

Praises for Our Board President

North Shore Child & Family Guidance Center is blessed to have a smart, caring and energetic leader at the helm of the Board of Directors. The Town of North Hempstead agrees with our praises, as it added the Guidance Center's Board President Nancy Lane to its 25th Annual May W. Newburger Women's Roll of Honor.



Guidance Center Board Vice President Jo-Ellen Hazan, Board President Nancy Lane and Town of North Hempstead Supervisor Judi Bosworth.

The May W. Newburger award honors women who have made a contribution to their community, or have accomplished a significant achievement through public or private efforts.

Lane first became involved in one of our parent initiatives in 1985, and was drawn to the Guidance Center's mission of providing mental health care and substance abuse treatment for all in need in Nassau County, regardless of their ability to pay. In 1986, Lane joined the Executive Committee of the Board of Directors, and from 1988 through 1992 served as the President of the Board of Directors. Today, she is once again our Board President.

Unquestionably, Lane is no figure head. She is a member of virtually every committee we have, whether it involves

our communications strategy, fundraising and development, budget and finance or events. When we hold workshops or other programs in the community, Lane is there, stewarding our message of hope and healing.

In the late 1980s, during one of her terms as president, Lane helped us successfully raise the funds to keep our doors open at a time when government funding was causing significant cutting of our budget. With her help, we were able to rise up in spirits and raise the finances to keep our services available to all in need. This was a particularly challenging time not only for the Guidance Center but for the clients we serve, as many residents were losing their incomes, creating severe stress on their families.

"The times were challenging, and Nancy rose to every one of them, with her devoted and cheerful yet no-nonsense demeanor," says Andrew Malekoff, Executive Director. "Nancy has also been a major voice in the fight to eradicate stigma and discrimination for those suffering from mental illness and addiction. She is a tireless advocate, ambassador and beacon of hope for our community."



Town of North Hempstead Supervisor Judi Bosworth, Guidance Center Board President Nancy Lane, Town Clerk Wayne H. Wink Jr. and Town Councilwoman Dina M. De Giorgio.



Nancy Lane, President of the Guidance Center's Board of Directors, in front of the May W. Newburger Honor Roll.

In recent years, Lane has been a leader in spreading the word about our Project Access study, which reveals the difficulties many Long Islanders face when seeking access to mental health and substance use care. She has stood with us on the forefront of the fight for access to care in a timely and affordable way.

Lane also has led the way in our Let the Light In campaign, which seeks to raise the funds that will enable us to undergo essential renovations to our historic headquarters in Roslyn Heights. "The physical structures that contribute to a sense of order, stability and consistency in a child's life are critical to the provision of quality mental health care," explains Malekoff. "Nancy has been at the forefront of our effort to ensure that our building provides a soothing environment where families can feel at home once they have made the difficult decision to reach out for help."

Nancy Lane has been an invaluable asset to North Shore Child & Family Guidance Center for more than 30 years. Her devotion to our mission and deep knowledge of what we do and of the community we serve make her a dynamic, effective and passionate leader. We are very proud that her efforts are being acknowledged by this prestigious community award.

A Message From The Executive Director / CEO

The Land of Amnesia

May 18, 2018. Ten dead at Santa Fe High School in Texas. February 14, 2018. Seventeen dead at Marjory Stoneman Douglas High School in Parkland, Florida. And that's just a partial list of school shootings since the beginning of this year.

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?

New York State has ensured easy access to mental health care for Medicaid recipients but neglected the needs of underinsured middle-class families. Health insurance companies and the elected officials who count on their donations are failing miserably at having adequate numbers of providers on their lists who take insurance, making it extremely difficult for people to access mental health care.

At the same time, the gun lobby is formidable and well-heeled, while children don't have a voice until they are in the ground. Children are killed, grieving parents become tireless advocates and laws are passed in their children's names. Timothy's Law (mental health parity), Megan's Law (making information available to the public regarding registered sex offenders) and Katie's Law (making aggravated vehicular homicide a crime) come to mind.

We need our lawmakers and our elected and appointed officials to wake up. Our children are suffering and dying; families are struggling and desperate. Our leaders can support the constitutional right to bear arms while taking steps to prevent gun violence and providing adequate funding for community-based mental health centers to support the emotional well-being of all of our children.

Gun violence isn't the only issue facing our children and adolescents. The faces of violence against youths are many and the impact vast. In 2013, a statistical report by the research group Child Trends visualized a hypothetical U.S. high school class of 100 graduates. Among those 100 graduates, it estimated that:

- 71 have experienced physical assault.
- 28 have been victimized sexually.
- 32 have experienced some form of child maltreatment.
- 27 were in a physical fight.
- 16 carried a weapon in the past year.
- 39 have been bullied, physically or emotionally.
- 29 felt "sad and hopeless" continually for at least two weeks during the past year.
- 14 thought seriously about attempting suicide.
- 6 made a suicide attempt.



If you read between the lines and the years of mass shootings in America, if only from Columbine to Santa Fe, there were many more horrific events in between that have all but faded from consciousness. As journalist Gary Smith suggested, "The clock is already ticking in the land of amnesia."

How long before Parkland and Santa Fe, too, are gone?

A handwritten signature in black ink that reads "Andrew Malekoff". The signature is fluid and cursive.

Andrew Malekoff
Executive Director / CEO

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 to give. You may make your donation in one of three ways:

Online at: www.northshorechildguidance.org

By mail: Make checks payable to NSCFGC 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!

Donor Profile: Rochelle Lipton

Nearly four decades ago, Rochelle Lipton went to a presentation and book signing by author Susan Isaacs that was a benefit for North Shore Child & Family Guidance Center. With her usual jovial spirit and engaging storytelling, Isaacs, an honorary Guidance Center board member, wowed the crowd, including Lipton.

“It was a very pleasurable event,” says Lipton. “I met some lovely people, and I decided to find out more about the Guidance Center’s work.”

That was a very fortunate day for the Guidance Center, because Rochelle Lipton has been one of our most dedicated supporters for all these years since. She has served in a wide capacity of roles, most notably as the President of the Board of Directors for two terms, from 2001 to 2003 and again from 2003 to 2005, although she was a board member long before that time.

“Rochelle was always a delight to work with,” says Lucille Kantor, a former Board President and longtime Guidance Center supporter. “She was very serious about her responsibilities as president, and she did a wonderful job. Whenever and wherever the need was, Rochelle was right there, and she still is active today. She’s so bright—and beautiful too!”

Prior to her role as president, one of Lipton’s first projects for the Guidance Center was to co-chair an art show with her friends Judy and Roger Hockstein and Linda Lane. Shortly thereafter, she became a member of the development committee and chaired a dinner dance at the American Folk Art Museum in Manhattan. “It was a beautiful evening,” recalls Lipton. “And of course, it was so important to raise funds to support the Guidance Center’s work.”

A Pivotal Event

Lipton had just become President of the Guidance Center’s Board of Directors when the fateful events of September 11, 2001 occurred. “This was a very intense time for the Guidance Center,” she says. “So many children had lost a parent; many people lost spouses, or sons and daughters. We also saw firefighters, police officers—everyone was deeply affected.”

The Guidance Center played a huge role in helping these grieving families and others to begin the road to healing. “We had many bereavement and support groups,” explains Lipton. “And we received many grants from places that had never supported us before, like Robin Hood Foundation, which almost never gave grants outside of New York City.”

During 9/11, Marion Levine was the Executive Director of the Guidance Center, and Lipton has high praises for her leadership. “Marion is the most wonderful person on Earth. Her guidance, assistance and steerage took the Guidance Center to amazing places. She was brilliant, and she is the most caring and kind individual. She grew the agency and started to make it what it is today.”

Lipton’s leadership during the 9/11 crisis also gets high marks from current Executive Director Andrew Malekoff.

“In the immediate aftermath of the attack on September 11, 2001, we mobilized our staff to provide a rapid response wherever we were needed in the New York metropolitan area,” says Malekoff. “During this period of time Guidance Center Board President Rochelle Lipton provided stellar leadership in rallying our Board of Directors to develop and support a number of successful fundraising events in New York City to support our work with surviving family members and others who escaped the attack who were living with post-traumatic stress.”

A Legion of Fans

According to Andrea Leeds, who served on the Board of Directors under Lipton’s leadership and is still a VP on our Board today, Lipton’s contributions to the Guidance Center are immeasurable. “Rochelle’s ability to be efficient and multitask was evident as she not only presided over our productive meetings, but she was also capable of always serving a wonderful dinner! Moreover, her dedication and compassion to our mission is obvious as she continues to work hard on committees and support our programs. It is always a privilege to work with Rochelle.”



Another fan of Lipton’s is Jo-Ellen Hazan, a Board VP and also former President of the Board. “Rochelle has always been willing to roll up her sleeves and do whatever was needed to get the job done,” says Hazan. “She had and continues to have creative ideas on how to reach out for support and to advocate for children’s mental health. Her heart is always in the right place for the kids and their families.”

Current Board President Nancy Lane says, “Rochelle has the enviable ability to be creative yet practical. Her thoughtful contributions are invaluable. I am delighted that Rochelle has recently become more engaged in committee work. In addition, Rochelle and [her husband] Hal have always been generous with their financial support. The Guidance Center is most fortunate to have their support.”

Although no longer a board member, Lipton’s dedication to the Guidance Center has never wavered, and she continues to participate actively on committees, at events and wherever she is needed. “I’m most proud of being part of such an incredible organization that does such wonderful work,” says Lipton. “What it does is invaluable to our community.” She adds, “The whole thing is about people helping people. If anybody’s in need, the Guidance Center is always there to lend a hand and help.”

Malekoff Wins Best Column Award

North Shore Child & Family Guidance Center Executive Director Andrew Malekoff was honored in March 2018 at the Fair Media Council's Folio Awards as Best Columnist. His winning column was "Looking for a Path Back to Civility," which ran in Newsday's Opinion section on September 17, 2017.

Here is an excerpt from the column:

Today, there is so much talk about putting an end to bullying in schools. Yet, we live in a world of adults who don't think twice about trampling personal boundaries through rude, intimidating and obnoxious behavior.

If we cannot reverse the trend, we can at least slow down and teach our children, after we remind ourselves, the importance of putting a pause between impulse and action. Perhaps it is somewhere inside of that sacred space that we can find our way back to a civil society.

"I'm honored to receive this prestigious journalism award, especially for this piece that I've come to realize has such universal appeal," says Malekoff.

"It's more important than ever for responsible, credible voices to take a leading role in the public conversation to ensure we have an informed public and a smarter democracy," says Jaci Clement, CEO and Executive Director of the Fair Media Council. "Winning



James Kinney, Partner at Mazars USA and Chair of the Board of Directors of the Fair Media Council; Andrew Malekoff, Executive Director of North Shore Child & Family Guidance Center; and Jaci Clement, CEO and Executive Director of the Fair Media Council.

a Fair Media Council Folio Award illustrates North Shore Child & Family Guidance Center's commitment to bettering the community by raising awareness, and cements its role as a Long Island leader."

Grants

Simon and Eve Colin Foundation
\$3,000 for General Support

Ike, Molly & Steven Elias Foundation
\$12,500 for General Support

Diane Goldberg Foundation
\$25,000 for Maternal Depression

Greentree Foundation "Good Neighbor" Fund
\$7,500 for Good Beginnings for Babies

Hagedorn Fund
\$10,000 for the Family Court Children's Center

The Kupferberg Foundation
\$15,000 for General Support
\$25,000 for the Let the Light In Campaign

Jack & Dorothy Kupferberg Family Foundation
\$10,000 for General Support

Fay J. Lindner Foundation
\$75,000 for Triage & Emergency Services

Manhasset Community Fund
\$3,000 for General Support

March of Dimes
\$2,800 for Birth Justice Warriors Project

Marks Family Foundation
\$25,000 for Good Beginnings for Babies – School Readiness Program
\$50,000 for the Let the Light In Campaign

MJS Foundation
\$100,000 for General Support

Nassau County Bar Association WE CARE Fund
\$2,500 for the Family Court Children's Center

UJA-Federation of New York
\$10,000 for Mental Health Outreach to the Long Island Jewish Community

Women's Fund of Long Island
\$3,000 for General Support

Honors Abound at 65th Annual Meeting

An enjoyable night was had by all at our 65th Annual Meeting, held on June 12, 2018 at the Royalton at Roslyn Country Club.

Judge Sondra “Sandy” Pardes, a long-time supporter and former board member of North Shore Child & Family Guidance Center, conducted the installation of Charles Chan, who is now serving his second term on our board. Heather Schwartz, who was not able to attend, is starting a new term on the board as well.

Several community and staff members were honored during the event. Our Outstanding Action Research Partner was Dr. Ilene Nathanson and the LIU Post Department of Social Work, with whom we collaborated on our Project Access research study. “LIU Post’s partnership was invaluable in making Project Access such an important wake-up call,” says Andrew Malekoff, Guidance Center Executive Director.

Our Outstanding Media Partner was given to Steven Blank, the publisher of Blank Slate Media. Blank Slate diligently covers the work of the Guidance Center, and also has provided us with pro bono advertising for our fundraising events in all of its community papers. “We are very grateful to Steve for always giving the Guidance Center extensive coverage, sharing stories of our work with the community,” says Lauren McGowan, Director of Development.

The Outstanding Volunteer Award was given to Lisa Strauss, who gives much of her time to the Children’s Center at Nassau County Family Court (see story, page 15, profiling Strauss and her volunteerism at the Family Court).

The Distinguished Service Award was given to Dr. Reena Nandi, Guidance Center Director of

Psychiatry who has been with the Guidance Center for 21 years. Dr. Nandi is highly respected in and out of the agency, says Malekoff: “She has a professional sensitivity to the parent’s perception and understanding of their child and works with our teams to make sound clinical interventions that take into account the values and morals of the diversity of the families we treat. She is hard working, committed, organized, and has high expectations for the work we deliver.”

Honoree Jennifer Pearlman is a mental health counselor who started at the Guidance Center as an intern and has worked at the Marks Family Right From the Start 0-3 + Center and the Intensive Support Program, where she has most recently been promoted to supervisor in the elementary school. “Jen is an excellent advocate,” says Amy Gelb, ISP Middle School Coordinator. “She is bright, thoughtful and eager to learn, and she is always willing to take on extra responsibilities.” To that end, in addition to her supervisory duties at ISP, in July Pearlman took on the role of liaison to UJA-Federation of NY in our new partnership.

Jeanne Holmes is the receptionist at Right From the Start (RFTS). “Jeanne is hard working and organized,” says Sue Cohen, Director of RFTS. “She cares for RFTS, staff and clients as if it were her home and family. Jeanne always gives it her all. A good example is that she contributed and cares for the herb garden in the Nature Nursery.”

The Guidance Center also wants to thank retiring board members Ginny Glasser for her tireless work as our gala prize coordinator and Ellen Labita for her service as our treasurer. Paul Vitale has graciously stepped in to serve as interim treasurer.



Matilde Broder, Andrea Leeds, Jo-Ellen Hazan and Valerie Ritacco.



Charles Chan and Judge Sondra Pardes.



Honorees Lisa Strauss, Dr. Reena Nandi, Jeanne Holmes, Steven Blank, Jennifer Pearlman and Dr. Ilene Nathanson.



Bottom row: Lisa Coyle, Barbara Realmuto and Jen Pearlman. Top row: Erika Orbon, Kim Gales, Ashley Kanfer and Amanda Smithwick.



Jane Bartley, Caroline Germany, Dr. Nellie Taylor-Walthrust, Pascal Nerestant and Corinthian Sistrunk.

Birth Justice Warriors

It's a startling and disturbing fact: The mortality rate for infants and their mothers is significantly higher for women of color in general and in three Nassau communities in particular than in the rest of the county, state or country as a whole.

That inequality led to the creation of the Birth Justice Warriors, an initiative co-chaired by the Guidance Center's Dr. Nellie Taylor-Walthurst and Hofstra University's Dr. Martine Hackett. According to the New York State Department of Health, a black woman is up to four times more likely to die in childbirth than a white woman. In Nassau County, the infant mortality rate per 1,000 live births is 9.4 for black babies versus the 2.2 reported for white non-Hispanic babies.

The three communities at highest risk are (in order) Roosevelt, Hempstead and Westbury/New Cassel.

"I think most people are surprised—I certainly was—when they find out that an affluent suburb like Nassau County has such high infant and maternal mortality rates in certain areas for black mothers and babies, higher than it is in New York City," says Dr. Hackett. "Lack of awareness means that these poor health outcomes are basically invisible, and if you can't see these problems, then you can't act on them."

"Our goal is to bring education and awareness to this issue of inequality, which has a multitude of contributing factors," says Dr. Nellie Taylor-Walthurst, Director of the Leeds Place—Serving Young People, a Guidance Center site in Westbury. "We're going to educate people at all levels, from women in the community to pediatricians, nurses, health care professionals, elected officials and those in faith-based institutions. Ultimately we want legislation to be written that guarantees that this



crucial information is delivered to all women of child-bearing age."

At the Guidance Center, we have long advocated for equal care of all women. As an example, we have a program called Good Beginnings for Babies that provides support, counseling, advocacy and education for pregnant and parenting teens at the Leeds Place.

The Guidance Center is grateful to the March of Dimes Greater NY Market for giving a \$2,800 grant toward supporting the Birth Justice Warriors Project.

To find out more about Birth Justice Warriors or Good Beginnings for Babies, contact Dr. Walthurst-Taylor at (516) 997-2926, ext. 229, or email NTaylorWalthurst@northshorechildguidance.org.

All Revved Up!

On Saturday, June 30, 2018, the Mansion at Glen Cove held their first Exotic Car Show, and they chose North Shore Child & Family Guidance Center as one of the beneficiaries of the event. Set on a 55-acre landmark property, the Exotic Car Show at The Mansion at Glen Cove boasted hundreds of luxury, high-performance and classic cars, which were enjoyed by a large crowd of auto enthusiasts. Thank you to our friends at The Mansion at Glen Cove—Willy Wang, Bill Dougherty and Dennis Lee—for their partnership on the show!

"The Mansion at Glen Cove is happy to continue our ongoing partnership with the Guidance Center," says Dennis Lee, Senior Vice President, The Mansion at Glen Cove. "We are strong supporters of their work to bring hope and healing to children and families."



Enjoying the event are Guidance Center board member Charles Chan and his wife Daphne Chan; Glen Cove City Councilwoman Marsha Silverman; Rebecca Hollander, Marketing Director at Castagna Realty Co. Inc.; and Jim Smiros, partner at Smiros & Smiros Architects.

The Krevat Cup: A True Classic!

North Shore Child & Family Guidance Center once again hosted a joyful event filled with golf, tennis and an extraordinary dinner at our 22nd Annual Jonathan Krevat Memorial Golf & Tennis Classic on Monday, June 18, 2018 at The Creek in Locust Valley. The event raised more than \$240,000 to support the Guidance Center's work.

This year's honoree was Ed Haug, Managing Partner of Haug Partners LLP, a pioneer East Coast law firm and provider of synthesized, multidisciplinary legal services for life science and technology businesses.

"Everyone had a great time on this magnificent golf course and on the tennis courts, and the elegant steak and lobster dinner was exquisite," says Haug, whose "Team Haug" won the Krevat Cup. "But the most important thing is that we came together so that children and their families will continue to receive the life-saving services of North Shore Child & Family Guidance Center."

The co-chairs for this year's Krevat Cup were Michael Mondiello, Michael Schnepfer and Troy Slade, all of whom have served in that role for several years. "This terrific trio once again did an amazing job in creating a wonderful event," says Nancy Lane, Guidance Center Board President. "We are so grateful for their hard work and great spirits!"

In addition, Dan Donnelly, last year's honoree, served as the auctioneer at this year's event, and his talents helped raise

nearly \$60,000 through our live auction. "It's all about the kids," says Donnelly, a longtime supporter of the Guidance Center. "I consider it a privilege to help raise money to support the incredible work that truly makes a difference in the lives of children and their families."

"We had a wonderful team who worked so hard to make this event a huge success," says Andrew Malekoff, Executive Director of the Guidance Center. "Their dedication to our work enables us to provide the services to all those who need them, regardless of their ability to pay."

Event sponsors included: Diamond Sponsor Americana Manhasset; Diamond Sponsor Haug Partners; Caddy Sponsor Bahnik Foundation; Driving Range Sponsor Executive Fliteways; and Tees & Greens Sponsors Susan & Peter Braverman, and Haug Family Foundation.

The dedicated members of the Golf & Tennis Committee were: Anthony Barbiero, Jack Bransfield, John Bransfield, Rita Castagna, Inge Costa, Becky Creavin, Dan Donnelly, Steven Dubb, Josephine Ewing, Kyle Haug, Patricia Janco-Tupper, Larry Jones, Mike Katz, Jeff Krevat, Nancy Lane, Daniel Oliver, Valerie Ritacco, Jeremy Shao and Paul Vitale.

Keep up to date with news of next year's event and all of our other exciting happenings by emailing info@northshorechildguidance.org.



Bob Buser, Dan Donnelly and Dennis Crilly.



Noreen Haug, Ed Haug, Patrician Ryan and Matt Ryan.



Esther Dominguez, Gerda Andersen, Chris Bransfield, Inge Costa and Maggie Koumas.



Andrew Malekoff, Mike Mondiello, Troy Slade, Ed Haug and Jeff Krevat.



Mark James, David Brinkman, Ross Bertossi and Andy Marcell.



Ed Haug, Nancy Lane and Andrew Malekoff.

Spring Luncheon Raises More Than \$68,000

On April 26, 2018, North Shore Child & Family Guidance Center raised more than \$68,000 to support our mission to restore and strengthen the emotional well-being of children and their families. The event, which took place at Glen Head Country Club, began with exciting games of mahjong, canasta and bridge, along with unique shopping boutiques from some of Long Island's trendiest and most charitable small business owners, including Dale's Novelty Knits, Dash, Designs That Donate, iThrive, Kostume Klassics, Museum Coffee House and RFC Fine Jewelry.

Following the delicious luncheon buffet came an informative presentation by keynote speaker Dr. Victor M. Fornari, Director of the Division of Child & Adolescent Psychiatry at The Zucker Hillside Hospital and Cohen's Children's Medical Center. Dr. Fornari discussed the Mobility study, a collaborative project with the Guidance Center studying the use of the drug Metformin to combat obesity in children on antidepressants.

"We are proud to partner with such a prestigious and patient-outcome driven study," says Dr. Reena Nandi, the Guidance Center's Director of Psychiatric Services. "The results could have a dramatic impact on the health of children and adolescents."

The luncheon couldn't have been so successful without the hard work of our co-chairs, Jan Ashley, Amy Cantor and Alexis Siegel. "For several years, these three dedicated women have taken on the formidable task of organizing this event," says Executive Director Andrew Malekoff. "Their dedication to our mission is unwavering."

We are also grateful for the support of our sponsors: Americana Manhasset; Amy Cantor; CBR; The Children's Medical Center at NYU Winthrop Hospital; Ruth Fortunoff Cooper; Fara Copell; Linda Cronin; Ann Dorman & Kenneth Adler; Joan Grant; Klipper Family Foundation; Tracey Murray Kupferberg; Nancy Lane; Andrea Leeds; Carol Marcell; Power Travel; Raich Ende Malter & Co. LLP; Nanci Roth; Alexis Siegel; Signature Bank; and Carol Wolowitz.



Pam Robbins, Jackie Feinstein, Val Hatzipetrakos, Ann Marie D'Alessandro and Jill Schneider.



Jan Ashley, Amy Cantor and Alexis Siegel.



Dr. Reena Nandi and Dr. Victor Fornari.



Carol Marcell, Jo-Ellen Hazan, Nancy Lane, Linda Seaman and Maureen Ferrari.



Merry Slone, Carol Wolowitz, Cynthia Rubinberg and Joan Grant.

Advocating for Parity

Five of the nation's leading advocacy organizations for effective enforcement of the Mental Health Parity and Addiction Equity Act (Parity Act) announced in November 2017 the launch of the Parity@10 Compliance Campaign. The campaign is a three-year effort that will unite local and national advocates in 10 states to pursue full enforcement of the Parity Act — with the ultimate goal of ensuring that the law lives up to its promise nationwide.

North Shore Child & Family Guidance Center is proud to announce that we are one of the organizations to partner in this national effort.

“This year marks the 10th anniversary of the landmark legislation, which mandates that health insurers provide timely and affordable access to mental health and substance use care as they do for other medical/surgical benefits,” says Guidance Center Executive Director Andrew Malekoff. “We will continue to fight against stigma and discrimination so that all who need care will receive it.”



To learn more about this issue, visit the Guidance Center's website at northshorechildguidance.org and click on the Project Access tab. There you'll find a Take Action drop-down menu item that will connect you with Governor Cuomo's office.

NAMI to Honor Guidance Center

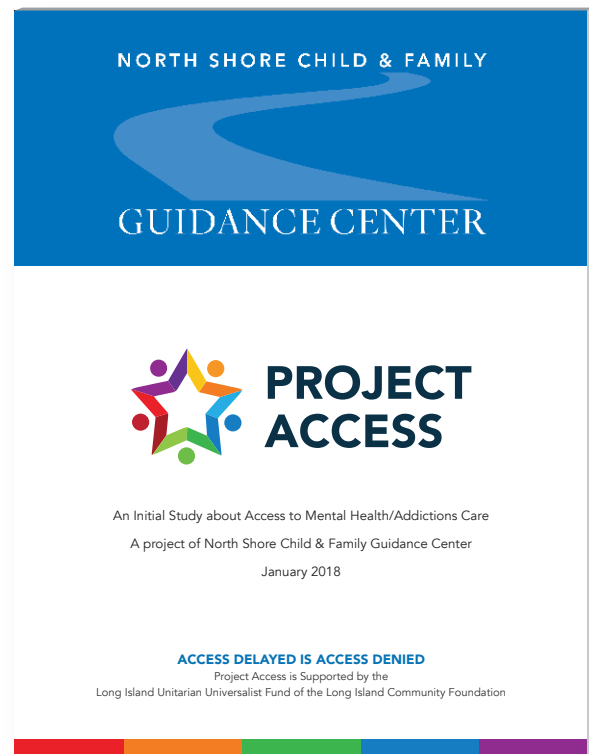
North Shore Child & Family Guidance Center's Project Access study continues to garner attention for its powerful role in combatting stigma and discrimination. As a result of the study and related advocacy work, the Guidance Center and Executive Director Andrew Malekoff have been named as recipients of the Leaders of Mental Health Awareness Awards from NAMI-NYS (the National Alliance on Mental Illness-New York State).

“Ensuring that people living with a mental illness have access to appropriate psychiatric services is of the utmost importance,” says Matthew Shapiro, Associate Director, Public Affairs, NAMI-NYS. “One of the main barriers keeping people from these necessary treatments is a lack of insurance parity and network adequacy. This is a crucial issue which does not receive nearly the attention it deserves.”

The Project Access study, in which 650 Long Islanders were asked about the difficulty of accessing mental health and addictions care, was eye-opening for many, adds Shapiro. “It has been a true catalyst for the reforms which are necessary to create a more mentally healthy New York State.”

Although health insurers are required by law to offer an adequate network of providers from which their beneficiaries can choose, the law is widely ignored, as the Project Access study revealed.

“It's heartbreaking and infuriating that when someone makes the difficult decision to seek out professional help for a mental health or substance use problem, they often face enormous roadblocks, including a lack of providers who take their insurance or waiting lists of six months or even longer,” says Malekoff, who appeared on the March 6, 2018 episode of



NAMI-NYS's *Mental Health Now* television program. “The difficulty people have getting care is a civil rights issue and often a matter of life and death.”

The award will be presented at NAMI's 2018 Education Conference on Friday, October 26th in Albany, NY.

Creative Mind Author Appearance

On April 13, 2018, North Shore Child & Family Guidance Center hosted a program featuring Long Island author Nicole Nagy.

Nagy's book, *Creative Mind: A Diary of Teenage Mental Illness*, is a moving first-person account of her mental health challenges and also of the roadblocks she faced when trying to access timely and affordable treatment.

Nagy, a recent graduate of Stony Brook's social work program, has also become a Project Access advocate, fighting alongside the Guidance Center for timely, affordable access to mental health and addictions care. The April 13th program featured Nagy's discussion of her journey to healing and also addressed the battle to overcome stigma.

"In her book, Nicole writes with an authentic, courageous voice as she talks about her experiences with depression and anxiety," says Andrew Malekoff, Executive Director of the Guidance Center. "With this book, Nicole has helped lift the fear of stigma by so honestly sharing her story. In addition, her advocacy for people struggling with mental health issues is very powerful. The battle for access to care is a matter of civil rights for millions of people."

Even with excellent health insurance, Nagy says that getting access to treatment was very difficult. "It took weeks to get an appointment after I was hospitalized for a suicide attempt," she says. When she was finally able to get the help she needed, she "learned to own and manage my illness and love myself." Her goal is to share her story with everyone she can and give them hope.



Andrew Malekoff, Sean Grover, Nicole Nagy, Kerry Lynn Eller, Nancy Manigat and Reverend Gideon L.K. Pollach.

The April 13th event included insights from an outstanding panel: Nancy Manigat, Chief Program Officer of CN Guidance & Counseling Services; author and psychotherapist Sean Grover; Kerry Lynn Eller, a social worker at the Guidance Center who has experienced the difficulty of accessing mental health care in her own family; and the Reverend Gideon L.K. Pollach, rector at St. John's Episcopal Church in Cold Spring Harbor, NY.

For more information about Project Access, email Andrew Malekoff at amalekoff@northshorechildguidance.org. You can order *Creative Mind* on [Amazon.com](https://www.amazon.com).

A Spot to Relax!

In May 2017, North Shore Child & Family Guidance Center was the fortunate recipient of the generous donation of an outdoor patio set from Fortunoff Backyard Stores. It's become a favorite spot for staff members to gather for lunch or to relax for a few minutes as they take in the greenery that surrounds our headquarters building in Roslyn Heights, NY.

Many thanks to all at Fortunoff Backyard Stores!

Staff members Sheree Incorvaia and Jessica Monk relax on the beautiful outdoor furniture given to us by Fortunoff Backyard Stores.



In Honor, In Memory, or to Celebrate

Gifts to North Shore Child & Family Guidance Center can be made to honor or remember a loved one, a friend or to commemorate a special occasion. Make your online donation 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

Amy Cantor – Caryn and Marc Schneider

Catherine Castagna and Ernie Lagoja's Wedding – Deirdre and A. Edward Major

Frank Castagna – Laura Stein

Matthew Shane Cohn's Birth – Nancy and Lew Lane; Lauren McGowan

Ruth Cooper – Michele Rokhsar

Helene Fortunoff's Birthday – Leslie and Bernard Ettinger; Myrna and Myron Ginsberg; Muriel and Allan Greenblatt; Midge and Morton Howard; Marion and Irving Levine; Rochelle and Hal Lipton; Beth and Ronald Ostrow; Cynthia and Michael Rubenberg; Barbara Sheib and Martin Saiman

Betty Hylton's Birthday – Marjorie Toran

Lucille Kantor's 95th Birthday – Anne and Earle Kantor; Joshua Kantor; Eli Rassow-Kantor

Nancy Lane – Janice Ashley; Gay and William Schmergel

Hal Lipton's Birthday – Jill and Len Berman; Joan and Jeffrey Grant; Cynthia and Michael Rubenberg

Robert Mangi – Jimena Ibanez

Elon Mesholam – Isabelle Mesholam

Alexis Siegel – Ondine Slone-Miranda

Lisa Strauss – Carrie and Barry Jacobson

Bella Tannenbaum's Birthday – Marion and Irving Levine

In Memory of

Anthony DeConza's Father – Renée and Murray Beckerman

Joseph Giordano – Marion and Irving Levine

Maria Haug – Gail and Michael Boscaino; Dorothy and Peter Cisek; Robert Colletti; Frederick Cottrell; Frank DeRosa; Kathleen Eberly; Kelly Farnan; Kurz Family; Sandra Kuzmich; Pamela and William Lawrence; Caroline Smith; Bernadette Stone; Anne and Brian Trent; Cecele Wagner; David Zwally; Dolores, Karen, Joan R., Joan B., Sylvia, Joyce, Dottie, Lee and Donna

Barbara Hurwitz – Amy Gordon

Ruth Klein – Jeanette and Joseph Albanese; Sharon Bonifazio

Caroline Johanna Miller – Zivia Grekin

Michael Spector – Marion and Irving Levine

Herbert Steier – Terry and Joel Brown; Marion and Irving Levine; Bella Tannenbaum

Herb Wetchler – Renée and Murray Beckerman

Helene Wrenn – Tom Wrenn

A Warm Welcome

On July 18, 2018, the Welcoming Club of Garden City presented North Shore Child & Family Guidance Center with a check for \$30,000. The donation was the result of more than a dozen events the club has held for the 2017-2018 school year, all of which benefitted the Guidance Center. Just a sampling: a Halloween fair, several movie nights and a fashion show.

One of the major events was held on May 15 as the Welcoming Club of Garden City hosted their Spring Soirée at the Garden City Hotel. The event featured fabulous boutique shopping, getting-to-know-you games, a Garden City trivia contest, great raffle prizes and a delicious buffet.

“It was a fun and fabulous night that allowed the ladies of the Welcoming Club of Garden City to come together with old friends and mix and mingle to meet new ones in a chic and festive atmosphere,” says Meg Dockery-Cremens, President of the Welcoming Club. “The Spring Soirée was the culmination of a year’s worth of family, couples and ladies events to benefit North Shore Child & Family Guidance Center. The wonderful vendors and community sponsors provided fabulous prizes which enabled us to make a generous donation to the Guidance Center, which we view as a critically important organization in the community.”



Meg Dockery-Cremens presents a \$30,000 check to Guidance Center Executive Director Andrew Malekoff and Director of Development Lauren McGowan.

“We are so grateful to the members of the Welcoming Club of Garden City for making us the beneficiary of their events for this season,” says Lauren McGowan, Director of Development for the Guidance Center who, as a Garden City resident, also chaired the Philanthropic Committee for the Welcoming Club. “The funds that they raised will go directly to our core mission of helping Long Island children and their families who are in need of mental health or substance use care. We could not do our work without generous donations from community-minded organizations like the Welcoming Club.”

Workshops Update

The Guidance Center is not only a place of healing but also of education for parents and mental health professionals.

On April 26, 2018, Guidance Center Associate Executive Director Regina-Barros Rivera conducted a workshop for South Huntington's "Parent University" program held at Walt Whitman High School. The workshop, titled "Transitioning to a Different Culture: Challenges and Opportunities," was designed to help Latino immigrant families navigate two cultures which differ in many values. The workshop, presented in Spanish, helped heighten awareness of differences between the two cultures and gave parents tools to communicate effectively with their teens so that they would flourish in their new country of origin.

On May 18, 2018, Guidance Center Executive Director Andrew Malekoff presented a workshop titled "Strengths-Based Group Work with Children and Adolescents." Participants learned a seven-component framework developed by Malekoff to help them work most effectively with young people. Some samples of the framework topics included:

- Form groups based on members' felt needs and wants, not diagnoses.
- Structure groups to welcome the whole person, not just the troubled parts.
- Develop alliances with relevant other people in group members' lives.

On June 29, 2018, Malekoff presented another workshop entitled "Purposeful Use of Activities in Group Work" to teach a framework for the use of verbal and nonverbal activities in group work to help professionals improve the quality of their direct practice in many different settings. Topics included:

- Building a sense of competence.
- Promoting a sense of belonging.
- Instilling a sense of mindfulness.
- Advancing social justice.

For information on upcoming workshops, join our email list at info@northshorechildguidance.org

Forum on the Dangers of Vaping

On May 17, 2018, North Shore Child & Family Guidance Center hosted a free community forum on the dangers of e-cigarettes, vaping and other substances such as new concentrated forms of marijuana. The forum was held at the Guidance Center's Leeds Place location in Westbury.

"Marketers are selling teens and even younger kids on the idea that vaping is safe," says Kathy Knaust, Clinical Supervisor at Leeds Place. "They're also making the products more appealing to younger ages, including creating products such as fruit- and dessert-flavored vaporizer Juuls and decorative vape pens."

According to the Centers for Disease Control and Prevention, millions of young people have taken up vaping—a trend that could push back decades of progress in helping prevent kids from taking up smoking. The U.S. Surgeon General's office reports that, along with nicotine, e-cigarettes can contain harmful ingredients such as ultrafine particles that can be inhaled deep into the lungs; flavorants such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds; and heavy metals such as nickel, tin and lead.

The seminar also discussed the fact that teen marijuana users are also more likely to be exposed to newer, more potent



forms of marijuana, including a dangerous marijuana extract called "dabs" that is rapidly gaining in popularity. "We are seeing many more clients reporting that they're using THC oil or THC wax," says Dr. Nellie Taylor-Walthrust, Director of Leeds Place. "It's a very alarming trend, especially when they can't know for sure what other substances may be added."

The forum also featured Nassau County Police Officer Yolanda Turner from Community Affairs at Police Headquarters in Mineola. "Parents need to know that kids are vaping right in front of them and they likely don't even know because it is colorless and odorless," says Officer Turner. "It's been spreading to children as young as fifth grade."

To find out more about vaping and other substance use issues, call the Guidance Center at (516) 626-1971. To view a video of the vaping forum, go to www.northshorechildguidance.org/2018-community-forum-on-vaping

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FOR INFORMATION, CONTACT:

Development@NorthShoreChildGuidance.org
(516) 626-1971, EXT. 337

Malekoff Discusses Parity on Mental Health Now

Guidance Center Executive Director Andrew Malekoff joined Tracie Gardner, Associate Director of the Legal Action Center, to discuss the need for mental health parity on the television program *Mental Health Now*.

Though the country has had parity as a law for a decade, a lack of network adequacy is still one of the key barriers keeping people from accessing mental health services. According to host Matthew Shapiro, “Both the Guidance Center and the Legal Action Center have been leaders in informing the public about mental health parity and network adequacy issues.”

Malekoff discussed the results of the Guidance Center’s Project Access report, which provides the findings of a year-long study in which approximately 650 Long Islanders were surveyed about their experiences and frustrations in trying to obtain help. (For more on this issue, see “Advocating for Parity” on page 9.)



Left to right: NAMI-NYS’s Matthew Shapiro, Andrew Malekoff and Tracie Gardner, Associate Director of the Legal Action Center, on *Mental Health Now*.

To view the show, visit www.northshorechildguidance.org/malekoff-mental-health-now

Project Independence on C-GRASP

Dr. Nellie Taylor-Walthrust and Outreach Worker Marmeline Martin appeared on the Town of North Hempstead Project Independence radio program (88.1) on April 27, 2018. Hosts John Ryan and David Linden focused on the topic of grandparents as caregivers of their grandchildren. Dr. Taylor-Walthrust and Martin talked about C-GRASP, the Guidance Center’s Caregiver Grandparent Respite and Support Program. Through C-GRASP, the Guidance Center provides case

management and support services to grandparents over the age of 60 and residents primarily in Westbury/New Cassel and Carle Place. The program connects grandparents to resources within their community and educates them about such issues as budgeting and nutrition education. They also receive a weekly donation of food from Island Harvest Food Bank. The program is funded by the Town of North Hempstead Project Independence.

To listen to the program, go to www.northshorechildguidance.org/project-independence-walthrust

Taking Care of Business Radio

On March 22, 2018, Guidance Center Supervisor Vanessa McMullen appeared on Taking Care of Business Radio (88.1). She spoke with host Richard Solomon about many issues, including how to explain the terrible events that we see in the news to young children without scaring them while still being authentic and honest. The conversation also explored other issues impacting young

children, including upheaval (whether moving or the loss of a family member or divorce); children’s understanding of their world; how to handle feelings of fear, anger and sadness; and alcohol and drug use. In addition, McMullen talked about the Guidance Center’s Diane Goldberg Maternal Depression program, which provides therapeutic services to mothers suffering from postpartum

depression and other perinatal mood disorders. Says Solomon, “I am grateful to Vanessa for her wisdom, experience and knowledge.”

To keep up to date on news from the Guidance Center, visit our website and click on “News & Events.”

To hear the show, visit www.northshorechildguidance.org/taking-care-business-talk-radio

Tomorrow's Leaders

Several first-year students from SUNY Old Westbury volunteered for a semester at the Children's Center at Nassau County Family Court as part of their academic studies in the Community Action Learning and Leadership Program (CALL). The Guidance Center has been partnering with the university for many years. Says Dr. Nellie Taylor-Walthrust, "The students did an outstanding job at the Community Partnership Appreciation event, where they presented their placement experience." Congratulations to all!

Left to right: Kiara Olmeda, Keyara Pryce, Ashley Tatum, Asia Alexander, Tania Hueston and Marinda Persaud.



Lisa Strauss: Devoted Volunteer

Lisa Strauss has been attending our Spring Luncheon for several years, enjoying the card games and boutique shopping. But when her friend Amy Cantor, a VP on the Guidance Center's Board of Directors, asked Strauss to become more involved, she wasn't sure how to respond.

"I wanted to help, but I don't like to fundraise," says Strauss. "But I knew I could give my time to help the organization, and I wanted to work with children."

Two years ago this coming October, Strauss began volunteering at the Children's Center at Nassau County Family Court, a Guidance Center program that provides a safe and enriching learning environment for children six weeks to 12 years old while their parents are involved in court business.

"When I first visited the Children's Center, it reminded me of a nursery school," says Strauss. "I thought it was a happy place."

Every Wednesday, you can find Strauss at the Children's Center, reading books to some of the youngsters, putting together puzzles or caring for a baby.

"When she talks about volunteering at the Family Court her eyes light up and she says it is her favorite part of the week," says Cantor. "She absolutely loves working there!"

Strauss says she loves all the kids, but is partial to the littlest ones. "I am the baby hog, they all like to tell me," she laughs. "If there's a baby, they hand him or her right to me. "But I'll do anything the kids want to do—Play-Doh, cars, build a block tower—they love all of that."

Joan Antonik, Supervisor and Head Teacher at the Children's Center, is thrilled to have Strauss as a volunteer. "From the first day, Lisa has thrown her heart and soul into taking care of the children," says Antonik. "She absolutely loves the babies and has a sixth sense that they are at the door and she's there in a flash!"

Antonik also says that Strauss often contributes items that the Children's Center needs. "Lisa goes above and beyond the call of a volunteer. Her unselfishness and love for the children is immeasurable. We would like to thank her husband Gary and her children Morgan, Max and Caroline for sharing her with us!"

Strauss, who lives in Jericho, has asked her friends to contribute gently used books, since all the children receive a book to take home with them after their visit to the Children's Center.

"It's very rewarding for me to work here," says Strauss. "I feel like I make that child's day so much better than it would be if they had to be in a courtroom with their parents. It's good that they can have a happy day."

If you are interested in volunteering for the Guidance Center, please contact Lauren McGowan, (516) 626-1971, ext. 320, or email LMcGowan@northshorechildguidance.org



Lisa Strauss and Andrew Malekoff at our Annual Meeting.



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www.northshorechildguidance.org

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Ways to Support the Guidance Center

North Shore Child & Family Guidance Center is unique in that we are the only agency on Long Island that provides mental health services specifically for children and families.

You can help a client obtain access to our vital core services by sponsoring an intake, therapy or group session with a licensed and highly trained clinical mental health professional. Please consider making a gift of...

\$85 covers the fee for an individual to attend an hour-long group therapy session.

\$125 covers the fee for a child to attend a private 45-minute therapy session.

\$250 covers the fee that every family is charged for an initial assessment for clinical services. This is a one-time-only charge and is critical to the onset of clinical help.

\$500 covers the fee for an individual child to receive one month of weekly private therapy.

\$1000 covers the fees for an entire family to attend eight hour-long therapy sessions.

*Your gift will make a significant impact for a family.
Thank you!*