

2023  
*Annual  
Report*



THE FAMILY  
INSTITUTE

at Northwestern University

Who is  
thinking about  
today's family?  
We Are.

Family relationships, whether past or present — and regardless of one's definition — are at the center of life. Our relationships play a vital role in our health, our well-being and ultimately our communities. The Family Institute at Northwestern University brings together the right partners to support children, adults, couples and families across the lifespan. As researchers, educators and therapists, we work with our clients and **PARTNER TO SEE CHANGE.**

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## Our Dedication to Diversity, Equity & Inclusion

The Family Institute is committed to sustainable diversity, equity and inclusion strategies as we continuously strive to do better, improve and uphold our core values. We strive to dismantle barriers and promote equitable access to our services for our community at large, and work to create a culture that embraces and celebrates all identities and experiences.

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**The Mission**  
of The Family  
Institute is to  
strengthen and  
heal families from  
all walks of life  
through clinical  
service, education  
and research.

## Our Values

Part of what makes The Family Institute such a powerful force for positive change is our commitment to what we believe. Our unwavering values and beliefs help reinforce and strengthen this commitment through all we do.

*Excellence*

*Collaboration*

*Empathy*

*Knowledge*

*Integrity*

*Diversity, Equity  
& Inclusion*

## Letter from Leadership



Jana L. Jones  
President & CEO



Katie Lamb-Heinz  
Board Chair

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Friends,

At The Family Institute at Northwestern University, we believe that mental health is whole health, and that the quality of our relationships impacts our quality of life. Our mission — to strengthen and heal families from all walks of life through clinical service, education and research — continues to be at the center of our work.

Our mission has never been more critical as the field of behavioral health continues to grow and evolve to meet the demand of the mental health crisis we are facing today. With 46% of Americans meeting the criteria for a diagnosable mental health condition sometime in their life, our work has never more important.

As you will see in this report, 2023 was an impactful year for The Family Institute at Northwestern University. A few of our key accomplishments include:

***Academics:*** We are incredibly proud that our education program, in partnership with Northwestern University through The Center for Applied Psychological and Family Studies, works with over 1,000 students across 46 states to provide a high-quality education experience in earning a master's degree in counseling or marriage and family therapy.

***Clinical Services:*** Our Clinical Practice has continued to respond to the needs of our clients and established three specialty teams including Emerging Adults, Sexuality, and Adult Trauma.

***Research:*** The research team expanded and continues conducting informative and impactful community-based research.

***Community Impact:*** The free Bette D. Harris Family & Child Clinic continues to serve more than 1,200 clients annually who navigate anxiety, panic, couple distress, depression, and family distress. We have continued to serve both the Evanston and Chicagoland communities.

We recognize we are not alone in this work. Our incredible faculty, clinicians, staff, students, partners, and donor community made this past year one of our most successful. From all of us at The Family Institute at Northwestern University, thank you.

With gratitude,

Jana L. Jones  
President & CEO

Katie Lamb-Heinz  
Board Chair

## Board of Directors

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E.T. Franklin – *Vice Chair*

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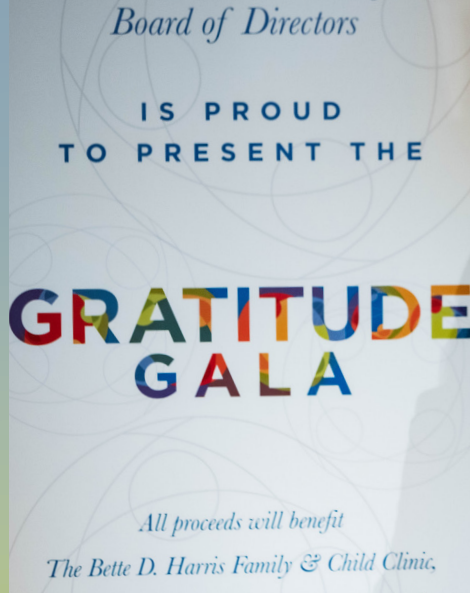
Michael Stelmacki

Kathleen Q. Sullivan

Pam Friend Szokol

Antonia Warren

Deborah Youderian



The Family Institute at Northwestern University continues to make significant strides in advancing community-based intervention research to improve the public health of Chicago's citizens through our research team. In FY23, our team of dedicated faculty members secured funding and established essential partnerships to drive impactful research initiatives.

## RESEARCH FACULTY AND GRANTS

This past year, the research team has expanded to add TFI faculty members committed to conducting community-based research. This team's expertise and passion for making a difference in Chicago's public health landscape have resulted in the successful acquisition of three grants since embarking on this work five years ago. It is important to note that less than 5% of federal grants are awarded each year, emphasizing the exceptional achievements of our research faculty.

## FUNDING OBTAINED BY RESEARCH FACULTY

Dr. Mark Driscoll and his Co-Principal Investigator at the Chicago Hispanic Health Coalition were awarded a seed grant from the NU Alliance for Research in Chicagoland Communities (ARCC). The grant, titled "Developing Partnerships Toward Community-Based, Culturally Responsive Mental Health Promotion among Chicago Latinxs," aims to establish an academic-community partnership. The long-term objective is to implement impactful, community-based, culturally responsive programs within the Chicago Latinx community to address mental health and the systemic barriers contributing to mental health disparities in the community.

Drs. Kate Collison and Erika Lawrence secured a pilot grant from the National Institutes of Health (NIH) through the Northwestern University Clinical and Translational Sciences (NUCATS) Institute. Their project, "Evaluating the Implementation and Sustainability of a Group-based Intimate Partner Violence Intervention in Corrections and Community Agencies," strives to create a blueprint guiding the implementation of Achieving Change Through Values-Based Behavior (ACTV) in correctional and community settings across Illinois and the United States.

Dr. Lawrence achieved a significant milestone in her four-year, \$450,000 grant from the Department of Justice Office of Violence against Women (DOJ OVW). The project, "Testing the Effectiveness of a Domestic Violence Intervention at Reducing Recidivism," represents the fourth study to demonstrate the effectiveness of ACTV compared to traditional interventions for men convicted of domestic violence, establishing ACTV as the first empirically supported program targeting domestic violence offenders. Her long-term goal is to disseminate ACTV nationally.

# The State of Research

77

Faculty, Staff & Students Engaged in Research

10

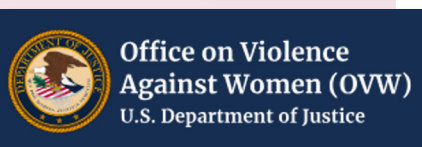
Institutional Review Board-Approved Research Projects

15

Internal Research Projects

3

Grants Funding Research Faculty Projects



## COMMUNITY PARTNERSHIPS ESTABLISHED

At The Family Institute, we recognize that partnering with community agencies is a top priority. Establishing trust and building strong academic-community partnerships is a lengthy and essential process before community-based collaborative research can begin in earnest. We are especially proud of the dedicated efforts of our team in FY23, as seven new partnerships with community agencies were successfully developed.

These partnerships include:

- Dr. Mark Driscoll's collaboration with The Chicago Hispanic Health Coalition
- Dr. Marcus Smith's partnerships with Link Up Chicago, Pride in the Pews, the Chicago Black Gay Men's Caucus, Brave Space Alliance & Small World Collective, and Project Vida
- The collaboration of Drs. Erika Lawrence and Katherine Collison with Safe Passage

Grant acquisition and community partnerships in FY23 are a testament to the ongoing commitment to making a positive difference in our local community and beyond.



**The  
State of  
Research**

**7** New  
Partnerships  
Developed with  
Community  
Agencies





# Academic Update

1,023  
Active Graduate Students

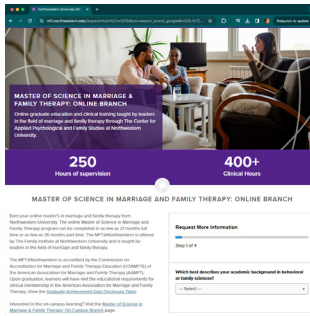
288  
Teaching & Supervising Faculty

1,600  
Hours of Clinical Training

\$1.7M  
in Scholarships Awarded to 79 Recipients

95%  
Student Retention Rate

With over 1,000 active graduate students and 288 dedicated faculty and supervisors, we remain steadfast in our mission to educate the behavioral health leaders of tomorrow. Through both our on-campus and online Master of Arts in Counseling and Master of Science in Marriage & Family Therapy (MFT) programs, we maintained a 95% student retention rate, which speaks to the passionate and nationally known faculty that are dedicated to ensuring students receive the most hands-on experiential training.



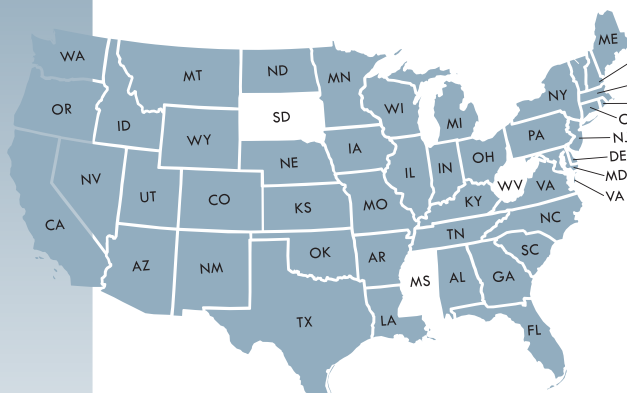
MFT@Northwestern, launched in 2022 with eight students, growing to 64 students enrolled in FY23. This success underscores the demand for our online programs and our continued role in growing the field of highly trained therapists.



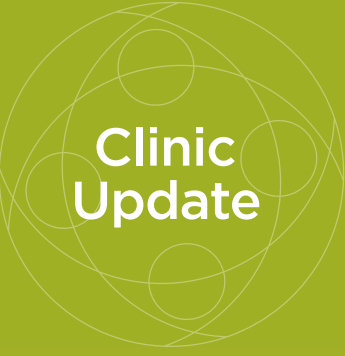
In FY23, our Counseling program was re-accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP) for eight years, a testament to the program's quality and adherence to industry standards.

As we look toward the future, we remain steadfast in our effort to advance diversity and equity in the mental health field, ensuring that diverse populations can receive the behavioral health care they need. We are dedicated to nurturing a learning environment that values and celebrates the rich tapestry of backgrounds and experiences that both our clients and students represent, allowing for our students to meet clients with compassion and understanding.

Financial barriers should not hinder access to quality education. Recognizing that debt impacts all students, we are committed to helping to alleviate this burden through the championing of scholarship opportunities for students with documented financial need as well as those who have displayed a commitment to working with underserved populations. In FY23, we awarded \$1.7 million in scholarships to 79 recipients, ensuring that our graduates are equipped to make a meaningful impact in diverse settings.



**Students from our online Master of Science in Marriage & Family Therapy and online Master of Arts in Counseling programs are in 46 states.**



## Clinic Update

16,759  
Appointments

1,260  
Bette D. Harris  
Clients

118  
Therapists-in-  
Training at the Clinic

The Bette D. Harris Family & Child Clinic remains a cornerstone of the support we provide for individuals, couples, children and families in the Chicagoland area, offering free therapy services. In FY23 our therapists-in-training served more than 1,200 clients, delivering over 16,700 therapy sessions. Clients utilizing the Clinic come from 52 zip codes across Chicagoland.

The dedication and commitment of our therapists-in-training have allowed us to provide invaluable support to our community. The research we conduct at The Family Institute at Northwestern University has shown that therapy provided by our graduate student therapists is effective in reducing client distress and improving their relationships.

“

*Making affordable mental health care available for low-income individuals and families has made a huge difference in my life and in the life of the woman who recommended me to The Family Institute. Thank you so, so much. Please don't ever give up making this option available to community.*

- Grateful Clinic Client

## PROJECT STRENGTHEN

Project Strengthen, a program initiated in 2017 through a grant from the Harris Family Foundation, continues to be a beacon of hope for individuals and families who struggle with complex mental health issues alongside socio-economic hardships. Project Strengthen provides the highest level of care that The Family Institute can offer through a therapy team comprised of a senior staff therapist and a therapist-in-training who work together to provide comprehensive treatment and counseling services to the client and their family. Most families served by Project Strengthen are below the poverty level, with nearly 80% facing high risk for suicidal and/or homicidal thoughts and extreme violence. In FY23, we completed 19 cases with 13 staff therapists and 19 therapists-in-training participating in providing care.

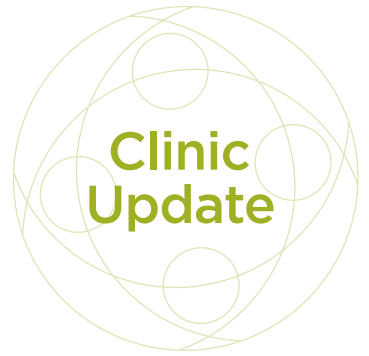


## COMMUNITY PROGRAM

The Community Program at the Bette D. Harris Family & Child Clinic has continued to thrive by fostering partnerships with local organizations and schools, ensuring that therapy services are tailored to the specific needs of the Evanston community. Our dedicated community supervisors and therapists-in-training maintain regular, in-person contact with these organizations, strengthening existing ties while establishing new connections. Behavioral health services in the Community Program are often provided in clients' homes, classrooms, or other non-traditional therapy settings. In FY23, The Bette D. Harris Family & Child Clinic secured 23 new community partnerships, exemplifying our commitment to extending our reach and impact in the Evanston community.

### District 65 Community Schools Partnership: Expanding Our Reach

Over the last few years, the Community Program has worked diligently with the District 65 Community Schools Resource Coordinator to increase referrals and better understand the needs of local schools. In partnership with District 65, we have received referrals from other non-profits in Evanston, including Evanston Scholars and Family Focus, and we are actively working to expand our presence at Evanston Township High School (ETHS). In FY23, 24 students received support from three licensed therapists and two consultant supervisors as they worked on 62 cases, delivering 1,027 therapy sessions to those in need.



23

New Community Partnerships

62

Community Program Cases in District 65



## Clinical Practice Update

“

*Frankly speaking,  
The Family Institute  
saved my life.  
I only attended  
Northwestern briefly  
as a graduate student,  
but luckily I was referred  
to the program by a faculty  
member at the timeliest of  
moments...I cannot  
thank [my therapist] or  
The Family Institute enough  
for all that they have  
done for me.”*

- Grateful Clinical  
Practice Client

In FY23, our team of 116 clinicians provided over 77,300 therapy sessions, both in-person and via teletherapy – to over 5,900 individuals, couples, children, adolescents, and families.

We are responding to the needs of our clients and community by continuing to grow our staff practice and deepening our services through more specialized care. The addition of three new specialized therapy services, Adult Trauma, Emerging Adults, and Sexuality will allow our clinicians to focus their expertise on specific areas of behavioral health, thereby enhancing the quality of care. Simultaneously, this structure strengthens our cohesion as a practice and serves as a powerful resource for the broader community. At The Family Institute, we continue to adapt, innovate, and expand our commitment to delivering exceptional care for clients.

Additionally, in March 2023, we embarked on the transformative journey of introducing Measurement-Informed Care to our clinical process. This new approach provides clients and clinicians with a way to regularly check in with each other, reflect on the client's self-reported data together, and insights or patterns that inform treatment decisions. Clients who use Measurement-Informed Care report feeling more engaged in their treatment and experiencing greater respect from their providers, as it shows that their perspectives are highly valued.

Measurement-Informed Care began with a pilot group of clinicians working with a small number of clients. By the end of FY23, we expanded the implementation across our entire clinical practice, with 805 participating clients. This not only enhances the quality of care we provide but exemplifies our commitment to evidence-based practices.

## The Top 5 Presenting Problems

by Unique Clients in FY23



*Clients can have more than one presenting problem, but these five were the most used presenting problems amongst clients in FY23.*



## Clinical Practice Update

77,359  
Appointments

5,903  
Clients

116  
Practicing Clinicians

3 <sup>New</sup>  
Specialty Teams

10 <sup>Free</sup>  
Psychoeducational  
Community Events  
with 17 Clinicians

## PSYCHOEDUCATIONAL COMMUNITY EVENTS

In the spirit of fostering behavioral health awareness and community engagement, we held a variety of free, impactful community events throughout FY23. These clinician-led events served as touchpoints for mental health education, access, and empowerment within our community and beyond.

### Screenings of "The Disruptors":

In partnership with Executive Producer Nancy Armstrong, we hosted three screenings of "The Disruptors," a film that takes an immersive look at ADHD. The film screenings were held throughout Chicagoland at locations including the Chicago Cultural Center, New Trier High School and Roycemore School in Evanston. Each screening was followed by an insightful panel discussion featuring our clinicians.

### Navigating High-Achieving Female Professionalism:

Held at the Chicago Microsoft Office, this panel discussion delved into the unique challenges faced by high-achieving women in the workplace, and how these challenges can impact mental health.

### Black Mental Health Community Forum:

Our clinicians joined Bishop Horace E. Smith, M.D. at Apostolic Faith Church in Chicago for a vital conversation to discuss the unique mental health challenges faced by the black community, highlighting the interconnection between mental and spiritual health.



### Psychoeducational Webinars:

Throughout the year, we hosted five webinars that covered diverse topics such as the pillars of well-being and mindfulness, connecting with loved ones, children's mental health, autism spectrum disorder, and back to school anxiety. Each session featured clinicians with specializations in the topic, and was followed by an audience Q&A.

## Gratitude Gala

\$195K

Raised at the  
Gratitude Gala

206

Attendees

34

Sponsors

3

Mental health  
advocates honored  
at the Gratitude  
Gala

79

Auction items  
donated

## The Inaugural Gratitude Gala Raised \$195,000 for The Bette D. Harris Family & Child Clinic

Our inaugural Gratitude Gala was held at The Ivy Room at Tree Studios on May 10, 2023. This evening celebrated mental health advocacy and innovation, bringing together supporters committed to advancing our mission. The Gala featured distinguished mental health advocates, a silent auction, a raffle, cocktails, hors d'oeuvres, and entertainment. All proceeds from this event directly supported The Bette D. Harris Family & Child Clinic.

As part of the Gratitude Gala and in conjunction with Mental Health Awareness Month, we honored three individuals. Governor J.B. Pritzker and Senator Laura Fine, 9th District received the Mental Health Advocacy Award for their pivotal role in the passage of SB3617, expediting licensure for therapists moving to Illinois. Additionally, former NFL player Ryan Mundy was awarded the Mental Health Community Innovation Award for his development of Alkeme Health, which brings continued innovation to the mental health field, as well as for his commitment to provide mental health resources to the Black community.

The inaugural Gratitude Gala brought together more than 200 individuals and raised over \$195,000 to ensure that free mental and behavioral therapy services are available for individuals, couples, and families facing financial barriers.

“

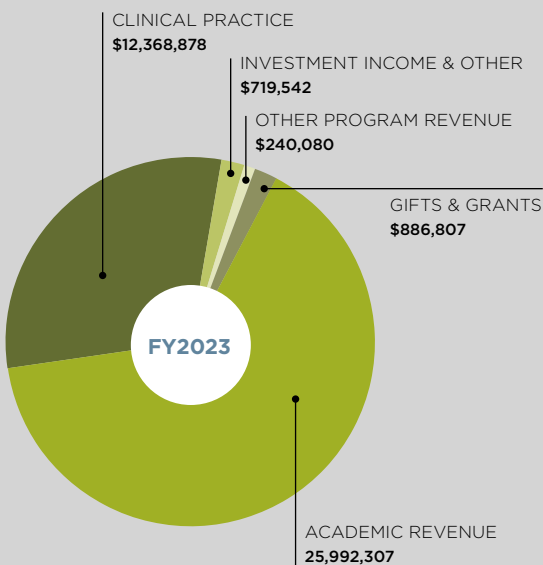
*I couldn't be prouder to accept this award from The Family Institute—an organization that has done the essential work to increase mental healthcare access for our most vulnerable Illinoisans. Behavioral and mental health services deserve the same investment and commitment as any other healthcare system, and expedited licensure agreements are one key part of ensuring there are capable providers ready to provide that support.”*

- Governor J.B. Pritzker



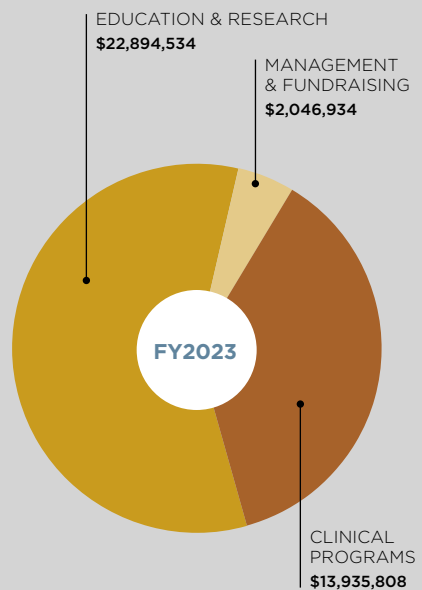
FINANCIAL STATEMENT	2023	2022
<b>ASSETS</b>		
Cash and cash equivalents	\$5,270,833	\$4,855,504
Accounts receivable, net	421,426	422,935
Due from Northwestern University	6,772,651	139,842
Prepaid expenses	141,965	171,091
Pledges receivable, net	1,700	27,500
Investments	10,444,438	10,946,094
Investments, board designated	4,549,868	4,472,406
Property and equipment, net	2,463,457	2,824,318
Operating lease right-of-use assets, net	902,986	-
<b>Total Assets:</b>	<b>\$30,969,324</b>	<b>\$23,859,690</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>Liabilities:</b>		
Accounts payable	\$6,360,004	\$622,524
Accrued expenses	2,430,039	1,778,138
Deferred rent	0	862,186
Deferred revenue	213,265	759,975
Operating lease liabilities	1,399,574	0
<b>Total Liabilities:</b>	<b>\$10,402,882</b>	<b>\$4,022,823</b>
<b>Net Assets:</b>		
Without donor restrictions	\$9,742,448	\$8,600,161
With donor restrictions	10,823,994	11,236,706
<b>Total Net Assets:</b>	<b>\$20,566,442</b>	<b>\$19,836,867</b>
<b>Total Liabilities and Net Assets:</b>	<b>\$30,969,324</b>	<b>\$23,859,690</b>

## SOURCES OF REVENUE



**TOTAL**  
**\$40,207,614**

## USES OF EXPENSES



**TOTAL**  
**\$38,877,276**

The Family Institute's auditors have expressed an unmodified opinion on our financial statements for the fiscal year ended June 30, 2023. Those financial statements, which are available upon request, include associated notes that are essential to understanding the information presented herein.

# Many Thanks to Our Donors

## \$150,000+

Mary J. Gower  
The Harris Family Foundation

## \$25,000-\$149,000

Aileen S. Andrew Foundation  
Michael E. Murphy Foundation

## \$10,000 - \$24,999

Cynthia Bullinger  
Catherine Lamb-Heinz  
and William Heinz  
Jenner & Block LLP  
John and Deborah Larson  
Sachs Family Foundation  
Katie and Larry Sullivan  
Pam Szokol

## \$5,000 - \$9,999

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Blueprint  
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Kevin and Laurie Gates  
Stuart and Debbie Gordon  
Angelique Robinson-Hale and  
Cortez Hale  
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Cliff Rallins  
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Rachel and Christopher  
Schrepferman  
Lynn Sheck  
Margaret Silberman, PhD  
Michael Stelmacki  
Michael and Marilyn Vender  
Smriti Wagle

## \$500 - \$999

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Psychotherapy and More, LLC  
Stephen W. & Susan M. Baird  
Foundation  
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Bergen County's United Way  
Robin Bitner  
Jacqueline and Timothy Bryant  
Mamie and Greg Case  
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Allen and Barbara Dogger  
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Karen Otto  
Anne E. Rossen  
Kathy and Robert Slaughter  
Al Szopinski  
Scott Turow and Adriane Glazier  
Laurie Wilson

## \$250 - \$499

Gideon and Lourdes Akande  
Arkes Family Foundation  
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Queta and Ronald Bauer  
Dana Bennison  
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Aaron Cohn  
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Marissa and Jeff Delgado  
Lauren and Brian Elrod  
Martin and Susan Fine  
Colin Finnegan  
Sarah Frick  
Charles and Mary Gofen  
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Julianne Johnson  
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Carolyn Krulee  
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Lynne Noreuil  
Julie and Keith Radner  
Mudita Rastogi

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Crystal and Franklin Reynolds  
Michele Rogers  
Mallory C. Rose  
Abbey and Dan Rubinstein  
Kathleen and Chris Sarpy  
Puja and Nimit Shah  
Brian Smith  
Catherine and Dan Sullivan  
Susan G. TePas

**\$100 - \$249**

Amazon Smile  
Anonymous  
Ravi Batista  
John Becker  
Traci Bentley  
Edward and Penny Berman  
Kate Bluestein  
Susan Bronstein  
Simone Cavallaro  
Adrienne Claxton  
Jeannine Cleary  
Kelly Coomer  
Paula Cormalleth  
Alice Davies  
Julia DeNapoli  
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John and Jennifer Gerber  
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Heather Smith Grattan  
Kathy Stathos  
Lonnelle Stonitsch  
Debbie and Gregg Stern  
Maureen A. Stimming  
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Urban Summit Psychotherapy  
Eduardo Vallejos  
Pamela Vargas Weinstein  
Joan Waggoner  
Antonia Warren  
Shamika Washington  
Diana Weir  
Sandra Wheeler  
Rachel Zar  
Steven Zuckerman and Paula  
Gorlitz

**Up to \$99**

Tina Anagnos  
Mary Blanchard  
Alisa Blasingame  
Jan Boudart  
Linda Brandt, PsyD  
Donald Butler  
Keara Cahill  
Andrea Davis  
Traci Donato  
Brian Dutkiewicz  
Anthony Edgar  
Matthew Fadel  
Louis Fogel and Tamar Karsh-  
Fogel  
Pamela Fox  
Nicole Fuini  
Eileen Gassman  
Lexy Gore  
Susie Healey  
Betty Kang  
Columba Y. Kim  
Daniel Lewis  
Michelle Lozano  
Mila Lozano  
Lisa Malley  
Jennie Nass  
Network for Good  
Paul Nguyen  
Neal and Mary Ormond  
Brian Schmaus  
Ann Sciortino  
F. Sheppard Shanley  
Kevin R. Sido  
Rachel Steele and Derek Peebles  
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# THE FAMILY INSTITUTE

at Northwestern University

Bette D. Harris Center  
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<sup>1</sup> [usafacts.org/articles/over-one-third-of-americans-live-in-areas-lacking-mental-health-professionals/](https://usafacts.org/articles/over-one-third-of-americans-live-in-areas-lacking-mental-health-professionals/)

<sup>2</sup> [www.cdc.gov/nchstp/dear\\_colleague/2020/dcl-102320-YRBS-2009-2019-report.html](https://www.cdc.gov/nchstp/dear_colleague/2020/dcl-102320-YRBS-2009-2019-report.html)

<sup>3</sup> [www.niaaa.nih.gov/sites/default/files/publications/NIAAA\\_Alcohol\\_FactsandStats\\_102020\\_0.pdf](https://www.niaaa.nih.gov/sites/default/files/publications/NIAAA_Alcohol_FactsandStats_102020_0.pdf)

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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 Weinberg College of Arts and Sciences 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.

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