



The Guidance Center

A NONPROFIT CORPORATION

Providing child and family mental health services since 1946

The Guidance Center Partners with Coalition on Catalina Island

As one of the largest mental health centers in the greater Long Beach community, The Guidance Center has been providing quality mental health services for children and families for more than 60 years. Our broad array of services include outpatient and school-based treatment in Long Beach, a nearby adolescent day program within a special education classroom, an inter-agency collaborative in Compton, and smaller clinics in San Pedro and Avalon, on Catalina Island, where we are the only service provider available to children.

Catalina is a rugged picturesque island located 26 miles off the coast of Long Beach. Because of its remote and isolated island location, some of the local residents, particularly those living at or below the poverty level, struggle to meet the basic needs of their families. With limited transportation and access to basic resources, combined with increased drug availability, there is an elevated risk of substance abuse among youth.

continued on page 4



Avalon Clinic

The Guidance Center Joins Forces with City of Long Beach in Community Education Forum

The Guidance Center recently participated in a community education forum for children and parents in the Greater Long Beach neighborhoods. This unique event brought together area service providers, The City of Long Beach Human Dignity Program, The Long Beach Mental Health Coalition and Long Beach City College, working in collaboration to provide information and resources to local families.

The Guidance Center became involved with this event when Patricia Costales, Executive Director, was invited by the City of Long Beach to participate on the planning committee for a series of educational community forums. Facilitated by Melissa Morgan, Human Dignity Officer, the planning committee consisted of educators, community representatives, mental health and substance abuse

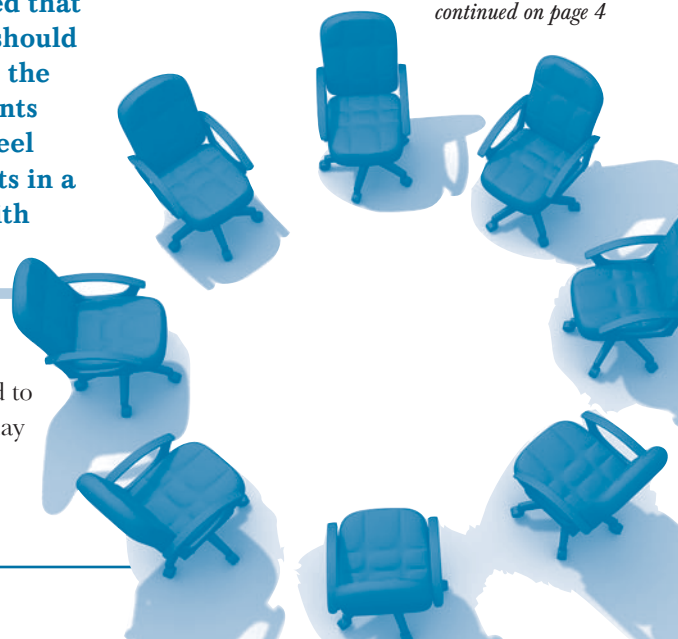
treatment agencies and youth violence prevention experts. Despite disparate priorities and roles, it became clear that the planning committee members shared a common goal of supporting the children, youth and families in our communities.

Ultimately, it was determined that the first educational forum should serve as a vehicle to address the emotional needs of our parents and children, who so often feel isolated and without supports in a community that struggles with violence and poverty.

The hope was to offer parents the tools they need to support their children in stressful conditions, and to address any barriers the families may feel in accessing professional help when it is needed.

The free community forum, entitled *Raising Emotionally Health Children*, was held at Long Beach City College on August 11, 2008. The Guidance Center administrative staff and long term Board member Reverend Paul Lance volunteered at the Resource Fair, while several of our

continued on page 4





Timothy T. Sailor
President



Patricia Costales
Executive Director

Message From The Guidance Center

As President of the Board of Directors and Executive Director of The Guidance Center, Tim and I believe that community outreach and collaboration essentially define a non-profit mental health agency. Although traditional funding sources have been drastically cut for this level of community involvement, we are committed to making sure that The Guidance Center continues to provide a comprehensive range of services in a community setting. Our commitment is part of what makes The Guidance Center unique, and promotes our accessibility to the children and families who need us.

In a political environment that focuses almost exclusively on “billable” services and eliminates funding for community outreach and collaboration, The Guidance Center has consistently maintained a visible community presence. Our School-Based Program, which offers mental health services on campuses throughout Long Beach Unified School District, is one example. Our therapists recently attended Back to School Night at 13 of the neediest Long Beach campuses. Parents had the opportunity to meet the therapists who provide the services, hear what it means to receive therapy, and ask questions about how we may help their children. In this way, we were able to connect with families who need our help, but would not have easily requested it, thereby preventing family crises from worsening. Our goal for next year is to be invited to attend Back to School Night at all 20 campuses we serve.

Our activities on Catalina Island further exemplify our commitment to community involvement. Families on Catalina Island have extremely limited opportunities to access help, at the same time that the community faces a history of poverty, adolescent substance abuse, and high school dropout rates at levels higher than Los Angeles County and California averages. At this time, The Guidance Center offers the only mental health and substance abuse treatment option for children and families on the island. Not only do we provide care in our island clinic and on school campuses, but we also actively participate in CHOICES, an impressive collaboration of community service providers committed to addressing and reducing the rates of adolescent substance abuse and accompanying problems among island children.

Why is it important that The Guidance Center remain community-focused and committed to outreach and collaboration? Why does it matter? It matters because of the communities and families we serve.

Our agency supports families in neighborhoods with ongoing struggles of poverty, violence, drugs that are readily available, and school systems that are both overcrowded and underfunded. Daily life is overwhelmed by survival needs, and families are naturally distrustful of systems that have not seemed to support them, or fearful that they may lose custody of their children if they admit to needing help.

It is only by maintaining a visible presence that we are able to dispel the myths of mental health treatment, and be perceived as accessible to parents and families. Likewise, it is only through collaboration with others organizations such as health care providers, schools and youth centers, that we are able to coordinate care and effect real change in a community. We hire excellent clinicians, and provide quality mental health and substance abuse treatment, but our services will only help if we reach the families who need us most.

With your help, and the continued support of the community, The Guidance Center remains committed to comprehensive and accessible care. We look forward to sharing our success stories in the future.



The Guidance Center Locations

Administration
4335 Atlantic Avenue
Long Beach, CA 90807
(562) 485-3095 tel

Avalon Clinic
125 Metropole Avenue
Avalon, CA 90704
(310) 510-7500 tel

Compton/Lynwood Clinic
901 W. Victoria Street
Suites F & G
Compton, CA 90220
(310) 669-9510 tel

Connections
3491 Elm Avenue
Long Beach, CA 90807
(562) 427-4864 tel

Hinchman House
3711 Long Beach Boulevard
5th and 6th Floors
Long Beach, CA 90807
(562) 595-1159 tel

North Long Beach Clinic
4343 Atlantic Avenue
Long Beach, CA 90807
(562) 427-6860 tel

San Pedro Clinic
160 W. Sixth Street
San Pedro, CA 90731
(310) 833-3135 tel

Grant News

The Guidance Center recently was awarded a grant of \$70,000 from **The Earl B. and Lorraine H. Miller Foundation**. This grant will support the Center’s organizational capacity building efforts with the hiring of a Development Director, development of the Board of Directors and enhancement of the agency’s visibility across the region, promoting our mission of helping economically disadvantaged children and families in need. We thank the Miller Foundation for its generosity and most importantly, for caring about the people we serve.



BOARD OF DIRECTORS ROSTER

OFFICERS

Timothy T. Sailor
President
Principal
Navigo Consulting Group

Elaine Marks
Vice President
Los Angeles County Probation
Department (Retired)

Dennis Ingram
Treasurer
Senior Vice President
Grubb & Ellis Company

Rev. Paul A. Lance
Secretary
Seaside Community Church (UCC)

Dolores A. Gale
Past President
Bank of America (Retired)

MEMBERS

Susan Cooper
Former Executive Director
Bixby Knolls Business Improvement
Association

Paul D. Forman
President
Forman Associates

Donna Hilbert
Author

Sylvia King
Meridian West Website Developers

Tiffany Taylor
EH&S Resources Inc

Vic Vargas
Los Angeles County Probation
Department (Retired)

Coalition on Catalina Island *continued from page 1*

In response to the prevalence of drug and alcohol use among teens, in 2002 local community agencies and residents established a grassroots coalition called C.H.O.I.C.E.S. - Citizens Helping Our Island Children End Substance Abuse. Its mission is to help island youth and adults make responsible decisions regarding alcohol, tobacco and other drugs. Funding for the group's activities has been generously provided by the Offield Family Foundation. The overarching goal is to provide education, prevention, and treatment resources to the community regarding substance abuse issues. This includes sponsoring drug and alcohol free activities for youth, integrating evidenced-based prevention curriculums (Project Northland, Class Action, Peer Mediation, Safe Dates, Protecting You/Protecting Me) into the Long Beach Unified School District's curriculum, building resource libraries at various locations throughout the community, conducting parenting presentations and support groups on bullying, keeping kids safe, and helping parents increase their knowledge and skills in order to raise resilient children and reduce the risks of alcohol and substance abuse.



Avalon, Catalina

As the only mental health and substance abuse treatment agency on Catalina Island, The Guidance Center plays an integral role in this important collaboration with CHOICES. As a founding member, The Guidance Center offers critical mental health and substance abuse education resources to residents by providing outpatient substance abuse assessment, treatment and education through C.A.R.E. – the California Access to Recovery Effort, a program funded by the federal Substance Abuse and Mental Health Services Administration. We work closely with local agencies such as the Catalina Island Medical Center, Avalon Schools (Long Beach Unified School

District), Avalon City Council, Rotary Club, Women's Forum, Recovery community groups (AA, NA, Al-Anon), Catalina Island Conservancy, local churches and businesses. Our community outreach has included groups for middle school students on life issues, parenting support and education workshops and trainings on safety and interpersonal relationships.

This collaboration has already shown much success. Results from a recent survey of 126 7th, 8th and 11th grade Avalon students show a decrease in overall use of cigarettes, alcohol, marijuana and methamphetamine use and most students believe that frequent use of alcohol and other drugs is "harmful" or "extremely harmful." The survey also shows an increase in peer disapproval of alcohol use.

The Guidance Center is proud to be a partner with CHOICES in its on-going efforts to eliminate alcohol and substance abuse and to further educate the community about prevention resources.

Community Education Forum *continued from page 1*

therapists facilitated small group workshops with parents and their children. The workshops included *When to Get Help for Your Child*, *All About Bullying*, *Helping Your Child Cope with Community Violence*, *Creative Family Communication and Who's in Charge? Creating a Respectful Home*. Very importantly, the workshops were offered in English, but translation services were available in multiple languages for those who needed them. This was an event that was accessible for all, recognizing the great ethnic diversity of the greater Long Beach community. Workshop facilitators were careful to make the groups interactive and inclusive, creating an environment where parents would feel comfortable enough to directly ask questions and seek supports.

"I was so impressed that the City of Long Beach allocated the time and resources to a community event like this," said Patricia Costales, LCSW, Executive Director of The Guidance Center, "and that their staff understood the importance of making it comfortable and inviting to parents of diverse backgrounds."

In addition to the workshops, the Resource Fair provided significant information for participants, in an environment that was designed to be accessible and inviting. Substance abuse treatment providers, mental health agencies, child abuse prevention services, gang prevention workers, resources for disabilities and educators were available with fliers and brochures and to address any questions or concerns the parents rose. This way, parents were able to leave the event armed with information about where to seek assistance and with some sense of connection to the service providers, and therefore more likely to make that initial phone call asking for help.

As so often happens, this community forum had an unexpected benefit, aside from the very positive reactions of parents and families. There was also a greater sense of shared mission and collaboration amongst participating service providers, who learned more about each other and developed important professional connections. As a result, this will enhance our ability to meet the common goal of supporting the families we serve, and will make for a stronger, more vibrant Long Beach community.

HOLIDAY WISH LIST

The holiday season is just around the corner. Many of you will spend time with family and friends, exchanging gifts and sharing in the spirit of the season. Unfortunately, many of the families we serve struggle during the holidays - they can barely afford to put food on the table or buy new clothes and shoes for their children let alone provide a lavish holiday meal or gifts.

This year, we ask that you consider making a gift in-kind to The Guidance Center so that our families can experience the same joy and warmth the holiday season brings most of us.

Items needed include:

- **New clothes for boys and girls (age range: 5-18)**
- **Holiday treats/Gift bags for children**
- **Gift Certificates/Gift Cards to local grocery stores or retailers**
- **Unwrapped new toys (age range: 5-18) such as:**
 - **Books**
 - **Dolls/Doll Houses**
 - **Legos, Lincoln Logs**
 - **Puzzles**
 - **Footballs, basketballs, baseballs, soccer balls**
 - **Jewelry**
 - **Safety gear for bikes and skateboards - helmets, knee and elbow pads**
 - **Skateboards**
- **School supplies (backpacks, notebooks, crayons, markers, pens/pencils, calculators)**
- **Blankets**

You may also wish to Adopt-A-Family for the holidays. Our Adopt-A-Family program gives you and your family the opportunity help one of our families celebrate the holidays by providing gifts/toys for the children, gift certificates to family restaurants and local movie theaters, gift cards to Target or the local grocery store. This is a wonderful way to make the holidays special for a family who otherwise could not afford it. **For more information about Adopting a Family or our holiday wish list, please contact the Development Department at 562-485-2276.**

SAVE THE DATE

Skip Hinchman Annual Memorial Symposium November 5, 2008 • Carson Community Center



The seventh annual Skip Hinchman Annual Memorial Symposium will be held on Wednesday, November 5, 2008. This year's symposium, *The Tides of Attachment: Nurturing, Repairing and Rebuilding*, will explore the process of attachment in childhood and its implications for mental health and clinical work. This topic has great bearing on the children and families seen in a community mental health setting, where early attachment is so often disrupted by factors such as parental mental health and substance abuse, familial and community violence, family separation through immigration or foster placements, poverty and a myriad of compounding factors. The symposium will explore the different attachment styles that develop in the early infant/parent relationship, and how barriers to attachment can influence emotional development, contributing to mental health and interpersonal problems later in life. It will also explore how attachment issues present themselves in a clinical setting, and how to recognize and address those issues in treatment. The program will discuss interventions aimed at supporting children, families and adults to get beyond these early experiences and to learn to develop strong interpersonal relationships.



The annual symposium is named in honor of Madison "Skip" Hinchman, D.S.W., who served as Executive Director for The Guidance Center from 1995 until his death in 2000. For more than 30 years, Dr. Hinchman was a well-known and highly respected professional educator, trainer, clinician, and mentor in both Los Angeles and Orange Counties. This event recognizes Dr. Hinchman's commitment to further the education and training of community mental health professionals.

For more information on this year's symposium, please call 562-485-3024 or email symposium@tgclb.org.



4335 Atlantic Avenue
Long Beach, CA 90807

NON-PROFIT ORG.
U.S. POSTAGE
PAID
LONG BEACH CA
PERMIT NO. 1776