



Child & Family Mental Health
PROVIDING HELP AND HOPE SINCE 1946

FALL 2018 NEWSLETTER

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(562) 595-1159 tel

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Compton, CA 90220
(310) 669-9510 tel

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

TGCLB.ORG



SUNSET SIP 2018 REMINDS US THAT WE CAN BE THE HERO OF OUR OWN STORY



Former Guidance Center client Saniya M. inspires Sunset Sip guests with her story.

On September 15, 2018, we unleashed our superpowers with our friends and supporters for our 8th annual Sunset Sip at the scenic Hotel Maya in Long Beach. We encouraged everyone to join us and be the hero of their own stories.

Over 200 friends of The Guidance Center attended to support our mission, raising more than \$170,000, breaking the record from last year's benefit. This annual fundraising event is very

important to our agency as all funds raised allow us to provide life-saving mental health services and care to our community's children and families.

We were honored to have community heroes, Long Beach Mayor Robert Garcia, EdD and Long Beach Police Chief Robert Luna help us kick off the night's festivities again this year. "In Long Beach, we're very grateful for [attendees'] supporting such an important part of our community," said Mayor Garcia at the event. "If it wasn't for The Guidance Center, we would have so many young people without an important place to turn, without a mentor, and certainly without the care that they need to be their very best selves."



Long Beach Mayor Robert Garcia and Chief of Long Beach Police Department Robert Luna met with the family of our two client speakers, Saniya M. and Christopher M. Jr.

We invited Sunset Sip guests to discover the hero within through interactive activities. Each activity was thoughtfully recommended by Guidance Center clinicians for its value in the therapeutic setting. Guests had the opportunity to participate in: Chutes & Ladders, Mask Making, and a Superhero Transformation Photo Booth.

Throughout the evening, guests also had the chance to embrace their love of wine with unlimited tastings, and our wine pull where they could donate to The Guidance Center and receive a bottle of wine in return. There was much excitement around bidding on over 60 of our silent auction packages, which were kindly donated by various local businesses, our board of directors, and mental health advocates.



Event sponsors Debbie and Jack Brooks browse the silent auction packages. We had over 60 this year!

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A NOTE FROM THE CEO

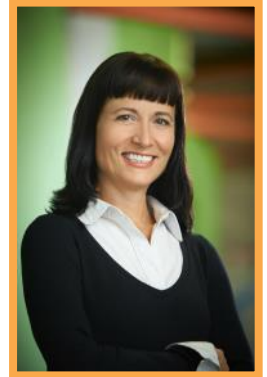
I have been reflecting on how much The Guidance Center has grown within the past year and could not think of a better theme than superheroes and superpowers. I see everyday superheroes in our therapists and staff, our supporters, and most of all, our clients. Everyone has a superpower. Empathy is mine. The ability to put yourself in someone else's shoes and try to feel what they're feeling, I believe that we can change the world.

We see superheroes all over popular culture and in the media today. They set examples to look within and relate to their stories. Despite challenges of community violence or trauma, superheroes like Batman find ways to devote their lives to helping others. Superheroes believe in themselves, find a way past their own struggles, and use their powers for something greater than themselves. And like Batman, we each can use our powers for good and become the hero of our own story.

Reaching out for help may be a very hard thing for our clients to do. It takes heroism and so much courage for them to come to us and share their experiences and fears with our therapists. Our therapists work closely with these children by helping them realize their own

distinctive inner strengths so that they can overcome invisible villains, like mental illness and trauma, and begin to heal.

We each have our own stories and life journeys. That's what makes us each unique, with something special to offer to the world, our community, and the people around us. Every day we have the opportunity to be the hero of our own story, or to be a hero in someone else's through acts of courage, kindness, and empathy.



Patricia Costales,
LCSW

"A hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles." - Christopher Reeve

A handwritten signature in black ink that reads "P. Costales".

ROLL CALL MENTAL HEALTH TRAINING VIDEOS



This past year, The Guidance Center embarked on another exciting film project - this time partnering with Long Beach and Los Angeles Police Departments and Los Angeles County Sheriff's Department to develop a series of web-based trainings on mental health for any local or state law enforcement agency across the country to use. Thanks to a generous grant from The Ahmanson Foundation the videos are available to law enforcement at no cost.

The series offers training that is pragmatic, concrete and direct, with the goal of assisting patrol officers in readily identifying the signs of mental illness in the field and to equip them with the tools to safely and effectively address these encounters.

Topics covered in the videos include nonviolent de-escalation tactics, how to assess serious mental illness, potential suicides, strategies for children, understanding Autism, writing effective holds, and self-care. Unique to this series is how it is formatted. Each video was intentionally formatted only a few minutes long so that they can be shown during roll call, before the officers go into the field, and do not require taking anyone off duty.

If you're a member of a law enforcement agency and wish to access the video series, please visit this link to register <https://www.tgclb.org/roll-call/>.

A special thanks to our law enforcement partners, video producers Matthew Murray, Evan Barthelman and Canaan Triplett, original music composer Marky Kirby and Guidance Center staff who invested time and their expertise in the making of these videos!



IT'S ABOUT T.I.M.E. SPREADS HEALING MESSAGE AND EXPANDS TO NEW SCHOOLS

The momentum for our *It's About T.I.M.E.* (Trauma-Informed Movement in Education) program continues to increase as lives of students and educators are positively changed. This fall marks the start of the program's third year within Long Beach Unified School District. Nathan Swaringen, LCSW, developer and lead of *It's About T.I.M.E.*, shares an update on each school partnership.

Beach High School

After two years of *It's About T.I.M.E.* at Beach High School, it seems foreign that our time has come to an end and that I won't be returning this fall. I will miss the students so much! The Beach staff is like family, where true, lasting friendships are made. Being trauma-informed isn't really about neuroscience or therapeutic techniques. A school is trauma informed when the staff realizes how trauma has affected the students and that the antidote is first and foremost, and always, compassion, empathy, and patience. *It's About T.I.M.E.* complemented existing practices and programs such as CCEJ's Restorative Justice program, Safe and Civil practices, and Blast Mentors to produce some astounding data: 53 percent decrease in suspensions and 4 percent increase in attendance.

Poly PAAL High School

It's About T.I.M.E. program begins its second year at PAAL, with some very encouraging data as well: 64 percent decrease in suspensions and overall attendance increased by 1.23 percent, with chronic absenteeism in Special Education decreasing by 45 percent. I'm so excited to return and continue to build something very special at this school. We're family here too. We laugh and tease each other like brothers and sisters. We put our heads together and shed tears trying to figure out what we can do to help the sensational PAAL kids. In my experience as a clinician, therapeutic healing can only occur when one "feels felt." That's the culture we're building at PAAL; one of mutual, reciprocal compassion. My family continues to grow.



Nathan Swaringen, LCSW and Lloyd Wilson, dean of students at PAAL, high five after a quick check-in conversation during school.

Jane Addams Elementary School

We begin the first of two years at Addams Elementary this fall, and things are going to be special. During the summer, the staff and I engaged in a book study for *The Boy Who Was Raised as a Dog* by Dr. Bruce Perry, relating the

trauma-informed content of the book to the classroom. Addams is really embracing a core component of The Child-Trauma Academy's Neurosequential Model in Education (NME), the "regulate->relate->reason" sequence of engagement. Admittedly, adopting a trauma-informed lens can go against the grain of conventional wisdom and traditional teaching and discipline methods, but the "Addams Family" (what we endearingly refer to ourselves as) is captivated, motivated, and passionate in ways that excite me.



*From left to right: Dr. Karen Freidhoff, Nathan Swaringen, LCSW, Katie Hickox, Melissa Espinoza, and Armando Duenas gather for a group photo after *It's About T.I.M.E.* training before the official start of the school year.*

Long Beach Head Start and Educare

In the past year, *It's About T.I.M.E.* has provided training and consultation to the Long Beach Headstart and Educare preschool programs, but this summer, The Guidance Center begins a new partnership; something I think will be revolutionary. The Guidance Center will provide both trauma-informed training and consultation through *It's About T.I.M.E.* as well as direct, mental health services at Educare of Los Angeles at Long Beach, a public-private partnership between organizations committed to ensuring all children receive high-quality care and education from the moment they are born to the day they enter kindergarten. A full-time Guidance Center clinician will be on site at Educare, providing a number of mental health and trauma-informed related services. Priscilla Gomez, MSW, previously a Guidance Center School Based therapist, was selected for this position.

What a privilege it is to get to do what I do. On any morning, I may walk into PAAL high school, greeted with a handshake, hug, and boisterous "WHAT UP NATE-DAWG," before debriefing about updated struggles and successes of students and staff. We look at these things through a trauma-informed lens and spring into action to help both students and staff. On any other morning, I may walk into Addams elementary or Educare, with Priscilla, greeted with the ear-piercing shriek of a young boy or girl, barreling towards me, full-speed, arms wide, driven with elated impulsivity to seek caring contact with an adult unlike few they'd ever experienced; one who truly and unconditionally values everything about them and allows them to feel safe. Whatever happiness I give to them, they return to me more than they could ever know.

WELCOME 2018-2019 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 year:

To learn more about our students and programs, please visit:

tgclb.org/employment/internships

PSYCHOLOGY INTERNS

Courtney Gallagher
Marie Gillespie
Amia Huang
Michelle Kuhn
Christine Ta
Erin Yip

PSYCHOLOGY PRACTICUM STUDENTS

Julia Core
Rachel Robert
Kelsey Woolner
Shelby Zavala

PSYCHOLOGY POSTDOCTORAL FELLOWS

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ALEESHA'S STORY

This is the empowering story of Aleesha, a client in our Long Beach Intensive Services program.



At the young age of 18, Aleesha has already experienced a lifetime's worth of challenges. When she was just four years old, her parents separated due to her mother's drug addiction. Aleesha and her three half-siblings lived with her mother, who continued to abuse drugs. At age 7, Aleesha was removed from her mother's care and placed in the care of her maternal grandmother while her half-siblings were placed with their paternal aunt. Unfortunately, Aleesha's grandmother was only able to care for her temporarily so Aleesha moved through several foster care placements before eventually returning to her mother less than a year later. She had infrequent communication with her father, who had moved to Texas, only speaking with him every few months on the phone.

When Aleesha was 13, she was again removed from her mother's care, a result of her mother's ongoing battle with addiction. This time, she was placed with her father in Texas. He too struggled with addiction. Within two months of Aleesha moving to Texas, her father abandoned her. Aleesha had nowhere to live. She stayed with friends, moving from place to place until she eventually moved in with her boyfriend. She was only 14 years old. Her boyfriend was a gang member, and Aleesha was "jumped," an initiation process common among gang members when recruiting new members to join. She was assaulted numerous times as a means to get her to be part of the gang. She witnessed drive-by shootings, other crimes, and witnessed her best friend, only 15 years old, complete suicide in front of her. It was one of the most traumatizing things she experienced. She used drugs as a way to cope with her pain and sadness. She tried to get help but to no avail. She knew she needed to get out of Texas. She started talking to her mom and older sister, and in time, gathered enough money to pay for a bus ride back to California. At age 17, she moved back to Long Beach.

Aleesha went back to school and started going to church every week with her mother. She explains that her strong Christian faith plays an integral role in her recovery and healing. Additionally, she sought out resources on her own, using the internet to find places that could help her "leave the gang life behind." She found Homeboy Industries where she was able to get her gang tattoos removed. She also found The Guidance Center, where she has been receiving treatment for the last eight months.

When she came to The Guidance Center, Aleesha sought help in managing her anger. With the help of her therapist, Aleesha has gained a lot of insight into her feelings, thoughts and behaviors. She thinks before acting, understanding the consequences that may result. She is engaged in her sessions and is very open about her relationships and how they affect her daily life. She has done an excellent job toward reaching her goal.

Aleesha has graduated from Cabrillo High School in Long Beach and currently works two jobs – one as an aide in an after-school program and the other as a cashier and server at Tender Greens. She is a student at Los Angeles Harbor College and has big plans for her future. She would like to work within the judicial system one day or maybe even become a parole officer.

Aleesha has overcome incredible obstacles. She is an amazing young lady and a true success story. Through her resilience, bravery, courage, and ambition, she has proven that she is a fighter who does not back down when faced with difficult and overwhelming challenges. She refuses to let anyone tell her that she is less than who she is – a strong, independent young person with a positive and bright future.



GRANT AND GIFT NEWS

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



EARL B. AND LORAIN H. MILLER FOUNDATION \$90,000 FOR CORE OPERATING SUPPORT

Since 2000, the Miller Foundation has committed over 30 million dollars to Long Beach organizations to grow and advance the youth in Long Beach. They have been generous supporters of The Guidance Center for more than 25 years. The foundation focuses on the health and well-being of children in need in the Greater Long Beach community.



THE RUDOLPH J. AND DAPHNE A. MUNZER FOUNDATION \$50,000 FOR IT'S ABOUT T.I.M.E.

The foundation's mission is to strengthen community, family and individuals through effective and focused philanthropy. The grant will help fund the innovative work of our trauma-informed program in local schools, with the latest including Jane Addams Elementary School.



CHILDREN'S BENEFIT LEAGUE \$20,000 FOR GENERAL OPERATING SUPPORT

This sisterhood in Long Beach has a mission to provide hope to disadvantaged children and families through access to physical, dental and mental health services. They have been longstanding supporters of TGC since 1963! The Guidance Center is extremely grateful to be one of the five clinics that they support.



THE RALPH M. PARSONS FOUNDATION \$50,000 FOR STRATEGIC PLANNING SUPPORT

The Ralph M. Parsons Foundation recognizes that communities thrive when all individuals are able to access the resources they need to feel safe, stable, and engaged. We are honored to have been chosen as a grant recipient and are happy to collaborate with them in serving children and families in need in our Long Beach community.



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

From a young age, Cherese Mari Laulhere wanted to make a difference and was dedicated to bettering the lives of children, families and animals. Her kind-hearted spirit lives on through this Foundation. With our deepest appreciation, we thank the Cherese Mari Laulhere Foundation for its commitment to The Guidance Center and the children and families of our community.

COULL FOUNDATION \$10,000 FOR GENERAL OPERATING SUPPORT

We are so grateful for this generous grant from the Coull Foundation, based out of Rolling Hills Estates. We are happy to know they support and believe in our programs to provide mental health resources to children and families

ALAMITOS BAY GARDEN CLUB \$1,500 FOR IT'S ABOUT T.I.M.E.

Alamitos Bay Garden Club has supported local Long Beach charities for more than 75 years. Their mission has evolved to focus on charitable activities benefiting members of the greater Long Beach community. We are thankful to be a recipient of their 2018 non-profit award.

DONOR WALL UNVEILING

On March 21, 2018, we held a reception to honor the heroism of our supporters with the unveiling of our Donor Wall in the inner lobby at our Long Beach headquarters. We were thrilled at the opportunity to express our gratitude to these superheroes for their commitment to helping the children and families of our community receive the support they need to be healthy and happy.



Smiling faces of children and names of compassionate supporters now welcome visitors into The Guidance Center.



Board of Directors member Tim Sailor expresses how honored the agency is for the donors' dedication.



Walter M. Florie, Jr., President and CEO of the Earl B. and Loraine H. Miller Foundation joined us for the special event.



We gifted our top level donors with personalized photo books. Pictured is Patricia Costales, LCSW, CEO (far left), and Lorraine Lyou, Chief Development Officer, (far right) presenting the gift to Judy Cornwall (middle) of Children's Benefit League.



Board of Directors members, Betsy Snare (middle) and Jim Walsh (far right), mingle with long-time supporter Kevin Howard (far left).

FOR MORE PHOTOS, VISIT OUR FACEBOOK:



[/TheGuidanceCenterLB](https://www.facebook.com/TheGuidanceCenterLB)

THANK YOU TO OUR DONORS!

The Guidance Center extends its deepest appreciation to the following individuals, corporations, and foundations for their generous support from January 1, 2018 to September 30, 2018.

HEROES

(\$25,000.00 and above)

Cherese Mari Lauhere Foundation
Memorial Medical Center Foundation
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The Ralph M. Parsons Foundation

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THANK YOU TO OUR DONORS AND IN-KIND DONORS!

The Guidance Center extends its deepest appreciation to the following individuals, corporations, foundations, and local businesses for their generous support from January 1, 2018 to September 30, 2018.

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Pasadena
Wet Spot Rentals
Jerry Wilson, LMFT
Wine Country
Jay Xudan
Yard House

ADOPT-A-FAMILY

Our holiday giving program is approaching. Every year through our Adopt-A-Family program, many kind community members and local organizations make the holiday very special and joyful for our clients and their families who may not have the means to partake in holiday traditions such as gifts for their family.

HOW DOES IT WORK?

The program matches community members and local businesses with families who are clients of The Guidance Center's clinics in Long Beach, Compton and San Pedro. Adopted families come from all different backgrounds and face complicated hardships. We will tell you their story and provide you with their wish lists to help with shopping. We serve families of all sizes and appreciate adoptions of any of the families that we serve.

Last holiday season, 150 of our children and parents, totaling almost 40 families were adopted.

READ WHAT OUR DONORS HAVE TO SAY ABOUT THEIR EXPERIENCE

"When we moved to Long Beach from the East Coast a few years ago, we were looking to build new holiday traditions and connect with our new city in a meaningful way. The Guidance Center's Adopt-A-Family program has been a fun and memorable way for us to support other members of our community, make holiday memories as a couple, and contribute to a great local organization with an incredibly important mission. Getting to pick out gifts together for a local family each year has been one of the highlights of the holiday season for us, and we look forward to keeping this program an annual holiday tradition for our family." - Heather and Nate Smith

"This upcoming Adopt-A-Family will be our 4th year providing a hopefully happier Christmas for a family that might not have one if it weren't for this program. It all started for us when I bid on a hockey stick at a Guidance Center event. Shortly thereafter, we received the newsletter that talked about the program and my youngest daughter who was 13 at the time wanted to participate and so we have been doing it ever since. I work for a Federal Agency taking claims for people who are disabled, homeless, or just down on their luck and need assistance so I see firsthand how The Guidance Center helps people and families. If we can put a smile on a child's face or make a family's day why wouldn't you want to help bring joy to someone!" - Jeannine Scott



If you would like to participate this year, please visit: bit.ly/TGCAadopt2018 to fill out a form and get the process started!

For further questions, contact Lorraine Lyou: llyou@tgclb.org

562.485.2276



TGC IN THE COMMUNITY!

Our teams were very busy the first half of the year, spending time in the community at various events and making new connections!

JANUARY 13: Staff and friends of The Guidance Center marched in Long Beach's 30th Annual Martin Luther King Jr. "Peace and Unity" Parade with many other community organizations and leaders.

FEBRUARY 27: We hosted a Blood Drive in partnership with The Red Cross at our Long Beach Headquarters. Thanks to everyone who came out and donated their time and blood to save lives!

APRIL 7: The Guidance Center staff members, Ildelisa and Javier, represented the agency at the Cambodian Association's Resource Fair with an information table and free TGC swag!

JUNE 29: Councilmember Al Austin II invited us to attend a Community Call to Action Workshop at the Expo Arts Center. The goal of the event was to increase the community's awareness of mental health resources available and to connect community members with mental health support.

JUNE 23: We hosted a resource table with fun giveaways at the WomenShelter of Long Beach's Family Fun Day: A Community Health and Outreach Event at The Salvation Army. We joined 30 other organizations sharing vital health information to over 250 community members!

AUGUST 13: Councilmember Rex Richardson invited us to attend the #PopUpTown Social: Community Health Fair at Houghton Park Farmers' Market. We hosted a table to provide information to local residents about our programs. We loved the opportunity to be a part of this fun summer event.

AUGUST 16: We hosted a resource tent at the Century Villages at Cabrillo's Hopefest, an annual Summer Festival and Back to School event. There were fun and games, water slides, food, music, and dancing!

AUGUST 31: Our documentary, *The Bridge: Pathways to a Trauma-Informed Community*, was an official selection for this year's Long Beach Indie International Film Festival. We were so honored. Thank you to everyone who attended the screening!



Top photo: TGC staff members represented the agency at the annual parade honoring Martin Luther King Jr.!

Bottom photo: A couple of our staff had so much fun at the North Long Beach event, here they are posing with one of the musicians that performed.

CLIENT ART EXHIBIT: BE YOUR OWN SUPERHERO

For our **7th annual Client Art Exhibit** in honor of May Mental Health Month, we invited our clients to submit artwork in three subcategories: Self-Portrait, My Super Power, and How I Can Change the World. We were inspired by their incredible artistic abilities, creative minds and compassionate hearts.

On May 2, our Long Beach headquarters was filled with Superhero-inspired artwork. We welcomed clients and their families from our Long Beach, Compton and San Pedro clinics to celebrate our client artists. It was a night filled with empowerment through art and the hope that mental health treatment brings!

We thank our young artists for participating for another year and for sharing their talents with us. We would also like to thank our board members who donated gift baskets to the exhibit which were given away to eight lucky families. A special thanks to staff who also helped make this inspiring event possible.



LONG BEACH OUTPATIENT EXPERIENCES POSITIVE GROWTH

Our **Long Beach Outpatient** program is excited to see what the rest of 2018 has to bring. They have gone through several changes this year, and with change comes positive growth. The program continues to grow clinically with staff members being trained in more evidence based practices in order to help provide the best services and care for the clients we serve. The team has also been present at several outreach events such as the Century Villages at Cabrillo Hopefest. They continue to foster positive relationships with several community organizations and look forward to continued partnership. Staff has also received positive feedback on the clinical services they have provided as well as The Guidance Center as a whole. Here is some feedback from some of our clients and/or their families.

"[Our therapist] doesn't just help [client], he helps us all. It is wonderful having him here and he makes us feel comfortable in our own home. He listens and he's professional and it makes us feel like we are someone."

"Services have been really good. My son is opening up more."

"I wouldn't want anyone else but [therapist] for my kid. He trusts her more than anybody."

"She's awesome. Everything has gotten so much better since she's been with us."

AN INSIDE LOOK AT OUR INTENSIVE SERVICES PROGRAM

The Guidance Center offers several unique programs to meet the needs of the community. The **Intensive Services program** is a predominantly field-based program that attends to some of the more clinically severe clients served by the agency. These children and families face multiple challenges that impact their daily lives, and often include a history of trauma and abuse, chronic stressors, and frequent crises. Sessions are held multiple times per week in order to provide an adequate level of support to meet their complex needs. Therefore, it is imperative that they have convenient access to mental health services to help them manage their daily lives.



Bilingual therapist Jennifer Navarro, ASW, and Veronica Gonzalez, LCSW discuss Jennifer's clients during individual supervision. During this time, clinicians reflect on their cases, obtain feedback on important clinical decisions, and set goals for their own professional development. The IS Supervisory Team are all former field-based clinicians, and half of them completed their licensing requirements right here in the IS program at TGC! Talk about coming full circle!

The Intensive Services clinical team consists of Clinicians, Mental Health Rehabilitation Specialists, and a Parent Partner. The clients benefit from having insight oriented therapy, as well as skill building, behavioral reinforcement, and parenting support. The treatment teams work closely together to coordinate care that is tailored to meet the unique needs of each client/family.

The Intensive Services staff face a variety of situations daily that are unique to field-based work. For example, traveling between homes, schools and various other community settings requires a great deal of time. The staff must be flexible and able to manage their schedules in a way that is not only convenient for their clients, but they must remain flexible to accommodate unforeseen circumstances such as crises.

Intensive Services staff are also expected to operate independently, make decisions quickly, and diffuse stressful situations safely. In the field, they may not always have immediate access to their supervisor for direction. Instead, they are expected to exercise sound judgment and make informed decisions quickly. This may involve legal mandates such as reporting child abuse, or determining if a child should be hospitalized. When providing services in the field, setting appropriate and consistent boundaries can be complicated. For example, when visiting client's homes, clinical staff have the opportunity to gain rich information that may otherwise be undetected or unreported, such as family dynamics, health and

safety information, or full knowledge of what a child is exposed to. However, due to space issues, a session may be held in a client's bedroom. Also, maintaining privacy can be challenging when there are multiple people in the area where the sessions occur. Therefore, the team must consider additional, unavoidable factors that can impact treatment and the therapeutic alliance.



Therapist Miguel Garza, ASW, working hard on documentation in between field visits! Time management and maintaining an organized schedule allows us to maximize our time with the children and families we serve.

The Intensive Services team is made up of bright and passionate individuals. Their organizational skills, energy and flexibility contribute to their job success. However, their positivity, persistence, and commitment to growth is what helps them succeed with their clients. The IS Supervisory team is inspired and honored to work with such a phenomenal group of talented people every day.



Bilingual therapist Melissa Martinez, ASW, is well prepared with a variety of supplies to use with her clients! Since our clients don't come to the office, we bring the office to them!

SUNSET SIP 2018

Continued from Page 1

One of the most memorable parts of the event was during the program, where we had special guest speakers and the chance to talk more about this year's superhero theme. "At The Guidance Center, our goal is to empower children and families to realize their own superpowers," said Patricia Costales, CEO of The Guidance Center. "We're grateful that our friends and supporters unleashed their superpowers at Sunset Sip in such a meaningful way. Because of their support, more children and families in our community will receive the help they need to thrive."

12-year-old and 8-year-old siblings and former clients of The Guidance Center, Saniya and Christopher, Jr. inspired guests with their stories of overcoming challenges, like bullying, and gaining the skills to maintain positive mental health with help from The Guidance Center. We applaud Saniya and Christopher Jr. for becoming heroes to their own stories and realizing their unique inner superpowers.

We extend our sincere appreciation to our superhero Board of Directors, event committee, staff, volunteers, and many generous contributors. This evening was one for the books and an incredible achievement because of you, The Guidance Center's superheroes!

Save the date for **Sunset Sip 2019: Saturday, September 14** at The Hotel Maya, 6:30 pm. See you there!



Following his sister Saniya, Christopher Jr. shares his positive journey of personal growth with The Guidance Center. We are so proud of both of them!

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SUNSET SIP 2018: HEALING AND HOPE SPONSOR

Meet Marci and John Padgett of The Cherry Avenue Companies!

Marci Modesitt Padgett is the granddaughter of Arthur Falk, who started a foundry on Cherry Avenue in Long Beach way back in 1943. Art's son, Burt (Marci's Uncle), took over the company and later sat on the Board of Directors of The Guidance Center for several decades. Marci and John are now co-owners of The Cherry Avenue Companies, and the whole family has supported The Guidance Center for more than forty years.

Because they have two boys of their own, Marci and John have a parent's passion for children's health. Their interest, however, was magnified five years ago when their son David was diagnosed with Acute Lymphoblastic Leukemia. He's fine now -- thankfully! -- after three solid years of treatment, but only because the community and local health care professionals could deliver the state-of-the-art therapies that David needed.

"That's when it occurred to me that, when it comes to kids' health, it just shouldn't matter who you are or where you come from," says Marci. "Every child should get the medical attention they need."

We're so grateful to have Marci and John as our supporters!

Over The Guidance Center's more than 70-year history, our many kind supporters like Marci and John have been a key element in enabling us to provide mental health services to our community's children and families.

We are so thankful for The Cherry Avenue Companies - thank you so much for your compassion and for being one of our Healing & Hope Sponsors of Sunset Sip 2018!



THANK YOU THE CHERRY AVENUE COMPANIES



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ADOPT-A-FAMILY 2018

Spread the holiday cheer this year! We will match you with a family in need, provide you with a brief family history, and wish lists. See page 10 for more details.

If you would like to participate this year, please visit: bit.ly/TGCAadopt2018 to fill out a form and get the process started!

For further questions, contact Lorraine Lyou:
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FALL 2018 NEWSLETTER

*Thank you to
our staff contributors!*

Aseye A, Allah, LCSW
Patricia Costales, LCSW, CEO
Chris Herrera, MFTI
Kristen Martin, EdD, LMFT

WANT TO STAY INFORMED?

Sign up for our monthly eNewsletter to stay up to date with latest agency happenings, community events, and resources. Just email your name to mlouie@tgclb.org.