

**Child & Family Mental Health**  
 PROVIDING HELP AND HOPE SINCE 1946

**SPRING 2016**

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**LOCATIONS**

**HEADQUARTERS**

Administration/Long Beach Clinic  
 1301 Pine Avenue  
 Long Beach, CA 90813  
 (562) 595-1159 tel

**Compton Clinic**

901 W. Victoria Street, Suites F & G  
 Compton, CA 90220  
 (310) 669-9510 tel

**San Pedro Clinic**

222 W. Sixth Street, Suite 230  
 San Pedro, CA 90731  
 (310) 833-3135 tel

**tgclb.org**

**THE GUIDANCE CENTER PARTNERS WITH LYNWOOD SCHOOLS**

The Guidance Center is excited to announce the expansion of services at our Compton Clinic. We are now providing individual and family therapy to children and adolescents in the Lynwood Unified School District! Compton Program Manager Janet Fleishman, LCSW noted the city of Compton and the surrounding areas like Lynwood are the most underserved when it comes to the mental health needs of children and their families.

“Mental health challenges can affect children at school, home, and in the community. More importantly, it affects how they feel about themselves,” Fleishman said. “Research has proven early intervention produces better outcomes and results so that children can lead more fulfilling lives.”

The Guidance Center will provide a full range of evidence-based services for children ages zero to 18. Staff therapists will also provide family therapy in order to help parents understand why their children are struggling.

Fleishman said, “We partner with parents. We don’t just treat children. It’s more impactful to treat the whole family. We know that our parents are the experts when it comes to their children and we help by teaching them how to create meaningful bonds.”

We are currently serving children and adolescents at Roosevelt, Abbott, and Will Rogers Elementary Schools. We are also in Hosler Middle School and in Lynwood, Vista, and Firebaugh High Schools. We are excited about the new partnership with Lynwood Unified School District and look forward to making a difference in the community.

**COMMUNITY CONNECTIONS**

The Guidance Center’s Long Beach Outpatient Program is strengthening its existing partnerships by expanding trainings provided to Young Horizons and Head Start programs. The workshops focus on the needs of children ages 0-5 and are offered to staff and families. The two-hour workshops are designed to give both teachers and parents tools to address difficult moments with children.

The staff trainings help educators understand and identify the mental health needs of children. They learn how to add structure in the classroom and calm chaos. The parenting workshops focus on strengthening the parent-child bond. Head Start and Young Horizon families identify topics of interest and Guidance Center therapists use their suggestions as a guide for workshop curriculum. The topics often include trauma, discipline and bonding. The

trainings are also offered to various organizations as needed.

In addition to the off-site workshops, The Guidance Center provides an intensive on-site 10-week course. The group focuses on the attachment needs of children ages 0-5 and their caregivers. The instruction is unique as it provides hands-on interactive therapy. The attachment parenting class is led by two therapists who model as parents interact with their child. By the end of the course, parents know how to increase positive attachment and have a better understanding of their child’s developmental needs.

**For information about on-site trainings for your organization, contact Leah Douglas at 562-485-2277.**

# INCREDIBLE OPPORTUNITY FOR NEW PARTNERSHIPS



Patricia Costales, LCSW  
Executive Director

For the last several years, The Guidance Center has been faced with a real struggle to keep up with the demand for services within our communities. Thanks to growing resources and support, we now serve nearly 3,000 families annually. Yet, our communities and families are still under such strain. As much as we've wanted to forge new partnerships with other community organizations, school districts and health providers, we were limited in our ability to do

so. We didn't want to offer our services to new referral sources if we weren't going to be able to accept them immediately.

*I am thrilled to report that The Guidance Center was recently awarded a 33% increase in our Department of Mental Health funding. Therefore, we have the ability to provide comprehensive mental health services to as many as an additional 1,000 children annually. What an amazing opportunity!*

We're adding new staff to provide this care and are actively forging new partnerships in the community in areas that have been greatly underserved. Those new partnerships have been one of the most exciting elements of this growth.

We have reached out to Boys and Girls Clubs, domestic violence and homeless shelters, and Head Start Programs to see where we might serve as a resource to their families. We have placed a therapist on the inpatient floors at Miller Children's Hospital. This therapist provides services to families under great strain and continues to monitor them after discharge. We have greatly expanded our services to Long Beach and Paramount Unified School Districts, specifically for the hardest to reach families and most acutely psychiatric clients. We have forged a new relationship with the Lynwood Unified School District and have committed to house our therapists on their campuses with the highest need.

This is an incredibly rewarding time for The Guidance Center, to recognize that our reputation, commitment to our communities, and hard work has brought us to this place of great growth. To open our doors wide to new families, new partnerships, and new staff is a remarkable experience. To say we can serve 1,000 additional kids, that is beyond words.

## CLIENT SUCCESS STORY

Darren is a six year-old boy who was referred to The Guidance Center for school-based mental health services due to a lack of school attendance. He suffered from extremely high levels of stress as a result of being separated from his parents. Darren would scream, cry, and grasp and cling for his life to his mother or father. Or, he would break free and run for the exits with an absent look in his eyes "like a scared animal" as described by his school counselor. The few times he made it to the classroom, Darren attacked the door with his feet, fists, and even his head. If his teacher tried to intervene, she would be attacked as well.

At school he was terrified of abandonment, but in the home he was angry, oppositional, and functioning at a much lower emotional level than

his chronological age. Darren was very shy and immature. He spoke like a toddler, walked on his toes, and even flapped his hands when nervous or excited. Darren's life had been very stressful from birth. He was born to loving, but young and inexperienced parents. As a result, they lived with the paternal grandparents. Darren's grandfather was an alcoholic, with unpredictable moods and verbal attacks on his wife. Last year, Darren's three year-old sister suffered a traumatic brain injury while playing alone with Darren. Her brain damage left her physically and mentally disabled, and Darren blamed himself.

The Guidance Center's School Based clinicians focused on helping Darren's parents build a nurturing and emotionally present attachment

with him. After about 15 to 20 therapy sessions held at both school and in the home, Darren learned how to deal with his feelings of fear, anxiety, sadness, and guilt about his sister's accident. He also began to feel safe at school. Providing emotional support for Darren's parents was a crucial part of the treatment. The therapist also made sure Darren was getting similar support at home. He worked with Darren's teacher to build their relationship. Over several months, the relationships strengthened, anxiety began to decrease, and Darren began to feel better. He began attending school with one of his parents, and now Darren goes to school alone. The goal is to be at school on time at 8:00am. Last month he arrived happily at 9:15am and is continuing to make progress.

## DINA ANDREWS: 30 YEARS OF COMMUNITY SERVICE



*Dina Andrews, LCSW  
Clinical Supervisor/School  
Based Coordinator*

Dina Andrews has created quite the legacy. She is the epitome of social work, not only having mastered the interventions and skills required, but also maintaining the ability to follow her heart and share it with those around her. If you were to spend five minutes with her, you would leave her presence feeling happier and healthier.

As an employee of The Guidance Center, Dina has worn many hats. Her clinical

skills have assisted not only thousands of children but the hundreds of supervisees, interns, colleagues and community partners with whom she has interacted. When Dina began her work with The Guidance Center 30 years ago, she would have no idea how broad her impact would be. She has weathered macro systems evolving, program development, role changes and many, many more phases during the life of her career. As an agency historian, Dina recounts many experiences and staff that have come and gone during the past three decades.

At the heart of who Dina is stands a professional who is 100% committed and dedicated to her work. Often being the first to arrive and the last to leave for the day, her door is always open for those around her. Work highlights for Dina include; her passion for training social work interns, involvement in the Transition Age Youth (TAY) services, dedication to the School Based Program and her

community outreach. The social work field is lucky to have Dina as her thoughts are always first and foremost on the training and guidance of future social workers. Having a strong desire to teach, she is always the first to ask for more interns. She willingly takes on more work in order to develop competent interns that will head out into the profession well-trained. Dina also spent a couple of years during the 1990's coordinating the transitional youth and young adult program with Los Angeles County. She ran groups for teens and incorporated outside speakers and parents in order to further support the youth in the groups. As an integral part of the School Based Program, Dina is known for her connections with her schools, her unfaltering support for her staff and her cheerful and positive demeanor.

Dina's true spirit is in her outreach. Very few people in Long Beach have not heard of her or benefited in some way from her skills. As a naturally warm and compassionate person, Dina was integral in creating linkages with the district when the Center's School Based Program was just starting. Dina facilitated the partnership with Healthy Start locations and thus the School Based Program gained roots. Since then, Dina has spent the past 20 years working to strengthen community relationships between the schools, the students, community resources and The Guidance Center. Dina is the first to volunteer for community events, health fairs, career development days, cultural fairs and family nights at schools.

We are immensely grateful for the 30 years that Dina has shared with us. We simply wouldn't be where we are today without her.

If you haven't met Dina Andrews, you should.

## UPCOMING CONTINUING EDUCATION WORKSHOPS

**APRIL 6, 2016 | 9AM-11AM**

### **Adolescent Substance Use, Abuse, and Dependence**

*Presented by Moe Gelbart, PhD and Donnie Watson, PhD*

Location: The Guidance Center's Long Beach Clinic

Cost: FREE

**Other trainings have included Youth and Adult Mental Health First Aid, Assessing and Treating Deliberate Self-Harm, and Reflective Supervision Training.**

To learn more, please visit <http://bit.ly/TGCTrainings>.

# LUIS MAIMONI JOINS THE GUIDANCE CENTER BOARD



We are excited to welcome our newest board member, Luis Maimoni. Luis is a bilingual (Spanish/English) therapist in the outpatient department of a community mental health agency in Gardena. His clients are children with problems at school, at home, with friends, or in the community. He is trained in several Evidence Based Practices, including Positive Parenting Program (Triple P), Managing and Adapting Practice (MAP), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), and Interpersonal Therapy (IPT).

As a member of the Board of Directors of The Guidance Center, he is able to directly support the effort to erase the stigma associated with mental health and advocate for both clients and providers. Prior to working in mental health, Luis' career focused on sales and marketing. Over 20 years, he led teams that created engagement with customers, clients, and communities through highly targeted content and platforms. Luis' marketing background is an asset to the Board of Directors and its Community Relations Committee. It is an honor to have Luis join the The Guidance Center family.

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# ADOPT-A-FAMILY HOLIDAY JOY!

The Guidance Center would like to thank the special donors who made the holidays brighter for the children and families we serve. We hope you enjoy reading their notes of gratitude as much as we did.

## A NOTE OF THANKS

*"I want to thank you with all my heart for the gifts you gave me and my children. It was an unforgettable Christmas for my children. They were able to be happy again."*

Liliana and her children

*"The greatest joy a mother can experience is to see her children smile. Thank you for bringing us happiness and not just because of the gifts but because we see that kindhearted people like you exist. May God bless you today and always."*

Raquel, Dora and Jessica

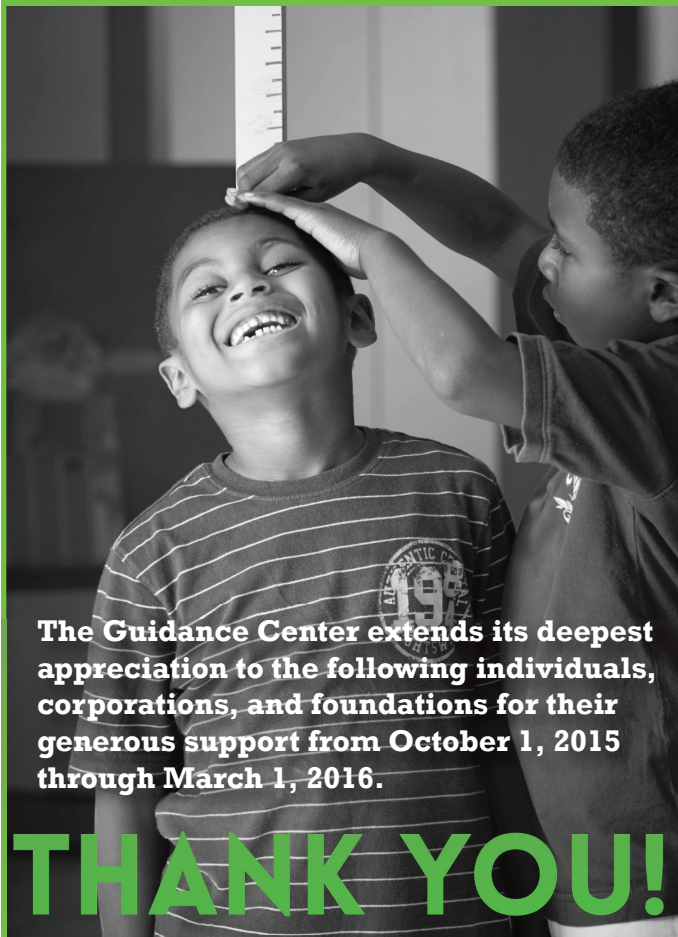


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The Guidance Center extends its deepest appreciation to the following individuals, corporations, and foundations for their generous support from October 1, 2015 through March 1, 2016.

# THANK YOU!

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## GRANT & MAJOR GIFT NEWS

### THE AHMANSON FOUNDATION

#### \$35,000 GRANT AWARD

Thank you so much to our friends at The Ahmanson Foundation. Their \$35,000 grant award will allow us to develop an online dashboard for our electronic clinical health record system and data driven solutions for our clinical intake process.

## YOUTH EXPLOITATION SAFETY SYMPOSIUM

On Saturday, February 20, 2016, the 2nd Annual Youth Exploitation Safety Symposium (YESS) was held at Long Beach City College. This highly anticipated event was the result of months of planning on behalf of the Long Beach Human Trafficking Taskforce. The Guidance Center was proud to be heavily involved in this event from start to finish.

The Symposium began with introductions by several dignitaries. Congress members Alan Lowenthal, Stacy Mungo, and Rex Richardson spoke about efforts to combat Human Trafficking city-wide. Police Chief Robert Luna discussed action taken by Long Beach Police to aid in prevention and prosecution of human trafficking. Assemblymember Patrick O'Donnell also expressed support for the Long Beach Human Trafficking Taskforce by celebrating its growth and success in recent years.

The YESS event consisted of two separate tracks geared specifically to adults and youth. The Adult Track began with Keynote Speaker Opal Singleton, a representative from Million Kids. In the afternoon, adults were able to select workshops to attend. These workshops included: Preventing the Commercial Sexual Exploitation of Children, Examining Human Trafficking Through a Federal Lens, Risk Factors for LGBTQ Youth, and Understanding Harmful Effects of Pornography.

The Youth Track was a day-long workshop that focused on understanding and building empathy, as well as defining and identifying exploitation. This workshop was developed by iEmpathize and included a Spoken Word poet who grew up in the foster care system and is a survivor who was trafficked from the ages of 11-15 years old. During the Youth Track, The Guidance Center was on-site to provide immediate mental health intervention to youth who may have been emotionally triggered by the intense subject matter. The Guidance Center has been recognized by the Human Trafficking Taskforce as a close partner in protecting victims of sexual abuse and exploitation.

At the end of the day, the Youth and Adult tracks joined together for a Q&A Panel discussion titled "Voices of Action." This panel consisted of a human trafficking survivor, Department of Homeland Security Commissioner Catherine Pratt, and Author/Advocate Susan Patterson.

Throughout the day, The Guidance Center hosted a table to explain the various mental health services offered by the agency. Approximately 300 people inquired about the work we do daily. The Guidance Center also provided hospitality services to the VIP guests and dignitaries. It was a very special honor for The Guidance Center to support the Human Trafficking Taskforce in the planning and execution of this event in so many different ways. We look forward to our continued partnership and involvement with the Taskforce in order to continue serving our community and protecting our children.

Spring 2016



## THE GUIDANCE CENTER

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### NEWSLETTER

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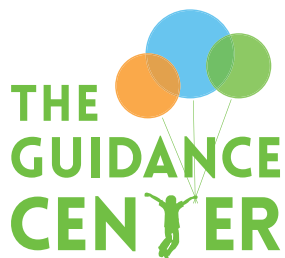
*Special shout out to E.F. Marton Productions  
for the photographs in this newsletter.*

### Want to stay informed?

Sign up for our monthly eNewsletter! Email your name to Sara Ergen at [sergen@tgclb.org](mailto:sergen@tgclb.org).

**Thank you!**





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# SAVE THE DATE!

## 5TH ANNUAL CLIENT ART EXHIBIT

**MONDAY, MAY 2, 2016**

**5:00 PM to 7:00 PM**

**The Guidance Center's Long Beach Clinic  
1301 Pine Avenue | Long Beach, CA 90813**

*RSVP by Wednesday, April 27 to Sara Ergen at [sergen@tgclb.org](mailto:sergen@tgclb.org).*

