Initial and Intersession. *Family Process: 54*: 464-484.

Goldsmith, J. Z., Pinsof, W. M., Lebow, J., & Chambers, A. (in press). Relational and Family Diagnosis. In J. C. Norcross, G. R. VandenBos, & D. K. Freedheim (Eds) *The Handbook of Clinical Psychology*. APA Press.

Knobloch-Fedders, L. M., Pinsof, W. M., & Haase, C. (in press). Treatment response in couple therapy: Relationship adjustment and individual functioning change processes. *Journal of Family Psychology*.

Pinsof, W. M., Breunlin, D. C., Chambers, A., Solomon, A. H., & Russell, W. P. (2015). Integrative, multi-systemic and empirically informed couple therapy: The IPCM perspective. In A. Gurman, **J. Lebow**, & D. K. Snyder (Eds.), *Clinical Handbook of Couple Therapy (5th ed.)* (pp. 161-191). New York: Guilford.

Russell, W. P., Pinsof, W. M., Breunlin, D. D., & Lebow, J. L. (in press). Integrative Problem Centered Metaframeworks (IPCM) Therapy. In T.L. Sexton and J. L. Lebow (Eds.), *Handbook of Family Therapy: The Science and Practice of Working with Families and Couples (2nd edition)*, New York: Routledge.

Wischkaemper, K. C., Flanagan, J. C., & **Pryor, J. R.** (2015). Developing a couple and family identity: Themes from a conversation with C&F focused professionals. *Developing a Couple and Family Identity: The Family Psychologist, 31(1)*.

SELECTED MEDIA MENTIONS

DuBois, S. Long-Distance Married Couples May Have Better Health Benefits. *Boston Globe*, April 2015.

Hauser, C. B. Help Your Anxious Child Cope with Worry. *Make It Better*, March 2015.

Hauser, D. 7 Essential Trips Every Man Should Take Before He Dies. *Men's Health*, March 2015.

Lebow, J. The Macho Effect? If she's the breadwinner, he's more likely to cheat. www.today.com, May 2015.

Richardson, R. Can Domestic Violence Perpetrators Change? *Fox Chicago*, September 2014.

Richardson, R. Ferguson. *Beyond the Beltway*, November 2014.

Richardson, R. Busting the Stigma of Mental Illness. *Living Healthy Chicago*, February 2015.

Rose, M. Study: Selfies urging more to get plastic surgery. WLS-Chicago, February 2015.

Seeger, L. Health, Wealth and Wisdom. 1250AM (Tampa Bay, FL), September 2014.

Solomon, A. 3 Ways to Get Out of Your Relationship Rut. HuffingtonPost.com, October 2014.

Solomon, A. 4 Ways to Keep Passion Alive in Relationships. #OWNSHOW, May 2015.

* For a complete list of FY15 presentations, publications or media mentions, please email cschu@family-institute.org.

The Family Institute at Northwestern University Financial Statements for Fiscal Years 2015 & 2014

The Family Institute is audited annually by an independent certified public accounting firm.
A copy of the audited financial statement is available upon request.

Statement of Financial Position as of August 31

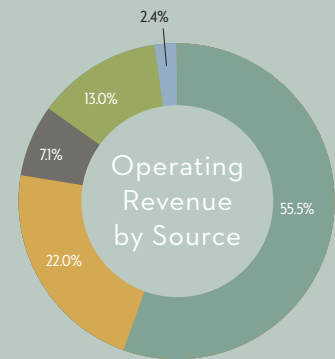
	2015	2014
ASSETS		
Cash and Cash Equivalents	\$ 1,397,348	\$ 560,680
Accounts Receivable and Prepaid Expenses	555,346	463,426
Investments (at market)	8,817,448	9,757,155
Other Assets	264,942	215
Pledges Receivable	589,489	170,436
Property and Equipment, Net	3,127,271	3,278,168
Total Assets	<u>\$ 14,751,844</u>	<u>\$ 14,230,080</u>
LIABILITIES AND NET ASSETS		
Liabilities		
Liabilities	<u>\$ 1,885,872</u>	<u>\$ 1,325,454</u>
Total Liabilities	<u>\$ 1,885,872</u>	<u>\$ 1,325,454</u>
Net Assets		
Unrestricted	2,649,958	2,883,123
Temporarily Restricted	3,102,106	2,907,595
Permanently Restricted	<u>7,113,908</u>	<u>7,113,908</u>
Total Net Assets	<u>12,865,972</u>	<u>12,904,626</u>
Total Liabilities and Net Assets	<u>\$ 14,751,844</u>	<u>\$ 14,230,080</u>

Statement of Activities for the Years Ended August 31

	2015	2014
SUPPORT AND REVENUES		
Contributions and Grants	\$ 1,909,986	\$ 900,779
Program Services	12,427,386	11,855,903
Investment Income	<u>350,007</u>	<u>347,534</u>
Total Support and Revenues	<u>\$ 14,687,379</u>	<u>\$ 13,104,216</u>
EXPENSES		
Program		
Education	3,014,428	2,622,922
Clinical Services	8,789,880	8,129,582
Research	<u>766,237</u>	<u>841,161</u>
Total Program Expenses	<u>\$ 12,570,545</u>	<u>\$ 11,593,665</u>
Supporting Services		
Management and General	1,473,679	1,388,278
Fundraising and Public Relations	<u>525,935</u>	<u>600,018</u>
Total Supporting Services Expenses	<u>\$ 1,999,614</u>	<u>\$ 1,988,296</u>
Total Expenses	<u>\$ 14,570,159</u>	<u>\$ 13,581,961</u>
Increase (Decrease) Before Nonbudgetary Items	117,220	(477,745)
Unrealized Gain (Loss)	(155,874)	965,277
Increase (Decrease) in Net Assets	(38,654)	487,532
Net Assets at Beginning of Year	12,904,626	12,417,094
Net Assets at End of Year	<u>\$ 12,865,972</u>	<u>\$ 12,904,626</u>

Operating Expense by Source Fiscal Year 2015

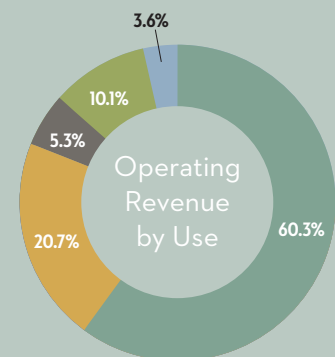
Clinical Practice	\$8,156,312	55.5%
Tuition	3,228,233	22.0%
Clinic and Other Program Revenue	1,042,841	7.1%
Gifts and Grants	1,909,986	13.0%
Investment Income and Other	350,007	2.4%
Total	\$14,687,379	100.00%



- Clinical Practice
- Tuition
- Clinic and Other Program
- Gifts and Grants
- Investment Income

Operating Expense by Use Fiscal Year 2015

Clinical Programs	\$8,789,880	60.3%
Education	3,014,428	20.7%
Research	766,237	5.3%
Management	1,473,679	10.1%
Fundraising/Communications	525,935	3.6%
Total	\$14,570,159	100.00%



- Clinical Programs
- Education
- Research
- Management
- Fundraising/Communications

Circle of Support



We are extremely grateful to the many individuals, families, foundations, corporations and organizations who so generously supported a specific program, research or the general operating fund. The following is a list of those who made gifts to The Family Institute between September 1, 2014 and August 31, 2015.

\$100,000 and above♦

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Randy L. & Melvin R. Berlin Family Fund's vital \$500,000 gift fuels ground-breaking thinking and national conversation on mental health through the Randy L. & Melvin R. Berlin Family Fund Grand Rounds Series. This gift is the latest from Randy L. & Melvin R. Berlin's decades-long partnership with the Institute.

LEADERSHIP CIRCLE

Members of The Family Institute's Leadership Circle – business and civic leaders, alumni, grateful patients and employees – form an elite group of philanthropic leaders. Through their generosity, they provide the resources that enable the Institute to deliver high quality, innovative care to all individuals and families.



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- ATR-BC Art Therapy Registration, Board Certified
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- EdM, Med..... Master of Education
- JD Juris Doctor
- LCP..... Licensed Clinical Psychologist
- LPC..... Licensed Professional Counselor
- LCPC Licensed Clinical Professional Counselor
- LCSW..... Licensed Clinical Social Worker
- LMFT Licensed Marriage and Family Therapist
- MSEd Master of Science in Education
- MSSA Master of Science in Social Administration
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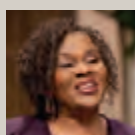


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