



ANNUAL REPORT

2023-2024





The Children's Center Utah
provides comprehensive
mental health care to
enhance the emotional
well-being of infants,
toddlers, preschoolers, and
their families.

OUR MISSION

The Children's Center Utah provides comprehensive mental health care to enhance the emotional well-being of infants, toddlers, preschoolers, and their families

OUR VISION

Secure family relationships nurture communities where children are seen, heard, and safe

OUR VALUES

COMPASSION

We harness the power of our caring and passion to help others heal and thrive

COURAGE

We dare to speak for those who cannot and advocate for what is just even when we are alone in doing so

RESPECT

We embrace differences and create an environment where everyone feels safe and respected

IMPROVEMENT

We continue to evolve, improve, and learn as we strive to achieve the extraordinary

RELATIONSHIPS

We build trusting and authentic relationships through commitment and integrity, which are the foundation of our work

TRAUMA-INFORMED

We acknowledge lived experience and are committed to safety, trustworthiness, choice, collaboration, and empowerment, to support hope and healing

BOARD OF DIRECTORS

Special thanks and much gratitude to our board and committee members for their passion, discipline, and leadership in guiding us successfully through a significant year.



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Realtor, Chapman Richards &
Associates



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Ze Min Xiao
President and CEO,
Center for Economic
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* Executive Committee Member

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LETTER TO THE COMMUNITY

What a truly remarkable year it has been for Utah children and families! After more than 60 years leading the way in early childhood mental health in Utah, we are pleased to have opened The Children's Center Utah's state-of-the-art children's mental health campus in West Valley City. This represents an incredible milestone, and the work we do within its walls and throughout the community will bring hope and healing to Utahns for generations.



**1,084 CHILDREN, FAMILIES,
AND CAREGIVERS SERVED**



**6,743 HOURS OF
INDIVIDUAL THERAPY**



**556 MENTAL HEALTH
ASSESSMENTS**

We have exciting plans for the coming years...

DEAR FRIENDS,

What a truly remarkable year it has been for Utah children and families! After more than 60 years leading the way in early childhood mental health in Utah, we are pleased to have opened The Children's Center Utah's state-of-the-art children's mental health campus in West Valley City. This represents an incredible milestone, and the work we do within its walls and throughout the community will bring hope and healing to Utahns for generations.

In the coming years, we will turn our vision toward opening satellite centers in Utah County (2026), Davis/Weber Counties (2029) and Washington County (2032). When these campuses are completed, our footprint will extend to communities that are home to more than 80% of Utah's population. Our work requires thoughtful and sustained planning and investments from individuals, corporations, foundations, and state and local government. Together, we are creating a brighter future for Utah children and families, who face unprecedented mental health challenges.

Our work nurtures young children's social-emotional development and provides essential support to families, caregivers, and early childhood professionals. Every day, we work to improve the lives of children and families like Jake's, whose story and others you can read about in this report.

We hope that as you review The Children's Center Utah's work, you will feel inspired, as we do, by the bright future of children's mental health in Utah.



Rebecca Dutson
The Children's Center Utah
President and CEO



Greg Summerhays
The Children's Center Utah
Board Chair

CHILDREN'S MENTAL HEALTH CAMPUS

A bold step along the path of providing best-in-class children's mental health services statewide.





Capital Campaign
Children's Mental Health Campus

*where hope
and healing happen*



EVERY FAMILY DESERVES HOPE AND HEALING



A MESSAGE FROM OUR HONORARY CO-CHAIRS

Almost everyone knows a young child in their life who needs emotional support—a child of a family member, a friend, a neighbor, or your own. Some children have behavioral concerns, some have experienced trauma, and some struggle to interact in everyday settings. Their lives, and the lives of their caregivers, can be difficult and full of challenges. And, their numbers are staggering, as highlighted during the recent Ready! Resilient! Utah Early Childhood Mental Health Summit presented by Governor and First Lady Cox.

Our children, and their parents and caregivers, need our help.

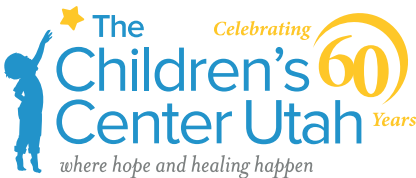
The Children’s Center Utah has offered hope and healing to families for 60 years, and as the foremost experts in infant and early childhood mental health, is poised to expand and strengthen their services for families and providers throughout the state. The Center’s plans for a Children’s Mental Health Campus are innovative, bold, and vital, and, they are leading a statewide solution and building collaborations with other key providers to ensure mental health services are more accessible for children and families in need.

An ounce of prevention is worth a pound of cure. By acting today, we can reduce significant expenses now and in the future that would otherwise be incurred due to untreated mental health concerns, including social, emotional, and behavioral disorders. Most importantly, these actions change the trajectory of children’s lives, giving them and their families the tools they need to thrive.

Please join us! With your help, we will make this vision a reality and better meet the growing mental, emotional, and behavioral health needs of our youngest citizens, so that they may heal and thrive—during their childhood and throughout their lives. We are honored to be part of this effort and look forward to sharing The Children’s Center Utah’s powerful work with our communities and state.

Krista Sorenson and Christian Gardner

Krista Sorenson and Christian Gardner
Honorary Campaign Co-Chairs



OUR CHILDREN AND FAMILIES IN CRISIS



On October 19, 2021, the American Academy of Pediatrics, American Academy of Child and Adolescent Psychiatry (AACAP) and Children’s Hospital Association declared a national emergency in children’s mental health, citing the serious toll of the COVID-19 pandemic on top of existing challenges.

Even before the pandemic, children’s mental health was an area of growing concern in the United States. A 2016 National Survey of Children’s Health data published in JAMA Pediatrics indicated that as many as 1 in 6 U.S. children between the ages of 6 and 17 has a treatable mental health disorder, while other research estimates that 17.4% of children ages 2-8 had at least one mental, behavioral, or developmental disorder.

For families seeking clinical help for their very young children, the lack of qualified clinical personnel to address this issue is another barrier. The 2020 Gardner Institute mental health report (Early Childhood Mental Health in Utah) highlights data from the American Academy of Child & Adolescent Psychiatry that shows “the ratio of child psychiatrists per 100,000 children in Utah is particularly low.”



\$247 BILLION

Per year spent nationally on mental health and health services, lost productivity, and crime **linked back to** childhood mental, emotional, and behavioral disorders

AS MANY AS

1 in 5

YOUNG CHILDREN AGES 0-8

experience mental, emotional, development, or behavioral concerns



In 2020,

SUICIDE

WAS THE LEADING CAUSE OF DEATH for Utahns ages

10-17 & 18-24



OUR ESSENTIAL WORK AND PURPOSE



Early interventions are proven to increase children's current and future health, as well as reduce future use of services and treatment.

The Children's Center Utah is leading the way in this vitally important work, now for 60 years. Our work is key to effectively addressing Utah children's mental health crisis and helping the next generation grow into strong, resilient youth and adults prepared to take on life's challenges.



The Children's Center Utah is the largest mental healthcare facility of its kind for young children in Utah, annually serving nearly 1,200 children and their families via its Outpatient Clinic and Therapeutic Preschool. Recognized as experts in the field of children's mental health, our team of licensed psychologists and licensed clinical social workers provide compassionate, professional care that is a sought-after resource of healthcare providers statewide. In addition, our new statewide teleconsultation training is reaching a growing number of providers every month.

The average age of a child served at The Children's Center Utah is 3, with ranges from infant through 6. Although there are highly-trained mental health experts in our state, the treatment expertise for the youngest members of our population is extremely limited outside of our services. Most mental health professionals trained to treat children have received their education focused on older children (age 8 and above) and adolescents. **The Children's Center Utah provides a unique and vital service in our communities by meeting the needs of very young children and their caregivers.**

As the leading expert in infant and early childhood mental health, **The Children's Center Utah also is taking intentional steps to help address the striking workforce shortages in our state through a unique, highly competitive residency program that trains the professionals who are desperately needed.** Supporting the next generation of specialized clinicians and other early childhood providers of all backgrounds is the only effective way to truly address the challenges and continue to work upstream with infants, toddlers, preschoolers, and their families and caregivers.



The Children's Center Utah strengthens early childhood mental health through:

- ✓ Outpatient Clinical Services
- ✓ Therapeutic Preschool
- ✓ Early Childhood Consultation and Training
- ✓ Workforce Development
- ✓ Public Awareness and Program/Policy Development

“

The Children's Center Utah has always been an organization ahead of its time. In Utah, the need for childhood mental health services is vast and, compounded by the pandemic, their work is critical to enhancing the overall well-being of our state's children and families.”

- Mikelle Moore
Senior Vice President
Chief Community Health Officer
Intermountain Healthcare



OUR FUTURE

CHILDREN'S MENTAL HEALTH CAMPUS



**SECURED
\$7M INITIAL
INVESTMENT**

The sale of current Salt Lake location, the state's investment, and expedited fundraising from private philanthropy will provide a unique opportunity to capitalize on and escalate vision. Proceeds from sale of Salt Lake center are planned for program and operating expenses, and are temporarily directed toward capital costs for new facility.

**LOCATED IDEAL
SITE FOR NEW
CAMPUS**

Capital campaign major gifts will reach 75% of goal and coincide with timeline to celebrate opening of new facility in fall 2023.

**CHILDREN'S
MENTAL HEALTH
CAMPUS TO OPEN
IN WEST VALLEY
CITY**

Three additional priority areas for future site expansion to be identified: Utah, Weber/Davis, and Washington counties.



Successfully secured initial appropriation of \$7M during the 2022 Utah legislative session, further strengthening its public/private partnership to improve statewide outcomes for early childhood mental health.

**\$15.5M CAPITAL
CAMPAIGN
LAUNCHED**

After researching 200 existing sites within preferred geographic parameters, ideal site for client access and future growth identified in West Valley City.

**\$12M OF GOAL
RAISED
AND PUBLIC
CAMPAIGN
LAUNCH**

The Children's Mental Health Campus will serve as a launching point for statewide expansion of primary services.

**SERVICE
LOCATIONS
TO EXPAND
STATEWIDE**



“

The Children's Center Utah, a center of excellence for evidence-based, trauma-informed mental health care, is critical to meeting the needs of very young children and their families in our state. TCCU drives the statewide efforts in preventing and treating emotional and behavioral challenges in very young children, which is life changing for those families served and leads to improved mental health outcomes for all Utahns.”

- Brooks Keeshin, MD
Associate Vice-Chair of Research in Child Mental Health
Huntsman Mental Health Institute



WORLD-CLASS CHILDREN'S MENTAL HEALTH CAMPUS



A THERAPEUTIC PLACE OF HOPE AND HEALING

The Children's Center Utah must expand its services to significantly impact and enhance the emotional well-being of Utah children and their families.

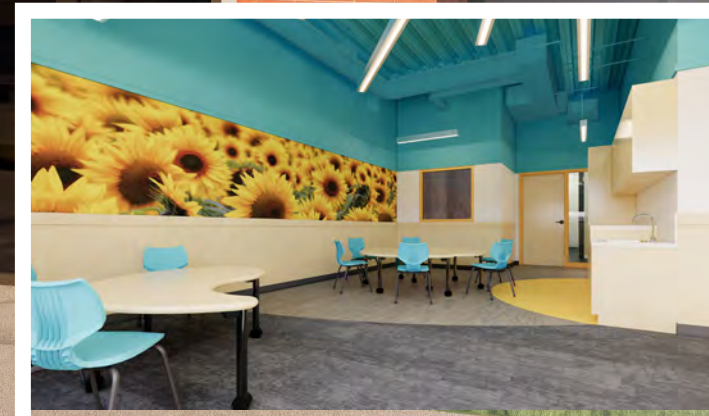
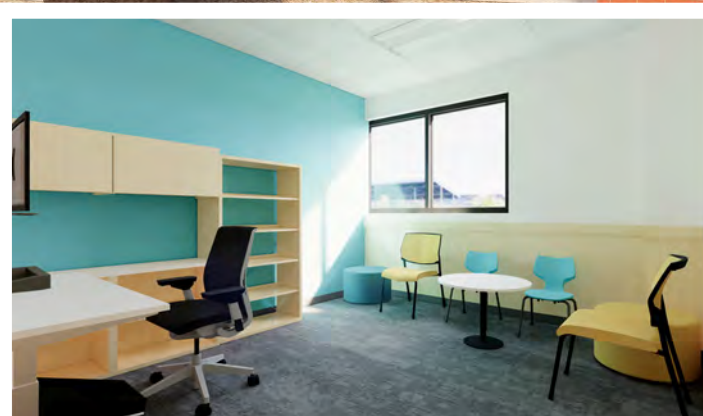
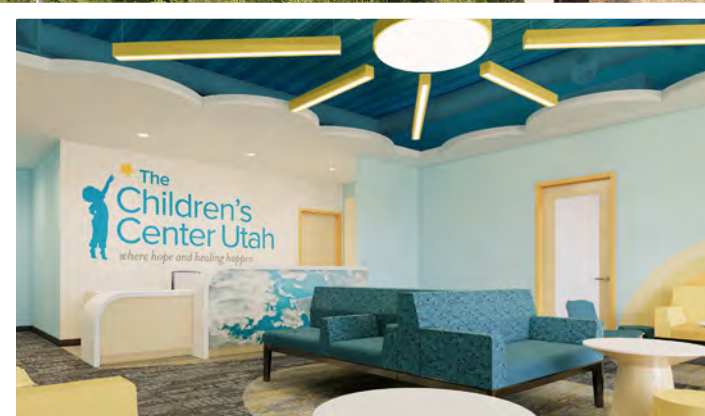
The Children's Mental Health Campus will be a center of excellence for evidence-based, trauma-informed mental health care, serving both the immediate needs of children birth through six and their families, as well as acting as a training center for early childhood mental health professionals of all backgrounds. This Campus will allow The Children's Center Utah to continue to lead the way in early intervention to improve the mental health outcomes for all Utahns by housing outpatient clinical services, a therapeutic preschool, and early childhood consultation and training.

This Campus also will serve as a launching point for a statewide expansion of The Children Center Utah's services over the next 10 years, providing a home for our Infant and Early Childhood Mental Health Education and Training Center dedicated to enhanced training that will facilitate workforce development and statewide collaborations and connections. Moreover, the facility will provide a home for ongoing research, program, and policy development. Three priority areas for future site expansion have been identified and include Utah, Weber/Davis, and Washington counties, with the Children's Mental Health Campus as the state's central hub.

“

Addressing mental health concerns today—upstream—among very young children creates triple bottom line savings. The real win? The human bottom line. Families and children have a better lived experience. As a state, we have made significant strides in the past few years—and, we can do better. When we do better for our most vulnerable, everyone wins.”

- **Rebecca Dutson**
President and CEO
The Children's Center Utah



OUTCOMES



CAMPUS AND STATEWIDE EXPANSION



Therapeutic Design

Promote hope and healing through design elements such as floor plan/flow, exposure to light/nature, artwork, texture, acoustics, physical safety, and technology.



Access and Growth

Location based on heat map research, centrally located to client population providing an easily accessible and safe location outside Salt Lake urban area, historically, a significant travel barrier for families.



Education and Training

Foster collaboration with state-of-the-art meeting and training facility, bringing leading local and national mental health providers together to strengthen workforce development of early childhood providers of all backgrounds.



Community Partnership

Strong alignment with partnering organizations such as Huntsman Mental Health Institute, Primary Children's Hospital, along with Valley Behavioral Health children and youth services, which is located on the same Campus.



CAPITAL CAMPAIGN DONORS

\$1,000,000+

Kem and Carolyn Gardner Family Fund
O.C. Tanner Company
State of Utah

\$500,000–\$999,999

Anonymous
George S. and Dolores Doré Eccles Foundation
Christian and Marie Gardner
Emma Eccles Jones Foundation
Larry H. & Gail Miller Family Foundation
Intermountain Health

\$250,000–\$499,999

Chandra and Eric Bergeson
CHG Healthcare
Peace & Possibility Project
The Mark and Kathie Miller Foundation

\$50,000–\$249,999

Scott and Jesselie Anderson
Jeremy and Kristin Andrus Giving Fund
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Whitney Call and Kyle Blanchard
CommonSpirit
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Discover Card
Willard L. Eccles Charitable Foundation
Millerberg Family Giving Fund
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The James Lee Sorenson Family Foundation
Zions Bank

\$25,000–\$49,999

David W. Bernolfo Memorial Foundation
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John and Andrea Miller
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Sorenson Legacy Foundation

\$10,000–\$24,999

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The June Morris and Frendt Family Foundation
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Zimmerli Family Charitable Fund

\$5,000–\$9,999

Sue Alder and Greg Robinson
Ashley Rothwell-Campagna and Mark Campagna
Comenity Capital Bank
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Up to \$4,999

Jennifer Dailey-Provost and Scott Provost
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Merrill and Carrie Hazel
Brooks and Susana Keeshin
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Joe Lohrer
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Kara and Jacob Rogers
Jennifer and Shane Smith
Chuck and Andrea Stolf
Ze Min Xiao and An D Khong

COMPREHENSIVE MENTAL HEALTH CARE

CENTER-BASED CLINICAL SERVICES



OUTPATIENT CLINICAL SERVICES

THERAPEUTIC PRESCHOOL PROGRAM

STATEWIDE PROVIDER SERVICES

EARLY CHILDHOOD COACHING AND CONSULTATION PROGRAM

INFANT EARLY CHILDHOOD MENTAL HEALTH

TRAUMA PROGRAM FOR YOUNG CHILDREN

INFANT-TODDLER COURT PROGRAM

TRAINING AND TELECONSULTATION PROGRAM

CAPACITY BUILDING SYSTEM-LEVEL WORK



WORKFORCE DEVELOPMENT

PUBLIC AWARENESS AND PROGRAM/POLICY
DEVELOPMENT

CENTER-BASED CLINICAL SERVICES

OUTPATIENT THERAPY

FOR CHILDREN

AND FAMILIES

We provide mental health care to children age birth through six, their families, and caregivers.



1,084

children served together with
their families and caregivers



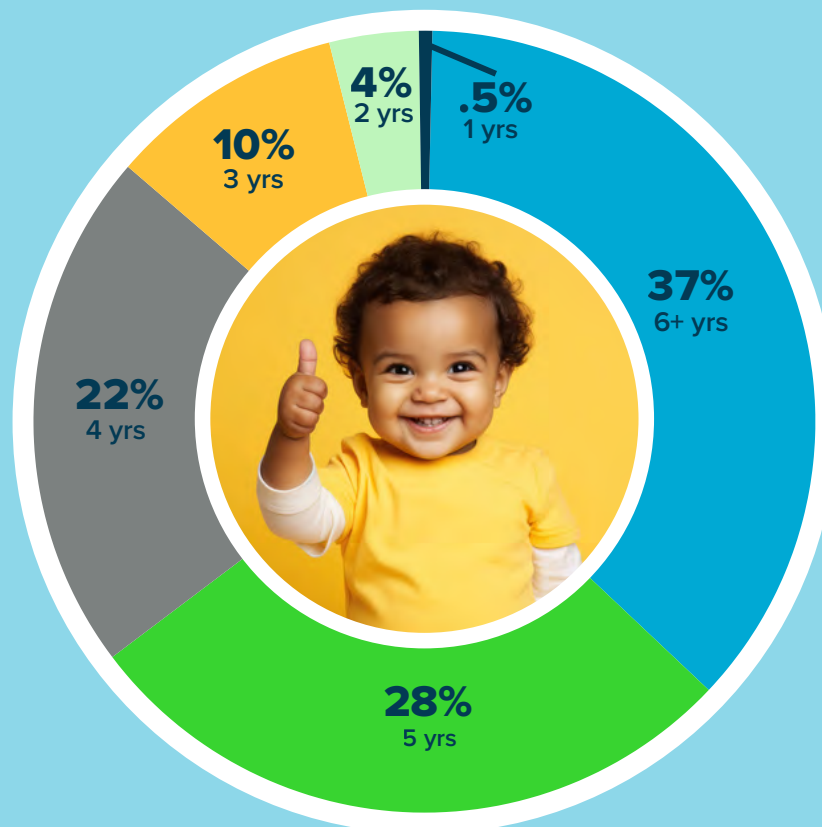
6,743

individual therapy hours

OUR TEAM LOGGED 8,027 CLINICAL HOURS THIS YEAR!



1.084 CHILDREN SERVED AGES BIRTH TO 6+



OUTPATIENT CLINICAL SERVICES

EVIDENCE-BASED THERAPIES

We utilize effective and proven interventions that support the healthy development and well-being of young children



ATTACHMENT AND BIOBEHAVIORAL CATCH-UP (ABC)

An evidence-based, short-term treatment focused on helping caregivers provide nurturing care and engage in sensitive interaction with children. ABC utilizes two models, Infant and Toddler, and provides services for children six months to four years old.



ATTACHMENT, REGULATION, AND COMPETENCY (ARC)

An adaptive intervention developed for children who have experienced complex trauma, along with their caregiving systems. ARC identifies and addresses important childhood skills and competencies which are routinely shown to be negatively affected by traumatic stress and by attachment disruptions.



CHILD-PARENT PSYCHOTHERAPY (CPP)

A treatment focused on ways in which trauma has affected the parent-child relationship and the family's connection to their culture and cultural beliefs, spirituality, intergenerational transmission of trauma, historical trauma, immigration experiences, parenting practices, and traditional cultural values. A recent study by the Washington State Institute of Public Policy demonstrated a \$15.69 return per dollar invested in Child-Parent Psychotherapy.



TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT)

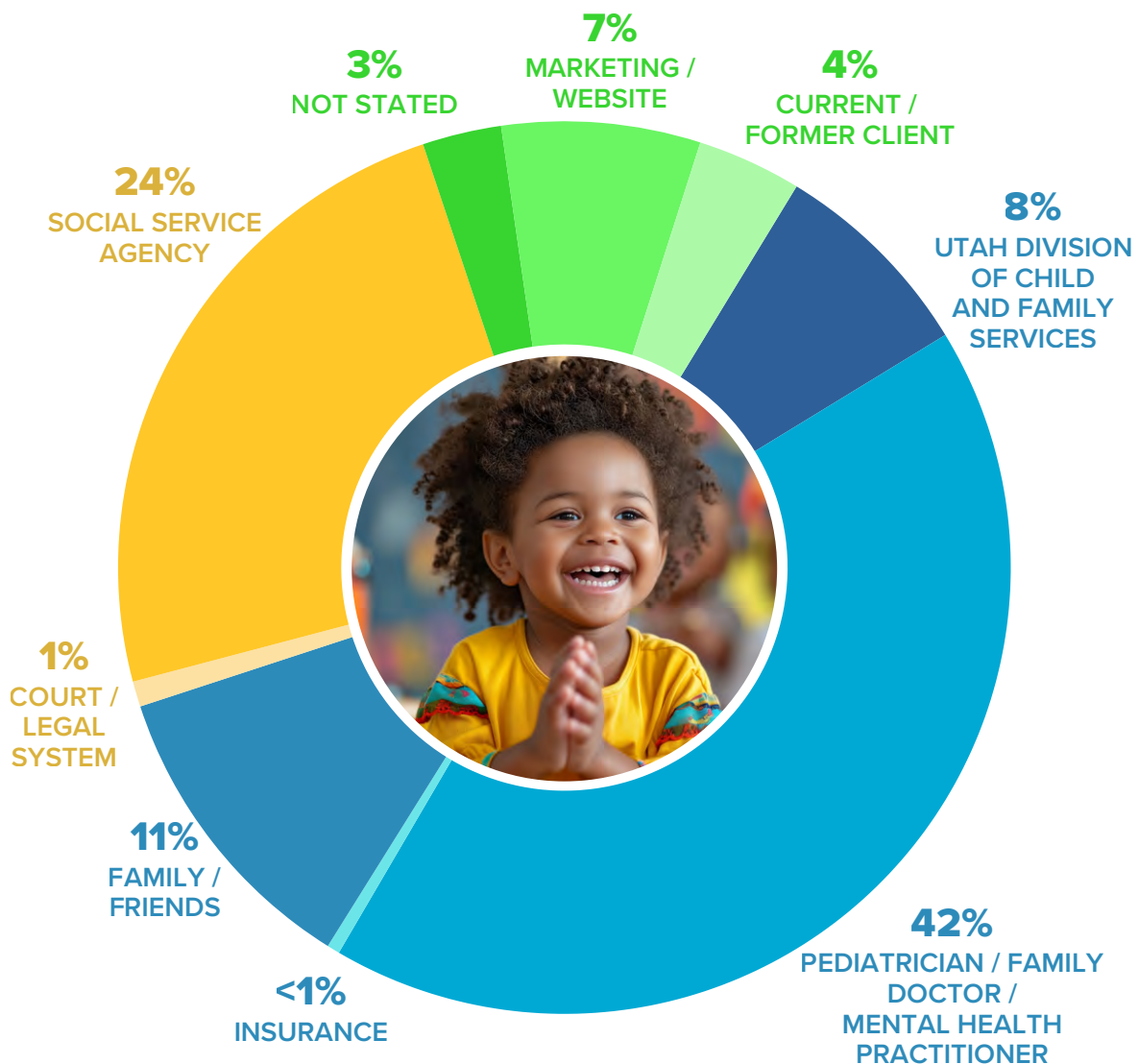
An evidence-based treatment approach shown to help children and their parents (or other caregivers) overcome trauma-related difficulties, including child maltreatment. TF-CBT also supports post-traumatic stress disorder (PTSD), depression, anxiety, externalizing behavior challenges, relationships and attachment challenges, school and cognitive challenges. TF-CBT includes skills for regulating affect, behavior, thoughts and relationships, trauma processing, and enhancing safety, trust, parenting skills, and family communications.

PROGRAM DATA

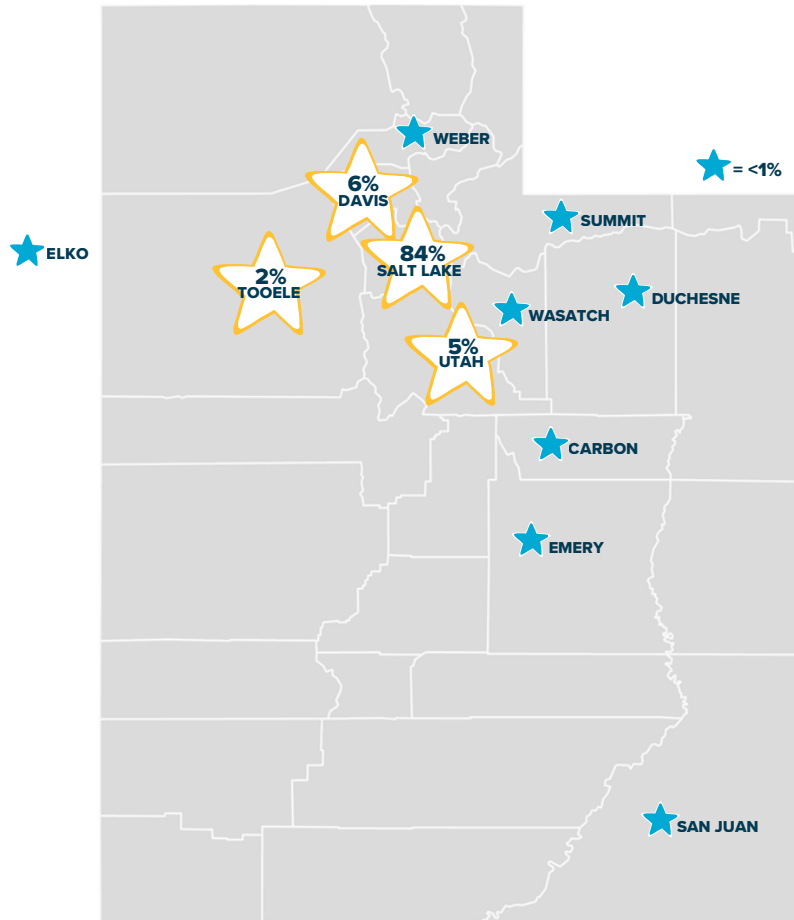
OUTPATIENT CLINICAL SERVICES

REFERRAL SOURCES

In 2023-2024, we served 1,084 children together with their families and caregivers. Here's how they found us:



FAMILIES SERVED



LANGUAGES SPOKEN



ENGLISH
SPANISH

ARABIC PORTUGUESE

FARSI MANDARIN TONGAN

FRENCH NEPALI SOMALI

SWAHILI TONGAN

CENTER-BASED CLINICAL SERVICES

THERAPEUTIC PRESCHOOL

Our Therapeutic Preschool Program provides intensive outpatient therapy to children ages 2–5 who need extra help succeeding in childcare or preschool.



167
children enrolled



39,273
program hours logged



BEEP BEEP! **SHUTTLES PROVIDED!**

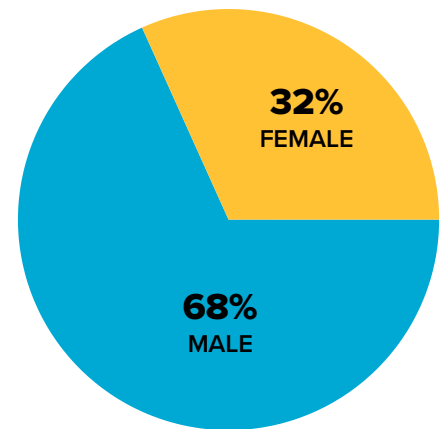
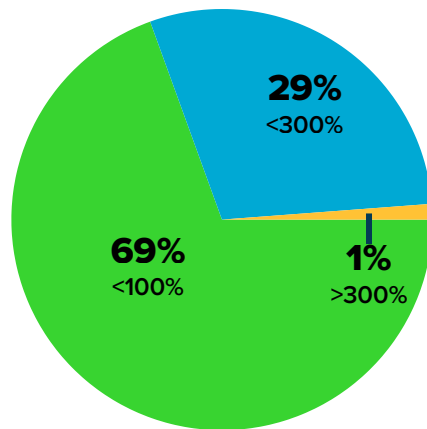
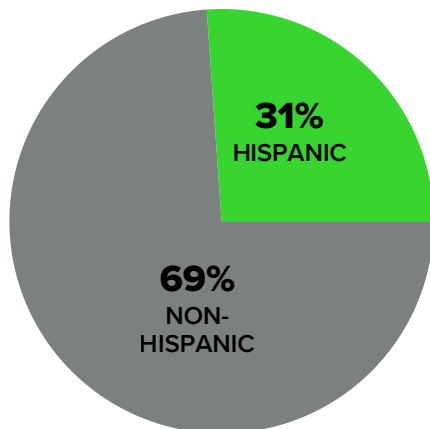
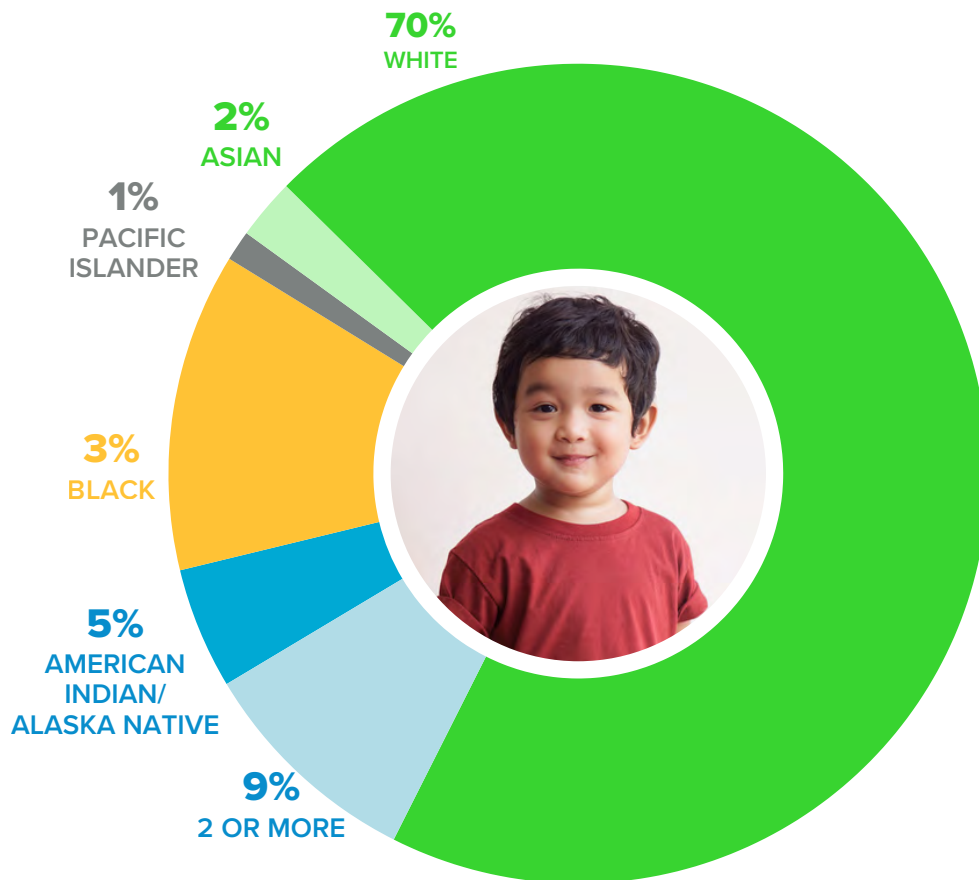
- An average of 60 children rode our shuttles each day
- With safety a priority, we logged over 107,000 miles without a single at-fault accident

PROGRAM DATA

THERAPEUTIC PRESCHOOL PROGRAM

DEMOGRAPHICS

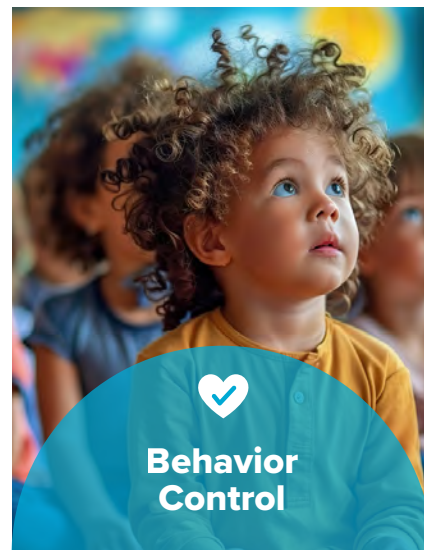
167 children participated in our Therapeutic Preschool Program.



FAMILY INCOME

DEVEREUX EARLY CHILDHOOD ASSESSMENT (DECA)

Our Therapeutic Preschool clinical team utilizes the Devereux Early Childhood Assessment to understand how each child is progressing in group treatment and uses each child's unique profile to help create a treatment plan that will best support their therapeutic progress in group. DECA assessments not only provide psychometrically-sound measurements, but also reflect “child protective factors” which offset or diminish the effects of risk adversity. Assessing these factors allows our team to focus on building resilience for each child through social and emotional support. DECA supports children by identifying areas of strength and need with respect to four key social and emotional skills



CHILDREN'S PROGRESS

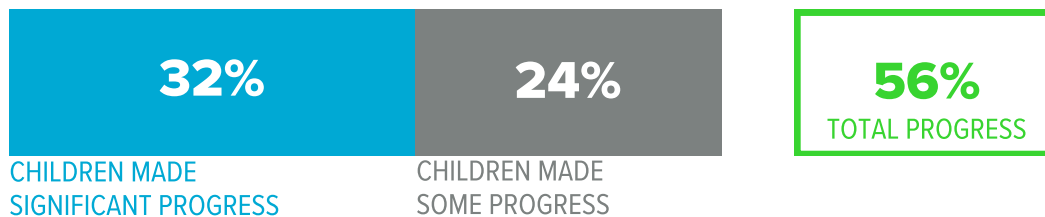
ATTACHMENT



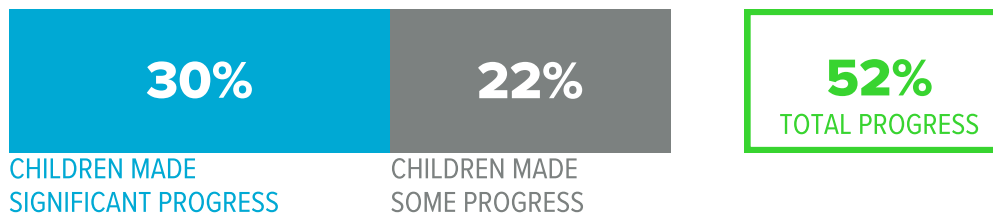
INITIATIVE



SELF-REGULATION



BEHAVIORAL CONTROL



TOTAL PROTECTIVE FACTORS



STATEWIDE PROVIDER SERVICES CONSULTATION, TRAINING, AND COACHING



Consultation team supported the planning of the first Childhood Conference in Logan, UT.



We created a new Infant Early Childhood Mental Health team expanding our reach into early intervention organizations.



Our Trauma Program for Young Children served 256 children and their families.



Our Utah Infant-Toddler Court Program expanded into Iron County.



1,259 infant and early childhood providers participated in trainings or consultations.

PROGRAM DATA

STATEWIDE PROVIDER SERVICES

EARLY CHILDHOOD COACHING AND CONSULTATION

Provides specialized training and support to early childhood providers throughout Utah. Our team works closely with community partners to provide workshops, environmental observations and feedback, and technical assistance both in-person and virtually.



295

Children and Classrooms Observed



30

Trainings and Presentations



834

Educators Reached



116

Hours of Training Conducted

INFANT-TODDLER COURT PROGRAM

Reforms child welfare practices and builds systems that better support the early development, health, and well-being of infants, toddlers, and families.



Expanded case work to
Iron County



Created subcommittee to
explore best practices for
domestic violence cases



Expanded Active
Community Teams/
Networks



Presented at 5 conferences
about
U-ITCP

TELECONSULTATION AND TRAINING

Provides free training and support to early childhood providers of all professions in the form of webinars, case consultation, provider collaboration support, referral/resource coordination, reflective supervision, and technical assistance.



792

Hours of Webinars



1,259

Providers Trained



440

Hours of Consultations

INFANT AND EARLY CHILDHOOD MENTAL HEALTH CONSULTATION

Works in partnership with the Utah Pyramid Model to provide mental health consultation to a growing number of early childhood programs.

73

Early Childhood
Practitioner
Consultations

9

Counties where Consultants
Worked with Early Childhood
Programs

Salt Lake, Utah Wasatch, Summit, Davis, Weber,
Duchesne, Carbon, and Emery

TRAUMA PROGRAM FOR YOUNG CHILDREN

Supports expansion of evidence-based trauma treatments for children birth to six years throughout Utah.

256

Children and
Families Served

570

Children Screened for
Trauma / Trauma
Symptoms

313

Providers Received
Training

CAPACITY BUILDING SYSTEM-LEVEL WORK

WORKFORCE

DEVELOPMENT

**UTAH EARLY CHILDHOOD MENTAL
HEALTH SUMMIT | OCT 24, 2023**



More than 1,000 attendees learned about the importance of infant and early childhood mental health. Attendees included state leaders, mental health care providers, educators, early childhood care providers, pediatric, maternal health and other healthcare providers, members of the philanthropic community, as well as local business and corporate leaders.

CAPACITY BUILDING SYSTEM-LEVEL WORK

PUBLIC POLICY AND ADVOCACY



Met with and educated
legislators



Attended and presented in
committee meetings

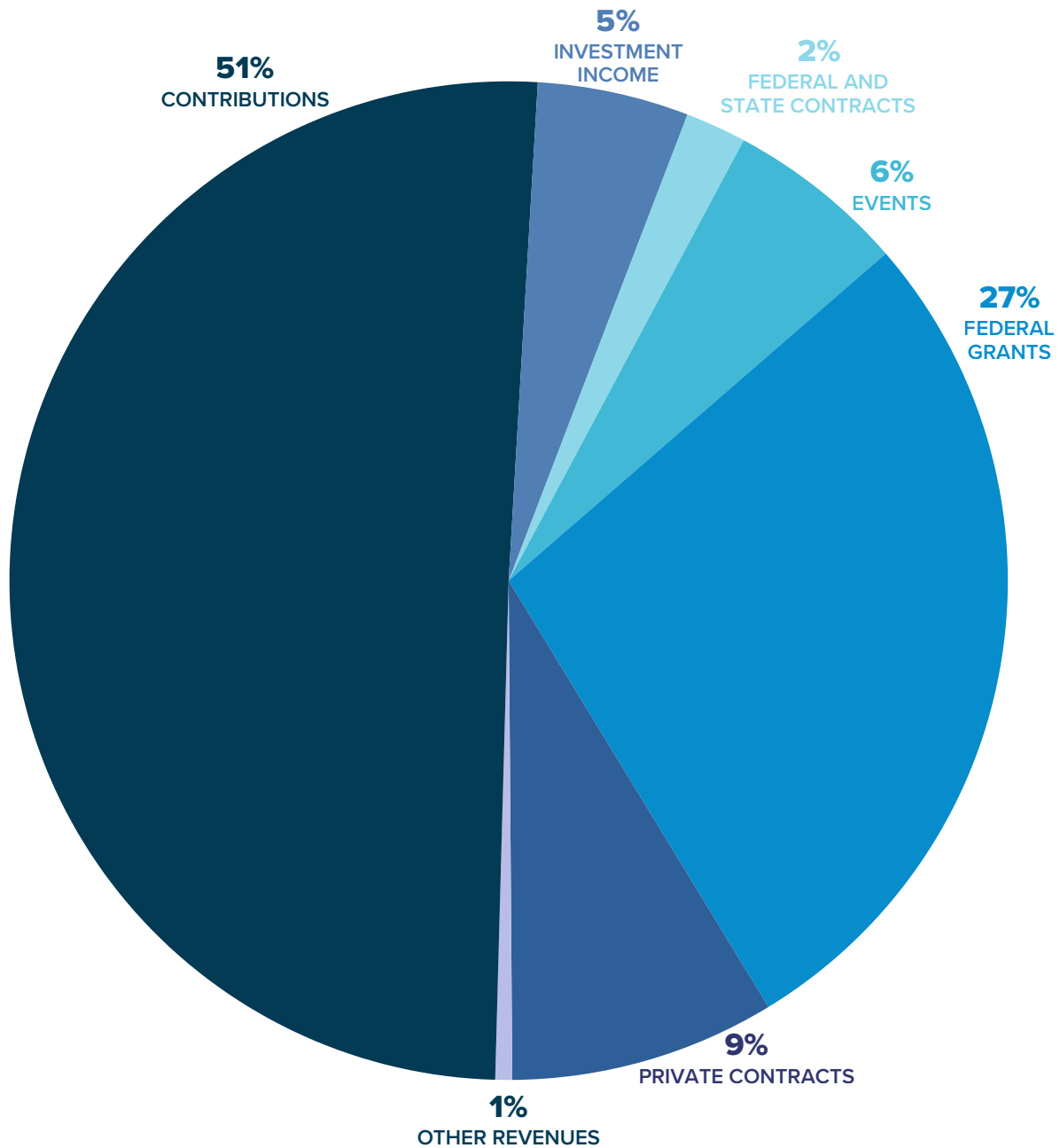


Participated in Utah Nonprofit
Day on the Hill

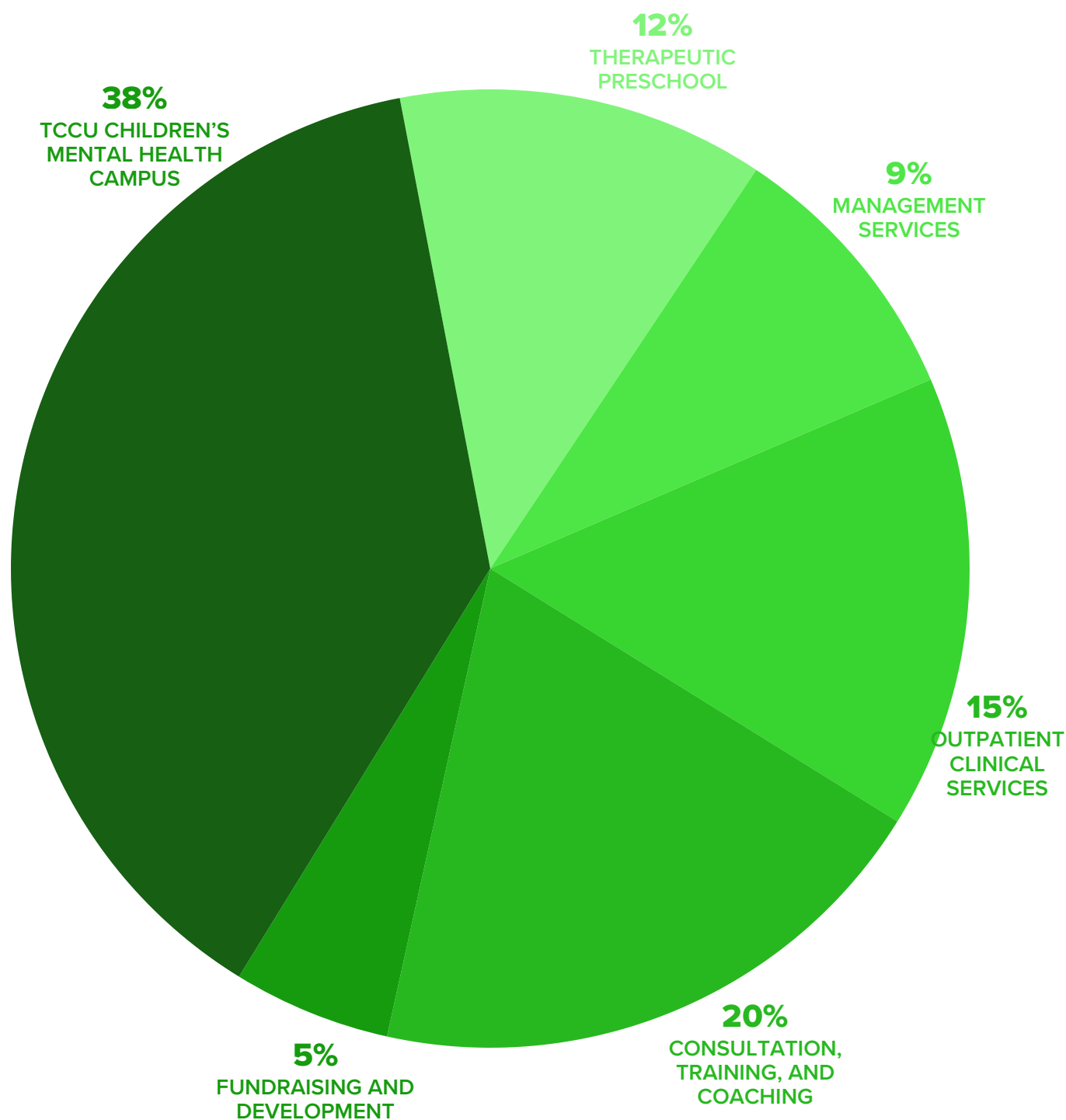


FINANCIALS

SOURCE OF FUNDS = \$17,314,511



USE OF FUNDS = \$17,314,411



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We celebrate our successes and achievements, and none of it would be possible without the help of our volunteers, sponsors, and donors. We are so grateful for your many contributions!

VOLUNTEERS



855 volunteers logged 3,843
hours of service

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3 fundraising events garnered
\$1,022,809 in funds

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Angelo Giardino In Honor of Mikelle Moore
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Dustin Latimer In Honor of Sheri B. Green
Thomas Musson In Honor of Devon Musson Rose
Lisa Paletta In Honor of Miracle Linc
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Michael Cosky In Memory of Paul Dalrymple
Michelle Fehr In Memory of Mary Ann Williams
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Carla Stone In Memory of Carolyn Bone
William A. Todd In Memory of Mary Ann Williams
Jennifer Wright In Memory of Lillian Smith

TCCU TEAM

Many thanks to our team of dedicated professionals. Their passion, commitment, and tireless efforts are the driving force behind our mission and impact.



TCCU STAFF

ADMINISTRATION

Rebecca Dutson, President and CEO
Julie Hadlock, Director, Talent and Operations
Jennifer Mitchell, Vice President, Clinical Strategy and Innovation
David Peterson, Chief Financial Officer
Giselle van der Westhuizen, Executive Assistant
Melissa Willey, Controller

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Megan Jolley, CCQS Mentor Coach
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Alda Jones, IECMH Consultation Program Manager
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Christie Cole, Community Coordinator
Tiffany Perry, State Coordinator
Tara Sauter, Community Coordinator

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Samantha Smith, Psychology Training Director

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Coach
Paul Mueller, School Readiness Lead Mentor
Coach

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Coordinator
McCall Lyon, Teleconsultation Director

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Specialist
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Karla Palmer, Early Childhood Consultant
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Expansion Manager
Moiram Rampton, Early Childhood Consultant
Sadie Rodriguez, PRN ECC Trainer

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Lisa Castleton, Driver
Lourdes Gomez, Driver
Teddy Lowder, PRN Driver
Heather Paxman, Preschool Bus Driver and
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Barbara Roller, Driver

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