

ACKERMAN INSTITUTE FOR THE FAMILY

ANNUAL REPORT 2007





OUR MISSION

Founded in 1960, the Ackerman Institute for the Family is one of the premier institutions for family therapy in the United States. The Ackerman Institute's mission is to provide:

- Clinical services that address a wide variety of family concerns and issues.
- A broad spectrum of training programs on site and in community settings in and around New York City and abroad.
- Innovative, cutting-edge research initiatives that focus on the development of new treatment models and new training techniques.

Through this dynamic interaction of treatment, training and research, Ackerman helps families, serves mental health care professionals and brings innovative perspectives to an extensive array of communities.

For more information: www.ackerman.org

PORTRAIT OF A FAMILY

A mother whose 20-year struggle with drugs and alcohol has kept her from being the mom she wants to be ...

Four brothers with no father in their lives, who love their mother, but also fear her because they have experienced her anger and lived through repeated separations ...

A family fractured by homelessness, financial insecurity and a deeply rooted inability to communicate with each other ...

And yet, this also is a family with strengths they don't know they have, with enormous resilience, and with great love for one another.

The challenge is how to help Charlotte Leonard and her sons, and the answer is family therapy.

Charlotte, age 38, is the anchor of her family, and she

knows it. In spite of her own problems and her feelings of guilt about how her addictions have hurt her children, Charlotte came to Ackerman to learn how to strengthen the bond between herself and her sons and help all of them reconnect as a family.

That reconnection faces multiple obstacles. Charlotte's oldest son Michael, age 16, is living with an uncle. Charlotte and the other three boys, 14-year-old James, ten-year-old Rick and eight-year-old Charlie, live in a one-room apartment while awaiting placement in a larger space. The boys all attend school regularly and Rick, in particular, does very well academically, but Charlie and Rick often fight. James says he feels responsible for breaking up these fights.

"I am mean to them most of the time because they need to learn," he explains.

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...a family with strengths they don't know they have, with enormous resilience, and with great love for one another.



Message from the Chair

As you read this 2007 Annual Report, it actually will be 2008, only two years before the 50th anniversary of the founding of the Ackerman Institute for the Family. So much has changed in half a century, but two things remain constant. Families, then and now, face numerous challenges, and the solution to these challenges, then and now, lies in harnessing and strengthening the existing resources and resilience of families.

Last year, I told you that the Ackerman Institute had established three goals for 2006-2007. These were to increase our public profile, continue our successful financial stabilization and expand the connection of the Board to Ackerman's activities and programs. I am pleased to report that we have made substantial progress in all three areas. The advances we have realized are due in large part to the dynamic leadership of our President and CEO, Lois Braverman, the commitment and participation of our new Board members and the continuing support of our longtime Board members.

This year was a period of advancement and transition as we set the stage for many initiatives we will implement in 2007-2008. These include hosting our first Tribute to Families Gala, launching a completely redesigned website, creating a new version of our newsletter, publishing new brochures and launching a planned giving program.

As always, I want to thank those of you who have supported Ackerman in the past. I hope this report provides you with a full picture of the many accomplishments Ackerman has realized during the past year and a sense of how important a role you have played in helping us reach these milestones. We could not do the work we do without you.

I also want to thank Ackerman's magnificent faculty. Their dedication to the families they serve and to the Institute is deeply appreciated and truly inspiring.

Finally, I want to welcome those of you who are new friends of Ackerman. I believe there is no better investment any of us can make than helping families help themselves. I hope this report demonstrates clearly that this is what we do at Ackerman and what your support makes possible.

Sincerely,

Jane Phillips Donaldson
Chair

Message from the President and CEO

The Ackerman Institute is an amazing and exciting place. We have a distinguished faculty, a dedicated Board of Directors, a vibrant student body, an active and involved Alumnae/i Association, loyal and caring partners in a variety of communities and generous and compassionate supporters.

The challenges that families face today are enormous, and the pace and complexity of modern life often leave families feeling confused, put upon and isolated. That is why the programs and services provided by Ackerman are so important. Ackerman is a place where families learn how to use a variety of tools and techniques that draw on the strengths they already possess to find creative solutions to even the toughest problems.

There are two qualities that make Ackerman unique. The first is our commitment to recognizing diversity in all of its forms and working with all kinds of families in ways that are sensitive to their specific needs. The second is the scope and breadth of concerns addressed by our treatment, training and research programs.

The quality of the Ackerman Institute is demonstrated in so many ways: in the awards presented to our faculty and the constant requests we receive from all kinds of media for comments and interviews on family issues; in the large numbers of referrals our Clinic receives from private physicians, hospitals and agencies; in the gratitude so often expressed by couples and families seen at our Clinic; and in the always increasing demand for our courses, workshops and community training programs. With your support, our influence will continue to be felt across the country and around the world.

Sincerely,

Lois Braverman
President and CEO





About the Ackerman Institute

Since 1960, the Ackerman Institute for the Family has achieved international prominence and earned national awards for the development of innovative models of family therapy, professional training for family therapists, and community programs for families facing major life challenges. One of the first training institutions in the United States committed to promoting family functioning and family mental health, Ackerman is dedicated to helping all families at all stages of family life.

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A FAMILY CONTINUED

Charlotte admits that she often feels like hitting her boys although she says she does not. When she is out of the room, the boys tell a different story. Their mother does hit them, they say, with a plastic bat, but “it doesn’t hurt.”

What really hurts, to Rick, is his feeling that his mother picks on him because he is overweight. That makes Rick angry, and he says, “when I get mad I think about my father and that makes me madder because he’s never been there for me.”

James, Rick and Charlie Leonard know what it is like to live in fear of an angry parent. They know what it is like to come home and find that their mother has let them down yet again. They know the pain of being sent to stay with relatives. They know how it feels to be

uprooted, displaced and alone. And yet, these children are not alone. They have problems articulating their feelings, but it is clear to anyone who observes them that the bond between them is strong and that all of them agree, in spite of all that has happened, that their mother “is there for us.”

These are the strengths that Charlotte Leonard and her sons brought to family therapy, and building on this resilience, their family therapist has been able to help them break through the barriers of anger, hurt feelings and sadness to reconnect with one another.

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[...these children...] have problems articulating their feelings, but it is clear to anyone who observes them that the bond between them is strong.



Highlights 2006-2007

- Lois Braverman becomes President and CEO of the Ackerman Institute.
- In October 2006, the Rusty Magee Clinic for Families and Health is named in honor of Rusty Magee, composer, lyricist, and comedian for film and television. The Clinic provides crucial services to couples and families facing chronic or life-shortening medical illness and also trains allied health professionals. It is the only clinic of its kind in the tri-state area, and is recognized by health care professionals as *the place* to refer patients and families for needed emotional support, relationship solutions and the recovery of resilience in the face of serious illness and loss.
- In early 2007, the Institute hosts its first Film Symposium, featuring the film, *Gray Matters*. The Film Symposium offers attendees a unique opportunity to “learn life’s lessons” by viewing a new film that deals with family issues followed by a discussion led by a panel of Ackerman faculty. *Gray Matters*, starring Heather Graham, Tom Cavanagh and Bridget Moynahan is a sophisticated comedy about love, life and being true to oneself. The Ackerman panel is comprised of Lois Braverman, who acts as moderator, Peter Fraenkel and Jean Malpas.
- On May 18, 2007, the Ackerman Institute hosts its first one-day conference, *In Celebration of Peggy Papp and Olga Silverstein: Four Generations of Influence in Family Therapy*. The conference focuses on the many contributions of Peggy Papp and Olga Silverstein to the discipline of family therapy, including an historic overview, classic and recent video clips of their work, commentary by a distinguished panel of family therapists and an array of workshops dealing with a broad spectrum of issues and concerns. More than 180 individuals from across the country and abroad attend.
- Ackerman maintains international relationships with institutes in Argentina, Chile, Japan and Hong Kong, and initiates a new partnership with the Shinui Institute in Israel.
- The Ackerman Clinic, licensed by the New York State Office of Mental Health, conducts almost 17,000 client contacts per year with families. Approximately 40 percent are enrolled in Medicaid or other public assistance programs and 24 percent are working-poor families ineligible for Medicaid. These families come from all New York City boroughs and across the tri-state area.
- The Institute’s training programs in family therapy serve approximately 1,600 mental health professionals at the Institute and at workplace sites, including social service agencies, hospitals, family courts and community centers. The Institute maintains professional partnerships with eight schools and educational institutions, 12 medical centers, and 17 social service and mental health agencies.
- The Ackerman Institute continues to play 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.
- Complete information about all Ackerman programs and services is available at the Ackerman Institute for the Family website, www.ackerman.org.

The Ackerman Institute Centers

Center for the Developing Child and Family (CDCF)

Director: Martha Edwards, PhD

The mission of the CDCF is to support the ongoing development of children and parents in the contexts of family and school. CDCF programs include:

- **Bright Beginnings**, a program that helps parents promote their children's social and emotional development and school readiness.
- **Personal Best**, a 16-week group experience that promotes parental skill building and personal growth.
- **Competent Kids, Caring Classrooms**, a multi-year curriculum designed to support social and emotional well-being in children in elementary school.
- **The Family-School Collaboration Program**, a project that supports collaborations between families and schools.
- **The Young Friends Lecture Series**, a program presenting speakers on a variety of subjects relating to parenting.

Center for Families and Health (CFH)

Director: Evan Imber-Black, PhD

The mission of the CFH is to address the profound challenges posed by illness to families, patients and their medical providers. CFH programs include:

- **The Rusty Magee Clinic for Families and Health**, a clinical program that offers a range of psychosocial services to families in which one or more members has a life-threatening or life-altering physical illness.
- **Adolescents and Their Families**, an initiative dedicated to using a family therapy model to treat depressed adolescents and their families.
- **The Carl Kempner Memorial Lecture**, a program that brings a distinguished speaker to Ackerman each year. This year's seventh annual lecture was on Family Therapy for Individuals with Life-Threatening Illness, delivered by Center Associate Mary Arnold.
- **Partnerships** with a number of institutions, including North General Hospital, The Naomi Berrie Diabetes Center at Columbia University Medical Center and Memorial Sloan-Kettering Cancer Center.

Center for Work and Family (CWF)

Director: Peter Fraenkel, PhD

The mission of the CWF is to conduct research, provide training for professionals and deliver community-based programs that help families at all socioeconomic levels meet the challenge of integrating work and family life. CWF programs include:

- **Fresh Start for Families**, a program that helps poor families cope more successfully with the challenges of homelessness, life in homeless shelters and making the transition from welfare to work. This program is offered at two homeless shelters administered by HELP: HELP Crotona in the South Bronx and HELP Harbor, a domestic violence shelter in Manhattan.
- **Fortalecerse**, a project developed in collaboration with Columbia University's Head Start and Early Head Start programs, that examines the challenges and coping approaches of first-generation Latina women attempting to adjust to life in the U.S. and move into the workforce.
- **The Money, Values, and Family Project**, which conducts the Parenting Forum, a three-week program that helps parents across the socioeconomic spectrum think through the relationship between money and values in raising their children, and the monthly Family Forum, designed to help families with considerable assets consider the relationship between money and values.





Center for Children and Relational Trauma

Co-Directors: Marcia Sheinberg, LCSW and Fiona True, LMSW

The mission of the Center is to provide treatment for children and families coping with the effects of trauma, including, but not limited to, family violence, sexual abuse, chronic illness, premature death and family separation. Recognizing the fact that relational trauma originates within the family itself, the Center's approach is a unique blend of individual, family, and group counseling. Each element of the model contributes its own special insights and informs the other elements without violating the central issue of confidentiality.

Center for Substance Abuse and the Family (CSAF)

Director: Peter Steinglass, MD

The mission of the CSAF is to develop treatment models for addressing problems that arise in families in which one or more members are engaged in substance use or abuse.

CSAF programs include:

- Trainings with the NYU-Bellevue Medical Center Division of Alcoholism and Substance.
- Trainings with the Memorial Sloan-Kettering Cancer Center Psychiatric Department that address on-going alcohol use after cancer treatment.
- Trainings with Maudsley Hospital in London, UK.

A FAMILY CONTINUED

Charlotte now knows that her offhand remarks about Rick's weight are incredibly hurtful to him. She understands now that even when she criticizes Rick with other words (accusing him of being lazy, for example), what he hears is his mom telling him he's fat.

At the same time, Rick has come to see that when he gets angry at Charlotte and reacts by breaking furniture or just ignoring her, he is fueling her anger. James now understands that when he is mean to his brothers, they don't think he is teaching them anything. They just think he is mean. And Charlie now knows that his teasing Rick and fighting with him all the time only makes a bad situation worse.

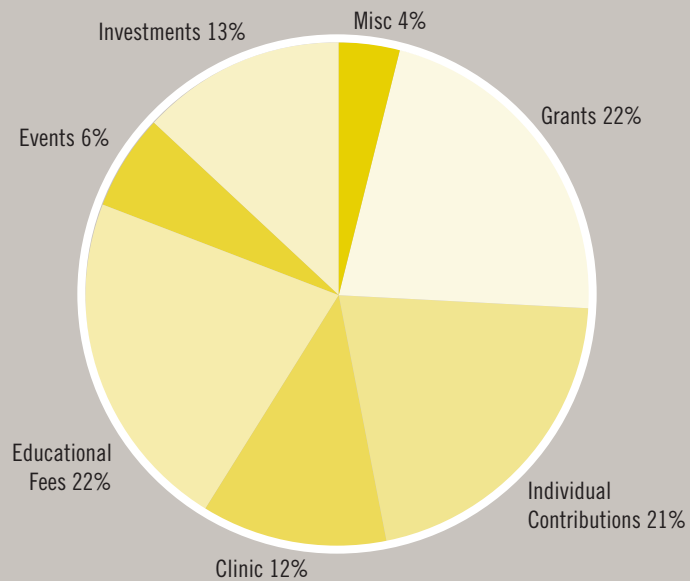
"I wish we could solve everything in one night," Rick said at one therapy session. It was James who told Rick

that the family's problems could never be fixed in one day, but during the past six months, every member of the Leonard family has come to realize that their difficulties can be eased when they work together.

At a later session, Charlotte and all four of her sons sat in a circle, holding hands, and, finally, talking directly to one another. Their problems have not all been resolved, but as their fears and anger begin to fade, the family begins to communicate and this once fractured group has become a reconnected family.

*... as their fears and anger begin to fade,
the family begins to communicate and
this once fractured group has become a
reconnected family.*

SOURCES OF FUNDING



Statement of Financial Position

For the year ending June 30, 2007

ASSETS

TOTAL

Current Assets

Cash and cash equivalents	238,577
Investments	2,514,472
Accounts Receivable	95,005
Unconditional promises to give	99,827
Prepaid Expenses	57,008

Total Current Assets 3,004,889

Property and Equipment, at cost, net of accumulated depreciation

651,582

Total Assets

3,656,471

LIABILITIES & NET ASSETS

Current Liabilities

Line of Credit Payable	366,000
Accounts Payable and accrued expenses	33,578
Salaries and payroll taxes payable	31,969
Annuity Payable	15,902
Deferred tuition and fees	98,349

Total Liabilities

545,798

Net Assets

Unrestricted & Board-Designated	72,759
Temporarily Restricted	390,881
Permanently Restricted	2,647,033

Total Net assets

3,110,673

Total liabilities and net assets

3,656,471



Statement of Financial Activities

For the year ending June 30, 2007

PUBLIC SUPPORT AND OTHER REVENUE

TOTAL

Public Support:

Grants and Contributions	1,319,623
Special Events, net of direct costs of \$51,841	184,093
Donated services	11,250
	<u>1,514,966</u>

Other Revenue:

Patient Services	357,022
Tuition and fees	714,654
Rental Income	62,997
Investment Income	411,834
Miscellaneous	42,121
Total Public Support and Other Revenue	<u>3,103,594</u>

EXPENSES

Program Expenses:

Clinical services	369,843
Education & workshops	1,733,848
Total Program Expenses	<u>2,103,691</u>

Supporting Services:

Management & General	666,095
Fundraising	186,216
Total Supporting Services	<u>852,311</u>

Total Expenses 2,956,002

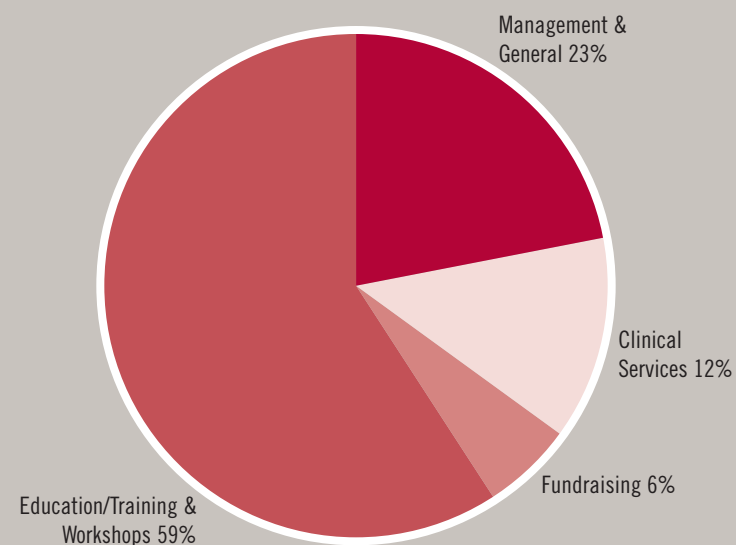
Increase (decrease) in net assets 147,592

Net assets as previously reported, July 1, 2006 2,963,081

Net Assets, June 30, 2007 3,110,673



ALLOCATION OF EXPENSES



Donors

FOUNDATIONS & CORPORATIONS

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The City College of the City University of New York
Columbia Psychiatric Institute – Community Psychiatry
Training Program
Hunter College School of Social Work
New York City Department of Education: P.S. 102; P.S. 127;
The Hellenic Classical Charter School, Brooklyn;
Dreamyard Prep, Bronx; High School for Arts, Imagination
and Inquiry, Manhattan; and LYFE Program, Long Island
City High School, Queens
New York University School of Social Work

MEDICAL CENTERS

Bellevue Hospital
Columbia University Medical Center
Naomi Berrie Diabetes Center
Four Winds Hospital
Iris Cantor Women's Health Center at Weill Cornell
Lenox Hill Hospital
Lutheran Medical Center
Maimonides Hospital, Brooklyn
Memorial Sloan-Kettering Cancer Center
New York Hospital/Payne Whitney Psychiatric Clinic
New York University School of Medicine Department
of Psychiatry
North General Hospital
Riverview Hospital

SOCIAL SERVICE/MENTAL HEALTH AGENCIES

Administration for Children's Services
Adolescent Portable Therapy Project, Vera Institute of Justice

Arab-American Family Support Center of Brooklyn
Cabrini Immigrant Services
Catholic Home Bureau
Center for Family Life Orange County
Child Center of New York
Children's Aid Society
Coalition for Hispanic Family Services
Day Care Council of New York
Friends of the Children, NY
Harlem Children's Zone
HELP USA
Jamaica Family Center
Jewish Child Care Association
Manhattan Family Treatment Court
Mid Fairfield Child Guidance Center
Nassau County Coalition Against Sex Abuse
New York Zero to Three Network
Orange County Mental Health Services
Room to Grow
Satterwhite Institute
United Bronx Parents
Visiting Nurse Services Early Head Start
Westchester Jewish Community Services

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The Academy of Counselors, Japan
Aigle Institute, Argentina
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It all starts here...

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