

NORTH SHORE  
CHILD & FAMILY  
GUIDANCE CENTER  
2022  
ANNUAL  
REPORT



NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER



# About North Shore Child & Family Guidance Center

As the preeminent not-for-profit children's mental health agency on Long Island, North Shore Child & Family Guidance Center is dedicated to restoring and strengthening the emotional well-being of children (from birth – age 24) and their families. Our highly trained staff of psychiatrists, psychologists, social workers, vocational rehabilitation counselors and other mental health professionals lead the way in diagnosis, treatment, prevention, training, parent education, research and advocacy.

The Guidance Center helps children and families address issues such as depression and anxiety; developmental delays; bullying; teen pregnancy; sexual abuse; teen drug and alcohol use; and family crises stemming from illness, death, trauma and divorce.

**For nearly 70 years, the Guidance Center has been a place of hope and healing, providing innovative and compassionate treatment to all who enter our doors, regardless of their ability to pay. For more information about the Guidance Center, visit [www.northshorechildguidance.org](http://www.northshorechildguidance.org).**

## Board of Directors

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### Honorary Board Members

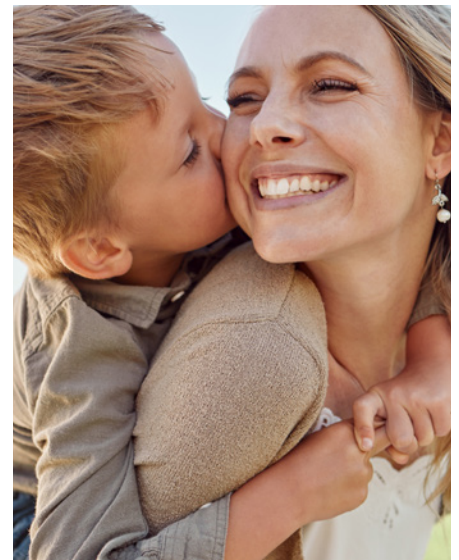
Susan Isaacs

Lilo Leeds\*

Nancy Marks

Mary Tyler Moore\*

\* Deceased



# A Message From

## The Executive Director/CEO and Board President



**Kathy Rivera**  
Executive  
Director/CEO

During 2022, the world saw the continued effects of the Covid-19 pandemic on millions of families. Then came the “triple demic” as strains of covid, influenza, and RSV swept over our communities. Throughout all of this, our dedicated team at North Shore Child & Family Guidance Center worked steadfastly at ensuring that the families we serve were supported in their return to a “new normal”.

Here at the Guidance Center, our pre-pandemic norms and service provision never wavered. We remained a reliable and supportive resource for the community, ensuring access for all, turning no family away due to the inability to pay. **We restore and strengthen the emotional well-being of children and families. It's our mission.**

We are proud of what we accomplished together during a very challenging 2022! In June I celebrated my one-year anniversary leading the Guidance Center. We hired a new Associate Executive Director, Jennifer Rush, to complement our leadership team. Many clients returned to in-person therapy. All our fundraising events returned to in-person format. Our Children's Center at the Nassau County Family Court was reopened and we continued to engage our community partners in meaningful ways.

The Guidance Center was also voted as the **Best Mental Health Care Facility in the Long Island Business News 2022 Reader Rankings!** What an honor and testament to our impact on the communities we serve. While the accolades are nice, our work doesn't stop here.

National data from the 2022 report from Mental Health America\* tells us that:

- 60.3% of youth with major depression do not receive any mental health treatment.
- 10.6% of youth (over 2.5 million youth) cope with severe major depression.
- Even among the states with greatest access for youth, one in three youth are still not receiving the mental health services they need.
- Childhood depression is more likely to persist into adulthood if gone untreated, but only half of children with pediatric major depression are diagnosed before adulthood.

*\*Youth data 2022 | Mental Health America (mhanational.org).*

The Mental Health Parity and Addiction Equity law (MHPAE) was enacted in 2008 and promised equal coverage of mental health and substance use services. However, the rate of children with private insurance that does not cover mental or emotional problems increased since 2022 and there are still 950,000 youth without coverage for their behavioral health in our country. This is astounding especially given the alarming increase of teenage suicide, sex trafficking, and mass shootings.

While it is imperative to build out a system to respond to individuals in a mental health crisis, we should not wait until people reach crisis before providing them with mental health care and to address suicide ideation.



**Paul Vitale**  
Board  
President

**Delivering accessible programs and services to support families is how the Guidance Center works to break the pattern of persistence.** This is why

we offer families treatment options for depression, anxiety, alcohol/substance abuse, teenage pregnancy, physical & sexual abuse, witness/victim of crime & violence, learning disabilities, ADHD, developmental delays, separation & divorce, chronic illness or death, and suicide threats & attempts.

We are the preeminent not-for-profit children's mental health agency on Long Island, providing innovative treatment, prevention, caregiver education, and advocacy to all who enter our doors.

The impact we create would not be possible without our compassionate and professional staff, our families who trust us, and our supporters – past and present. We thank you for your commitment which enables us to remain a place of hope and healing.

Sincerely,

Kathy Rivera  
Executive Director/CEO

Paul Vitale  
Board President



# Together Again: Unmasking Hope and Healing

Last year, we reflected on gratitude and hope, as mask mandates were lifted for schools, dining establishments, and other public places. Today, when looking back on 2022, we think of rebuilding a sense of “togetherness” and gathering again with one another as a community. Now that we have spent time reconnecting with the world (and people) around us, many are trying to return to so-called “normal life” again. However, jumping back into an old routine could cause anxiety, since people’s patterns have been altered by staying home and living with social distancing for so long. The effect on young people goes even deeper.

Our children are living through a historic time. They are facing challenges – both old and new – and are finding their own ways of coping with the added stress. It is important that resources are accessible to all families to help our children navigate these obstacles as we arrived at a “new normal” together.

In the pandemic’s lingering effects, we see an inordinate percentage of young people dealing with new or more intense mental health issues such as social anxiety, inadequate face-to-face social skills, poor self-image, and depression. Children spent even more time on electronic devices, from continued virtual services to increased social media use which challenged their self-esteem and body image and gave way to increased instances of cyberbullying. These social determinants of mental health were some of the more prominent causes for the growing rate of suicide, which remains the



second leading cause of death in children aged 10-24. Due to these and other factors, we saw the Surgeon General issue a call to action to address mental health. Add to that the seemingly constant stream of news and media stories about acts of violence, mass shootings, climate change, and the war in the Ukraine, our children continue to be overexposed to the deafening and dire noise of the world in which they are living. What is this doing to them and how can we as a community help them cope? Early recognition of the symptoms of anxiety and depression is a start.

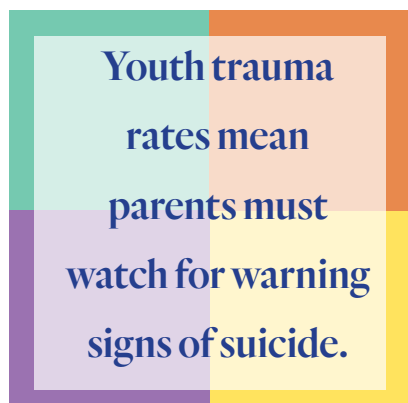
## Commitment to Service Excellence and Advocacy

The Guidance Center provides resources for families as they cope with psychiatric diagnoses in children which is critical as our young people engage again with one

another in school, sports, extracurricular activities, employment, and community events. Caregivers would potentially be better able to recognize in their youth the unanticipated triggers of the outside world and the people with whom the youth interact. As children are once again immersed in togetherness, new social stressors may present themselves more so than when they were spending time at home and apart from others during the pandemic. Young people should be prepared for the world and the future. Meeting them where they are with accurate and early diagnoses and engaging treatment programs such as those offered by the Guidance Center is key. But it doesn’t stop there.

The Guidance Center played a vital role in the creation of the latest version of a commonly used psychiatric assessment tool which can be powerful when used by trained practitioners in diagnosing and treating children experiencing these symptoms.

Over the course of 2022, the Guidance Center worked directly with New York State Psychiatric Institute (NYSPI) and Columbia University on a research project focused on validating a new version of the Diagnostic Interview Schedule for Children (DISC-5) tool. The DISC-5 is a standardized tool that consists of a structured interview to assess for and diagnose a broad spectrum of psychiatric disorders in children. The Guidance Center



proudly served as the primary clinical site for this project. Being part of this critical research project with such prestigious community partners was both an honor and a privilege that will benefit the families of the Guidance Center.

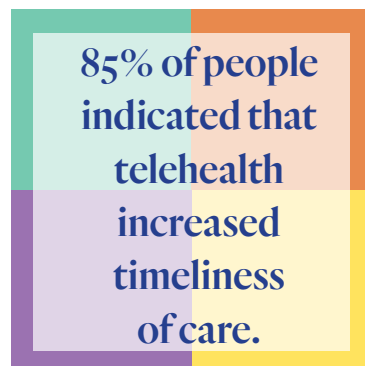
In 2022 the Guidance Center celebrated the first anniversary of the **Douglas S. Feldman Suicide Prevention Project** and revealed our new Butterfly Wall in honor of suicide prevention. The Guidance Center also held parenting workshops across the school districts to raise awareness and provide psychoeducation for prevention and early intervention. Collaboration with other community providers to identify and address family issues and trends was also a focus. We remain committed to building and strengthening our programs in response to the changing needs of our children and families.

### Reuniting with Resilience

The new year gave way to hope and healing. The Guidance Center continues to be supported by community partners, such as National Grid, who enthusiastically came out in person to beautify our **Friends of Nancy Marks Nature Nursery**. The Guidance Center staff were out in the community side-by-side with partners such as the NAACP, the Yes We Can Community Center, and the Zonta Club providing information and education. Our workshop experts were able to go back into the community and present workshops in person. Trips for the

**Latina Girls Project** and **Wilderness Respite Program** were back in full swing. Our staff was able to gather together again to celebrate camaraderie. Families were excited to embrace the opening of the **Children's Center at Nassau County Family Court**. Dedicated supporters of the Guidance Center, old and new, came out in full force to support our return to in-person events such as the Spring Luncheon, the annual Krevat Cup, and the Fall Sunset Soiree gala, which featured special guest and legendary saxophonist, Kenny G. These fundraisers collectively raised close to half a million dollars toward our mission.

While shedding the masks and participating in fellowship together, the Guidance Center recognizes that attending in-person events and wearing masks remains a personal choice. Mental health is the sole health care field in which families more commonly book telehealth appointments as opposed to in-person



appointments. Therefore, virtual programming was still offered for Guidance Center families, grandparents, and youth to remain true to the mission of restoring and strengthening the emotional well-being of children and their families while making treatment and services reliably accessible in this post-pandemic world.

### Looking Ahead

Together we weathered the worst days of the pandemic, never shutting our doors, adopting new ways to fulfill our mission, and in 2022 were able to incorporate hybrid approaches to serve our clients, donors, staff, and community. Our partnerships are also important components of our mission delivery.

The Guidance Center is proud to have embarked on its first-ever strategic planning process in the summer of 2022. It will serve as a three-year roadmap for delivering critical life-saving treatment and services while turning no one away for inability to pay.

Therapy is vital. Families need the critical support the Guidance Center provides more than ever. We are grateful for the families who trust us to be part of their lives. **The Guidance Center looks forward to remaining a lifeline that provides our communities with the needed services and programs in the spirit of hope, healing, and togetherness.**

To learn how to support our work, contact Lauren McGowan, Director of Development, at [LMcGowan@northshorechildguidance.org](mailto:LMcGowan@northshorechildguidance.org), or call 516-626-1971, ext. 320.





# Our Programs & Services

## Mental Health Services

Each of the Guidance Center's three sites offers mental health services for children from birth through 24 and their families. The first step is a comprehensive evaluation, followed by an individually tailored treatment plan that may include any combination of individual, family and group therapy, and, when indicated, medication management with a psychiatrist.

## Substance Use Treatment Services

Drug and alcohol treatment and prevention services are provided for children, teens and their families at the Guidance Center's Leeds Place in Westbury. Substance use treatment services include counseling youths who are alcohol and drug users, children who live in families with a parent who is suffering from alcoholism or drug addiction and youths who have co-occurring chemical dependency and mental health problems. Prevention services are offered to the local school district.

Nationally there  
are still 950,000  
youth without  
coverage for their  
mental health.

## Triage and Emergency Unit

**The Fay J. Lindner Foundation Triage and Emergency Services** offer a rapid response to psychiatric emergencies—a sudden set of circumstances in which there is an impending risk of danger to the child or adolescent such as risk of suicide, risk of physical harm to others, a state of seriously impaired

judgment in which the child is endangered, and situations of risk to a defenseless victim involving abuse, neglect or exposure to domestic violence. Our goal is to strengthen, stabilize and support.

## Suicide Prevention

**The Douglas S. Feldman Suicide Prevention Project** is an expansive initiative to tackle the epidemic of suicide among young people. With this program, the Guidance Center addresses high-risk cases with a thorough evaluation for suicide risk; multiple weekly sessions of individual, group and family therapy; and an individualized treatment plan that focuses on safety strategies and healthy coping skills. We offer services that decrease the prevalence of suicidal thinking and actions in our children and teens through in-person education forums and webinars.

## Early Childhood Services

**The Marks Family Right from the Start 0-3 + Center** (RFTS) in Manhasset offers parent education, therapeutic and support services for young children and their families, as well as pre-school evaluations. RFTS is the "umbrella" for early childhood services that also include:

- **CAREGIVER GRANDPARENT RESPITE AND SUPPORT PROGRAM (C-GRASP)** – Support and education for grandparents who are the primary caregivers of their young grandchildren.

- **CHANGING FAMILIES** – For young children witnessing the often painful and acrimonious dynamics of divorce.

- **CHILDREN'S CENTER AT NASSAU COUNTY FAMILY COURT** – A safe and enriching environment on site at Nassau County Family Court for children 6 weeks to 12 years old while their parents are involved in court business.

- **GASAK (GRANDPARENT ADVOCATES SUPPORTING AUTISTIC KIDS)** – Monthly meeting of grandparents to support, inform and advocate for families with autistic children.



- **DIANE GOLDBERG MATERNAL DEPRESSION PROGRAM** – Rapid response and diagnosis for mothers suffering from maternal postpartum depression and other perinatal mood and anxiety disorders.

- **GOOD BEGINNINGS FOR BABIES (GBB)** – Support, counseling, advocacy and education for pregnant and parenting teens at the Leeds Place, our Westbury branch office. GBB works to promote healthier pregnancies, healthier babies and happier relationships between parent and child.

- **FRIENDS OF NANCY MARKS NATURE NURSERY** – A thoughtfully designed garden area for young children. There are several hands-on stations and activities for young children and their parents to experience nature through their senses.

## Bereavement and Trauma Services

**The Lucille and Martin E. Kantor Bereavement and Trauma Center** in Roslyn Heights offers assistance to children, youths and their families during times of grief and trauma, including parents of murder victims and other homicide survivors (POMV). Mental health assessments and ongoing care is offered for children who are abuse survivors or have witnessed violence through **the Renée and Robert Rimsky Abuse Prevention and Treatment Services**.

## Diagnostic Services/Learning to Learn

The Guidance Center offers comprehensive diagnostic assessments by highly qualified teams of caring psychiatrists, psychiatric nurses, psychologists, social workers, mental health counselors and drug and alcohol counselors with special expertise in diagnosing and treating children. Our Learning to Learn Center offers specialized screening, diagnosis and tutoring for children suspected of having learning issues, attention deficit problems and developmental disabilities.

# Our Programs & Services

## Intensive Child and Family Services

This cluster of services is aimed at children and teens with serious emotional disturbances and their families, offering care coordination, crisis intervention in the home, case management and skills-in-living training. Teams of social workers, psychiatrists and parent advocates work collaboratively to preserve families and prevent institutionalization through an intensive response, often in the home environment. This cluster includes the services described in "Bringing Our Services into the Community," along with the following:

- **INTENSIVE SUPPORT PROGRAM (ISP)** – Offers intensive mental health services onsite at three Nassau B.O.C.E.S. schools for children, ages 5-21, and their families from all 56 Nassau County school districts. A collaborative program developed by Nassau B.O.C.E.S. and the Guidance Center, ISP provides a therapeutic and nurturing alternative for children with emotional difficulties who feel overwhelmed in regular school.
- **LATINA GIRLS PROJECT** – Offers bilingual and bicultural mental health counseling, group meetings and outings for adolescent girls suffering from depression. The Latina Girls Project was created to respond to the alarming rate of depression, school refusal, self-harm, sexual abuse, suicidal ideation and attempted suicides by young Hispanic girls, ages 12-18.



- **ORGANIC GARDEN PROGRAM** – The **Marks Family Right from the Start 0-3+ Center** maintains a multipurpose organic garden that serves as an alternative setting through which to engage children therapeutically. It is an opportunity for technology-engrossed children to unplug and simultaneously learn to grow, harvest and sample fresh herbs and vegetables.

- **WILDERNESS RESPITE PROGRAM** – Offers groups for youth at risk that emphasize outdoor activities as a gateway to mastery of social skills and youth empowerment. By participating in nature activities such as hikes and gardening, the teens learn skills such as individual growth, leadership, self-esteem and improved communication.

## Training and Consultation

The Guidance Center provides community workshops, forums and trainings for parents and professionals on a broad range of subjects dealing with children and families. Topics include a training series for professionals on planning for successful groups; Latina Girls at risk for suicide and other self-harming behaviors; child and adolescent psychiatry for non-MDs; and differential diagnosis of ADHD in school-aged children.

## Bringing Our Services into the Community



For children and teens who need our help but cannot come to our offices, the Guidance Center provides intensive home-based clinical services, as well as psychiatric consultation, evaluation and monitoring, with our Clinical Care Coordination Team. CCCT aims to lessen acute symptoms, restore clients to prior levels of functioning, and build and strengthen natural supports. Through CCCT, our goal is to reduce unnecessary emergency room visits, hospitalizations and residential placements.

Our Coordinated Children's Services Initiative (CCSI) supports families with the coordination of services in their homes and communities, identifying and accessing resources, providing advocacy and helping children and families gain the skills and tools needed to be self-sufficient.

Through our Family Advocate Program, parents who have been through mental health crises with their own children are trained to offer peer support for families by joining them at special education meetings, offering support groups and providing many other resources.

## Research and Advocacy

In 2022, the Guidance Center continued to fight for equitable care for all who experience mental health and substance use challenges. We also continued advocating for equity in black maternal healthcare for mothers and infants through our Hofstra partnership, Birth Justice Warriors. We played an advocacy role in obtaining COVID-related services, including medical, food, housing, employment and more, for clients and their families, especially those in areas most impacted by the pandemic.

In addition, we continued a research project with Columbia University/New York State Psychiatric Institute and Telesage Inc. with the goal of analyzing data gleaned from a computerized interview with youth from ages 10 to 19 and their parents. In the future, this interview will be used in studies in other settings such as doctors' offices.



# Letters

Dear Dr. Jones:  
"Thank you for taking Max hiking on Saturday. He returned a calm, cool and collected young man. His spirit was high, and his anxiety was low. He spoke about your conversation about The Godfather movie. I'm certain he enjoyed that. He slept well Saturday night and talked again about you. It means so much to our family that you support Max; he's had so much to contend with lately. Thank you again."  
– Mother of 15-year-old Max



To our daughter's Family Advocate:

"My husband and I are truly appreciative for all you did for us and continue to do for our family. We are very happy that Jaime is doing much better. I understand that addiction is a process with good days and not so good ones. But I think she is trying hard and using the techniques to help her through the challenges." – Dr. and Mrs. H



Dear Victoria:  
"I came to your Maternal Mental Health Program out of desperation as I was experiencing depression while pregnant. A few months post-partum, after my infant's pediatrician did some searching and calling, I finally found some support. This program has given me a village of support, offering a hand and someone to lean on during the parts of motherhood that feel impossible to walk through. I'm grateful for this village and for the gentle pushes that you all have given me so that I can begin to form a group of friends and family outside of the program that I can lean on as well." – A grateful new mom



To Adam's therapist,

"The Grandparents program helps me and my family a lot. As a caregiver for my grandchild, I'm so grateful that your staff will go and represent me at school when I am unable to get there on my own. I am very thankful for many other services which benefit my family here at the Guidance Center. – Happy Grandma

Dear Program Coordinator, "My daughter came so happy from the Lion King Broadway show. This is the first time that I have seen her so happy! She even said that she was in love with the show! It's been so long since she has expressed emotion. I am very thankful for the trip and the opportunity for her to watch a Broadway show that I was unable to afford." – Mama Rosa, parent of a Latina Girls Program participant.





# Success Stories

## Persistent Progress Pays Off

**Amanda is a 13-year-old biracial female** who entered treatment due to elevated levels of anxiety, low self-esteem, poor sleeping patterns, and suicidal ideations. Amanda had an estranged relationship with her father, lacked boundaries in friendships, and struggled to express her thoughts and feelings, which led her to express her pain through cutting behaviors. Amanda received support through our triage program, including individual, family, and group therapies. Using cognitive behavioral skills, Amanda was able to process her feelings of guilt and negative self-worth; she learned to replace these thoughts with more positive empowering self-talk. Amanda began to articulate her thoughts and feelings to her family, which allowed them to learn effective communication and problem-solving skills which improved the family dynamic. Amanda practiced boundary-setting and assertive communication skills in group therapy until she felt confident enough to apply these skills in her own friendships. As Amanda's interpersonal relationships, self-esteem, and mood improved, she was able to reduce the frequency of her therapy and eventually terminated treatment. Amanda has grown into a confident, social, fun-loving young girl who expresses herself beautifully and holds her mental health as a top priority.



## Reframing at the Rink

The young women from the Latina Girls Project, began the new year with an excursion to Dix Hills Ice Rink. This trip provided an invaluable experience that allowed the 17 participants to be challenged while also connecting physically, emotionally and socially. Seasoned Guidance Center therapists prepared the girls by discussing instances during which they had fallen and gotten back up, figuratively and literally.

One young woman verbalized her desire to go home because she was afraid of falling and had some social anxiety. With support from her therapist, she was able to reframe her thinking, adjust her emotional response and enjoy laps on the ice. Another teen grabbed onto the side of the rink with wide-eyed panic and stated, "I can't do this! I can't!" The therapist worked with her, together co-regulating their breaths and movements before wobbling onto the ice. In another instance, a very nervous group of young women left the ice then catastrophized about possibly

breaking limbs or twisting ankles. A therapist offered the group emotional support and encouraged them to get back on the ice, which they agreed to do. This is a great example of adolescents listening to their needs, taking a mindful minute, regulating their emotions, centering their thoughts and persevering.



Challenging adolescents' abilities gives them a sense of mastery which is important to their development. It provides them with feelings of confidence; helps improve self-esteem; and creates a positive sense of self. With support from Guidance Center therapists and their peers, our high-risk young women shared laughs and frustrations while therapists observed how they practiced empathy and compassion for themselves and others.

## From Anxious to "A" Student!

**Jonathan is a 14-year-old** who entered treatment as an emergency room discharge, for symptoms of depression and anxiety. Jonathan had been referred to the emergency room by his school for self-injurious behavior and suicidal ideations, with a plan to end his life. Jonathan's anxiety was so prominent that he was minimally verbal and could not remain on camera for telehealth sessions. The Covid-19 pandemic worsened his depressive symptoms and panic attacks; shortly after beginning treatment, psychotic symptoms also emerged, including auditory hallucinations. Through dialectical behavioral and mindfulness skills, Jonathan began to develop healthier adaptive coping strategies, but continued to struggle with communicating his thoughts and feelings or improving his mood. With the support of psychopharmacology services, in addition to individual, family and group therapies, Jonathan finally stabilized and experienced much-needed relief from his symptoms. Since finding the

appropriate dose of medication, his affect has broadened, and he has regained the energy, motivation, and comfort to enjoy his day-to-day life. He sees his friends often, participates in art club and jazz band, and is on his high school's honor roll.





# Events

## In the Community



**Annual Meeting:** Swearing in of board members



**Annual Meeting:** Ellen Feldman, Kathy Rivera, Rebecca Sheehan, Doug Stern



**Butterfly Wall Ceremony:** The Feldmans, Guidance Center staff and board members



**Ribbon cutting photo at the Childrens Center at Nassau Family Court**



**Children's Center reopening at Nassau County Family Court**



**Staff Development Day:** Staff with mandalas



**Westbury New Cassel NAACP Mental Health Conference:** Nellie Taylor-Walthurst at Westbury Mental Health conference



**Presentation of Community Advocate Awards:** to Senator Anna Kaplan with Lauren McGowan, and Kathy Rivera



**National Grid Day of Service:** Volunteers at Nature Nursery



**Plandome Woman's Club:** Lesley Stackler (President), Lauren McGowan, Kathy Rivera, and Jill Ridini (Grants Chair)



**The Zonta Club Community Board Dinner:** Nellie Taylor-Walthurst and Zonta Club members



**Press Conference for the Maternal Care Act:** Senator Kirsten Gillibrand with Dr. Nellie Taylor-Walthurst and Martine Hackett and other supporters representing Good Beginnings for Babies



**Westbury New Cassel NAACP Mental Health Conference:** Nellie Taylor-Walthurst and Assemblyman Charles Levine



**National Night Out:** Banner Walkers



**Youth Wellness Summit:** Marisa Padgett speaking with kids



**Project Mental Health Awareness Day:** Maria Espichan, Anna Kaplan, Lauren McGowan



**Greentree Grantees Luncheon:** Kathy Rivera, Tom O'Malley, Mary Margiotta



**LIFT Breakfast:** Karen Buttner, Shari Bushansky, Yvonne Novy-Cutler



**Long Island Association meeting:** Commissioner of the NY State Department of Health Mary T. Bassett & Kathy Rivera



**ISP High School:** Staff holiday photo



# Events

## Fundraisers



**Krevat Cup:** Troy Slade, Daniel Oliver, Michael Schnepfer, Michael Mondiello



**Krevat Cup:** Jeff Krevat, Kathy Rivera, Dan Donnelly



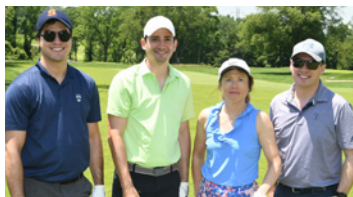
**Krevat Cup:** (standing) Inge Costa, Gisele Kehl, Rita Castagna, Jo-Ellen Hazan; (seated) Esther Dominguez, Cathy Castagna, Josephine Ewing



**Krevat Cup:** Loretta Witek, Jodi Mondiello, Nancy Lane, Fran Slade



**Krevat Cup:** Dan Donnelly with foursome



**Krevat Cup:** Christine Egan with foursome



**Spring Luncheon:** Amy Cantor, Kathy Rivera, Marilyn Albanese, Carol Marcell



**Spring Luncheon:** Alexis Siegel, Kathy Rivera, Nassau County Legislator Josh Lafazan, Amy Cantor, Janice Ashley



**Spring Luncheon:** Reena Nandi, Josephine Ewing, Kathy Rivera



**Spring Luncheon:** Janice Ashley with Mahjongg players



**Spring Luncheon:** Ruth Fortunoff Cooper with Canasta players



**Spring Luncheon:** Alexis Siegel, Joan Grant, Amanda Stone



**Sunset Soirée:** Paul Vitale and Kenny G



**Sunset Soirée:** Lloyd Abramowitz bidding at live auction



**Sunset Soirée:** Deirdre Costa Major, Tony Major, Cathy Castagna



**Sunset Soirée:** Kathy Rivera (left) and Jennifer Rush (right) with the Westbury clinical team



**Sunset Soirée:** Guests enjoying the beautiful terrace views



**Sunset Soirée:** Debra Aronica bidding for auction prizes



**Sunset Soirée:** Maggie Malito, Gisele Kehl, Rita Castagna



**Sunset Soirée:** Michael and Andrea Leeds, Kenny G, Nancy and Lew Lane



**Sunset Soirée:** Kenny G plays to Andrea Leeds



**Sunset Soirée:** Kenny G and Kathy Rivera



**Sunset Soirée:** Josephine Ewing, Nellie Taylor-Waltrust



**Sunset Soirée:** Troy Slade, Rita Castagna, Ruth Fortunoff Cooper, Amy Cantor, Alexis Siegel, Carol Marcell, Marilyn Albanese, Jeff Greenblatt

# 2022 Contributors

## **\$50,000 & Up**

Ellen and Donald Feldman  
John Grillo  
Fay J. Lindner Foundation  
Andrea and Michael Leeds  
Nancy and Edwin Marks Family Foundation  
MJS Foundation

## **\$20,000 - \$49,999**

Americana Manhasset  
Aon Benfield  
Lesley Decker and Steve Lucas  
Maureen and John Ferrari  
Diane Goldberg Foundation  
Klipper Family Foundation  
John and Janet Kornreich Charitable  
Foundation  
Susan and Jeff Krevat  
The Kupferberg Foundation  
The Jack and Dorothy Kupferberg Family  
Foundation  
Nancy and Lew Lane  
The Peter and Caroline Striano Foundation

## **\$10,000 - \$19,999**

The Bahnik Foundation  
Linda and Denis Cronin  
The Dammann Fund, Inc.  
Peter & Jeri Dejana Family Foundation  
Ike, Molly & Steven Elias Foundation  
Susan and Roger Fradin  
Greentree "Good Neighbor" Fund  
PSEG Long Island LLC  
Rapaport Family Charitable Trust  
Caroline and Sigmund Schott Fund  
Elizabeth Weikes  
Maxine Zinder

## **\$5,000 - \$9,999**

Lloyd Abramowitz  
Marilyn and Russell Albanese  
Sheryl and Christopher Albanese  
Allied World Assurance Holdings  
Brian Boornazian  
Community Chest of Port Washington  
Daniel Donnelly  
Ruth Fortunoff and Brian Cooper  
Sandra and George Garfunkel  
Jo-Ellen and Ira Hazan  
Odyssey Group  
Patricia Reimerdes



Jane and Martin Schwartz  
United Way of Long Island  
WABC-TV  
The Donald and Barbara Zucker Family  
Foundation

## **\$2,000 - \$4,999**

Karen and Edward Adler  
Approved Oil of Brooklyn  
C. Tech Collections, Inc.  
Amy and Daniel Cantor  
Rita Castagna  
Chubb Tempest Re  
City National Rochdale  
Judith Cohart  
Cold Spring Plastic Surgery  
James Daloia  
Josephine and Floyd Ewing, Jr.  
Farrell Fritz, P.C.  
Jennie Fortunoff  
Michele and Marshall Freidus  
Joshua Graber  
Doris and Hans Grunwald  
Susan and Greg Hendrick  
Jonis Realty  
Katherine Kamen  
Bonnie and Lawrence Kivel  
The Levine Group  
Marion and Irving Levine  
Liebowitz Family Fund  
Stephen Lipsig  
Deidra and Chris Maleno  
Adam Mallah  
Carol and Andrew Marcell  
Mary Margiotta  
Jodi and Michael Mondiello  
Linda and Michael Mossman

Reena Nandi  
Nassau County Bar Association -  
We Care Fund  
New York Community Bank  
Newmark  
North Hills Office Services  
Jane and Richard Novick  
Partner Re  
Rechler Philanthropy, Inc.  
Republic Bank  
Rivkin Radler  
Susan Rosenberg and Peter Braverman  
Linda Seaman  
Randi Fetner Sherman  
Alexis and Howard Siegel  
Arlene and Richard Sirlin  
Trans Re  
Marie and Paul Vitale  
Steven Walsh  
John Zenir  
Zinttex LLC

## **\$1,000 - \$1,999**

Jeremy Abelson  
Arch Reinsurance Company  
Ascot Group  
Jan Ashley  
Renee and Stuart Baritz  
Scott Belden  
Albert Benchimol  
Gregory Blair  
Jennifer Chaiken  
Daphne and Charles Chan  
Susan and Mark Cluster  
Condon, O'Meara, McGinty & Donnelly LLP  
Nancy and James Cowles  
Ilana Decker



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Phyllis Edelheit  
Jaye and Mark Edelstein  
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Genatt V LLC  
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Joan and Jeffrey Grant  
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NYU Langone Hospital – Long Island  
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Nadin Rojas  
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Meredith Swisha  
Pamela and Laurence Tarica  
Triple Crown Fundraising  
Toby and Harold Weinberger  
Arlee and Richard Weiss

## **\$500-999**

Aalco Transport & Storage, Inc.  
Debra and Anthony Aronica  
The Blackbaud Giving Fund  
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Eric Blumencranz  
Roger Blumencranz  
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Adam Bzura  
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DiMascio & Associates, LLP  
Daniel Dubin  
Deborah and Steven Epstein  
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Feldman, Rudy, Kirby & Farquharson, P.C.  
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Fusion Architecture  
Bonnie and Gary Goldberg  
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Joan Gordon  
Mark Green  
Gregory-Matthew Wealth Management & Retirement Planning  
Ginger Hahn  
Carol Hasenstab  
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Eileen and Michael Himmel  
Barbra and Gene Hirsh  
Janni and Associates, Inc.  
Robyn Jaslow  
The Kalikow Group  
Bogusia Doroszczyk Knysz  
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Ina and Julian Whiting  
Aaron Wolk  
Tom Wrenn  
Laurie Joseph Yehuda  
Ricky Zinn

# In The News

In 2022, the Guidance Center was featured prominently on television, radio, print and online. Here's just a sample:

## Newsday



- In a moving first-person essay, Executive Director/CEO, Kathy Rivera, shared important advice to help caregivers recognize the signs of suicidal thinking in youth.
- Rivera was also the main resource for a Newsday print and video about the Uvalde mass shooting and how we can help our children process these horrific events.
- Our Associate Executive Director, Jennifer Rush, was spotlighted in Newsday's "LI People on the Move".
- Our Birth Justice Warriors collaboration with Hofstra University was highlighted in a feature by Newsday on maternal mortality.
- Our mental health counselor, Dena Papadopoulos, was interviewed for the "Long Island Seniors Learn to Grow Up Fast in Pandemic Era" article.



- Kathy Rivera appeared on CBS News New York TV to discuss the impact of Daylight Savings Time on the mental health and physical well-being of children.

## HERALD Community Newspapers

- The Herald published an editorial that applauded the Guidance Center's support of the Maternal CARE Act and the work of the Birth Justice Warriors.

## Long Island BusinessNEWS



- LIBN's readers named The Guidance Center the Best Mental Health Care Facility for 2022.
- Our Sunset Soiree Fall Fundraiser was highlighted with the announcement that we raised \$250,000 toward our mission.

## ANTON MEDIA GROUP



- This chain of weeklies covered our Morning Movies, our Douglas S. Feldman Suicide Prevention Project and several other programs and events at the Guidance Center
- Our monthly feature "Parenting Plus", written by our expert team, included stories on our work in homes, schools and the community; our Latina Girls Project; and our Children's Center at Nassau County Family Court.
- Our three major fundraisers - the Krevet Cup, Spring Luncheon and Sunset Soiree - merited major coverage.

## BlankSlate MEDIA



- Community partner National Grid's volunteer day at our Right from the Start location was prominently featured.

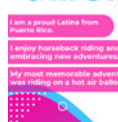
- Our Ask the Guidance Center Experts column tackled anxiety and panic attacks in teens, Seasonal Affective Disorder, children's sleep disorders brought on by the pandemic, kindergarten readiness in a post-pandemic world, and helping kids manage divorce.



### The Guidance Center Blog & Social Media

- The Guidance Center has a vibrant, active presence on social media where we share pertinent advice, videos, advocacy opportunities and more, as well as important stories from our partners that shed light on children's mental health and well-being.
- In our weekly blogs, we covered the impact of the war in the Ukraine on children, work/family balance, and helping kids heal from trauma.

### STAFF SPOTLIGHT MEET MONIQUE BARRAGAN



- We made posts in celebration of National Hispanic Heritage Month and BIPOC Mental Health Month, and began a new twice-monthly feature called Staff Spotlights, which highlights one of our passionate and dedicated employees!



- On November 18, 2022, Guidance Center Executive Director/CEO Kathy Rivera and Associate Executive Director Jennifer Rush were the guests on the "Philanthropy In Phocus from Talk Radio.NYC" with Tommy DiMisa podcast that informs listeners about the amazing contributions and happenings of Long Island's non-profit community.



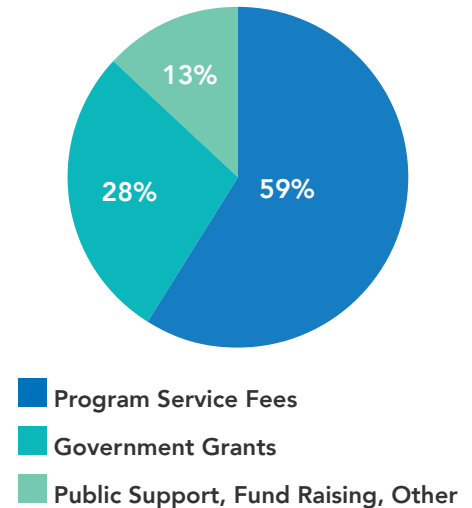
# Audited Financials

## North Shore Child and Family Guidance Assoc., Inc. Audited Statement of Activities

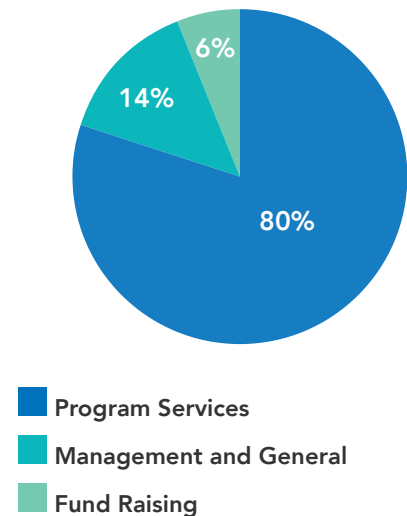
	Year Ended December 31	
	2022	2021
<b>Public support and revenue</b>		
Program service fees	\$5,689,590	\$5,655,986
Government grants	2,736,746	2,543,310
Contributions	1,141,879	1,532,783
Special events, net	483,954	387,269
United Way & Community funds	13,560	19,000
Investment return (loss)	(240,455)	207,014
Other	6,822	16,777
Total public support and revenue	9,832,096	10,362,139
<b>Expenses</b>		
Program services		
Clinical	5,400,649	5,052,577
School Community Collaborative	2,181,974	2,099,293
Early Childhood	65,779	70,420
Outreach	106,290	36,851
Total program services	7,754,692	7,259,141
<b>Supporting services</b>		
Management and general	1,346,740	1,769,121
Fundraising	565,459	542,719
Total supporting services	1,912,199	2,311,840
Total expenses	9,666,891	9,570,981
<b>Net assets</b>		
Increase in net assets	165,205	791,158
Net assets, beginning of year	5,180,548	4,389,390
Net assets, end of year	\$5,345,753	\$5,180,548

Full audited financial statements are available upon request

### 2022 Public Support and Revenues



### 2022 Expenses



# Investing In Our Children's Future

## Annual Fund

Your donation to an annual fund appeal provides vital general operating support that directly impacts the children and families we serve. These gifts are allocated when and where the need is greatest.



## Douglas S. Feldman Suicide Prevention Butterfly Wall

Designate a gift of \$500 and above to this important lifesaving program and your name will be engraved on a beautiful brass butterfly and placed on the wall in our Roslyn Heights headquarters in recognition of your generosity and support.

## Events

Supporting our fundraising events through the purchase of tickets, journal ads, underwriting opportunities, sponsorships, raffles, and auction items provides necessary unrestricted funding that allows us to continue our mission of caring for the mental health of children, youth, and families on Long Island

## Name Recognition

Explore room naming opportunities, program naming, and wall plaques at your choice of our three locations: our Roslyn Heights headquarters, the Leeds Place – Serving Young People, and the Marks Family Right from the Start 0-3+ Center.



## Planned Giving & Legacy Gifts

Create a legacy that lasts with a gift from your retirement plan, life insurance policy, or estate. Planned gifts can also be made through appreciated stock/securities, partnership interests, or real estate. Become a member of our "Legacy Society" by making a bequest naming the Guidance Center in your will or trust. Your gift will be acknowledged on our Legacy Wall of Respect.

## Special Occasion Gifts

Commemorate a birth, birthday, anniversary, or special event, or make a gift in memory or honor of a loved one. These contributions help maintain our programs and services for our current families and those we have yet to serve. A gift announcement card will be sent in your name.

To learn how you can support our lifesaving mission,  
please contact Director of Development Lauren McGowan at  
[LMcGowan@northshorechildguidance.org](mailto:LMcGowan@northshorechildguidance.org) or  
call (516) 626-1971, ext. 320.

NORTH SHORE CHILD & FAMILY



## Addresses and Locations



### The Leeds Place - Serving Young People

999 Brush Hollow Road  
Westbury, NY 11590-1766  
(516) 997-2926



### Administrative Headquarters

480 Old Westbury Road  
Roslyn Heights, NY 11577-2215  
(516) 626-1971

### The Lucille and Martin E. Kantor Bereavement & Trauma Center

480 Old Westbury Road  
Roslyn Heights, NY 11577-2215  
(516) 626-1971



### The Marks Family Right From the Start 0-3+ Center

80 North Service Road LIE  
Manhasset, NY 11030-4019  
(516) 484-3174

[northshorechildguidance.org](http://northshorechildguidance.org)



Licensed & Supported by: Nassau County Department of Mental Health, Chemical Dependency, and Developmental Disabilities Services; New York State Office of Mental Health; New York State Office of Alcoholism and Substance Abuse Services. Supported by: New York State Office for People with Developmental Disabilities; New York State Office of Children and Family Services; Nassau County Department of Health; United Way of Long Island; Great Neck Community Fund; Community Chest of Port Washington; Manhasset Community Fund.