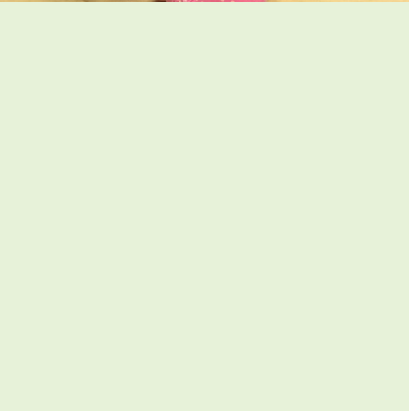
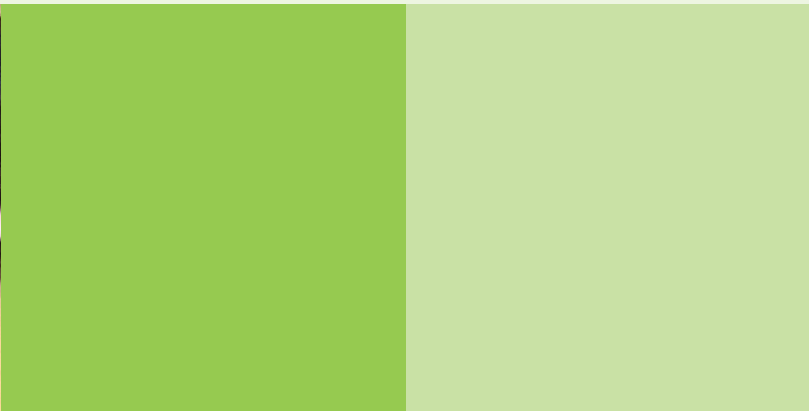


SMART LOVE[®]

FAMILY SERVICES



Annual Report 2019



OUR MISSION

The mission of Smart Love Family Services is to help children, parents, and families achieve greater inner well-being, sustain closer relationships, and build happier, healthier lives. We do this by providing counseling, early childhood education, learning services, and parenting support programs.

SMART LOVE

The principles of Smart Love®, an approach to parenting and child development originated 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 their positive influence on their child by understanding the 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 they receive but cannot evaluate it. For this reason, informed parenting, teaching, and caregiving are crucial if children are to grow up treating themselves and others with compassion and have 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 Piepers' approach to parenting. The underlying psychological theory is described in *Intrapsychic Humanism* (1990), the Piepers' book for professionals.



Smart Love is a registered trademark.

FROM THE EXECUTIVE DIRECTOR

Dear Friends,

On behalf of everyone at Smart Love Family Services, I am pleased to report that FY2019 was a remarkably busy and successful year for us. We grew in every sense, from serving more clients and enhancing our services to deepening our staff expertise and enlarging our circle of friends and supporters. The positive record of this past year underscored our success in fulfilling our mission to help children and families build happier, healthier, and more productive lives and futures.



Our Counseling program served a record 1,035 clients, our highest service figure ever. To meet the needs of our growing client base, we expanded our clinical staff in numbers, skills, and diversity. And in December, we moved our Oak Park clinic to a new and larger facility located at 1010 Lake Street in the heart of the commercial district.

The Natalie G. Heineman Smart Love Preschool continued its tradition of excellence—enrolling more students, welcoming new staff, and adding a kindergarten program this past September in response to parent requests. We were delighted to have many educators and special guests see the Preschool in action and were especially pleased to welcome the nationally acclaimed psychologist, writer, and researcher Dr. Carol Gilligan.

In our Learning Services program, we expanded our psychological and educational testing for young people and launched a Therapeutic Tutoring service. Our Parenting Support program engaged parents in facilitated play sessions with their toddlers and provided seminars on a variety of parenting topics open to the community. It is thanks to our friends and generous supporters that Smart Love was able to meet the needs of the children and families who came to us for help in 2019. We could not do this without you.

Sincerely,

A handwritten signature in black ink that reads "Carolyn Stolper Friedman".

Carolyn Stolper Friedman, M.A.
Executive Director



GROWING

OUR PROGRAMS

Counseling

Smart Love provided care and services to 1,035 clients in FY19: a new record for us and a 23% increase over the past year's previous record-setting total.

It has been our privilege to help so many children and families overcome challenges, cope with trauma, and build happier, healthier lives. Our growing number of client cases illustrates the impact Smart Love has on the people and communities we serve – and reflects well on the remarkable capacities and dedication of our outstanding clinical staff members.

It also underscores both how much Smart Love is helping so many individuals – and the important fact that more parents are seeking professional care and support for themselves and their children. As a result, more families are working toward happiness for their families, both in the short and long-term.

Our clinicians (now totaling 29) worked with clients on a broad range of concerns and diagnoses. From children struggling with anxiety or depression disorders to survivors of abuse, parents wishing to support their non-binary children, and much more, our clients' needs have been diverse in every sense. Guided by their Smart Love therapists in weekly sessions, our clients learn to understand what underlies their situations and are supported as they work through their challenges.

Smart Love scholarship funds underwrote the cost of care for financially under-resourced families, which constituted 20% of our FY19 clients. As part of our service to the community, we also provided individuals and families with free-of-charge support and learning opportunities like our Minority Family Program (MFP). The MFP continued to grow in FY19, engaging parents and children from the West Side of Chicago, Oak Park, and six other suburban municipalities – and we are grateful for the continued support of the Community Mental Health Board of Oak Park Township that makes this program possible.

Building on this success, we also began to develop further offerings such as a Spanish-language MFP and a similar group program for families around LGBTQIA concerns that we hope to launch in 2020.

Early Childhood Education

FY19 was a busy year for The Natalie G. Heineman Smart Love Preschool. Having lots of fun while learning about themselves and the world around them, the preschoolers' sounds and excitement enliven and energize our building and our team.

In both the Preschool (ages 3-6) and the Playschool (ages 2-3), we welcomed many new faces and families, along with younger siblings from alumni families. Engaging parents and families in every way from open houses and parent-teacher conferences to pot-lucks and the annual Summer Lawn Party, their feedback and enthusiasm is vital to all that we do. FY19 ended so well that by August 2019 we opened the first class of kindergarteners in the Preschool's Logan Square home.

Our garden and nature curriculum swung into full gear, using all corners of our grounds for diverse planting and learning areas. From working in the greenhouse and raised planting beds to helping enrich the worm farm and the lushness of the butterfly and native plant garden, the preschoolers were enthusiastically engaged in every aspect.

Our programs for the wider community grew with the implementation of Free Friday offerings for toddlers and their parents and caregivers open to all who are interested. The classes happen monthly on two tracks, Arts Exploration and Music & Movement, led by Smart Love staff as facilitated play and learning sessions. Giving busy parents a supportive, educational way to understand how play helps their children learn and grow, these classes also provide an opportunity to network with other parents. In the year ahead Smart Love



will be offering other opportunities to reaching out to the wider public through further neighborhood partnerships.

We were also pleased to share Smart Love and our early childhood program with experts and colleagues in the field. In April, Smart Love was especially honored to welcome internationally-renowned psychologist and ethicist Dr. Carol Gilligan for a visit to the Preschool and our Logan Square campus. Known for her work on ethical relationships, Dr. Gilligan praised our work as she learned about how we apply the Smart Love approach in an early-childhood context and toured the classrooms.

Learning Services

Smart Love debuted its Therapeutic Tutoring program toward the end of FY19 after an intensive design and development process. Approaching traditional academic tutoring in a Smart Love-inspired therapeutic paradigm, we are delighted to offer this unique service to the community.

From its first days, Therapeutic Tutoring has attracted interest from across the community. Conducted in both our Chicago and Oak Park offices, the service has to date served students from both public and private schools.

Therapeutic tutors are trained in helping students defuse the anxieties and upsets that complicate their learning and affect their academic performance. Guided by a supportive, knowledgeable tutor who works to understand their challenges and guides them in getting a new perspective on schoolwork, our tutoring clients gain confidence and self-esteem. Coordinating with school personnel and parents, the tutors are attuned to each child's needs and can also note when a referral for other services might be helpful.

The response to this new service has been exciting! Initially targeted to children in the 6 to 12 age-range, thus far tutoring clients have ranged from elementary school age to an adult getting ready to go back to college after several years out of the classroom.

Parenting Support

Originally founded as Smart Love Parenting Center, Smart Love Family Services has always had a fundamental focus on support for parents. Inspired by the tenets of the Smart Love approach defined and laid out in the writings of Martha Heineman Pieper, Ph.D. and William J. Pieper, M.D., helping parents learn about the stages of their children's emotional and social development and become more skilled and confident in their parenting is at the core of much that we do.

Our varied Parenting Support efforts take several forms, both on their own and integrated into our other programs and services. Stand-alone parenting seminars on topics from discipline to explaining difficult subjects to children were presented by staff from both our Counseling and Early Childhood programs at a number of different venues and occasions. These were complemented by opportunities like the Free Friday play-times, parent coaching sessions, and more.



C A R I N G

GIVING



FY19 ANNUAL FUND SUPPORT

The financial contributions of our individual, foundation, and corporate donors were a critically important factor in our success this year. Their support, ranging from program-specific funding for efforts like the Minority Family Program to essential annual fund giving, is hugely important to all that we do.

Our great thanks go out to our FY19 supporters:

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LITTLE FEET, BIG FUN 2019 – OUR ANNUAL GALA

Our Annual Gala on March 8, 2019 welcomed friends of the Smart Love family for a truly exceptional evening of fun and fundraising! As all net proceeds from the Gala are earmarked for financial aid for families to help with tuition scholarships for the Preschool or assistance with Counseling services, the Gala is an essential source of revenue. We are grateful to those who made Little Feet Big Fun 2019 such a great success!

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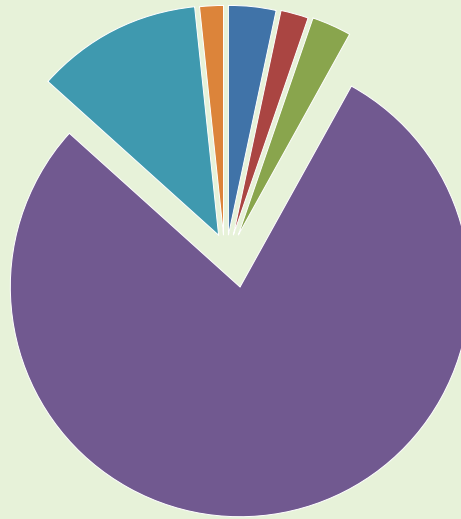
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Louise Smith
Margaret and Larry Sondler

2019 FINANCIAL REPORT

Total Income

\$2,576,291

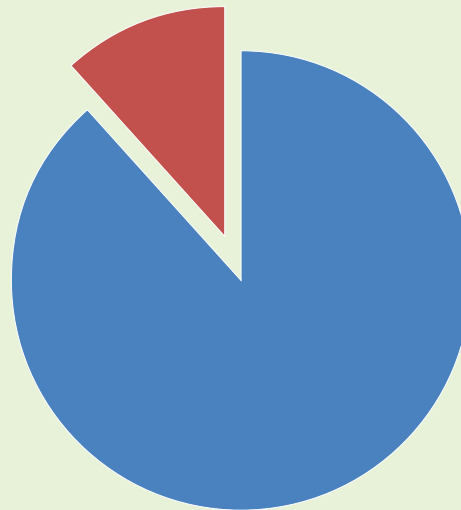


- Individual Donors
- Foundations, Corporations & Public Support
- Annual Gala & Other Events
- Counseling Services
- Early Childhood Education
- Learning Services & Parenting Support



Total Expenses

\$2,378,546



- Program Services
- Operating & Support

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and Microbiology-Immunology
Feinberg School of Medicine,
Northwestern University

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- Carla M. Beatrice, Psy.D.
Director of Clinical Services
- Tamara T. Garrity, Psy.D.
Director of Training and
Clinical Supervisor
- Carol Johnson, M.S.W., LCSW
Director of Staff Development and
Clinical Supervisor
- Felicia M. Owens, Psy.D., LPC
Director, Minority Families Program
- Kari Terrill, Psy.D.
Director of Learning Services
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Clinical Supervisor
- Michael Zakalik, Psy.D.
Director of Marketing and
Clinical Supervisor

Therapists

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- Megan Burns, LCSW
- Angela D. Hunsicker, LCSW
- Daniel Kanofsky, LCSW
- Amy Krutky, Psy.D.
- Jennifer Lubelchek, M.A., LSW
- Bonnie McDaniel, LPC
- Madeline Nelson, LCSW
- Ilinka Novakovic, M.S.W., LCSW
- Bill Pasola, Psy.D.
- Janine Phan, M.A.
- Lindsey Scarlett, M.A., LPC
- Sara Stone, Psy.D.
- Olivia Tinati, M.A.
- Jane Weinberg, M.S.W., LCSW

Clinical Trainees

- Gabrielle Rodriguez Franco, Psy.D.
William J. Pieper, M.D. Post-Doctoral
Fellow
- Joshua N.R. Ollswang, M.A.
Walter D. Miller Social Work Intern
- Madeline Sullenberger, M.A. Candidate
Counseling Intern

Programs Team

- Stephen Budde, Ph.D., LCSW
Project Leader, Quality Care and Evaluation
- Felicia Carmel, Psy.D.
Neuro & Psychological Testing,
Learning Services
- Jessica Hudnall, M.A.
Group Therapy Facilitator, Minority Families
Program
- Kelly Jones, Psy.D.
Neuro & Psychological Testing,
Learning Services
- Alison Pildner
Lead Therapeutic Tutor
Learning Services

Clinical Support Team

- Pamela Bourdeau
Billing Specialist
- Chelc DeValk
Intake Specialist
- Nancy Luepke
Parent Services Coordinator and
Office Manager



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Kelly Perez
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Sarah Fink
Lead Preschool Teacher and Gardener

Amy Knapp
Assistant Teacher

Amanda McGee
Lead Toddler Teacher

Rachel Ostrowski
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