

Guidance Center Responds to COVID-19

At North Shore Child & Family Guidance Center, we have been caring for children and families in our community for nearly seven decades. But this year has brought challenges that no one ever anticipated.

On March 17th, 2020, for the first time in our history, we closed our buildings. The first of what ultimately became six staff members had tested positive for COVID-19, and for the safety of our employees and clients, we shifted gears to meet the challenge.

Within a few short days, we made a smooth transition to telehealth, seeing clients remotely by video conference and phone. One of our core principles is to make sure that our clients receive timely, high-quality mental health care that brings hope and healing in the midst of despair, and the pandemic was not going to deter us from our mission. We could not have done this without the support



of our Board and valuable donors.

For young people who were already experiencing issues such as depression and anxiety, the virus exacerbated their symptoms, and they needed our help more than ever. We also had new clients reach out to us: children, teens and families who, due to the fear and uncertainty brought on by COVID-19, were struggling.

Sadly, we also were called upon to offer bereavement counseling for those who had lost loved ones to the virus.

Meeting the Challenge

The Guidance Center's move from in-person to virtual practice has made a significant difference for our families. Parents and their children have expressed gratitude for the continuity and for knowing that we have not abandoned them.

Paradoxically, as one of our therapists reports, technology has created a new kind of intimacy: "Using video conferencing sessions to navigate family therapy has allowed me to remain connected with the family while working with them virtually to discuss ways

Parents and their children have expressed gratitude for the continuity and for knowing that we have not abandoned them.

they can practice and implement better communication skills," she says.

Technology has also enabled us to create new ways of serving our clients. Starting in May, we began a series of webinars (see story, page 15) to help families cope with the stresses brought on by the pandemic. We also began six-week-long free remote pandemic parent support groups, in both English and Spanish, that provided much-needed advice.

While we look forward to seeing clients in person as soon as it is safe, our dedication to serving the community during the crisis and beyond is as strong as ever. As we navigate the new reality brought on by the pandemic, we are grateful to all of you who support us year-round!

Inside This Issue:

'Funraising' Trivia Night!

PAGE 7

**Donor Profile:
John Grillo**

PAGE 3

Trips Take Kids to New Heights

PAGE 11

Plus

Learn the many ways to donate and make a difference!

A Message From The Executive Director / CEO

United In Purpose



I had the unusual experience of being way ahead of the curve in preparation for pandemic 2020. After undergoing an allogeneic stem cell transplant in early December 2019, I was given strict orders from my doctor to wear a surgical mask and gloves, wash my hands often with antibacterial soap and hand sanitizer and keep my distance from others. The term PPE (Personal Protective Equipment) was not used, nor was “social distancing.” Nevertheless, about four months later the rest of the world caught up with me.

I had been on medical leave and in recovery. The purpose of the transplant, in lay terms, was to give me a new immune system that would do a better job of fighting cancer than the one I was born with. I was told on the day of the transplant that many consider it to be a second birthday. I’ll have to see if social

“One thing that is clear: We are all in this together and must do all we can to look out for one another.”

media will announce December 12 as it does May 14, my real birthday.

In any case, what the pandemic also revealed for me is that not only am I in the vulnerable category because of my age, but as an immunocompromised person I’m even higher up in the red zone. What an honor! I thought that influenza had become my greatest enemy post-transplant, only to discover something new called the coronavirus or COVID-19 could be an even more formidable adversary.

I was learning all of this at the same time that, as I was taking my first steps back to working full time, several of my colleagues at the Guidance Center had tested positive and were quarantining. It was at this time that we decided to close our three offices. In my absence, leadership staff had done a stellar job of preparing everyone for remote communication, so there was a seamless transition. The families we serve were grateful for not being “dropped” during such a stressful time.

As the months unfolded, a new staff team rolled up their sleeves and started work on a transition plan for a return to our offices. Although it is an incremental

process, we really do not have enough information or confidence at this writing regarding when it will be safe to fully do so. First and foremost is consideration of the health and safety of our staff members and the families that we serve.

Despite the pride with which we have proceeded to meet the aims of our mission, I must say that it is disheartening that during this unprecedented time we are living through as a nation that there is such disunity in people’s perceptions and responses to protecting themselves and one another. Adding to this are racial divisions that were amplified in the aftermath of the tragic strangulation death of George Floyd by a Minneapolis police officer on May 25th.

There are some signs of greater unity as it becomes increasingly clear that the pandemic is not about to disappear. More complex efforts are needed to eliminate disparities in policing and heal the racial divide.

One thing that is clear: We are all in this together and must do all we can to look out for one another.

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 phone:
Call (516) 626-1971, ext. 337

By mail: Make checks payable to NSCFG and mail to NSC&FG
480 Old Westbury Road
Roslyn Heights, NY 11577

Thank you for your support!

Guidelines

AUGUST 2020

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Contributor: Nicole Oberheim

Designer: Elizabeth S. Hildebrandt, Inc.



Donor Profile: John Grillo



John Grillo

When celebrities, sports stars, Fortune 500 leaders and other movers and shakers want to get somewhere fast, safely and in high style, they contact Executive Fliteways, whose motto is “Where excellence is in the air.”

Bringing excellence to everything he does is what motivates the private air charter company’s founder and president, John Grillo, who was a member of North Shore Child & Family Guidance Center’s Board of Directors from June 2008 to January 2019, serving as president from January 2012 to June 2015. Grillo continues to be one of our most dedicated donors and a true champion of children’s mental health.

‘Leeds’ the Way

In his many years at Executive Fliteways and earlier as an American Airlines pilot and Air Force captain in Vietnam, Grillo has traveled the world—“everywhere but Antarctica,” he says with a laugh.

The road to the Guidance Center’s board was paved by Michael Leeds, another devoted supporter of our mission, as well as husband to board member Andrea Leeds and son of former board member Lilo Leeds.

Grillo explains that Michael, who is a seasoned pilot, was one of Executive Fliteways’ early clients. “He introduced me to Andy, his lovely wife, and we all

became good friends,” he says. “When she asked me if I’d consider becoming a board member, I was very busy and declined at first. But when she shared with me the amazing work that the Guidance Center does, I was convinced I wanted to be a part of the organization.”

His stint as board president, however, came as a bit of a surprise. After serving for several years as a board member, Grillo recalls, Guidance Center Executive Director Andrew Malekoff and then-Board President Jo-Ellen Hazan invited him to lunch. “I thought that it was very nice of them, but I had no idea that it was an invitation to become president,” he says. “But I was honored to be asked, and I enjoyed my time working with such a great group of people on the board and on staff.”

Tribute to His Father

One of Grillo’s lasting legacies at the Guidance Center is Johnny’s Garage, a building on our Roslyn Heights property that was headed for demolition until Grillo stepped in.

“The garage was quite old and had been falling apart, but the estimates to fix it were very high,” he explains. “The decision was made to knock it down, but



Grillo and Andrew Malekoff at the dedication of Johnny’s Garage.

I thought it would be a real shame.”

His solution: Raise money from his friends toward the restoration and pay for the remainder himself.

“Our home garage was my dad’s favorite place,” Grillo says. “He was trained during WWII as an aircraft and auto mechanic, but he was equally comfortable around anything with an engine. He was truly a mechanic extraordinaire, with an unrestrained



Grillo donated the funds for the complete physical restoration of this F-105B Century series fighter.

passion to repair things... anything.”

Since its opening in May 2017, Johnny’s Garage has brought happiness to many, and has been used for art classes with some of our teen clients and parent groups.

“A man should be judged not on what he says but what he does.”

It’s All About the Kids

When asked why he continues to be a generous donor to the Guidance Center, Grillo says, “It’s so easy to support an organization that does such great work to benefit children struggling with mental health issues. You really feel for these kids.”

He also supports many other worthy organizations, like the Cradle of Aviation Museum, and is especially fond of those that help returning veterans in need of assistance, including, but not limited to: Disabled American Veterans, the Vietnam Veterans of America and Veterans of Foreign Wars.

As Grillo puts it, “A man should be judged not on what he says but what he does.”

All of us at the Guidance Center thank John Grillo for all he does to help move youngsters from hurting to healing!

Volunteer Spotlight: Kelly Christ



Kelly Christ

When Kelly Christ, an upcoming senior at Fordham University, saw that North Shore Child & Family Guidance Center was looking for an intern to help write our blog and social media posts, she applied immediately.

“It’s a great opportunity to combine my love of writing and my desire to work in the children’s mental health field,” says Christ, a Manhasset native who has a double major in English and psychology.

Christ’s interest in social work arose from personal experience. “In middle school, I started having issues with anxiety, but I didn’t really understand it at the time,” she explains. “Then, when I was in high school and talked about it with friends, I realized how common anxiety and other mental health challenges are with kids and teens. It’s so important to talk about mental health openly, so people realize they aren’t alone and aren’t to blame.”

Once she started at Fordham, Christ continued to write about mental health, as well as other important issues, as Editorial Director and Opinion Editor of the college’s newspaper. “In my freshman year, I wrote a story about how social media can impact anxiety and depression, and it really resonated with other students,” says Christ, who plans to go to graduate school for social work.

Christ has been a great addition to the Guidance Center’s development team, according to Lauren McGowan, Director of Development. “Kelly is a dynamic, polished writer who speaks from the heart, and she has great insights into social media strategy. She’s been terrific!”

Lend A Hand

Are you interested in volunteering for the Guidance Center? We are always looking for dedicated people who have an interest in mental health and are savvy with social media and writing. For more information, contact Lauren McGowan at (516) 626-1971, ext. 320 or email LMcGowan@northshorechildguidance.org.

Staff Profile: Kerry Lyn Eller



Kerry Lyn Eller

When Kerry Lyn Eller started as a social work intern at North Shore Child & Family Guidance Center in 2015, little did she know that she’d end up being a TV star!

In 2018, when the Guidance Center released Project Access, our research report detailing the difficulties in receiving timely, affordable mental health care, Eller appeared on News 12 and PBS’s Metrofocus to share her family’s story.

“My sister has had multiple mental health and chemical dependency issues since the age of 11,” explains Eller, who is passionate about her role as an advocate. “It was extremely challenging to access appropriate treatment for her.”

Eller, who has her LMSW from New York University, has made helping people her life’s work. As supervisor of High-End Services at the Guidance Center, she works on our CCCT (Clinical Care Coordination Team), CCSI (Coordinated Children’s Services Initiative) and Family Peer Advocates, programs that offer high-risk children and their families in-home therapy and intensive case coordination with wraparound support connecting outside systems together.

“I had such positive experiences working with social workers when I was a kid, so I was really drawn to the field,” she says. “And I love the team that I work with at the Guidance Center. I learn

as much from them as they learn from me.”

Eller is devoted to the Guidance Center’s mission, and her upbeat attitude and compassion are great assets to her clients and the staff. “Some people work just to bring home a paycheck, but I feel so happy to go to work,” she says. “I look forward to it.” We thank Kerry for all she does—and congratulate her on recently losing over 65 pounds!

Guidance Center Welcomes New Board Members

We are pleased to announce that two new members have joined our Board of Directors: Jeffrey Greenblatt and Jacklyn A. Zitelli.

Greenblatt, who co-chaired the Guidance Center's Trivia Night fundraiser this year, is Assistant Regulatory Counsel at PSEG Long Island. He received his J.D. from St. John's University School of Law and his B.A. from the University of Michigan.

"Long Island is a special place," says Greenblatt, who lives in Syosset with his wife Jaclyn and three daughters. "It's where I grew up, work and raise my family. I always feel good anytime I'm able to give back to the local community. That's why it's such an easy decision to join during tough times like these and support an agency like the Guidance Center now and in the future."

Zitelli, counsel in Farrell Fritz's real estate practice group, is a resident of Jericho, where she lives with her husband Michael and two children. She earned her J.D. from St. John's University School of Law and her B.A. from Syracuse University.



Jeffrey Greenblatt



Jacklyn A. Zitelli

"It is an honor to join such a great organization and to support its important mission," says Zitelli. "I believe that children and families gain invaluable experiences from the Guidance Center throughout every stage of life. I've been appreciative of the

services and programs offered through the Guidance Center for many years and am enthusiastic about now being able to directly contribute to its initiatives as a board member."

Read All About It!

If you're interested in learning about a whole host of issues related to children and families, we've got you covered!

In our weekly blog, which is posted on our website and Facebook page, we share

useful info on everything from recognizing signs of depression in your teen to talking to your children about racism to easing little ones' fears of coronavirus.



Visit www.northshorechildguidance.org/blog/ or www.facebook.com/nscfgc to check out the latest!



Blog: Living Off-Screen During Quarantine?



Blog: Teach Your Children About Racism

Frank Castagna

It is with deep sorrow that North Shore Child & Family Guidance Center acknowledges the passing of Frank Castagna, devoted husband of our Board member Rita Castagna. Frank was an inspiration to many in our community and beyond. He was a generous philanthropist and longtime supporter of the Guidance Center.

“Frank was a wonderful man, one of the finest I’ve ever known,” says Andrew Malekoff, Guidance Center Executive Director. “He was a loving family man, loyal and dedicated friend to the Guidance Center, and steadfast supporter of children’s mental health. I will miss his infectious smile and strong spirit.”

As the esteemed and beloved principal of Castagna Realty Company, Frank was an innovator in the luxury retail market, creating the Americana Manhasset and Wheatley Plaza in Greenvale, among other successful ventures. But, along with Rita, his passion was in supporting the work of the many charitable causes on Long Island.

For many years, Frank was closely involved in numerous Guidance Center events, bringing his bright smile, warmth and humor wherever he went. His joyful spirit was in full shine when he and Board member Jo-Ellen Hazan graced the dance floor at our Dancing with Our Stars 2015 gala.



Frank Castagna

Frank’s kindness and generosity will be sorely missed. The staff and Board at the Guidance Center send our heartfelt condolences to Rita, Cathy, Fred and the entire Castagna and Ronzoni families and to their many partners at Americana Manhasset.

Marie Rautenberg

One of our most dedicated supporters, Marie Rautenberg, passed away peacefully on April 1st at the age of 92 after a long illness.

As a Past President and longtime Board Member, serving from the mid-70s until 2011, Rautenberg’s devotion to our work was a true blessing.

“My mother felt very strongly about the importance of the mission and the outstanding performance of the Guidance Center,” says daughter Ellen Rautenberg. “Preserving and improving the mental health of children and families in the community were close to her heart, and she was honored to provide leadership and philanthropic support to this critical agency.”

With her beloved husband Leonard, who was also a Past President of the Board, Marie Rautenberg’s contributions to the Guidance Center went above and beyond. A generous donor, she also gave generously of her time, creativity and graceful presence during her many years of service to the organization.

Marie and Leonard also started the Robert Rautenberg Fund in memory of their son. The fund is used for our Learning to Learn program. “Marie was keyed into Development/Fundraising from the time I knew her,” says Nancy Lane, a Board Member and Past



Marie Rautenberg

“Preserving and improving the mental health of children and families in the community were close to her heart.”

President of the Guidance Center. “She had a large circle of friends who were devoted to her.”

“We are very grateful to Marie for all that she and Leonard contributed to the Guidance Center over many years,” says Andrew Malekoff, Executive Director. “She was a dynamic, compassionate woman and will be sorely missed.”

Trivia Night Is a Huge Hit!



Nearly 60 fans of Jeopardy and Trivial Pursuit had a terrific night as North Shore Child & Family Guidance Center hosted its second annual Trivia Night on February 27th at Gino's Trattoria and Pizzeria of New Hyde Park.

The fun-filled fundraiser, which featured food and beverages along with trivia from movies, music, sports and more, raised over \$3,100—triple the amount raised in the inaugural Trivia Night 2019.

The event's success was in large part due to the great work of the two co-chairs, Jeffrey Greenblatt, Assistant Regulatory Counsel at PSEG Long Island, and Josh Brookstein, Partner at Sahn Ward Coschignano PLLC.

"When my colleagues saw the generosity and commitment of the Guidance Center's staff in providing compassionate care regardless of people's ability to pay and learned how the Center helps people through real-life issues of depression, bullying, teen pregnancy, divorce and so much more, they too asked how they can get involved," says Greenblatt, whose involvement led to his appointment to our Board of Directors (see story, page 5).

Brookstein, who is a member of the Advisory Council of our Children's Center at Nassau County Family Court, says,

"Whether it is providing youngsters with a safe place to play while their grown-ups deal with contentious matters in Family Court, or providing critical early childhood and mental health care, the Guidance Center is dedicated to restoring and strengthening the well-being of all children and their families."

"Jeff and Josh did a wonderful job bringing their many friends and colleagues out to have loads of fun in a friendly and spirited competition," says Guidance Center Board President Paul Vitale. "We are so grateful to everyone who came out to support the Guidance Center's lifesaving work."

The annual event, which was sponsored by Anton Media, DG Capital, PSEG Long Island and Sahn Ward Coschignano, will be held again next year in February and is open to the public.



Co-chairs Jeff Greenblatt and Josh Brookstein with Guidance Center board members Jo-Ellen Hazan, Troy Slade and Paul Vitale.

Taking Action Against COVID-19

In early May, after her own successful battle with coronavirus, our Associate Executive Director Regina Barros-Rivera donated plasma to help others fight the disease.

Thank you Regina, and all the others who have donated plasma, for stepping up to help our community!



Regina Barros-Rivera

A 'Cool' Donation from Sorority Sisters

This summer has been a hot one! That can be a huge challenge—and even a potential danger—for those who lack the funds to purchase air conditioners.

But thanks to some devoted North Shore Child & Family Guidance Center supporters, seven families in the Westbury/New Cassel community have been cool, comfortable and safe through the many heatwaves we've experienced on Long Island this summer.

Two of the women behind this effort—Dr. Betty Hylton and Marian Williams—are longtime members of our Leeds Place Advisory Council, and also members of Alpha Kappa Alpha Sorority Inc.'s Pi Pi Omega chapter. Since 1987, the women of Pi Pi Omega have been helping the Westbury/New Cassel community in numerous ways, and the Guidance Center and its clients have been among the beneficiaries of their generosity.

Earlier this summer, Dr. Hylton reached out to the Guidance Center's Dr. Nellie Taylor-Waltrush asking how Pi Pi Omega could help community members in need. Dr. Taylor-Waltrush immediately thought of the seniors who take part in C-GRASP, our Caregiver Grandparent Respite and Support Program, which provides support to grandparents who are the primary caregivers of their grandchildren. The program is a partnership with Project Independence from the Town of North Hempstead.

Dr. Taylor-Waltrush identified seven families who needed help, and Dr. Hylton and Williams took action.

Says Williams. "As a former social worker, my passion all my life is to help those in need. When you are blessed, you need to bless other people."

Marie Dextra, a C-GRASP client, says the donation of the air conditioner is making a big difference in her family's life and mental health needs, such as getting needed rest. "All of us are now able to sleep better at night," she says. "I'm so thankful to all the people who made this happen."

Throughout the year, and especially during the pandemic, the sisters of Pi Pi Omega are tireless in their efforts to help the underserved people of the Westbury/New Cassel community.

"When I told the members of Pi Pi Omega about the need for air conditioners, they wholeheartedly embraced the idea," says Dr. Hylton, who, with her husband, was a longtime Board Member of the Guidance Center. "We all are dedicated to service, and helping the Guidance Center fulfill its mission is very important to us."



Marian Williams (in mask), with her son-in-law Terrence Allen, and Marie Dextra (far left)

Ride In Style!

Thank you to Board VP Andrea Leeds and her husband Michael for their generous donation of this beautiful Lexus RX 400h Sport Utility Vehicle, which is in great condition!



As of this writing, the car is available for sale. All proceeds will go to support our mission. For more information, or to donate your car to the Guidance Center, contact Lauren McGowan at (516) 626-1971, ext. 320, or email LMcGowan@northshorechildguidance.org.

All Hands & Hearts

The Guidance Center was the grateful recipient of a donation of PPE,



All Hands and Hearts
Smart Response

or Personal Protective Equipment, thanks to our friend Adam Haber and All Hands and Hearts (AHAH), a global disaster-relief nonprofit. AHAH gave us 500 masks for our staff and clients as part of their effort to help Long Island protect its healthcare responders during the height of the pandemic. Haber, an AHAH board member and East Hills resident, was instrumental in the Long Island PPE effort, raising more than \$225,000 to give to hospitals and other nonprofits.

"During the COVID-19 crisis, the work of the Guidance Center is more important than ever," says Haber. "Keeping staff and clients safe is a top priority."

Thank you to AHAH and Haber for their generosity!



Honorees

Tracey & Seth Kupferberg

invite you to help children and families heal

Co-Chairs:

Terri & Ed Orlando

Ina Kupferberg

Lindsay & Alex Kupferberg

In lieu of our annual gala, the *Celestial Soirée*, the Kupferbergs have made a generous pledge. They will match up to \$100,000 in donations made on or before **October 22, 2020**.

Please consider contributing to this initiative at the same level you would support the *Celestial Soirée*.

Gifts will be acknowledged on the

North Shore Child & Family Guidance Center website.



Honorees: Tracey & Seth Kupferberg

Event Committee

Marilyn & Russell Albanese

Angela Anton

Chris & Jack Bransfield

Rita Castagna

Ruth Fortunoff Cooper & Brian Cooper

Mona Engel

Josephine & Floyd Ewing Jr.

Floyd Ewing III

Jo-Ellen & Ira Hazan

Rosemarie & Mitchell Klipper

Nancy & Lew Lane

Andrea & Michael Leeds

Rochelle & Hal Lipton

Carol & Andrew Marcell

Marie & Paul Vitale



The Covid-19 Crisis Call to Action

Supporting Maternal Health

A Yoga Break for Moms

When a new mom is experiencing a perinatal mood and anxiety disorder, it's vital that she get support and engage in self-care. North Shore Child & Family Guidance Center has an initiative designed to help mothers experiencing these issues, our Diane Goldberg Maternal Depression Program.

While therapy is a key component of the program, we also provide opportunities for clients to take some time for themselves while our staff takes care of their babies. This year, we added yoga and meditation to our wellbeing offerings, which provided welcome periods of relaxation!

The Guidance Center thanks psychologist Lisa Langer, who trained our clients in mindfulness techniques, and volunteer yoga teacher Michele Tesauo-Rossi. We are so grateful to all the generous donors who make these programs possible!



Clients are all smiles after taking part in our wellness program!

Support for Moms

If you know a mom who is experiencing the symptoms of postpartum depression or other perinatal mood and anxiety disorders, we're here to help! Contact Vanessa McMullan at (516) 626-1971.

Team Guidance Center Walks the Walk!

It was a bit of a cold day for a walk, but four intrepid staff members from our Marks Family Right from the Start 0-3+ Center didn't let that stop them! Vanessa McMullan, Gillian Pipia, Julia Bassin and Laura Mauceri took part in the Postpartum Resource Center of NY's 12th Annual Sounds of Silence Walk at Jones Beach, which helps raise funds for the Resource Center's mission to educate healthcare providers and help provide support, education and screening to families throughout New York State on postpartum depression.

COVID-19 meant that the walk was switched from a group event to a virtual one, where participants chose a day to take part in the walk in their neighborhoods instead of the beach. But Team North Shore Child & Family Guidance Center was well represented!

"The SOS Walk is always such a wonderful event that supports a great cause," says McMullan, who heads the Guidance Center's Diane Goldberg Maternal Depression Program. "Although we couldn't be together in person this year, we were together in spirit to continue our efforts to support maternal mental health."



Vanessa McMullan



Laura Mauceri



Julia Bassin



Gillian Pipia

Beyond Our Walls

Broadway Bound!



Our teens and staff were all smiles as they waited for the play to begin.

This past winter, the teens who take part in our Latina Girls Project outings were thrilled to be on Broadway to see *Ain't Too Proud: The Life and Times of the Temptations*. Though they're too young to know the music, they loved the story of young people having a dream and pursuing it—just as we hope for our girls!

Growing Strong!

North Shore Child & Family Guidance Center knows that kids flourish while working in a garden, learning important lessons in cooperation, patience, self-worth and more. While the pandemic has kept our clients out of our two organic gardens for the present moment, the veggies are still blooming thanks to the work of Riley and her mom, one of our staff members at the Marks Family Right from the Start 0-3+ Center in Manhasset. *You grow, girl!*



Our first harvest of the season, beautiful green peppers, makes Riley very proud! Riley helps keep the garden growing strong all season long.

Reaching New Heights

North Shore Child & Family Guidance Center has had great success with our Latina Girls Project outings and our Wilderness Respite Program hikes—offsite trips where kids expand their horizons and make friends. In an extension of these efforts, last fall we created a program that takes teen boys ages 12-16 on special outings designed to enhance their social skills and create lasting memories.

“Many of our clients tend to isolate, playing video games by themselves rather than interacting with other boys,” says Marsha Smith, a Guidance Center family therapist. “With these new trips, they are able to learn teamwork and self-esteem while building friendships.” The program, created by Associate Executive Director Regina



The boys braved the rigorous course and made it to the top!



Barros-Rivera, takes a group of our adolescent clients who experience anxiety and depression on activities such as ziplining, rock climbing and bowling, where they bond with others and go beyond their comfort zones, realizing they are capable of much more than they imagined.

“It’s so moving when you see the boys supporting each other as they try new activities,” says Barros-Rivera. “One young boy was afraid to go on the ziplining course, but the other boys didn’t want him to miss it, so they went with him on the ropes. His eyes just lit up, he was so excited and proud.” Adds Smith, “The camaraderie and belief in each other that the boys display warms my heart,” says Smith. “It gives me goosebumps!”

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 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

Jan Ashley – Lynn Drucker

Terry Brown's Birthday – Leslie Tannenbaum

Ruth Cooper – Jennie Fortunoff

Sheree Incorvaia's Granddaughter Ellie's Birth
– Lauren and Michael McGowan

Ellison Olivia Lane's Birth – Nancy and Lew Lane; Lauren and Michael McGowan

Nancy Lane – Cathy and Larry Orlando

Nancy and Lew Lane – Patricia and William Clemency

Irving Levine's Birthday – Aviva and Allen Zweben

Stephen Lipsig – Ellen and Donald Feldman

Andrew Malekoff – Patricia and Patrick Donoghue; Jane and Martin Schwartz

Alexis Siegel – Merry Slone

In Memory of

Frank Castagna – Rosemarie and Michael Affrunti; Gerda and Gary Andersen; Maureen Aronson; Patti-Ann and Frank Bail; Bancker Construction Corp.; Berdon LLP; Bottega Veneta; Pat and Ed Byrnes; Marilyn and James Castagna; Bernadette Castro; Daphne and Charles Chan; Thomas DiNapoli; Divney Tung Schwalbe, LLP; William Edwards; Forchelli Deegan Terrana LLP; Etta Froio; Catherine Gibbons; Giorgio Armani Corp.; Ginny and Bob Glasser; Mike Gould; Joan and Jeffrey Grant; Gucci; Jo-Ellen and Ira Hazan; Julia and Stephen Hess; The Hirschleifer Family; Jane and Frank Hone; Imperial Cleaning Company; Margot Jacobs; Marilyn Keyes; Lafayette 148 New York; Nancy and Lew Lane; Margaret Cuomo Maier and Howard Maier; Dale and Andrew Malekoff; Lauren and Michael McGowan; Michael Kors; Northwell Health; Olshan Family; Rita Pierre; Real Estate Institute; Dana Roever; Marvin Rosen; Salvatore Ferragamo; Andrea Sanders; Joan and Robert Siegel; David & Jacqueline Simon Foundation; Simon Property Group; Sirina Fire Protection Corp.; Elliott Sroka; St. John Knits, Inc.; Steel Equities; Janet and Myron Susin; Linda and Mark Ugenti; Veronica Beard; Marie and Paul Vitale; Robert Weiner

Sonny Cohn – Marilyn Cohn

Ann Einhorn – Susan and Richard Arluck

Harvey Fuchs – Linda and Mark Ugenti

Rob Gilbert – Linda and Mark Ugenti

Douglas Gross – Renée and Murray Beckerman

Steve Messina – Linda and Mark Ugenti

Henry Montagni – Linda and Mark Ugenti

Marie Rautenberg – Renée and Murray Beckerman; Andrew Borinstein; Amy Dorin; Dorothy Greene; Jo-Ellen and Ira Hazan; Martin Kornbluh; Nancy and Lew Lane; Dale and Andrew Malekoff; Michele Mindlin; New York State Health Foundation; Sylvia Pirani and Eve Cagan; Jane and Martin Schwartz; Margie and Joel Seigle; Marilyn and James Simons; Lynn and Nick Smirensky

Dawson Teta – Linda and Mark Ugenti

Dina Sullo Ugenti – Linda and Mark Ugenti

Grants

COVID-19 Long Island Philanthropic Response Fund
\$15,000 for COVID-19 Relief

Greentree Foundation "Good Neighbor" Fund
\$10,000 for COVID-19 Relief

Klipper Family Foundation
\$25,000 for General Support

The Liebowitz Foundation
\$2,000 for General Support

Manhasset Community Fund
\$7,500 for COVID-19 Relief

Nancy & Edwin Marks Family Foundation
\$50,000 for Maternal Depression

MJS Foundation
\$125,000 for General Support

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

David & Jacqueline Simon Foundation
\$5,000 for General Support

Judith C. White Foundation
\$1,000 for General Support

Donald & Barbara Zucker Family Foundation
\$5,000 for General Support

You Can Make a Difference

IRA Charitable GIFTING: TAX-WISE OPTION

If you are 70 ½ or older, you can make a charitable gift directly from your IRA **without paying income tax on the withdrawal.**

How it Works:

Susan and Jack have \$500,000 in an IRA. They don't need the entire \$24,600+ they're required to take this year, and they're not too happy when they think of paying all that tax. Susan and Jack have also been considering a substantial gift to support North Shore Child & Family Guidance Center. So they authorize the administrator of their IRA to transfer \$20,000 to the Guidance Center and \$5,000 to themselves. The \$20,000 counts toward their annual minimum required distribution, plus they avoid having to pay tax on it.

Your Benefits

- ▶ You can transfer up to \$100,000 per year to charitable organizations.
- ▶ The charitable deduction counts toward your Required Minimum Distribution for the year.
- ▶ The amount transferred is excluded from your adjusted gross income.

To Qualify:

- ▶ You must be age 70 ½ or older at the time of the gift.
- ▶ Transfers must be made directly from a traditional IRA by your IRA administrator.
- ▶ Gifts must be outright and the donor cannot receive any goods or services in exchange for their contribution.

Interested? Contact Lauren McGowan to learn more: (516) 626-1971, Ext. 320, or email LMcGowan@northshorechildguidance.org.

**Please consult your tax advisor to confirm how you would benefit from this opportunity.*



It may seem way too warm out to be thinking about the holiday season, but it will be here before you know it, and we've got some great ideas for how you can give the perfect gift while supporting the Guidance Center!



Thank you for supporting our lifesaving mission any time of year!

AMERICANA MANHASSET
CHAMPIONS
FOR CHARITY®

It's the 25th anniversary of Americana Manhasset Champions For Charity®, an annual holiday shopping event benefitting over 100 not-for-profit organizations, including the Guidance Center. This year, the event will be held from Dec. 3- Dec. 5. Don't miss it!

GIVINGTUESDAY

On Dec. 1, participate in #GivingTuesday and make a donation in honor of the people on your holiday gift list. It's a present that will impact the lives of children and it will no doubt make the people on your holiday list proud to be part of our community.

amazon smile

All year-round, be sure to check out AmazonSmile, a simple and automatic way for you to support the Guidance Center every time you shop at Amazon, at no extra cost to you. It's easy! Just go to smile.amazon.com, log in and choose North Shore Child and Family Association as your charity of choice.

In the News

Whether it's a story about children's mental health or a column by our Executive Director Andrew Malekoff on the most important issues of the day, North Shore Child & Family Guidance Center is front and center in the news.

news12
LONG ISLAND



News 12's Stone Grissom interviewed Andrew Malekoff on News 12 Long Island about the impact of COVID-19 on children's mental health.

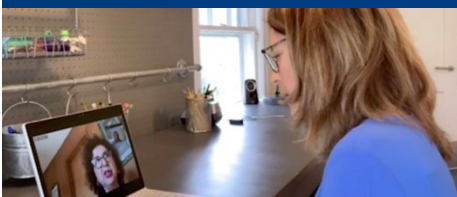
Long Island
BusinessNEWS



Malekoff was quoted in "The Nonprofit Scramble," a cover story in Long Island Business News about the impact of the pandemic on nonprofit organizations.

Also, Director of Communications Jenna Kern-Rugile had a column in LIBN called "Give Yourself – and Your Kids – a Break."

EYEWITNESS NEWS abc 7
abc7NY WABC-TV



Regina Barros-Rivera appeared on Channel 7 Eyewitness News with reporter Stacey Sager to discuss how to help kids manage during the pandemic.

Newsday

Malekoff spoke about the tragic death of 8-year-old Thomas Valva in Newsday.

ANTON
MEDIA GROUP

Malekoff continued his long-running Anton column Parenting Plus, speaking on issues such as the importance of telehealth (see page 15), the value of diversity and the benefits of animal therapy.

88.1FM
WCWP.org



Elissa Smilowitz shared advice on how to help kids handle anxiety, boredom and fear brought on by the virus on WCWP Radio's Taking Care of Business.

nami
National Alliance on Mental Illness
New York State

Malekoff recorded an interview with NAMI NYS that contains valuable information on helping kids and families cope with the stresses of the pandemic.

NIKKI ON THE DAILY™
It's your story. Let me be the one to tell it.

Smilowitz was quoted in a story about COVID-19 and PTSD on Nikki On The Daily, a blog that covers a wide range of issues facing Long Islanders.

BlankSlate
MEDIA

In his Kids First column, Malekoff wrote about a variety of issues, including those related to the coronavirus.

BlankSlate
MEDIA



*Every Day is Memorial Day:
An excerpt from Blank Slate,
by Andrew Malekoff*

Memorial Day remains the one day each year that we as a nation explicitly honor the more than one million Americans who died defending the United States beginning with the Revolutionary War of 1776, all the way through recent wars launched in response to the Sept. 11, 2001 attack on America.

For the uninitiated, I learned firsthand after my father died in 1994 that funeral flags are presented to the next of kin of deceased veterans who served honorably in the U.S. Armed Forces to honor their military service to his or her country.

It is a tradition among the family members to preserve their loved one's flag for display. This year and every year on Memorial Day, in honor of all those who made the ultimate sacrifice, I display the burial flag that I was presented at my dad's funeral in 1994.

I imagine my father, who was a part of what has become known as the Greatest Generation, would be proud to know that his flag, now faded from years of use, has been displayed again this year, at a time when the term memorial has additional meaning for hundreds of millions of Americans as we face the COVID-19 pandemic.

To read more of this story and others, visit our website and click on News & Events/In the Media/Media Coverage.

Guidance Center Perspectives on Pandemic 2020

They say that knowledge is power, but the COVID-19 crisis has brought with it a whole host of unknowns, both in terms of physical and mental health.

Keeping the community well-informed is part of the mission of North Shore Child & Family Guidance Center, which is why we began hosting a series of free webinars that address the many issues surrounding the pandemic.

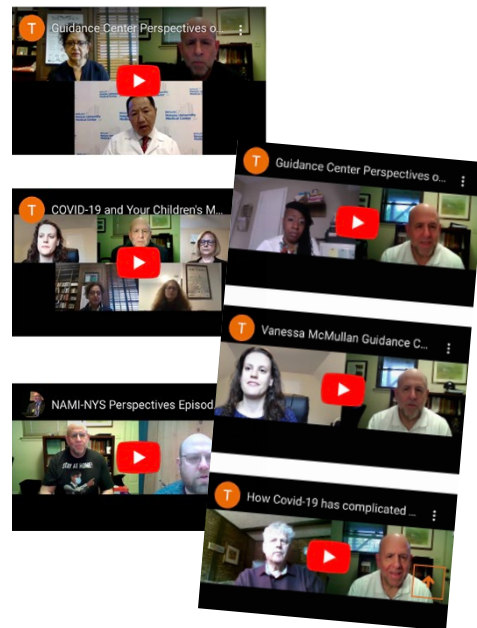
The first webinar, which was held on May 1, 2020, included Executive Director Andrew Malekoff as the interviewer. He was joined by four of our senior staff members: Regina-Barros Rivera, Dr. Jolie Pataki, Vanessa McMullan and Elissa Smilowitz.

More than 130 people took part in the Zoom webinar, with some from as far away as New Zealand, Australia and Canada! During the hour-long event, our therapists addressed issues such as how to deal with kids' fears surrounding the pandemic; how parents can help their

children stick to a healthy routine; and how to help teens deal with the loss of important milestones like graduations and proms.

The newly named "Guidance Center Perspectives on Pandemic 2020" continued throughout the spring and summer, with Malekoff interviewing experts from both the Guidance Center and other organizations on the impact of the virus on mental health. Some of the topics included postpartum depression, with McMullan; bereavement and COVID-19, with Ed Paley; mindfulness practice, with Dr. Ariel Botta; breathwork with Roberto Suarez; health issues with Dr. Paul Liu; and health disparities, with Dr. Norissa Williams.

"Our webinars provide important information to help families deal with the problems arising out of this new reality," says Malekoff. "We are all learning as we go, and we are very grateful to all of the professionals who have shared their expertise with us."



To view the webinars, visit www.northshorechildguidance.org and click on "COVID-19 RESPONSE."

Making the Case for Telehealth

By Andrew Malekoff, in Anton Media

Two major New York State mental health advocacy organizations—the New York State Council for Community Behavioral Healthcare and the Community Health Care Association of New York State—have made a formal recommendation that New York State permanently removes barriers to the provision of telehealth visits for all New Yorkers after the COVID-19 pandemic disaster declarations have expired.

They stated: "Increased use of telehealth has allowed primary care, mental health and substance use disorder care recipients who cannot physically visit a healthcare professional in-person to use their phone or computer to access the services they need."

At North Shore Child & Family Guidance Center, we support these efforts to ensure a comprehensive,

coordinated and integrated continuum of care using telehealth. One of our staff members, Vanessa McMullan, shared her thoughts: "With the pandemic, it has been incredibly valuable to remain connected with clients, as well as engage new people in need of help. Without access to telehealth services, there are

"I truly believe that by providing essential care via teletherapy, mental health practitioners have saved lives."

many families that we would be unable to monitor and help in a safe way. I truly believe that by providing essential care via teletherapy, mental health practitioners have saved lives.

"For women and families who are struggling with perinatal mood and anxiety

disorders, having a baby can be overwhelming. Pregnant women, newborns and young children are a particularly vulnerable population, and there is understandable anxiety in going anywhere that can expose them to sickness.

"This means that women will defer seeking mental health treatment in order to eliminate the risk of getting themselves and their children sick.

"Families have expressed relief that they are still getting mental health services without bringing their baby to an office or clinic.

"It's important to realize that when the declaration expires, it does not mean that the crisis is over. Trauma lingers. We need to ensure that people will still be able to access services, and by allowing telehealth to continue, these efforts will be supported."

ANTON
MEDIA GROUP

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

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 NSCFGC  @NSCFGC

 North Shore Child & Family Guidance Center



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

Non-Profit Organization
US Postage Paid
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Roslyn Heights, NY
11577-2215

Ways to Support the Guidance Center



Your dollars at work...

\$50 covers a crisis intervention

\$85 covers one child's group therapy session

\$125 covers one child's individual therapy session

\$250 covers one child's emergency assessment

\$500 covers one month of individual therapy for a child

\$1000 covers one family to attend 8 therapy sessions.