



The Guidance Center

A NONPROFIT CORPORATION

Providing child and family mental health services since 1946

Progressives Dinner Party Benefits The Guidance Center

On an unseasonably warm Sunday evening in January, Tim Sailor, Board President, and Kevin Howard hosted a Progressives Dinner Party in their home to benefit The Guidance Center. More than 70 people came to enjoy good food, good wine and most importantly, to help raise funds and awareness for The Guidance Center.



Tim Sailor and Kevin Howard

Founded by a group of friends who wanted to make a difference, the Progressives Dinner Party is a unique and engaging way to enjoy the company of friends while also supporting a very important cause. On the third Sunday of every other month, the Progressives hold a dinner party and ask guests to contribute the price of dinner out to a local charity that benefits children. Now in their fourth year, the group has raised more than \$100,000 for several Long Beach charities.

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Children Create Mural at Compton/Lynwood Clinic

Even in the most difficult environments, there is the potential for beauty. The children at our Compton/Lynwood Clinic demonstrated this by creating a beautiful and inspiring mural at their site.

One of the original innovative “System of Care” programs developed in Los Angeles County, the Compton/Lynwood Clinic provides intensive services in the community, in schools and in the home for high-risk children and their families. The

System of Care model is truly collaborative, with staff and parents working together as a team along with representatives from Departments of Mental Health, Child and Family Services and Probation to provide individual, group, and family therapy, psychiatric medication, parenting support, and crisis intervention. The clinic is also one of the first recipients of grant funds from the Mental Health Services Act (Proposition 63). The Full Service Partnership program offers specialized services for children with serious mental illnesses who, as a result of

their mental illness, are at risk of out of home placement such as foster care, psychiatric hospitalization or juvenile detention.

Thanks to a wonderful partnership with Arts CARE, an intensive after-school arts education program for children and adolescents with severe mental health problems and their families, children worked closely with award-winning muralist Glenna Avila to create a stunning and vibrant mural titled “Peace Breaking Through.”

“Working with the talented youth and caring staff on this mural at the Compton System of Care was truly a wonderful and rewarding experience,” says Avila. “I was pleased that the youth had so many good ideas and concepts for the mural and that they were dedicated to the entire process. The mural is one of the best Arts CARE murals completed to date and I greatly enjoyed working with everyone on it.”



Compton/Lynwood Clinic Mural

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Healthy Families Make a Healthy Community



Patricia Costales, LCSW
Executive Director

The health of a family can be measured by how it functions in the face of adversity. Does the family rally around and support its individual members? Do members work together toward a common goal, or do they succumb to conflict? Is the family adaptable and open to change, or rigid and resistant to trying new things? Do they give up, or are they able to maintain a sense of hope for the future?

These same measurements can be used to assess the health of an organization, a community and even a nation. It is no secret that we are facing dire financial straits across the country, with serious consequences for our businesses and organizations, our communities and, most fundamentally, for our families. When governments face deficits and cutbacks, social services often feel the pinch. Sadly, that pinch comes at a time when families are in greater distress, parents are losing their jobs and shrinking household budgets result in the loss of health insurance coverage. Needs are greater, while resources shrink.

At The Guidance Center, we are very proud of how we have been able to rise to the occasion. Our staff is collectively working to increase the number of children and families we treat and to expand the level of service we provide. Our administration has worked to enhance our efficiency, so more of our limited resources can be directed toward the provision of service. For example, we developed an automated billing and electronic health record system, and restructured our Quality Assurance Department so they have the resources to evaluate practices models, making sure our services are both efficient and effective. In the face of government cutbacks, we also have successfully sought alternative funding streams through private grants and contributions and diversified who we can serve and how we may help them.



Timothy T. Sailor
President

At this time, our greatest single challenge is to find a way to help the rapidly increasing numbers of families in our community who are uninsured and facing tremendous financial pressures, pressures that chip away at the strength and resiliency of a family. This is a challenge of increasing difficulty, but we understand that our neighborhoods are only as strong as the families who reside within them. The Guidance Center remains committed to being part of a healthy community that rallies around its members, works together toward a common goal, adapts to changing resources and needs and, most importantly, never gives up hope for the future.

Please help us guide families toward hope.

Sincerely,



Patricia Costales, LCSW
Executive Director



Tim Sailor
President



Grant News



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 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



The Guidance Center was awarded a \$5,000 grant from the **Chapman Charitable Foundation** for a student computer lab at our Connections Clinic. This grant will not only provide the students with a unique therapeutic tool that will allow them to express themselves creatively but also will help them achieve greater academic success. Thank you to Chapman Charitable Foundation for their generosity, especially during this difficult economic period.

Connections Clinic provides full-day intensive treatment for adolescents who are experiencing serious emotional and mental health problems such as Schizophrenia, Bipolar Disorder, Major Depressive Disorder, and Post-Traumatic Stress Disorder. These are adolescents who, as a result of their mental illness, struggle greatly attending a traditional school campus. In collaboration with the Long Beach Unified School District, this special education classroom combines education with therapeutic treatment for the students. Using a combination of family and individual therapy, skill-building activities and medication support services, staff works intensively with teens and their parents so that students may gain the skills to ultimately return to a traditional classroom setting.

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Progressives Dinner Party *continued from page 1*

“The Guidance Center is exactly the kind of organization that we like to benefit – directly addressing the pressing challenges facing many residents in our community in such a thoughtful way,” says Progressives Dinner Party founding members Cari Marshall and Donna Hilbert. “In these economic times, the Progressives remain committed to doing all that we can to make sure that children and families of Long Beach continue to receive the vital services The Guidance Center provides. We are so impressed with the entire staff, board and mission of the Center and are so happy to make our own little contribution.”

People from all walks of life attended the dinner, including Center board members Elaine Marks and Paul Forman. After enjoying a savory meal provided by Naples Rib Company, the guests sat down for a short presentation by Patricia Costales, LCSW, Executive Director of The Guidance Center. The high point of the evening came when a representative of Converse offered to donate 500 pairs of shoes for The Guidance Center clients.



Guests at Progressives Dinner Party

The Guidance Center thanks everyone who attended the dinner and to the following for their in-kind support: Naples Rib Company, Drs. Julie and Denis Bolton, and Woody Sides and Rich Rocheleau. We especially thank Tim Sailor and Kevin Howard and the Progressives – Lenore Brown, Donna Hilbert, Eric de Valpine, Cari Marshall, and Tere Sievers, - for making this special evening happen. Your commitment to create positive change in our community truly is inspirational.

Children Create Mural *continued from page 1*

The process to develop the mural took approximately twelve weeks from inception to unveiling. Each youth drew their own individual design and all of the designs were put together to create the mural. From pencil drawings on paper to the charcoal drawings on the wall to the final painted piece, the project came to life. The process also served as a wonderful therapeutic tool for the children, many of whom live in neighborhoods riddled with crime and poverty, and have little exposure to art in their schools and communities.

“Art is such an effective tool for helping children and youth express their feelings in an appropriate, non-threatening way, but too many of the children in our communities don’t have the opportunity to be artistically creative,” according to Patricia Costales, Executive Director of The Guidance Center. “This mural gave them this opportunity, and the results were transformative.”

The Guidance Center thanks Arts CARE and most especially, Glenna Avila, for giving these children such a beautiful and rewarding experience.



“Art is such an effective tool for helping children and youth express their feelings in an appropriate, non-threatening way, but too many of the children in our communities don’t have the opportunity to be artistically creative”

WISH LIST



As a non-profit organization, The Guidance Center relies on the generosity of our friends and supporters to help provide much needed supplies for our programs. Your contribution will make a

huge difference in the lives of those we serve every day.

Our wish list includes:

- **Arts and crafts supplies (paints, brushes, crayons, colored pencils, sketch books, construction paper, drawing paper, professional easels, tacky glue, felt, foam squares)**
- **School supplies (backpacks, calculators, notebooks, pens/pencils, rulers)**
- **Therapeutic games**
- **Doll houses, ethnically diverse doll figures**
- **Board games (Uno, Sorry, Jenga, Chess, Stratego), playing cards**
- **Crate carts to transport therapeutic supplies on school and home visits**
- **New books for children (ages 5-18)**
- **Magazines for children and parents**
- **Word find and crossword puzzle books for children**
- **Grocery store gift cards for purchasing healthy snacks**
- **Sports equipment (basketballs, hoop, Frisbees)**
- **Video camera**
- **Diaries/journals**



For more information on making a contribution, please contact The Guidance Center's Development Department at (562) 485-2556 or fgonzalez@tgclb.org.

Holiday Toy Drive

Santa arrived one week early in Long Beach this past December. Thanks to the Long Beach Fire Department's "Sparkle of Love Toy Drive," the Bixby Knolls Kiwanis Club, FoodFinders and our own Guidance Center staff, The Guidance Center received hundreds of donated toys and games for its clients. All four Long Beach sites – Connections, North Long Beach, Hinchman House Outpatient and School Based – benefited from these "Secret Santas."

Additionally, many of our donors participated in our "Adopt-A-Family" program this holiday season. "Adopt-A-Family" is a special opportunity for donors to 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. We especially wish to thank Cheer For Children, the Alamitos Bay Garden Club and the Steele family for their generous gifts for seven of our families.

Here are quotes from one of the adopted families (please note that names have been changed to protect our clients' confidentiality):

Nine year-old girl Jodi wrote, *"Dear People Who Brought Us Gifts, I never got these kind of gifts before. Thank you for doing this. I got my favorite – Hannah Montana. You guys are the best. I will never forget you. I loved everything you gave me and my dreams came true."*

Her 12 year-old brother Taylor wrote, *"You made me and my family very happy. May God bless you! You are the best."*

Their mom says, *"These gifts helped me to start a new life, which I really appreciate. Mostly, I am so happy to see my children so happy. Thank you."*

The Guidance Center thanks all of our supporters who gave so generously this holiday season. We also recognize the special efforts of the following individuals: Will Nash, Tamara Gough, Jeanne Meunch, Susan Cooper, and Anne Steele. Your support truly made a difference for the many children and families we help.



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Long Beach, CA 90807

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