



THE CHILD & FAMILY  
GUIDANCE CENTER

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ANNUAL REPORT  
2017

# the power of one

This is the amazing Daniel. He's just one of the 3,900 children we served over the last year alone and you'll learn more about him in the pages ahead.

Our wish is that every child we serve be emotionally and psychologically healthy so that they can reach their maximum potential at home, at school, and in life. We have delivered positive results for families since 1925 and our impact is felt throughout Fairfield County, with a focus on Bridgeport—Connecticut's most populated city and its second poorest. Our secret? **We take it one child at a time. It's the Power of One.**

"Too many children don't have a safe, nurturing place to grow up. The Child & Family Guidance Center does incredible work for children and families in Fairfield County. Their work inspires me to keep fighting in Congress for efforts to expand mental health services for children and reduce gun violence."

– U.S. Senator Chris Murphy

## Dear Friends:

In the past year, The Child & Family Guidance Center has been that safe haven for over 3,900 children and their families. I find myself inspired each day by the dedication, compassion and skill of our staff and the resiliency of the children and families we work with. I am proud to lead The Child & Family Guidance Center into the future. As we navigate the opportunities and challenges of the today's health care environment, we are so fortunate to have collective strength to overcome daunting challenges. The Board, senior leadership, staff, and I are focused on moving the agency forward resolutely and strategically.

We offer proven, effective services for vulnerable families. Over 70% of the children seen in our Outpatient Department have experienced trauma –

physical abuse, sexual abuse, witnessing domestic or community violence. The good news? Successfully completing trauma treatment results in positive outcomes – decreased PTSD reactions, and improved functioning for those children experiencing depression and anxiety, as well as behavioral, cognitive, or relationship issues.

Our vision is that all children and families will have the emotional well-being and resources needed to succeed in life. The CFGC team works diligently every day to see that one day that vision is achieved.



Michael Patota  
President & CEO



Dana Scinto Colangelo  
Chairperson, Board of Directors







## Outpatient Therapy + Care Coordination = Results

"We learned that Daniel loves basketball and was interested in working. We connected him with the McGivney Center in Bridgeport for their counselor-in-training program. Truth be told? They were reluctant to take Daniel due to his shyness. But we convinced them to give Daniel a shot. They did. And it paid off.

Daniel was a hit at McGivney and is welcome back anytime. He is getting As and Bs at school, and his relationship with his mom is better than ever. We are so proud of him."

*Melissa Martinez*

*Leticia Polanco*

Melissa Martinez, Daniel's therapist  
Leticia Polanco, CFGC Care Coordinator



"It was amazing how you took the time to believe in me. I've changed a lot!"

- Daniel



## the power of two

Daniel was in therapy at the Child & Family Guidance Center but needed more supports. He was skipping school, was suspended, and was getting involved with the wrong crowd. Daniel was not able to see how his actions were impacting him and needed a real world reality check. This is simply not something that can be provided in a therapy session.

Daniel's therapist **Melissa Martinez** knew that Daniel needed community connections and reached out to **Leticia Polanco**, a CFGC Care Coordinator, for help.

Together, they formed a team that would focus on Daniel's strengths to put the supports in place that would keep him on the right track. **Outpatient Therapy + Care Coordination. That's the Power of Two.**





# the power of three

## 2-1-1

These three numbers pack a punch. When your child is out of control, it can feel like there is nothing you can do. Our Emergency Mobile Psychiatric Team experts know how to help, are just a phone call away, and will come to your location. We'll assist you to get things under control right away and provide up to six weeks of follow-up support.

The Child & Family Guidance Center offers mobile crisis supports in Greater Bridgeport and Greater Norwalk...but no matter where you are in Connecticut, 2-1-1 can provide help fast. That's the Power of Three.

## Emergency Mobile Psychiatric Services (EMPS)

"As an EMPS team member, my days are never the same, and I'm rarely at my desk! And when I go out on a call, I'm never exactly sure what situation I'm walking into, so I need to be fast on my feet. It is incredibly fulfilling to help children who struggle emotionally, and I love that we bring our supports out into the community, where the kids

are. The immediate clinical support provided by EMPS is an important alternative to emergency room visits or police involvement. We are specifically trained to handle mental health crises, and we do all that we can to keep the child at home and at school."



Stephanie Perez, EMPS Team

95% of mobile crisis responses take place within 45 minutes



## Grandparents Raising Grandchildren

"Our grandparent members put their on lives on hold to raise their grandchildren, when they often don't have the legal, financial, physical or emotional resources to do so. By connecting with their peers and leveraging community resources, they move from

being at the mercy of their circumstances, to taking control of their lives. They inspire me everyday."

*Gail Carroll*

Gail Carroll, program director for Grandparents Raising Grandchildren



"I can't imagine where I would be if I didn't have all of the resources provided by the Child & Family Guidance Center."

- Kathy Lasky

Kathy Lasky, 73 years old, mom of 5, grandmother of 15 and great grandmother of 7. She raises two of her grandchildren. Karina is 19 and a student at Housatonic Community College.

Veronica is a middle school student with Down Syndrome, who is a loving child filled with hugs and kisses that she shares freely.



# the power of many

Wonder Woman? Iron Man? Yeah, they're good. But they are nothing next to our own superheroes: Grandparents Raising Grandchildren. These women and men have stepped up to the challenge of taking care of their grandchildren when the parents are not able to. The reasons can be tragic, including incarceration, substance abuse, and death of the parents. Becoming a caregiver to one's grandchild is life altering, and comes with a combination of challenges that is unique to this remarkable group of people.

Our Grandparents Raising Grandchildren program helps grandparents rise to the challenge they have taken on by providing support groups, education, and community.

They are pretty incredible and gain their strength from each other. **This is the Power of Many.**





# the power of you

## Our Contributors

Our work is powered by community partners & generous donors like you. Thank you!

### \$10,000 and above

Fairfield County's Community Foundation  
Irene & Tim Brennan  
Farmers Insurance  
The Per & Astrid Heidenreich Family Foundation  
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Suzanne Wallace  
Kathleen Young

### \$100 - \$249

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Marlyse Nerette  
Wilsnide Nerette  
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Michael Pro  
Unah Pro  
Emily Quigley  
Harvey Rabbit  
Fernando Ramada  
Manny Ramada  
Maria Ramada  
Rocio Ramos  
Deborah Rath  
Gladys Revelo de Sanchez  
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Dominique Wifall  
Austin Wolf  
Rebecca Zarrella

Our apologies for any errors or omissions. We are profoundly grateful for your support.

# Financials

## Operating Revenue

State & Federal Grants	\$8,524,308
Third Party Payments	\$2,076,743
Contracts & Fees	\$298,282
Other Income	\$421,767
<b>TOTAL OPERATING REVENUE</b>	<b>\$11,321,100</b>

## Operating Expenses

Personnel	\$9,406,817
Occupancy	\$242,229
Supplies & Other Expenses	\$1,920,892
Depreciation	\$139,358
<b>TOTAL OPERATING EXPENSES</b>	<b>\$11,709,296</b>



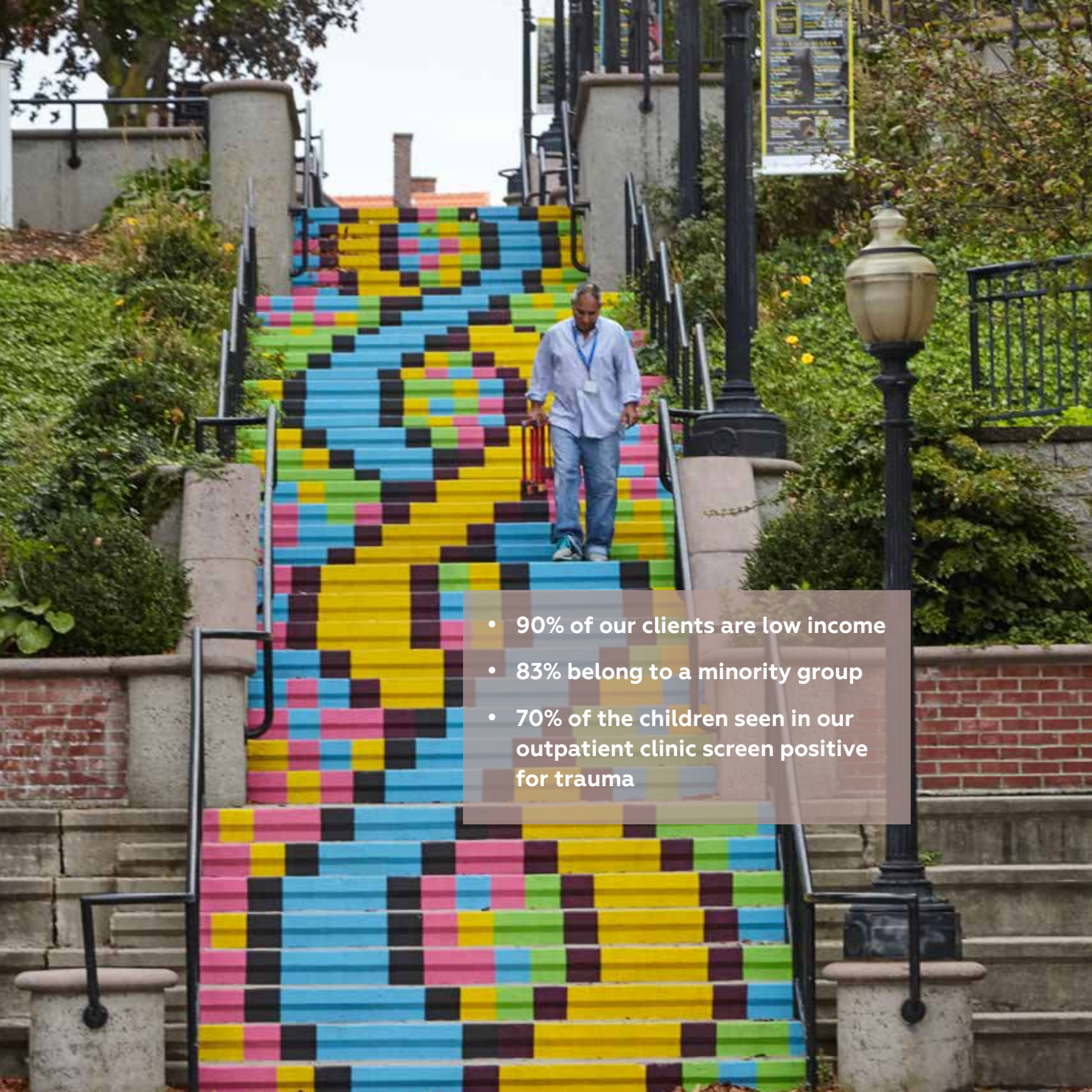
"I've lived in Fairfield County for most of my life, but I never fully realized how difficult the lives of some families who live just 15 minutes away from me can be, until I became involved with The Child and Family Guidance Center. What would you do if you lived below the poverty line and had a child that experienced

trauma or had a mental illness? Every child deserves a chance to heal, regardless of their family's ability to pay for treatment. Helping our most vulnerable neighbors is the compassionate - and the right thing to do."

Irene Brennan, Board Member







- 90% of our clients are low income
- 83% belong to a minority group
- 70% of the children seen in our outpatient clinic screen positive for trauma

## Board of Directors

Dana Scinto Colangelo, Chairperson  
Mindee Blanco, Vice Chairperson  
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Alexandra Wallace-Currie

## Leadership Team

Michael Patota, MS, MSW, President/CEO  
Cay White, MD, Medical Director  
Irma Camacho, LMFT, Unit Director  
Terril Pile, LCSW, Unit Director  
Kimberly Farrar, MS, Director, Human Resources  
Ken Fontaine, MBA, Chief Financial Officer  
Stacey Goodwin, MBA, Director, Program Evaluation & Quality Assurance  
Mike Ryan, Director, Information Technology

Local artist Liz Squillace recently completed her mural "Painted Stairway" on Bridgeport, Connecticut's iconic steps that run from Elm Street up to Golden Hill Street

## Our Programs

### Counseling Services

- Outpatient Behavioral Health and Psychiatric Services
- Early Childhood Consultation Partnership
- Functional Family Therapy
- Intensive Family Preservation
- Reunification & Therapeutic Family Time

### Youth in Crisis and Substance Use Services

- EMPS Mobile Crisis Intervention Team
- Family Based Recovery
- Multisystemic Therapy
- Turning Point

### Family Support Services

- Care Coordination
- Community Support for Families
- Foster Grandparent Program
- Grandparents Raising Grandchildren
- Nurturing Families Network
- Parenting Support Services
- Visitation Center

"The mental health and behavioral supports at CFGC were a lifeline that pulled me out of the darkness when I was a teenager, and helped me become the man I am today."  
- Joel Espada





## THE CHILD & FAMILY GUIDANCE CENTER

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Bridgeport Clinic and  
Administrative Offices  
180 Fairfield Avenue  
Bridgeport, CT 06604  
Phone: (203) 394-6529

Norwalk Clinic  
1 Park Street  
Norwalk, CT 06851  
Phone: (203) 394-6529

Stratford Clinic  
80 Ferry Boulevard  
Stratford, CT 06615  
Phone: (203) 378-1654

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[cfguidance.org](http://cfguidance.org)

