

**Ancillary Unit Annual Report
Fresno Family Counseling Center
July 1, 2012 – June 30, 2013**

Purpose of Ancillary Unit

Fresno Family Counseling Center (FFCC) was established in 1985 to provide low-cost high quality counseling services to residents of Fresno County and the surrounding areas. In return, the California State University, Fresno's Department of Counseling and the Marriage and Family Therapy Program are able to provide highly structured, intensely supervised training in marriage, family, and child counseling. The program advances the university's goal to collaborate with the community with activities beneficial both to the community and the university. FFCC is an actual practicum course and field-placement site, which partially fulfills the requirements for the degree program, requirements for the Board of Behavioral Science, and the program's national accrediting body, CACREP.

Administrative Housing of Ancillary Unit

FFCC is housed administratively within the Kremen School of Education & Human Development in the Department of Counselor Education & Rehabilitation under the MS in Counseling: option in Marriage, Family and Child Counseling Program. FFCC is fiscally administered through the California State Foundation where monies from client payment and related income are deposited and from which rent, utilities, security system, required office materials and computer/copier needs are purchased. In addition monies are used to pay part-time employees and our office manager.

Since December 2007, FFCC has been operating independently with no formal collaborations with agencies/school districts.

The director, associate director and clinical faculty are all full time faculty with the university. The director is responsible for managing the center's daily activities, as well as long range activity planning in consultation with the associate director and clinical staff. In addition to the managing duties, the director/associate directors and clinical staff are directly responsible for providing supervision. All supervisors are licensed therapists whose credentials fulfill the requirements of the state licensing board.

The counseling staff is comprised of advanced level Marriage and Family Therapy (MFT) graduate student trainees and MFT Interns who are registered with the State of California Board of Behavioral Sciences. The MFT Trainees are enrolled either in the Advanced Practicum course or are completing hours towards their MFT Field placement coursework. MFT Interns have completed their graduate program and may either be hired as part-time employees of the CSU Foundation or are volunteering with the center providing counseling services while working on their required 3000 hour of clinical practice for licensure. It should be noted that by the time the trainees enter the FFCC practicum, they have had previous practicum experience and have taken prerequisite courses in law and ethics, individual and family theory, and diagnosis. Students serve one semester in the center, providing counseling services to

individuals/families and to the community in general. The student trainees are required to: (a) gain a theoretical and practical understanding of the center's therapeutic model; (b) provide counseling services; (c) maintain client records and case-notes; (d) serve as a liaison with referring agencies; (e) provide appropriate referrals to other service agencies (CPS, physicians, psychiatric evaluations etc.).

MFT trainees upon completion of this practicum experience then proceed to the field-placement phase of their training requiring nine months of supervised clinical experience. This experience may occur in various mental health/treatment facilities within the community or through continued services provided to the community through FFCC.

Major Accomplishments 2012-2013

Fresno Family Counseling Center (FFCC) just celebrated its 28th year of service to the community. One of the most significant accomplishments during the 2011-2012 academic year, was stabilizing the staffing of MFT trainees enrolled in the program and registered MFT Interns hired as part-time temporary help through the CSUF Foundation. This has led to a dramatic increase in the number of sessions offered and the number of clients served. The hiring of MFT Interns as well as expanding FFCC as a field-placement site has also allowed for more fiscal stability, enhanced clinical services, and greater continuity of care. A major drawback associated with increased numbers of student trainees, interns and sessions has been Drs. Lucey, Garcia, Weir, and Schaffer have had to provide innumerable supervision hours without compensation. FFCC is currently exploring ways to remunerate faculty for the supervision and liability assumed.

Dr. Lucey continues to explore a collaborative venture with the CSUF Nursing Department that will allow FFCC to serve as an internship site for nurse practitioners and physician assistant with the possibility of providing medication to the community in addition to counseling services.

FFCC continues its designation as a service provider for victims of crimes through the State of California Victims Compensation Program. This has the potential to provide an additional source of income to the center and help offset costs associated with hiring post-graduate MFT Interns working on clinical hours toward licensure.

Finally, FFCC initiated a pilot project to that provides life-skill workshops to at-risk youth through Stone Soup. This pilot project will focus on the Hmong community with possible expansion providing counseling services on-site at Stone Soup.

During the past academic year FFCC has trained approximately 90 MFT trainees many of whom are currently in their last semesters of the program and will be graduating soon from the program with an MS in Counseling. In addition, FFCC has hired 20 registered MFT Interns. The Center is now open from 9 a.m. to 9 p.m. Monday through Friday and on the weekends. The center currently has access to 12 counseling/group therapy rooms and can accommodate 144 sessions per day. Of course, not all clients show up or may not be available at certain times during the day but the new facility allows for a significant increase in services being offered. We are currently scheduling approximately 1000 sessions per month.

Academic Year	Number of MFT Trainees/Students
2012-2013	90 MFT Trainees/Students 20 MFT Interns

Counseling session provided by FFCC

Academic Year	Number of Session
2012-2013	9000
2011-2012	8000
2010-2011	6000 plus 200 = 6200
2009-2010	2400 plus 800 = 3200
2008-2009	1300
2007-2008	890
2006-2007	425

This academic year, FFCC saw a 12% increase in the number of sessions provided over the 2011-2012 academic year. It should be noted that if the **9000** sessions were offered at the MEDICAL reimbursement rate of **\$57 per hour**, the Center would have generated **\$513,000**. *This is a significant contribution to the community especially considering the disintegration of mental health services in Fresno County. Without FFCC many of our clients would have nowhere else to seek services or services would be prohibited due to cost.*

Sources of Funding

In January of 2012, FFCC signed a one-year lease with an option for two additional years at the southeast corner of 1st and Dakota, in the Central Fresno metropolitan area. This move was initiation as our lease was ending at 3718 N. First and FFCC was able to negotiate a doubling of space for a modest increase in rent. FFCC is currently in negotiations to move the center to a larger location with a lower rent. It is hope that this new building may eventually be donated to the center. The FFCC remains relatively close to CSUF and allows easy access to the Fresno community.

The program is funded through a variety of sources and is stable and financially self-supporting. FFCC restructured its fees in May of 2011 to meet overhead expenses and generate funds to support the hiring of LMFT and MFT Interns. FFCC has a fee for services structure where clients generally pay a fee of \$30 per initial assessment and \$20 per subsequent session. For clients with household incomes of \$70,000 and above, the fees are \$60 for the initial session and \$50 for subsequent sessions. Approximately 95% of clients served have household incomes of less than \$70,000 and 50% have household incomes of less than \$29,000. FFCC also has a sliding scale fee structure for those households making less than \$20,000. The sliding scale is \$20 per session for \$20,000, \$15 for \$15,000, \$10 for \$10,000, \$5 to \$1 for under \$10,000.

Most significant was the recent \$100,000.00 donation from Dr. Harry Mordigian in memory of his mother and father. This generous gift will allow for increased support for services and help

to cover needed expenditures. There is a possibility for an additional \$100,000.00 gift during the 2013-2014 academic year.

Expenditures included facilities lease, payroll for MFT Interns, copy machine lease, paper, supplies, and related expenses including therapeutic toys and books. In the past, The Dean of the Kremen School of Education and Human Development has been gracious in allocating two part-time student assistants in order to help the program operate. This year the Dean is providing assistance for the lease. We hope that this support will continue through the next fiscal year. Additional Funding is required to offset costs associated with supervision, payment of part-time MFT Interns, and the salary of FFCC's Office Manager.

Space and Equipment Utilization

No university space was used to house FFCC as the center is located off-campus at 3720 N. First St. The lease is contracted under the Kremen School of Education and Human Development.

FFCC occupies about 3500 square feet of space that now provides 12 counseling rooms, a small office, and a monitor room.

Approximately \$2,000 worth of digital equipment provided by and maintained through the KSOEHD was stolen in May of 2012 during a break-in of the center. The Dean of the KSOEHD accessed monies for replacement equipment from the Provost. The equipment is vital to the academic and practica mission of the center and is greatly appreciated.

Goals and Objectives 2013-2014

Goals and objectives for the 2013-2014 academic year:

- Continue to expand services delivered by increasing the numbers of trainees and MFT Interns doing their field placement and clinical hours at FFCC.
- Increase the number of group therapy session being offered. Currently, FFCC offers anger management, parenting, women support, post-partum depression groups, co-parenting groups, and grief groups. Also, increase the number of Spanish speaking groups.
- Explore possibility of moving FFCC to a larger facility.
- Continue negotiating potential new relationships between FFCC and Stone Soup, Fresno County Juvenile Court, Fresno County Department of Health, Fresno County Department of Behavior Health, Fresno County Family Court, and First 5 of Fresno County. We hope that negotiations and collaborations will lead to additional grants which will significantly reduce overhead costs and expand our service opportunities
- Explore a collaborative relationship with the Marjorie Mason Center
- Continue pursuing available funding source to enhance services offered through FFCC. We are waiting on opportunities available throughout the Central Valley to seek out grant funding to provide specific services to the community.
- Secure major donations and an endowment to support FFCC continued operations.
- Secure funding for FFCC supervisors as they are currently providing supervision free of charge.

Request for Renewal of the Unit

FFCC is an integral part of the Counseling Program especially for the training of professional level marriage and family therapists. MFT student/trainees/Interns become increasingly aware of the issues and problems faced by individuals, couples, children, and families in the community. The community receives high quality counseling at low rates. Thus, it is respectfully requested that FFCC be sanctioned at least another year to continue training MFT student/trainees and to continue providing high quality, low-cost counseling services to the children and families of the Fresno regional community. Part of the plan is to further collaborate with other community service agencies to develop FFCC as a prominent treatment center in the Central Valley.

Respectfully submitted by:

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Director, Fresno Family Counseling Center

Appendix

A. The unit's financial statement prepared by the California State University, Fresno Foundation.