



COMM

MUN

ITY

THE GUIDANCE CENTER
Annual Report 2016-2017

A
COMMUNITY
OF HOPE



The Guidance Center

Dear Friends,

As children's mental health providers, we at The Guidance Center understand that families are only as strong as their individual members. When one person in a family is struggling, in trouble or not doing well, it impacts everyone in that family unit. While it is possible for someone to recover and find hope without the support of loved ones, the journey is much easier when family members join together in the healing process. As therapists, there is little that is more rewarding than watching loved ones begin to listen, understand and empathize with each other, becoming stronger together.

We believe that the same principles apply to neighborhoods, schools and communities; each is only as strong as the people and families who live within it and we all do better when we support one another. For this reason, we don't see ourselves as a service provider to the community, detached and outside. We see ourselves as neighbors. We are much more effective in bringing hope and healing to the families who need us when we are an integrated part of the neighborhoods and communities where they live. This means going to clients' homes, being visible on school campuses, at churches and community events. It also means partnering with our sister organizations, so we can be joined in our efforts and our mission to help the families who need us most.

This year's annual report serves as a thank you to the families who trust us, the communities who welcome us as neighbors, the organizations that partner with us and our donors and friends who see themselves as part of the whole. We would not be nearly as successful without you.

Sincerely,

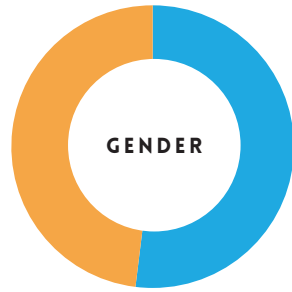
A handwritten signature in black ink, appearing to read 'P. Costalles'.

PATRICIA COSTALLES, LCSW
Chief Executive Officer

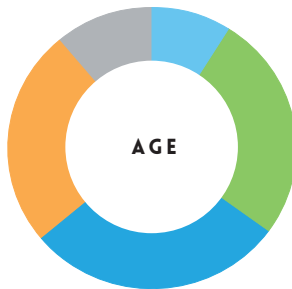
Demographics

TOTAL CLIENTS SERVED

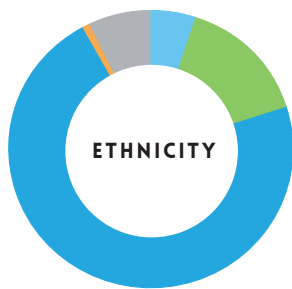
2,764



● Male: 52% ● Female: 48%



● 0-5: 9% ● 6-9: 26% ● 10-13: 29%
● 14-17: 25% ● 18+: 11%



● White: 5% ● Black: 15% ● Hispanic: 72%
● Asian: 1% ● Other: 7%

Outcomes



9 OUT OF 10

PARENTS REPORT THEIR CHILD'S BEHAVIOR PROBLEMS DECREASED & LIFE IMPROVED



3 OUT OF 4

ADULTS SEEN REPORT DECREASED SYMPTOMS OF ANXIETY, TRAUMA, OR DEPRESSION



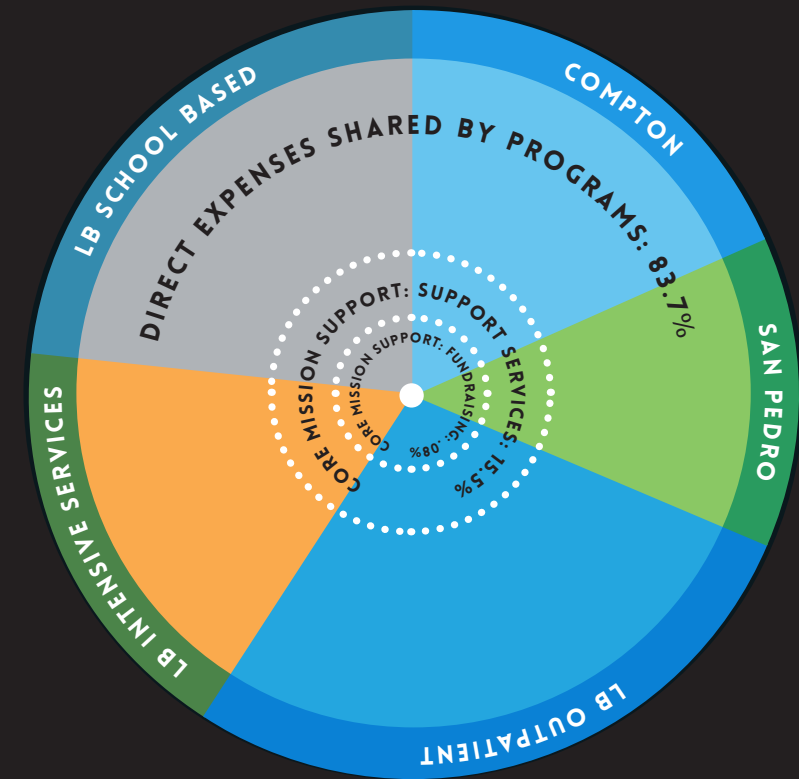
2 OUT OF 3

YOUTH SEEN REPORT FEELING LESS SYMPTOMS OF PTSD AFTER TREATMENT

28

CALWORKS CLIENTS OBTAINED JOBS

Expenses by Program

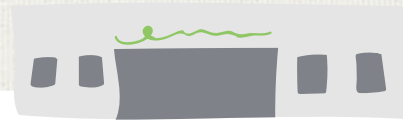


Locations



- 1 HEADQUARTERS/ LONG BEACH CLINIC**
1301 Pine Avenue
Long Beach, CA 90813
562.595.1159 tel
- 2 COMPTON CLINIC**
901 W. Victoria Street
Suites F & G
Compton, CA 90220
310.669.9510 tel
- 3 SAN PEDRO CLINIC**
222 W. Sixth Street, #230
San Pedro, CA 90731
310.833.3135 tel

A
COMMUNITY
OF
EMPOWERMENT



Compton Clinic
COMPTON



“COMMUNITY IS ABOUT
BEING PRESENT IN PEOPLE’S
LIVES, AND CONNECTING
THEM TO RESOURCES THAT
EMPOWER THEM.”

Cynthia

MFTI, CLINICAL THERAPIST, COMPTON CLINIC



ON ANY GIVEN DAY, Cynthia may meet a client in their home for their session. It’s not uncommon for her to be offered the only chair the family owns. But, Cynthia never takes it. She sits on the floor with their son or daughter as they work through the healing process together. Sometimes though it’s not safe to meet clients in homes. Community violence is prevalent. Instead, they meet in safe public spaces.

Growing up in a similar neighborhood, Cynthia knows her clients face many barriers to treatment and positive mental health. Due to stigma, her family didn’t discuss the struggles her extended family members encountered with mental health. This is why Cynthia doesn’t call this “work.” Empowering families is her life passion.

Izel* and her mom are one of those families. Izel is 15 years old. She loves music and roller coasters. When Cynthia and Izel meet at Starbucks, Izel always orders a Very Berry Hibiscus Refresher. For several years, Izel struggled with suicidal ideation, and on several occasions even attempted it. But, after spending time with Cynthia in treatment, Izel has completed one year free of suicidal ideation and attempts. She feels confident with her new tools to help manage painful or stressful feelings.

*Name changed to maintain confidentiality.

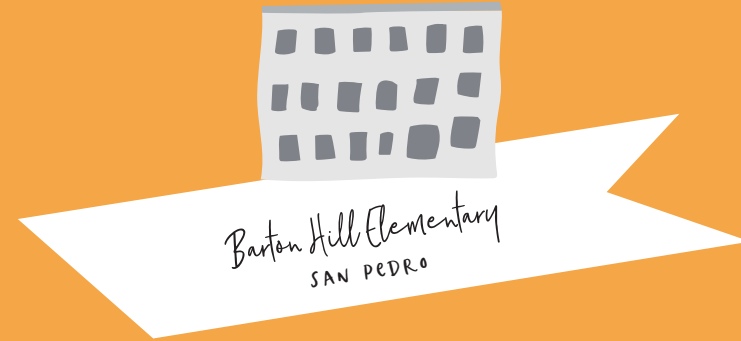
"COMMUNITY MEANS
COMING TOGETHER FOR
THE COMMON GOOD
OF THE KIDS."

Armando

ASW, CLINICAL THERAPIST, SAN PEDRO CLINIC



A COMMUNITY OF CONNECTION



ARMANDO MEETS WITH SOME OF HIS CLIENTS AT THEIR SCHOOLS. In a tight-knit community like San Pedro, schools are a great place to connect with not only the local children who need mental health support, but also caregivers, parents, and influential community members like school staff. Local resources that can help improve the students' whole lives are shared among the adults. And, onsite interventions allow therapists and clients to work on building communication and coping skills right in the environment where they are struggling.

Nina*, a 7-year-old, is one of those students. She loves reading books and playing teacher. Her favorite Disney character is Belle because of Belle's love of books. Sadly though, Nina has lived most of her young life in homes that didn't provide love or adequate care until recently. This left her anxious and unable to speak. But after spending time with Armando, she has found her confidence and is excelling in school. Together with Nina's social worker, Armando was also able to help Nina's caregiver access resources that enabled them to obtain permanent housing and legal guardianship.

*Name changed to maintain confidentiality.



A COMMUNITY OF LEARNING



“COMMUNITY IS A STATE OF MIND AND BELIEF IN ONE’S HEART THAT ALL HUMANS HAVE VALUE; THAT NO ONE LIFE IS WORTH MORE OR LESS THAN ANY OTHER. EVERY HUMAN LIFE DESERVES TO BE VIEWED AND TREATED WITH DIGNITY, UNDERSTANDING, COMPASSION, AND LOVE.”

Nathan

LCSW, CLINICAL THERAPIST AT THE LONG BEACH CLINIC & DEVELOPER OF 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 be too much to handle. After working as a school-based therapist for a decade, Nathan knew this challenge well. But, he also saw a way to help those students heal and succeed by partnering with school staff in a new way. With this inspiration and the science based on ChildTrauma Academy’s Neurosequential Model in Education, It’s About T.I.M.E. (Trauma-Informed Movement in Education) was born.

At the beginning of the 2016-17 school year, It’s About T.I.M.E. launched at Beach High School in partnership with Principal Troy Bennett and Beach staff (pictured) as well as Long Beach Unified School District. Due to Beach’s community of exceptional staff and collaboration of student support programs, attendance increased, suspensions decreased, and lives were changed.

Nathan explains, “A foundation of It’s About T.I.M.E. is this conceptualization of community and the value of human relationships. Healing trauma doesn’t occur merely through the use of special techniques or magic therapeutic words. It must be experienced. Healing occurs when one feels valued, understood, cared for, and empowered. It’s About T.I.M.E. builds community both within, as a state of mind, and between the individuals involved.”



A COMMUNITY OF COMPASSION



"COMMUNITY HERE IS ABOUT CREATING A UNIFIED FRONT, ALL SERVICES AUGMENTING EACH OTHER, TO SUPPORT THE PATIENT IN A WAY THAT HELPS THEM COPE."

Dr. Lauren
PEDIATRIC PSYCHOLOGIST

WHEN DESCRIBING THE GUIDANCE CENTER'S Pediatric Psychology Postdoctoral Fellowship at Miller Children's and Women's Hospital, the first word that comes to mind is collaboration. In a hospital setting, a child may become anxious, depressed or experience post-traumatic stress reactions. Others may have pre-existing mental health conditions and are in need of special care upon admittance. At Miller, these children benefit from the collaboration between Dr. Ford and the medical care teams – all with a patient-centered focus working to build treatment plans that heal the body and the mind.

A 9-year-old named Mateo* and his parents are one family who have been supported in this way. Mateo arrived at Miller in severe pain and received a diagnosis that completely changed his everyday life. Since he has a pre-existing mental health condition, Mateo's care team and Dr. Ford collaborated on a treatment plan while he was recuperating at Miller. This plan would not only help him physically improve, but also cope with the new changes and empower him and his parents with the skills to continue down a healthy path at home.

A SPECIAL THANKS TO THE MEMORIAL CARE FOUNDATION FOR FUNDING THIS FELLOWSHIP IN PARTNERSHIP WITH THE EARL B. AND LORAINÉ H. MILLER FOUNDATION, AND TO LISA FASNACHT-HILL, PHD, PEDIATRIC NEUROPSYCHOLOGIST AT MILLER, FOR HER ROLE IN FACILITATING IT.

*Name changed to maintain confidentiality.



A COMMUNITY OF STORIES

“BY PARTICIPATING IN A TRAUMA-INFORMED COMMUNITY,
EACH OF US HAS THE POWER TO MAKE A DIFFERENCE IN A CHILD’S LIFE,
AND CREATE THE CHANGE WE HOPE TO SEE FOR OUR WORLD.
WE CAN BE THE BRIDGE TO A BETTER FUTURE.”



IN 2014 THE GUIDANCE CENTER faced an ever-growing waitlist of children in critical need of mental health services. These children were living in poverty, experiencing housing instability, food insecurity, and inadequate access to resources. Their circumstances lacked the safety and security for healthy emotional development and general welfare. This trauma, however, wasn't new to their families. It had been compounded over generations. But, what would it take to break the cycle?

Fueled by the urgency to help these children and prevent others from experiencing mental health crises triggered by poverty and community violence, Patricia Costales, CEO of The Guidance Center, collaborated with other local organizations and Long Beach city officials to educate, engage, and empower the community beyond sharing facts and figures.

Through interviews with families struggling with poverty and community leaders who are adopting trauma-informed practices filmed in Long Beach and on Catalina Island, *“The Bridge: Pathways to a Trauma-Informed Community”* documentary challenges perceptions of poverty, exposes its devastating effects on mental health, and reveals the trauma-informed approach as a part of the wider solution to breaking poverty's intergenerational cycle.

Since its April 2017 debut at the Art Theatre in Long Beach, the documentary has impacted audiences at community group screenings, a presentation to the UCLA Department of Social Welfare and a showing at the Awareness Film Festival.



Programs

CALWORKS

CalWORKs is a federal and state-funded program that helps unemployed adults, who are caregivers of minors, reduce their mental health barriers to employment and increase self-sufficiency. This program offers assessment, mental health treatment, and supported employment for families on public assistance. CalWORKs is offered at our Compton and Long Beach Clinics.

COMPREHENSIVE MENTAL HEALTH SERVICES

The Guidance Center provides comprehensive mental health services to children, adolescents, and families who are struggling with a variety of issues, including trauma, depression, anxiety, behavioral problems, and ADHD. These services are individualized to each client and family, provided within a strength-based framework, and coordinated with other social service agencies. We've recently expanded the program to offer individual treatment for parents as well. This program also offers specialized treatment for infants and very young children between the ages of 0-5 who have experienced trauma. Therapists work closely with the children and their caregivers on attachment, developmental milestones, and trauma recovery so that they can have a healthier start in life. Psychological testing and assessment, individual and family therapy, play therapy, parenting education, targeted case management, and medication support services are also provided. Services are offered at our Compton, Long Beach and San Pedro Clinics.

FULL SERVICE PARTNERSHIP (FSP)

Full Service Partnership offers specialized intensive treatment services for children/youth ages 0-15 who are at risk of losing school or home placements, resulting in foster care, psychiatric hospitalization, or juvenile detention. Staff helps overcome barriers to treatment by working with client families in the home, schools, or community settings. Many of these children suffer from various mental health issues such as depression, anxiety, and behavior problems associated with abuse/neglect, exposure to domestic violence, substance abuse, frequent placement changes, complex trauma, loss, and family conflict. This intensive treatment program, which utilizes a treatment team approach, helps children and families by reducing mental health symptoms, improving behavior, developing and increasing coping skills, and stabilizing their living situation to restore family functioning. Services are offered out of our Long Beach and Compton Clinics.

FIELD CAPABLE CLINICAL SERVICES (FCCS)

These are specialty mental health services provided to children/youth ages 0-25 who are at risk of out-of-home placement, school failure, involvement with probation, or serious psychiatric, substance abuse, developmental, or medical problems. The services are individualized to each family and build on the child and family's strengths to overcome mental health issues such as aggression, irritability, withdrawal, excessive worry, hyperactivity, trauma, loss of a loved one, or history of physical or sexual abuse. The services offered include individual and family therapy, case management, medication support, and psychological testing. For greater accessibility, FCCS are largely provided in field-based settings such as the home, schools, juvenile camps, and foster care. Services are offered out of our Compton, San Pedro and Long Beach Clinics.

IT'S ABOUT T.I.M.E. (TRAUMA-INFORMED MOVEMENT IN EDUCATION)

This is an immersive training program, based on Child Trauma Academy's Neurosequential Model in Education, that provides educators with the understanding of how trauma impacts developing brains, and empowers educators with the tools to help their students not only heal, but also succeed academically. This program is offered through the Long Beach Clinic in partnership with Long Beach Unified School District.

MULTIDISCIPLINARY ASSESSMENT TEAM (MAT)

This program partners with the Departments of Mental Health and Children and Family Services to provide a comprehensive assessment of health, educational, and emotional needs for children entering the foster care system. MAT is provided at our Long Beach Clinic.

PARENT-CHILD INTERACTION THERAPY (PCIT)

Parent-Child Interaction Therapy (PCIT) is a behavioral parent-training program for children ages 2-8. PCIT is focused on strengthening the parent-child relationship by providing on-the-spot caregiver coaching. This unique modality of treatment allows parents the opportunity to learn, practice, and master specific parenting skills to address and reduce difficult-to-manage behaviors, as well as build social and emotional skills such as sharing, taking turns, communication, impulse control, and frustration tolerance. PCIT is provided at our Long Beach Clinic.

SCHOOL BASED SERVICES

This program offers mental health services to children, adolescents, and families in several schools within both the Los Angeles Unified and Lynwood Unified School Districts, 16 schools within the Paramount Unified School District, and more than 20 schools

within the Long Beach Unified School District. Therapists work closely with school counselors and administrators to identify students who are not reaching their academic and socio-emotional potential due to unmet mental health needs. The services provided are primarily school and field-based, and focus on meeting the child and family in their environment to increase the child's ability to function at school, in the home, and in their community. Therapists provide individual, family, and/or group therapy at the school site or in the child's home. Case management services are offered to link families to needed resources within the community, and clients are given access to psychological testing and psychiatric consultation as needed. Ongoing collaboration and support is also offered to school staff, including consultation related to mental health issues that affect school functioning. Services are provided through our Compton, Long Beach, and San Pedro Clinics.

TRAINING AND INTERNSHIP PROGRAM

As part of our mission, we are dedicated to meeting the growing mental health needs of underserved communities by providing training and internship programs for mental health professionals interested in pursuing careers in a community mental health setting. We offer specialized intern training programs for clinical social workers and marriage and family therapy trainees, and we also offer a program for doctoral psychology interns in community-clinical psychology, which is accredited by the American Psychological Association.

YOUTH AND ADULT VIOLENCE PREVENTION

We offer the evidence-based training "Mental Health First Aid" in both the Youth and the Adult versions to help adults provide initial support to a young person or to other adults who may be developing a mental health problem or experiencing a mental health crisis. This training, offered at both our Long Beach Clinic and in the community, teaches adults to identify risk factors and warning signs of common mental health issues affecting both young people and adults.

CELEBRATING 70 YEARS OF HELP AND HOPE

Wine and laughter filled the Museum of Latin American Art (MOLAA) as we celebrated The Guidance Center's 70th anniversary at our annual Sunset Sip, hosted by Jim Fox, Los Angeles Kings alumnus and television color analyst.

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

The Honorable Mayor Robert Garcia spoke on the significance of children's mental health and challenged Long Beach residents to eliminate the stigma of mental illness as a community. Long Beach Police Chief Robert Luna, Seventh District Councilmember Roberto Urrutia, and Artesia Mayor Victor Manalo also attended in support of our mission.

The star of the evening was Amber, a former client. She shared how her family has faced much adversity, but through support from The Guidance Center and other local community organizations, they have been able to persevere and build a bright, healthy future.

Thank you so much to all our friends, supporters, and community leaders for celebrating 70 years of providing hope and help for children's mental health, over \$100,000 was raised for children's mental health services.

WE ALSO THANK OUR SPONSORS FOR THEIR GENEROSITY:

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The Peck Family

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Tim Sailor and Kevin Howard



Sunset Sip
SATURDAY, SEPTEMBER 10, 2016





'TIS THE SEASON!

Cookies, hot chocolate, tacos, face painting and arts and crafts – a joyful way to celebrate the holidays! And that's exactly what our clients did on December 13th at our 4th annual Client Holiday Party. Hosted at our Long Beach headquarters, more than 100 clients and their families decorated stockings, made candy cane reindeer and paper snowmen, danced to festive holiday music and even received a special visit from Santa! Thank you to our staff, volunteers, and special friends for spreading holiday cheer to our clients!



Client Holiday Party

TUESDAY, DEC. 13, 2016



Client Art Exhibits

WEDNESDAY, MAY 3, 2017

CELEBRATING DIVERSITY THROUGH ART

In honor of Children's Mental Health Awareness Week and Mental Health Awareness Month, we held our 6th Annual Client Art Exhibit at our Long Beach Clinic on May 3, 2017. Children and their families, along with staff and board members, attended the exhibit to view all of the amazing artwork created by clients from our Long Beach, Compton, and San Pedro Clinics on display.

The theme of this year's event was "Celebrating Our Diversity" and clients submitted art in three subcategories: Self-Portrait, My Favorite Thing About Myself, and What Makes Me Unique. It was an inspiring night filled with empowerment through art and the hope that mental health treatment brings! During this year's exhibit, there was also an interactive tree display that children colored in beautifully!

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





It's About T.I.M.E. Social Hour
MAY 17, 2017

SOCIAL FOR SUPPORT

Friends and supporters gathered for an evening of fun and socializing in support of The Guidance Center's Trauma-Informed Movement in Education. Hosted by our friends at Timeless Pints Brewery Company, guests enjoyed craft beer, live music from local favorites Joel and Gabi, and delicious tacos from Shady Grove Foods. The evening culminated with a lively round of fundraising to support trauma-informed toolkits, a wonderful resource that provides sensory-based soothing tools that help better reduce anxiety and regulate stress. More than 50 toolkits were funded!



Donors

THE GUIDANCE CENTER EXTENDS ITS APPRECIATION TO ALL OF THE INDIVIDUALS, CORPORATIONS AND FOUNDATIONS THAT GENEROUSLY SUPPORTED THE CENTER IN FISCAL YEAR 2017 (JULY 1, 2016 - JUNE 30, 2017). WE ARE ALSO FUNDED BY THE DEPARTMENT OF MENTAL HEALTH.

HEROES \$25,000 AND ABOVE

Cherese Mari Laulhere Foundation
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 and Winery
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 Diane Puccio

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 Nona Randolis
 Shelley and Ron Reed
 William Richardson
 Sharon and Rick Rosas
 Tim Sailor and Kevin Howard
 Bruce Saltzer
 Kai Charters
 D'Aversa Salon
 Jeannine Scott
 Shady Grove Foods
 Moe and Debbie Shahbani
 Signal Tribune Newspaper
 Heather Stangle and Nathan Smith
 Betsy Snare and Ed Walters
 Southern California Graphics
 Mark Spiegel
 Sports Treasures
 Staglin Family Vineyards
 Steve's Steakhouse
 Sweat Boutique Fitness
 T S Restaurants of Hawaii
 and California
 Temecula Olive Oil Company
 Tommy Bahama
 Toyota Sports Center
 Chase Turner
 Caroline and Danny Villalobos
 Dawn Vo-Jutabha
 Jennifer and Lance Volland
 West Ocean Homeowners
 Association
 Wet Spot Rentals
 Wilson Creek Winery
 Ken Yeh
 Sherrie Yu

WE HAVE MADE EVERY EFFORT TO ACCURATELY RECOGNIZE THOSE WHO
 GAVE \$50 OR MORE, OR IN-KIND, OVER THE PAST FISCAL YEAR. WE APOLOGIZE
 FOR ANY ERROR OR OMISSIONS WHICH HAVE OCCURRED IN THIS REPORT.

Summary of Financial Information

STATEMENT OF ACTIVITIES	FY16/17	FY15/16
<i>Revenue</i>		
Government Contracts - DMH	\$ 13,427,552	\$ 12,431,860
ERMHS	401,127	140,596
Contributions and Grants	376,575	443,645
Other	45,983	892
Total Revenue	<u>\$ 14,251,237</u>	<u>\$ 13,016,993</u>
<i>Expenses</i>		
Personnel	\$ 10,812,681	\$ 9,752,730
Operating	2,186,749	2,015,834
Occupancy	1,022,524	1,016,260
Depreciation	78,852	76,333
Total Expenses	<u>\$ 14,100,806</u>	<u>\$ 12,861,157</u>
<i>Excess of Revenue over Expenses</i>	<u>\$ 150,431</u>	<u>\$ 155,836</u>
 STATEMENT OF FINANCIAL POSITION		
<i>Assets</i>		
Cash and Cash Equivalents	3,806,833	2,862,158
Accounts Receivable	307,569	478,318
Equipment	241,107	319,959
Total Assets	<u>\$ 4,355,509</u>	<u>\$ 3,660,435</u>
<i>Liabilities</i>		
Accounts Payable	3,153,822	2,575,846
Notes Payable		33,333
Total Liabilities	<u>\$ 3,153,822</u>	<u>\$ 2,609,179</u>
Net Assets	1,201,687	1,051,256
Total Liabilities and Net Assets	<u>\$ 4,355,509</u>	<u>\$ 3,660,435</u>

Enri Cosca

1974-2017

OUR FRIEND, COWORKER
AND LOVED ONE



In May 2017, the world lost an incredibly special human-being. Enri Cosca was more than our IT Specialist and Network Administrator. Enri had a unique way of making the people around him feel important. He shared something special with each of us; sneaked cookies, had a crush in common or a secret handshake or lamented a football loss. He connected with everyone. No task was ever too large or small for him. No technical question ever too silly. He was selfless. He took care of all of us, with joy, good will, and a great sense of humor. He quietly strove to make others happy every day. The Guidance Center family is grateful to have known Enri. He will be forever missed.

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City of Long Beach

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Keesal, Young & Logan

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Long Beach Police Department

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Sheriff
Los Angeles County
Sheriff’s Department

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City of Long Beach

Chris Steinhauser
Superintendent
Long Beach Unified
School District

EXECUTIVE STAFF

Patricia Costales, LCSW
Chief Executive Officer

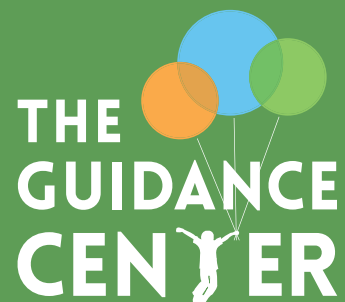
Alyssa Bray, LMFT
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Chief Development Officer

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Chief Human Resources Officer



Child & Family Mental Health
PROVIDING HELP AND HOPE SINCE 1946

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