

Pathways Through Adversity



North Shore Child & Family Guidance Center

480 Old Westbury Road
Roslyn Heights, NY 11577-2215
tel: (516) 626-1971
fax: (516) 626-8043
www.northshorechildguidance.org



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

On June 15, North Shore Child & Family Guidance Center hosted the annual Jonathan Krevat Memorial Golf & Tennis Classic at The Creek in Locust Valley. The event raised more than \$230,000—all of which will go toward supporting the many innovative programs and services of the Guidance Center. (You can read more about the event on page 3.)

One of our honorees, Michael Duffy, a managing partner at law firm Duffy & Duffy, gave a heartfelt speech about why he is so committed to being a supporter of the Guidance Center's work. Below is an excerpt:

"Each of us experiences, in small doses, the societal ills that the Guidance Center addresses every day. Our own experiences with these issues often overwhelm us, but Andrew Malekoff and the staff at the

Guidance Center keep going and help so many people.

At Duffy & Duffy, we have the privilege of representing many children injured, sometimes severely, through no fault of their own. Our children and their families come to us at some of the lowest and most stressful times in their lives. The loss of independence and planned futures can be devastating to a child. The stress of raising a child with severe, life-altering injuries can literally devastate a family, leading to alcoholism, drug dependence and disheartening rates of divorce as parents struggle with feelings of guilt and blame as well as responsibility and fear for the future.

These are the realities of families impacted by catastrophic injuries—realities that many special interest groups ignore in the propaganda designed to take away the rights of these children and families—rights those same people would never give away for their own families and children.

The challenges faced by our children and families are a microcosm of the much wider problems faced in society and tackled by North Shore Child & Family Guidance Center. The world we live in is replete with problems.

One out of every 5 people on earth is a child at risk. This is not, however, some problem limited to the third world. It is a problem in our own backyard.

- Nearly 100,000 public school students were homeless in 2011.
- 20% of public high school students will not graduate high school on time.
- In 2012, 1 out of 5 children lived in households without access to adequate food.

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A Note from the Executive Director



Get Kids Talking About Taboo Issues

The last few months have been a dramatic time in our country, highlighting both the incredible strides we have made as a nation and also how far we still have to come.

Supporting Martin Luther King Jr.'s oft-quoted statement that "the arc of the moral universe is long, but it bends towards justice," the Supreme Court ruled that same-sex couples could marry. In another landmark decision, the Court deemed that policies that segregate minorities in poor neighborhoods, even if they do so unintentionally, violate the Fair Housing Act. Both rulings are cause for celebration.

But, as we all know, recent news has shown that bigotry and hatred are alive and well in this country. The heart-breaking church shootings in June of nine black parishioners in Charleston, S.C. at the hands of 21-year old Dylann Roof have rekindled national dialogue on racism—a problem that isn't relegated just to the South.

Watching the news, I couldn't help but vividly recall a meeting I had with a group of Long Island teenagers in the immediate aftermath of the Columbine High School shootings in Colorado. The group talked about their feelings regarding profiling and stepped-up security in schools and in the community. One group member, Carlos, recalled an incident when he was stopped by a police officer who asked to check his arms.

"He was looking for gang tattoos. He thought I was MS 13," Carlos explained, referring to a notorious criminal gang. Carlos slowly pulled his shirt sleeve back across his forearm

as if back in the moment. "I told him, 'First, of all I'm Salvadorian and proud of it. Second, I'm not a gang banger.'"

A week later, Carlos saw the same police officer at his restaurant job, where the teen works as a maitre d' and wears a tuxedo. "He looked me over and seemed really confused," said Carlos. "I smiled and said to him, 'See, I'm the same person.'"

Studies have shown that the impacts of racism on teenagers are widespread. Teens who experience racism have been found to have higher levels of mental health problems such as depression, anxiety and low self-esteem, along with more long-term health issues such as high blood pressure and obesity. Similar statistics hold true for gay teens who have suffered from bias based upon their sexual orientation.

Facing these enormous challenges creates a bleak picture when it comes to the teens' ability to receive a proper education, get good jobs or engage in life-affirming behaviors that benefit not only themselves but society at large.

But those of us who have the privilege of working with teens in schools, community centers and other arenas have the unique opportunity to help them address diversity and racism frankly and honestly. Within group settings, we can encourage healthy discussions about the typically taboo areas of race, ethnicity and sexual orientation, exposing beliefs that influence their perceptions and behaviors in the world outside of the group.

Presently, we all face the sad possibility of seeing a dramatic erosion of empathy and loss of community as a result of the struggle for economic survival. We cannot afford to allow the development of empathy for others to slip away from our youth in the process. As adults, we must do all that we can to help young people confront the issues surrounding diversity openly, honestly and safely. Our survival and humanity depend upon it.

Andrew Malekoff

Dr. Taylor-Walthurst Named to Governor's Advisory Council



The Guidance Center is proud to announce that Dr. Nellie Taylor-Walthurst, Leeds Place Director at the Guidance Center, has been named by the Governor to serve on the New York State Advisory Council on Underage Alcohol Consumption and Youth Substance Abuse.

The Advisory Council is charged with studying incidents of underage consumption of alcoholic beverages and youth substance abuse; analyzing existing responses by government, including criminal justice entities, to such abuse; conducting public hearings; and making recommendations regarding educational programs for children, training for law enforcement agencies and statutory changes needed to address underage drinking and substance abuse.

We've Been Busy

Get Your Game On!

On April 23, North Shore Child & Family Guidance Center hosted the Annual Spring Luncheon, but this year we added a new twist: For the first time, the event featured games, along with vendor boutiques and a powerful, engaging keynote speaker.

The luncheon, which took place at the Glen Head Country Club, began mid-morning with guests enjoying shopping and great camaraderie as they played mahjong and canasta.

But the event was more than just fun and games. Our keynote speaker was award-winning journalist Edie Magnus, the Executive Producer of the PBS documentary *Cry for Help*, an intimate look at the efforts of two high schools to identify adolescents at risk of depression and suicide. Magnus is currently the Executive Director of Media & Innovation at Mercy College.

Many thanks to the co-chairs of the event, Guidance Center board members Janice Ashley of Signature Bank, Amy Cantor and Alexis Siegel.



Above left: Event Co-Chairs Alexis Siegel, Jan Ashley and Amy Cantor, with Executive Director/CEO Andrew Malekoff (center) and Board President John Grillo. Above center: Sharon Berlin, Board Member Andrea Leeds and Faith Lerner. Above right: Guests at the Spring Luncheon shop at vendor boutiques. Top right: Keynote speaker Edie Magnus and Board Member Nancy Lane.

Golfing “Fore” a Great Cause

On June 15, the Guidance Center hosted its annual Jonathan Krevat Memorial Golf & Tennis Classic at The Creek in Locust Valley. Participants enjoyed a great day of golf and tennis followed by a steak and lobster dinner reception. The event raised \$231,000 to support the Guidance Center’s programs and services.

We would like to thank our outstanding honorees, Steven Dubb of the Beechwood Organization and Michael Duffy of Duffy & Duffy, PLLC.

We extend our appreciation to our sponsors and underwriters: Duffy & Duffy, PLLC; Chris & Jack Bransfield; and the Bahnik Foundation. Thanks to Chris Robbins of Robbins Wolfe Eventeurs for serving as our auctioneer and to our event co-chairs: Jack Bransfield (Bethpage Federal Credit Union), Michael Mondello (Guidance Center Board Member, Cantella & Co., Inc.) and Michael Schnepfer (Rivkin Radler LLP).

We’ve Been Busy continued on Page 4



Troy Slade presenting award to Honoree Steven Dubb.

We've Been Busy continued from page 3

Congratulations to our winners:
Low Gross – Joe Bavaro, Franklin Crowley, Jim Furey, Stu Manzione;
Low Net – Marty Berger, Ryan McAuliffe, Mark Walz, Matt Whalen;
Closest to Pin – Ian Prager; Closest to Line – Barry Levy; Longest Drive – Mike Ricigliano and Karen Larson.



Above left: Since 2006, the outing has been named in honor of Jonathan Krevat, brother of Jeff (pictured here with his wife Susan). Above right: (l. to r.) Steven Dubb, Andy Malekoff, Nancy Lane, Michael Duffy, Jack Bransfield, Michael Schnepfer, Michael Mondiello.

Honoring Staff and Board Members

The Guidance Center's 61st Annual Meeting was held on June 10 at Crest Hollow Country Club. The following awards were presented: Distinguished Friends Award – Chris & Jack Bransfield; Media Award – Laura Figueroa of Newsday, who wrote an outstanding story called “Crisis in

the Clinics,” featuring an interview with Andrew Malekoff; 25 Years of Outstanding Service – Joan Vitiello; and Staff Awards – Cindy Ambrose and Brian Eck.

Charles Chan of Harvest International was elected to the Board of Directors. Board member Nancy

Lane was named as President and Rosemarie Klipper was named as Secretary.

Below left: Swearing in of Board Members. Below center: Honoree Laura Figueroa of Newsday. Below right: Annual Meeting Honorees Jack and Chris Bransfield, Board Member Rita Castagna and Executive Director/CEO Andrew Malekoff.



Guidance Center Takes Part in National Night Out

Hundreds of community members turned out for National Night Out 2015, “Celebrating a Safe & Healthy Community.”

Held at Martin “Bunky” Reid Park in Westbury on August 4, the event was presented by Town of North Hempstead Supervisor Judi Bosworth, Councilwoman Viviana Russell and Legislator Siela Bynoe, in conjunction with the Guidance Center. NEFCU served as a major sponsor.

Participants enjoyed a variety

of activities and resource tables, including music and dance, cultural entertainment, refreshments, arts and crafts, healthcare service providers, crime prevention information, educational resources, health screenings, giveaways and more.

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.

We've Been Busy continued on Page 5

Ladies Night Out a Huge Success

The Equinox of Roslyn hosted the Guidance Center on July 15 for our 2nd Annual Ladies Night Out. More than 65 women enjoyed a great night of spin, aerobics and yoga followed by a host of activities: blowouts, manicures, makeup tips and facials, plus a raffle and refreshments.

The event raised \$2,500 to support the many programs of the Guidance

Center. The evening was also the kick-off for a donation drive for the Guidance Center's Good Beginnings for Babies program, which works with pregnant and parenting teens to promote healthier pregnancies, healthier babies and happier relationships between parent and child.

"The event is a fun way to gather

new friends and to create awareness of the Guidance Center," said Linda Ugenti, a member of the Guidance Center Board of Directors and Business Advisory Council. "Those who attended are asking us to continue our Ladies Night Out, and we are looking forward to making the event even bigger next year!"

Many thanks to the members of our Business Advisory Council, the Equinox of Roslyn, Lord & Taylor Manhasset, Wat Chu Wan Wonton, Commisso Salon and Princess Nails & Spa.



Left: Anna Hock, Barlett, McDonough & Monaghan LLP, member of the Business Advisory Council, and Jacqueline Bushwack, Rivkin Radler LLP, Board Member and co-chair of the Business Advisory Council. Right: Linda Ugenti, Board Member and member of the Business Advisory Council and Alison Adamski, Equinox.

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- Nearly 160,000 children stay home from school out of fears of bullying, with 30% of students describing themselves as either bullies or bullied.
- 12% of New York residents 12 years or older experience a substance abuse disorder.
- And, sadly, suicide is the third leading cause of death among young people, resulting in 4,400 deaths per year.

These are the larger realities of life, and these are the daily challenges faced by so many families who live right here on Long Island. The professionals at North Shore Child & Family Guidance Center provide their clients with a pathway through adversity. With assistance in so many problems including substance dependency, sexual abuse, learning disabilities, developmental delays, separation and

divorce, suicide threats and attempts and chronic illness or death, the Guidance Center is a lifeline to so many about so many things we prefer not to talk about.

The work done at the Guidance Center is critical and your help here today allows that work to continue. I personally have been very blessed with family and friends in my life. Each of us with family knows the hopes we all have for our children and how those hopes inspire us to excel. These are the same aspirations of every family that walks through the doors of North Shore Child & Family Guidance Center. While you have taken time out of your day to honor me here, the true honor belongs to all of the professionals at the Guidance Center and all of you who help to keep those doors open for families to walk through."

Workshops

Today's Modern Grandparent



On May 13, Board Member Andrea Leeds and her husband Michael hosted a terrific “living room” event at their home called Modern Successful Grandparenting. “Just when you think you’re beginning to understand how to be a parent, suddenly you’re a grandparent!” said Andrea. “Our kids are now parents and the relationships change.”

Led by Linda Silversmith, LCWS, a longtime staff member of the Guidance Center and a grandmother, a group of about 25 grandparents discussed issues such as:

- Changing relationships—our kids are now parents!
- Boundaries—for grandparents and for our kids.
- New age kids—grandparenting with an iPad.
- Working parents—can grandparents help?

Linda’s presentation was followed by a lively Q&A, and lots of great personal anecdotes. “We plan to meet again and continue the very interesting and informative conversation,” Andrea said.

Many thanks to the Leeds for hosting and to all the wonderful grandparents who joined us.

Helping Kids Stay Fit!



In a community partnership with North Shore-LIJ Health System, the Guidance Center hosted a workshop to provide information to parents so they can help their children avoid

the perils of obesity, an epidemic that has far-reaching health impacts. The workshop, Obesity and Weight Management in Children, was held at the Guidance Center’s Roslyn Heights headquarters on July 13.

“The threat of childhood obesity to the health of our children has never been greater,” said Dr. Ronald Feinstein, a Professor of Pediatrics at Hofstra North Shore-LIJ School of Medicine and Director of the POWER Kids weight management program at Cohen Children’s Medical Center. “Today almost one in every three children in our nation is obese or overweight. The good news is that there are ways to help your child or teen overcome obesity or prevent it.”

Guiding Our Little Ones As They Grow



Moving from toddlerhood to pre-school to kindergarten and beyond are very important times in a child’s life. These transitions are often marked by two steps forward, one step back as your child grows and learns in remarkable ways.

Helping parents help their child move smoothly through these growing stages was the subject of an Early Childhood Transitions Workshop held at the Guidance Center on June 12. The workshop, presented by the Parenthood Advisory Council of the Guidance Center, covered topics such as separation anxiety; feeling safe and secure with new adult authority figures; and preparing for new situations.

The program was led by a panel of early childhood specialists from the Guidance Center, including Regina Barros, LCSW, Vanessa McMullan, LCSW and Dr. Reena Nandi, Director of Psychiatric Services. Parenthood Advisory Council and Board of Directors’ member Alexis Siegel said, “The speakers were awesome, and it was an enlightening and educational presentation and discussion for parents of children of all ages.”

DANCING WITH OUR STARS 2015 GALA

An Evening of
Dinner and Dancing
to benefit
**NORTH SHORE
CHILD & FAMILY
GUIDANCE CENTER**

OUR EVENT CO-CHAIRS:

CHRIS AND JACK BRANSFIELD
ANDREA AND MICHAEL LEEDS

OUR HONOREE:

SUNNY HOSTIN,
Legal Analyst & Host, CNN

OUR DANCING STARS:

FRANK CASTAGNA, *Castagna Realty*
CHARLES CHAN, *Harvest International*
WAYNE GROSSÉ,
Bethpage Federal Credit Union
JO-ELLEN HAZAN, *Past President*
TRACEY KUPFERBERG,
Daniel Gale Sotheby's International Realty
SANDRA SCHOENBART,
Sandra K., Inc. Sales/Marketing

OUR EMCEE:

LEN BERMAN, *Sportscaster/Author*

LIVE AUCTIONEER:

BERNADETTE CASTRO

NOVEMBER 6, 2015
GARDEN CITY HOTEL

TO REGISTER ONLINE, PLEASE VISIT: WWW.NORTHSHORECHILDGUIDANCE.ORG/EVENTS.HTML
FOR ADDITIONAL INFORMATION, CALL 516 626-1971, EXT. 337 OR EMAIL DEVELOPMENT@NORTHSHORECHILDGUIDANCE.ORG

Board News



Charles Chan was sworn in as a member of the Board of Directors at the 62nd Annual Meeting on June 9. Charles

is the CEO & CFO of Harvest International, a Commercial Real Estate Company that redevelops, manages and handles leasing and sales of properties for multi-ethnic clients, domestic and abroad. He and his wife, Daphne, reside in Upper Brookville.



Nancy Lane was sworn in as President of the Board of Directors in June. Nancy has been a member of the Board of

Directors since 1985 and previously served as President from 1988 to 1992. She and her husband, Lew, are residents of Sands Point. They have two children, Alexandra and Drew.

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.

Group Work With Adolescents

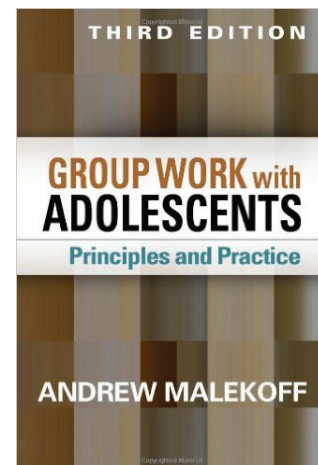
Andrew Malekoff's widely acclaimed text book *Group Work with Adolescents* was released in its third edition by Guilford Publications. The book, once a main selection of the Behavioral Science Book Club, was again received with rave reviews. Here is just a sampling:

"Practitioners who do group work with troubled adolescents will find Andrew Malekoff's book an excellent introduction to this sometimes intimidating population, particularly for the inexperienced...Malekoff offers wisdom that is most often not taught in academia but can only come with experience."—*Journal of Child and Family Studies*

"It has become a modern classic without peer in the clinical literature. Malekoff's text is resolutely patient-focused and strengths-based, asserting the value of activity, the arts, public advocacy, and project-based interventions with a process focus. He extends the group frame, encouraging the reader to think outside traditional therapy spaces and provides clinical vignettes to illustrate the value of members having experiences in the community that enlarge their sense of themselves. This focus on playful and expansive interventions was a breath of fresh air ten years ago, and is now squarely in line with the mental health field's increasing appreciation of the curative benefits of holistic, brain- and body-focused clinical practices."—*Social Work with Groups*

New to This Edition:

- Significantly revised chapters on group work essentials, school-based practice and trauma.
- Additional topics: social media and cyberbullying, expressive and animal-assisted therapies, mindfulness, adolescent brain development and more.
- Updated practice principles, information and references.
- Numerous new practice illustrations.



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In Honor, In Memory or to Celebrate

Gifts to the Guidance Center can be made to honor or remember a loved one 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 ext. 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

Angela Susan Anton – Kory Diskin

Jan Ashley – Lynn Drucker

Amy Cantor – Rosalie and Michael Cantor

Emmy and Bob Carras' 60th Anniversary – Barbara and Murray Hazan

Lisa Chen on her first birthday as grandmother to Molly – Rosemarie and Mitchell Klipper

Ruth Cooper – Rachel Zuckerbrot

Maureen Ferrari – Ann and Laurence Denihan

Amy Gordon – Lynn Drucker, Helene Herzig

Betty and Robert Hylton's 60th Anniversary – Rosemarie and Mitchell Klipper

Lucille Kantor's Birthday – Anne and Earle Kantor, Marion and Irving Levine, Nancy Marks

Matthew and Elizabeth's Wedding – Ginny and Bob Glasser

Mr. and Mrs. Melvin Klipper on the wedding of their granddaughter Lindsay Klipper to Bryan Kopp – Rosemarie and Mitchell Klipper

Doris Koziak's 90th Birthday – Julie and Kenneth Koziak

Nancy Lane – Gay and William Schmergel

Marion Levine – Barbara and Herb Steier

Andrew Malekoff – Jo-Ann and Glen Spiritis

Tina and Raj Narayan's New Grandchild – Ginny and Bob Glasser

Marie Rautenberg's Birthday – Renee Lightstone, Marilyn Wiener

Troy Slade – Ruth and Michael Slade

Benjamin Vogel and Lisa Levine's Wedding – Ginny and Bob Glasser

Nancy Marks' 85th Birthday – Lucille Kantor; Marion and Irving Levine; Andrew Malekoff; The Staff at The Marks Family Right from the Start Center

IN MEMORY OF

Jeremy Allen – Janet and Frederick Pomerantz

Judith Bloch – Marion and Irving Levine

Arlene Bookner – Marcia Jaffe and Joseph Schlosser

René Bouisseau – Rosemarie and Mitchell Klipper

George W. Cain – Myriam Centeno Cain

Seana Canavan – Wini Freund

Beatrice Cohart – Rhoda Ashley

Lita Goldberg – Barbara and Herb Steier

Bob Hunter – Ginny and Bob Glasser

Richard Keating – Rosemarie and Mitchell Klipper

Lou Koulias – Patricia Byrnes; Jenna Kern-Rugile, Dale and Andrew Malekoff, Elissa Smilowitz

Joni-Sue Levine's Aunt Sarah – Marion and Irving Levine

Richard Mulcahy – Linda Ugenti

Jim White – Linda Ugenti

Grants

- **BJ's Charitable Foundation**—\$2,500 for Good Beginnings for Babies – School Readiness Program
- **The Community Chest of Port Washington**—\$7,500 for General Support
- **Diane Goldberg Foundation**—\$25,000 for Maternal Depression
- **Fay J. Lindner Foundation**—\$75,000 for Triage & Emergency Services
- **Great Neck Community Fund**—\$500 for General Support
- **Hagedorn Foundation**—\$15,000 for the Family Court Children's Center
- **Janet and John Kornreich Charitable Foundation**—\$45,000 for Latina Girls Project
- **Levitt Foundation**—\$12,500 for the Wilderness Respite Program
- **Manhasset Community Fund**—\$2,500 for General Support
- **Marks Family Foundation**—\$25,000 for Good Beginnings for Babies – School Readiness Program
- **New York Community Bank Foundation**—\$5,000 for General Support
- **Simon and Eve Colin Foundation**—\$1,000 for General Support
- **St. John's of Lattingtown Episcopal Church**—\$1,000 for General Support
- **Whole Foods Market**—\$5,187 for General Support



This organization has earned the GuideStar Exchange Seal, demonstrating its commitment to transparency.

GUIDELINES

Past Presidents Luncheon

In May, nine of our past presidents, along with Board President John Grillo, Executive Director/CEO Andrew Malekoff and Executive Director Emerita Marion Levine, shared memories at a luncheon held at The Lotos Club in Manhattan.



Bottom row, left to right: Lucille S. Kantor, Marie Rautenberg, Dorothy Greene, Sandy Garfunkel, Marion Levine. Top row, left to right: Nancy Lane, Jo-Ellen Hazan, Linda Seaman, John Grillo, Rochelle Lipton (photo by A. Malekoff).