

Child & Family Mental Health
 PROVIDING HELP AND HOPE SINCE 1946

WINTER/SPRING 2018 NEWSLETTER

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LOCATIONS

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 1301 Pine Ave
 Long Beach, CA 90813
 (562) 595-1159 tel

COMPTON CLINIC

901 W. Victoria Street, Suites F & G
 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

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**SUNSET SIP 2017:
 THE HEALING POWER OF PLAY**

November 11th was an evening of nurturing our inner child with our friends and supporters, overlooking the beautiful Long Beach skyline at Hotel Maya. We had so much fun playing, eating, and drinking with everyone. We are still amazed and extremely grateful for the outpouring of support we received from the community leading up to and on the day of Sunset Sip 2017.



Former Guidance Center client, Mia, shares her story with guests.

230 friends of The Guidance Center attended to support our mission, raising a record-breaking \$145,000! This annual fundraising event is very important to our agency as funds raised allow us to provide much-needed mental health services to the community.

It was such an honor to have Long Beach Mayor Robert Garcia, PhD and Long Beach Police Chief Robert Luna help us kick off the night's festivities. They both gave thanks to guests for supporting the agency and for their generosity and empathy.

Guests got to experience the healing power of play through various immersive play therapy experiences. While enjoying unlimited wine tastings and bidding on silent auction items, guests had the opportunity to participate in play therapy exhibits hosted by The Guidance Center's therapists: Sand Tray, Exploring Emotions Jenga, and Dress-Up Photo Booth.



Long Beach Mayor Robert Garcia welcomes guests along with Eric Adler, Esq., chair of The Guidance Center's Board of Directors; and Tim Sailor, Board Member and Sunset Sip Event Committee Chair.

One of the memorable moments of the evening was our live auction, led by auctioneer Chuck Dukas. We sure did enjoy having Chuck with us. We were inspired that so many paddles were raised to advocate for mental health in our community.



Our auctioneer and MC of the evening conducts the live auction.

Continued on page 13

A NOTE FROM THE CEO



Patricia Costales,
LCSW

As a child therapist, some of the most moving changes I saw in the families I treated involved learning how to play. Of course child therapists use play as a vital tool in our work; play is how children communicate and express themselves. By verbally reflecting their play back to them, we help the child feel both safe and heard. It is always remarkable to witness the transformation of a child through play, but that is not what I am referring to today.

Today I am talking about learning HOW to play. The families and children we see have very stressful lives. They are coping with poverty, community violence or mental illness. They struggle to keep their families housed and food on the table. The development of nurturing family relationships too often becomes secondary to survival. Play is a luxury. This is especially true of parents who themselves perhaps were not raised in a way that was playful or nurturing.

In family treatment, we teach the parent how to play with the child. It's often awkward at first. Sometimes the parents giggle, or seem uncomfortable. They comply because we tell them play will help their child. Over time,

though, a real change starts to take place. The first evolution we see is in the relationship between parent and child. They laugh together, begin to make better eye contact. They engage more on an emotional level. They start to genuinely enjoy each other. The next evolution is the change you see in the parent. They become less irritable and smile more easily. They are eager to sit on the floor and play, sometimes for the first time in their lives. Through their children and the power of play, they learn to relax, to laugh and to take care of themselves.

It seems to me that this is lesson we all need to remember in our daily lives. At our Sunset Sip this year, we had guests take a brief moment to sit at their dessert table and simply play. There were some very uncomfortable reactions at first! Then I saw a Board Member place an action figure on the roof of a hot rod and say he is a super hero. I saw a guest with a dinosaur pretend to eat a plant. Another guest, a friend of mine, decided to launch his toy across the table with a spoon, aiming for another friend. All the adults in the room simply played.

The world gets tough sometimes. My wish for all of you is that you remember to take care of yourselves. Remember to play.

BRIDGING THE SERVICE AND KNOWLEDGE GAP TO TREAT THE "WHOLE CHILD" TOGETHER



We're excited to share how our partnership with Miller Children's & Women's Hospital has been helping children and families in Long Beach this year.

It's been a busy year for Dr. Lauren Ford, a Guidance Center clinician stationed at Miller. After completing the fellowship at the hospital, she is now a pediatric psychologist. In her role as a fellow, she helped to bridge the gap between mental and physical health by collaborating with medical personnel on patients' care plans and providing onsite mental health training and support to medical personnel.

And thanks to a generous grant from the Earl B. and Loraine H. Miller Foundation, the program has expanded, with additional focuses and Guidance Center staff to the collaborative care initiative.

The expansion focuses on an existing service and

knowledge gap in the community by bringing together mental health and medical professionals to increase their knowledge and skills of one another's scope of work.

The goal of the initiative is to improve the lives of children by treating the "whole child" in their respective treatment plans. Studies show that when both mental and medical issues are addressed in the same treatment plan, clients report decreased symptoms and greater functional capabilities, and experience an improved trajectory of development.

2015-2017 Fellowship Results	
Total Encounters	812
Total Patients	237
Total Consults	262
TGC referrals	29

Since the expansion began in July, our consultant pediatrician has hosted four panels for Guidance Center staff, already helping 13 Guidance Center clients, and Dr. Ford has facilitated 13 staff debriefings and provided four workshops for hospital staff.

We can't wait to share the stories of the lives who will be positively impacted by this collaboration!

IT'S ABOUT T.I.M.E. EXPANDS TO SECOND SCHOOL



TGC clinical therapist, Nathan, with Beach High School staff, first collaborators of our It's About T.I.M.E. program.

Great news! The *It's About T.I.M.E.* training program has expanded to a second school. We are excited about our collaboration with Poly Academy of Achievers and Leaders High School (PAAL) staff.

This program builds on the foundation created by established support systems within Long Beach Unified School District schools, and brings a trauma-informed approach to educators through formal training at the beginning of the school year as well as onsite support throughout the year. The approach looks at how children's behavior, brain development and functioning, and traumatic experiences are all connected. This provides educators with a different lens in which to view and respond to challenging behaviors in ways that promote healing.

Nathan Swaringen, LCSW, one of our clinical therapists and developer of *It's About T.I.M.E.*, trained PAAL staff in the trauma-informed approach prior to the start of the 2017-18 school year. Swaringen continues to support and serve as a collaborator, consultant, model and instructor to PAAL staff throughout the academic year, in addition to continuing to support and collaborate with Beach High School staff.

"By partnering with compassionate and influential community leaders like school staff through *It's About T.I.M.E.*, we can together help these children heal emotionally and succeed academically and beyond," said Swaringen.

"PAAL High School is looking forward to having The Guidance Center join our team this year," said Rebecca Suzanne Caverly, assistant principal at PAAL at the start of the 2017-2018 school year. "Through *It's About T.I.M.E.*, Nathan promises therapeutic support for the adults and youth in our school community, as we do everything we can to serve the whole child here at PAAL. We anticipate tremendous growth in our students and staff this year, resulting in higher achievement and better lives for our students."



The program has now expanded to a second school in the LBSUD: PAAL High School.

Since the program's launch during the 2016-2017 school year, results at Beach High School have shown a positive change in students' habits in their school environment. There has been a decrease in suspensions and increase in attendance. We look forward to continuing to expand this trauma-informed movement throughout the Long Beach Unified School District.

AWARENESS FESTIVAL

It was an honor that our documentary, "*The Bridge: Pathways to a Trauma Informed Community*," was an official selection at the 2017 Awareness Film Festival, presented by Heal One World. The film screened on October 7th at L.A. LIVE. Our CEO, Patricia Costales, was in attendance and part of the Women Filmmakers panel. The annual festival showcases documentary and narrative features, as well as short films, with the mission to inform and inspire audiences through a program of films on various political, health, well-being topics, and more. Our documentary reflects the impact of poverty on mental health to movie goers and revealed the trauma-informed approach as a part of the wider solution to breaking poverty's intergenerational cycle.



WELCOME 2017-2018 INTERNS AND TRAINEES

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

PSYCHOLOGY INTERNS

Jaleesa Adams
John Nick Leggio
Teena Manginelli
Alexander Tice
Max Tokarsky
Brennan Whitley

PSYCHOLOGY PRACTICUM STUDENTS

Shelby Griffiths
Christie Lindsey
Kelsey Mendoza
Lily Randall

MFT TRAINEES

Crystal Solares
Colleen Stafford

MSW INTERNS

Victoria Andrade
Hilario Ramirez

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

tgclb.org/employment/internships

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KAREN'S STORY

This inspiring letter of overcoming obstacles and empowerment comes from Karen, a client in our Long Beach Intensive Services program.



Since 2011 and several times prior to that I was abused. Emotionally, mentally, verbally, but mostly physically. I couldn't control my heart. I thought I was in love. I was broken down and told how I wasn't good enough. I was told nobody would want me. That I was crazy and it was always my fault. I was blamed for the abuse. I was told I brought it upon myself. I wasn't strong enough to leave. I was weak and manipulated to think they could change. I believed the sorry's every time. I thought I wasn't going to make it on my own as a single mom.

So I covered up bruises and black eyes. I had many sleepless nights from the pain and agony my body endured. I was depressed and had suicidal thoughts. Ending my life would mean I wouldn't have to go through this anymore. It was my way out. The easy way. I was dumb to think that would make a difference. They wouldn't care if I died. They didn't care when they hit me. How could I allow this? I can't keep screaming silently. No one can hear my cry for help.

I prayed for signs. I didn't realize how blind I was until I saw my daughter look down at her mommy crying on the floor in the restroom. He stood over me and just held her. He allowed my daughter to witness the assault. I allowed it.

That's the moment I realized I had to be brave and put an end to this. I didn't want her to be like me. She's my second chance. I want her to have a voice. To

know her worth and not let anyone make her feel any less. I want my boys to learn how to treat a lady. Gentlemen is what they'll be.

2015 was the last time anyone put their hands on me. 2016 was the last time anyone called me names, put me down, or threatened me. It took me 10 years to break that cycle. I'm 28. I can't tell you how much of a difference I'm experiencing. I am happy. Correction! Beyond happy. Love found me. Love that I didn't think existed. I feel safe. I'm comfortable. I don't have to pray for a fight-less night. His love warms my body and feeds my soul. This man is my hero. I thank God every day. A year full of love and happiness. I'm free. I'm relieved. I WON!

The Guidance Center made an irrevocable impact on who I am. Thank you for all your time, compassion, and love you pour into this profession. I want you to know that I would not be the person I am today without the strong messages I learned from our sessions.

Forever grateful,

Karen DeAquino



Karen and her three children celebrating her new boyfriend's birthday

GRANT AND GIFT NEWS

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



EARL B. AND LORAIN H. MILLER FOUNDATION \$92,000 FOR POST-DOCTORAL FELLOWSHIP PROGRAM AT MILLER CHILDREN'S AND WOMEN'S HOSPITAL

The Miller Foundation is a longtime supporter of The Guidance Center. This current grant funds the third year of our post-doctoral fellowship program at Miller Children's and Women's Hospital in Long Beach, headed by Lauren Ford, PsyD. The grant supports enhanced interprofessional collaboration through increased training to medical and mental health professionals at Miller Children's and Women's Hospital and The Guidance Center. To learn more, see page 2.



THE AHMANSON FOUNDATION \$80,000 FOR LAW ENFORCEMENT TRAINING VIDEOS

This grant will support the production of a series of training videos for law enforcement professionals in our community. In partnership with the Long Beach and Los Angeles Police Departments and Los Angeles County Sheriff's Department, the goal of these videos is to assist patrol officers in readily identifying the signs of mental illness and to equip them with the tools to safely and effectively address these encounters in daily practice.

THE RUDOLPH J. AND DAPHNE A. MUNZER FOUNDATION \$25,000 FOR CORE OPERATING SUPPORT

The Rudolph J. and Daphne A. Munzer Foundation's mission is to strengthen community, family and individuals through effective and focused philanthropy. We are honored to have been chosen as a grant recipient and look forward to partnering with them to serve children and families in need in the greater Long Beach community.



L to R: Dennis Kuhl (Angel's Baseball Chairman), Frank Baker (member of our Board of Directors), Lorraine Lyou (our Chief Development Officer), and Bob Rovzar (CEO of Perricone Farms)

PERRICONE JUICES/ KAREN AND JOE PERRICONE \$42,250 FOR GENERAL OPERATING SUPPORT

In collaboration with the Los Angeles Angels of Anaheim's "Home Runs Helping People," Perricone Farms pledged \$250 to The Guidance Center for every home run hit. Entering the Angels' September 19, 2017 game, they had hit 169 home runs making the total donation: \$42,250! We are incredibly grateful for their continuous generosity.

THANK YOU TO OUR DONORS!

The Guidance Center extends its deepest appreciation to the following individuals, corporations, and foundations for their generous support from March 1, 2017 to December 31, 2017.

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(\$25,000.00 and above)

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Miller
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ANNUAL CLIENT HOLIDAY PARTY

WEDNESDAY, DECEMBER 13, 2017

Our headquarters in Long Beach was transformed into a winter wonderland for our annual Client Holiday Party! The celebration was put on for the children and families from all our clinics – Compton, Long Beach and San Pedro - to enjoy and get festive.

This special event featured various activities for our clients including craft-making stations where children could make ornaments, magnets and

pictures frames. There was also a photo station that captured many sweet family moments. A singing group even stopped by to sing holiday carols. We really enjoyed singing “Rudolph the Red Noised Reindeer” all together!

Many thanks to our staff, volunteers and friends for joining in to spread joy to our clients with another fun party for the books.



ADOPT-A-FAMILY

We are inspired and touched by the amazing support of our Adopt-a-Family program. Every year, so many generous community members and local organizations are able to make the holiday special and joyful for many of our clients and their families. For 2017, 150 of our children and parents, totaling almost 40 families were adopted.

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 issues. Some are headed by single parents or are large families. Some are victims of domestic or community violence. Some are seeking treatment for mental health conditions or learning to cope with a loss within their family.

The Adopt-a-Family donors provided so much joy for the season. We are moved by their compassion and so grateful for their kindness.

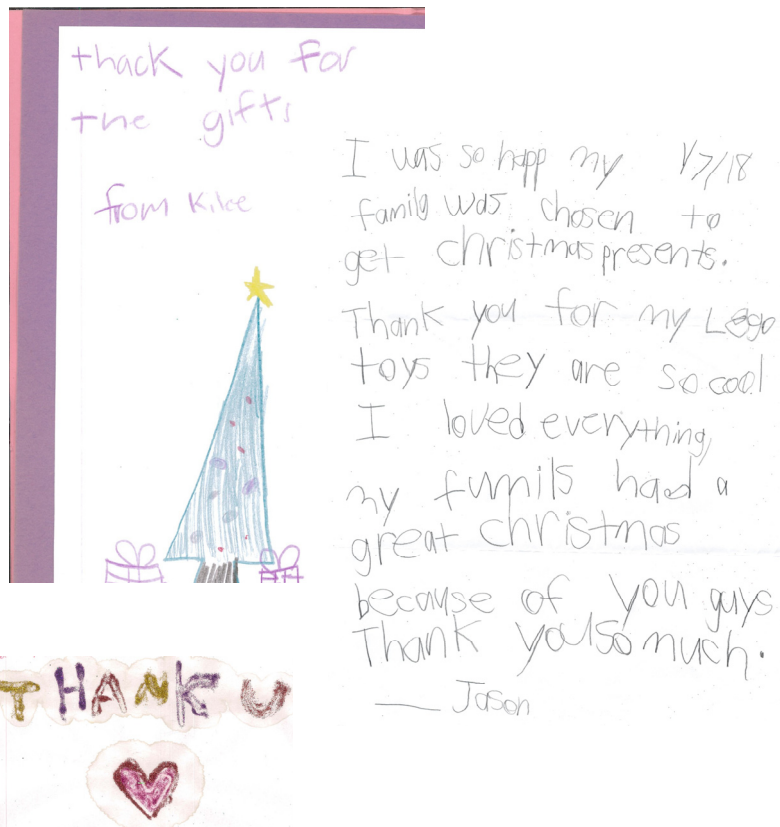
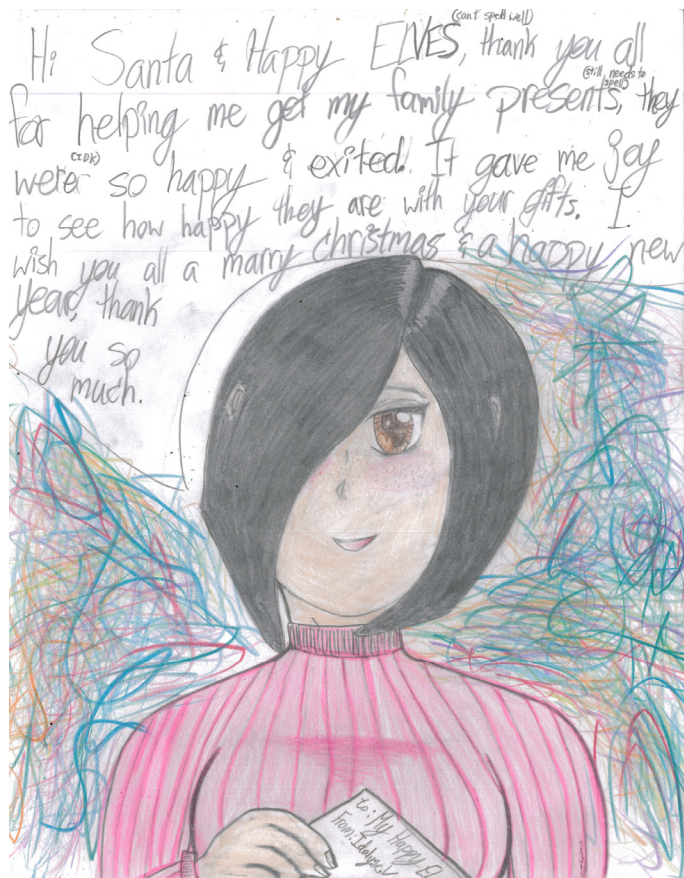
“The Adopt-a-Family program is about more than just spreading holiday cheer. These gifts provide hope to our clients now and for the new year,” said Patricia Costales, LCSW, our CEO. “We want to thank all the inspiring community members and businesses from the bottom of our hearts. Their generosity has made an incredible impact.”

Thank you, 2017 Adopt-a-Family donors for making this a very special year for our children and their families.

Continued on page 10

ADOPT-A-FAMILY

Continued from page 9



THANK YOU TO OUR 2017 DONORS

- Brian and Susan Adam
- Caren and Eric Adler
- Balmania Family
- Bixby Knolls/N. Long Beach Kiwanis Foundation
- Patricia Costales and sons Lucas and Zachary Fleming
- De Luna Family
- Joanna Exacoustos/Bridge Club
- Frausto Family, LCSW
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- Lisa Wolff
- Mr. Ty Yeh



To the Guidance Center, (Secret Santas)
 We cannot express how grateful we are to be in your thoughts this Christmas.

TGC IN THE COMMUNITY!

Our teams were very busy the last several months of 2017, spending time in the community at various events and making new connections!

AUGUST 1: The Specialized Services team represented The Guidance Center and spent time with our neighbors at Admiral Kidd Park for National Night Out 2017. Thank you to Centro CHA Inc, West Side Safe Passages, Long Beach Police Department and Long Beach Parks, Recreation & Marine for a great event!

AUGUST 16: Thanks Century Villages at Cabrillo for having us at your back-to-school event! Two of our therapists from our Long Beach Outpatient program – Stevie and Chequet – had a wonderful time with residents, helping the kids get ready for the school year.

SEPTEMBER 23: We were honored to host a group of passionate community members at the largest one-day citywide event, *Around the Table*. It was a wonderful opportunity to make personal connections, network, and elevate voices. Thank you Long Beach Community Foundation and We Love Long Beach for making this day possible!

OCTOBER 5: We were glad to participate for another year at WomenShelter of Long Beach's Domestic Violence Awareness Month event, "Love Is...", which honored the lives of those affected by domestic violence. The Guidance Center hosted a resource table with giveaways to help spread the LOVE and awareness!

NOVEMBER 22: Special thank you to Food Finders for providing 50 turkeys and 40 food boxes for our clients and their families this past Thanksgiving! All five of our programs across our three clinics benefited from the generous donation. We are incredibly grateful.

DECEMBER 6: PAAL High School's student council had a fun night planned at their "Lost in the Art" Exhibit, which helped them fundraise for their field trips. TGC showed their support and represented with a resource table at the event.



Staff from The Guidance Center (L to R: Ildelisa Galvez and Javier Anguiano) hosted a resource table at National Night Out.



Community members and some of our staff gathered together over collaborative conversations and coffee at Around the Table.



Therapists from all five programs picked up turkeys and food for their clients to enjoy a holiday meal (L to R: Veronica Gonzalez, LCSW and Genesis Morales, M.A.).

THE GUIDANCE CENTER'S SCHOOL BASED PROGRAM CONTINUES TO GROW



This past year has been one of growth and change for The Guidance Center's School Based program. We implemented an assessment team, and added more positions to help fill the increasing needs of our community. Our assessment team is the first point of contact for our clients: the team members meet with the families, complete a cohesive and thorough assessment of the child's needs, and then the child is matched to the treating therapist in record time. Treatment starts immediately and children begin to heal. What does this mean for our clients? It means that there is a feeling of hope and relief when we are able to implement the treatment strategies needed for our clients and their families straightaway. It means that, because we have grown, changed, and adapted, we are able to provide more services and meet the growing demand for services within the Long Beach Unified School District. We are providing more

services to children than ever before. We are very excited about this growth in School-Based program. We value our partnership with the district and look forward to collaborating with them to make sure that the children we serve have the opportunity to learn, grow, and be happy.



COMPTON REFLECTS ON THE SEASON

The Compton staff have been working hard to provide support to this high needs community during the holiday season. We had a great time being able to hand out turkeys and food boxes donated by Food Finders. Our clients were very grateful.

We also received such great feedback from our clients that we have created a wall of appreciation and included quotes from our families about how much they appreciate the services. With all of the holiday parties this time of year flies by very quickly.



"We are absolutely more than satisfied. (Therapist) has been a great help for clients and myself. She is a great listener and gives great advice. If I could give her a 10 I would."

SUNSET SIP 2017: THE HEALING POWER OF PLAY

Continued from Page 1

During the program, Nathan Swaringen, LCSW, clinical therapist at The Guidance Center, shared 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 the start of the program.

The true star and highlight of the evening was 10-year-old former client of The Guidance Center, Mia, who shared the story of her uplifting journey to positive mental health. 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' and classmates' mental health. We are happy Mia got to share and inspire many with her story.



Jenga play therapy station



Guests chose toys to nurture their inner child

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SUNSET SIP 2017: NURTURE YOUR INNER CHILD

We attribute the record-breaking success of Sunset Sip 2017 and extend our deepest appreciation to our amazing Board of Directors, Event Committee, staff, volunteers, and many generous contributors and donors. This evening was unforgettable and possible because of each of you!



Thanks to The Guidance Center staff who helped out on the night of the event!



Our CEO, Patricia Costales, LCSW (left) and client speaker, Mia (right) on stage .



Thank you to all those who participated in our silent auction - congrats to the winning bidders!




Guests had fun in our Dress Up Photo-Booth— one of the play therapy exhibits of the evening.



Guests showing off their auction and wine pull wins!

FOR MORE PHOTOS, VISIT OUR FACEBOOK:

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

SUNSET SIP 2017: HEALING AND HOPE SPONSOR

Meet long-time supporter, **Burt Falk of The Cherry Avenue Companies**. Burt joined The Guidance Center's Board of Directors in the early 1970s, having been recruited by a friend who was a member. At the time, he wasn't fully aware of the scope of mental health challenges among youth in Long Beach, but after a few months of immersion, he realized the great need for such support.

To this day, he is still passionate about helping The Guidance Center provide much-needed mental health support and raising awareness of the mental health challenges disadvantaged children face in our community. We're so grateful to have such a genuine, kind, and savvy business man as our supporter.

"I'm eighty-one years old now, forty some years after becoming first involved. Call it stubborn if you will, but I'll never give up on such a worthwhile program," said Burt.

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

We have such gratitude for Burt Falk and Cherry Avenue Companies – thank you so much for your overwhelming generosity and being our Healing & Hope Sponsor for Sunset Sip 2017!



Burt pictured hiking on the Pacific Crest Trail with his granddaughter Angela two summers ago.



THANK YOU TO THE CHERRY AVENUE COMPANIES



**SUNSET
SIP 2018**
SATURDAY, SEPTEMBER 15
6:30pm-10:00pm
HOTEL
MAYA
A DOUBLETREE BY HILTON
9.15.18

G S 5.10.18
**GREAT SOCIETY
CIDER & MEAD**

**It's About T.I.M.E
SOCIAL HOUR**
Join us for a social hour at Great Society Cider & Mead benefiting The Guidance Center's Trauma-Informed Program at LBUSD schools.
THURSDAY, MAY 10 | 5:30PM-7:30PM
GREAT SOCIETY CIDER & MEAD
601 E. Broadway
Long Beach, CA 90802
Tickets: \$35 | Includes one drink + food plate
Tickets available soon!

**WINTER/SPRING 2018
NEWSLETTER**

*Thank you to
our staff contributors!*

Patricia Costales,
LCSW, CEO
Tiffany Dawson, PsyD
Teresa Velarde-Page, LMFT
Christine Yang, MA

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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.