



The Guidance Center

A NONPROFIT CORPORATION

Providing child and family mental health services since 1946



SHERIFF LEE BACA TO SPEAK AT 2009 SKIP HINCHMAN MEMORIAL SYMPOSIUM



The Guidance Center's eighth annual Skip Hinchman Memorial Symposium, *Guiding Children to a Bright Future: Prevention and Early Intervention Strategies for Infant, Child and Adolescent Mental Health*, will be held on Tuesday, December 1 at The California Endowment. This year's symposium will feature a panel discussion, moderated by Bruce Saltzer, Executive Director of the Association of Community Human Service Agencies, with local and state leaders and policy makers, and will center on each panelist's vision of prevention and early intervention and the impact of these programs within a larger system of care.

We are pleased to announce that *Los Angeles County Sheriff Lee Baca* is confirmed as a panel speaker. Other confirmed panelists to date include:

Sandra Naylor Goodwin, PhD, MSW
President & CEO
California Institute for Mental Health

Brenda Scott
President
NAMI California

Rusty Selix
Executive Director
California Council of Community Mental Health Agencies

Marvin J. Southard, DSW
Director
Los Angeles County Department of Mental Health

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CLIENTS ENJOY NEW CHILDREN'S LIBRARY AND QUIET ROOM AT HINCHMAN HOUSE



Nothing is better than curling up in a quiet corner to read a book and let your imagination wander. Now, clients at The Guidance Center's Hinchman House Outpatient Clinic can do just that. Thanks to a generous donation of children's books from

Jenny Reil and Linda Kimberly, children can visit the new library to not only read but also to take a book home with them.

The purpose of the library is to provide clients with stories and books that reinforce what they are learning in their sessions with their therapist. For example, a child might read a book about sharing or making good decisions and developing problem solving and cooperation skills. Reading is an effective tool in helping a child better understand how to manage her behavior.

"So often, children are resistant to expressing themselves in a traditional therapy setting," says Patricia Costales, Executive Director of The Guidance Center. "These books are an excellent source of support for children as they learn to express their feelings and experiences."

In addition to the library, the clinic recently dedicated a Quiet Room for clients and their families. The Quiet Room is a calm and child-friendly space for clients who are in distress, in crisis or may be at risk of harming themselves or others. It is a safe and

tranquil area with soft clinical supplies to help children and families appropriately express their feelings.

Program Manager Graciela Zisman says, "The Quiet Room is a place where children can express their anger in a warm, playful and safe environment that gives them a sense of control without negative consequences."

If you are interested in adding to our children's library, please contact Flaviola Gonzalez at 562-485-2556 or via email at fgonzalez@tgclb.org. Imagine the difference you can make by giving a book to a child – it may just change her life.



Children pick out books to read in the Hinchman House library

WEATHERING THE STORM



Patricia Costales, LCSW
Executive Director

It is no secret to anyone that these are difficult economic times. Families, communities and places of business untouched by the financial crisis are few and far between. The Guidance Center has not remained immune to cutbacks, as our local and state governments grapple with grim fiscal realities. Despite this, we remain financially strong and resolute in our commitment to serve the communities and families who need us.

The Guidance Center has provided vital mental health and supportive services to children and families since 1946. This is not the first period of recession and financial hardship that our organization has endured, nor is it likely to be the last. As a longstanding non-profit, we are adept at tightening our belts as needed, and clear that maintaining services to our clients is our number one priority. All decisions are based on one fundamental question; what do we need to do in order to maintain a consistent level of care.



Timothy T. Sailor
President

To this end, we have looked outside our traditional ways of doing things. First and foremost, we sought ways to cut expenses while preserving client care. We are consolidating two Long Beach area sites to save on property costs, but will keep the programs fully functional. Staff may be more crowded, but services and jobs will be maintained. We are undergoing a comprehensive strategic planning process, to ensure that we remain viable and relevant in times of changing economics and community demographics. We are also undergoing rigorous development of the Board of Directors, with an eye to increasing the Board's fund raising capacity for our organization. Lastly, we are seeking new programs and diversifying our funding streams, through both private foundations as well as new government contracts. For example, we are in the fortunate position in these trying times of being able to launch an exciting new program at The Guidance Center, the Multi-disciplinary Assessment Team, or MAT.

MAT is a collaborative effort between the Departments of Children and Family Services and Mental Health, to offer services to children placed in foster care. The goal is to make sure these children are quickly provided the supports they need to ultimately thrive under very adverse circumstances. We know we are fortunate to have this opportunity to expand beyond our core services, especially during times of cutbacks, layoffs and furloughs across the nation, and in so many business sectors. This is but one example of our efforts to remain strong, while under adverse circumstances ourselves.

Times are tough. We will continue to be there for the children and families who need our help. And we know you will too.

Sincerely,

A handwritten signature in black ink, appearing to read "Patricia Costales".

Patricia Costales, LCSW
Executive Director

A handwritten signature in black ink, appearing to read "Timothy T. Sailor".

Tim Sailor
President



THE GUIDANCE CENTER WELCOMES NEW BOARD MEMBERS

The Guidance Center Locations

Administration

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

Avalon Satellite Services

160 W. Sixth Street
San Pedro, CA 90731
(310) 833-3135 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 information
(562) 485-3085 appointments

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

In fiscal year 2008-2009, The Guidance Center welcomed five new board members.

- **Andy Bill** is the President and Co-founder of 24/7 Fire Protection Services, Inc. which has provided services throughout Southern California since 2002. As a Long Beach resident he views the role and success of The Guidance Center as a cornerstone to maintaining a healthy community
- **J. Brent Dunn** is owner and President of J. Brent Dunn Company, Inc. and President of the Board of Directors of the Bixby Knolls Business Improvement Association. Brent's interest in The Guidance Center stems from his desire to make a contribution to the community and to help mentor disadvantaged youth.
- **Jesse Gonzales** is retired Superintendent for Compton Unified School District (2001 – 2007) and has more than 40 years experience as an educator and school administrator. With a particular interest in the services provided by the Center's Compton Clinic, Jesse joined the board in the hopes that he can help in any way he can.
- **Ana Perez** is a commercial real estate consultant who specializes in advising her clients on clean energy solutions for their facilities or investment properties, especially solar options. Ana's involvement with The Guidance Center grew as a result of seeing the benefits of mental health services in her own family. Because good mental health is a pre-requisite for being a contributing member of society, she believes that the community is best served by providing mental health services to everyone, regardless of ability to pay.
- **Tiffany Taylor** is owner of EH&S, an environmental health and safety consulting firm. A longtime Bixby Knolls resident, Tiffany believes offering mental health services is an excellent way to prepare children and their families for the future. As a board member, she wants to help make a difference in the lives of the families the Center serves each year.

Each member represents a diverse cross-section of our community and brings a wealth of experience and knowledge to the board. We are honored to have them as part of The Guidance Center family.

BOARD OF DIRECTORS 2009-2010

OFFICERS

Timothy T. Sailor
President
Principal
Navigo Consulting Group

Susan Cooper
Vice President
Liberty Tax Service

Ana Perez
Treasurer
Real Estate Consultant

Jesse Gonzales
Secretary
Superintendent
Compton Unified School
District (Retired)

Rev. Paul A. Lance
Past President
Seaside Community
Church (UCC)

MEMBERS

Andy Bill
President
24/7 Fire Protection
Services

J. Brent Dunn
President
J. Brent Dunn Company

Paul D. Forman
President
Forman Associates

Dolores A. Gale
Bank of America
(Retired)

Donna Hilbert
Author

Dennis Ingram
Senior Vice President
Grubb & Ellis
Company

Sylvia King
Meridian West Website
Developers

Elaine Marks
Los Angeles County
Probation Department
(Retired)

Tiffany Taylor
EH&S Resources Inc

Vic Vargas
Los Angeles County
Probation Department
(Retired)

The Symposium will also feature experts in prevention and early intervention programs and will focus on the importance of those programs and how they have been proven to be effective in improving the lives of children and families. Breakout sessions include:

- *Identifying and Responding to Prodromal States of Psychosis*
Sandra De Silva, PhD
Psychosocial Treatment Co-Director, Outreach Director
Staglin Music Festival Center for the Assessment and Prevention of Prodromal States (CAPPS)
Departments of Psychology and Psychiatry, UCLA
- *Promoting A Child's Well-Being: How Love and Emotional Connection Build Healthy Minds, Emotional Strength and Resilience*
Joan I. Rosenberg, PhD
Early Intervention Training Institute Consultant
Director of Professional Training
Mindsight Institute

- *Guiding Children to a Bright Future via the Nurse Family Partnership Program*
Jeanne Smart, RN, MSN
Director
Nurse-Family Partnership Program – Los Angeles
- *Parent-Child Interaction Therapy: Past, Present and Future*
Anthony Urquiza, PhD
Director, Mental Health Services
CAARE Diagnostic and Treatment Center
Department of Pediatrics
UC Davis Children's Hospital

The Skip Hinchman Memorial Symposium meets all the requirements for Board approved continuing education for Psychologists, Social Workers, and MFT/MFCC. This program will provide 6 hours of continuing education credits.

QUESTIONS?

To register, please visit our website at www.tgclb.org/events.html.

For additional information, please call 562-485-3024 or email symposium@tgclb.org.

SHOP AT RALPHS TO HELP RAISE FUNDS FOR THE GUIDANCE CENTER



The Guidance Center has teamed up with Ralphs and its Community Contributions Program! The Center will receive a percentage of the purchases from each Ralphs Rewards cardholder who has registered to help The Guidance Center.

Here's how YOU can register your Ralphs Rewards card in the program:

- Visit www.ralphs.com.
- Be sure to have your Ralphs Rewards card available. If you don't have your card with you, call 800-660-9003 to get your rewards card number using your phone number information.
- If you do not have a rewards card, they are available at the customer service desk at any Ralphs store.
- Click on Sign In/Register (toward the right of your screen, under the large red menu bar).
- Click on Sign up today! in the New Customer box.
- Enter your zip code and choose the Ralphs store where you shop the most.
- Then enter your email address and type in a password.
- Click Confirm toward the bottom of the page (you will need to agree to their terms and conditions).

- You'll receive a message that asks you to check your email inbox.
- Click on the link within the body of the email you receive from Ralphs.
- This will take you to the Ralphs website again.
- Click on My Account and use your email and password to proceed to the next step.
- Click on Edit Community Contribution Information and enter your Ralphs Rewards card number.
- Update or confirm your information.
- Enter The Guidance Center by name or NPO number (91603).
- Select The Guidance Center from the list and click Confirm or Save Changes.
- To verify you're enrolled correctly, you will see The Guidance Center's name on the right side of your information page.
- DONE! Now every time you use your Ralphs card (or phone number) at the register, you'll be helping The Guidance Center!

Register today – your support will help guide children and families to a bright future.

HOLIDAY WISH LIST

Every child deserves a warm and happy holiday season, even when their families struggle with overwhelming circumstances. As you begin to make your own holiday plans, please consider making a donation to the children and families who receive services at our Center. Please see our wish list below, broken down by site. Your support will make a world of difference to those we help!

Compton System of Care

- Furniture including twin beds
- Gift cards to local clothing and shoe stores
- Gift cards to local restaurants or grocery stores
- School supplies including backpacks (with or without wheels), calculators, folders, pens/pencils
- School uniforms for boys and girls ages 7 - 15 including yellow or white shirts/blouses, green or blue pants, black or white shoes (sizes 2 - 10)

Connections Adolescent Full Day Intensive Program

- Board games and card games
- Clothing including t-shirts
- Electronics and accessories including iTunes gift cards, walkmans and headphones
- School supplies including backpacks, sketchbooks, markers, colored pencils and other art supplies
- Shoes in women's sizes 5 - 11 and men's sizes 6 - 10
- Sports equipment including basketballs and footballs

Hinchman House Outpatient Services

- Gift cards to local restaurants and grocery stores
- Monetary donations to underwrite holiday festivities for clients and families at the clinic

School Based Services

- Art supplies
- Bicycles
- Blankets
- Board games for the whole family
- Dolls and dollhouses
- Food gift baskets
- Gift cards to clothing stores
- Gift cards to local restaurants or grocery stores
- Gifts cards for gas
- Items to include in modest gift bags including small toys, cookies, candy, gift cards
- Legos
- Safety gear including helmets and knee/elbow pads
- School supplies
- School uniforms (elementary and middle school age) for girls and boys
- Skateboards
- Sports equipment including basketballs, baseballs, soccer balls, footballs, etc.
- Tickets for local entertainment such as museums, aquarium, movie theater, bowling, ice skating, amusement parks, etc.

North Long Beach Intensive Services

- Gift cards to local restaurants or grocery stores
- Gift cards to Target or similar stores

San Pedro Outpatient Services/ Avalon Satellite Services

- Clothing in sizes S, M, and L for girls and boys
- Gift cards to restaurants or grocery stores (in particular, Vons)
- Gift cards to Target or similar stores
- Ipods
- Journals
- Portable CD Players
- School supplies including backpacks
- Shoes for children ages 5 - 17

You may also choose to **adopt a family** during the holidays and make the season all the more memorable for one of our client families. Cash donations for any of the items listed above are also appreciated.

Contact The Guidance Center's Development Department at (562) 485-2556 or fgonzalez@tgclb.org for more information. All donations are tax-deductible as permitted by law.



GRANT NEWS



he Guidance Center would like to thank the following philanthropic organizations that have awarded us grants since our last newsletter:

- \$54,000 awarded by **The Earl B. and Loraine H. Miller Foundation** for The Guidance Center's strategic planning process. During the next six months, the Center will develop a strategic plan that will serve as a guide for the Center's growth over the next five years. The plan will define specific goals and strategies that will be used by the agency to fulfill its mission over this period of time. Since 1967, The Earl B. and Loraine H. Miller Foundation has maintained its focus on children and their healthcare needs within the Greater Long Beach community. The Guidance Center is honored to be the recipient of the Foundation's generosity.
- \$11,500 from the **Children's Benefit League** for general operating support. The Children's Benefit League, which has been supporting medically needy children since 1946, donates thousands of volunteer hours and financial support each year to children's clinics throughout Long Beach.

We are grateful for the support these organizations have given us and most importantly, for caring about the children we serve.



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Long Beach, CA 90807

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