



Our New Home



OUR MISSION

The mission of Smart Love Family Services is to help children, parents and adults achieve greater inner well-being, sustain closer relationships, and lead happier, more rewarding, and more productive lives. We fulfill this mission by providing counseling services, early childhood education, and parenting programs for families from across the region at our locations in Chicago and Oak Park.

SMART LOVE: WHAT IS IT?

The principles of Smart Love™, an approach to parenting and child development developed by Martha Heineman Pieper, Ph.D., and William J. Pieper, M.D., guide all of our programs. Endorsed by scholars and child development experts around the world and supported by the latest child development research, the Smart Love approach focuses parents' attention on maximizing parent's positive influence on the child by understanding their child's mind and emotions at every age and stage.

One of the cornerstones of the Smart Love approach is that every young child copies the care she receives but cannot evaluate it. For this reason, informed accurate parenting, teaching and caregiving are crucial if children are to grow up treating themselves and others with compassion and if they are to develop the ability to care for their bodies, work productively, have stable inner happiness, and sustain enjoyable relationships.

Programs and interventions based on Smart Love principles promote closer, more enjoyable caregiver and child relationships and increase success and confidence for both caregiver and child. *Smart Love* (1999) describes the application of the Pieper's approach to parenting. The underlying psychological theory is described in the Piepers' book for clinical professionals. *Intrapsychic Humanism* (1990).

Smart Love™ is a registered trademark

LOOKING BACK: 2017

Reflecting on a Remarkable Year

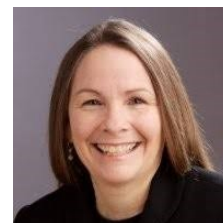
Dear Friends:

2017 was quite a busy but highly productive year for Smart Love, thanks to the talent of our dedicated staff, board, and our many supporters. It is almost hard to believe that we accomplished so much. The litany of things we undertook and accomplished starts with the months-long process of completely renovating the interior of our new headquarters at 2222 N. Kedzie Blvd. in Chicago's Logan Square neighborhood, thanks to the incredible generosity of our *Campaign for a New Home* donors. It was a mighty effort but the results have already demonstrated to have been more than worth the considerable time, labor and resources it took.

Our new location, the Natalie and Ben Heineman Smart Love Center, is a gracious prairie-style home built in 1908 with an expansive front lawn overlooking Palmer Square, a rear play-lot and onsite parking. The Smart Love Center houses the Natalie G. Heineman Smart Love Preschool, the William J. Pieper Counseling Center and several of our other programs for parents and families. The Preschool moved into the first floor with huge, beautiful, sun-filled classrooms and we readied another new preschool classroom on the second floor for 2018 along with new programs and events.

The William J. Pieper Counseling Center, on the second floor of our new home, and our other counseling center in Oak Park continue to be very busy. Our excellent team of skilled therapists and counselors worked with more than 800 children and families on a myriad of challenges and issues, guiding and supporting them as they reclaim their inner happiness and positive future. Our innovative Minority Family Program made great strides in its work with minority children and their parents in Oak Park, with new major funding. We also worked to develop a new line of programming to help children and teens struggling with school and learning issues that will be rolled out in late 2018.

As we get settled into our new community and explore new ways to help families while sustaining our excellent ongoing program, all of us at Smart Love – from our board of directors, our associate board, staff, and preschool parents, to our supporters around the community – look forward to making a difference in the lives of local children and parents for many years to come.



Carolyn Stolper Friedman, M.A.
Executive Director

FY2017 FINANCIAL PERFORMANCE

Revenue

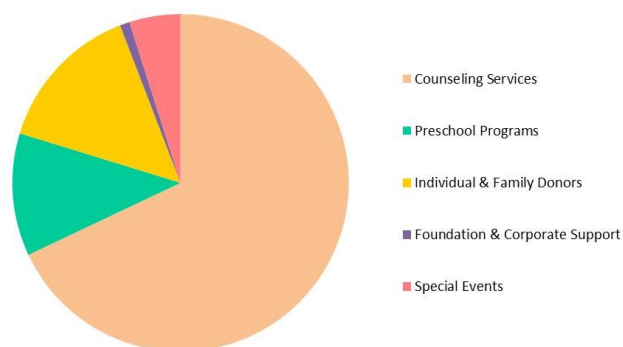
Counseling Services	1,623,023
Preschool Programs	280,622
Individual & Family Donors	343,880
Foundation & Corporate Support	22,314
Special Events	117,572
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	2,387,411

Expense

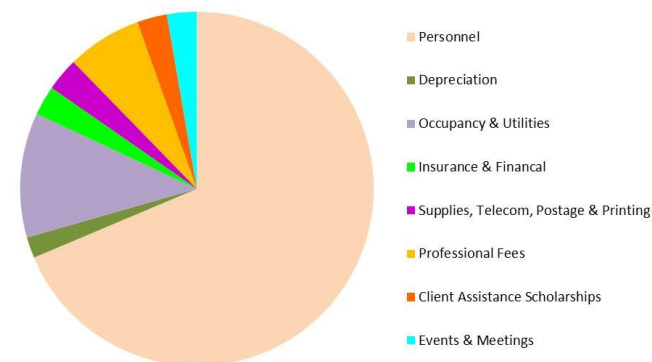
Personnel	1,374,571
Depreciation	38,256
Occupancy & Utilities	228,236
Insurance & Financial	45,019
Supplies, Telecom, Postage & Printing	69,985
Professional Fees	136,795
Client Assistance Scholarships	55,027
Events & Meetings	54,434
	<hr/>
	2,002,323

Total operating revenue-expense	385,088
Interest Income(Expense)	-50,234
	<hr/>
Change in Net Assets	334,854
Net Assets, Beginning of Year	824,897
Net Assets, End of Year	1,159,751

Percentage of Revenues



Percentage of Expenses



THE CAMPAIGN FOR OUR NEW HOME

Smart Love is profoundly grateful for the terrific generosity and vision of the individuals who made major gifts to our *Campaign for a New Home*. Their support enabled Smart Love to acquire and build out what is our new facility in Logan Square to the highest standards and beyond our original hopes—creating a welcoming permanent home for Smart Love.

While the actual move happened in September 2017, the process of finding, purchasing and readying this perfect new home lasted well over two years. After all the many required city and state inspections, the Preschool welcomed our first class of excited students into their new first-floor classrooms in November—including the new toddler programs that our new space allows us to provide. Adding to the new energy and activity, by the end of the year, our counseling staff had begun to see clients in the offices on the second floor and we began to explore other potential programs that our beautiful, flexible, new space will allow us to add to our services.

With deep gratitude for the tremendously generous lead gift from Cristine Russell and Ben Heineman, Jr., we are honored to have our new home named the **Natalie and Ben Heineman Smart Love Center**. Renowned civic leaders and deeply dedicated champions of the healthy emotional and social development of young children and positive research-based methods and institutions, the Heinemans were the parents of Ben, Jr. and of Smart Love board member Martha Heineman Pieper, Ph.D., who co-developed the Smart Love model and approach with her husband, the late William J. Pieper, M.D.

Please join us in thanking all our campaign donors for making the dream a reality!

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Katherine L. Knight
Eva Schaff and Josef Blass

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Campaign Benefactors

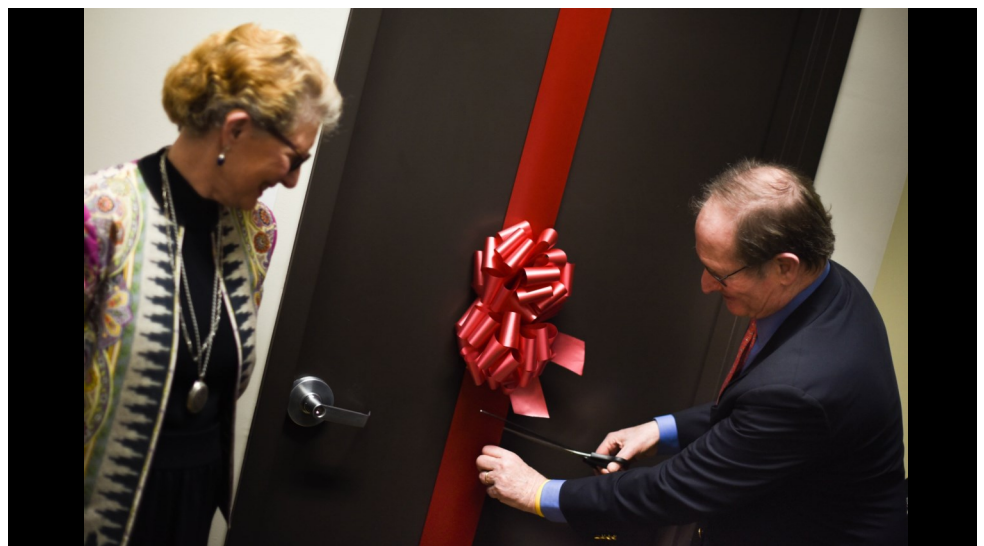
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2017 PROGRAM HIGHLIGHTS

The Natalie G. Heineman Smart Love Preschool

Our Preschool teaching staff is at full-strength with fresh energy, new programs and great things happening in the new location. We knew that moving all the many facets of the Preschool to our new home would be demanding and the process lived up to those expectations—but we are already making great strides in our efforts to preparing young minds for future success in school and their lifelong happiness and well-being.

We love the energy and excitement every morning brings as the preschoolers arrive, looking forward to another day full of learning, growing and fun. We are thrilled with our spacious, sun-filled classrooms, filled with the best in learning resources and teaching toys and games, and we are confident that our new home will enable us to provide more families the best in Smart Love guidance for their children’s positive social, emotional and educational growth.

Under the theme *Let’s Play School!*, complimenting our acclaimed Preschool program for children from 4-6, we have launched a new enriched and expanded program for 2 and 3 year olds which is already proving to be a big success. The response of parents to our new home and new programs has been outstanding.

Reaching out into our new neighborhood, we now offer a calendar of several free opportunities for local families to enjoy. Serving the dual purpose of introducing Smart Love to the area as both a Preschool and a community resource, these “Story and Play” sessions welcome very young children and include options for parent participation.

The coming year will see us offering our great Summer Camp program, which will be available for both families already enrolled in Preschool and new families looking for the very best summer programs for their children. To connect with new families and introduce them to all our programs, Smart Love will continue to work with prior partners like the Neighborhood Parents Network and new ones like Pearachute, along with participating in public events like the Logan Square Farmers Markets, *Square Roots* at the Old Town School of Folk Music, and other local festivals.

Recognizing a Great Leader!

We were thrilled to learn that Kelly Perez, our Preschool Director, was nominated for the 2017 Golden Apple Award for Heads of School, the hugely prestigious prize awarded to the very best Chicago-area teachers. Even being nominated for the Golden Apple is a distinct and highly competitive honor—and Kelly’s nomination was a great testament to the excellence of our Preschool and to her incredible knowledge, skill and passion for early childhood education. Congratulations, Kelly!



News from the Garden: Fresh Digs!

The Garden and Nature curriculum is a perennial favorite for the Preschool. So relocating its key elements and building new components was a high priority for the move to our new home.

From the stacks of absolutely fresh produce the preschoolers were selling in their regular parent farm-stand last summer, the focus for the garden shifted in the last half of 2017 to get key fixtures installed and made ready for the coming spring. From raised wooden beds to seed trays and playground planters and more, we were delighted to mark the renewal of the garden program with the re-installation of our greenhouse—thanks to an outstanding and hardy team of intrepid volunteers from Exelon, who did incredible work on a bitterly cold November day.

Thanks to their efforts and the ingenuity of our Preschool team, the students worked in the greenhouse and their classrooms over the winter to start new plants and get things ready to hit the fertile ground running for spring 2018. During the coming year, we will be fund-raising to build more beds and acquire a new composter, along with new tools, seeds, plants and supplies.

Also, with most of the edible gardening activities occurring in the backyard, the front area of our new home will feature a new native plant/wildlife garden, which we hope will bring butterflies, hummingbirds and other visitors for the Preschoolers to see and learn about.



2017 PROGRAM HIGHLIGHTS

Counseling and Therapeutic Services

Smart Love provided individual and group therapy, counseling and other support services for more than 800 children, families and individuals in 2017. Working out of our office and treatment space in Oak Park and in the new William J. Pieper Counseling Center at our home location in Logan Square, our highly skilled and experienced licensed therapists and counselors worked with clients across all categories of age, race, socioeconomic status and need. In total, clients served in 2017 came from across Chicago and 57 other communities in the metropolitan region.

Our clients come to us presenting with a wide array of situations and challenges. We use our highly effective assessment process to match each client with the therapist whose skills and schedule best suits their circumstances and a treatment plan is developed for every client

Establishing the trust and confidence of a client is key to successfully guiding them to understand and manage their individual needs and issues. To do so requires both therapeutic skills and time. Our approach is not a quick-fix emotional tune-up—we commit to supporting and serving every client for as long as they need, with most seeing their therapists once a week for at least six months, or more. And even though this commitment keeps our therapists' calendars very full, our efficient intake process is geared to connect new clients with a skilled clinician as soon as possible after their initial inquiry. Smart Love's clinical staff works with clients with a variety of issues and challenges, ranging from depression, grief and loss to problems at school, anxiety disorders and much, much more. We are seeing an increasing number of children and families who face issues like these compounded by factors that include economic stressors, racism and street violence and PTSD from varying causes. Ensuring that our counseling staff is always aware of evolving needs and advances in research or practice, Smart Love therapists receive consultation and weekly supervision from senior clinicians and in regular professional development sessions—empowering us to always provide the best care for our clients.

Among the additions and enrichments to our Counseling Program in 2017 were expansion of the Minority Family Program (see below) in 2017, the onboarding of talented new staff clinicians, and the preparation for launch of new initiatives in Learning Services. Smart Love expects the coming year will be an even busier one for the Counseling Program and we look forward to supporting even more families and children in 2018

Minority Family Program: Great Strides!

Based in our Oak Park offices, the work of our Minority Family Program (MFP) team with minority families and families with minority children continues to exceed our expectations. From its initial pilot-phase, focused on parents from two Oak Park middle schools, the MFP grew in every sense during 2017. During 2017, our five-member MFP team—all of whom are themselves minorities—worked with a total 43 clients, a three-fold increase over the previous year. This growth came in not only the number of parents participating but also reflects the significant expansion of adding a parallel youth component to the MFP, developing and launching a youth component with a group plus individual therapy sessions for participating children—mirroring the group and coaching sessions model for parents, with both groups meeting twice per month throughout the year. In all, the MFP engaged not only Oak Park families, but also others from River Forest, Forest Park, Berwyn and Chicago's Austin and West Garfield Park neighborhoods. Meeting our goal, the MFP team ended the year having drafted an impressive overall program curriculum encompassing both the parent and the new youth components. Response from parent participants has been excellent, with 95% indicating they have learned and are already utilizing newly gained knowledge, perspectives and techniques in supporting their children's healthy development.

Smart Love is especially grateful for the generous ongoing support of the original MFP funder, the Community Mental Health Board of Oak Park Township, and a new funder in 2017, the Oak Park River Forest Community Foundation—their funding enabled us to grow the MFP in every way and continue keeping it free-of-charge for all participants.



SUPPORT FOR SMART LOVE

The 2017 Annual and Program Fund

The investments of the foundations, businesses and—above all—the individuals and families who financially support our work are an essential component of our success in providing the best in care and support for everyone who comes to us for help. In 2017, this commitment was not only vital for the renovation and move to our new home but it also provided crucial operating support for several programs and the development of new services—provided the core funding for our client scholarships. The scholarship funds, which are raised through our special events like our Annual Gala, the efforts of our Associates Board, and direct gifts and grants, are how Smart Love can make our services accessible to children and families who might not otherwise be able to afford or access our services.

For those seeking counseling, the continually increasing costs of healthcare across the board makes this support all the more valuable at a time when even individuals and families with health insurance must struggle with very high-deductibles and co-pays that all too often prevent them from getting the care they need. The scholarship funds allow us to help each client reduce the costs to a bearable level whatever their situation is. For our Preschool, the scholarship funds also underwrite a percentage of the tuition fees for a number of families who could not otherwise afford them, allocated on a case-by-case basis in consultation with Preschool staff.

Smart Love is honored and grateful to recognize these contributors to the Annual and Program Fund in 2017*:

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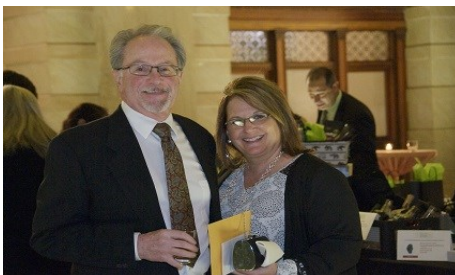
Gifts of \$100 or more made in calendar year 2017

SUPPORT FOR SMART LOVE

Little Feet– Big Fun: The 2017 Annual Scholarship Gala

Our 2017 Gala was a fantastic evening of friends, fundraising and fun! Held in the magnificent Grand Army of the Republic Hall at the Chicago Cultural Center, the Gala welcome 170 of Smart Love’s dearest friends, family and guests for a delicious dinner, silent and live auctions, and an opportunity to learn even more about all that Smart Love does to help children and families build happier, healthier lives. A net of over \$55,000 was raised from the event for our scholarship funds to assist families and individuals with financial challenge getting the care and support they need from Smart Love.

Special Thanks to the 2017 Gala Lead Sponsor!



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Martha Heineman Pieper
Author, Psychotherapist and Mental Health Consultant
Co-Developer, Smart Love Model and Approach

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Counseling

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Director of Clinical Services

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Parent Services & Outreach Coordinator and Office Manager

Stephen Budde, Ph.D., LCSW
Project Leader, Quality Care and Evaluation

Tamara T. Garrity, Psy.D.
Director of Training and Clinical Supervisor

Talli Hitt, Psy.D.
William J. Pieper, M.D. Post-Doctoral Fellow and Clinical Coordinator

Jessica Hudnall, M.A.
Group Therapy Coordinator

Therapists

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Alana Coscia, M.A.

Jasmine F. Hardy, M.A.

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Brittany A. Yee, M.A.



Administrative

Carolyn Stolper Friedman
Executive Director

Bill Cospers
Director, Program and Resource Development

Amber Guenther
Marketing Manager

Smart Love Offers:

COUNSELING SERVICES

- Play Therapy for Young Children
- Youth Psychotherapy
- Neuropsychological and Psychological Testing
- Adolescent and Adult Psychotherapy
- Couples and Family Counseling
- Child and Adolescent Groups
- Minority Family Support Program
- Autism Treatment Program

EARLY CHILDHOOD EDUCATION

- Preschool and Kindergarten for Children 3-6
(half-day and extended day programs)
- 'Playschool' for 2s and 3s
- Toddler Exploration Classes for Children 12 to 36 mos.
(parent participation optional)

LEARNING SERVICES

- Psycho-Educational Assessments and Testing
- Therapeutic Tutoring
- Parent Support

PARENTING PROGRAMS

- Parent Education Seminars
- Parent Coaching and Guidance
- Publications and Resources for Parents and Families

The Smart Love Approach was developed by Martha Heineman Pieper, Ph.D., and William J. Pieper, .M.D., as described in their book *Smart Love™*, grounded in their decades of research and clinical experience in understanding and nurturing children's healthy emotional, educational and social development.

SMART LOVE[®] FAMILY SERVICES

The Natalie and Ben Heineman Smart Love Center
2222 N. Kedzie Blvd | Chicago, Illinois 60647

Oak Park Location
Rush Oak Park Medical Office Building
180 S. Maple Avenue, Suite 5400

www.smartlovefamily.org

