

Organic Group Work with Kids



"How do you get kids to eat vegetables?" Now that's a question that baffles most parents. But at North Shore Child & Family Guidance Center, we've got the answer. In the backyard of the agency, behind the kitchen, stands a raised organic garden bed that boasts arugula, kale, swiss chard, tomatoes, string beans, radishes, zucchini, and carrots. On Monday evenings, the garden is weeded, watered, and harvested cooperatively by a group of kids, students, parents and workers, who are all participants in the agency's Family Advocate Support Group. And on Saturday mornings, the garden is tended by adolescent members of the agency's Wilderness Program before they embark on challenging hikes at Caumsett or Harriman State Park.

The families of the Family Advocate Support Group are enriching their already full lives as kids, students, parents, workers, etc. They have now earned the badge of local farmers, and in so doing, have put a new spin on the popular phrase "farm to table." In June, under the guidance of Heather Forest and Larry Foglia from the Fox Hollow Farm in South Huntington, the group planted the seedlings and seeds that sprouted into a variety of crops growing in the organic vegetable bed at the Center.

The Family Advocate program begins the evening inside the Center, with several talking and activity groups for children and parents. Following the group meetings, the kids run outside to see what is ready to harvest and bring into the agency kitchen, where they and their parents bag up the fresh produce to bring home. Doing so always produces some lively discussions between families about how they are using the produce and what new



recipes they can learn from each other. The kids taste veggies, like radishes, string beans, and arugula, which would most likely earn a sour face and a refusal to try if they hadn't "grown it themselves." Pride in ownership can be a wonderful thing!

The "greening" of the Family Advocate Program and the Wilderness Program was made possible by the philanthropic support of the Levitt Foundation in New York City. Our participants learn about organic gardening, nutrition, and the danger of pesticides. Some of our members are immigrant families, and children and parents can bond as the kids learn about the rural gardening experiences of their parents' childhood in their native countries.

North Shore Child & Family Guidance Center

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The mission of North Shore Child & Family Guidance Center is to restore and strengthen the emotional well-being of children and families.

See Organic Garden continued on Page 2

A Note from the Executive Director



For decades, there have been many great people who have been loyal supporters of the Guidance Center. One such person is Nassau County Supreme Court Justice Sondra Pardes. We honored Judge Pardes this past spring at our annual Achievement Luncheon. I thought I would share the remarks she gave that day to offer insight from someone who has the perspective of many years on the local scene.

"I am rarely at a loss for words, but ever since [I was asked] to be honored at this luncheon, I have been struggling to find a way to describe my feelings about being selected for an honor by an organization for which I have such strong affection and regard.

In 1968 I received my social work degree and I went to work for a wonderful clinic in Manhattan dedicated to the treatment of adolescents. Shortly after moving with my family to the Town of North Hempstead in 1974, I began to look for ways to become involved in my new community.

One day I was invited to a meeting in a lovely home in Searingtown and I was introduced to a wonderful group of women. That afternoon, I learned about the North Shore Child Guidance Center from a dynamic group of women who were working to build support for this agency.

A few days later, I made my way to the agency on Northern Boulevard in Manhasset to meet with [then executive director] Marion [Levine], and soon after that I became a member of the Board of Directors of North Shore Child Guidance Center. As a board member, it was my pleasure and privilege to work with an extraordinary group of talented and dedicated professionals and volunteers

committed to identifying the mental health needs of families and children in our community and to creating programs to meet those needs.

Over the following years I went to law school and established a practice in matrimonial and family law. In 2002 I was elected to District Court and since 2013, after my election to Supreme Court, I have been assigned to the Matrimonial Center where I preside over cases involving divorce, child custody and parenting issues.


Most of my professional life and my community activities have been centered around issues affecting families and children. In my work as a therapist, lawyer, criminal court judge, and now as a judge in the Matrimonial Center, I have witnessed the devastating consequences of the breakdown of family structure and coping mechanisms. Many of the agencies we turn to for support and assistance have been crippled because of the dwindling resources available to meet the increasing need for services.

That is why the North Shore Child and Family Guidance Center is so remarkable. In the face of these challenges, the agency has continued to grow— to expand its services to children and families to restore and reinforce their emotional well-being and to educate and strengthen our community through innovative programs.

These are the reasons why I am so grateful to have this opportunity to publically thank and honor the dedicated and talented professionals of the North Shore Child and Family Guidance Center and its remarkable board of directors.

Thank you for your wonderful work."

Thanks Sandy!



Andrew Malekoff
Executive Director / CEO

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The hands-on experience of planting, weeding, watering, and harvesting engages kids in activities of mutual aid, as members assist each other in accomplishing the task at hand. Kids who struggle in classroom settings and have difficulty expressing themselves verbally can take pride and feel empowered in their valued interaction with peers as they tend to the garden. And then, in the evening when the family sits down for dinner—Bon Appetite!

The Family Advocate Program offers support services to the families of at-risk youngsters through weekly group meetings, consultations, and individual family services. The program is staffed by Family Advocates, all of whom are parents who have raised youth with social, emotional and/or behavioral disorders, and have first-hand experience negotiating the issues of various child-serving systems in Nassau County in an effort to secure appropriate services for their children.

The Wilderness Program is a Saturday program of outdoor hikes, organic farming, and conservation activities for at-risk adolescents. The program emphasizes outdoor activities as a gateway to mastery of social skills and youth empowerment.

Group Work with Adolescents

The third edition of Executive Director Andrew Malekoff's *Group Work with Adolescence: Principles in Practice* was released by The Guilford Press in July 2014. The original edition was published in 1997 and has been in great demand ever since. Following are three early reviews of the third edition:

"Malekoff speaks directly to the adolescent group worker who is willing to push back against the assumption that life is simple and teenagers are complicated. He recounts the truth about what it is like to give yourself over to a group of teenagers, ingeniously describing the combination of dynamic energy (chaos and mess), interpersonal banter, and creativity (poetry, music, dancing) that actually takes place when you leave your ego at the door. Page after page, Andy walks the walk and keeps it real. Each chapter provides a combination of inspiration, understanding, and creative possibilities—just what adolescent group workers need."

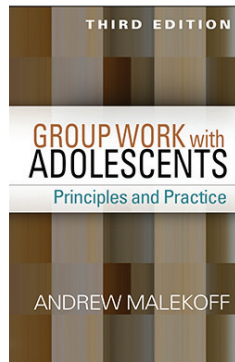
—Katrina Skewes McFerran, PhD, Head of Music Therapy,
University of Melbourne, Australia

"Writing with eloquence, artistry and heart, Malekoff takes the mystique out of group work. This is the best book I have read about how to engage and build trusting relationships with adolescents. The third edition masterfully describes how to integrate mindfulness into group work, among other new topics. It is perfect for new practitioners and will rekindle the creativity of those with extensive experience. Malekoff brings practice to life in this book."

—Ariel Allena Botta, MSW, LICSW, Director of Group Psychotherapy,
Department of Psychiatry, Boston Children's Hospital

"A standard text for teaching about group therapy with adolescents. There are many clinical examples. The book is extremely well written and fun to read."

—American Society for Adolescent Psychiatry Newsletter



Dr. Sue Cohen to Lead Marks Family RFTS Center



Dr. Sue Cohen, a long-time member of the staff of the Guidance Center, has been named as the Director of the Marks Family Right from the Start 0-3+ Center. Dr. Cohen, a child psychologist, will retain her position as the Director of the Learning to Learn Program. According to Executive Director Andrew Malekoff, "Dr. Cohen is highly respected by all of our staff and community partners. I am confident that her leadership will help to advance our work with young children and families."

Welcome to Our New Board Members

Jacqueline Bushwack



Jacqueline (Mecchella) Bushwack is an attorney at Rivkin Radler LLP in the firm's

Health Services and Product Liability & Toxic Tort Practice Groups. She is involved in the defense of a wide variety of cases including pharmaceutical litigation, medical and dental malpractice, nursing home negligence, toxic tort, and general liability cases.

Jacqueline has been a member of the Guidance Center's Business Advisory Council for a number of years and currently serves as the Council's co-chair. She and her husband, Michael, reside in Seaford.

Diane Gross



Diane Gross has lived in Woodbury for the past 30 years. She has 2 sons, Bradley

and Matthew, who along with her husband, Michael, work at their family business, H.L. Gross and Bro. Jewelers in Garden City. She now works part-time in the business and enjoys yoga, tennis and playing with her new grandson, Jackson. In 2013, Diane and Michael and their sons were honored by the Guidance Center at its 60th Anniversary Diamonds & Dancing Gala.

We've Been Busy

2014 Achievement Luncheon



The annual Achievement Luncheon took place on April 24 at The Royalton at Roslyn Country Club. This year's honorees were the Honorable Sondra Pardes, New York Supreme Court – Nassau County, and the Nassau County Criminal Courts Bar Foundation. Cynthia Lorena Gamarra, a former client who is now a yoga instructor at Equinox, was our guest speaker and Gary Axelbank of Bronxnet Community Television and Monroe College served as emcee.

Martin Viette Nurseries hosted a plant sale and a percentage of the proceeds were donated back to the Guidance Center.

Our Community Action Committee encouraged luncheon guests to bring donations of new items for the babies and moms involved in the Center's Good Beginnings for Babies Program. Gift baskets were assembled and presented to the moms for Mother's Day.

Jonathan Krevat Memorial Golf & Tennis Classic



On June 16, North Shore Child & Family Guidance Center hosted its annual Jonathan Krevat Memorial Golf & Tennis Classic at The Creek in Locust Valley. The

event raised more than \$155,000. This year's co-chairs were Jack Bransfield (Consultant, Bethpage Federal Credit

Union) and Michael Schnepfer (Rivkin Radler LLP).

The Guidance Center would like to thank honoree, Anthony Barbiero, Esq., Managing Partner, Bartlett, McDonough and Monaghan, and our sponsors and underwriters: Americana Manhasset, Albanese Organization, Executive Fliteways, Physicians' Reciprocal Insurers, Bahnik Foundation, and Bartlett, McDonough & Monaghan, LLP.

Congratulations to our winners: Tennis–Louis Gordon and Troy Slade; Team Low Gross–Anthony Barbiero, Mike Smith, Kevin Delaney, Pat Fogarty; Team Low Net–Greg Blair, Jack Enright, Dan Donnelly, Gerard Loughran; Closest to Pin–Jerry Loughran; Straightest Drive–John Bransfield; Longest Drive–Sabrina Roszco and Tony Calabrese.

61st Annual Meeting

The Guidance Center's 61st Annual Meeting was held on June 10. The following awards were presented: Distinguished Service Award – Paul Vitale; Distinguished Partner Award – Karen A. Ellis and Dr. Carmine J. Scerra; Public Service Award – Dr. James R. Dolan, Jr.; Staff Awards – Debbie Kasimir and Paul Tripodi; 25 Years of Outstanding Service – Tyrone Anthony, Regina Barros, Pat Byrnes, Lee Holtzman, Anne Moraski, Dr. Nellie Taylor-Walthrust.

Jacqueline Bushwack, an attorney at Rivkin Radler LLP and Diane Gross of Woodbury were elected to the Board of Directors and board member Alexis Siegel was named as a Vice President.



National Night Out

More than a thousand community members turned out for National Night Out 2014. North Shore Child & Family Guidance Center, in conjunction with the Town of North Hempstead and the New Cassel/Westbury Community-Wide Partnership, once again served as the lead agency for the event held at Martin (Bunky) Reid Park, in New Cassel, on Tuesday, August 5, 2014.

This year's theme was "Parents Help Children Grow." Co-chairs were Robin Bolling and Gennie Vann, Community Representatives who worked alongside Dr. Nellie Taylor-Walthurst, Leeds Place Director and event organizer.

National Night Out, America's Night Out Against Crime, is sponsored by the National Association of Town Watch and supported by the U.S. Office of Justice Programs. It is designed to: (1) Heighten crime and drug prevention awareness; (2) Generate support for, and participation in local anti-crime initiatives; (3) Strengthen neighborhood spirit and police-community partnerships; and (4) Send the message that neighborhoods are organized and fighting back. National Night Out is the culmination and 'celebration' of the collective work by local residents and organizations for the community.



Ladies Night Out



More than 60 participants joined the Community Action Committee for a great evening at the Equinox in Roslyn on July 26. The yoga and bootcamp classes were terrific and guests took advantage of blowouts by nuBest, make up tips from Estee Lauder, Chanel, and Bobbi Brown representing Lord & Taylor Manhasset, and delicious treats from Wat Chu Wan Wonton.

For more information about our Community Action Committee, please call Amy at 516 626 1971 ext. 320.

Email Updates

If you would like to receive our email updates, please email us at **development@northshorechildguidance.org**.

If you do not wish to receive future mailings, please call 516 626-1971, ext. 337 or email us at **development@northshorechildguidance.org**.

 Visit us on Facebook.

Closer to the Crib

The Guidance Center is pleased to announce that it has been awarded a grant for \$100,000 from the Nassau County District Attorney's Office for Closer to the Crib, a program designed to support positive developmental outcomes in pre-natal to 3-year-old children of criminal offenders.

Research shows that these children face greater emotional, economic, and residential instability than their counterparts. Given an increased risk for aggressive, anxious and depressive behavior, as well as their suffering the consequences of unmet material needs, a program designed to help them to access age-appropriate social services is essential.

The primary goal of Closer to the Crib is to help families build a solid foundation for positive relationships, learning, behavior, and health, leading to stronger and more resilient individuals and families, and safer and healthier communities. Through the careful development of (1) family service plans and (2) consistent ongoing monitoring, Closer to the Crib will promote healthy brain and emotional development and mitigate risk in families where one or more parents are criminal offenders. Supporting a healthy environment and reducing the effects of toxic stress will reduce the likelihood that these children will become involved with the criminal justice system later in life.

Another goal of Closer to the Crib will be to assure healthy birth outcomes for the babies of pregnant women through culturally sensitive outreach, family support, psycho-education, health and mental health support.

The home base for Closer to the Crib will be the Guidance Center's Westbury office—The Leeds Place—Serving Young People, under the direction of Dr. Nellie Taylor-Walthurst.

Please consider supporting the Guidance Center through our Annual Fund

The Annual Fund is our "lifeline", composed of unrestricted funds that can be used when and where they are needed most.

It's easy. You may make your donation in one of three ways:

- Online at www.northshorechildguidance.org
- By mail: Make checks payable to NSCFG and mail to NSCFG, 480 Old Westbury Road, Roslyn Heights NY 11577
- By phone: call 516 626 1971 ext. 337

Thank you for your support.

Support the Guidance Center with AmazonSmile

AmazonSmile is a simple and automatic way for you to support the Guidance Center every time you shop, at no cost to you. At smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization.

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In Honor, In Memory, or to Celebrate

Gifts to NSC&FGC can be made to honor or remember a loved one, a friend or to commemorate a special occasion. Make your online gift at www.northshorechildguidance.org or by mail to the Development Department, NSC&FGC, 480 Old Westbury Road, Roslyn Heights, NY 11577 or call (516) 626-1971 x-337 for more information. Don't forget to include your name and address and the name and address of the individual for whom you are making the donation.

IN HONOR OF

Jan Ashley – Ann Middleman
Arlene Blau – Helene Fortunoff
Stephanie Boulé – Heidi and Jason Salzman
Amy Cantor – Joanne Silverman, Jane and Matthew Tucker
Ruth Fortunoff Cooper – Paige and Andrew Charles, Sharone and Rich Gilbert, Isidore Mayrock, Joanne Silverman, Sandra Weingarten, Rachel Zuckerbrot
John Grillo – Graeme Bulmer and Joseph Rojas, Lynn and Bill Martin
Ross Harris on his swearing in as a Family Court Judge – Leslie Stern
Jo-Ellen Hazan – Barbara and Murray Hazan, Isidore Mayrock, Diahn and Thomas McGrath, Rita and Gregg Solomon
Lucille Kantor – Jennifer Carpenter Low
Mitchell Klipper for Father's Day – Eileen and Melvin Klipper
The Krevat Family – Linda Melnick and Alan Hirschorn
Nancy Lane – Gay Schmergel
Jodi Rose – Helene Fortunoff
Jane Schwartz – Diana and Ronald Ezring

Linda Seaman – Fred Colin
Alexis Siegel – Fara and Richard Copell, Stephanie and Todd Greenberg, Susan and Mark Nevins
Ryan Siegel's Bar Mitzvah – Hillary and Samuel Fox
Troy Slade – Michael Librett, Ruth and Michael Slade
Dr. Nellie Taylor-Walthrust – Gale Wiener

IN MEMORY OF

Jacqueline Adler – Ginny and Bob Glasser
Caroline Angerame – Susan and Jeff Krevat
Edward Beaubrun – Dale and Andrew Malekoff
Betty Brill – Marcia and Ed Anderson, Richard Anderson, Lauren Diamond, Laurie Friedel, Adam Gabel, Ronnie Getz, Susan and Mark Goldberg, Ellen Ham, Glen Hauenstein, Marshall Huebner, Susan Judson, Leslie Klemperer, Marion and Irving Levine, Mark London, Jennifer and Richard Malahowski, Michael Saul, Gregory Tahvonen
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Phil Isaacson – Amy and Daniel Cantor, Deirdre and Larry Cohen, Lori and Eric Friedman, Lauren and Lenny Stern
Sid Levine – Terry and Joel Brown, Marion and Irving Levine, Bella and Ben Tannenbaum
Marilyn Melkin – Ginny and Bob Glasser
Salvatore Mirabito – Dale and Andrew Malekoff
Billy Poffenbarger – Staff of Executive Fliteways
Jordan Rosenow's Father – Andrea and Michael Leeds
Arnold Ross – Helene Fortunoff
Carlton Walthrust – Dale and Andrew Malekoff
Anna Belle Zaccone – Susan and Jeff Krevat

Grants

- **Simon and Eve Colin Foundation**—\$4,000 for General Support
- **Greentree Good Neighbor Fund**—\$10,000 for Drug & Alcohol Services
- **Hagedorn Foundation**—\$15,000 for the Children's Center at Nassau County Family Court
- **Janet and John Kornreich Charitable Foundation**—\$40,000 for Latina Girls Program
- **Levitt Foundation**—\$12,500 for the Wilderness Program (see cover page for details)
- **Marcie Mazzola Foundation**—\$1,000 for General Support
- **New York Community Bank Foundation**—\$7,500 for General Support
- **St. John's of Lattingtown**—\$1,000 for General Support
- **The Donald and Barbara Zucker Family Foundation**—\$10,000 for General Support
- **Nassau County District Attorney's Office**—\$100,000 for Closer to the Crib (see page 6 for details)

NORTH SHORE CHILD & FAMILY



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An Evening of
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EMCEE: LEN BERMAN *Sportscaster/Author*

AUCTIONEER: GREG BUTTLE *Former All Pro*
Linebacker, NJ Jets/Color Analyst, Jets Radio Network

FOR INFORMATION
CALL 516 626-1971, EXT. 310

NOVEMBER 1, 2014 ~ **GARDEN CITY HOTEL**