

ackerman
INSTITUTE FOR THE
family

Annual Report 2015



moving families forward

WHO WE ARE

Founded in 1960, the Ackerman Institute for the Family is one of the premier institutions for family therapy in the United States. The Institute serves all kinds of families at all stages of family life by offering programs addressing a broad array of issues and concerns.

Ackerman also is one of the best-known and most highly regarded training facilities for family therapists. Each year, the Institute provides educational programs and workshops for family therapists and mental health professionals on site and in hospitals and clinics in New York, nationally and internationally.

Ackerman faculty members author influential articles and books, and present papers across the country and around the world. The innovative, cutting-edge research they undertake focuses on both the development of new treatment models and new training techniques.

WHAT WE DO

Family therapy is a form of psychotherapy that brings family members together to solve their shared problems. It is based on the belief that families are the single most powerful resource available to individuals attempting to cope successfully with major psychological or medical issues or even those difficulties caused by society.

In traditional forms of psychotherapy, each individual works separately to solve his or her problems. In family therapy, family members work together to solve problems. By allowing families to harness and strengthen existing resources, and by helping family members work collaboratively toward inventive solutions to tough problems, family therapy has proven to be of great benefit to people at times of major life stress.

The Ackerman Institute has played a major role in expanding the scope of the field of mental health, and is widely acknowledged as a pioneer and leader in the field of family therapy. The Institute and its faculty have received multiple major awards from the nation's leading professional organizations, including the American Association of Marriage and Family Therapy and the American Family Therapy Academy.

Through its dynamic interaction of training, treatment and research, the Ackerman Institute's work positively affects generations of families, provides mental health care professionals with new skills, and brings innovative perspectives to community service agencies and other health care facilities.

About the Ackerman Institute: A Unique, Integrated Approach

The Ackerman Institute for the Family was founded in 1960, with a mission to develop cutting-edge and effective models of treatment for families in distress and to train clinicians in the implementation of those models. Since then, we have been unique in our focus on communities and the context surrounding an individual facing difficulties. We remain a forerunner in developing and constantly testing therapeutic models of family therapy to move away from individual psychodynamic models of treatment and improve our approach. To this end, the Ackerman Institute's principal activities are:

Treatment

Ackerman's on-site Treatment Center is at the heart of all of our service programs, training initiatives and research projects. Highly trained therapists help families from all ethnic, economic and religious backgrounds, as well as heterosexual and same-sex families and couples. Our goal is to harness and strengthen family resources, and help family members work collaboratively towards solutions to their problems. Ackerman is the only post-graduate training institute with a clinic licensed by the New York State Office of Mental Health.

Training

Ackerman's training programs in family therapy serves mental health professionals on-site and at community-based workplace sites, which include social service agencies, hospitals, family courts, community centers, and schools. We offer an advanced two- and three-year postgraduate externship for psychologists, psychiatrists and social workers, and a one-year course on family therapy theory and practice. In addition, we offer 32 different day-long education workshops on-site for mental health practitioners.

Research

Ackerman's faculty members are experts in their fields and highly motivated to develop issue- or population-focused projects, and they dive deeply into research, training, and field-building activities. Ackerman's research is about finding out what interventions work best in a given context – what approach for a particular problem yields the strongest results for children and families. Proven practices are shared with other experts in the field and brought back to trainees in our post-graduate training program. Each project has a unique focus that incorporates treatment, training and research for special populations. Projects change over time based on emerging issues and needs.

Through these integrated activities and responsive programming, the Ackerman Institute has been a major force in expanding the field of mental health's understanding that the problems of the individual are best understood and solved in their social context, the context of the family and the community.



Annual Report 2015

Our Impact

The Ackerman Institute for the Family is a prominent post-graduate training facility known for the last 50 years for developing family intervention models and training others to implement them. In 2015, the Institute as a whole:

- Held more than 6,000 family therapy sessions helping more than 1,800 family members, including 1,170 children referred to us from under-resourced communities.
- Trained 267 post-graduates in our in-house training program, who served approximately 5,300 families in the tri-state area.
- Conducted in-house workshops for 908 front-line professionals who served over 10,000 families.
- Received approval from NY State to provide CEUs (Continuing Education Units) to social workers.
- Trained 700 professionals in their community-based agencies.
- Provided international trainings to 1,483 mental health professionals in Chile, Argentina, Italy, Israel, Australia, and Mexico.

Over the last three years, the Institute has embarked on an examination of how racism, oppression, prejudice, and marginalization affect the mental health of children and families of color. This has included a process of self-study and reorganization, as Ackerman has revised its clinical training curriculum and re-organized its governing structures to redistribute power more equitably along racial lines to ensure a more socially just institutional environment and clinical interventions.

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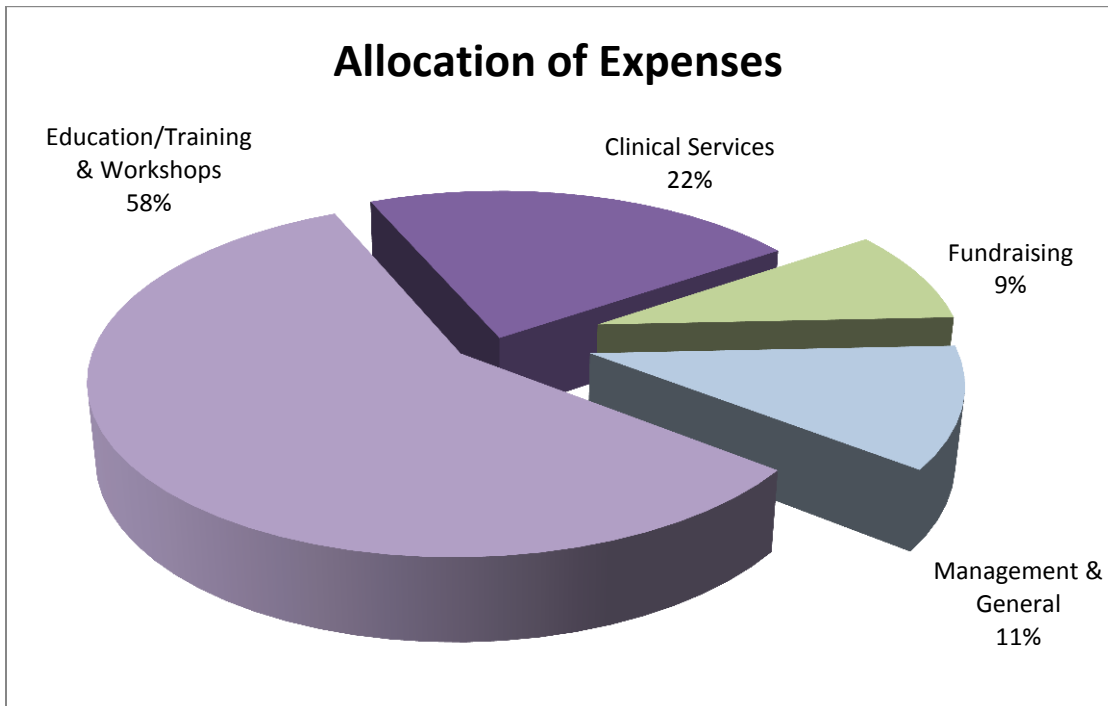
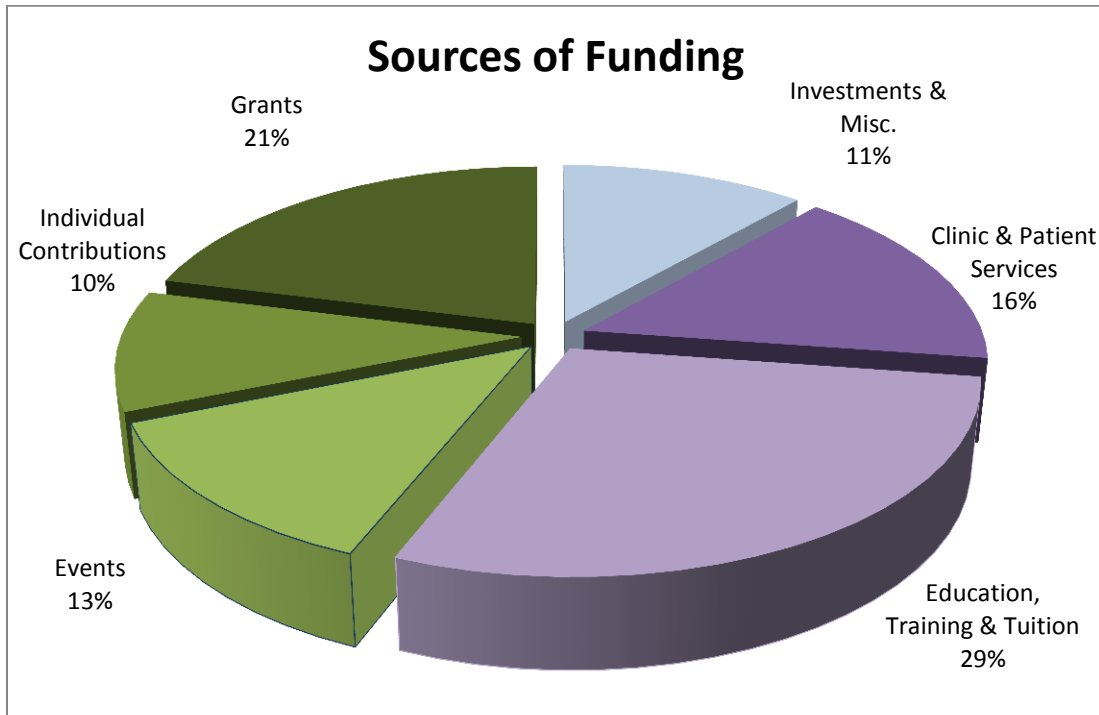
July 1, 2014 – June 30, 2015

ASSETS	TOTAL
Current Assets	
Cash and cash equivalents	3,650,305
Investments	10,478,506
Accounts Receivable	105,554
Contributions Receivable	109,000
Prepaid Expenses	<u>109,511</u>
Total Current Assets	14,452,876
Contributions receivable, net of current portion	78,000
Property and Equipment, at Cost, Net of Accumulated Depreciation	10,524,358
Deferred compensation	<u>46,107</u>
Total Assets	25,101,341
 LIABILITIES & NET ASSETS	
Current Liabilities	
Accounts Payable and Accrued Expenses	189,502
Salaries and Payroll Taxes Payable	76,454
Deferred Tuition and Fees	120,593
Deferred Compensation	<u>46,107</u>
Total Current Liabilities	432,656
Net Assets	
Unrestricted & Board-Designated	18,868,907
Temporarily Restricted	3,026,345
Permanently Restricted	<u>2,773,433</u>
Total Net Assets	<u>24,668,685</u>
Total Liabilities and Net Assets	25,101.341

Statement of Financial Activities

July 1, 2014 – June 30, 2015

PUBLIC SUPPORT AND OTHER REVENUE	TOTAL
Public Support:	
Grants and Contributions	1,103,351
Special Events, Net of Direct Costs of \$218,262	<u>451,498</u>
	1,554,849
Other Revenue:	
Patient Services	559,089
Tuition and fees	1,017,455
Rental Income	145,716
Investment Income	253,051
Miscellaneous	<u>8,485</u>
Total Public Support and Other Revenue	3,538,645
EXPENSES	
Program Expenses:	
Clinical Services	786,100
Education & Workshops	<u>2,057,355</u>
Total Program Expenses	2,843,455
Supporting Services:	
Management & General	397,264
Fundraising	<u>310,413</u>
Total Supporting Services	<u>707,677</u>
Total Expenses	3,551,132
Increase (Decrease) from operating activities before other additions (deductions)	(12,487)
Other additions:	
Unrealized gains on investments	177,526
Net gain on sale of building (149 East 78 th Street)	<u>17,132,229</u>
Total Other additions	177,526
Increase (Decrease) in Net Assets	165,039
Net Assets, beginning of year	<u>24,503,646</u>
Net Assets, June 30, 2015	24,668,646



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The Ackerman Institute for the Family is exceedingly grateful to the individuals, foundations and corporations who invested in our work in the past year to make families healthy and strong.

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