



2021-22

Impact Report

Moving Families Forward



We are very pleased to share the Ackerman Institute for the Family's 2021-22 Impact Report with you.



Our work remains strong and far-reaching, and as we step up to the increased demand for our services, Ackerman remains grounded in its founding vision to equip clinicians with the best tools and resources possible so that children, families, and couples benefit and keep moving forward. With tuition and treatment fees approximately 50% of real costs, your support helps to make all of our work possible and changes the lives for hundreds of families each year.

When we train one clinician, we help hundreds of families, and when we serve one family, the impact is deep and lasting. Thank you for your help to move families forward!

# Ackerman's Impact: 2021-22



## Serving Families Where They Live, at a Cost They Can Afford

*Deep inside us, we came to therapy with the idea that our child needed to change. Deep inside our hearts we hoped he would change. But we soon realized that you had no intention at all to change him. And who really changed, was us. What changed was our way of seeing things.*

–Ackerman Family Client



Served nearly 1,000  
individual family members

Ackerman's approach to therapy connected families across New York State and beyond.



Delivered over 4,770  
therapy sessions

Virtually and in person, to families in need.



Treated a range of challenges  
affecting families

We confronted trauma, anxiety, substance use, suicide, and other critical issues.

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Offered family therapy  
in 4 languages

Including: Arabic, English, Spanish, and Yemeni.



Provided sliding scale  
or no-cost treatment

to any family seeking assistance.



Accepted over 25 health  
insurance plans

Our network includes Medicaid, which provides health coverage to more than 7.3 million lower-income New Yorkers.



# Filling the Shortage of Trained Mental Health Professionals in Communities that Need Them Most

*Human beings seek to connect. We seek to be in connection with other human beings, and when that connection is broken or when it's painful and when someone abuses that connection, we suffer. And when that connection is healthy and being worked on, we thrive.*

– Ackerman Trainee Alum

## 30

Conducted 30 online training and education workshops and courses attended by over 1,000 mental health professionals from 22 states and 6 countries on topics such as supporting LGBTQIA+ children, helping families navigate illness and disability, youth suicide prevention, and healing intergenerational trauma.



Improved access to mental health care in diverse communities by training more BIPOC clinicians in family therapy.

Some 50% of Ackerman's student body identifies as BIPOC, well above the 18% national average for BIPOC family therapists.



Approved as a continuing education provider for psychologists in NY State,

expanding access to family therapy training so that more mental health professionals can integrate family therapy approaches into their practices.



## Educating the Community about the Need for Mental Health Support

*Thank you so much for the collaboration with our organization. It was heartfelt and the material hit home for our social workers; it also promoted fellowship, which is something our profession needs more of. We all look forward to our future sessions with Ackerman.*

– Ackerman Community Partner



### Partnered with 29 community-based agencies in NYC and nationally

to provide training in innovative family therapy practices to social workers, direct care and school staff members, who in turn serve thousands of families each year.



### Hosted free lectures and programs that reach over 4,000 people,

celebrating Black History and Pride Months, and covering topics such as Relational Change in Families, Racial Trauma in Therapy, Transforming Life Narratives, Reflections on Hope in a Time of Global Despair, and Understanding the Self of the Therapist.



### Hosted a monthly free webinar series for parents and caregivers, reaching nearly 500 families

seeking support for their child's mental health needs. Topics included parenting teens through stressful times, supporting LGBTQIA+ children, promoting child and family resilience, the emotions of parenting, and much more.

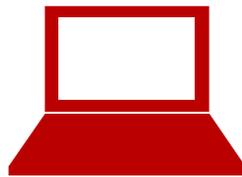


## How You Can Help



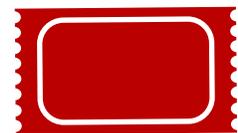
### Spread the Word

Share Ackerman's Impact with Your Friends and Family!



### Sign Up

for Ackerman Emails.



### Attend

a Free Webinar or Program.



### Stay Connected

Read our Blog, Subscribe to our YouTube Channel, and Follow us on Instagram, Twitter, and Facebook.



### Make your Gift Now

Give Online at [www.ackerman.org/donate](http://www.ackerman.org/donate).



### Contact Us

for More Information at [giving@ackerman.org](mailto:giving@ackerman.org)

On behalf of the children and families who benefit from your support, thank you!

[www.ackerman.org](http://www.ackerman.org)