

Let Them Go, Let Them Grow



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.

Any parent of a teenager knows that the adolescent years can be challenging, and they aren't alarmed when their kids exhibit a healthy dose of moodiness and angst. But for some young people, feelings of desperation and sadness can become overwhelming, and that's when North Shore Child & Family Guidance Center steps in to help.

In her work as Associate Executive Director at the Guidance Center, Regina Barros-Rivera has counseled numerous teens who suffer from depression and anxiety. But a few years ago, she noticed a disturbing trend: An increasingly large number of first-generation Latinas were coming to the Guidance Center with severe depression, self-harming behaviors and suicidal thoughts. Many had stopped going

to school, and some had been hospitalized for suicide attempts.

Barros-Rivera soon discovered that nationwide research mirrored what she was seeing at the Guidance Center. Studies show that Hispanic teenage girls are significantly more likely than their non-Hispanic peers to suffer from depression and thoughts of suicide. Sadly, many have attempted suicide or killed themselves.

Barros-Rivera, herself the daughter of immigrant parents, was gravely concerned—and determined to do something to help the teens and their families. With the support of the Executive Director and Board of Directors, she gathered a team of bilingual, multicultural counselors from the Guidance Center and created the Latina Girls Project, an innovative program that employs individual, group and family therapy, along with monthly outings and other activities, all designed to tackle issues such as depression, low self-esteem, school refusal and suicidal ideation.

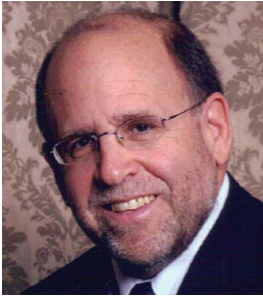
A big part of the reason these girls are struggling is because they are pulled in conflicting directions, says Barros-Rivera. "Their parents want them to adhere to the traditional values of their homeland, while the girls seek to integrate into American culture," she explains.

The result: Parents are often extremely overprotective; they won't allow their daughters to venture out and participate in activities such as sleepovers, dating or trips to the mall. "That leaves the girls feeling like they are trapped and have no way out, which creates a very dangerous situation," says Barros-Rivera.

Even if the teens are allowed to go out with their friends, they are required to have a chaperone, such as a parent or brother. In addition, they are often relegated to gender-

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A Note from the Executive Director



It was gratifying to be honored at North Shore Child & Family Guidance Center's 2014 "Dancing with Our Stars" gala, marking the 61st anniversary of the Guidance Center and my 38th year with the organization. I thought that I'd share the message that I gave that evening in this edition of *Guidelines*:

Several weeks ago I read an Instagram message that said: "No one really cares until something dramatic happens." At the Guidance Center, something dramatic happens every day.

For example, we met nine-year-old Joey 13 years ago, several weeks after his father died in the World Trade Center. We soon discovered that he was calling his dad's cell phone number every day. As Joey explained, "I call because, what if he is still alive? I don't want him to be all alone."

We met seven-year-old Jeremy two years ago. He came to us holding a large flashlight in his tiny hands. He said he needed the flashlight in case the lights went out again, like they did after Hurricane Sandy, when Jeremy lost his toys, his home, his daily routine. And, as Joey before him, he lost his belief that the world is a safe place.

While we do respond to headline stories, we more often are called upon to respond to personal dramas and private disasters that are hidden in plain sight.

For example, we met six-year-old Bobby soon after he attempted to jump out a window because, as he said, "Nobody loves me." Fifteen-year-old Celeste said the reason that she cuts her arms until they bleed is not to take her life, but to lower her blood pressure. And 14-year-old Maria told us that she lives in a house with a revolving door welcoming men who touch her. Depression, anxiety, fear, child abuse, school refusal, bullying,

isolation, drug addiction, domestic violence...we receive more than 100 calls a week, and increasing numbers are emergencies.

Sadly, parents who need our help often wait months and even years to make that first phone call. A parent whose child is diagnosed with cancer does not wait to ask for help. Waiting only happens with mental illness and addiction. Why? Because shame and self-blame are the toxic byproducts of stigma.

Recently, out of tragedy, there came a hopeful moment that resulted in a national dialogue about mental health. That was two years ago after the devastating loss of innocent lives at Sandy Hook Elementary School. But that window of opportunity closed quickly and, just as the promises of the talking heads turned to dust, the school shootings resumed.

People with mental health problems and addictions, along with their families, often suffer in silence, while people with physical health problems evoke the sympathy, support and comfort of others. If you remember only one thing from tonight, remember this: We must start treating illnesses above the neck the same as illnesses below the neck.

Do you remember the Instagram message I referred to earlier? "No one really cares until something dramatic happens."

I think you care because you are here tonight. We need your help to keep our doors open, to keep answering the phone, to keep listening to parents and children who are in pain or in danger and have nowhere else to turn. And, because we turn no one away for inability to pay, it is only with your support that we can continue to do so.

A handwritten signature in dark ink that reads "Andrew Malekoff".

Andrew Malekoff
Executive Director / CEO

We reached the goal!

Our Campaign for the Next Generation raised
\$2.5 million over 3 years.

Thank you to our many donors
for your incredible support.

One Enchanted Evening



Music filled the air as 240 guests took to the dance floor at one of the year's most anticipated events: Dancing With Our Stars, North Shore Child & Family Guidance Center's annual gala. The event, held at the Garden City Hotel on November 1, 2014, raised more than \$320,000, which will enable the Guidance Center to continue its mission to restore and strengthen the emotional well-being of children and families.

The gala honoree was Executive Director/CEO Andy Malekoff. Andy was presented with his award by NYS Comptroller Tom DiNapoli, a long-time friend of the Guidance Center.

"For over 60 years, North Shore Child & Family Guidance Center has been a leader in providing innovative, effective mental health care on Long Island," said Comptroller DiNapoli. "I applaud Andy Malekoff and all the Guidance Center staff for their

professionalism, their caring, and their dedicated advocacy."

Guests were entertained by the fancy footwork of five "dancing stars": Ernesto Altamirano, Fitness Trainer/ Founder, pickyourowntrainer.com; Kim Kaiman, Executive Director, North Hempstead Business & Tourism Development Corp.; Steve Malito, Davidoff Hutcher & Citron LLP; Dr. Steven Schoenbart, Schoenbart Vision Care; and Daphne Zhou-Chan, Harvest International.

Len Berman did a fantastic job as the evening's emcee, while Greg Buttle brought his best game as our enthusiastic auctioneer.

Many thanks to the event co-chairs, Josephine and Floyd Ewing, Jr. and Nancy and Lew Lane, for their leadership.

Pictured top: (left to right): Regina Barros, Floyd Ewing Jr., Josephine Ewing, Andy Malekoff, Nancy Lane, Lew Lane, John Grillo

Bottom left: Our Dancing Stars and their professional partners

Bottom right: Andy Malekoff (left) and Tom DiNapoli



Help From All Around

This fall and winter, North Shore Child & Family Guidance Center received support from a host of dedicated organizations and individuals. Here are just a few:

The Guidance Center was the beneficiary of the **Port Washington Yacht Club's Bi-Annual Ladies Luncheon and Dinner** held on December 4, resulting in a donation of more than \$15,000. Jackie Weigand, the ladies event committee and the members and guests of Port Washington Yacht Club selected the Guidance Center as this year's charity in appreciation of the outstanding programs and services that the Center provides to the children and families of our local communities.

RFC Fine, owned by board member Ruth Fortunoff Cooper, continues to name the Guidance Center as a beneficiary of its holiday sales.

The law firm of **Mangi & Graham**

hosted an event to raise money for the Children's Center at Nassau County Family Court, a Guidance Center program that provides a safe and enriching environment on site at the court while parents are involved in court business. The event, held at **The Carltun** at Eisenhower Park, was underwritten by the Hon. Julianne and Anthony Capetola.

In addition, the Guidance Center's **Community Action Committee and Business Advisory Council** completed a book drive and collected more than 1,000 children's books for the Children's Center at Nassau County Family Court. Reading is an integral part of the day's activities at the Children's Center, and each child is sent home with a book every day. More than 27,000 books have been distributed since the Guidance Center took the program over in 2006.

Two shops in Port Washington, **The**

Shoe Vault and **Suite 275**, hosted a Ladies Night Out with a percentage of the proceeds going to the Guidance Center. The evening was planned by Port Washington resident Rikki Kien.

Coach, located at the Americana Manhasset, hosted a Champions for Charity Event for the Guidance Center. Champions for Charity has been and continues to be a great source of support for the Guidance Center.

Donna Casali of **Beautycounter** and board member Valerie Ritacco hosted a shopping night, with a percentage of the proceeds donated to the Guidance Center.

The Guidance Center is thankful to all of those who so generously support our work. To find out how you can help, contact Amy Gordon, Director of Development, at (516) 626-1971, ext. 320.

A Great Loss to Our Family



Lou Koulias, a longtime, beloved and loyal member of the North Shore Child & Family Guidance Center staff, passed away in late January after bravely battling an illness for many months. In his role as one of the Guidance Center's parent advocates, Lou brought great

joy and dedication to his work, treating each and every client with kindness, respect and compassion.

Lou also served as one of our Project Hope responders after Hurricane Sandy, the devastating storm that uprooted so many Long Islanders, including Lou and his family, who reside in Seaford.

"Lou will be dearly missed by his many friends and colleagues at the Guidance Center," says Executive Director Andy Malekoff. "We will miss his humor, his intellect, his heart, his great laugh, and his open and accepting spirit. We extend our deepest condolences to his wife Peggy and daughters Melanie and Samantha."

Please Support 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 NSC&FGC, 480 Old Westbury Road, Roslyn Heights NY 11577
- By phone: call (516) 626-1971, ext. 337

Thank you for your support.

Honored by Nassau County

Executive Director Andy Malekoff was awarded the *2014 Outstanding Provider of the Year in Delivering Integrated Care to Families* by the Nassau County Department of Human Services, Office of Mental Health, Chemical Dependency and Developmental Disabilities Services in December.

In receiving the honor, Andy said, "It is particularly meaningful to be recognized just days before the second anniversary of the December 14th tragedy at Sandy Hook Elementary School in Newtown, Connecticut. After the shootings, there was not one parent in the United States who was able to escape the tyranny of imagining their child being murdered in their neighborhood school. Being honored reminds me about how much more needs to be done. How many more children will be taken from us before lawmakers devote the same energy and resources it takes to launch their re-election campaigns to safeguarding our children? It is time they take steps to prevent gun violence and provide adequate funding for community-based mental health centers to support the emotional well-being of all of our children."

Help Support the
Guidance Center
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Welcome to Our New Board Member

Michael Mondiello



A founding partner and Managing Director of Joseph Gunnar & Co., Michael Mondiello, CPA, has more than 20 years' experience in the financial services industry. Paramount to his professional philosophy is the value of client relationships, which he believes are strengthened through trust, integrity and reliability—all qualities that he sees in the dedicated staff at North Shore Child & Family Guidance Center.

"It's important to me to give back to the community I live in," says Michael. "The Guidance Center is the best organization of its kind in Nassau County, and I'm proud to be joining the Board of Directors to help forward the mission of providing high-quality, compassionate mental health services to all of our residents."

Michael and his wife Jodi are the proud parents of three children, Caroline, Michael Graham and William Henry. They reside in Manhasset, where they are active members in the community and supporters of several charitable organizations including the Manhasset School Community Association and The Tower Foundation of Manhasset.

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biased roles, required to cook, clean and take care of their siblings while their brothers are treated, as one girl said, "like princes."

During individual and group therapy sessions, the girls realize that they can trust their counselors, many of whom also grew up as first-generation Latinas. The counselors teach the girls healthy ways to deal with stress and depression and better ways to communicate with their parents.

For their part, the parents become more compassionate about their daughters' feelings and also understand the need to let their teens separate in healthy, age-appropriate ways. As one girl put it, "My parents learned that I just wanted them to be there for me and listen. They learned that it doesn't help to question why I feel the way I do but to accept it and support me."

The teens also go on supervised monthly outings to museums, historical sites and even Broadway shows, thanks to the support of the John and Janet Kornreich Charitable Foundation. These trips serve to boost their confidence and sense of independence. They also help the girls discover that there's a great big world of opportunity out there for them, which allows them to feel optimistic about their futures.

"After we work with them, they see hope," says Barros-Rivera. "They develop self-reliance and self-esteem." With a big smile on her face, she adds, "I just love these girls!"

The Latina Girls Project, and two of the teens who took part in it, were profiled in a compelling story published last October by the Journalism Center on Children & Families, with support from the National Association of Social Workers Foundation. To read the full story about the Latina Girls Project, please visit www.humansafetynet.com/latina-teens.

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

Maryjane Barbaris – Ginny and Bob Glasser

Mr. and Mrs. Stanley Berg – Ginny and Bob Glasser

Jacqueline and Michael Bushwack's new daughter – Ginny and Bob Glasser

Mr. and Mrs. J. Cohn – Ginny and Bob Glasser

Marilyn Geller – Ginny and Bob Glasser

Ginny Glasser – Barbara Glasser, Linda Ugenti

Ben, Sam and Lucy Johnson – Elizabeth Kase and Craig Johnson

Jamie and John Kaczowka – Linda Ugenti

Mr. and Mrs. John Kaczowka – Linda Ugenti

Eileen Klipper – Rosemarie and Mitchell Klipper

Gail Kogan – Ginny and Bob Glasser

Ken Koopersmith's Retirement – Ginny and Bob Glasser

Sandy Lafazan – Amy and Ron Storch

Marion Levine – Barbara and Herbert Steier

Michael Levine's Birthday – Marion and Irving Levine

Lisa Macchia – Nicole Vaughan

Andrew Malekoff – Ellen and John Levitt

Nancy Marks – Susan and Kanti Rai

Laura McSherry – Ginny and Bob Glasser

Mr. and Mrs. J. Moore – Ginny and Bob Glasser

Linda Seaman – The Grateful Foundation

Alexis Siegel – Kim and David Levine

Mr. and Mrs. Richard Simon – Ginny and Bob Glasser

Eddie Stern and Ellen – Ginny and Bob Glasser

Mr. and Mrs. A. Unger – Ginny and Bob Glasser

Mr. and Mrs. Arthur Upright – Ginny and Bob Glasser

Marie and Paul Vitale's new granddaughter

– Ginny and Bob Glasser

Carole Wilkie – Ginny and Bob Glasser

Glenn Wolf and Beverly Stern Stein – Ginny and Bob Glasser

IN MEMORY OF

Susan Bender – Nicole Vaughan

Beatrice Cohart – Rhoda Ashley

Angelo DeVito – Ginny and Bob Glasser

Debbie Fisher – Vanessa and Frank Ioppolo

Louis Fortunoff – Dale and Andrew Malekoff

Gerard Leeds – Ginny and Bob Glasser, Karen and Steven Jacob, Bonnie and

Lawrence Kivel, Marion and Irving Levine, Dale and Andrew Malekoff, Marie

Rautenberg, Linda Ugenti

Robert Levien – Anita Levien

Vilma Levine – Pearl and Martin Bass, Jean Ellis, Rachel Ellis, Florence Feldman, Dorothy

Greene, Cynthia and Frank Koppelman, Howard Levi, Marion and Irving Levine,

Shirley Spector, Marie Rautenberg

Robert Rautenberg – Andrew Borinstein, Alan Warshow

Louisa Venus – Carole and Richard Simon

Grants

- **BJ's Charitable Foundation: \$3,000**–Advantage After School Program
- **The Dammann Fund: \$10,000**–Good Beginnings for Babies
- **The Grateful Foundation: \$15,000**–The Leeds Place – Serving Young People
- **Jack & Dorothy Kupferberg Family Foundation: \$10,000** – General Operating Support
- **Long Island Community Foundation: \$15,000**–Latina Girls Project
- **March of Dimes: \$1,000**–Prematurity Awareness Month Activity
- **The Elena Melius Foundation: \$1,000**–General Operating Support
- **Nassau County Bar Association We Care Fund: \$2,500**–Children's Center at Nassau County Family Court
- **Nassau County Criminal Courts Bar Foundation: \$2,500**–Children's Center at Nassau County Family Court
- **Charles and Mildred Schnurmacher Foundation: \$10,000**–Triage and Emergency Services
- **R&S Strauss Family Foundation: \$4,000**–General Operating Support
- **Toy Industry Foundation: \$10,000**–Children's Center at Nassau County Family Court
- **Tulchin Family Foundation: \$2,500**–Wilderness Respite Program
- **van Ameringen Foundation: \$150,000 (over two years)**–Mental Health Services

Save the Date

North Shore Child & Family Guidance Center's

SPRING LUNCHEON

APRIL 23
2015

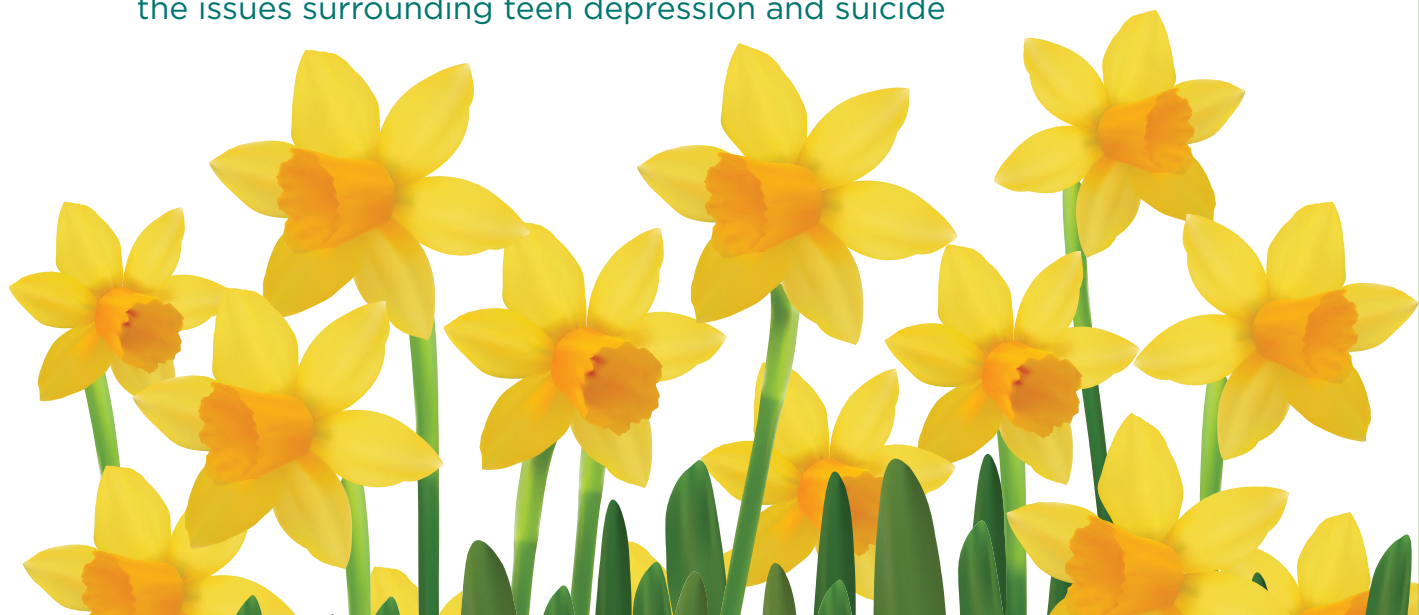
at **Glen Head Country Club**

Boutiques and Mahjong, Canasta or Bridge

Keynote Speaker:

Award-Winning Journalist, Edie Magnus

Executive Producer of *Cry For Help*, a PBS documentary that explores the issues surrounding teen depression and suicide



For information or to register, call (516) 626-1971 ext. 310
or visit: www.northshorechildguidance.org/events.html



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

GUIDELINES

Mark Your Calendars

- **April 23, 2015** – Spring Luncheon at Glen Head Country Club. Boutiques, Mahjong, Bridge and Canasta. Featuring Keynote Speaker, Award-Winning Journalist Edie Magnus.
- **June 15, 2015** – Jonathan Krevat Memorial Golf & Tennis Classic at The Creek. Honoring Steven Dubb of The Beechwood Organization and Michael Duffy of Duffy & Duffy, PLLC.
- **November 6, 2015** – Dancing With Our Stars Gala at the Garden City Hotel. Featuring “Dancing Stars”: Frank Castagna, Castagna Realty; Charles Chan, Harvest International; Wayne Grossé, Bethpage Federal Credit Union; Jo-Ellen Hazan, Board Member; Tracey Kupferberg, Daniel Gale Sotheby’s International Realty; and Sandra Schoenbart, Sandra K., Inc. Sales/Marketing.

For information on all events, please call (516) 626-1971, ext. 337