The Guidance Center

A NONPROFIT CORPORATION

Providing child and family mental health services since 1946

A GUIDING LIGHT

By Deborah Lew, LAKings.com

Jim Fox will always be remembered from his playing days with the Kings during the purple and gold era – he will also unquestionably leave his legacy on the hockey world with a stunning run as the Kings' television color analyst. However, on Thursday, September 8, 2011 Fox began what he hopes will be a continuing journey to leave a different kind of mark.

Over 150 people gathered at the Long Beach Yacht Club for the Sunset Wine Reception, an event hosted by Fox, for which proceeds benefited The Guidance Center. Fox and his wife, Susie, are avid wine enthusiasts, who found the perfect way to pair two things that they have significant interest in.

The Guidance Center, a non-profit organization based in Long Beach, provides mental health services for over 2,000 troubled and low-income children and their families each year. For more than 60 years, their goal has been to guide children and their families to a brighter future by offering services such as crisis intervention; individual, group and family therapy; intensive mental health treatment; psychiatric medication; and substance abuse treatment, among others.

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Los Angeles Kings Alumnus and Television Color Analyst Jim Fox with Executive Director Patricia Costales, LCSW

SANDPLAY THERAPY – A SAD LITTLE BOY

Ken Schwartzenberger, LCSW, RPT-S

A little boy entered the playroom at The Guidance Center and looked around at all of the toys and spotted the tray of sand in the corner of the room. He asked if he could play in the sand. He went directly to the sand, scooping it up with both hands. Raising his hands high in the air he slowly poured the sand back into the tray, watching it splash onto the smooth surface and then turned to look at me with a big smile on his face. I invited him to select some miniature toys from the shelves and use them to make a picture in the sand. I told him it was up to him to decide what to do. He eyed the small toy sailboat and a clay figurine of a sad little boy in a sitting position with his head down. He picked them off the shelf and went to work on sculpting and shaping the surface of the sand in the sand tray. He started by digging in the sand until he uncovered the blue bottom of the tray and he called it a lake with a river. He then placed a seagull and a piece of driftwood along the shore, added some smooth flat rocks and sea shells, and carefully placed a bridge over the river. Then he stopped for a moment, seemingly in deep thought. He went searching for one last thing he needed in his picture and returned with a tiny green frog. He placed the frog on the water's edge directly facing the little boy on the top of the hill. He turned to me and told me he was finished and then stood there, sadly staring at the picture.

I waited for a few minutes and then asked him if there was a "story" that he wanted to tell me about his picture. He looked up at me as if he did not understand my question and asked what I meant by that. I asked if there was anything that he wanted to tell me about his picture, such as what was happening in the picture. He took a deep breath and said, "This is a sad little boy sitting by the lake all alone." He stated that the little boy was crying because his dad left, and he really missed him a lot and that he had to cross the bridge to get to his 'quiet place.' I asked him to tell me about the frog and he explained that the little boy and the frog are friends. He told me that the frog 'listens' to the little boy, and that the little boy sometimes tells the frog about his worries and problems. I asked him about the seagull and he said that it would swoop down and land on the shore, so the little boy wouldn't feel so alone. He added, "Sometimes the little boy wishes he could just float away on the sailboat to a safe place where there are no problems." I asked him what the little boy in the picture was worried about today. He told me that he was afraid that his dad would not come by and take him to the park like he promised. I thanked him for telling me the story about his picture, and just before he left the playroom he turned to me with a smile on his face and said that the little boy would be okay because his mom was taking him to the park anyway.

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A MESSAGE OF HOPE

Patricia Costales, LCSW
Executive Director

Very often in these pages I write about the sadness and frustrations of the work we do at The Guidance Center. It is easy to get caught up in the tragic stories of the children and families served by our organization. The emotional and mental health needs of these young people are tremendous and their stories are very often quite heartbreaking. At the same time, the challenges and deprivations facing the families are almost overwhelming. Confronted every day with this real-life need, it can be tempting to slip into frustration and even anger at a funding environment that continually threatens the services that we know are so vital to the future of the children we serve. The danger of this, of course, is that we lose sight of the real message of The Guidance Center, which is one of hope.

Over the last several months, I've had the opportunity to be reminded of why we do the work we do and appropriately enough, it was the children themselves who brought this reminder to me. Earlier this year we had an art contest for our clients, asking them to submit artwork that conveyed what The Guidance Center means to them, or more simply, what makes them happy. The response was incredible, with more than 40 clients submitting their work. More importantly, the art itself was humbling. The messages behind the art were filled with hope, optimism and gratitude. It was so clear that these children found a safe place at our agency, but even clearer that they found within themselves a reason to believe in the future. Their resiliency against the odds is remarkable. I'm not sure I would be quite as brave as these children have managed to be.

A few months later we began production on a new video describing the important work of The Guidance Center. In it, we spoke with two former clients, now entering early adulthood, and a young boy with his mother. It was such a delight to spend time with them all, moving in more ways than I can easily convey. That they were willing to share their stories for our video spoke volumes to me about what The Guidance Center meant to them, but it also spoke to their bravery. Their stories aren't easy ones to share, but they have come to understand the importance of reaching out to others. They have come to terms with the circumstances of their lives, and now are focused on the future. Sarah is about to embark on a great adventure as she enrolls in the undergraduate program at UCLA. Daniel is completing his program as a Pharmacy Technician and young Jovany is ready to go about the important business of being a happy little boy. They aren't victims. They are survivors and we get to sit back and watch them fly.

You can see the video on our website at *www.tgclb.org*. I hope you will be as moved as I.

Being a part of the lives of these children is an honor. I am so glad we get to do the work that we do, and I thank all of you for being a part of it.

The Guidance Center Locations

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

Avalon 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

Hinchman House
3711 Long Beach Boulevard, 6th Floor
Long Beach, CA 90807
(562) 595-1159 information
(562) 485-3085 appointments

Intensive Services
3711 Long Beach Boulevard, 5th Floor
Long Beach, CA 90807
(562) 216-1700 tel

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

School Based Services
3711 Long Beach Boulevard, 5th Floor
Long Beach, CA 90807
(562) 595-1159 tel

THE GUIDANCE CENTER BOARD OF DIRECTORS ANNOUNCES THREE NEW MEMBERS

The Guidance Center has elected three new members to its Board of Directors. The three new members are:

William G. Burkett
William Burkett has 15 years of experience in accounting and finance in the real estate and construction industries. He manages Howard CDM's accounting, human resources, asset management, property management, and information technology departments. Before he began with Howard CDM, he held positions as staff accountant and controller with other organizations in construction and property management. Mr. Burkett currently serves as treasurer for board of directors of the Bixby Knolls Business Improvement Association and is an alumnus of Leadership Long Beach, Class of 2007.

First Lady of Long Beach
Nancy Foster
Nancy Foster has spent more than 12 years dedicated to serving the Long Beach Community. She is passionate about making a difference and to this end she serves on the boards of Long Beach BLAST, Long Beach Cancer Center and the Long Beach Children's Dental Clinic. She is also a trustee for the new Long Beach Ronald McDonald House and the Rancho Los Alamitos. Nancy hosts an annual reception for Operation Teddy Bear, an organization that gives backpacks filled with school supplies to more than 5,600 first graders in Title 1 schools in Long Beach. In addition, each holiday season she is involved with Better Balance for Long Beach with an annual One Day Christmas Store. More than 550 families in need shop for one another in a festive holiday department store setting. Nancy opened up about her struggle with bi-polar disorder in the Press-Telegram in 2007 and has been an active mental health advocate ever since for the City of Long Beach.

Ahmed Saafir
A Partner/Administrator with Orange Community Care, Inc., an adult residential facility in Long Beach, Ahmed Saafir is a committed advocate for the Greater Long Beach community. Saafir currently serves as the President for 100 Black Men of Long Beach, Inc., Chairman of the Board for Long Beach Community Improvement League, Board member for Masjid Al-Shareef of Long Beach as well as Chairman for Long Beach/Mombasa, Kenya Sister City Association. His past community involvement also includes the Long Beach Civil Service Commission, Immediate Past President for the Long Beach branch of the NAACP, Long Beach Conservation Corp., and the South Coast Interfaith Council.

"Nancy, Ahmed and William will bring tremendous wisdom, experience and energy to The Guidance Center Board of Directors," says Patricia Costales, Executive Director for The Guidance Center. "We look forward to their creative contributions and insight as The Guidance Center continues its mission to help lead children and families struggling with mental illness toward a brighter future."

All three new members are already lending their expertise to various board committees and we are honored to have them as part of The Guidance Center family. Welcome William, Nancy and Ahmed!

BOARD OF DIRECTORS ROSTER • 2011-2012

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Principal
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Liberty Tax Service

Ana Perez
Treasurer
Real Estate Consultant

Jesse Gonzales
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Superintendent
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(Retired)

Rev. Paul A. Lance
Past President
Los Altos United Church of Christ

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Chief Financial Officer
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Nancy Foster
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Donna Hilbert
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Vic Vargas
Los Angeles County Probation
Department (Retired)

GRANT NEWS

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

- **$2,000 from the Alamitos Bay Garden Club,** a volunteer organization focused on beautification, civic improvement and advancement of the cultural and philanthropic interests of the Peninsula in Long Beach.
- **$10,000 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.
- **$75,000 from the Earl B. and Loraine H. Miller Foundation.** This grant will help us develop and implement a system of rating and tracking treatment outcomes across programs and treatment modalities, and develop an electronic documentation training tool for clinicians. These tools will not only improve treatment success but also provide valuable data that will enable us to attract new supporters, making us more self-sufficient and sustainable and most importantly, serve a broader range of clients.

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

GUIDING LIGHT *continued from page 1*

"We're seeing mental health issues being discussed now in the NHL, so that's always been an interest of mine – the mental part of the game, whether it's the positives or the negatives – and the struggles that everyone has," said Fox, who was eager to get involved with The Guidance Center's fundraising initiative.

"There are kids that are not getting help and they need a place like The Guidance Center to get that help," Fox added. "I think we, as a society, are getting better with mental health issues, and we're starting to talk about it, it's an illness, it's something that can be treated."

Tim Sailor, Guidance Center Board President, with Kevin Howard

Fox's connection with The Guidance Center comes via a good friend of his, Patricia Costales, who is the Executive Director for the Center.

Patricia Costales, LCSW, Mel Marks, MD and Nancy Foster

"The kids we see are so troubled that maybe they're failing at school or they don't have any friends; there are significant areas in their life where they're really not functioning well, and we see them until they are, until we know we can send them on their way and be better," said Costales, who has been in the mental health services community since 1990.

The Kings, along with the Kings Alumni Association, were quick to lend support to Fox and the Sunset Wine Reception, and guests in attendance included Bob Miller, Luc Robitaille, Marty McSorley, Daryl Evans, and Ian Turnbull, as well as current players wives, Nicole Brown, Megan Westgarth, and Megan Drewiske.

"Jim Fox has done a great job, I think he's chosen a great group to support, and we as an organization, as hockey players and as the Kings Alumni Association, we feel very strongly in supporting Jim with it," said Evans, Fox's radio counterpart. "I've been around [Fox] for a lot of years and this is just an extension of the way he prepares to go to work every day, and this event went smoothly because of his doing."

The event, which featured a wine tasting contest and a silent auction, is the first of its kind, but is something that Fox and the Center hope to build on.

"Most of the people here came, not necessarily because they're interested in The Guidance Center; they came because they're interested in the Kings. Our hope is that when they leave they're also interested in The Guidance Center," Costales said. "I felt very embraced by the Kings."

(l-r) Nicole Brown with Jennifer Pope and Lauren Nowiski of Kings Care Foundation

During the reception, The Guidance Center presented Fox with an original drawing from one of its clients as a token of appreciation. The child chose the following thought to include with the drawing: "At The Guidance Center, day or night, everyone finds hope."

That's certainly one guiding principle that, thanks to Fox, more people will start to believe in.

The Guidance Center expresses its deepest gratitude to Jim Fox, the Los Angeles Kings, and Kings Care Foundation for their extraordinary support and generosity. We also thank our other major sponsors: 24/7 Fire Protection, the Los Angeles Kings Alumni Association presented by Toyota, New York Life, Tim Sailor and Kevin Howard, Urban Offerings and Southern California Graphics. We especially wish to recognize Andy Bill, board member and chair of the Center's Fund Development Committee and Walter Woodworth for all of their hard work in making the event such a tremendous success!

GIVING BACK SO OTHERS HAVE A CHANCE TO SUCCEED

Jeremiah, a social worker at The Guidance Center's Compton Clinic, knows all too well the life experiences some of his clients are going through – he has lived them.

Jeremiah grew up in the rough neighborhoods of South Santa Ana, surrounded by drug and gang violence. He lived with his two sisters and mom and dad, a family trying to do their best among the chaos and tragedy happening every day in their community. At age 12, his life was turned upside down when his dad fell into drugs and was arrested and sent to prison.

(l-r) Stephanie and Jeremiah Boone with their son Benjamin

His family lost their home – they had to move in with his grandparents. Despite the constant threat of drugs and gangs, Jeremiah was determined to succeed. With the moral support of his family and teachers, he graduated high school with honors and went on to college, the first to do so in his family. He paid his own way – first at Orange Coast College, then Cal State Fullerton. He graduated with a Bachelor of Arts degree in Sociology and then went on to earn his Masters in Social Work from the University of Southern California.

"I grew up in a community that needed a lot of help," says Jeremiah. "My faith helped me get through the most difficult of times and I was determined to have a career that allowed me to help kids and families in any way I can so that they have a chance to succeed."

Jeremiah works as a therapist in one of the Center's most intensive programs –the Full Service Partnership. He sees clients two to three times a week – working with children who are dealing with a myriad of issues and most of whom have experienced severe trauma. Because of his passion and commitment to helping our clients, Jeremiah was recently awarded "Employee of the Quarter" accolades, an award given to Guidance Center staff for outstanding service, exceptional attitude and excellence in work performance beyond their specific job requirements.

In addition to his full-time work and being a full-time dad to his 1 year-old son, Jeremiah also devotes 10 hours per month mentoring a 13 year-old boy as part of America on Track's Mentoring Children of Prisoners program.

"I was drawn to the program because I know what it's like – I went through it too."

He spends time with his mentee doing many different things: visiting museums, going to the beach, trying out different types of food, browsing the book store (a tool Jeremiah uses to find out what interests his mentee has) and most recently, helping him complete an application for high school. However, the most important thing they do together is talk and Jeremiah listens.

As Jeremiah puts it, "the influence of one positive adult in the life of a child can be the driving force behind motivation, character and empathy."

SANDPLAY THERAPY *continued from page 1*

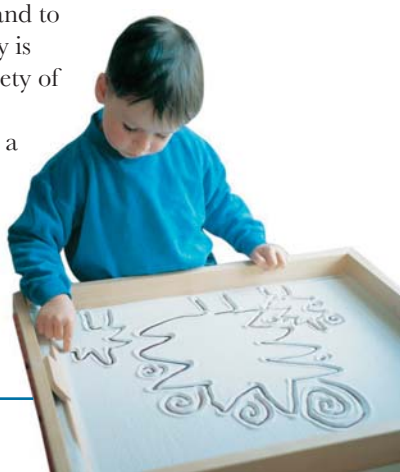
Children often have difficulty expressing their feelings and experiences in words. A child's natural way of communicating is through play. Play is critical for brain development, attachment and healthy growth and is often used in counseling children. Play therapy gives children a natural means for self-expression. Play allows them to express feelings that might otherwise be overwhelming.

Children are drawn to playing in the sand because it is a soothing sensory experience and it stimulates fantasy and imaginative play. Children have always delighted in playing in the sand, bringing their inner and outer worlds together through imagination. Sandplay therapy is a non-verbal method of counseling that is used with children that has been shown to help children share experiences and feelings that have been frightening or hurtful and too difficult to put into words. It combines play, art and sensory activities. Sandplay therapy is a simple and effective play therapy that can be used with all age groups of children. Children who have difficulty drawing may be more comfortable with making a picture with toys.

Sandplay provides the children 'distance' from their feelings and allows them to express their feelings through the toys. In other words, children use play to safely disguise their own feelings. The counselor is trained to understand the metaphorical and symbolic meaning of the sandplay picture and relate it directly to children's feelings and experiences. The counselor also acts as a guide in providing a safe and empowering way for children to share feelings, gain self-control, and to resolve troublesome issues in their lives. It has been called the 'wonderful therapy'.

At The Guidance Center counselors provide sandplay therapy for children with behavior problems and relationship difficulties at school or with family members. It is especially helpful in working with young children and teens that are not comfortable talking directly about domestic violence or mistreatment in their families. In addition, children can make a picture that shows frightening experiences and problems without telling on others that may be hurting them. This is important for children who do not feel safe to directly talk about their abuse or that may have been threatened not to tell anyone. Sandplay is also used with children's groups and families to improve communication and to learn problem solving skills. Sandplay is helpful in working with the wide variety of cultures and languages spoken in the Long Beach community because it is a multicultural approach and utilizes the universal language of play.

Ken Schwartzenberger, LCSW, RPT, is a clinical supervisor for The Guidance Center's School Based Services program.

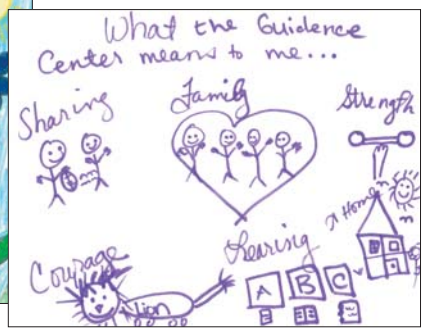


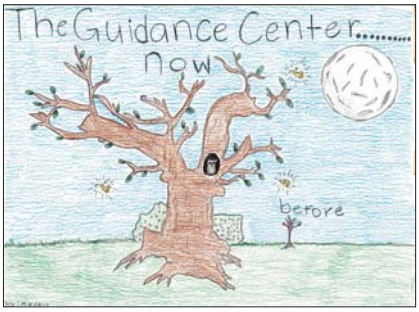
HOPE AND HAPPINESS INSPIRES CLIENT ART

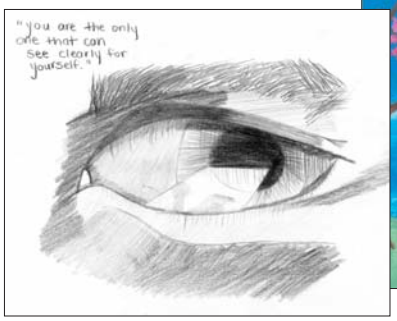
On Friday May 6, to celebrate Mental Health Awareness Month, The Guidance Center hosted its first client artwork contest. We commissioned art from our clients for display in our printed publications and on our website, and we asked clients to choose from one of three themes: what makes you happy, what gives you hope and what does The Guidance Center mean to you. The response was overwhelming! We received more than 50 entries – and all were beautiful works of art!

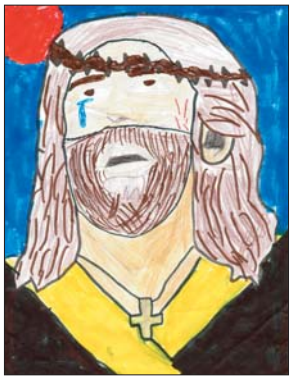
In conjunction with the always lively Bixby Knolls First Fridays, we displayed the art at the Expo Arts Center, where guest judges chose the winning art - three from each Center office. Guest judges from the local community included: Andy Bill, Board Member, The Guidance Center; Susan Cooper, Board Member, The Guidance Center; Blair Cohn, Executive Director, Bixby Knolls Business Improvement Association and Board Member, Arts Council of Long Beach; Harry Saltzgaver, Executive Editor, Gazette Newspapers; and Matt Saunders, Founder, 562citylife.com.

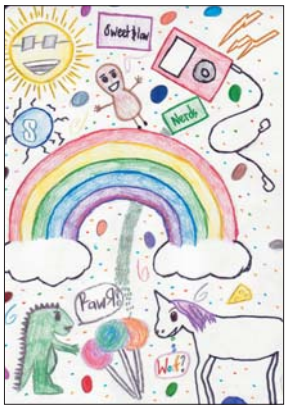
We extend our sincere thanks to our judges, for giving their time and expertise, and our congratulations to the winners of our client artwork contest. Their designs were expressive, moving, emotional and most importantly, told stories of hope for the future.

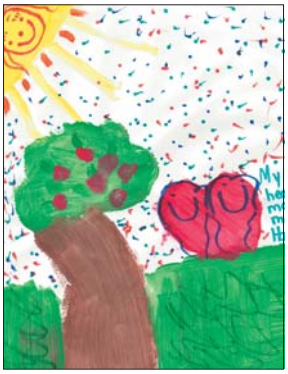












THE GUIDANCE CENTER'S PREDOCTORAL PSYCHOLOGY INTERNS FOR 2011-2012

Each year, The Guidance Center welcomes four new Predoctoral Psychology Interns, who participate in a challenging, full-time year-long internship in community mental health. Accredited by the American Psychological Association, the Psychology Internship Program offers trainees supervised professional experience, which is needed in order to fulfill the requirements of their doctoral program. The Guidance Center is one of only a handful of such programs across the country, and each year, more than 125 students apply for just four slots!

The training program is designed to offer interns broad exposure to the many roles of the community psychologist over the course of the training year. Specific focus is paid to professional "core competencies," including individual and group therapy, psychological testing and assessment, implementation of evidence-based practices, program evaluation and research, outcomes collection, outreach, and consultation. Not only do interns provide direct service throughout all Guidance Center locations and programs (including Long Beach schools), they also are provided with unique hospital-based supplemental rotations, allowing greater integration into the Long Beach community. Thanks to a unique partnership with Miller Children's Hospital, interns are placed at the Pediatric Rehabilitation department or Jonathan Jaques Children's Cancer Center to provide neuropsychological assessments, school-reintegration consultation, and direct therapeutic intervention. Once the interns complete the training program (a minimum of 2000 supervised hours), they are eligible to take the next steps toward licensure: completion of a nationally administered written examination and attainment of an additional 1500 hours of postdoctoral supervised experience. Upon successful completion of these tasks, they must also sit for their State licensing exam before being licensed as a psychologist.

As with most years, members of the 2011-2012 training class hail from across the United States, most having relocated to Southern California for this training opportunity. We are pleased to welcome: Tiffany Dawson, M.A. (PGSP-Stanford Consortium, Palo Alto, California); Jennifer Fisher, M.A. (Alliant International University, San Diego, California); Melisa Moore, M.A. (Georgia School of Professional Psychology at Argosy University, Atlanta, Georgia); and Seth Shaffer, M.A. (American School of Professional Psychology at Argosy University, Washington, D.C.). Together with training program supervisors, and all agency staff, we look forward to a rewarding and productive training year!

COMPTON/LYNWOOD CLINIC PLAY THERAPY ROOM

Thanks to a generous grant from the **Employees Community Fund of Boeing California**, our Compton/Lynwood Clinic transformed an office into a colorful, friendly play therapy room. Our clinical staff is now able to provide age-appropriate therapy that will help aid children's emotional and social development by allowing children to express their feelings in a safe and nurturing environment. In addition, through the use of therapeutic toys and supplies, staff is also able to help teach parents how to interact with their children in a supportive and encouraging way.

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HELP MAKE THE HOLIDAYS BRIGHT FOR A FAMILY IN NEED

The Guidance Center's Adopt-A-Family Program

As the holiday season approaches, we hope that you can help make the holidays brighter for the children and families we serve. This year, many of us 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.

The Guidance Center's Adopt-A-Family program is a very special way to help our families so they, too, can experience the same warmth and joy the holiday season brings most of us. We identify a family in need, based on your interest, and provide you with their wish list for the holidays. The list will include the ages and genders of the parents and children, as well as clothing and shoe sizes. Most importantly, it will include each child's toy/game list. Your support will truly make a world of difference in the lives of children and families, especially during this season of giving.

For more information about our Adopt-A-Family program, please contact Lorraine Lyou, Development Director, at 562-485-2276, or via email at llyou@tgclb.org.

***For confidentiality reasons, we ask that you deliver your donations to the appropriate Center/Clinic. The clinical staff will distribute the gifts to the client and his/her family.*