

# THE GUIDANCE CENTER

Child & Family Mental Health  
PROVIDING HELP AND HOPE SINCE 1946

SPRING 2019 NEWSLETTER

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## LOCATIONS

### HEADQUARTERS

Administration/Long Beach Clinic  
1301 Pine Ave  
Long Beach, CA 90813  
(562) 595-1159 tel

### COMPTON CLINIC

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

### SAN PEDRO CLINIC

222 W. Sixth Street, Suite 230  
San Pedro, CA 90731  
(310) 833-3135 tel

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## ADOPT-A-FAMILY REMINDS US WHAT THE HOLIDAYS ARE ALL ABOUT



*Gifts for an adopted family from a local donor under the tree at our Long Beach headquarters*

*"We do not need magic to change the world, we carry all the power we need inside ourselves already: we have the power to imagine better."*  
– J.K. Rowling, Author

Every year in the spirit of the holidays, we look forward to hosting our Adopt-A-Family program. In the months of November and December, many caring community members and local organizations come together to make the season very joyful for our clients and their families.

This season was particularly special as we had an incredible outpouring of support for our Adopt-A-Family program. A record-breaking 86 compassionate community members and local businesses made the season bright for 92 of our client families (384 children and caregivers) through the program this year. Our CEO, Patricia Costales, LCSW, expressed the agency's gratitude for this height of empathy and kindness, "We're grateful for the exceptional response to our Adopt-A-Family program this year. Knowing that we have so many neighbors and local businesses who support our children and families is reassurance that compassion still thrives in our community."

Annually, the program matches community members or organizations with families who are clients of our clinics across Long Beach, Compton and San Pedro. These families come from all different backgrounds and face complicated hardships. Some are headed by single parents and caregivers or are multi-generational families. Some are victims of domestic or community violence. Some are seeking treatment for mental health conditions or learning to cope with a loss within their family. These families do not have the means to partake in holiday traditions like giving gifts to the children or decorating their homes. We tell their stories and provide their wish lists to help with shopping. Our supporters really love the idea of getting to play the role of Santa and wrap gifts so families fully get to experience the holiday.



In this newsletter edition, we are so excited to share with you some of the supporters' experiences with Adopt-A-Family and their moving reasons for giving. You will also get to see words of gratitude from the children and families who were given so much hope and happiness.

To all those who adopted a family this year, we are forever thankful and inspired that you have brightened the lives of the community's children and families we serve.

*Continued on page 13*

## A NOTE FROM THE CEO

*“Your life is like a balloon...if you never let yourself go, you will never know how far you can rise.”*

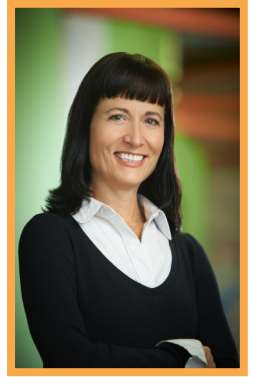
— Linda Poindexter

At The Guidance Center, we guide children and families toward hope and healing every day. Many of our children and families come to us lost and discouraged. We strive to be the place that helps them find their footing. In order to support them and lead them toward brighter futures, we do our best to create safe spaces where healing is possible and where every child has the potential to be who they want to be. Many who come through our doors have been through multitudes of hardships but can and will rise above them with the hope that mental health treatment brings.

We all need support and guidance at various points in our lives. Our team of therapists empower children to share their emotions and stories—uplifting them to express themselves with no limits. When they walk out our doors, our wish is for them to feel elevated,

knowing they are strong and can overcome any obstacle. We want them to reach high for their aspirations and dreams and always honor their unique experiences that make them special.

Whether it be a friend, family member, co-worker or stranger, we need to remember to build each other up. With a simple smile, compliment or check in to see how they are doing, you too can help uplift others. We need to encourage and cheer on our community’s children and families to let go, reach high and rise in their journeys.



Patricia Costales,  
LCSW

A handwritten signature in dark ink, appearing to read 'P. Costales'.

## GRANT NEWS



**The Weingart Foundation** has awarded a \$150,000 unrestricted operating support grant to The Guidance Center. The Weingart Foundation’s mission is to build a better Southern California by supporting nonprofit organizations to more effectively serve the underserved. We are honored to have been awarded this grant and look forward to partnering with the Foundation to expand our current mental health programs and develop new ones that focus on the advancement of social and economic equity in marginalized and under-resourced communities. We are incredibly grateful for their generosity in helping us provide healing and hope for the children we serve.

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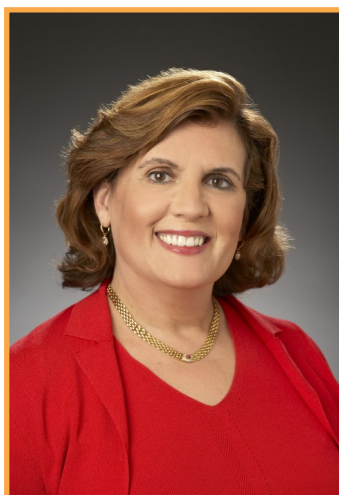
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### WELCOME OUR NEW CHAIR OF THE BOARD – ANA PEREZ



Ana grew up in Alexandria Virginia and Studio City, California and graduated from UCLA and The Wharton School of the University of Pennsylvania. She has spent most of her career in real estate investments. Ana loves to travel and has been to five continents.

#### What excites her most about The Guidance Center's work?

"I think that what excites me most is the progress that we've made over the last 10 years that I've been on the board and the opportunities that I see for the future. What first drew me to working on the board was the untreated mental health issues of both of my grandmothers. But it is really the progress that keeps me excited."

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# THE STUDENT TRAINING PROGRAM AT THE GUIDANCE CENTER

**By: Dawn Vo-Jutabha, Ph.D., Chief Clinical Officer**

This year marks the 25<sup>th</sup> anniversary of the formal training program at The Guidance Center. Starting in 1994, we began training master's level students while doctoral level students began training at the agency around 1970. The formal accredited program started in 1995. In 2015, we started a postdoctoral fellowship training program in collaboration with Miller Children's and Women's Hospital. The student training program serves several functions which are to: 1) provide quality direct clinical experience and training to future therapists and psychologists, 2) develop a pool of high-quality providers from which our agency can hire, and 3) offer opportunities for our licensed clinical staff to learn about and deliver supervision. In the past five years, we have increased our positions from 8 to 18 trainees and during our early years trained as many as 25 students in a given year.

## Who do we train?

Each year, we train students who are in graduate school to become clinical social workers, marriage and family therapists, and clinical psychologists. Each of these students comes to the agency with a wide variety of prior training and clinical experiences, some with just one year of prior experience and some with five years of prior clinical training. They all come with a passion for serving under-resourced or underprivileged children, adolescents, and their families.

## Master's Degree Students

Our master's degree students in social work and marriage and family therapy are in their second year and complete their degrees after they finish training with us. Upon completion, they are eligible for hire as unlicensed therapists. Given the quality of our training experiences and reputation within the academic community, we have ongoing affiliative relationships to train students with UCLA, USC, Pepperdine University, Loyola Marymount University, CSULB, CSULA, and CSUDH. These students spend 16-20 hours each week within our clinical programs, School Based, Long Beach Outpatient or San Pedro, providing diagnostic intake evaluations and therapy while also participating in team meetings and individual and group supervision.

*The 2018-2019 MSW Interns are:*

Mariah Guidry: USC, School Based program  
Natalie Joseph: USC, School Based program  
Megan Bunting: CSULA, LBOP

*The 2018-2019 MFT Trainees are:*

Chau Nguyen: LMU, School Based program  
Alana Brooks: USC, San Pedro

## Doctoral Psychology Practicum Students

Our doctoral psychology practicum students are typically within their third or fourth year of their doctoral programs in clinical psychology. We have an affiliative agreement with Rosemead School of Professional Psychology and Azusa Pacific University to train their students. The doctoral practicum students spend 16 hours per week in one of two tracks: therapy or psychological testing. Those who are in the therapy track provide diagnostic

intake evaluations and therapy. Those in our psychological testing track provide cognitive and personality testing to our children and adolescents across all five of our clinical programs. Psychological testing, in particular personality, is a competency unique to psychologists.

*The 2018-2019 doctoral practicum students are:*

Julia Core: Azusa Pacific University

Rachel Robert: Azusa Pacific University

Kelsey Woolner: Rosemead School of Professional Psychology

Shelby Zavala: Rosemead School of Professional Psychology



*Top left: Natalie Joseph, bottom left: Chau Nguyen, top right: Mariah Guidry and Megan Bunting, bottom right: Alana Brooks*



*Left to right: Rachel Robert, Kelsey Woolner, Julia Core, and Shelby Zavala*

# THE STUDENT TRAINING PROGRAM AT THE GUIDANCE CENTER

## Doctoral Psychology Interns

The next level of students are the doctoral psychology interns who are a part of our American Psychological Association accredited internship program, which makes it nationally recognized as meeting specific standards of quality and training. The doctoral psychology interns have completed all their coursework and thus, work full-time at The Guidance Center as employees. Given the nature of the program, interns come to us from all parts of the United States through a national matching system, much like medical residency. Each year we receive more than 100 applications for our six positions. They come to us with a minimum of three years of experience in therapy, testing, supervision, and coursework. The doctoral interns provide a wide range of services in order to prepare them for the broad scope of opportunities afforded to doctoral-level psychologists. In addition to therapy, they also provide psychological testing to clients across all clinics, engage in supervision of our practicum students, critically analyze and utilize research literature in their work, and participate in a supplemental interprofessional track. The tracks available to our interns involve spending one day per week providing direct services at the Stramski Children's Developmental Center, Miller Children's and Women's Hospital inpatient units, or the It's About T.I.M.E program where they learn consultation skills with professionals of other disciplines and backgrounds. We recently increased the number of positions in this program from four to six when we received a Health Resources & Service Administration grant.

*The 2018-2019 doctoral interns are (left to right):*

- Michelle Kuhn: Seattle Pacific University
- Erin Yip: Adler School of Professional Psychology
- Amia Huang: Pacific University
- Courtney Gallagher: University of Denver
- Christine Ta: Fuller School of Professional Psychology
- Marie Gillespie: University of Southern California



## Psychologists Seeking Specialized Training

The final group of individuals who receive training in our agency are no longer students, but are psychologists who spend an additional year in a formal postdoctoral fellowship in order to receive specialized training in integrated health care. The program is a collaboration with Miller Children's and Women's Hospital to train psychologists who can provide community based treatment to children and adolescents with co-morbid mental health and chronic or acute medical conditions, e.g., diabetes, cancer. These individuals have their degree and may get licensed during their fellowship year. The fellows provide therapy and consultation services to specialized populations: children, families, medical professionals, and schools. They are employees who work with the agency 40 hours per week. Fellows in this program also come to the agency from across the nation seeking specialized training prior to licensure.

*The 2018-2019 fellows are (left to right):*

- Maximilian Tokarsky, PsyD
- Jacqueline Mendoza Donahue, PsyD



## Where are they now?

All of our trainees have gone onto successful careers as therapists or psychologists in private practice, school settings, community mental health centers, medical clinics, and hospitals. In addition, we have been successful in retaining many of our trainees over the years. Notably, three of our current program managers are former students: Dr. Tiffany Dawson was a doctoral intern and is now the program manager of our Compton clinic; Angelina Palma-Williams, LCSW was a master of social work intern and is now the program manager of our Long Beach Outpatient Program; and Dr. Kendra Bailey was a doctoral intern and is now the program manager for the training department. Three other former doctoral interns are clinical supervisors or coordinators in our training programs: Dr. Leah Gutierrez, Dr. Christina Zavalza, and Dr. Lauren Ford. Christine Toledo, LMFT was an MFT trainee and is now a student supervisor and QA Coordinator at our San Pedro location. In addition, several students have stayed on as staff therapists, and we hope to be able to provide continued opportunities for growth over the years to them: Jacqueline Carlson, Elizabeth Barraza, Hilario Ramirez, Colleen Stafford, Ana Zuanic, Dr. Nick Leggio, and Dr. Jaleesa Adams.

## THE THERAPEUTIC POWER OF LOVE - IT'S ABOUT T.I.M.E. UPDATE

**By: Nathan Swaringen, LCSW, developer and lead of *It's About T.I.M.E.***

"Mr. Nathan, look at my new shoes!" "Mr. Nathan, watch how hard I can hit the tetherball!" "Mr. Nathan, are we going to drum today?" Stepping foot on any of my three *It's About T.I.M.E.* schools (Addams Elementary, Poly Academy of Leaders and Achievers, Educare Preschool) makes me feel like a celebrity. I'm greeted by dozens of amazing children with whom I already have such a special bond, and maybe a hundred more whom I vaguely recognize, but don't really know, even though they seem to know me. I endure hundreds of high five's every day, even during flu season, because it's worth it.

Worth what? What's happening here? Children, school-wide, are feeling seen, heard and... valued. They know that they matter to me. There is a mutual joy to see and be with one another. This process of creating a community of joy is very much intentional. One component of helping a school become trauma-informed is to model the therapeutic power of relationships, and create a school environment where children feel cared for and adults find joy in caring.



*Nathan at PAAL High School*

According to Dr. Bruce Perry of The ChildTrauma Academy; "Research on the most effective treatments to help child trauma victims might be accurately summed up in this way: what works best is anything that increases the quality and number of relationships in the child's life." At these schools, it's not just me who's doing the caring. Teachers and administrators school-wide are buying into the notion that by being present, patient, and kind with all children, especially the most challenging and hurting children, healing is taking place. Creating a trauma-informed culture takes T.I.M.E. (pun intended) and patience. Being trauma informed means the adults understand the children, realizing that behavior is actually communication, that trauma creates impaired windows of tolerance resulting in behavior beyond the child's control, and that relationships are the greatest buffer to stress and actually expand windows of tolerance. The caring adults in the hurting children's lives are able see past the quick-fix.

The quick fix (or traditional discipline) is like cranking up the heat of an oven to cook a cake faster. It'll cook much faster on the outside, while the inside remains unchanged. Seeing the

forest through the trees can be exhausting and defeating at times for us caring adults. But it warms my heart to see the patience, perseverance, and love from the staff at these schools.

Nowhere has this process of patience and unconditional love paid off more than in a particular 5<sup>th</sup> grade classroom at Addams elementary. Blessed with three extremely difficult, and of course, traumatized students, this young, practically fresh-out-of-college teacher has demonstrated the therapeutic power of unconditional love. These three students have struggled at Addams for years; their behaviors and attitudes getting worse and worse, reflecting the pain and fear in their lives. With love, kindness, acceptance, and structure being so foreign in their lives, they attempt to cope by taking power and control, while subconsciously creating what is most familiar to them...chaos. Through it all, month after month, this teacher stayed the course, seeing their behaviors and attitudes as merely symptoms of the real problem, while continuing to love them unconditionally. Does she let them walk all over her? Of course not! But her limits, guidance, and discipline are always done with love and understanding. True discipline is not coerced compliance. It's in fact the opposite. True discipline is about discipleship, creating a relationship where one wants to please out of love and respect, not fear. Praise, encouragement, acceptance, special time together during lunch, special handshakes, drum circles, and handwritten notes reading, "I'm so sorry you're hurting right now. I'm always here for you" is what created a discipleship with these three students.

I wish there was a way to explain the progress I see in these students in print form, but it just cannot be fully captured. There is no adjective to describe a child's face who is finally experiencing what a loving adult can be like. "Lighting-up" is probably the best I can do. The best part of this trauma-informed work is that the feelings are mutual. The teacher's face lights-up when these students finally show the confidence to lead a classroom activity. And my face lights-up when I hear, "Mr. Nathan, Mr. Nathan" from across the blacktop as these three students run toward me, hands extended, ready for our special handshakes.



*Nathan and Armando Duenas, Principal at Jane Addams Elementary School, the newest school to implement *It's About T.I.M.E.**

## JAZZY'S STORY

*This is an inspiring story told by Stevie McBride, LMFT from our Long Beach Outpatient program.*

Shy and reserved, two-year-old Jazzy walked into her new therapist's office a little uncertain. I knelt down, eye level and said, "Hi, my name is Stevie!" She stared, no smile, no laughter, not even a high-five. She ran behind her mother and hugged her leg. I told Cecilia, her mother, "I get it. She don't like beards." Cecilia laughed, and explained to Jazzy that I was the new therapist that she would be meeting with now. And that's where this journey with Jazzy begins.

Cecilia put their story all out on the table. She explained that she and her husband had lost custody of their only child due to drugs and weapons found in the home. Cecilia tearfully expressed her errors and how she realized she did not create a positive environment for Jazzy. She stated, "that was my wake up call." Cecilia received support from relatives to take care of Jazzy while she was allowed monitored visits. Jazzy was reserved and resistant, still exploring the whole process of what had actually happened. For the first few sessions, I could not get Jazzy to speak to me, but Cecilia expressed that she was more than capable.

It was in one session where Cecilia and I decided to play with Play-Doh without Jazzy that things began to change. Jazzy whispered in her mom's ear, "I want to play." Cecilia said, "You have to ask Stevie." Jazzy took one step, then a big jump toward me with the cutest smile and whispered, "Can I play with Play-Doh, too?" And that's when the magic began!

I explained to Cecilia the benefits of play therapy and how effective it would be in understanding what Jazzy may be feeling about everything that had occurred. From different transitions at home to becoming familiar with new faces. During our sessions, I provided a safe space for Jazzy to play and told Cecilia to feel free to join her to build attachment as well.

Cecilia has been Jazzy's backbone through the entire therapeutic process, while obtaining her own mental health services, parenting classes and being present for Jazzy every session for family therapy. Determined to right her wrongs, Cecilia has remained consistent, positive, and hopeful each and every session. As a result, Cecilia and Jazzy's bond strengthened every day.

Jazzy loved my toys in the office, but she continued to be resistant to involving me into her play circle. It almost felt as if I was working in the shadows, prompting Cecilia to work with Jazzy, but not fully engaging with Jazzy. I would talk, but all I would hear is Jazzy whispering to her mother. She would consistently ask to play with the toys, but that's the only interaction I received from her. I thought to myself, what could I use or possibly do to build more of a connection with Jazzy? Now I know this may sound very simple and elementary, but the light bulb turned on over my head: bubble blowing. Bubble blowing in a therapeutic setting is commonly used for younger kids to gain skills in deep breathing and relaxation. Learning how to slowly inhale and exhale air to expand a bubble is key in practicing this skill.

When I introduced the bubble blowing strategy in session, Jazzy became really excited, an excitement that I had not seen before. Jazzy's eyes became so bright and a full smile spread across her face. At this point, I became a professional bubble blower as all the bubbles wandered around my office. Jazzy trotted all around, clapping her hands attempting to pop every bubble.

Jazzy said, "Mommy look at the bubbles." I noticed immediately that Jazzy didn't whisper, and I and my professional bubble blowing talents had her attention. And then it was her turn to blow a bubble. Jazzy struggled the first couple of times. I encouraged Cecilia to guide Jazzy to help her blow a bubble. Before you know it, Jazzy was blowing bubbles all over my office. Suddenly, something happened that I didn't expect, Jazzy turned to me and said, "Stevie's turn to blow bubbles." In shock, I said, "Yes! Yes, it is Stevie's turn."

After this bonding experience, I am now able to have two-way communication with Jazzy where I can ask Jazzy about her feelings for the day, what happened in her day, and her favorite things to do with her mommy. Jazzy was able to have a sense of safety when coming into my office. Then I noticed that Jazzy felt that she was able to build trust in others by her simply saying, "Hi," and engaging with other children her age in the waiting area. Cecilia expressed that spending more time and using "play" helped Jazzy build that trust to decrease her fearful response toward others.

All that to say, Jazzy and her mom have been unified and have made great strides through family support, Department of Family and Children's Services, Cecilia's therapist Clinton Schmidt, LMFT and myself, Stevie McBride. Together we all worked to help the family process and make sense of everything that has happened over the past year. I am extremely proud of Cecilia and Jazzy. I'm also extremely thankful to work with a family, like Cecilia and Jazzy, that has persevered through their tough times. To witness how Jazzy has grown socially with me and others, reminds me that I'm more than a professional bubble blower, I'm a proud therapist that is in love with his job.



*Jazzy and Stevie McBride, LMFT during a session.*

# THANK YOU TO OUR DONORS!

The Guidance Center extends its deepest appreciation to the following individuals, corporations, and foundations for their generous support from October 1, 2018 to January 31, 2019.

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*(\$25,000.00 and above)*

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Brian Tracy  
Laura and Conrado Villafuerte



## JUSTICE LAB: COLLABORATING TO STOP RECIDIVISM AND CONNECT INDIVIDUALS TO HEALING SERVICES

In January 2018, The Guidance Center joined the **City of Long Beach Innovation Team's Justice Lab**, a first-of-its-kind pilot program that aims to help break the cycle of incarceration by providing tools to first responders who can divert individuals to resources and services. As a part of this unique program, a mental health professional from The Guidance Center is placed full-time in the jail to provide therapeutic services to assess the inmates, de-escalate mental health crises as they arise and divert individuals to care, including psychiatric hospitalization or community care.

Melissa Mojica, LMFT was selected for this role, and for the past year, has been providing these therapeutic services within the jail. In the first step of the intervention, she assesses an individual's mental health needs by having a conversation with him or her. Some people are in immediate crisis and will need to be hospitalized. Others may benefit from an outpatient approach upon release. Mojica works with the other collaborative agencies to develop a post-release plan that involves linking that individual to the appropriate supportive service, whether that's a drug treatment program, homeless outreach center or mental health agency.

This program was created in response to a study conducted by the City of Long Beach and the Long Beach Police Department that found the highest utilizers of the jail system are often people experiencing persistent challenges, such as mental illness, substance use, and/or homelessness, and committing low-level, non-violent offenses. Without connection to services and resources to address these challenges, these individuals continuously cycle their way in and out of jail.

As a result of this new program, individuals are being diverted to the hospital or 24-hour urgent care centers rather than jail. City prosecutors have a better understanding of the mental health issues of the defendants and can advocate for treatment over incarceration and individuals are being linked to community-based mental health programs. A Long Beach Police Department representative noted a change in how detention officers speak and work with inmates who are uncooperative, expressing a positive impact within the jail culture.

Seeing the successful impact, the City has approved the program to continue past its pilot stage. Over time, it is anticipated that there will be a decrease in recidivism amongst the inmates who received care.

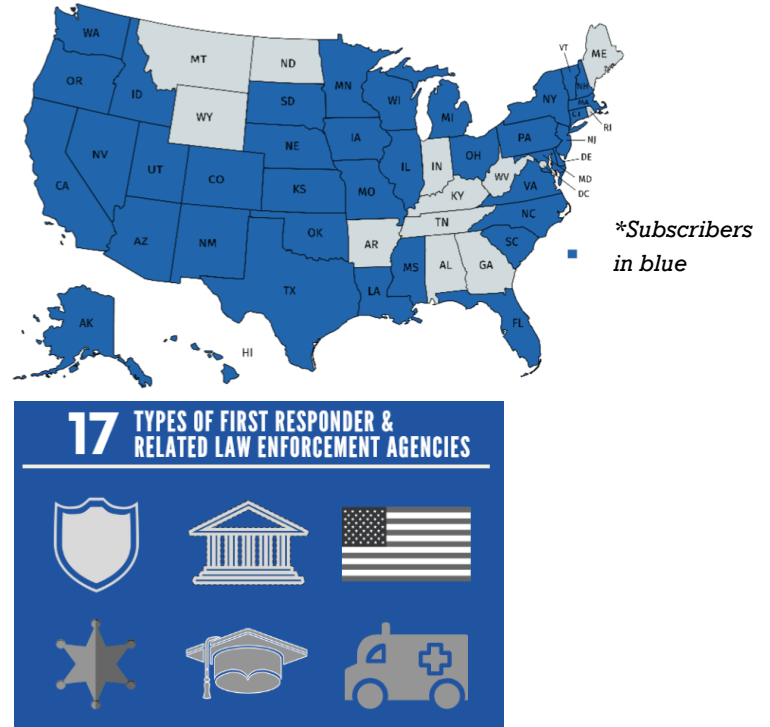


### Clinician In Jail Program

- Pilot Program: April to September 2018
- **297** Individuals Seen in Jail
- **106** Interactions with Clients
- **214** Referrals Provided
- **104** Repeated Contacts

LONG BEACH JUSTICE LAB

## ROLL CALL MENTAL HEALTH TRAINING VIDEOS RECEIVE GREAT REVIEWS



Last year, The Guidance Center in partnership with Los Angeles and Long Beach Police Departments and Los Angeles County Sheriff's Department developed a series of web-based training videos on mental health for any local or state law enforcement agency across the country to use.

The training videos were publicly launched in October 2018, and since then, the response has been well beyond anything we anticipated, with 200 departments already enrolled. The training videos have received great reviews, too! This is what law enforcement is saying about them:

*"These videos show cops putting their tools and experience to work! The tips make mental health contacts not so challenging and safer when you know what to look for." - Erik Rueppel, San Mateo County Sheriff's Office*

*"I feel confident in approaching a mental health related situation and now better understand what to look for and what to say." - Norma Gonzalez, Los Angeles County Probation Department*

*"Thank you for seeking funding opportunities and offering free access to the videos to law enforcement. The concept of the Roll Call Mental Health Training videos are terrific. The explanations are short and to the point." - Araceli Esparza, CSU Chancellor's Office (oversees California State University campus police departments)*

*"They are simply AWESOME tools for the LASD! We made it mandatory for every patrol station to view each video in the series – one each week. My team goes to patrol briefings and reinforces the points made in each video. We hope to feature the videos at larger training classes later this year." - Lt. John Gannon, Mental Evaluation Team, Los Angeles County Sheriff's Department (LASD)*

Any law enforcement agency across the globe can access the videos for free at The Guidance Center's website: <https://www.tgclb.org/roll-call/>.

Thank you to The Ahmanson Foundation for making it possible for us to offer this valuable tool at no cost to law enforcement.

# THE WHOLE CHILD PROGRAM – ACHIEVING BETTER QUALITY OF LIFE

**By: Lauren Ford, PsyD, Clinical Psychologist of The Whole Child program**

It has been an exciting year for The Whole Child (TWC) program, which includes our groundbreaking partnership with Miller Children’s and Women’s Hospital. Our newly-minted program’s name reflects our dedication to provide a “whole child” approach to improving the well-being of children, adolescents, and young adults with complex healthcare needs. This specialty program is unique to The Guidance Center, and is the only one of its kind in the South Bay area. TWC’s staff of community psychologists has advanced training in the intersection of mental health and complex medical conditions. Because of this focus, TWC creates access to specialized services that are typically only provided in a hospital setting.

TWC psychologists help youth and their families by teaching them how to manage pain, anxiety, and depression; and how to adhere to prescribed medical care. In addition, they work in coordination with clients’ other providers as a part of their multidisciplinary healthcare team. TWC psychologists also provide support, debriefing, and education to medical staff at Miller Children’s and Women’s Hospital aimed at decreasing the stigma around mental health concerns and increasing medical provider resilience.

Additionally exciting is our expansion and ability to accommodate more consultations and staff support/education requests at Miller Children’s and Women’s Hospital and, most recently, outpatient treatment requests at The Guidance Center. We now have an additional full-time licensed psychologist and two postdoctoral fellows providing highly specialized, field-based mental health treatment for these youth and their families.

Here’s what we were able to accomplish in the 2018 calendar year:

Patients seen at Miller Children’s Hospital	196
Total patient encounters at Miller Children’s Hospital	389
Educational Presentations to mental health and medical staff	11
Medical Staff Support Sessions	51
TWC Outpatient referrals received	76



*Dr. Lauren Ford meets with a client and his mother at Miller Children’s and Women’s Hospital.*

## COMPTON IS THANKFUL AND REFLECTS ON WHAT'S AHEAD

**By: Tiffany Dawson, PsyD, Program Manager at Compton clinic**

Kind Adopt-A-Family donors made the holidays brighter for 13 of our families by fulfilling their wish lists. Thanks to Food Finders of Long Beach, we were able provide another 10 families with a Thanksgiving meal. Our families were so grateful for this generosity. Our clinicians had a great time facilitating the holiday giving from these supporters.

Now in 2019, we have lots of exciting projects we are working on in the community. In February, we hosted several parent workshops for the Lynwood School District including a presentation on Depression and the Danger of Social Media and Cyber Bullying. We are continuing our collaboration with the Paramount, Compton, and Los Angeles Unified School Districts to improve access to care for their students. Our clinicians are participating in a series of trainings on the Attachment, Regulation and Competency (ARC) Framework to develop their skills in treating our most complicated cases experiencing chronic trauma. Finally, our team is collaborating with the Association of Community Human Service Agencies (ACHSA) and Department of Mental Health (DMH) to advocate for level of service outcome measures that are best suited for our highest need clients. 2019 is already off to a busy start, but we are excited about our future!



*Compton's Program Manager, Tiffany Dawson, PsyD, picks up the turkeys and food kits generously donated by Food Finders.*

## LONG BEACH OUTPATIENT CELEBRATES CHANGE AND NEW INITIATIVES

Long Beach Outpatient (LBOP) is embracing change and opportunities for growth as we begin this 2019 year. One exciting change is the promotion of Angelina Palma-Williams, LCSW as Program Manager in LBOP. Angelina has been with The Guidance Center for more than 10 years in the Long Beach School Based Program where she started as an intern while in her MSW program.

Valerie Wilson-Lindberg, LCSW, RPT-S, a supervisor in LBOP, presented a continuing education workshop, titled "The Eye of the Tiger: Understanding and Responding to Aggression and Death in Therapeutic Play," at The Guidance Center during play therapy week. Mental health professionals from The Guidance Center and other agencies attended this training to gain enhanced skills and approaches to providing therapy to children. Play therapy is a widely recognized approach to mental health treatment with children because it is believed that play is the language that children use to communicate. The workshop provided an overview of how a therapist might respond in a play therapy session (use of self, tracking responses and verbalizations) that may assist in managing challenging behaviors, while creating safety and giving voice to the child's underlying emotional needs.

In addition, LBOP has celebrated several therapists as they completed their hours and became licensed. This is an important professional milestone for a therapist because it signifies that they have gained substantial experience in providing direct mental health care for children, families, and adults across many areas of mental health needs.

Lastly, as a program, LBOP provided expert mental health insight for a podcast regarding self-deprecating humor for a Renaissance High school student project. LBOP is also working with One Generation, a non-profit that hosts support groups for grandparents in the role of parents, to bring this resource to the caregivers of the clients we serve at The Guidance Center.

## CLIENT HOLIDAY PARTY 2018

In December, we held our annual Client Holiday Party at our Long Beach headquarters! The celebration is held every year for the children and families from all our clinics to enjoy time together and get in the spirit for the holiday season. Our staff took on the role of Santa's elves and transformed our lobby into a winter wonderland with a fresh tree trimmed with glittery ornaments of blue, white and silver for the festivities.

The event featured various activities for the children and their families. Many loved the craft-making stations where children could make ornaments or pictures frames. There was also a station to decorate their own cookies! Santa even made a surprise visit, and sat for lots of sweet family photos.

We would like to thank to our staff and volunteers for joining in to spread cheer to our clients during this celebration!



## ADOPT-A-FAMILY EXPERIENCE FROM SUPPORTERS (CONT'D)



*SHI staff (LA team) dropping off gifts for their adopted family to The Guidance Center's Development team.*

"We are a close knit team and when we suggested to collectively participate, for me personally it meant a lot. I know first-hand what it's like to grow up with very little, raised on welfare, and my parents not really around since they worked long hours in the garment industry. When I was a teen, it was hard to look into the future, but I want to reassure [the children of our adopted family] that things will get better and people do genuinely care.

What was humbling about their wish list were simple requests ...basic necessities to help get them through a rough patch in their lives. It was amazing to see our office come together with input, have fun shopping, gift wrapping, and finally delivering them in time for Christmas."

**- David Doem on behalf of LA Team of SHI International Corp.**

*Continued on page 14*

## ADOPT-A-FAMILY EXPERIENCE FROM SUPPORTERS (CONT'D)



“Our company has been adopting a family for the last 5 years and we continue to do so because the act of giving is a much better feeling than receiving. These families are in more need than most of us and it only makes sense to help others when they are in need.” – **Anh Do of Robert Half Torrance**

“We adopted because of personal experience with a similar program. Many of us know from personal experience what it is to not have much, especially during the holidays. Our Founder and friend, Dr. Michael Zareski, was the most generous and selfless person any of us have ever known. He did so much for everyone he came in contact with. So in continuing his legacy, we wanted to give to others as he has for so many.” – **Shanna Zareski of Western Veterinary Group**

“It just felt right. I may not have a lot to give, but if I can help make someone's holiday more special then I wanted to do that. Christmas is my favorite time of year, it means a lot to me, so I decided to adopt a family this year and I hope to continue in the future.” – **Haley Stickler**

“Giving to others that have harder lives can make a world of difference. We may not have a lot, but there's always enough to share.” – **Luis Rodriguez (The Rodriguez Family)**



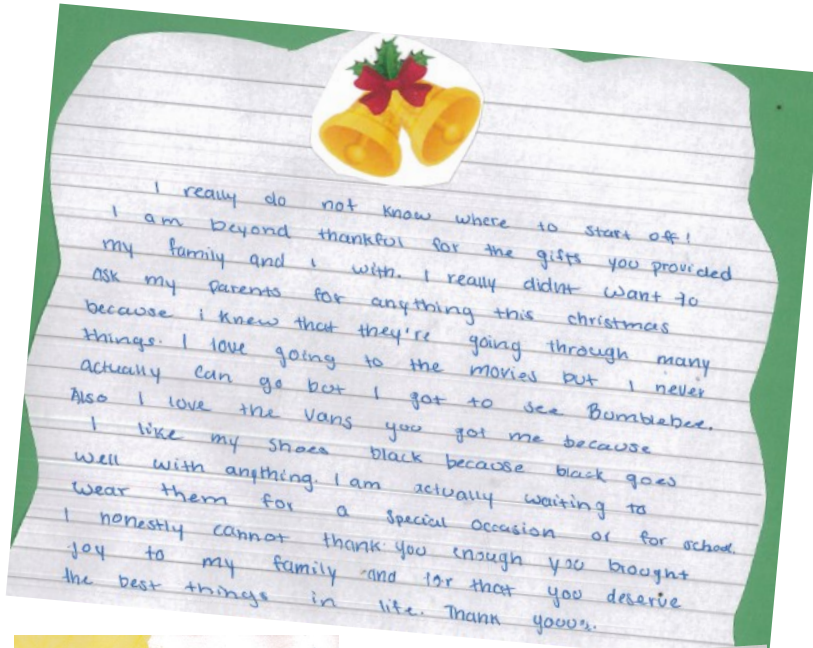
“This was our family's first year participating. We decided we would do less for each other and ourselves and include giving to others this season. The best part was including our three young children in picking out gifts for this family. We would call the people we were shopping for "our family" and our children loved that. It was a great way to spend the holiday season reminding ourselves to be giving and grateful. Our 6-year-old reminded us throughout the season, even way after dropping off the donations, that "we need to think of other people before ourselves especially at Christmas time.” – **Amy Delk (The Delk Family)**



“I make it a point every holiday season to remind myself of what this time of 'giving' means to me. This year I saw The Guidance Center pop up as they facilitate an Adopt-A-Family program, I'm confident in my fitness community here at Groundwork Fitness, we are a strong bunch who have compassion for those in need. I discussed this program with my Groundwork Fitness family and naturally everyone was excited to help. We hope it helps a family feel like they have community love here in Long Beach.” – **Gio Ferraro of Groundwork Fitness**

“The process was easy to follow and fulfilling. I experienced a similar hardship growing up and was ecstatic to be in the position to be able to give back. I almost cried as I was shopping for the gifts. I am an only child but wanted to adopt the largest size family available to help make an impact.” – **Susan Lieu West and Terence Chan**

# FROM THE ADOPTED FAMILIES



Dear Donors,  
Thank you! I appreciate everything you gave to us. All the children were very happy. On behalf of me and my wife, we can't thank you enough for the joy you gave us this Christmas.

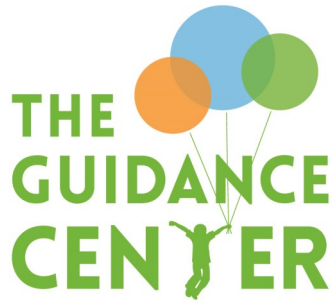


I like the presents  
So much, thank you.  
I had the best  
Christmas.



# THANK YOU TO OUR 2018 DONORS

- |  |  |
|--|--|
| Susan and Brian Adam                                       | Donna Mendez and Mark Spiegel  |
| AEG Sup-tations  | Mira Costa's<br>Share The Care Club  |
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| Maya L.  | Dawn Vo-Jutabha  |
| The Ladies of Candleberry Ave                              | Bonny and Jim Walsh  |
| Stephanie Laverty<br>and Craig Martin                      | Water Replenishment District of<br>Southern California                               |
| Long Beach Memorial Medical<br>Center - 5th Floor          | Susan Lieu West<br>and Terence Chan  |
| Long Beach Poly High School's<br>Female Leadership Academy | Western Veterinary Group   |
| Long Beach Unified<br>School District                      | Jerry Wilson, LMFT<br>and Sarah Leyba  |
| The Lopez Family   | Donald Wing, PhD<br>and Bonnie Nash  |
| Mei Louie  | The Wooden Family  |
| Litha and Luis Maimoni                                     | The Young Family   |
| Jan and Jerry Maize  |  |
| Betty Martin   |  |
| The Martinez Family  |  |



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5.16.19



**IT'S ABOUT T.I.M.E. SOCIAL HOUR**

Join us for a social hour at Liberation Brewing Co in Long Beach to benefit The Guidance Center's Trauma-Informed Program at LBUSD schools.

Thursday, May 16 | 5:30 pm - 7:30 pm  
3630 Atlantic Ave  
Long Beach, CA 90807

**SPONSOR:**  
[BIT.LY/SOCIALHOURSPPONSOR2019](http://BIT.LY/SOCIALHOURSPPONSOR2019)  
**TICKETS AVAILABLE SOON!**

9.14.19

**SUNSET SIP 2019**

Saturday, September 14  
6:30 pm - 10:00 pm

**HOTEL MAYA**  
A DOUBLETREE BY HILTON

**THANK YOU TO OUR STAFF CONTRIBUTORS!**

Tiffany Dawson, PsyD  
Lauren Ford, PsyD  
Stevie McBride, LMFT  
Angelina Palma-Williams, LCSW  
Dawn Vo-Jutabha, PhD

**WANT TO STAY INFORMED?**

Sign up for our monthly eNewsletter to stay up to date with latest agency happenings, community events, and resources. Send your email and name to [mlouie@tgclb.org](mailto:mlouie@tgclb.org).