



# Thrive

THE GUIDANCE CENTER • ANNUAL REPORT 2015-2016



## *Dear Friends*

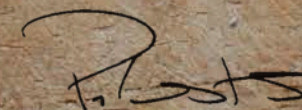
I am very often asked if the work we do at The Guidance Center is depressing. As the photos and stories in the following pages illustrate, this is not the case. The Guidance Center is a place of hope and optimism, where families move beyond their pasts to a life of promise. It is a place where people are given the opportunity to thrive.

Now more than ever it is vital that the vulnerable and marginalized families in our communities have a safe place to turn for help and healing. After all, a community is only as strong as the members who live in it. We are fortunate that our world is rich with a diversity that should be celebrated and embraced. This includes a diversity of opportunity where some have a harder road to success than others. A simple hand up when times are hard makes a tremendous difference in a life. At The Guidance Center, we are that hand. I am so very glad that the people in these stories had the courage to reach out and accept help. They had much to overcome and earned their current success.

I thank all the families who honor us with their stories and who let us participate in their journey. I also sincerely thank the donors and supporters who make it possible for us to keep doing the work we do and to expand our reach to new families and communities.

With your support and trust, we will continue to be a safe place for those who need us.

Sincerely,



PATRICIA COSTALLES, LCSW  
CHIEF EXECUTIVE OFFICER



*“To thrive means, for Jason, pressing through. Being knocked down - physically or mentally - but getting right back up again.”*

**JASON’S** easy smile melts your heart. There’s a twinkle in his eye when he talks about Ninja Turtles, drawing, or recess at school. He has a sweet relationship with his mom, and loves his four siblings. He’s especially close to his younger sister, Tayler, who looks out for him.

Jason was born with Congenital Talipes Equinovarus, or clubfoot. The doctors said that he wouldn’t be able to walk until he was at least 6 or 7. Jason was walking in his casts at the age of 3. He is strong and resilient.

Although his physical condition is a tremendous hurdle that he works through daily, that’s not why he came to The Guidance Center. Jason, along with his mom and siblings, experienced countless acts of unspeakable violence for years. In 2012, his brave mom brought him and his siblings to The Guidance Center’s Compton Clinic for help.

Through mental health treatment, Jason was able to find his voice. Realizing he was in a safe place, he began to open up about previously unknown traumas and start his journey toward healing with the support of his counselor and loving, dedicated mom.

Now, an energetic 2nd grader, Jason is thriving. He’s doing well in school and pursuing his talent for drawing. Not too long ago, one of his drawings was entered into a statewide art competition. His piece won the 1st place blue ribbon for the Southern California region. The entire family celebrated, and mom says it was one of the best days they’ve ever had together.

Even on hard days, where the pain in his legs is just too much or he experiences the struggles that all 7-year-olds do, he knows he can ask for help – a strength his mom credits to his treatment.



FORMER COMPTON CLINIC CLIENT







*“To thrive means, to me, to face the obstacles you are given in life and then use them to help you grow and become a better person.”*

**ALICIA** experienced unthinkable trauma from an early age that no child should ever have to endure. Abuse, violence and instability dominated the majority of her young life. She was sexually abused by a family member when she was only four years old. Her mother struggled with mental illness. Her family frequently found themselves homeless. Her beloved father was murdered.

But Alicia’s story does not end like its horrific beginning. Alicia came to The Guidance Center when she was 15 years old. Based on Alicia’s background, her treatment followed the trauma-focused cognitive behavioral therapy model. This evidence-based treatment allowed Alicia to work through her trauma and tell her story without experiencing any of the negative emotional responses she had previously. Over the course of two consistent years of therapy at The Guidance Center’s San Pedro Clinic, Alicia progressively excelled.

Instead of withdrawing from her peers, she was making new friends at school. She became even more determined to earn good grades and participate in school activities. She was recommended for a summer internship. She got her first job. She went on to graduate from high school – becoming the first in her family to apply to college, and be accepted into not just one, but three schools. With dreams of becoming a mental health counselor, Alicia is already laying the groundwork to achieve that goal in school and within her community.

In Alicia, we see a survivor who chose to apply the skills she learned in therapy to pave a different path for herself. And, despite her heartbreaking beginnings, she has persevered, overcoming seemingly insurmountable obstacles, and is now thriving. Instead of being bitter and resentful, she looks to help others find hope and reach their potential.

**FORMER SAN PEDRO CLIENT**





*“To thrive means, to me, the perfect balance of happiness and success - but not just personal happiness or success, it's about living for others, helping my kids to lead healthy lives, and making a difference in someone else's life.”*

**AMBER** is just months away from earning her bachelor's degree. She's interning at Precious Lamb Preschool and is on schedule to complete her practicum. She'll be applying to graduate school soon. She's a mother of three beautiful children, who are in her sole custody. But, life didn't always look so hopeful.

Amber used to lead a reckless life. She struggled with substance abuse and had difficulty maintaining healthy relationships. Her mother had died when she was young. She was hurting.

In 2011, Amber and her son came to The Guidance Center. Her son had been detained from her care, and she desperately wanted him back. They started with play therapy, but it was hard for her to even imagine playing with her son. The stress of being homeless dominated their lives. But, they made progress together in that playroom with the support of their

therapist. They came to The Guidance Center weekly, for her son one week and the next for just her. Their therapist wanted to meet separately with Amber to make sure she was receiving the help she needed.

Healing didn't happen overnight. The journey was a tough one. But, Amber hit a turning point when she realized that there were good, tangible things that she and her family could obtain. This motivated her to persevere.

With help from the community, she was able to find stable housing, buy her first car, and enroll in college. She is paving a bright future for her family.

Amber says that The Guidance Center was a lifesaver for her family, and because of mental health treatment, they all now have the tools to thrive.

FORMER LONG BEACH CLIENT







*“To thrive means, to me, staying connected to myself, my community, and the world around me. It doesn't mean that pain and suffering will be absent from my life, but that by being present and self-aware, I can accept it and continue on.”*

**KENDRA** has a way of making you feel safe the moment you meet her. She has a great sense of humor and a quick wit, but above all, she truly listens – eager to know and understand your story.

As a church camp counselor after high school, Kendra was inspired by campers as they experienced personal growth, and loved being a part of their journey. This experience had a profound impact on her and drove her to find a career in which she could invest in people in ways that would have a lasting impact.

A Northern California native, Kendra moved to Los Angeles to study for her undergraduate degree. She fell in love with the area that was so different from her rural hometown of Redding, and the people she met who had become her community.

While in graduate school, Kendra was given the opportunity to conduct and supervise psychological assessments. She saw how impactful the objective data provided by these assessments for diagnoses could be in developing a healing treatment plan

for children whose symptoms were not clearly defined. She was inspired once again.

Three years ago, Kendra started working at The Guidance Center as a doctoral psychology intern. It was a challenging experience, but she grew a lot as a therapist and a person during that time. Her fellow interns became her friends, and they supported and helped each other thrive. When offered a full-time position in the Long Beach Outpatient Program, Kendra couldn't imagine turning it down.

As an Outpatient therapist, Kendra was able to help many different families. She found the meaningful relationships built between therapist and client to be fulfilling. Her leadership skills and specialized training in psychological assessment, however, made her the perfect candidate for an open supervisor position.

Now as a supervisor, Kendra balances her time between seeing clients, and supervising doctoral psychology interns and practicum students in psychological assessment and clinical intervention.

**LONG BEACH PSYCHOLOGIST & CLINICAL  
TRAINING SUPERVISOR**





## Thrive (verb) 1: to prosper; be fortunate or successful 2: to grow or develop vigorously; flourish



**JAVIER ANGUIANO**  
*Intake Representative, Long Beach*

As an Intake Representative, **Javier** conducts the initial administrative intake with clients, making him one of the first people new clients sit down with when they come to The Guidance Center. The process is unfamiliar to most and can be overwhelming or frightening, but Javier's easy smile and calm demeanor makes them feel at ease.

His relationship with clients doesn't stop there. He is also someone they can turn to if they need help navigating the Medi-Cal system, processing any changes to their records or translating Spanish. His passion for helping people shines through as he acts as their guide and liaison through every step of the process.



**QUETSY GARCIA**  
*Program Secretary, Compton*

**Quetsy** has dedicated almost nine years to working at The Guidance Center and cares for the children and families as if they were her own.

As the Program Secretary for Compton, she manages all of the client intakes and referrals, provides administrative support for the site manager as well as the rest of the Clinic staff, handles building and maintenance issues and helps translate for therapists.

Not only does Quetsy ensure that the Clinic runs smoothly, she is also a constant at Compton, making clients – both children and their families – comfortable as soon as they walk in the door.

**THE GUIDANCE CENTER** is thriving. Programs are expanding. New services are being added. More and more children and families in need are given hope through mental health treatment. The reason behind the agency's continued growth is found in its people. The Guidance Center employs more than 160 people across its Long Beach, Compton and San Pedro clinics. Every one of those people plays a crucial role in ensuring that each site runs successfully and children and families receive the help they need. Meet a few of the exceptional people that make up the team.



**GUADALUPE NAVARRO, ASW**  
*Clinical Therapist, San Pedro*

**Guadalupe** is a bilingual clinical therapist at the San Pedro Clinic, serving surrounding areas such as Wilmington, Harbor City and has provided services in Avalon on Catalina Island.

As a former at-risk youth and victim of domestic abuse, he found guidance and direction through therapeutic treatment. He knew then that he wanted to do what his therapist did for him, to help others realize their potential and provide the tools necessary for healing.

Guadalupe understands just how life-saving treatment can be for The Guidance Center's clients.



**TERESA VELARDE-PAGE, LMFT, MFC**  
*Program Manager, Long Beach*

**Teresa** started at The Guidance Center as a supervisor at the Compton Clinic, and spent the last five years encouraging and building up everyone she came into contact with while there. Teresa is passionate about developing young clinicians and enjoys having the opportunity to see their growth and potential.

Recently, she moved to the Long Beach Clinic taking on a new leadership role as Program Manager for the School Based Program. She is using that same positive energy in the School Based Program to show support and commitment to her wonderful staff.

# Programs

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## **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.

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## **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.

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## **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 Compton Clinic.

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## **FIELD CAPABLE CLINICAL SERVICES (FCCS)**

These are specialty mental health services provided to children/youth ages 0-25 which target children/youth 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 and Long Beach Clinics.

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## **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.

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## **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.

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## **SCHOOL BASED SERVICES**

This program offers mental health services to children, adolescents, and families in several schools within the Lynwood Unified School District, 14 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 and Long Beach Clinics.

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## **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.

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## **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.

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# Sunset Sip

SATURDAY, SEPTEMBER 12, 2015

## A night of stopping the stigma and starting the conversation.

Hosted by the charismatic Jim Fox, Los Angeles Kings alumnus and television color analyst, The Guidance Center returned to the Museum of Latin American Art's (MOLAA) beautiful sculpture garden for their fifth annual Sunset Sip.

With live music filling the air, more than 200 guests spent the evening blindly tasting six different wine varietals – three red and three white – with the ultimate goal of correctly identifying each to win a tastevin. Guests also took to their smartphones for the 70+ item silent auction, which for the very first time went mobile, along with a live auction hosted by former Long Beach Mayor Bob Foster and Jim Fox, which garnered over \$27,500.

City officials like Councilman Daryl Supernaw, and LA Kings affiliates Bob Miller, LA Kings play-by-play announcer and Hockey Hall of Famer, Ian Turnbull and Daryl Evans, both LA Kings alumni, along with Patrick O'Neal, Fox Sports West and Prime Ticket broadcaster, attended in support.

Guests walked away inspired by the star of the night – 10-year-old client, Gage, who bravely shared his struggles with bullying and self-esteem, and how The Guidance Center and therapist and mentor Stevie helped him.

Thanks to our friends, supporters, and community leaders, over \$80,000 was raised for children's mental health services. We also thank our sponsors for their generosity:

### SUNSET SIP SPONSORS

#### NAPA SPONSORS

*Caren & Eric Adler*  
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*Los Angeles Kings Alumni Association presented by Toyota*  
*Joe Giacomini's Martin Chevrolet*

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*Drs. Lupe Padilla-Robb & Alan Robb*  
*Tim Sailor & Kevin Howard*  
*Kathy Tunney*







# Client Art Exhibits

MONDAY, MAY 2, 2016 &  
WEDNESDAY, MAY 25, 2016

**Art is a powerful medium. Pick up a brush, a pen, a marker or crayon, and you can express what is often hard to say.**

In honor of Children’s Mental Health Awareness Week and Mental Health Awareness Month, we held our 5th Annual Client Art Exhibit at our Long Beach Clinic on May 2. Children and their families, along with staff and board members, attended the exhibit to view all of the artwork on display created by clients from our Long Beach and Compton Clinics. During this year’s exhibit, there was also an interactive wing display that children colored in beautifully!

Art therapy provides children, especially those struggling with trauma, with another outlet in which they can communicate their feelings, and begin the healing process. We look forward to hosting this event every year to show the importance of art therapy, and to raise awareness during Children’s Mental Health Awareness Week.

This year, in addition to our agency-wide exhibit, our San Pedro Clinic hosted their very first Client Art Exhibit, themed “Garden of Dreams,” on May 25. Children and their families, along with staff and board members, attended the exhibit showcasing our talented San Pedro artists’ work. The exhibit featured an interactive “wishing tree” and flower-making station. One of our clients beautifully recited a poem by Frida Kahlo, concluding with her own speech about the importance of mental health.

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 to the exhibit which were given away to six lucky families.







## *Client Holiday Party*

TUESDAY, DECEMBER 8, 2015

### **Cookies, hot chocolate, face painting and arts and crafts – a joyful way to celebrate the holidays!**

And that's exactly what our clients did on December 8th at our 3rd 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, and danced to festive holiday music. They even received a special visit from Santa!

Thank you to our staff, volunteers and special friends for spreading holiday cheer to our clients!



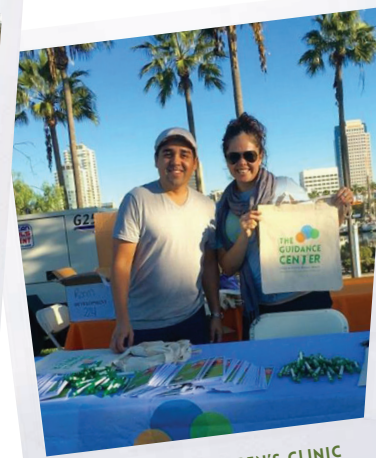


# The Guidance Center in the Community

This past year, The Guidance Center has been especially active in the community. From inviting the community into the Long Beach headquarters to participating in citywide events, the team reached children and families who may be struggling with mental illness or abuse – wherever they may be.



YOUTH EXPLOITATION SAFETY SYMPOSIUM



THE CHILDREN'S CLINIC ANNUAL BEACH WALK



SAFE LONG BEACH WASHINGTON COMMUNITY LEADERS MEETING



## YOUTH MENTAL HEALTH FIRST AID WORKSHOPS

Throughout the year, The Guidance Center hosted three, two-day Youth Mental Health First Aid trainings for the community. Certified trainers Ed Waiskopf, LMFT, Chief Clinical Officer of The Guidance Center, and Janet Fleishman, LMFT, Program Manager of The Guidance Center's Compton Clinic, armed attendees with knowledge on how to identify mental health problems in adolescents, help those in crisis, connect them with care, and safely de-escalate the situation if needed.



## LONG BEACH HUMAN TRAFFICKING TASK FORCE'S YOUTH EXPLOITATION SAFETY SYMPOSIUM

On Feb. 20, 2016, Intensive Services Program Manager Kristen Martin, Ed.D., LMFT; Clinical Supervisor Ashley Levin, LCSW; and Intake Representative Javier Anguiano represented The Guidance Center at the Long Beach Human Trafficking Task Force's Youth Exploitation Safety Symposium. Nearly 400 people were in attendance, along with over 100 volunteers, more than 20 vendors, and 15 speakers and a variety of workshops – all to raise awareness of human trafficking and the importance of healthy relationships.



The Children's Clinic  
"Serving Children & Their Families"

## THE CHILDREN'S CLINIC ANNUAL BEACH WALK FOR A HEALTHY COMMUNITY

On Oct. 31, 2015, Javier Anguiano, Intake Representative, and Susana Prego, LMFT, Long Beach Outpatient Therapist and CalWORKS Coordinator, hosted a table at the Health & Wellness Fair as a part of The Children's Clinic Annual Beach Walk event. More than 1,200 attendees enjoyed the Halloween-themed event that featured a 5K Walk for adults, 1K Kids Race and live entertainment.



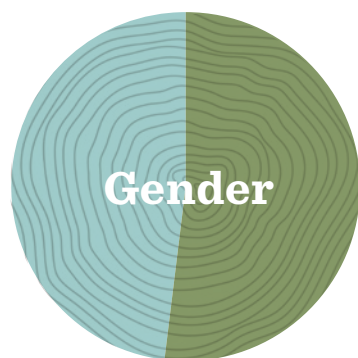
## SAFE LONG BEACH WASHINGTON COMMUNITY LEADERS MEETING

On Aug. 7, 2015, Long Beach First District Councilwoman Lena Gonzalez and the city's Safe Long Beach program hosted a Washington Community Leaders meeting at The Guidance Center's Long Beach headquarters. The Washington Community is one of two neighborhoods in Long Beach targeted for safety improvements as a result of funding from the Department of Justice (DOJ).

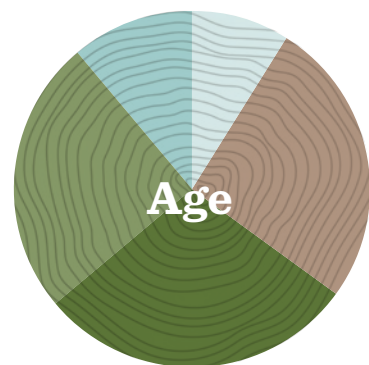


TOTAL CLIENTS SERVED

2,837



● Male: 53%  
● Female: 47%



● 0-5: 10%  
● 6-9: 27%  
● 10-13: 29%  
● 14-17: 24%  
● 18+: 10%



● Asian: 1%  
● Black/African-American: 16%  
● Hispanic/Latino: 72%  
● White/Caucasian: 6%  
● Other: 5%

GUIDANCE CENTER

# 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



# Donors

The Guidance Center extends its appreciation to all of the individuals, corporations and foundations that generously supported the Center in fiscal year 2016 (July 1, 2015 - June 30, 2016)

We are also funded by the Department of Mental Health.

## HEROES

### \$25,000 AND ABOVE

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**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 Financial Information*

<b>STATEMENT OF ACTIVITIES</b>	<b>FY15/16</b>	<b>FY14/15</b>
<i>Revenue</i>		
Government Contracts	\$ 12,431,860	\$ 11,644,250
Contributions and Grants	140,596	457,919
Patient Fees	421,800	-
Other	27,780	35,070
Total Revenue	\$ 13,022,036	\$ 12,137,239
<i>Expenses</i>		
Personnel	\$9,752,730	\$8,857,667
Operating	2,015,834	1,856,317
Occupancy	1,021,303	1,143,524
Depreciation	76,333	96,985
Total Expenses	\$12,866,200	\$11,954,493
<i>Excess of Revenue over Expenses</i>	\$ 155,836	\$ 182,746
<b>STATEMENT OF FINANCIAL POSITION</b>		
<i>Assets</i>		
Cash and Cash Equivalents	2,862,158	3,988,787
Accounts Receivable	478,318	323,482
Equipment	319,959	323,731
Total Assets	\$3,660,435	\$4,636,000
<i>Liabilities</i>		
Accounts Payable	2,575,846	3,667,247
Notes Payable	33,333	73,333
Total Liabilities	\$2,609,179	\$3,740,580
Net Assets	1,051,256	895,420
Total Liabilities and Net Assets	\$3,660,435	\$4,636,000

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