

THE GUIDANCE CENTER

HEROES *of* HOPE

AMAZING
TALES
of
STRENGTH
and
RESILIENCE!

ANNUAL REPORT 2017-2018



CHRISTOPHER

2ND GRADE
SAN PEDRO

ON THE COVER...

"LAVA BOLT MAN WAS MY SUPERHERO! THERAPY HELPS ME GET ALONG WITH KIDS AND HELPS ME BE CONFIDENT ON GETTING BETTER GRADES."

DEAR FRIENDS,

The true measure of bravery isn't the absence of fear, but doing something even though you are afraid. I try to live my life with a willingness to confront my fears, from going into the snake house at the zoo to paying a mortgage on my own after divorce and seeking therapy when I need to face my demons. I try to teach my twin sons that their fears don't need to stop them. I rock climb with them, although they know I am afraid of heights and I run races, even when I think I might fail. I want to role model that really good things can happen when you find a way to face your fears.

Superheroes aren't inherently fearless, either. I imagine Superman is terrified he will be found out as an alien and subjected to all kinds of torture. You can see in Batman the sadness that he lives with due to the trauma of losing his parents to violence. Spiderman must worry about the long-term health consequences of his spider bite, especially after experiencing the deaths of so many loved ones. None of these heroes let their fears overwhelm or stop them from doing good things in the world. That is what makes them heroic.

Imagine a little girl who comes to therapy at The Guidance Center, a girl who has faced tremendous trauma in her young life, maybe multiple losses, child abuse or witnessed domestic violence. This little girl has no reason to trust any of the adults she meets, but somehow she finds the courage to build a relationship with her therapist. She shows the therapist her experiences. She shares her feelings. She leaves our Clinic focused on her dreams and her future, not her past. She knows she is a powerful little girl because she scared away her own monsters. This girl is a superhero.

Imagine a young boy who comes through our doors, a boy who everyone says is a good for nothing punk kid, a boy with a father in prison and a mother who has never been loved so doesn't know how to love him, even though she wants to. This young boy is angry, and has no reason to

believe his therapist is going to like him any better than anyone else does. Somehow, he comes back every week and starts to enjoy his sessions. He starts to believe she might like him. He starts to like himself. He leaves our Clinic understanding that he is worthwhile and that no one else gets to define him. He knows he is powerful, because he found that power inside himself. This boy is a superhero.

Now imagine the mother of that young boy, a mother who grew up in foster care as her parents struggled with drugs, a mother who had her son very young and doesn't know that she is worth having a partner who will stick around. This mother knows she isn't doing right by her son but she doesn't know how to do better. Somehow, she wants better for him. She brings him to therapy every week and, even though she is tired, she learns new ways to support and understand her son. She learns to listen and to play. She leaves our Clinic understanding that she deserved better than she got in life but it doesn't have to define her future. She knows she is powerful because she knows how to be a good mom to her boy. This mom is a superhero.

Superheroes aren't born. They don't have any special skills or talents or ice in their veins. Superheroes are people who face tremendous odds, look their demons in the face and somehow find the courage to fight back. We all have the ability to be heroic, in the right circumstances and with the right support.

I can't thank you enough for allowing us to help our children and families find their superpowers. It is a remarkable journey we get to take with them and we could not do it without you.

SINCERELY,

PATRICIA COSTALES, LCSW
CHIEF EXECUTIVE OFFICER



YOLANDA
5TH GRADE
SAN PEDRO

I DREW SUPERMAN BECAUSE HE IS A FIGHTER AND HE IS MY FAVORITE SUPERHERO BECAUSE HE IS AWESOME. THERAPY HELPS ME BECAUSE MY THERAPIST IS VERY EASY TO TALK TO AND IS VERY UNDERSTANDING. SHE IS CONCENTRATED ON WHAT I NEED TO ACCOMPLISH.



RAFAEL
7TH GRADE
COMPTON

WHEN I FIRST BECAME AWARE THAT I WAS GOING TO HAVE A THERAPIST I HONESTLY THOUGHT IT WAS A SILLY IDEA. NOW AFTER SPENDING A YEAR WITH MY THERAPIST, SHE HAS MADE AN IMPACT ON MY LIFE. SHE TAUGHT ME HOW TO HANDLE MY DEPRESSION AND OTHER MENTAL ISSUES. IN TOUGH SITUATIONS, SHE LET ME KNOW THAT THESE EVENTS ARE PART OF LIFE. BEFORE THERAPY, I WAS COVERED WITH THE DARKNESS OF MY INSECURITIES AND DEPRESSION, NOW IN THESE PASSING MONTHS I'M BEGINNING TO SEE LIGHT.

MY 'SELF-PORTRAIT' FROM A SPANISH OPERA REFLECTS ME BEING ABLE TO OBTAIN CERTAIN STRENGTHS LIKE HER. SHE MAY BE CONSIDERED A VILLAIN BUT SHE HAS MANY CHARACTERISTICS I DESIRE; SHE ALWAYS CONSIDERS HERSELF BEAUTIFUL, WORTHY AND IS AMBITIOUS TOWARD HER GOALS. FOR THREE YEARS, I HAVE ADMIRER HER QUALITIES FOR BEING STRONG.

THERAPY HAS ALSO SHOWED ME THAT LIFE IS FILLED WITH TOUGH SITUATIONS BUT CYNTHIA AND ANA'S COPING SKILLS AND INTERVENTIONS HAS LEAD ME TO HANDLING BAD SITUATIONS. I WASN'T ABLE TO LOOK AT MYSELF IN THE MIRROR BEFORE. NOW I TRY TO ADMIRE WHAT I HAVE. EVEN IN MY MOST DEPRESSING MOMENTS I STILL KEEP MY HEAD HIGH.



MARLEY

4TH GRADE
SCHOOL BASED

MY SUPERPOWER IS THAT I KNOW SIGN LANGUAGE. I TAUGHT MYSELF HOW BY WATCHING YOUTUBE VIDEOS. I LIKE THAT IF I WENT TO ANOTHER SCHOOL AND SOMEONE COULDN'T HEAR THAT I COULD TALK TO THEM SO THEY WOULDN'T FEEL ALONE.

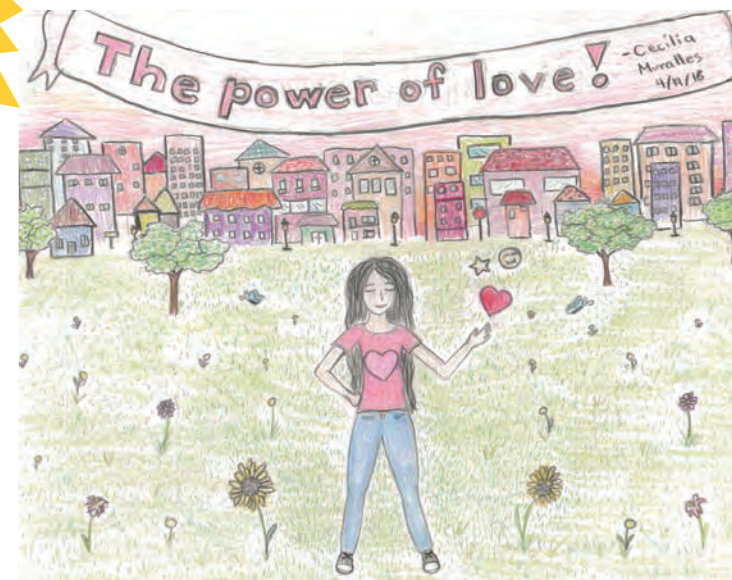
THERAPY HAS HELPED ME BE ABLE TO TELL MY STORY AND CONTROL MY EMOTIONS BETTER. WHEN I WAS LITTLE, I HAD PROBLEMS WITH MY PARENTS. WHEN I MET WITH MY THERAPIST, WE WOULD PLAY WITH A DOLLHOUSE AND I WOULD SHOW HER WHAT HAPPENED WITH MY PARENTS. WE PLAYED WITH THE DOLLHOUSE LIKE THAT EVERY TIME WE MET SO THAT I COULD BE ABLE TO TELL MY GRANDMA WHAT HAPPENED. IT FEELS BETTER TO BE ABLE TO TALK ABOUT WHAT HAPPENED.



CECILIA

11TH GRADE
SAN PEDRO

WHEN I FIRST CAME TO THERAPY, I WAS REALLY ANXIOUS. AND WHEN I WOULD HEAR ABOUT BAD THINGS HAPPENING IN THE WORLD AND WHERE I LIVE, IT MADE ME FEEL REALLY SAD. MY THERAPIST HELPED ME TO COPE WITH MY ANXIETY AND SHOWED ME THAT BEING SENSITIVE TO THINGS HAPPENING AROUND ME ISN'T A BAD THING. IT'S ACTUALLY A STRENGTH. IT MEANS THAT I CARE ABOUT OTHERS AND THAT I CAN USE THAT STRENGTH TO MAKE THE WORLD A BETTER PLACE. MY SUPER POWER IS LOVE.






SANIYA
6TH GRADE
SAN PEDRO

WHEN I WAS YOUNGER I WENT THROUGH CHALLENGES WITH PEOPLE TEASING ME FOR MY SKIN TONE AND HOW I WAS SHAPED. THEY USED TO SAY I WAS A BURNT HERSEY BUT NOW I LOVE MYSELF. THERAPY HELPED ME LEARN TO CONTROL MYSELF AND OVERCOME OBSTACLES.



LITTLE ACTS
OF

KINDNESS

NITXI
12TH GRADE
SCHOOL BASED

THERAPY HAS HELPED ME WITH MY ANXIETY AND DEPRESSION. IT HELPED ME NOT PUSH MY FRIENDS AND FAMILY AWAY. IT HAS HELPED ME VALUE LIFE AND THINK OF MYSELF AND REALLY COME TO TERMS WITH WHO I AM. MY ART PIECE SHOWS TWO HANDS HOLDING THE WORLD BECAUSE LITTLE ACTS OF KINDNESS CAN CHANGE THE WORLD. I WANT TO GIVE A BIG THANK YOU TO PRISCILLA [MY THERAPIST] FOR BEING WITH ME IN THIS JOURNEY IN SAVING MYSELF.



ASHLEY
6TH GRADE
INTENSIVE SERVICES

I CHOSE POWER OF MUSIC BECAUSE [MUSIC] HELPS ME WHEN I'M LONELY. IN THE PICTURE, IT SHOWS THAT NO MATTER IF THE BEAT OF MUSIC IS HIGH OR LOW, IT WILL LIVE TILL THE END OF TIME. THAT'S WHY I CHOSE MUSIC. THERAPY HAS HELPED ME GET OUT OF DEPRESSION, ANXIETY AND OTHER PROBLEMS THAT WERE KEEPING ME FROM MY GOAL. THERAPY HAS REALLY HELPED ME WITH COPING SKILLS... THERAPY HAS IMPROVED MY LIFE.



CITALLI
2ND GRADE
LONG BEACH OUTPATIENT

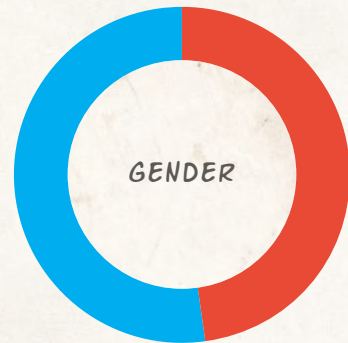
I CHOSE TO DRAW ABOUT HOW I CAN CHANGE THE WORLD BECAUSE I WANT EVERYBODY TO RECYCLE SO THE PLANET WON'T BE DIRTY. THERAPY HAS HELPED ME BY LEARNING WAYS TO CALM MYSELF DOWN WHEN I'M ANGRY AND WHEN I'M STRESSED OUT. THERAPY HAS ALSO HELPED ME NOT GET ANGRY AT MY PARENTS WHEN I AM PLAYING WITH THEM.



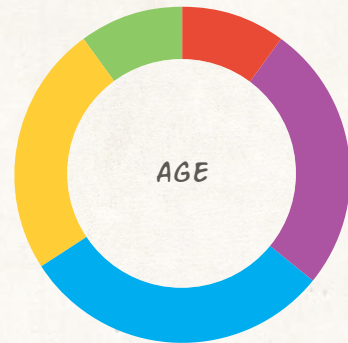
DEMOGRAPHICS

3,365

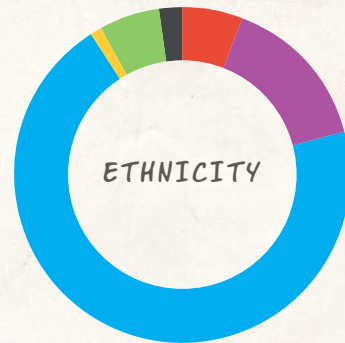
TOTAL CLIENTS SERVED



● Male 52%
● Female 48%

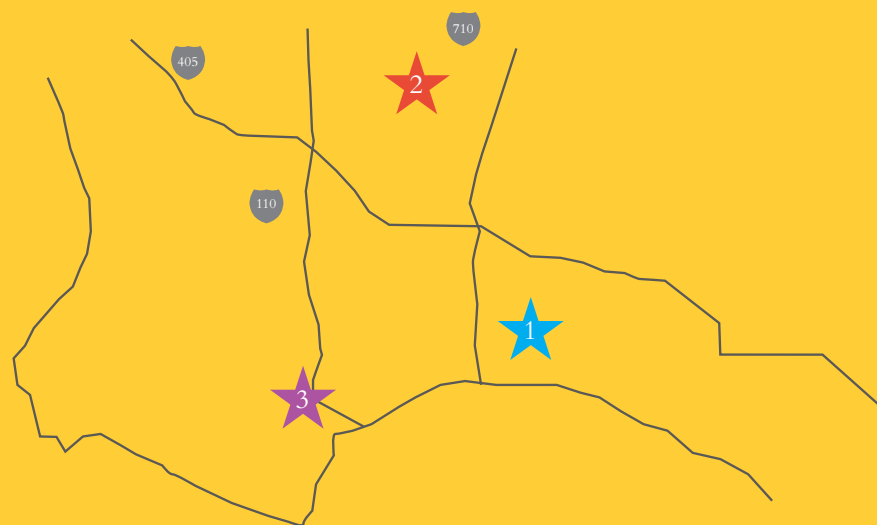


● 0-5 10%
● 6-9 26%
● 10-13 30%
● 14-17 24%
● 18+ 10%



● Hispanic 70%
● Black 15%
● White 6%
● Other 6%
● Not Reported 2%
● Asian 1%

LOCATIONS



HEADQUARTERS/ LONG BEACH CLINIC

★ 1
1301 Pine Avenue
Long Beach, CA 90813
562.595.1159 tel

COMPTON CLINIC

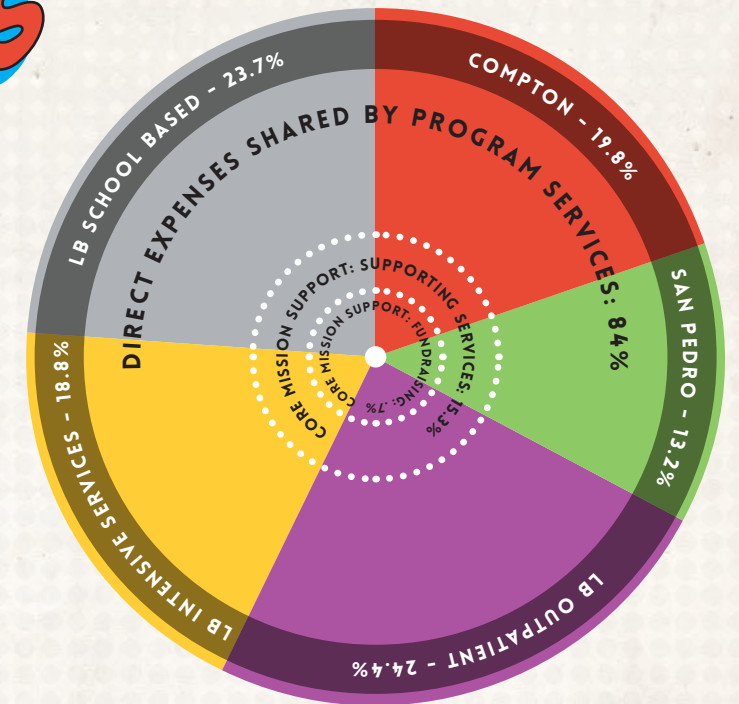
★ 2
901 W. Victoria Street
Suites F & G
Compton, CA 90220
310.669.9510 tel

SAN PEDRO CLINIC

★ 3
22 W. Sixth Street, #230
San Pedro, CA 90731
310.833.3135 tel

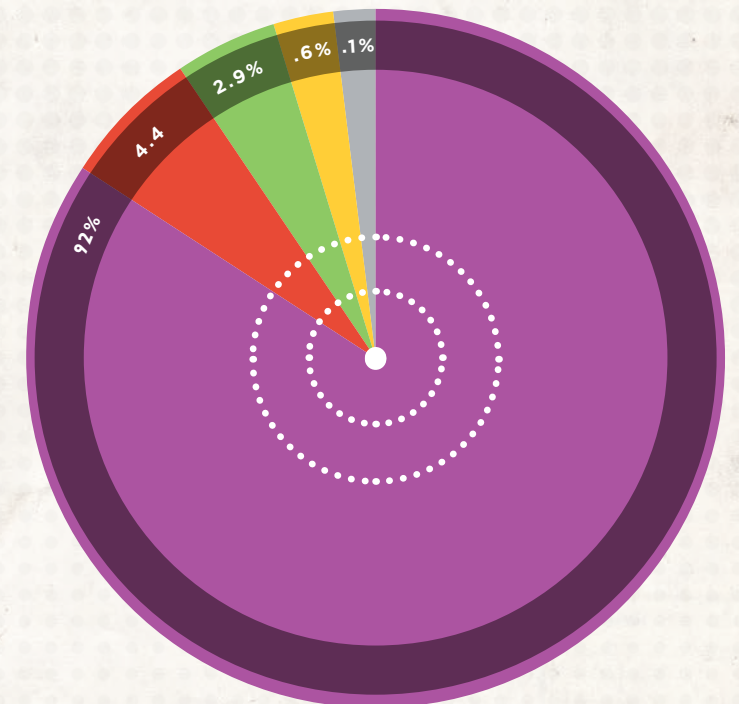
EXPENSES BY PROGRAM

Program Services	\$14,103,125
Supporting Services	\$2,563,533
Fundraising Expense	\$116,103
Total	\$16,782,761



REVENUE

Government Contracts - DMH	\$15,588,267
Contributions and Grants	\$753,240
ERMHS	\$487,956
Other	\$95,622
Partner Programs	\$25,000
Total	\$16,950,085



CHILD & FAMILY COMPREHENSIVE MENTAL HEALTH SERVICES

CLINIC AND FIELD-BASED THERAPY	SCHOOL-BASED THERAPY	FAMILY PRESERVATION	PSYCHOLOGICAL TESTING	AGES 0-TO-5 SPECIALIZED TREATMENT	TRAUMA-INFORMED COMMUNITY-BASED PREVENTION AND EARLY INTERVENTION
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2017-2018 BY THE NUMBERS

64,326
TOTAL SESSIONS CONDUCTED

318 BOAT TRIPS TO CATALINA	100 SCHOOLS WHERE SERVICES WERE PROVIDED	45 CITIES WITH CURRENT ACTIVE CLIENTS
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TOP 3 DIAGNOSES TREATED

- DEPRESSION
- ADHD AND ADJUSTMENT DISORDERS
- ANXIETY

90,029 HOURS SERVED FOR 2018 BY LOCATION

TGC CLINICS	38,029 HOURS
SCHOOLS	29,090 HOURS
HOMES	17,656 HOURS
OTHER	5,242 HOURS
HOMELESS SHELTERS	13 HOURS

IT'S ABOUT T.I.M.E

(TRAUMA-INFORMED MOVEMENT IN EDUCATION)

PARTNERING WITH EDUCATORS TO SUPPORT HEALING IN OUR SCHOOLS

BEACH HIGH SCHOOL

4%↑ OVERALL ATTENDANCE INCREASED BY 4%	53%↓ SUSPENSIONS DECREASED BY 53%	99TH PERCENTILE SCORED IN THE 99TH PERCENTILE FOR CLIMATE OF SUPPORT FOR ACADEMIC LEARNING ON DISTRICTWIDE SURVEY
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POLY ACADEMY OF ACHIEVERS AND LEADERS (PAAL)

1%↑ OVERALL ATTENDANCE INCREASED BY 1%	64%↓ SUSPENSIONS DECREASED BY 64%	45%↓ CHRONIC ABSENTEEISM IN SPECIAL EDUCATION DECREASED BY 45%
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NUMBER OF CALWORKS CLIENTS WHO OBTAINED JOBS

37

OUTCOMES

2 OUT OF 3
ADULTS WITH DEPRESSION, ANXIETY, OR TRAUMA REPORT FEELING BETTER AFTER TREATMENT

8 OUT OF 10
PARENTS OF CHILDREN WHO HAVE HIGH RISK BEHAVIORS (SUBSTANCE USE, DITCHING, CUTTING) REPORT LESS SYMPTOMS AFTER TREATMENT

7 OUT OF 10
CHILDREN REPORT LESS SYMPTOMS OF TRAUMA AFTER TREATMENT

9 OUT OF 10
PARENTS WITH CHILDREN BETWEEN THE AGES OF 0-5 REPORT LESS SYMPTOMS OF TRAUMA AFTER TREATMENT

ROLL CALL

MENTAL HEALTH TRAINING VIDEOS

In 2017, our CEO, Patricia Costales, LCSW was catching up with one of our Honorary Board Members and long-time friend of The Guidance Center, Los Angeles County Sheriff Jim McDonnell. He became an advocate for our children and families when he served as Long Beach Police Chief in 2010.

Over the course of conversation, an idea was formed. What if The Guidance Center and local law enforcement combined their expertise to create a new training tool to help officers quickly identify signs of mental illness, efficiently deescalate situations and keep everyone involved safe?

Not long after that call, members of Los Angeles County Sheriff's Department (LASD), Long Beach (LBPD) and Los Angeles Police Departments (LAPD) gathered at The Guidance Center to brainstorm. The collective goal was to produce a tool that any local or state law enforcement agency across the country could easily use.

Thus the idea for the Roll Call Mental Health Training Video Series was born. And, thanks to a generous grant from The Ahmanson Foundation, production with Emmy Award-winning filmmaker, Matthew Murray and cinematographer Evan Barthelman started immediately.

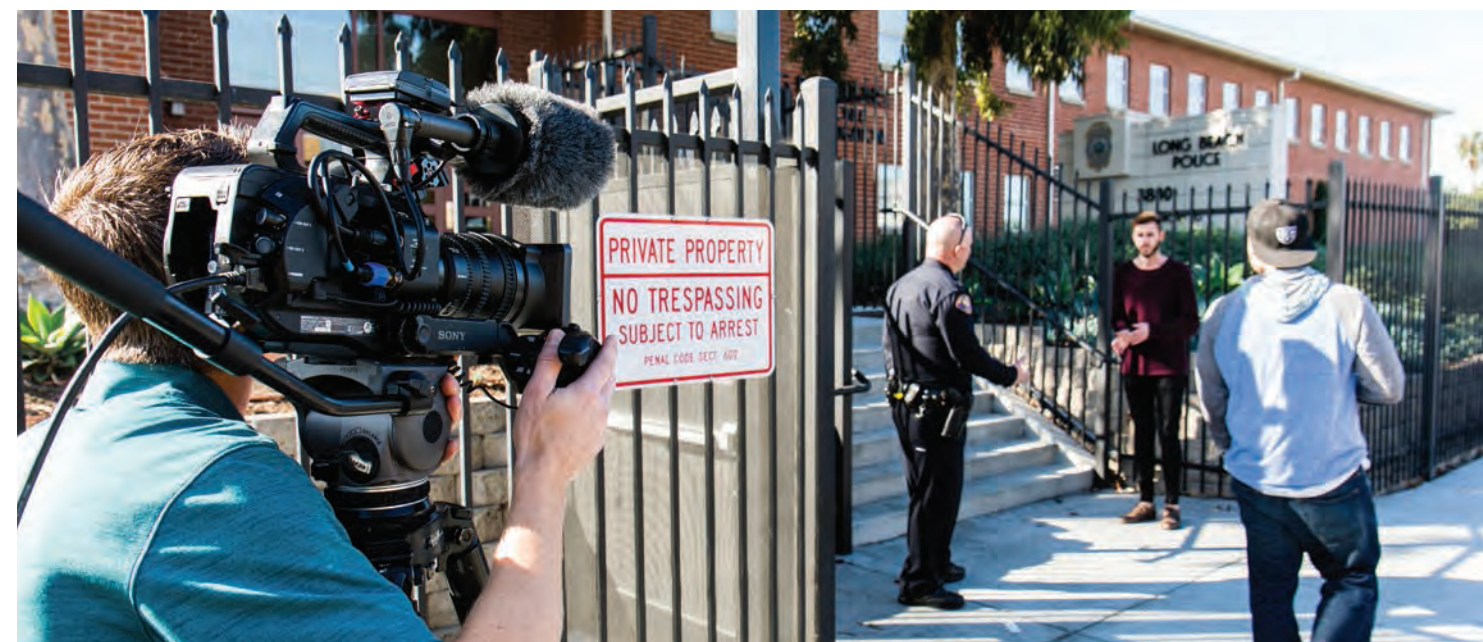
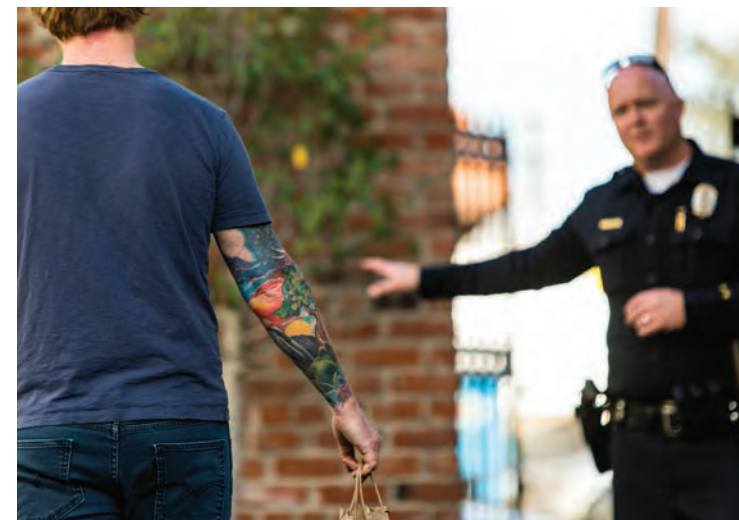
Throughout the past year, The Guidance Center along with members of LBPD, LAPD and LASD developed and filmed a series of web-based trainings.

The series offers trainings that are pragmatic, concrete and direct, and formatted so that the videos can be shown during roll call, before the officers go into the field, and do not require taking anyone off duty.

THE SEVEN VIDEO MODULES COVER:

- De-escalation tactics*
- Assessing serious mental illnesses*
- Potential suicides*
- Strategies for children*
- Understanding Autism*
- Writing effective holds*
- Self-care*

A special thanks to our law enforcement partners and Guidance Center staff who invested time and their expertise in the making of these videos!





**7TH ANNUAL
SUNSET
SIP
NURTURING YOUR INNER CHILD
NOV. 11, 2017**



With the Long Beach skyline twinkling in the background and the sounds of laughter, music and clinking of wine glasses filling the air, guests were invited to “nurture their inner child” and experience the healing power of play at our 7th Annual Sunset Sip at Hotel Maya.

We were honored to have Long Beach Mayor Robert Garcia, PhD and Long Beach Police Chief Robert Luna help us kick off the night’s play-filled festivities. We’re so grateful to have such passionate child mental health advocates leading our city!

While enjoying unlimited wine tastings and bidding on generously donated auction items, guests had the opportunity to participate in play therapy exhibits hosted by The Guidance Center therapists: Exploring Emotions Jenga, Dress-Up Photo Booth, and Sand Tray.

Then during the program, Nathan Swaringen, LCSW, clinical therapist and developer of our It’s About T.I.M.E. program, further underscored how important play is for all ages and invited guests to continue to nurture their inner child at their tables by bringing to life figurines they selected before sitting down. It didn’t take long for tables to erupt with laughter over the joy experienced during play!

Before the night concluded, Mia, a 10-year-old former client, bravely took the stage to share her mental health journey. Through treatment at The Guidance Center and support from her mother and school, Mia is no longer consumed by anxiety, and is now dreaming big dreams for her future while advocating for her friends’ mental health at school, too.

Thank you so much to all our friends, supporters, and community leaders for nurturing your inner child with us and raising a record-breaking \$145,000 for children’s mental health services. We also thank our sponsors for their generosity:

SUNSET SIP SPONSORS

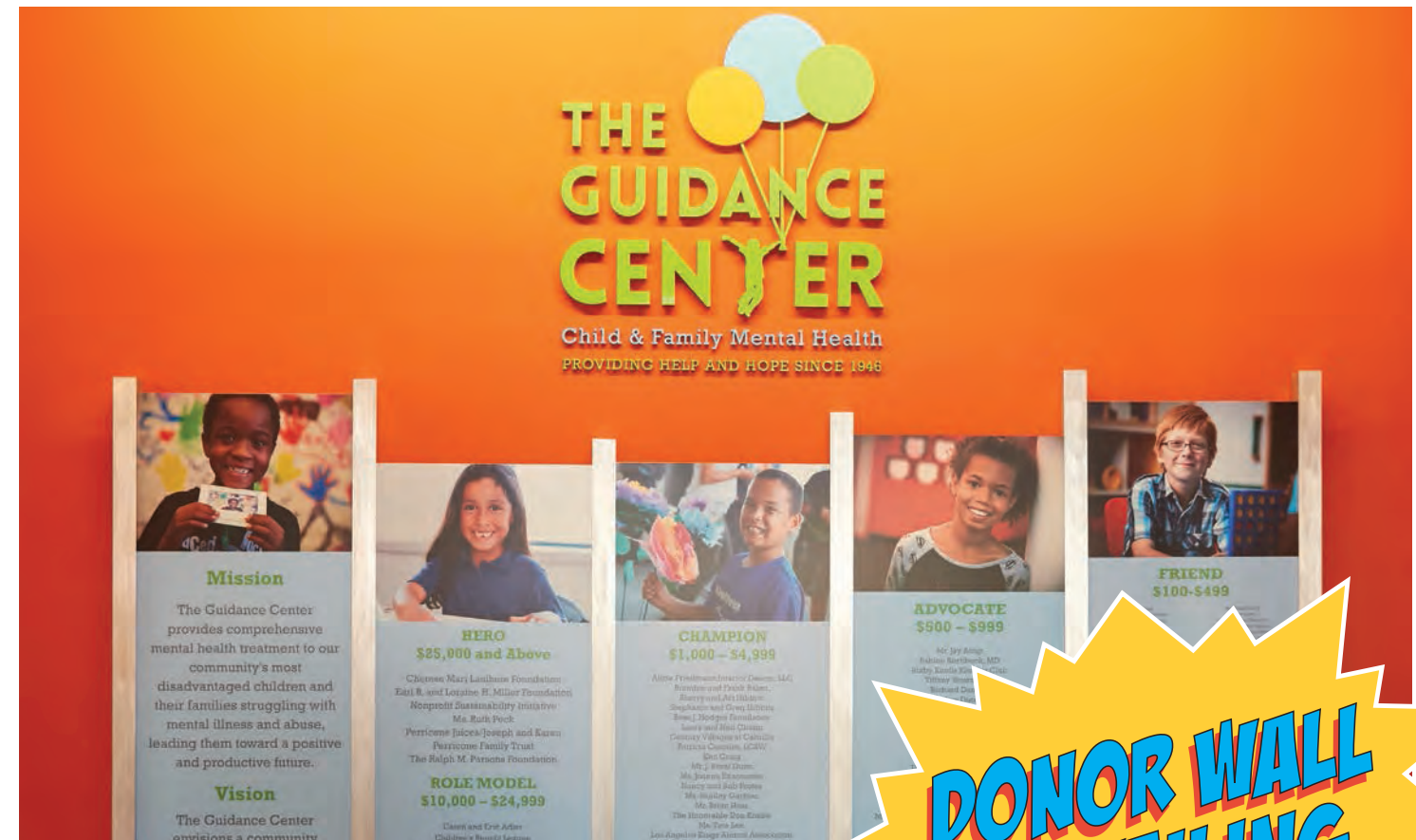
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Elaine and Tom Marks
Port of Long Beach
Janet Riedman
Tim Sailor and Kevin Howard



The orange wall in the inner lobby at our Long Beach headquarters received a meaningful update. Smiling faces of children and names of compassionate supporters now welcome visitors into The Guidance Center. This spring, we held a reception to honor and celebrate the heroism of our supporters with the unveiling of our Donor Wall. We were thrilled at the opportunity to express our gratitude for their commitment to helping the children and families of our community receive the support they need to be healthy and happy. A special thank you to Primal Alchemy Catering for providing the delicious bites.



2ND ANNUAL
**IT'S ABOUT
 T.I.M.E.**
 SOCIAL HOUR
 MAY 10, 2018



Friends and supporters gathered for an evening of fun and socializing in support of The Guidance Center's Trauma-Informed Movement in Education for a second year.

The 2nd Annual Social Hour was held at Great Society Cider & Mead in downtown Long Beach. Nearly 100 of our friends and supporters attended and enjoyed Great Society's impressive selection of beverages, which included ciders, meads, wine, and kombucha, paired with delicious tacos crafted especially for the occasion. Local musical favorites Joel Simpson and Andrew Reyes returned to provide the live music for the festivities. The evening culminated with a lively round of fundraising to support the program's expansion to more schools in the Long Beach Unified School District.

Thank you to all of our guests and our event sponsors who helped us raise a grand total of \$8,232 – exceeding the amount raised at the first Social Hour and our goal for this year!

2ND ANNUAL IT'S ABOUT T.I.M.E.
 SOCIAL HOUR SPONSORS

- Caren and Eric Adler*
- Cristiane Carter*
- Patricia Costales*
- CSULB Center for International Trade & Transportation*
- Family Floors*
- Nancy and Bob Foster*
- Mutual of America*
- Petra Geosciences, Inc.*
- Betsy Snare and Ed Walters*
and in memory of Robert Snare



**CLIENT
HOLIDAY
PARTY**
DECEMBER 13, 2017

**CLIENT
ART
EXHIBIT**
MAY 2, 2018

**BE YOUR
OWN SUPERHERO**

Smash! Bang! KaPow! For our 7th annual Client Art Exhibit in honor of May Mental Health Month, we invited our clients to “Be Your Own Superhero” and submit artwork in three subcategories: Self-Portrait, My Super Power, How I Can Change the World. We were blown away by their incredible artistic abilities, creative minds and compassionate hearts.

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

During this year’s exhibit, clients had the opportunity to decorate their own superhero masks, put on a cape, and then pose in front of a city skyline backdrop. It was powerful to see our clients get to outwardly express the superhero they feel that they are on the inside.

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 eight lucky families. A special thanks to staff who helped make this inspiring event possible.



'TIS THE SEASON!

Every year, The Guidance Center staff look forward to celebrating the holidays with our clients and their families at our annual Client Holiday Party hosted at our Long Beach headquarters. This year was no different. Bright and cheerful holiday crafts were made, delicious treats were enjoyed, and many faces were festively painted. There was even a special appearance by a group of holiday carolers. Hearing more than 100 clients and their families join in when the group sang “Rudolph the Red Nosed Reindeer” certainly made us smile and put everyone in the holiday spirit! Thank you to our staff, volunteers and special friends for spreading holiday cheer to our clients!

DONORS

THE GUIDANCE CENTER EXTENDS ITS APPRECIATION TO ALL OF THE INDIVIDUALS, CORPORATIONS AND FOUNDATIONS THAT GENEROUSLY SUPPORTED THE CENTER IN FISCAL YEAR 2018 (JULY 1, 2017 - JUNE 30, 2018). WE ARE ALSO FUNDED BY THE DEPARTMENT OF MENTAL HEALTH.

HEROES

\$25,000 AND ABOVE

The Ahmanson Foundation
Cherese Mari Laulhere Foundation
Earl B. and Loraine H. Miller Foundation
Memorial Medical Center Foundation
Ruth Peck
Karen and Joe Perricone/Perricone Juices
The Ralph M. Parsons Foundation
The Rudolph J. and Daphne A. Munzer Foundation

ROLE MODELS

\$10,000 TO \$24,999

Caren and Eric Adler
Burmeister-Brooks Family
The Cherry Avenue Companies
Children's Benefit League

MENTORS

\$5,000 TO \$9,999

Jean Egan and Ann Garth
Joanna Exacoustos

CHAMPIONS

\$1,000 TO \$4,999

Alamitos Bay Garden Club
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Renee Bergeron
Bess J. Hodges Foundation
Blue Moon Boutique
Bob's Discount Furniture
Century Villages at Cabrillo
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Sheri Rohani-Amiri
Timothy Sailor and Kevin Howard
Jennifer Saunders
Kurt Schneider
Debbie and Moe Shahbani
Betsy Snare, Ed Walters and
in memory of Robert Snare
St. Mary Medical Center Foundation
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Thea Turnbull
Bonny and Jim Walsh
Amit and Alana Weinberg
Laura and Terrence Wynne
Lisa Zannitto-Wolff

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\$500 TO \$499

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Medical Center
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Karen Mazer
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Shelli and Aaron Newland
Ana Perez
Christopher Rush
Dorothy (Dodie) Sailor
Jennifer Sanders
Jacqueline Sargent
Gina Satriano
Ann and Leon Singleton
Anne Steele and Freddie Peters
Patricia and Scott Thurston
Jerry Wilson, LMFT

FRIENDS

\$100 TO \$499

Marti and Phillip Adler
Clare Akey
Kris Allen
Jack and Michelle Allison
Jana and Keith Anderson
Vassilis Angelopoulos
Kathy and Alan Apples
Maxine and Mark Bagan
Leticia Barth
Alex and Linda Bellehumeur

Maurena and Bryan Benedict
Katherine Bennett
Sabine Bernbeck
Bill Bevan and John Osteen
Desiree Bramlett
Debbie and Jack Brooks
Tiffany Brown, EdD
Lynn Buettner
Martha Burke
Janice and Robert Campbell
Cecilia Canut
Rebecca Suzanne Caverly
Veronica and Jose Cervantes
Kenneth W. Child
Susan Cooper
CSULB Center for International
Trade & Transportation
Davis, Wright, Tremaine LLP
Tiffany Dawson, PsyD
Todd Dixon
Marie Cady Drummond
Lewis Ebersole
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Derek Wratchford
Mayra Zavalza and Steven Grandy

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Susan and Brian Adam
Jennifer V. Ball
Elizabeth Batalao
Kristen Beckerdite
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FOR ANY ERROR OR OMISSIONS WHICH HAVE OCCURRED IN THIS REPORT.

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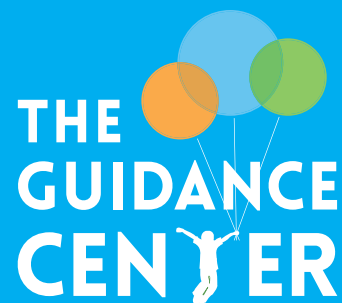
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