

Art Project Heals Troubled Teens

Does the idea of therapy make you picture two or more people in a room doing nothing but talk, talk, talk?

It's true that talk therapy is an essential part of the healing process for kids and teens experiencing depression, anxiety or other mental health challenges. But talk isn't the only therapeutic method we use at North Shore Child & Family Guidance Center. We also employ innovative therapies that incorporate nature, art and other elements that can transform the life of someone experiencing mental illness.

A great example is the beautiful mural created by a group of teen clients at the Guidance Center. Amanda Martin-Squillace and Brooke Hambrecht, two of our social workers, used the artwork of Jackson Pollack for inspiration.



"Pollack's style shows that in seeming creative chaos, something beautiful can happen," says Martin-Squillace. "It's like in the therapeutic process, where you can have catharsis, just like with art."

The teens were given cups of varied colored paints (all donated by Ace Hardware in Rockville Centre), and Martin-Squillace and Hambrecht demonstrated Pollack's technique. While some of the kids were hesitant at first, when they saw the social workers throw the paint on the 6-foot by 9-foot canvas, "they let loose and really got into it," says Hambrecht.

This was born the mural that graces the main hallway of the second floor in our Roslyn Heights headquarters.

"It's a magnificent piece, and the teens were really excited," says Hambrecht. "From a blank canvas they created something beautiful and powerful. They felt very accomplished, and we were very proud of them."

Elissa Smilowitz, LCSW and Coordinator of Triage and Emergency Services, was very impressed by the way the individuals in the group worked

"It's a magnificent piece, and the teens were really excited. From a blank canvas they created something beautiful and powerful. They felt very accomplished, and we were very proud of them."

together to create something artistically impressive and also to grow while doing it. "The groups are designed to help teens learn ways to negotiate their world and express themselves in a healthy way," says Smilowitz. "The process of creating this work of art encouraged them to understand that there are many layers in life, and that our uniqueness is what makes each person special."

For kids who are still taking part in the group, having their artwork displayed in the hallway provides a real boost of self-confidence. Says Hambrecht, "It let them really leave their mark here!"

Inside This Issue:

**65th Anniversary Gala
Makes History!** PAGE 5

**Profile: Dan Donnelly,
Dedicated Philanthropist** PAGE 3

**We're Fighting for Children's
Lives** PAGE 10

Plus

**Other success stories made
possible BY YOU!**

A Message From The Executive Director / CEO

Advocacy Efforts Coming to Light

In 2018, North Shore Child & Family Guidance Center celebrated our 65th anniversary. It was a very busy year, as we served nearly 10,000 children, teens and their families in our clinical, community education and prevention programs.

Another crucial part of our mission is to advocate for equitable care for all who experience mental health and substance use challenges. For many years now, we have taken part in efforts to ensure that the Mental Health Parity and Addiction Equity Act is enforced. The Parity Act requires that health insurers provide benefits for mental health care that are on par with physical and surgical care. A child with severe depression, for example, should not have to fight for access to care any more than a child with cancer. Sadly, this is often not the case.

But we are making progress. Thanks to a strong advocacy push by the Guidance Center and others, on December 21, 2018 the Mental Health and Substance Use Disorder Parity Report Act was signed into

law by Governor Cuomo. The historic new law is a huge victory for the mental health and substance use care community as it will compel insurers to submit key information to determine if they are in compliance with federal and state parity laws.

Also in December, I testified before the Nassau County Legislature in support of the Mental Health First Aid Training Bill, which aims to educate designated county employees, such as emergency management personnel, to recognize the symptoms of mental illness and substance use disorders, take steps to de-escalate a crisis, and connect people to professional, peer and social supports as well as self-help resources in Nassau County. The bill was developed and introduced by Legislator Siela Bynoe, who invited me to testify in support of the law.

I'm happy to report that the bill passed the legislature with full bipartisan support. Its implementation will help to save lives, preserve families, reduce stigma, fight discrimination and improve access to care. It is a giant step forward in support of the civil rights of our neighbors living with mental illness and substance use disorders.

Giant steps forward were also taken in 2018 toward our implementation of critical improvements to the physical structure of our headquarters in Roslyn Heights, a beautiful 113-year-old historic home. Our goals for the project—to provide a welcoming, stigma-free environment, improve energy efficiency, and decrease the overhead of our operating budget by reducing utility costs—are coming to



light with the replacement of more than 150 windows. Many thanks to all the supporters of our ongoing Let the Light In Campaign for enabling us to do this essential work.

In the coming months, we're looking forward to two of our most exciting fundraisers of the year: our Spring Luncheon, which will be on April 17th at Glen Head Country Club, and the Krevet Cup, our golf event, on June 3rd at North Hempstead Country Club. These festive occasions are a great way to support the Guidance Center and also have a great time meeting friends old and new. We look forward to seeing you there!

With gratitude,

Andrew Malekoff
Executive Director / CEO

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



Andrew Malekoff with Legislator Siela Bynoe

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 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!

Donor Profile: Dan Donnelly

When Dan Donnelly was asked by North Shore Child & Family Guidance Center to be the honoree at our Jonathan Krevat Memorial Golf & Tennis Classic in 2017, he took on the challenge with gusto. As with everything that he commits to in his life, Donnelly got involved in a big way!

With a spirit of generosity, creativity and fun, Donnelly gave his all to planning the day, coming up with new and creative ways to make the event more exciting and successful than ever. His flair for sales and marketing—along with his penchant for playfulness—was in full



Mike Mondiello, Dan Donnelly, Troy Slade and Michael Schnepfer

swing as he helped design event print materials, which featured him and the golf co-chairs dressed in 1920s golf attire. And his competitive nature led him to establish a friendly rivalry by putting together teams to represent four local towns.

Jeff Krevat, who created our golf fundraiser in honor of his brother, has known Donnelly for over 40 years.

“Dan was and still is smart, driven and extremely personable,” says Krevat. “I

knew when I first met him that he would become incredibly successful in all of his endeavors.”

Indeed, Donnelly’s dedication to being at the top of his game started at a very young age. Taking inspiration from his hard-working parents, he got his first job at age 12.

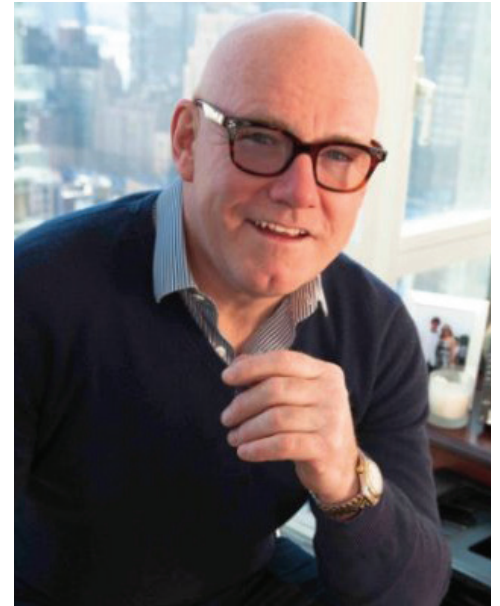
“My father’s rule was at 7 a.m. you had to get your feet on the floor,” says Donnelly. “He encouraged us to work. My first job was as a newspaper boy, and I loved it! It made me realize early on the power of working and saving.”

Many years later, his success continued when he founded Donnelly Mechanical in 1989. As Chief Executive Officer, Donnelly led the strategic vision of the company. Today, he owns and operates five companies. But his many interests extend to a variety of areas, including life coaching and philanthropy.

“I love watching talent grow,” says Donnelly. “I’m fascinated by seeing the gleam in a young entrepreneur’s eye when they connect the dots and achieve their goals.”

Paul Vitale, a member of the Guidance Center’s Board of Directors who used to play against Donnelly in a softball league, says his friend’s commitment to helping others is one of his defining characteristics. “As competitive as Dan was on the softball field, he was even more generous to the Garden City community,” says Vitale. “When I asked him to support the Guidance Center he was all in because he recognized the great work that the Guidance Center does, and he also recognized the value of the time and counsel that so many of us do to support the organization.”

Donnelly, who is the devoted father of two and proud grandfather to Ronen, 2, and Claire, 6 months, says that the work the Guidance Center does for children on Long Island is what motivates him to be such a dedicated supporter. But he also credits his admiration for the staff. “The people working there are such caring souls,” he says. “Life is about people



Dan Donnelly, Guidance Center donor extraordinaire!

and connecting. The relationships that I have with the Guidance Center staff and support team are one of the reasons why I stay involved.”



A Key to Success

When Donnelly isn’t engaged in life coaching or philanthropic work, you can find him on his meditation cushion. “Meditation is the rock upon which I define my life,” he says. “Ninety percent of my success has come from being quiet in a room and meditating each day. It has enabled me to be present to everything around me.”

Our Donors Make the Difference!



When Parkway Community Church in Hicksville had their pumpkin patch fair this fall, they wanted to make sure the proceeds went to a worthy cause. Church member Anna Bishop—who is one of the dedicated Family Peer Advocates at North Shore Child & Family Guidance Center—had a fun idea on how to make the donation bring joy to some of the parents and children who take part in our programs. She spoke with Robert Schroter, church elder, and he gave his whole-hearted support to the idea.

“We have a Family Peer Advocate Support Group every Monday night to help parents whose children are dealing with mental health challenges,” explains Bishop. “Their kids are in activity groups during that time so the parents don’t have to worry about getting a sitter.”

The \$500 raised by the church enabled us to host a wonderful holiday party for the families in December, with each parent

taking home a poinsettia and their children receiving a gift certificate to Target.

“We’re so grateful to the caring people at Parkway Community Church,” says Lee Holtzman, Coordinator of High-End Services at the Guidance Center. “It was a very special night, and our families had a terrific time.”

The Guidance Center welcomes donations from all types of community groups.

To find out how your organization can make a difference in the lives of children and their families, please contact Lauren McGowan at (516) 626-1971, ext. 320, or email LMcGowan@northshorechildguidance.org.

Grants

Beacon Light Foundation
\$1,000 for General Support

Community Chest of Port Washington
\$7,500 for General Support

The Dammann Fund
\$7,500 for Good Beginnings for Babies

Klipper Family Foundation
\$6,500 for General Support

Janet and John Kornreich Charitable Foundation
\$2,000 for the Children’s Center at Nassau County Family Court

The Kenneth & Harriet Kupferberg Family Foundation
\$1,000 for General Support

The Eleanor & Roy Nester Family Foundation
\$6,500 for General Support

Jane & Martin Schwartz Family Foundation
\$2,500 for General Support

Slomo and Cindy Silvan Foundation
\$10,000 for Good Beginnings for Babies

R&S Strauss Family Foundation
\$3,000 for General Support

Gala 2018: A Historic Evening

On October 25th at the Garden City hotel, North Shore Child & Family Guidance Center made history. The 65th Sapphire Anniversary gala raised over \$620,000, making it our most successful fundraising event ever!

Honorees Andrea and Michael Leeds and Americana Manhasset's Champions for Charity® drew an A list of supporters from Long Island and as far away as California. The Leeds are dedicated philanthropists, and they have supported many causes both on Long Island and across the globe. But the Guidance Center holds a special place in their hearts.



Matilde and Cliff Broder, Andrea and Michael Leeds, and Rosemarie and Mitchell Klipper

“Mike and I are delighted with the remarkable level of support that came from our friends and family,” says Andrea, who has been a Board Member at the Guidance Center for 21 years. “It was a wonderful event, and we’re especially proud to help the Guidance Center provide essential mental health services to those in need—particularly those who can’t afford it in this time of shrinking government support.”

The gala’s other honoree, Americana Manhasset’s Champions for Charity®, hosts an annual holiday shopping event that supports more than 100 not-for-profit organizations, including the Guidance Center. “The Sapphire Gala had an air of compassion and a ‘champion’ spirit of generosity in support of the heroic service the Guidance Center provides children and families in crisis,” says Deirdre

Costa Major, President, Castagna Realty Retail Group. “When we support the Guidance Center, we help make a difference.”

The Mistress of Ceremonies was News 12 Long Island’s Carol Silva, whose professionalism and generous spirit set the tone for a fantastic evening. “Today’s news headlines show us how some people are in such need of mental health support,” says Silva. “They think that they’re alone, but on Long Island, we have the Guidance Center, which has opened doors and opened arms for any child or family in need. It was one of the most beautiful events of the year for me, plus it was a whole lot of fun.”



Linda Beigel Schulman

The event’s speaker was Linda Beigel Schulman, the mother of Scott J. Beigel, one of the teachers killed in the school shooting in Parkland, Florida. Her moving speech brought everyone to their feet. “It was my honor to share Scott’s story,” says Schulman. “Those who attended were so warm and caring; I can honestly say new friendships were made. The success of the evening speaks volumes to the importance of North Shore Child & Family Guidance Center!”

Thank you for attending and for supporting this vital fundraiser. We could not provide our essential services to the children and families without your support!



Andrea and Michael Leeds, Tom Suozzi, Rita and Frank Castagna, Todd Kaminsky and Deirdre Costa Major



Ira and Jo-Ellen Hazan, Rebecca Hollander and Jim Smiros



Jen Leeds, Andrea Leeds, Faith Lerner and Susan Arluck



Nancy Lane, Andrew Malekoff and Carol Silva

Thanks to our Partner Neiman Marcus!

North Shore Child & Family Guidance Center held its 5th Annual Ladies' Night Out on July 19, 2018 at the beautiful Neiman Marcus Garden City store. This marked the second year in a row that the Guidance Center joined with Neiman Marcus in an event that offered exceptional beauty services and raffle opportunities to the women of our local communities and also raised awareness of the programs and services offered by the Guidance Center.

All proceeds support the Guidance Center's mission to provide help and healing to children and families dealing with mental health issues and to combat stigma and discrimination.

Guests savored delicious small bites from NM Cafe and sipped unique bubbly libations while they were treated to brow shaping and makeovers by Neiman Marcus makeup artists, along with blow-outs and hair styling from Manhasset salon nuBest.



Nancy Poz enjoys the hair styling skills of nuBest's best!

of us loved looking at the clothes, jewelry and shoes at wonderful Neiman Marcus!"

"Neiman Marcus Garden City is very proud to be a supporter of North Shore Child & Family Guidance Center," says Doris Wilshere, Vice President, General Manager at Neiman Marcus, Roosevelt Field. "It is our corporate philosophy to support and give back to our local community, particularly with organizations that are centered on children and families. Since our opening in 2016, we have been an ongoing partner with the Guidance Center and will be for the future."

"The Guidance Center is grateful to the philanthropic team at Neiman Marcus," says Nancy Lane, Board President. "The events we hold at the store are very special."



Board President Nancy Lane is sitting pretty after her makeover!

"This was the second time my mom Joyce Bruno and I attended Ladies' Night Out, and she didn't hesitate to accept my invitation once again and to bring along her friends," says Carol Marcell, a member of the Guidance Center's Board of Directors. "We got our hair blown out by a charming young man from nuBest, and all



**Read Parenting
Tips on Our Blog ▶**

Interested in learning more about issues like teen depression, sexting or bullying? How about articles on the benefits of nature, healthy eating and family reading? Each week, North Shore Child & Family Guidance Center features a topic of interest to parents on our blog, which can be found at www.northshorechildguidance.org/blog. Or Like Us on Facebook to see the blog and other info from the experts at the Guidance Center.

We welcome your input!

SHARE YOUR THOUGHTS AT :
info@northshorechildguidance.org

Children's Center Benefit Raises Over \$18,000

It was an evening filled with lovely music by soul crooner Paul Loren, a delicious buffet dinner and great conversation as North Shore Child & Family Guidance Center hosted a fundraiser for our Children's Center at Nassau County Family Court.

The September 24, 2018 event raised more than \$18,000, the most in the benefit's three-year history. The money will go toward funding the Children's Center, a special Guidance Center program that provides care and early learning to almost 2,000 children annually, ages 6 weeks - 12 years, while their parents or guardians are conducting court business.

At the fundraiser, held at Tesoro's Ristorante Cucini Italiana in Westbury, Nassau County Legislator Joshua Lafazan presented a citation to the Guidance Center honoring the Children's Center program. "North Shore Child & Family Guidance Center knows that the best investment one can make is in a child," says Lafazan. "I am proud to support their efforts as they make a difference in the lives of youths and families all across Long Island."

Dr. Nellie Taylor-Waltrust, Director of The Leeds Place (under which the Children's Center operates), explained that the Children's Center is not a babysitting service but rather an early learning center. "Children who come to us may never have been exposed to an early learning environment before," she says. "Our staff and volunteers are dedicated to creating a safe, comforting and enriching experience for every child we serve."



Seated: Carolyn Germany, Corinthian Sistrunk, Allison Cacace, Robert and Joan Antonik. Standing: Mace Greenfield, Judge Andrea Phoenix



Lauren McGowan, Bob Mangi, Allison Cacace, Legislator Joshua Lafazan, John Zenir and Andrew Malekoff

Andrew Malekoff, Executive Director of the Guidance Center, thanked the two full-time staff members and the valued volunteers, without whom the Children's Center's high level of service wouldn't be possible. He also acknowledged Laurie Joseph-Yehuda and Rene Joseph, the daughter and widow of the late Honorable Burton S. Joseph, founder of the Children's Center, who were in attendance. Laurie is a member of the Children's Center Advisory Council and Rene painted the beautiful murals that grace the walls of the Children's Center.

Dr. Taylor-Waltrust thanked co-chairs Allison Cacace, Bob Mangi, Esq. and John Zenir, Esq. for their dedication to the third annual event. "This fundraiser is critical for the Children's Center, as funds for it have been drastically cut over the years, though we have been able to keep it open full time," she says.

The fundraiser was sponsored by an array of local law firms and other businesses, including Aiello, DiFalco & Gianakos, LLP; Barnes Catterson LoFrumento Barnen, LLP; Casino One Limousines; DiMascio & Associates, LLP; Gassman Baiamonte Betts, PC; Mangi & Graham, LLP; Mejias, Milgrim & Alvarado, PC; Schlissel Ostrow Karabatos, PLLC; The Law Firm of Edwards & Rockmore, PC; The Law Practice of John M. Zenir; The Pessala Family; The Virdone Law Firm, PC; Vishnick McGovern Milizio, LLP; and the family of Hon. Burton S. Joseph, Founder of the Children's Center at Nassau County Family Court.

A Night for Community Spirit

North Shore Child & Family Guidance Center was excited once again to be one of the leading sponsors of National Night Out, an annual community-building event that brings together residents, police, neighborhood watch organizations, business owners and elected officials in New Cassel and Westbury to celebrate the towns and to promote safer neighborhoods built on community unity.

“The residents come together to speak out against drugs and crime and make a public declaration that we are working together to improve the quality of life for all in New Cassel and Westbury,” says

Dr. Nellie Taylor-Walthurst, Director of the Leeds Place (one of the Guidance Center’s three main sites). “We care deeply about the people of these wonderful communities.”

Dr. Betty Hylton, former Guidance Center Board Member and current chair of The Leeds Place Advisory Council, has been involved with National Night Out since 1995. “National Night Out is the thread that connects old and new community residents,” says Hylton. “The elderly and youth come together to share, observe and respect cultural differences and to improve the Westbury/New Cassel community.”



Regina Barros-Rivera (left) and Dr. Nellie Taylor-Walthurst (right) join kids in building community spirit at National Night Out

True Champions!



Cathy and Frank Castagna, Andrew Malekoff, Lauren McGowan, Rita Castagna and Ernie Lagoja

On November 29, 2018, North Shore Child & Family Guidance Center partnered with Americana Manhasset’s Brooks Brothers store to co-host an opening night celebration of Champions For Charity®.

The V.I.P. celebration featured cocktails, hor d’oeuvres and lots of conversation and camaraderie as shoppers took advantage of the opportunity to buy beautiful items while contributing to great causes. Twenty-five percent of the pretax price on items sold was donated to support the Guidance Center’s mission and that of other charities.

Jo-Ellen Hazan was among several

Guidance Center Board Members and friends who attended the festive evening. “It was fun to see such a wonderful turnout of friends supporting the kickoff event at Brooks Brothers,” says Hazan. “We are grateful to Champions For Charity® for including us each year!”

Other Guidance Center Board Members who enjoyed the hospitality of Brooks Brothers included Charles Chan, Rita Castagna, Tracey Kupferberg and Nancy Lane, as well as Executive Director Andrew Malekoff.

A reunion of sorts took place when Brooks Brothers salesperson Evan Bollaci struck up a conversation with Malekoff, telling him that although his full-time job is elsewhere as a human resources manager, he decided to work part time at Brooks Brothers during Champions For Charity® when he saw that the Guidance Center was one of the recipient non-profits.

Bollaci told Malekoff that he was a Guidance Center client during his teen years, and that the organization had made a huge difference in his life. Today, Bollaci is married, has a job he loves and a grateful heart.

“I’m very delighted I had the opportunity to receive care from the Guidance Center,” says Bollaci. “It helped me develop and cope with everyday stresses [with skills] that I still put to use in my adult life. I’m blessed to have had the opportunity to be helped in a beautiful setting surrounded by love and nurturing individuals.”

“I’m tremendously honored that Evan shared his story with me,” says Malekoff. “It’s stories like his that make me so proud of everyone at the Guidance Center.”

“All of the people at Champions For Charity®, along with the employees who work for the participating stores, make a real difference in our communities. We look forward to working with these dedicated community partners for many years to come.”

Americana Manhasset’s Champions For Charity® has been a leading philanthropic initiative for over 20 years, and the Guidance Center has been a part of the event since its beginnings. Every holiday season, more than 100 not-for-profit organizations benefit from this impressive holiday shopping program. Since its inception in 1996, Champions For Charity® has raised over \$12 million for local charities.



Evan Bollaci and Andrew Malekoff

Guidance Center Honors John & Janet Kornreich



Janet and John Kornreich (third from left and far right) with Associate Executive Director Regina Barros-Rivera (fourth from right) and some of the moms and girls from our Latina Girls Project

On November 7, 2018, North Shore Child & Family Guidance Center hosted a celebration honoring John and Janet Kornreich, founders of the John and Janet Kornreich Charitable Foundation, who fund the monthly outings that are such an integral part of the Latina Girls Project.

The Guidance Center's Latina Girls Project is an innovative program that employs rapid response to psychiatric emergency calls; individual, group and family therapy; and monthly outings and other activities, all designed to tackle the epidemic of depression, anxiety, low self-esteem and suicidal ideation in young Latinas.

Guidance Center Associate Executive Director Regina Barros-Rivera, who heads up the Latina Girls Project, describes how critical the trips are to the success of the program: "In addition to individual and family therapy, monthly outings to places such as museums, theater and other cultural sites are crucial to the Latina Girls Project's ability to transform these girls' lives. The trips serve to boost their confidence and sense of independence. They also discover that there's a great big world of opportunity

out there for them, which allows them to feel hopeful about their futures."

The November 7th event, which featured moving speeches from several of the girls who've participated in the program, was not only a celebration of the girls' success but also an opportunity to honor John and Janet Kornreich.

All of the attendees spoke of their profound gratitude to the Kornreichs, who were very touched by the girls' expressions of how profoundly the outings have helped transform their lives.

As one girl put it, "The therapy helped my mother and I communicate and become very close, and the monthly outings showed me a world I never would have seen. I felt that I wanted to be a part of the larger world. The trips gave me the feeling that I could be truly happy in my life."

Barros-Rivera says that the Kornreichs were "angels," explaining that John walked into the Guidance Center one day and said "tell me how I can help."

Toward the end of the celebration, both John and Janet Kornreich told the girls

that they were so proud of them and that they should be proud of themselves. The couple also pledged their continued support for the Latina Girls Project.

"We are deeply grateful to John and Janet for their dedication and contribution to this very important Guidance Center program," says Executive Director Andrew Malekoff. "They make these trips possible, and the trips make the girls see wonderful possibilities in their lives."



**THANK
YOU**
to all the
wonderful donors
who help us
transform lives!

Advocating for Mental Health Care for All

North Shore Child & Family Guidance Center is dedicated to advocating for affordable, timely access to quality mental health and addictions care. As part of this effort, in January 2018 we released Project Access, a study of 650 Long Islanders that put a spotlight on the many hurdles people experience when they seek care for themselves and their loved ones.

On October 3, 2018, State Senators Todd Kaminsky and Elaine Phillips hosted a Parity for All roundtable at the NYU Langone-Winthrop Research Institute that highlighted the results of Project Access. “In today’s day and age, it is more important than ever for us to ensure that individuals who have the courage to seek mental health and addiction counseling services receive the treatment they need,” says Senator Kaminsky. “I was pleased to host this bipartisan forum to make further headway on this critical issue facing our communities, and look forward to continuing to advocate for mental health parity in Albany.”

“The Parity for All roundtable was another important step in further uniting stakeholders – providers, consumers, advocates and legislators – to work collectively toward enforcement of the Mental Health Parity and Addiction Equity Act,” says Andrew Malekoff, Executive Director at the Guidance Center. “Our children’s lives are on the line.”



Legal Action Center policy director Sebastian Solomon and Andrew Malekoff

To learn more about Project Access and how you can help, visit www.northshorechildguidance.org and click on the Project Access tab, or call Andrew Malekoff at (516) 626-1971, ext. 302.

Fighting for the Lives of Mothers and Babies

Would it surprise you to learn that a few of Nassau County’s towns have some of the highest maternal and infant mortality rates in the state?

To address this dire situation, on November 19, 2018, North Shore Child & Family Guidance Center held a special event at its Leeds Place site in Westbury called “World Prematurity Awareness Breakfast.”

The audience, which consisted of healthcare professionals and community members, learned that over 300,000 babies in the

United States are born premature each year, and the statistics indicate a wide racial disparity. 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 mother. 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.

“Babies—especially black babies—are dying way too soon,” says Dr. Nellie Taylor-Walthurst, Director of the Leeds Place. “Many don’t see their first birthdays. I’ve gone to way too many funerals for babies who didn’t survive.”

Town of North Hempstead Councilwoman Viviana Russell shared her personal story of having given birth to a premature daughter in 1995. Russell felt that her doctors were not listening to her concerns. Luckily, her daughter, who weighed only 1 pound and 12 ounces, survived and is now a mother

herself, but the experience made Russell want to help others. “As women, we are nurturers, but we need to learn that pre- and post-natal care is as important for us as for our babies.”

The Guidance Center, in partnership with Hofstra University, has also created a program called Birth Justice Warriors, which focuses on improving the health of black mothers and their babies through education and advocacy efforts. Birth Justice Warriors are trained to educate the community, including women, pediatricians, nurses, elected officials and others, regarding the racial disparities in an effort to create real change. The ultimate goal is to pass legislation that guarantees that this crucial information is delivered to all women of child-bearing age.



Viviana Russell, Dr. Nellie Taylor-Walthurst, Adrianni J. Combs and Martine Hackett

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

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 or a friend, or to commemorate a special occasion. Make your gift online 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

Matilde and Cliff Broder – Ilana and Isaac Benmayor; Ira Udell

Amy Cantor – Rosalie Cantor

Frank Castagna's Birthday – Bonnie Levy

Lisa Chen's Birthday – Rosemarie and Mitchell Klipper

John Grillo – Gueric Dechavanne; Christine and John Shea

John Grillo's 70th Birthday – Joe Magliato; Barbara Shea

Nancy Lane – Janice Donoghue

Andrea and Michael Leeds – Anthony Arnold; Joan and Joel Ettinger; Phyllis and Richard Golden; Roslyn Goldstein; Heidi Heltzel and Marc Prisant; Mindy and Paul Smolevitz; Susan and Jeffrey Stern; Amy Ullman

Andy Malekoff – Nancy and James Cowles; Jo-Ann and Glen Spiritis

Nancy Marks – Susan and Kanti Rai

John Zenir – Gail Broder Katz

In Memory of

Lauren Blinderman – Marion and Irving Levine

Matthew Dash – Jill and Len Berman

Louis Fortunoff – Dale and Andrew Malekoff

Irwin Fruchtmann – Renée and Murray Beckerman

Maria Haug – Patricia and James Butler; Nancy and Lew Lane

Hon. Burton S. Joseph – Noreen Tedone

Robert Kaufman – Stuart Traurig

Andrew Levien – Anita Levien

Robert Levien – Anita Levien

Leonard Rautenberg – Andrew Borinstein

Russell Rubell – Joan and Jeffrey Grant



Is Your Birthday Coming Up?

If you're a Facebook user, the social media site will ask you a few weeks prior to your birthday if you'd like to set up a Birthday Fundraiser. The steps are easy to follow, and you can designate North Shore Child & Family Guidance Center as your charity of choice (100% of money donated goes to us). Visit www.facebook.com/fundraisers to learn more. Thank you to all who have donated to us through Facebook!

A Matter of Life and Death

On October 26, 2018, North Shore Child & Family Guidance Center's Executive Director Andrew Malekoff received a "Leaders of Mental Health Awareness Award" from NAMI-NYS (the National Alliance on Mental Illness-New York State) at its 2018 Education Conference in Albany, NY.

"The lack of mental health parity is one of the biggest social justice issues of our time," says Matthew Shapiro, Associate Director, Public Affairs, NAMI-NYS. "People living with mental illness and addiction are being discriminated against with separate and unequal treatment by insurance providers. New Yorkers are fortunate to have a strong advocate in Andrew Malekoff, who is bringing awareness to this issue and is fighting for access to recovery support services."

In an attempt to draw attention to these discriminatory practices, the Guidance Center released Project Access, a year-long research study that asked 650 Long Islanders about the ease or difficulty of

accessing mental health and addictions care. Some of the key findings:

- Almost half of the participants said that it was more difficult finding help for mental health or substance use problems than finding help for physical illnesses, especially when they were in crisis.
- Nearly 40% said that their insurance company did not have an adequate number of providers.
- Two thirds told us that their insurance company was not helpful to them in finding a suitable provider for themselves or a loved one.

Shapiro calls the Project Access study "eye-opening for many and a true catalyst for the reforms which are necessary to create a more mentally healthy New York State."

Accepting the award on behalf of the Guidance Center, Malekoff told the audience, "The difficulty people have



Andrew Malekoff receives the advocacy award from Ariel Coffman, Board Member, NAMI-NYS

getting mental health and substance use care is not simply a matter of stigma — it's a civil rights issue and often a matter of life and death."

Visit www.northshorechildguidance.org and click on the Project Access tab to see the full study and learn how you can help advocate for mental health parity.

Professional Workshops

The Guidance Center Leads the Way

Where do social workers, psychologists and other mental health professionals turn to when they're seeking to increase their knowledge? The answer is North Shore Child & Family Guidance Center!

Throughout the year, the Guidance Center holds several different trainings, and this fall was no exception. In October, Executive Director Andrew Malekoff, who is a noted expert in the field of social work with groups and author of *Group Work with Adolescents: Principles and Practice*, now in its third edition, presented two workshops: Planning for Successful Groups and Strengths-Based Group Work With Children and Adolescents.

"The Guidance Center has been a major provider of group work education, training, supervision and service for decades," says Malekoff. "Increasingly, universities have decreased and diluted educational offerings devoted to working with people in groups. We have been leaders in filling the gap, enhancing the



Regina Barros-Rivera, Associate Executive Director of the Guidance Center

confidence and skills human service practitioners need to provide credible group work practice."

In November, Guidance Center Associate Executive Director Regina-Barros Rivera presented a workshop called *Latina Girls at Risk for Suicide and other Self-Harming Behaviors: Principles and Practices*. This workshop is based on our Latina Girls Project, an innovative program created by Barros-Rivera to address the alarmingly high rate of suicide, depression and other issues

among young Latinas. The presentation highlighted core therapeutic practices for these teens, and addressed issues such as sexual abuse, violence, suicide risk and immigration trauma.

"Learning about the particular issues faced by young Latinas is very important in today's cultural climate," says Barros-Rivera. "Social workers and others who work with this population can provide life-saving help to these girls once they understand their backgrounds and challenges."

Also in November, Dr. Reena Nandi, the Guidance Center's Director of Psychiatry, presented a workshop titled *An Introduction to Child and Adolescent Psychiatry for Non-MDs*, which offered vital information on symptoms, differential diagnosis and treatment for common psychiatric disorders in children and teens, such as depression, anxiety, psychosis, ADHD and other behaviors.

For information on our lineup of upcoming workshops, contact Nicole Oberheim at (516) 626-1971, ext. 337

Safety Training from Nassau Police

Each year, North Shore Child & Family Guidance Center sets aside a day for the entire staff to participate in workshops and training. This year, on November 6th, our focus was on empowerment through knowledge, self-care and preparedness.

In the morning presentation, we welcomed Officers Ken Murray and paramedic Rich Husch of the Nassau County Police Department's division of Homeland Security, who managed to take on a tough subject—preparing for a shooting event—and make it informative, powerful and engaging.

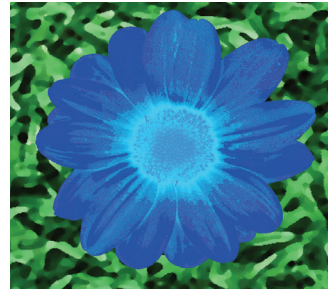
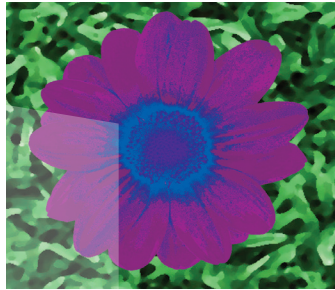
One of the key messages was, as the officers put it, "Don't be a hero, be a good witness." They also praised our staff for the difficult and important work they do, emphasizing the value of partnership and connection.

"We're indebted to Officers Murray and Husch for providing an outstanding workshop on Active Shooter Preparedness Training," says Andrew Malekoff, Executive Director. "We live in difficult and dangerous times, so being prepared for the unexpected is essential to the security and safety of our staff and the children and families we serve."



Officers Ken Murray and Rich Husch shared crucial knowledge with the Guidance Center staff

► **For more Active Shooter Preparedness information visit www.dhs.gov/active-shooter-preparedness**



SAVE THE DATE

North Shore Child & Family Guidance Center's

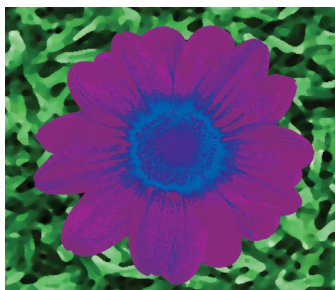
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2019

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at Glen Head Country Club

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For information or to register: (516) 626-1971 ext. 309
or visit: www.northshorechildguidance.org/events



When media needs a resource to talk about mental health issues, they call on North Shore Child & Family Guidance Center!



• In the January 4-10, 2019 issue of **Long Island Business News**, Guidance Center Executive Director Andrew Malekoff was featured in a cover story on what Long Island thought leaders believe lies ahead in 2019.

• Continuing in his role as a staunch advocate, Malekoff wrote an op-ed that was featured in January 2019 issue of **Long Island Business News**.



• In October 2018, an interview with Malekoff was featured on **NPR radio station WNYC's** newscast during the local portion of All Things Considered and Morning Edition. Malekoff discussed New York State's new program to help people seeking mental health treatment navigate the insurance market.



Elissa Smilowitz (left) and Regina Barros-Rivera with Richard Solomon in the studios of WCWP radio

• Guidance Center Associate Executive Director Regina Barros-Rivera and Elissa Smilowitz, LCSW and Coordinator of Triage and Emergency Services, appeared in August on **WCWP Radio's** Taking Care of Business program. They spoke about suicide, depression and other mental health issues as they relate to children and teens.



• This fall **Newsday** ran two stories that featured the Guidance Center. The first talked about C-GRASP, our Caregiver Grandparent



The grandchildren of Roger & Marie Dextra gather at the family's Westbury home. (Photo courtesy of Newsday)

Respite & Support Program. The second piece, which was featured in Newsday's Top Doctors magazine, described our school-based ISP (Intensive Support Program), which offers mental health services on-site at three Nassau B.O.C.E.S. schools for children from all 56 Nassau County school districts.

• Also in **Newsday**, a letter by Malekoff (at right) addressed Governor Cuomo's failure to publicize an important Justice Center study.



• In June, the Guidance Center's Dr. Nellie Taylor-Walthrust and Hofstra University's Dr. Martine Hackett were interviewed on **MetroFocus**, a television news show that appears nightly on PBS stations Thirteen and WLIW21. The two women spoke about the high rate of maternal and infant mortality in certain Nassau County towns and our Birth Justice Warriors project that aims to remedy this injustice.



Drs. Nellie Taylor-Walthrust and Martine Hackett appear on PBS's MetroFocus

• In the Summer 2018 issue of **Behavioral Health News**, Malekoff discussed depression and suicide in this magazine for health care professionals. The magazine's Winter 2019 edition also featured a column by Malekoff sharing his expertise on working with teenagers in groups.

FROM

NEWSDAY:

State protected itself from ugly truth

Regarding the state's Justice Center for the Protection of New Yorkers with Special Needs, Gov. Andrew M. Cuomo asserted in 2013, "We will work around the clock to safeguard the rights and protections of our most vulnerable citizens."

Newsday's expose "Hands to the neck" [News, Nov. 11], regarding a Justice Center study of nonfatal strangulations at state institutions, reveals that quite the opposite is the case.

When Patricia Gunning, inspector general of the Justice Center, initiated a study about nonfatal strangulation and found it was grossly underreported, she was shut down by state officials. Gunning said, "Being outspoken about what you see is not a good quality to have if you want to stay in state government."

It appears from the Newsday report that people of good will and competence such as Gunning are also victims of strangulation — in this case, by the State of New York.

It is a sad day when we learn that Cuomo's Justice Center, created to protect people with special needs, has asphyxiated its own internal study and perpetrated a cover-up of what the study revealed to protect only itself.

*Andrew Malekoff,
Long Beach*

Editor's note: The writer is executive director of North Shore Child and Family Guidance Center, a nonprofit children's mental health center in Roslyn Heights.

Volunteer Spotlight: Lauren Greenberg



Lauren Greenberg

When she was an 11th grader at Jericho High School, Lauren Greenberg knew that she wanted to get involved in helping kids. Luckily for us, she chose to volunteer at North Shore Child & Family Guidance Center's Learning to Learn Center.

"I've been tutored before and was grateful for that," says Greenberg, now a freshman at Wesleyan University. "Plus, I love the kids! Tutoring is the most fun part of my week."

Gerri Lima, an Educational Specialist at the Guidance Center, says that Greenberg always goes above and beyond expectations. "She is very dedicated and often tutors her students after the session expired to make sure they understand the content," says Lima. "I became very dependent on her!"

"I love the kids! Tutoring is the most fun part of my week."

Staff Profile: Pascale Nerestant

For 18 years, Pascale Nerestant has been a valued member of the Guidance Center team, working with middle and high school students in two capacities: As a drug and alcohol counselor, she talks about the dangers of substance use, and as a rehabilitation counselor, she helps students with career counseling, school work, resumes, job placements and more.



Pascale Nerestant

"I know that I'm really helping people. Working at the Guidance Center, we truly change lives."

Nerestant, who has her Masters in rehabilitation counseling, loves coming to work each day. "I know that I'm really helping people," says the Haitian native. "Working at the Guidance Center, we truly change lives."



Are you interested in being a tutor?

The Guidance Center is always looking for hard-working people who have patience and a love for children. All volunteers have their own unique schedule and flexibility. To find out more, contact Gerri Lima at 516-997-2926, ext. 239, or email GLima@northshorechildguidance.org



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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!*