



## Annual Report 2011

**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.

## **Annual Report 2011**

### **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 or semester-long course on family therapy theory and practice. In addition, we offer 32 different day-long education workshops on-site for mental health practitioners.

#### **Research**

The Ackerman Institute'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.

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**Statement of Financial Position**

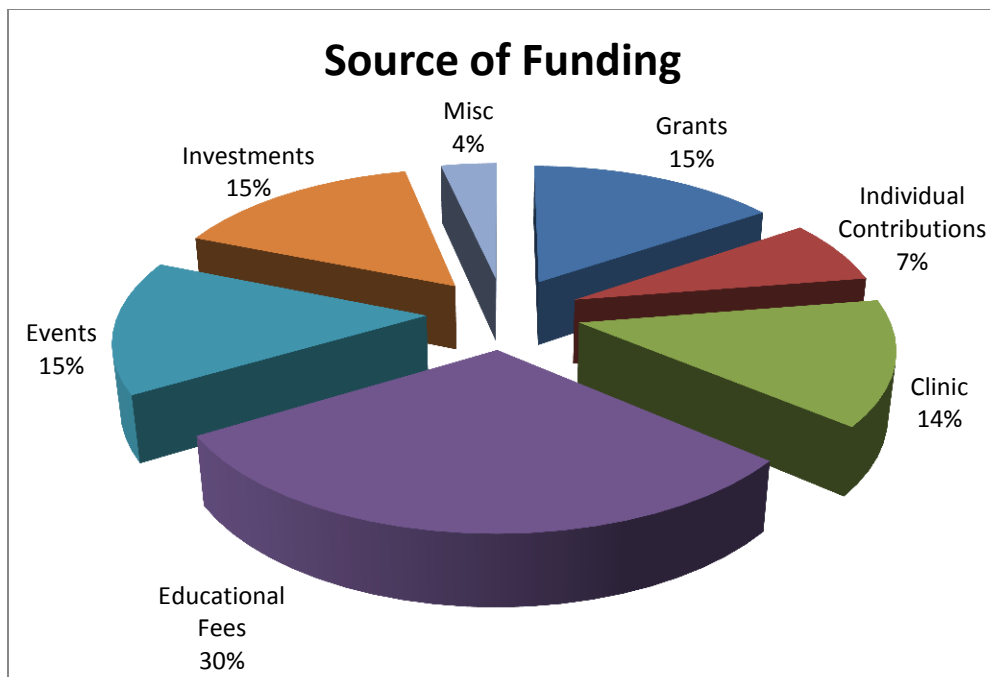
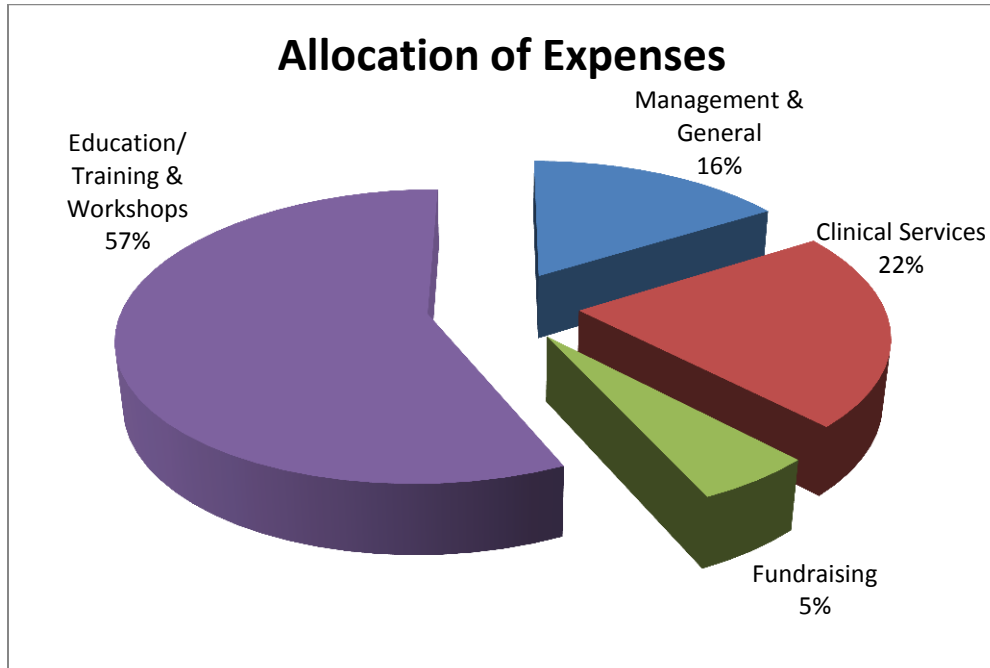
July 1, 2010 – June 30, 2011

<b>ASSETS</b>	<b>TOTAL</b>
Current Assets	
Cash and cash equivalents	1,509,837
Investments	2,572,725
Accounts Receivable	167,509
Contributions Receivable	60,000
Prepaid Expenses	<u>58,232</u>
Total Current Assets	4,368,303
Property and Equipment, at Cost, Net of Accumulated Depreciation	<u>527,575</u>
<b>Total Assets</b>	<b><u>4,955,878</u></b>
<b>LIABILITIES &amp; NET ASSETS</b>	
Current Liabilities	
Accounts Payable and Accrued Expenses	96,424
Salaries and Payroll Taxes Payable	60,543
Deferred Tuition and Fees	139,696
Deferred Benefit Revenue	5,000
Line of Credit Payable	<u>193,226</u>
<b>Total Liabilities</b>	<b><u>494,889</u></b>
Net Assets	
Unrestricted & Board-Designated	1,057,918
Temporarily Restricted	1,549,883
Permanently Restricted	<u>1,853,188</u>
<b>Total Net Assets</b>	<b>4,460,989</b>
<b>Total Liabilities and Net Assets</b>	<b><u>4,955,878</u></b>

**Statement of Financial Activities**

July 1, 2010 – June 30, 2011

<b>PUBLIC SUPPORT AND OTHER REVENUE</b>	<b>TOTAL</b>
Public Support:	
Grants and Contributions	758,167
Special Events, Net of Direct Costs of \$146,381	<u>495,288</u>
	<u>1,253,455</u>
Other Revenue:	
Patient Services	460,960
Tuition and fees	1,021,983
Rental Income	107,476
Investment Income	518,777
Miscellaneous	<u>9,374</u>
Total Public Support and Other Revenue	<u>3,372,025</u>
 <b>EXPENSES</b>	
Program Expenses:	
Clinical Services	559,017
Education & Workshops	<u>1,458,473</u>
Total Program Expenses	<u>2,017,490</u>
Supporting Services:	
Management & General	413,695
Fundraising	<u>135,960</u>
Total Supporting Services	<u>549,655</u>
Total Expenses	2,567,145
Increase (Decrease) in Net Assets	<u>804,880</u>
Net Assets, beginning of year	<u>3,656,109</u>
Net Assets, June 30, 2011	<u>4,460,989</u>



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