

# THE GUIDANCE CENTER

Child & Family Mental Health  
PROVIDING HELP AND HOPE SINCE 1946

## FALL 2016 NEWSLETTER

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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](http://tgclb.org)



## SUNSET SIP 2016: 70 YEARS OF HELP AND HOPE

Wine and laughter filled the night on Sept. 10 at Sunset Sip 2016, and what a successful event it was! We can't begin to express how grateful we are for the outpouring of support we received from the community at our 70th anniversary celebration.



Former Guidance Center client Amber sharing her story at Sunset Sip

More than 250 people filled the Museum of Latin American Art to support our mission, raising more than \$100,000. This annual fundraising event, hosted by Los Angeles Kings Alumnus and TV Color Analyst, Jim Fox, is very important to our agency as funds raised allow us to provide much-needed mental health services to the community and continue to positively impact the conversation about mental health!

In the midst of friendly competitions over the wine tasting contest and generously donated auction items, we caught up with long-time friends and met new ones, found ourselves star-struck over LA Kings friends and alumni

– Bob Miller, Luc Robitaille and Derek Armstrong, to name a few – and honored by the city officials who came out to support us.

We had great support the evening of Sunset Sip from Long Beach Mayor Robert Garcia, Long Beach Police Chief Robert Luna, Seventh District Councilmember Roberto Uranga, Former Councilmember Tonia Reyes-Uranga, Artesia Mayor Victor Manalo and Connie Sziebl representing Los Angeles County Supervisor Don Knabe!

The most memorable moments from the night came from our guest speakers. First, Mayor Garcia took the stage and expressed his advocacy for mental health. Along with his kind congratulatory words for our 70th anniversary, he challenged the Long Beach community to eliminate the stigma of mental illness together.

*continued on page 11*



Jim Fox and the winners of the wine-tasting competition at Sunset Sip

## A NOTE FROM THE CEO: 70 YEARS OF HELP AND HOPE



This year, The Guidance Center celebrates 70 years of service to the community. In 1946, the agency was formed as a response to a great community necessity; children were in dire need of mental health services. That fact remains true today.

We continue to address the mental health needs of children and families in our communities. With clinics in three cities, we provide a team of talented,

caring staff ready and able to do all they can to help our clients through the healing process. We feel truly honored to be serving nearly 3,000 brave children annually.

We continue to reach more and more children and families, who are struggling with mental health issues and abuse, through impactful partnerships within the communities we serve.

We're changing the conversation about mental health with the help of community leaders in our local government, schools and businesses.

We're equipping teachers, principals, janitorial staff, administrators and lunchroom attendants with the tools to understand how trauma impacts children so that they can help guide those children toward healing and bright futures. We're educating the community through workshops that demonstrate how to talk about mental health and show what adults can do to help youth who may be developing a mental health problem or experiencing a crisis. We're bridging the gap between physical and mental health by placing a psychologist onsite to Miller Children's and Women's Hospital. Our compassionate, generous volunteer Board of Directors is continuously looking at ways we can work more efficiently and connect with additional resources so that we can help our community's most vulnerable.

And to think it all started in the basement of the old Seaside Hospital (since demolished) on 14th St. between Magnolia and Chestnut in Long Beach, just a ¼ mile from our headquarters now.



Our vision as an agency has always been about access – a community where all children have the help they need to be healthy and happy. So as we commemorate a major milestone in service as an agency, we look ahead – with hope. While we've made great progress, we know that we still have much to accomplish. Change is possible – one child, one family and one community at a time. Join us on this journey.

## NEW PARTNERSHIP: CENTURY VILLAGES AT CABRILLO

The Guidance Center is excited to announce our new partnership with Century Villages at Cabrillo, where we will be providing mental health services directly on-site for its residents. Located in West Long Beach, Century Villages at Cabrillo (CVC) is a nonprofit community development organization that serves as the steward of the Villages at Cabrillo, with a vision of breaking the cycle of homelessness. In addition to property management, CVC provides affordable housing to low-income families, and offers supportive services which aim to empower residents, restore health and inspire hope. Some of the families at CVC have received help at our Long Beach Clinic, but for others, there were barriers, such as transportation or childcare, that prevented them from getting treatment. Now, through this partnership, we will have two therapists placed on the CVC campus several times a week, eliminating those barriers by bringing the services directly to the residents.

Over the summer, our therapists have attended staff meetings, community events, back-to-school fairs, and parent meetings on the CVC campus in order to promote the new co-location services. We are excited about the opportunities this new partnership provides and more importantly, how we can help these children and families toward a positive and productive future.





# TRAUMA-INFORMED MOVEMENT IN EDUCATION: IT'S ABOUT T.I.M.E.

School can be stressful for even the healthiest of children. But, for those children who have experienced trauma or continue to live in adverse environments, the stress can prevent them from learning and excelling in the classroom.

We've collaborated with Long Beach Unified School District (LBUSD) on a program to change that.

## WHAT IS TRAUMA?

**Although commonly recognized as physical or sexual abuse, childhood trauma can be a variety of stressful or negative experiences. The National Institute of Mental Health cites some examples of trauma as neglect, emotional abuse, poverty and witnessing distressing events like family or community violence.**

Earlier this year, one of our school-based clinicians, Nathan Swaringen, LCSW, came to our CEO, Patricia Costales, LCSW, with an idea. Nathan had attended a children's mental health conference where world-renowned child psychiatrist, Dr. Bruce Perry, M.D., Ph.D., founder and senior fellow of the ChildTrauma Academy, was a guest speaker.

Led by Dr. Perry, The ChildTrauma Academy has developed The Neurosequential Model of Therapeutics™ (NMT) and The Neurosequential Model of Education™ (NME) as developmentally informed, biologically

respectful approaches to caregiving, education, and therapeutic work with children and families.

Working in Long Beach schools, Nathan saw firsthand how trauma negatively impacted students as well as schools as a whole. Inspired by what he heard, he knew he had to bring this approach to our schools.

This was the catalyst for It's About T.I.M.E. at Beach High School in Long Beach. Partnering with LBUSD and Beach, The Guidance Center developed the Trauma-Informed Movement in Education (T.I.M.E.) program, which is a training program based on NMT and NME that encapsulates the core principles of the trauma-informed approach - building trusting relationships between students and school staff, and providing appropriate sensory-based soothing activities for stress in and outside the classroom.

The pilot program launched this August at Beach High School. Nathan trained the school's staff prior to the start of the school year, and will continue to support and serve as a collaborator, consultant, model and instructor to Beach staff for the remainder of the academic school year.

We're thrilled for the opportunity to reach the community through this new program. We will continue to work closely with Beach over the course of the 2016-2017 academic school year to track overall campus and individual student progress, with the ultimate goal to bring the trauma-informed program to all schools within LBUSD.

## PAPER TIGERS SCREENING

On Oct. 12, we hosted a free film screening event at the Art Theatre in Long Beach to provide an opportunity for community members to experience the transformative power of the trauma-informed approach in education for themselves.

Nearly 150 people attended the screening of *Paper Tigers*, which follows six students' life-changing journey at the first trauma-informed high school in the nation in Walla Walla, Washington. Steve Graner, M.S., Neurosequential Model in Education Project Director for The ChildTrauma Academy, was there to explain the science behind the program as well as participate in a panel discussion after the film with Nathan and Ms. Sexton, a teacher at Beach High School.



# WELCOME 2016-2017 INTERNS AND TRAINEES

At The Guidance Center, we are dedicated to meeting the growing health needs of underserved communities by providing training and internship programs for mental health professionals interested in pursuing careers in a community health setting. We are excited to welcome the following students who have been placed with us for the current academic school year:

**PSYCHOLOGY  
INTERNS**  
Kristen Gonzalez  
Jennifer Paul  
Sonja Rogers  
Christina Zavalza

**PSYCHOLOGY PRACTICUM  
STUDENTS**  
Steven Henry  
Jesus Leyva  
Teena Manginelli  
Emily Werst

**MFT TRAINEE**  
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**To learn more about our students and programs, please visit  
[tgclb.org/employment/internships](http://tgclb.org/employment/internships)**

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## CLIENT SUCCESS STORY

Filled with anger and internal pain, Destiny was brought to The Guidance Center at the age of 16 by her father. They had recently visited her medical doctor, who had discovered several deep cuts on Destiny's thighs and arms. The cuts had been self-inflicted. Destiny had been attempting to relieve the pain of her heartbreaking childhood. She had felt alone at school, finding it hard to make friends. School work was also challenging. She was failing most of her classes. Frustrated and hurt, she retreated to her room most days, isolating herself and avoiding social gatherings with her family.

The therapeutic process was challenging for Destiny. During her first couple of months in therapy, Destiny would not speak and constantly complained about being in therapy with a rude tone and foul language. She slammed doors, would avoid sessions or just walk out saying it was boring, and she had "better things to do." She was always surprised that her therapist kept coming back session after session.

Destiny did not want to talk about her past. When she was 8-years-old, her father left their home due to her mother's drug abuse. Destiny was then removed by the Department of Children and Family Services and placed in foster care, as her mother would often leave her alone at home without food. During her stay in foster care, Destiny recalls she became a bully by tormenting others with her attitude, rude comments and would engage in physical fights daily because she felt so much anger. After a year in foster care, Destiny's father obtained legal custody of her, and she went to live with him and his new

family. Destiny's father had remarried. She found herself living with two toddler siblings, whom she disliked because she was jealous. Destiny began feeling like an outcast, not fitting in with her new family. Her father and step-mother would not pay much attention to her, often ignoring her needs. Destiny also had a troubled relationship with her biological mother, who never called or visited her. To help cope with her pain, Destiny began engaging in self-harming behaviors.

But after six months in therapy, Destiny began opening up about her past. She talked about the scars on her thighs and arms and why she would hurt herself. Destiny stopped cutting, would smile more, made proper eye-contact, and even apologized to her therapist for her past behaviors.

After seven months in therapy, Destiny began socializing with her family, isolating less, making more friends, and was helping other peers at school with their personal issues. She told her therapist that she was not cutting at all anymore.

Now a senior in high school, Destiny's grades have gone up. She is applying for college scholarships, has joined student council and is becoming more involved in school social events.

Nearing her graduation day from therapy, Destiny said, "I want to be remembered as the one who let go of her past and began trying new things in life."





# GRANT & GIFT NEWS

**Thank you to the following individuals, philanthropic organizations, and foundations that have awarded us grants and/or generous gifts since our last newsletter issue. We are incredibly grateful for their generosity and commitment to helping us provide healing and hope for the children we serve.**

## **CHERESE MARI LAULHERE FOUNDATION \$25,000 FOR GENERAL OPERATING SUPPORT**

We would like to extend a very big thank you to longtime supporters Chris and Larry Laulhere and the Cherese Mari Laulhere Foundation for their incredible donation to The Guidance Center. This gift is not only a beautiful tribute to their daughter, but also to her dedication to making the world a better place for children. We thank the Laulheres for sharing their kindness with The Guidance Center.

## **CHILDREN'S BENEFIT LEAGUE \$14,500 FOR GENERAL OPERATING SUPPORT**

Thank you so much to our friends at The Children's Benefit League for their longstanding support of The Guidance Center's mission and children and families in the Greater Long Beach area. We are very grateful to have such an impactful and compassionate organization sharing our values.

## **RALPH M. PARSONS FOUNDATION \$50,000 FOR GENERAL OPERATING SUPPORT**

We thank the Ralph M. Parsons Foundation for their unwavering generosity and continued support of our mission to help our community's children and families find healing and hope.

## **THE PECK FAMILY \$25,000 FOR GENERAL OPERATING SUPPORT**

The Pecks are longtime Guidance Center supporters, having generously advocated for our mission and children's mental health in Long Beach for many years. We are honored to have such a thoughtful family standing beside us.

## **JOE PERRICONE & PERRICONE FARMS \$40,000 FOR GENERAL OPERATING SUPPORT**

We give a special thanks to our very dear friends Joe Perricone and Perricone Farms for generously donating to support our mission three years in a row now! The gift was part of the Angels "Home Runs Helping People" program; for every home run, during both home and away games, \$250 was donated to The Guidance Center.



*Dennis Kuhl, Chairman, Angels Baseball, Patricia Costales, LCSW, CEO, Joe Perricone & Karen Perricone*

## **MAJOR FEDERAL HHS GRANT AWARDED**

### **\$172,613 TO SUPPORT OUR PRE-DOCTORAL TRAINING PROGRAM**

In September, The Guidance Center received a grant of \$172,613 from the U.S. Department of Health and Human Services (HHS) for training programs to increase the number of professionals who will provide integrated care with children and adolescents particularly within underserved populations.

Within the HHS, the Health Resources and Services Administration (HRSA) and the Substance Abuse and Mental Health Services Administration (SAMHSA) are funding 144 new and continuing grants through the Behavioral Health Workforce Education and Training (BHWET) program, which supports clinical internships and field placements for an array of professional and paraprofessional behavioral health disciplines and occupations.

With this grant, we are able to fund our entire APA accredited doctoral psychology internship program, expand the team with two additional interns, and provide behavioral health services five days per week at The Children's Clinic and Stramski Children's Developmental Center.

Educating future therapists is a critical component to furthering our mission. We're honored to have been selected for this grant, and are thrilled that it will enable us to increase our impact in the community.

# THANK YOU TO OUR DONORS!

The Guidance center extends its deepest appreciation to the following individuals, corporations, and foundations for their generous support from March 2, 2016 to September 30, 2016.

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(\$25,000.00 to \$150,000.00)

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Children's Benefit League

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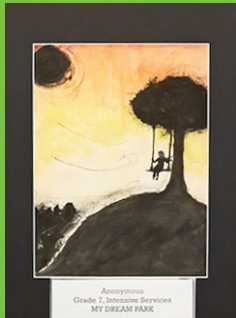
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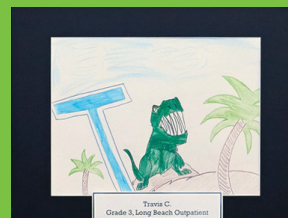
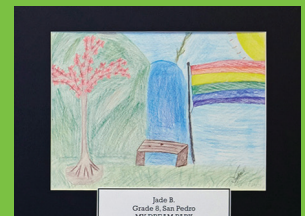
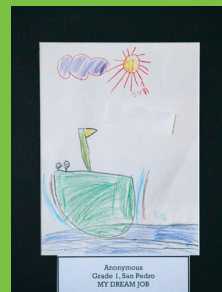
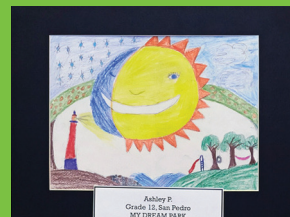
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## 5TH ANNUAL CLIENT ART EXHIBIT

In May of this year, we hosted our annual agency-wide Client Art Exhibit at our Long Beach Headquarters in honor of Mental Health Awareness Month and National Children's Mental Health Awareness Week, highlighting the importance of art as a therapeutic tool. For the first time ever, our San Pedro Clinic held their very own art exhibit as well, themed "Garden of Dreams". At both exhibits, children and their families, along with staff and board members, attended to view the beautiful art showcasing our talented artists' work.





## TGC IN THE COMMUNITY!

**Our teams have been busy the past couple of months, spending time with the community and making new connections!**

- JULY 16:** We had a blast at the 1st District Summer BBQ and Participatory Budget Kick Off event hosted by Councilwoman Lena Gonzalez, District 1!
- JULY 20:** The development team mixed and mingled with the community and Mayor Robert Garcia at his Two Year Celebration.
- AUG. 6:** We were invited to share about mental health and emotional well-being at the S.A.F.E. Public Safety Fair hosted by Long Beach Development Services at Admiral Kidd Park. Our Intensive/Specialized Services Program Manager, Kristen Martin, Ed.D., LMFT, represented TGC and had a blast spending time with the community and Councilmember Roberto Uranga.
- SEPT. 17:** The LA Kings are always so supportive of us so we made sure to walk/jog around Redondo Beach in support of the LA Kings 5K to End Hydrocephalus!
- OCT. 7:** In honor of Domestic Violence Awareness month, we hosted a resource table at the Women Shelter of Long Beach's 10th Annual Domestic Violence Vigil and Awareness Event.
- OCT. 8:** Our intensive services program hosted a resource table at the Girl Scouts' Family Fit Fair held at El Dorado Park in Long Beach. Over 1,000 community members and families from all over the Southern California Region were present to learn about physical and mental wellbeing.
- OCT. 10:** We hosted a free film screening event of the documentary *Paper Tigers* at the Art Theatre in Long Beach, allowing community members to experience the impact of a trauma-informed approach in educational settings.



Guidance Center Staff and family show support for LA Kings 5k to End Hydrocephalus



Free Film Screening of *Paper Tigers* hosted by The Guidance Center at The Art Theatre



Therapists Diana Cruz, MFTI and Priscilla Gomez, MSW at the DV Vigil in Bixby Knolls

## UPCOMING CONTINUING EDUCATION WORKSHOPS

**DECEMBER 7, 2016 | 9AM-12PM**

**Best Clinical Practices with LGBTQI Children and Youth, including Gender Affirmative Work**

Presented by Elaine Hartwick, LCSW

Cost: \$60

Other trainings The Guidance Center offers include Youth and Adult Mental Health First Aid, Assessing and Treating Deliberate Self-Harm, and Reflective Supervision Training. To learn more about workshops that The Guidance Center offers or to register, please visit our website at [tgclb.org](http://tgclb.org).

# YEAR ONE AT MILLER CHILDREN'S HOSPITAL: BRIDGING THE GAP BETWEEN PHYSICAL AND MENTAL HEALTH

On any given day, Lauren Ford, PsyD, can be found collaborating with two General Pediatric Units (Miller West and Core) and the Pediatric Intensive Care Unit staff on a patient's care plan, or bedside with patients and their families providing support to them after they've received a new diagnosis. You may even be able to catch her leading a workshop on compassion fatigue or trauma-informed care with hospital staff.

Dr. Ford manages these responsibilities and more through one of The Guidance Center's latest co-located partnerships: the pediatric post-doctoral fellowship at Miller Children's and Women's Hospital. A longtime collaborator with The Guidance Center, Lisa Fasnacht-Hill, PhD, clinical psychologist at Miller Children's, has been instrumental in facilitating this fellowship and getting it up and running. We appreciate her leadership and guidance as the clinical supervisor for this position and for her involvement in our doctoral internship program as well.

The fellowship, which launched last fall, meets an important treatment need at Miller, providing onsite mental health treatment for patients undergoing treatment, and complements the hospital's already established psychosocial services, like psychiatry and medical social work.



In its first year, the fellowship has already seen impactful results. The amount of encounters with patients continues to increase, and staff are benefitting from trainings that equip them with tools to better handle mental health challenges they may encounter with patients and themselves.

Dr. Ford has particularly been instrumental in empowering staff to more effectively connect with and treat patients with autism. The hospital has identified this as an area in which they want to help staff to better identify and respond to the needs of current and future patients with autism.

"Psychology is an important and needed component in the hospital setting," said Dr. Ford. "We often encounter the same children and families here at Miller that we do at The Guidance Center. They come with the same concerns. Through this fellowship, we're able to collaborate with Miller staff to help patients throughout their stay and facilitate a seamless transition to The Guidance Center for continued support."

The fellowship in pediatric psychology provides a particular focus on consultation and liaison with the pediatric medical team, chaplains, and social work team at Miller, in addition to mental health assessment and supportive treatment to patients and families who are in medical crises.

Goals for the second year of the fellowship include expanding training to all staff, and facilitating post-incident debriefs especially for physicians.

Stay tuned for more updates on this impactful collaboration!

## S.A.F.E. LONG BEACH

In the fall of 2015, the US Department of Justice Office of Juvenile Justice and Delinquency Prevention (OJJDP) awarded a grant to the City of Long Beach to facilitate the city's efforts in reducing violence for children and transitional age youth in the city. Three different Safe Long Beach committees meet monthly (Safe Schools, Safe Families, and Safe Communities) and during these meetings various community entities brainstorm ways to make the city safer for our youth. The Guidance Center has been highly involved in all three of these committees to discuss how trauma-informed care and mental health treatment can be an integral part of tackling this prevalent issue. Currently, the Safe Long Beach group has launched an effort to provide a series of trainings to develop community members knowledge about the accurate identification of trauma symptoms, how to better understand these behaviors by looking through a trauma-informed lens, and ensure that youth that have experienced trauma are able to access the support they need so that they can heal and be productive community members. The Guidance Center is proud to be a part of this important collaboration with The City of Long Beach and looks forward to continued work in the Safe Long Beach committees to improve the lives of the youth in our community.



# SUNSET SIP 2016: 70 YEARS OF HELP AND HOPE

*Continued from page 1*

We were beaming with pride when Amber, a former client, shared her story with guests. Her family has faced great challenges, but through support from The Guidance Center, Precious Lamb Preschool and other amazing community organizations, they've been able to build a bright future for themselves. She is currently attending college classes and plans to become a social worker. We're cheering for you, Amber!

For the first time ever, we added a new contest to the night – a Facebook Photo Contest! It was so fun to see such creative photos of guests enjoying the night's festivities on our Facebook newsfeed.

As always, guests enjoyed six different types of wine – three white and three red – throughout the night as a part of the blind wine tasting contest. Ten guests submitted perfect scorecards, forcing a drawing to select three contest winners. We closed the night by announcing the winners on stage and awarding them with their very own tastevins – a small cup specially made for wine tasting – at the end of the night.

We owe the success of Sunset Sip 2016 and the ones before it to our outstanding board of directors, Sunste Sip Event Committee, staff, volunteers, and many generous contributors. We want to also extend a special thanks to Jim Fox, The Los Angeles Kings organization and Kings Care Foundation. We couldn't have done it without you!



*The Guidance Center CEO Patricia Costales*



*LA Kings Ice Crew and Guidance Center Board Member Frank Baker (second from left)*



*Long Beach Mayor Garcia speaks on the importance of mental health at Sunset Sip*



*Kenneth Craig, Judy & Bob Miller, Candice Craig, Caren Adler*

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## FALL 2016 NEWSLETTER

Thank you to our staff guest contributors!

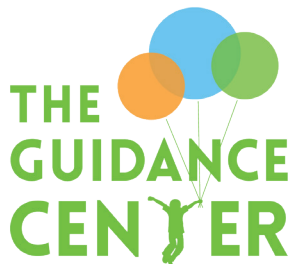
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# ADOPT-A-FAMILY THIS HOLIDAY SEASON!

Celebrate and spread holiday cheer by participating in our adopt-a-family program! We will match you with a family in need and provide you with a brief family history and wish list.

## HERE'S HOW YOU CAN HELP:

- **FAMILY SIZE:** Choose the size of the family you would like to adopt. Family of three to four; family of five or more (family size includes parents)
- **LOCATION:** Compton, Long Beach, San Pedro

Your caring support will truly brighten our clients' holiday during this season of giving!

Please contact Lorraine Lyou, Chief Development Officer, by December 5 if you would like to adopt a family or have any questions.

**Lorraine Lyou | 562.485.2276 | [llyou@tgclb.org](mailto:llyou@tgclb.org)**