



# Dear Friends,

It's clear that the world has changed significantly for kids over the years. They are being asked to deal with more pressures, problems, and stresses than ever before. This is leading to troubling mental health consequences for thousands of youth right here in Lincoln.

It is critical that the emotional well-being of young people be taken seriously, as problems that are not addressed early in life can result in debilitating—and sometimes dangerous life outcomes. The emotional and behavioral issues kids experience negatively affect not only their own lives, but those of their family members, their classmates, and perhaps one day their own children. In turn, they impact the future of our entire community.

The need for children's mental health services in Lincoln has grown immensely since we first opened our doors in 1949— and as a result, the agency has continually expanded its programs and staff to meet this need. Child Guidance Center touches the lives of more than 2,000 youth each year, providing comprehensive solutions to the mental health challenges they are struggling with now more than ever.

Our tagline, “Helping kids find hope and healing,” reflects the spirit and purpose behind everything we do. From helping a child heal from sexual abuse, to giving a child the tools to overcome severe depression, to stabilizing a teenager with substance abuse issues, to teaching a parent how to communicate more effectively— we take great care to meet the needs of our clients. This includes reducing barriers to treatment by serving clients regardless of financial ability.

Thank you for your interest in our organization's work to support families in their efforts to raise emotionally healthy kids and to create positive social change that benefits us all.

Sincerely,

Carol Crumpacker, PhD  
Executive Director



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