

GUIDING FAMILIES TOWARD

H O P E

*Annual
Report
2007-2008*

FOR MORE THAN 60 YEARS,
WE HAVE BEEN LEADING
CHILDREN AND THEIR
FAMILIES TOWARD A

**BRIGHTER
FUTURE**



DEAR FRIENDS,

Childhood is not always a time of innocence. Sometimes families struggle to provide the sense of security and stability that children need in order to thrive. Mental illness, poverty, traumatic events and family conflict can get in the way. Sometimes, neighborhoods don't offer a welcoming community in which to play, grow and learn to make friends. Community violence, inadequate housing and easy access to drugs are realities for too many of our children. Sometimes, schools can't provide an appropriate environment in which to learn, be successful and plan for a future. Overcrowding, school violence and inadequate resources for special needs are barriers that need to be overcome. At The Guidance Center, we understand the many hurdles facing the children, youth and families we serve. We believe these are hurdles we can jump together.

For more than 60 years, this belief in the future of our children has served to motivate the dedicated staff and volunteers at The Guidance Center. We see the consequences of the barriers facing the children we serve, and we see the inspiring results when we work with families to instill a sense of hope in the future.

This year, we have chosen to highlight programs that promote healing through creativity. Art has long been shown to help children and teenagers communicate their feelings and struggles in a safe and healthy way. It also teaches them, often for the first time, that they have the capacity to create something beautiful. This is an important life lesson for us all; that beautiful things can thrive in any environment, with the right amount of nurturance.

Thank you for helping us lead children and families to a brighter future.

Warm wishes,

A handwritten signature in blue ink, appearing to read "Patricia Costales". The signature is stylized and fluid.

PATRICIA COSTALES, LCSW
Executive Director



WE ENCOURAGE
CHILDREN TO MAKE
CHANGE
THROUGH
CREATIVITY



At our Compton/Lynwood Clinic, clients from our System of Care and Full Service Partnership programs create a mural on one of the clinic's walls. By working collaboratively, children learn how to participate in social activities, develop problem-solving and cooperation skills and reduce anxiety and aggressive behavior. They also learn that they have the ability to create beauty in an environment where there is none.

The mural was created in partnership with the Los Angeles Music Center's Arts C.A.R.E program. Arts C.A.R.E. is an intensive after-school arts education program for children with serious mental health problems and their families.

WE HELP
FAMILIES
UNCOVER THEIR
STRENGTHS



After suffering a tragic family loss, Bethany had to rebuild her life – in a new city, with a new family. With the loving support of her guardian Cindy, and through the wonderful and caring support of a trained art therapist at The Guidance Center’s Hinchman House, Bethany has overcome extraordinary obstacles and now has hope for the future.

Hinchman House provides a full range of outpatient mental health services for children, teens, parents and families. We offer individual, group and family therapy, parenting education, crisis intervention, targeted case management and medication management. The clinic also provides mental health services to children and teens at more than 20 schools within the Long Beach Unified School District.





CALWORKS

At Hinchman House, we offer assessment and mental health treatment for families on public assistance through CalWorks, a state funded program that helps reduce the barriers to employment and increase self-sufficiency.

redirect children as needed throughout the day, teaching and modeling appropriate social and emotional skills. Staff also provides follow-up care once students have returned to the classroom, helping the teens adjust during this transition period.



CHILDREN'S SYSTEM OF CARE

One of the original innovative "System of Care" programs developed in Los Angeles County, the Compton/Lynwood Clinic uses inter-agency collaboration to provide services for high-risk families in the school, home and in the clinic. Staff works closely with the Departments of Mental Health and Child and Family Services to provide individual, group, and family therapy, psychiatric medication, parenting support, and crisis intervention.



FULL SERVICE PARTNERSHIP

Funded by a Mental Health Services Act (Proposition 63) grant, our Full Service Partnership offers specialized services for children with serious mental illnesses who are at risk of out of home placement such as foster care, psychiatric hospitalization or juvenile detention facilities. These families have previously received few, if any, services to help with their problems. Staff members use the "whatever it takes" model by working with clients in a community setting, such as the home, school, courts or hospital to help the children reduce symptoms of depression, attention deficit hyperactivity disorder, oppositional defiance disorder, and improve their quality of life. Staff also helps clients manage their anger, increase their coping skills, reduce family conflict, and increase self-esteem.



FULL DAY INTENSIVE PROGRAMS

In collaboration with Compton and Long Beach Unified School Districts, we provide full-day intensive treatment services for teens in special education classrooms on-site at our Compton /Lynwood and Connections Clinics. Using a combination of family therapy and individual therapy, skill-building activities and medication support services, staff works intensively with teens and their parents so that students may return to a traditional classroom setting. By placing mental health specialists in the classroom, we work collaboratively with the teachers and are able to intervene and



INTENSIVE MENTAL HEALTH SERVICES

The Intensive Mental Health Services program offers a higher level of care for children and families who require more than is provided in a traditional clinic setting, but who do not yet meet the full criteria for

System of Care or Full Service Partnership. Children in this program have not experienced success in traditional outpatient treatment, and our goal is to intervene with the family before conditions worsen. Staff provides intensive case management, individual and family therapy and medication management, in the home and community and with greater frequency than is typical in outpatient services.



OUTPATIENT MENTAL HEALTH SERVICES

The Guidance Center provides outpatient mental health services for children, teens, parents and families at its Avalon, Hinchman House and San Pedro clinics. We offer individual, group and family therapy, parenting education, crisis intervention and targeted case management and medication management.



SCHOOL BASED SERVICES

We offer mental health services to children and teens at more than 20 schools within the Long Beach Unified School District. The program allows us to access children and families who are reticent to attend a traditional mental health care clinic for services. Therapists work closely with teachers to identify children whose behavior is interfering with the child's ability to function effectively in school or at home. We provide individual, family and group therapy to help increase the child's success in the classroom.



PSYCHOLOGICAL TESTING

Included in its scope of services, The Guidance Center offers psychological testing and assessment for children whose symptoms are not clearly defined or, in some cases, to rule out learning disabilities. Testing will assess a child's cognitive, academic achievement, emotional, interpersonal, adaptive behavioral and developmental functioning. The results of the assessment will assist staff in developing an appropriate treatment plan for the child.



TRAINING AND INTERNSHIP PROGRAM

As part of our mission, we are dedicated to meeting the growing mental health needs of underserved communities by providing internship and training programs for mental health professionals interested in pursuing careers in a community mental health setting. We offer specialized intern training programs for clinical social workers and marriage and family therapy trainees and we also offer a program for predoctoral psychology interns in community-clinical psychology, which is accredited by the American Psychological Association.



SKIP HINCHMAN MEMORIAL SYMPOSIUM

For more than 30 years, Madison "Skip" Hinchman, D.S.W. was a well-known and highly respected professional educator, trainer, clinician, and mentor in both Los Angeles and Orange Counties. He served as Executive Director for The Guidance Center from 1995 until his death in 2000. Named in his honor, the Skip Hinchman Memorial Symposium was established in 2002 to recognize Dr. Hinchman's commitment to further the education and training of community mental health professionals. Since 2002, the Center has offered this annual continuing education symposium for health and mental health professionals, educators and social service agency personnel.



THE GUIDANCE CENTER LOCATIONS

1 ADMINISTRATION
 4335 Atlantic Avenue
 Long Beach, CA 90807
 562.485.3095 tel

2 AVALON CLINIC
 125 Metropole Avenue
 Avalon, CA 90704
 310.510.7500 tel

3 COMPTON/LYNWOOD CLINIC
 901 W. Victoria Street
 Suites F & G
 Compton, CA 90220
 310.669.9510 tel

4 CONNECTIONS
 3491 Elm Avenue
 Long Beach, CA 90807
 562.427.4864 tel

5 HINCHMAN HOUSE
 3711 Long Beach Boulevard
 5th and 6th Floors
 Long Beach, CA 90807
 562.595.1159 tel

6 NORTH LONG BEACH CLINIC
 4343 Atlantic Avenue
 Long Beach, CA 90807
 562.427.6860 tel

7 SAN PEDRO CLINIC
 160 W. Sixth Street
 San Pedro, CA 90731
 310.833.3135 tel

TOTAL
CLIENTS
SERVED:
1540

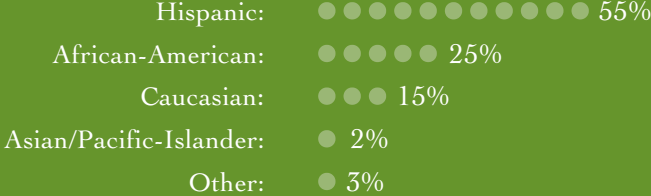
AGE:



GENDER:



ETHNICITY:





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The Guidance Center extends its appreciation to all of the individuals, corporations, and foundations that generously supported the Center in fiscal year 2007-2008. We also thank our volunteers and interns, who donated 2,160 hours of service.

We are funded by:

Los Angeles County Department of Mental Health
Substance Abuse and Mental Health Administration

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SUMMARY FINANCIAL INFORMATION

STATEMENT OF ACTIVITIES	FY07/08	FY06/07
<i>Revenue</i>		
Government Contracts	\$8,780,033	\$8,452,470
Contributions and Grants	226,557	398,766
United Way	18,081	55,662
Patient Fees	14,104	9,695
Other	11,734	75,050
Total Revenue	\$9,050,509	\$8,991,643
<i>Expenses</i>		
Personnel	6,749,983	7,051,440
Operating	1,029,945	692,973
Occupancy	1,154,827	1,113,100
Depreciation	69,062	80,654
Total Expenses	\$9,003,817	\$8,938,167
<i>Excess of Revenue over Expenses</i>	\$ 46,692	\$ 53,476
<i>STATEMENT OF FINANCIAL POSITION</i>		
<i>Assets</i>		
Cash and Cash Equivalents	1,501,202	742,903
Accounts Receivable	24,018	192,564
Equipment	346,413	402,137
Total Assets	\$1,871,633	\$1,337,604
<i>Liabilities</i>		
Accounts Payable	1,196,048	645,588
Notes Payable	270,075	478,510
Total Liabilities	\$1,466,123	\$1,124,098
<i>Net Assets</i>	405,510	213,506
<i>Total Liabilities & Net Assets</i>	\$1,871,633	\$1,337,604



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