

# Smart Love Family Services



Annual Report 2008

## Our Mission

*The **mission** of the Smart Love Family Services is to help children, parents and adults achieve greater inner well-being, sustain closer relationships, and lead more pleasurable and productive lives.*

## Smart Love

The principles of Smart Love™, a new psychology 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. The approach is fully explained in the Piepers' book, Smart Love (1999), and the underlying psychological theory is described in, Intrapsychic Humanism (1990), the Piepers' book for academicians and professionals.

Smart Love is a registered trademark.

## ...From the Executive Director

Dear Friends:

The year just ended, our sixth, has been a year of significant growth. We expanded our services this year to offer counseling services for children, adolescents, parents, couples and adults. Our Director of Clinical Services, Carla B. Fick, Psy.D. has led an exceptional team of licensed social workers and clinical psychologists. These caring professionals provided play therapy, parent counseling, adolescent and adult psychotherapy to over 168 families out of our new offices in Chicago and in the Rush Medical Office Building in the Rush Oak Park Hospital Campus in Oak Park. This exciting expansion in our services has resulted in a new name for the organization – Smart Love Family Services.

Our parenting services also continued to grow, building on our many years of focus in this area. We gave over 50 parent education seminars and professional trainings this year bringing the total served to nearly 2300 parents and 650 professionals since beginning in 2002. We continue to work closely with Easter Seals Near South Side Child Development Center providing on-site play therapy and parent education seminars to the families enrolled in this Early Head Start Program. We also piloted a new series of parent education programs at the invitation of the Pediatric Clinic at Loyola Medical Center for parents with children diagnosed with special needs. The pilot was so well received by the parents and pediatricians at Loyola that we will be expanding both the number of programs offered as well as the number of eligible families.

We could not have attained this kind of success without a generous and growing group of annual donors as well as an extraordinary group of individuals who made our expansion into counseling services possible. I would also like to acknowledge the many people who have donated their time and made other sacrifices to bring about this impressive growth. Thanks you all for making a difference.

Sincerely

Carolyn Stolper Friedman  
Executive Director

GROWING

## ...Where we are today

### Counseling Services

We offer psychological counseling for children, adolescents, parents, couples and adults in new offices in the Rush Medical Office Building in Oak Park, IL and at 3354 N. Paulina in Chicago. We provide play therapy, individual therapy, parent counseling, couples therapy, diagnostic evaluations and psychological and neuropsychological testing.

### Services for Parents

#### Parent education Seminars and Courses:

We presented to over 600 parents on topics such as sibling rivalry, healthy sleep habits, self-esteem and managing children's behavior. In addition to SLFS sponsored presentations, we also presented numerous times at the University of Chicago's Family Resource Center, and for PACES, a parent support organization in the western suburbs as well as others. We also offer individualized sessions for parents wanting to understand their children's behavior and how best to respond. We offer parent coaching and consulting appointments over the phone, online or in person to make it as convenient as possible for parents to get the help they need.

#### Publications for parents:

Over 138 families brought Smart Love into their homes through the purchase of our helpful, parent-friendly materials, including:

*The Smart Love Parent* by Martha Heineman Pieper, Ph.D., and William J. Pieper, M.D., (Innova Publishing, 2004).

*Parenting Questions – Smart Love Answers*, handbooks of real life parenting questions and the answers that first appeared in the popular "Smart Love" column in *Chicago Parent* magazine

### Services for Professionals, Schools and Agencies

#### Professional Training and Development:

We presented on a wide variety of topics to diverse groups. We presented our unique approach to child therapy to clinicians at Juvenile Protective Association, how children respond to loss for teachers at First United Church Nursery School in Oak Park and child development and managing behavior for early head start teachers at Lifelink, Easter Seals and to a symposium of Illinois Early Intervention providers.

## **...In Our Future**

### **Providing Charity Care for Disadvantaged Families:**

An important goal of our organization is to provide charity care for disadvantaged families. Private support from foundations, corporations and individuals allow us to offer “scholarships” to cover gaps in insurance coverage as well as to those that come to us unable to afford the full fees.

### **Training Clinicians:**

We are providing a setting where student clinicians as well as licensed clinicians can learn to practice the Smart Love approach as well as the psychotherapy approach based on these principles, called Inner Humanism. A specially designed training and internship program will begin in September 2008.

### **Establishing a Research and Evaluation Capability:**

We are building a research and evaluation function within our organization in order to improve our services to better serve the needs of families. We also plan to add to the evidence that will encourage others to adopt our very effective approach.

### **Developing a preschool based on the principles of Smart Love:**

We are planning to open the first Smart Love Preschool in September 2009 that places equal attention on building children’s social and emotional health while fostering their academic development.

### **Developing online program offerings for parents**

We are planning to bring Smart Love to a broader audience through online program offerings, presentations at national conferences serving the mental health, family support and parenting fields and through radio, television and print media

CARING

## **Our Donors**

### **Major Gifts for Counseling Program (March 1, 2007 – June 30, 2008)**

#### **Sponsors**

Ruth Horwich

Dr. Katherine L. Knight

#### **Guarantors**

Marian and Robert Fick

Julie and Scott Moller

#### **Sustainers**

Carolyn Stolper Friedman and

David Friedman

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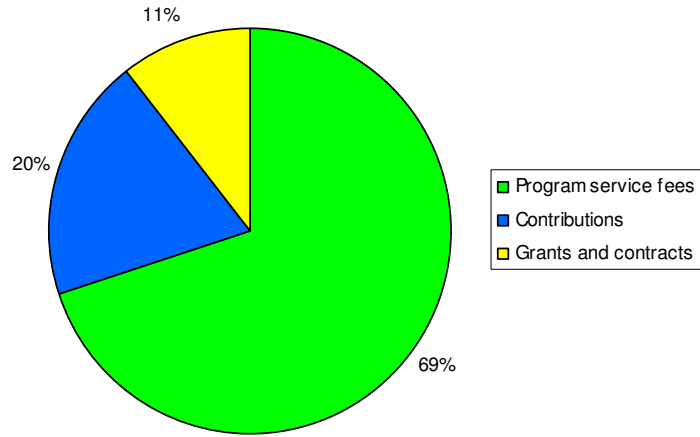
Christine Rhode

Mary Ittelson and Rick Tuttle

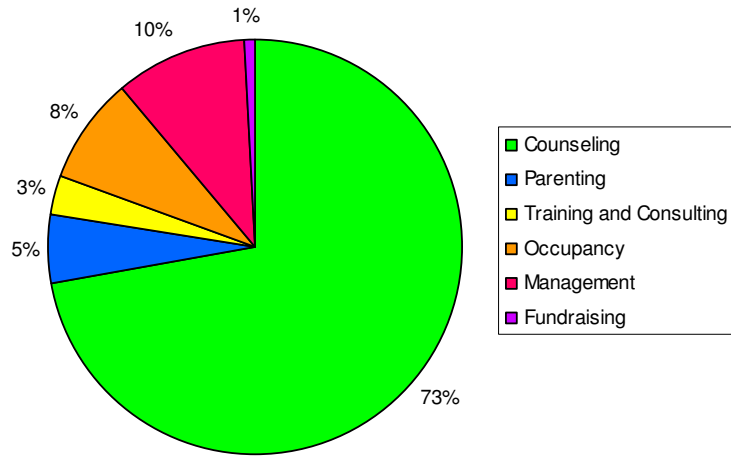
Wheaton Franciscan Sisters

# 2008 Financial Report (July 2007 – June 2008)

**Total Income**  
\$340,089



**Total Expenses**  
\$323,160



# INVESTING

**Annual Fund**  
**(July 1, 2007 – June 30, 2008)**

**Partners**

Marian and Robert Fick  
Carolyn Stolper Friedman and  
David Friedman  
Richard H. Sanders

**Patrons**

James L. Garard III  
Julie and Scott Moller  
Drs. Martha Heineman Pieper and William J. Pieper

**Associates**

Big Cat Foundation and  
Sandra and Daniel Scheinfeld and Family  
Sarah Allen and Martin Friedman  
Linda and Steven Kaplan  
Mary Ellen Taylor, LCSW

**Contributors**

Attorney's Title Guaranty  
Emily and Bob Carroll  
Brent Fisher  
Carol Johnson, LCSW  
Karol Moller  
Shabnum and Sunil Sanghvi  
Jane and Warren Stolper

**Supporters**

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Patricia Walker, Ph.D. and Stephen Budde, Ph.D.  
Ilinka Novakovic and Steve Ewert  
Carla B. Fick, Psy. D.  
Eudice and Bob Fogel  
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GE Foundation, Inc.  
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Marsha Mackenzie and Lewis Check  
Sandra Danforth  
Jackie Bonavia and Reggie Greenwood  
Sandi Johnson  
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Joan Sud Soreff  
Marci and Adam Taub

**Gifts in Kind**

Ilinka Novakovic and Steve Ewert  
Cheryl Irmiter, Ph.D.  
David Kogan  
Walter D. Miller, LCSW  
Menomonee Club for Boys and Girls  
Susan Ravine, M.Ed.  
Gina Smith

GIVING

## **Our Board, Advisors and Staff**

### **Board of Directors**

David S. Friedman  
Principal, Bridgewell Partners

Julie Moller  
Civic Leader

Martha Heineman Pieper, Ph.D.,  
Author, psychotherapist and Clinical Consultant

Richard H. Sanders  
Attorney, Vedder, Price Kaufman & Kamholz

### **Program Advisory Board**

Emily B. Carroll, LCSW  
Walter D. Miller, LCSW  
Mark L. Steinberg, Ph. D.

### **Our Staff**

Carolyn Stolper Friedman  
Executive Director

Dr. Carla B. Fick, Psy. D.  
Director of Clinical Services

Stephen Budde, Ph.D, LCSW  
Angela Hunsicker, LCSW  
Carol Johnson, LCSW  
Sara Johnson, LCSW  
Margo Murvay, LCSW  
Ilinka Novakovic, LSW  
Susan Ravine, M.Ed.  
Rebecca Solomon, LCSW  
Annemarie Slobig, Psy. D.

## **Our Offices**

### **Smart Love Family Services**

*Caring for children, parents and adults*

#### ***Chicago Office:***

3354 North Paulina, Suite 209  
Chicago, IL 60657

#### ***Oak Park Office:***

Rush Medical Office Building  
610 South Maple Avenue, Suite 5300  
Oak Park, IL 60304

#### ***Business Office:***

1422 W. Wolfram  
Chicago, IL 60657

#### ***Contact Us:***

P 708 660.4300 Oak Park

F 708 660.4301 Oak Park

P 773 665-8052 Chicago

**[www.smartlovefamily.org](http://www.smartlovefamily.org)**

Financial information represents fiscal year 2008 (July 1, 2007 to June 30, 2008) and is unaudited. For a copy of the audited financial statement, please write to David Friedman, Treasurer, Smart Love Family Services, 1422 W. Wolfram Street, Chicago, IL 60657

SERVING