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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 two education programs:
 - Master of Arts in Counseling
 - Master of Science in Marriage and Family Therapy

CLINICAL RESEARCH

- Conducted advanced research project, 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 continuing professional education annually through workshops, seminars, conferences and clinical consultation

WHAT WE BELIEVE

Our core values — Excellence; Collaboration and Teamwork; Compassion; Caring and Empathy; Knowledge; Truth and Integrity; and Diversity and Inclusion — remain the same as they did 45 years ago, 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 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 Fiscal Year 2014 was an exceptional year for The Family Institute, filled with stability and anticipation. After a nationwide search, the Institute's Executive team, with approval from the Board of Directors, hired a new President, Jana L. Jones. Jana comes to the Institute with 25 years of management experience in the health care field. The addition of Jana complements the vision and outlook I have for the Institute, and I am glad to serve alongside her as Chief Executive.

The need for Jana's expertise in management and marketing emerged from the realization of the phenomenal growth the Institute has undergone since it was founded in Chuck Kramer's home 45 years ago. In the last 5 years alone, we have grown from a \$5 million to an almost \$15 million business. We look to Jana's vision and leadership to move us forward as we manage our growth in clinical service, education and research.

During FY14, our clinicians, including our therapists-in-training, provided more than 85,000 units of service. This increase in service resulted in the acquisition of additional space in our downtown Chicago office.

Our major academic programs continued to flourish, and we joined the distance learning world by entering into a partnership with 2U, Inc. to put our Counseling Program online. *Counseling@Northwestern* will allow students from around the world to get the same rigorous Counseling education that our students receive in Evanston. The first online cohort will begin in April 2015.

In FY14, the Institute received its first federally-funded research grant for a study entitled "Reunification Difficulty of Military Couples Following Deployment." In addition, The Epstein Center increased its reach with the launch of a Randomized Clinical Trial, which tests the effectiveness of the STIC® feedback system to improve outcomes of therapy.

Our dedicated staff and the support of our generous donors drive our mission to *strengthen and heal families and individuals from all walks of life.* As we look back over 45 years, we are deeply grateful for your continued confidence in our mission.



William M. Pinsof, PhD
Chief Executive



James H. Feldman
Chair, Board of Directors

*Strengthening
and healing families
for 45 years*



William M. Pinsof, PhD
Chief Executive



James H. Feldman
Chair, Board of Directors

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FACTS & FIGURES

What made FY14 a success for The Family Institute

85,000+
sessions conducted

110+
academic & research
publications published
or in progress

60+
staff media mentions

TWO
Psychiatrists

60
Staff Practice
clinicians

29
Affiliated clinicians

14
Postdoctoral and
Clinical Program Fellows

38
people in
Administration

four
people in
Institutional Advancement

Eight
Circle of Knowledge events

1,300+
Circle of Knowledge
attendees

477,474
pageviews on our website

84,004
unique visitors to our website

26,000+
mobile views to website

757
Facebook likes

3,238
Twitter followers

1,268
LinkedIn followers

3,000+
views on Yelp

SELECTED PRESENTATIONS, PUBLICATIONS AND MEDIA MENTIONS*

SELECTED PRESENTATIONS

- Black, D. (2014, April). Validating Your Teen: Balancing acceptance and change. North Shore Country Day School, Winnetka, IL.
- Breunlin, D. and Chambers, A. (2014, June). Training Family Therapists. American Family Therapy Academy Conference, Athens, GA.
- Dwyer, T. (2014, March). In the Real of Hungry Ghosts: Spirituality practices in addiction recovery. International Family Therapy Association World Congress, Panama.
- Lebow, J. (2014, June). Measuring Relational Processes: Bringing research into practice. American Family Therapy Academy Conference, Athens, GA.
- Lynn, M. (2013, October). Positive Responses to Difficult Emotions. Takiff Center, Glencoe, IL.
- Maslar, M. (2014, May). Dialectical Behavior Therapy: Behavioral theory and practice. Decatur, GA.
- Pinsof, W. (2014, June). The Alliance in Couple and Family Therapy: Looking forward. Society for Psychotherapy Research Annual Meeting, Copenhagen, Sweden.
- Rampage, C. (2013, October). Life/Work Balance in the Digital Age. Chicago Botanic Garden, Chicago, IL.
- Richardson, R. (2014, May). Suicide in the African American Community. The Naomi Ruth Cohen Institute. Evanston, IL.
- Skerrett, K. (2014, June). Positive Couples Therapy. American Family Therapy Academy Conference, Athens, GA.

SELECTED PUBLICATIONS

- Knobloch-Fedders, L.M.**, Elkin, I., & Kiesler, D.J. (in press). Looking back, looking forward: A historical perspective on psychotherapy process research. *Psychotherapy Research*.
- Knobloch-Fedders, L.M.**, Critchfield, K.L., Boisson, T., Woods, N., Bitman, R., & Durbin, C.E. (in press). Depression, relationship quality, and couples' demand / withdraw and demand / submit sequential interactions. *Journal of Counseling Psychology*.
- Lebow, J. L.** (2014) *Couple and Family Therapy: An Integrative Map of the Territory*. Washington DC : APA books.
- Hollon, S., DeRubeis, R., Fawcett, J., Amsterdam, J., Shelton, R., Zajecka, J., **Young, P.**, Gallop, R. Effect of Cognitive Therapy With Antidepressant Medications vs Antidepressants Alone on the Rate of Recovery in Major Depressive Disorder: A Randomized Clinical Trial. *JAMA Psychiatry*, August 2014.
- Pinsof, W. M.**, Tilden, T., & **Goldsmith, J. Z.** (in press) Empirically informed couple and family therapy: Past,

present and future. 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.

- Wolitzky-Taylor, K., Dour, H., **Zinbarg, R.**, Mineka, S., Vrshek-Schallhorn, S., Epstein, A., Bobova, L., Griffith, J., Waters, A., Nazarian, M., Rose, R., & Craske, M. (2014). Experiencing core symptoms of anxiety and unipolar mood disorders in late adolescence predicts disorder onset in early adulthood. *Depression and Anxiety*, 31, 207 – 213.
- Zinbarg, R.**, Anand, D., Nunez, M., Lee, J. & Kendall, A. (2014). Anxiety disorders (pp. 133 - 162). In P. Blaney, R. Krueger & T. Millon (Eds.), *Oxford Textbook of Psychopathology, Third edition*. Oxford University Press.

SELECTED MEDIA MENTIONS

- Staff Therapist Alexandra Solomon, PhD, appeared in local, national and international media throughout FY14. An article in the February 2014 *Atlantic magazine* entitled, The first lesson of Marriage 101: There are no soul mates, led to interviews worldwide, from New York to Germany to Australia. Dr. Solomon appeared on HuffPost Live, the #OWNSHOW, WGN-AM, WBEZ and in *O Magazine*.
- Baptiste, D. Differences embraced as next generation grows. *Chicago Tribune*, November 2013.
- Chambers, A. *When your friend cheats and wants your advice*. PsychCentral.com, October 2013.
- Doheny, M. Perfectionism during the holidays. *WTIP Community Radio (Minnesota)*, December 2013.
- Du Bois, S. Addicted to technology: The warning signs. CBS-2, February 2014.
- Giordano, F. Angry words: Getting to the bottom of anger issues with clients. *Counseling Today*, January 2013.
- Goldsmith, J. How to friend your dad: Get to know the guy who used to ground you." *Men's Health*. April 2014.
- Hauser, D. Conflict with friends, partners and neighbors linked to early death. *Shape Magazine*, May 2014.
- Lebow, J. *Protecting your finances in a divorce: Essential do's and don'ts*. Forbes.com, April 2014.
- Rampage, C. 5 ways power affects sex and marriage. *Make It Better*, January 2014.
- Rose, M. Therapist to Chicago parents: Make your relationship a priority. *Chicago Parent*, May 2014.

* For a complete list of FY14 presentations, publications or media mentions, please email cschu@family-institute.org.

CLINICAL SERVICE

Leaders ... in the field of therapy

85,000+
sessions conducted overall

15,000+
sessions conducted in the
Bette D. Harris Family and Child Clinic

55,000+
sessions by staff and affiliates

100+
trainees in the
Bette D. Harris Family and Child Clinic

15,000+
sessions by fellows

6,000+
new clients in the
Bette D. Harris Family and Child Clinic

The Institute increased its clinical services through the staff practice by 4% over FY13, and trainees in the Bette D. Harris Family and Child Clinic increased service by 6% over FY13.

The Institute hired its first Board-certified psychiatrist to provide medical and pharmacological support to the Child and Adolescent program. The Institute also began

training program fellows, post-Master-level trainees who work on one of our clinical teams for a year, refining their clinical skills and accruing hours toward licensure.

Our downtown location expanded again, with the addition of about 40% of another floor. We also opened a satellite office in Matteson, a direct outcome of a Circle of Knowledge event at a church in the South suburbs.

EDUCATION

Committed ... to training the future of therapy

Master of Science in Marriage and Family Therapy

28
students
matriculated

3
Family Institute
program fellows

25
students
graduated

5
Doctoral program
students

13
publications
in progress

Master of Arts in Counseling

28
students
matriculated

1
Family Institute
program fellow

28
students
graduated

3
Doctoral program
students

14
students trained in the
Mental Health Human Rights Clinic

The Marriage and Family Therapy Program had the largest total program size in history during FY14, with 56 students. The Program continued to offer its integrative approach to therapy using Integrative Problem Centered Metaframeworks (IPCM), an approach to therapy designed by a group of senior clinicians at The Family Institute that addresses emotional, behavioral and relational problems in the context of the family and larger systems, and continued to be research-informed through the use of the STIC® (Systemic Therapy Inventory of Change).

In FY14, the Counseling Program signed a contract to put the Program online. This online course, called Counseling@Northwestern, offers the same rigorous curriculum and cutting-edge faculty as our on-campus program. Counseling@Northwestern blends live, face-to-face classes, self-paced coursework, and immersive clinical field placements selected based on each student's location. Upon completion, Counseling@Northwestern students earn the same degree and receive the same diploma as students graduating from our on-campus program.

All Counseling students saw clients in the Bette D. Harris Family and Child Clinic during their practicum year.

RESEARCH

Innovative ... research and projects

18
research projects
started

69
students
mentored

2
grants
received

25
research
presentations

12
editorial boards
served

41
publications
published or in progress

The Institute also received its first federally-funded research grant from the Department of Defense U.S. Army Medical Research and Materiel Command under the Military Operational Medicine Research Program. Co-investigator Dr. Lynne Knobloch-Fedders, in collaboration with Dr. Leanne Knobloch from the

University of Illinois and Dr. Benjamin Karney from UCLA, will study “Reunification Difficulty of Military Couples Following Deployment.” This four-year project is designed to investigate how military couples reunite after a soldier returns home from combat deployment.

The Psychotherapy Change Project was renamed The Dan J. Epstein Family Foundation Center for Psychotherapy Change in FY14. The Center also launched a multi-site, multi-national randomized clinical trial (RCT) with over 50 Family Institute and Chicago Consortium therapists participating. The RCT will test the effectiveness of the STIC® feedback system, the first instrument in the field of family therapy for studying how people change over the course of therapy. It includes self-report questionnaires as well as an Internet-based system for analyzing data and providing feedback to the therapist.

97
Family Institute
STIC® therapists

46
Chicago Consortium*
STIC® therapists

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

FY14 Circle of Knowledge Series

Through our Circle of Knowledge Series, we bring our expertise to Family Institute friends and supporters. These events feature presentations where our clinicians explore timely topics focused on relationships, children and families, incorporating their experience and research. In FY14, the Institute presented eight talks, reaching more than 1,300 attendees from across the Chicagoland area. The talks included:

October 2013. Reginald Richardson, Donna Baptiste and Anthony Chambers. *Love & Happiness: Relationships in the African American community.* Victory Apostolic Church, Chicago, IL.

November 2013. Cheryl Ramage and William Pinsof. *Sex, Power & Love: A marital triangle.* Northmoor Country Club, Highland Park, IL.

March 2014. Francesca Giordano. *Unlocking Anger: The key to strengthen relationships.* Edgewood Valley Country Club, La Grange, IL.

March 2014. Alexandra Solomon. *Shall We Dance? Understanding the choreography of love & intimacy.* Exmoor Country Club, Highland Park, IL.

April 2014. William Pinsof and Jacob Goldsmith. *Two Generations, Two Perspectives: Straight talk about young adults and their parents.* University Club, Chicago, IL.

May 2014. Lynne Knobloch-Fedders. *You're Talking but I Can't Hear You: Building communication & closeness.* Jackson Junge Gallery, Chicago, IL.

June 2014. Cheryl Ramage, Aaron Cooper, Shayna Goldstein and Steve Du Bois. *Gay & Married: Welcome to the family.* Center on Halsted, Chicago, IL.

August 2014. Reginald Richardson and Adia Gooden. *African American Youth: Thriving towards excellence.* Apostolic Faith Church, 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.

THE FAMILY INSTITUTE AT NORTHWESTERN UNIVERSITY

FINANCIAL STATEMENTS FOR FISCAL YEARS 2014 & 2013

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

Statement of Financial Position as of August 31

| | 2014 | 2013 |
|------------------------------------------|----------------------|----------------------|
| ASSETS | | |
| Cash and Cash Equivalents | \$ 560,680 | \$ 538,434 |
| Accounts Receivable and Prepaid Expenses | 463,426 | 445,066 |
| Investments (at market) | 9,757,155 | 8,769,262 |
| Other Assets | 215 | 595 |
| Pledges Receivable | 170,436 | 499,309 |
| Property and Equipment, Net | 3,278,168 | 3,672,776 |
| Total Assets | <u>\$ 14,230,080</u> | <u>\$ 13,925,442</u> |
| LIABILITIES AND NET ASSETS | | |
| Liabilities | | |
| Liabilities | <u>\$ 1,325,454</u> | <u>\$ 1,508,348</u> |
| Total Liabilities | <u>\$ 1,325,454</u> | <u>\$ 1,508,348</u> |
| Net Assets | | |
| Unrestricted | 2,883,123 | 2,991,045 |
| Temporarily Restricted | 2,907,595 | 2,312,141 |
| Permanently Restricted | 7,113,908 | 7,113,908 |
| Total Net Assets | <u>12,904,626</u> | <u>12,417,094</u> |
| Total Liabilities and Net Assets | <u>\$ 14,230,080</u> | <u>\$ 13,925,442</u> |

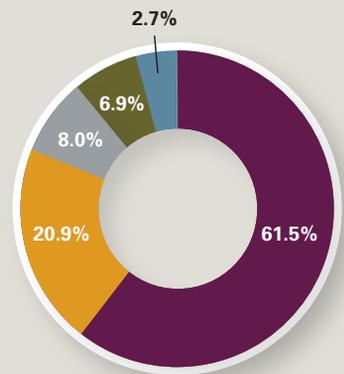
Statement of Activities for the Years Ended August 31

| | 2014 | 2013 |
|-----------------------------------------------|----------------------|----------------------|
| SUPPORT AND REVENUES | | |
| Contributions and Grants | \$ 900,779 | \$ 1,173,626 |
| Program Services | 11,855,903 | 10,767,359 |
| Investment Income | 347,534 | 360,146 |
| Total Support and Revenues | <u>\$ 13,104,216</u> | <u>\$ 12,301,131</u> |
| EXPENSES | | |
| Program | | |
| Education | 2,622,922 | 2,541,817 |
| Clinical Services | 8,129,582 | 7,507,675 |
| Research | 841,161 | 1,101,593 |
| Total Program Expenses | <u>\$ 11,593,665</u> | <u>\$ 11,151,085</u> |
| Supporting Services | | |
| Management and General | 1,388,278 | 1,202,740 |
| Fundraising and Public Relations | 600,018 | 497,803 |
| Total Supporting Services Expenses | <u>\$ 1,988,296</u> | <u>\$ 1,700,543</u> |
| Total Expenses | <u>\$ 13,581,961</u> | <u>\$ 12,851,628</u> |
| Increase (Decrease) Before Nonbudgetary Items | (477,745) | (550,497) |
| Unrealized Gain (Loss) | 965,277 | 444,694 |
| Increase (Decrease) in Net Assets | 487,532 | (105,803) |
| Net Assets at Beginning of Year | 12,417,094 | 12,522,897 |
| Net Assets at End of Year | <u>\$ 12,904,626</u> | <u>\$ 12,417,094</u> |

Operating Revenue by Source Fiscal Year 2014

| | | |
|----------------------------------|---------------------|----------------|
| Clinical Practice | \$8,065,525 | 61.5% |
| Tuition | 2,742,626 | 20.9% |
| Clinic and Other Program Revenue | 1,047,752 | 8.0% |
| Gifts and Grants | 900,779 | 6.9% |
| Investment Income and Other | 347,534 | 2.7% |
| Total | \$13,104,216 | 100.00% |

Operating Revenue by Source

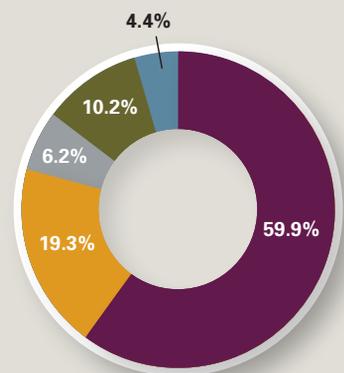


- Clinical Practice
- Tuition
- Clinic and Other Program
- Gifts and Grants
- Investment Income

Operating Expense by Use Fiscal Year 2014

| | | |
|----------------------------|---------------------|----------------|
| Clinical Programs | \$8,129,582 | 59.9% |
| Education | 2,622,922 | 19.3% |
| Research | 841,161 | 6.2% |
| Management | 1,388,278 | 10.2% |
| Fundraising/Communications | 600,018 | 4.4% |
| Total | \$13,581,961 | 100.00% |

Operating Expense by Use



- 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, 2013 and August 31, 2014.

\$100,000 and above♦

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Members of The Family Institute's President's 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. President Circle members receive periodic updates on Institute initiatives and exclusive invitations to educational and social events.

♦ Donors who made a gift of \$1,000 or more are members of the President's Circle.



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\$250 to \$499

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| ABPP-CN | Diplomate, American Board of Professional Psychology, Clinical Neuropsychology |
| AMFT | Associate Marriage and Family Therapist |
| ATR-BC | Art Therapy Registration, Board Certified |
| CADC | Certified Alcohol and Drug Counselor |
| EdM, MEd | Master of Education |
| JD | Juris Doctor |
| LPC | Licensed Professional Counselor |
| LCPC | Licensed Clinical Professional Counselor |
| LCSW | Licensed Clinical Social Worker |
| LMFT | Licensed Marriage and Family Therapist |
| MM | Master of Management |
| MSEd | Master of Science in Education |
| MSSA | Master of Science in Social Administration |
| MSW | Master of Social Work |
| MSMFT | Master of Science in Marriage and Family Therapy |
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