

## Leading the Way for 70 Years!

**W**e are proud to announce that this year, North Shore Child & Family Guidance Center is celebrating 70 years of service to the Long Island community! The Guidance Center leads the way in diagnosis, treatment, prevention, training, parent education, research, and advocacy throughout Nassau County.

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. Throughout our proud history, our committed staff has helped the Guidance Center achieve countless milestones and provide critical mental health and supportive services to thousands. Here are just a few of those notable accomplishments since our founding.

- **In 1953**, North Shore Child Guidance Association was officially incorporated as the result of a grassroots movement of parents seeking to fill the gap in mental health services for children.



- **From 1968-1970**, the Guidance Center opened clinics in Port Washington, Roslyn, and Westbury.



*Mary Tyler Moore joined the Board of Directors, bringing more awareness and support to the Guidance Center's mission*

- **In 1989**, the Guidance Center was the first in New York State to be awarded an Outpatient Chemical Dependency license specifically for outpatient services for youth.
- **In 1998**, The Marks Family Right from the Start 0-3+ Center opened in Manhasset.
- **In 2001**, after the September 11, 2001 tragedy, the Guidance Center was selected as a FEMA-funded agency to provide mental health care for traumatized and bereaved children and families.
- **In 2003**, The Lucille and Martin E. Kantor Bereavement & Trauma Center opened in Roslyn Heights, housing the Schnurmacher Family Bereavement and Trauma Program.
- **In 2012**, after Hurricane Sandy, the Guidance Center was selected as a FEMA-funded agency, to provide crisis counseling for devastated families throughout Nassau County. Also, that year, the Latina Girls

Project was created in response to the high suicide rates of young Hispanic girls, ages 12-18.

- **In 2013**, the Guidance Center opened the Fay J. Lindner Foundation Triage and Emergency Services outpatient program.
- **In 2020**, the Douglass S. Feldman Suicide Prevention Program was launched.
- **From 2021 through the present**, the new Executive Director & CEO, Kathy Rivera, was appointed and together with the Board of Directors, established the agency's first strategic plan.

Over the years, the Guidance Center has remained rooted in a shared humanity to treat everyone with compassion and respect. Our primary method of doing so is by adapting our treatment strategies and programs to meet the unique needs of the families we serve.

We are grateful to have been serving Long Island families for the past 70 years thanks to our generous supporters and dedicated staff.



*2007 The Leeds Place renaming, with Staff and Board*

We look forward to the next 70 years of developing ways to destigmatize mental health challenges, building caring, safe, and supportive environments, and including family voices to guide our work. Our heartfelt appreciation goes out to everyone who believes in and supports our mission. Your commitment will be a part of the Guidance Center's history and will pave the way toward the next 70 years!

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# A Message From The Executive Director/CEO

## Seven Decades of Gratitude

### Greetings and welcome to our Fall 2023 Guidelines Newsletter!

I'm delighted to share the news of all that has been happening at North Shore Child & Family Guidance Center during this celebratory year!



Since our Spring newsletter, we have had many reasons to celebrate – ribbon cuttings, beautification

projects, and new community partnerships, just to name a few. All these exciting happenings bring us to our 70th anniversary!

### You Make It Happen

For me, **this is a special time to express gratitude.** For seventy years, our vision has led to the empowerment of children and families to participate and thrive in their communities. We take pride in ensuring equity of care, turning no one away for their inability to pay. This is critical in today's times when mental health awareness has become a societal priority.

I want to **express my appreciation to my entire Guidance Center family** for your extraordinary response to the mental health crisis that so many children and families continue to face. I am also grateful to all my talented leaders, both Directors and Supervisors who keep me smiling and energized each and every day, even during the most challenging times. Lastly, I am grateful to my entire Board of Directors whose commitment, compassion, and generous support knows no limit.

I am immensely proud of the creation of the Guidance Center's first Strategic Plan which our staff and Board of Directors helped to develop together. We began the process over a year ago and finalized it this past May. **We now have a formal vision for tomorrow.** I am excited to embark on this journey with our three-year road map that will strengthen our Board and organization. The Strategic Plan will be a critical piece in allowing us to continue servicing families for another 70 years!

**Together we are devoted to Long Island families and serve each one with compassion** and professional integrity. Our community of supporters continues to be ever-present with joy and generosity as they volunteer, attend our events, and make invaluable contributions that enhance the delivery of our mission of providing hope and healing.

### Our New Board President

Please join me in welcoming our new **Board President, Alexis Siegel!**



Alexis strongly believes that our children are our future and that it is our responsibility to ensure their mental and emotional health. Alexis was elected on June 13 of this year

and originally chose to be a part of the Guidance Center over ten years ago as a Board Member because she believed in our dedication to helping families without regard to their financial situation.

Raised on Long Island, Alexis has been very focused on Long Island communities and

education. She served as the Home School Association President for Manorhaven Elementary School and the Paul D. Schreiber High School in Port Washington. Alexis understands that by providing access to our services without financial impediment, **the Guidance Center plays a role in securing the health and well-being of families.**

When asked about her role, Alexis tells us, "I could not be more excited about my new position as Board President. I am so proud of the incredible work the Guidance Center does and the invaluable services it offers to the entire Nassau County community. It is my honor to continue the work of the incredible leadership that came before me. I am so thankful to former Board President, Rochelle Lipton, for introducing me to the Guidance Center. She encouraged me to get involved, learn more about what we do, and ultimately take a leadership role. Rochelle's presence is missed by so many. I truly hope to make her proud in my newest role."

I am proud to partner with Alexis as she helps to grow the Guidance Center's mission! We will implement the new Strategic Plan in partnership to take us forward into the foreseeable future as we continue being **the preeminent not-for-profit children's mental health agency on Long Island.**

We are grateful to the families who have allowed us into their lives and to all who continue to help make the work of the Guidance Center possible. We truly appreciate YOU!

Sincerely,



**Kathy Rivera**  
Executive Director/CEO

## We've Got You Covered!

Since the pandemic, we see many of our clients via a secure, easy-to-access telehealth platform. However, all of our staff are on site, and we are conducting in-person appointments at our three locations. We continue to offer flexible services so we can provide the highest quality care in a timely, affordable fashion. To schedule an appointment, please call us at (516) 626-1971 or email [intake@northshorechildguidance.org](mailto:intake@northshorechildguidance.org)

## Guidelines

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# Donor Profile: The Peter & Caroline Striano Foundation

When humanitarianism meets empowerment, it is a beautiful thing. In 1992, Peter and Caroline Striano began a family foundation to assist others - children, families, and the elderly - to better themselves and their family units. **The mission of The Peter and Caroline Striano Foundation revolves around community outreach, education, and offering support to those who do not have access to the needed resources.** North Shore Child & Family Guidance Center's commitment to turning no one away for the inability to pay fell right in line with this mission.

## A Passion Project

Stemming from the effects of World War II in Italy, leaving thousands of immigrants and orphans without homes, families, or a means of support, the Striano Family sought to help. The Boys and Girls Town of Italy was a community that they created to provide education and skills training so these individuals in need could learn to support themselves by becoming financially independent and making a better way of life. It is in this spirit that the Striano Family also were staunch supporters of the Diocese of Brooklyn. "The maintenance of the family unit is so essential to our fiber and beliefs," says Alissa Striano, one of Peter and Caroline's three daughters and a volunteer with the Guidance Center. "The work of the Guidance Center is important because it helps young people and families deal with the effects of trauma."

Each of the Striano daughters, Marisa, Alissa, and Christine, follows their family's long standing passion for empowering others. Marisa runs an equine rescue facility in Riverhead called Spirit's Promise that provides a sanctuary of healing for both animals and humans alike. Both Christine and Alissa have been inspired by the Guidance Center's mission and have been instrumental in connecting our services in Nassau County with The Peter and Caroline Striano Foundation's mission, vision, and belief to help empower and heal young people. The Striano family's commitment to the betterment of the Guidance Center's youth and families who are struggling for educational resources helps to further our mission's work and demonstrates their values.



Carolyn, Peter, Marisa, Christine, and Alissa Striano

Alissa shared that "visiting the center and working with the young girls in the Latina Girls Project, seeing their faces and expressions, is something that I'll treasure. Seeing the true and sincere rapport that the Guidance Center's counselors have with the girls was so admirable and comforting. I could see the empathy and respect the counselors had for each participant. They know they must meet these young people where they are and that was evident."

## Involved in the Impact

The Striano Foundation's generous gifts to the Guidance Center have impacted the lives of countless people and families in crisis, stemming from chronic illness, death, trauma, and divorce. Rates of burnout and depression are at record levels. The Guidance Center is addressing these key issues along with depression and anxiety; suicidal ideation; bullying; teen pregnancy; sexual abuse; and teen drug and alcohol abuse. The Guidance Center provides critical resources during challenging times to remove barriers to seeking help. This is what The Striano Foundation has done from the beginning.

Alissa Striano, who does meditation and breathwork, conducted a train-the-trainer session for the clinicians of the Guidance Center's **Diane Goldberg Maternal Health and Wellness program where clinicians work with clients experiencing post-partum depression and perinatal mood disorders.** She also conducted mindfulness sessions with the young women in the Latina Girls Project to help them "breathe out the negativity" when working through their struggles and trying to find clarity. "I enjoyed feeling their energy!" says Alissa.

**"Our family wholeheartedly wants to be involved in empowering and healing young people. The Guidance Center provides compassionate and innovative support to young people and families in crisis."** For the past few years, the generosity of the Peter and Caroline Striano Foundation has provided hope to so many.

Alissa further states: "We hope that our involvement can help to remove the stigma of mental illness. We want to help create an impact that helps those who suffer from mental illness to let go of that stigma - not to hide - but to seek help and other resources. We want them to be able

to seek out a community like the Guidance Center where there are a lot of different types of comprehensive therapies and options to suit each circumstance." A shared value of the Guidance Center and The Striano Foundation is one of connection, community, and support. "This is what I felt during the time I spent at the Guidance Center as clients and clinicians were face-to-face with one another," says Alissa.

## With Our Gratitude

As a volunteer at the Center, Alissa Striano has been a strong advocate for mental health awareness and a champion for ending the stigma of mental illness. The Striano Family is truly committed to the healthy growth of young people in the community, and we are grateful for their philanthropy and dedication to service. We would like to express our thanks to Alissa and Christine for their support, advocacy, and insight into the Guidance Center's mission. We appreciate, respect, and salute The Peter and Caroline Striano Foundation's choice to support the Guidance Center and applaud the members of the Striano Family for being active members in their communities and serving others.

***We are so grateful to The Peter and Caroline Striano Foundation and to the Striano Family. Discover ways you can help! Contact Lauren McGowan at 516-626-1971, ext. 320.***

# Staff Profile: Jessica Santiago

Jessica Santiago is a Bilingual Intake Coordinator in our Roslyn Heights Administrative Headquarters. Jessica began working at the Guidance Center in June of 2018 as the main front desk support contact for current and prospective clients of the Leeds Place in Westbury.

The Guidance Center provides **bilingual mental health and chemical dependency services, behavior management, parent education, medication management, and psychological and psychiatric evaluations, as well as advocacy and care coordination services.** In the spirit of recognizing that our clients and families all have individualized needs, Jessica's interaction with clients in their native language further aids the connection of care for those who need it while helping to remove obstacles and stigmas due to language barriers. "Getting families the services they need" is what Jessica says motivates her to serve in her current position at the Guidance Center.

Cindy Ambrose, Director of Outpatient Operations, says that Jessica is "dedicated and committed to her role as Intake



Jessica Santiago

Coordinator. She is extremely conscientious and takes diligent care of our clients, making sure to listen carefully to the issues being presented during her time with them and connecting them to the program and staff that can best meet their needs." She describes Jessica as empathic and

supportive to all clients she comes into contact with.

The Guidance Center staff respect and rely on Jessica's expertise. Consistently working on the front line, dealing with emergencies, crises, and at-risk clients, Jessica places our client's needs first, advocating for them to be seen promptly. "She has cultivated relationships with other systems of care that are critical to client access and continues to develop new relationships as an advocate of the Guidance Center," says Ambrose. **"Clients and families have expressed pure gratitude and appreciation for Jessica's services after working with her."**

Jessica feels like she is helping her community in her work as Bilingual Intake Coordinator. She is always on top of her game, and we couldn't be more proud of her!

Before coming to the Guidance Center, Jessica was an MA for over fifteen years. She is the proud mother of two sons, ages 20 and 14.

## Volunteer Profile: Chloe Cohen

During the Summer of 2023, North Shore Child & Family Guidance Center welcomed Chloe Cohen as a social media intern. Currently a Junior at Binghamton University and a graduate of Syosset High School, Chloe had the opportunity to promote the Guidance Center's services and mental health resources on our multiple social media platforms.

"I have always been eager to make a change in the world and impact the lives of others," Chloe states. **"I just wanted to be able to make a difference.** In today's world where a steadily increasing number of children and adults suffer from mental health issues, I found my passion to be aiding in the improvement of people's well-being."

In addition to contributing important content via social media, Chloe also had the privilege of being a guest blogger for the Guidance Center's Blog. Her piece was entitled *Youth Voices in Youth Mental Health Advocacy*. In her blog, Chloe informs readers that the Guidance Center is a place where youth heal and thrive because of our accessible and affordable mental health services that address current and ever-changing times and individually molded treatment plans.

"As an intern in the Guidance Center, I have had the privilege of learning about our programs and closely working with the staff that make it all happen. I was honored to have my voice heard and can say with confidence that the Guidance Center staff is truly dedicated to ensuring the mental well-being of our youth."

Chloe is filled with pride at the idea that her work "may have motivated even one person or parent to get their child or family involved with one of the many Guidance Center services or programs." She is grateful to "have been part of an organization so impactful to our community."

Majoring in Psychology with a minor in Health & Wellness, Chloe's goal is to enter the field of psychology as a Clinical Psychologist in the future. She is inspired by the prospect of helping people one by one to cope with their mental health.

**"I have seen therapy and counseling impact the lives of so many people in my life. I aim to help as many people as I can in this way by leveraging my passion and knowledge to the best of my ability.** The Guidance Center has changed the lives



Chloe Cohen

of so many children and families for the better, and I feel so lucky to be part of that."

Chloe is also passionate about seeing the world, with Cyprus being her favorite place. She recently completed a study abroad program in Florence, Italy. She loves to read and has two brothers, a dog named Guinness, and a cat named Chewy.

**We are proud of Chloe's expression of her inspiration to work in the mental health field and wish her success in her pursuit as a Clinical Psychologist!**



# Fundraising Events

## The Krevat Cup Supports Children's Mental Health

We at the Guidance Center are so grateful to all who took part in the **Jonathan Krevat Memorial Golf & Tennis Classic** on Monday, June 5th, at Nassau Country Club in Glen Cove. The outing included pickleball this year! The weather was pristine, making it a perfect day to support the event and our work in the community.

We are excited to announce that the 26-year-old outing raised over \$136,000 – plus \$10,000 in our special paddle raise for our **Caregiver Grandparent Respite and Support Program (C-GRASP)** and an additional \$6,500 for the **Douglas S. Feldman Suicide Prevention Project!**

Co-chair, Mike Mondiello, shared “I am involved because the mission hits home in today’s world, especially for children. They need more mental health resources than ever before. It’s very important to help families in our communities. It makes me feel like I am making a difference and giving back even though I am busy in my life.”

“The mission of the Guidance Center is more important than ever before, with children and teens suffering from serious mental health challenges,” said Troy Slade, Board Member and Co-Chair of the event. “We are all so grateful to our many friends, colleagues, and family members who came out to support this vital organization that makes a real difference for the children in our community.”

Many thanks to co-chairs Troy, Mike, Dan Oliver, and Michael Schnepfer, and our guest speaker Rose Ryan. Rose was a Guidance Center client from the **Caregiver Grandparent Respite and Support Program (C-GRASP)** which offers support, information, and resources for grandparents who are the primary caregivers for their grandchildren because the child’s parents are incarcerated, battling addiction, or otherwise unable to care for their child. Rose told the audience, “The Guidance Center has been there for me for almost 30 years as a parent, grandparent and now

great-grandparent. I am grateful for the skills I acquired and the compassion that the clinicians and staff at the Guidance Center offered. It has been a life changer! And now, I am able to volunteer and give back my time to the program. It’s been very rewarding.”

The Guidance Center is grateful to the Krevat Cup’s sponsors, without whom this event would not have been possible.

- **Diamond Sponsor:** Albanese Organization
- **Silver Sponsors:** Canon Solutions America and Susan & Jeff Krevat
- **Bronze Sponsors:** Aon Reinsurance Solutions and City National Rochdale
- **Caddy Sponsor:** Bahnik Foundation
- **Corporate Foursomes:** The Levine Group, Inc., Newmark, PSEG Long Island LLC, and Rivkin Radler LLP

*We look forward to seeing you next year!*



Teeing off!



Pickleball



Gilman Management Foursome



Brian Litvack, Jeff Greenblatt, Marc Rosen, Jon Hillman



John and Samantha Darsie, Jo-Ellen Hazan, Darya and Troy Slade



Dan Oliver, Michael Mondiello, Jeff Greenblatt, Troy Slade, Michael Schnepfer



James Albanese, James Guerin, Catherine Castagna, Russell Albanese

# Fundraising Events

## Aon On Par Again!

Andy Marcell, Guidance Center Board member and CEO of Aon Reinsurance Solutions, stepped up to the tee again this year. On October 17th at Sands Point Golf Club, Andy welcomed his Aon guest attendees to golf for a great cause, raising over \$80,000. "My wife, Carol, and I have been involved and have been serving on the Board for the last 7 years," says Andy. "Our passion and mission are to help children and families who are dealing with depression, anxiety, and many other issues. Mental illness does not discriminate; it can affect

anyone regardless of age, gender, or social status."

Andy and his family are involved with various charitable organizations and are deeply committed to supporting vital services to the Long Island community.

***"As a proud Board Member of the Guidance Center, I was thrilled to (again) hold this fundraiser," says Marcell. "I'm very grateful to my many colleagues and friends who supported the golf outing. They know that the work of the Guidance Center is***

***instrumental in making the lives of our kids healthy and happy."***

The Guidance Center is appreciative of Andy for galvanizing his business network in the spirit of philanthropy for an agency near and dear to him, and for supporting the destigmatization of mental illness. He exemplifies the personal commitment of our Board of Directors to find ways to raise needed funds.

Thank you, Andy. Thank you, Aon!



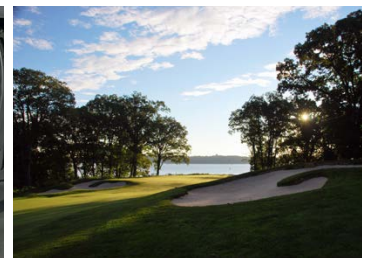
Cathy Mulligan, Andy Marcell



Andy Marcell (Aon), Jonathan Zaffino (Ascot), Scott Belden (Travelers)



Jonathan Colello (Partner Re)



The scenic Sands Point Golf Course!



Randy Stanco (Aon), Matt Kramer (Ascot)



L-R: Lou Iglesias (Allied World), Wes Dupont (Allied World), John Bender (Allied World), Michael Cady (Ren Re), Tom Kennedy (Allied World)



Paul McKeon (Trans Re)

## Little Words – Big Impact



bracelet was created in partnership with the Little Words-Big Impact Project. "The wearable affirmations remind us of our worth, and get us through the tough times together," says Adriana Carrig, Founder & CEO of Little Words Project. Through this

The Guidance Center is participating in a unique fundraising endeavor. A custom fundraising

fundraiser, supporters of the Guidance Center are able to purchase these specially designed bracelets through December 31st, 2023, with 25% of net proceeds directly uplifting our mission. Thanks to all who have already purchased these beautiful bracelets!

Visit the website to purchase a bracelet today, <https://www.littlewordsproject.com/products/giveback-healing-vibes/>





# Fundraising Events

## Benefit for The Children's Center

Thank you so much to everyone who came out in support of The Children's Center at Nassau County Family Court on October 12th! The evening was full of music, joy, and generosity, and we couldn't have done it without the amazing efforts of everyone who came. Held at the lovely Stewart Manor Country Club, live music by Drew Hill, and a host of friends made this event a success! **The evening, which raised \$16,000 also included cocktails and a buffet dinner.**

We would like to express our warmest appreciation to the co-chairs for this fundraiser: **Allison Cacace, James Graham, Esq., Nassau County Women's Bar Association, President, Kelly Koster Esq., Cherice P. Vanderhall-Wilson, Esq., John Zenir, Esq.**

Kathy Rivera, Executive Director and CEO of the Guidance Center said "The Children's Center gives children and families a chance to heal, grow, and thrive. Everyone here tonight has turned a challenge into change."

Dr. Nellie Taylor-Walthrust, Director of The Leeds Place (under which the Children's Center operates), thanked both the full-time staff members and the volunteers at the Children's Center for carrying out the mission five days a week. She went on to



Dr. Nellie Taylor-Walthrust, Allison Cacace

thank the judges working in the Unified Court System, specifically acknowledging Judge Ellen Greenberg's contributions. In her remarks, Dr. Taylor-Walthrust went on to commend Judge Greenberg: "You have done an outstanding job in rallying the judges to make sure they send the parents and their children down to the Children's Center so that we can provide quality service for them."

**The Children's Center provides care and early learning to more than 1,400 children each year, ages 6 weeks to 12 years, while their parents or guardians are conducting business in family court.** The Children's Center is one of the few programs of its kind in New York State to stay open Monday through Friday from 9-5, proving itself to be an indispensable asset to the families of Nassau County.



Judge Ellen Greenberg, Judge Robin Kent, Dr. Nellie Taylor-Walthrust, Kathy Rivera



John Zenir, Judge Ellen Greenberg, Justice Vito DeStefano

**Thank you to our amazing sponsors: Casino One Limousine; DiMascio & Associates, LLP; Nancy Joseph; Rene Joseph; Gregory-Matthew Wealth Management; Mark A. Green, P.C.; Nassau County Women's Bar Association; Stempel Catterson LoFrumento Carlson Biondo, LLP; Wilson Law Group; Laurie Yehuda; and John Zenir.**

## Tina Demel Gives Back

The Tina Demel Boutique, located in Roslyn, sees charitable giving as an integral part of its culture, holding a fundraiser this year in support of the Guidance Center.

A brand that is as unique as its clients, part of the mission of the Tina Demel Boutique is to be **"always be giving back as much as our clients give to us, sharing an energy of social responsibility."** We are grateful to all who participated in this shop-for-a-cause event in support of providing hope and healing to our clients and families. To learn more visit [www.tinademel.com](http://www.tinademel.com).

Thank you to Tina Demel and Sheryl Fine for choosing the Guidance Center as their local non-profit recipient for their

charity event. We were happy to see so many individuals come by to learn about and support our work with children and families.



Tina Demel



Kathy Rivera, Tina Demel, Sheryl Fine, Jo-Ellen Hazan

# Program Highlights

## Cultural Connections of Confidence

In May, the Latina Girls Project hosted their largest in-house event ever! The Mother-Daughter Tea welcomed 15 girls and their mothers to reconnect as per the mission of the Project.

Guests dressed up and enjoyed an event focused on **intergenerational connectedness**. Monique Barragan, Bilingual Clinical Supervisor of the Mental Health/Latina Girl Project recalls that “it was heartwarming to see the teenage girls proudly sit beside their mothers.”

During the Tea, attendees got to know one another better as they participated in fun icebreakers that encouraged deeper communication. Girls were even encouraged to ask their mothers about their very first kiss!

Since memories are sensory, the event included a perfume-making activity where the mother-daughter pairs could involve their senses of smell, vision, and touch to **create positive memories to last a lifetime**.

Barragan, who has been with the Guidance Center since 2019, points out that the Mother-Daughter Tea helped to contribute to “the improved connections between parent and child and how their relationships improved during their time with the Latina Girls Project.”



The girls get adventurous.



The girls enjoy cooking and games

## Positivity All-Around

Over the summer, the **Latina Girls Project held Feel Good Fridays**. “During the summer months, youth between the ages of 12-15 are often not in camp or working yet, which could lead to more time for risky behaviors,” points out Barragan. Feel Good Fridays incorporate outdoor field sports and activities, allowing the girls to get out of their homes to reduce boredom while connecting with their peers.

“When we get referrals who are high risk and involve them in the Latina Girls Project, we notice quicker progress rates than those not involved in the program. Girls have **the opportunity to become engaged through a sense of community** (oftentimes cultural), which brings their confidence and comfort levels up faster. They come off the high-risk designation sooner than clients who are not engaged in the program,” says Monique Barragan.

In November, the **Latina Girls Project will host a Self-Care Workshop**, a timely event now that school has started. During the school months, girls tend to be a bit more stressed and may forget to pause and take breaks to make sure they are taking care of themselves. Participants in the Self-Care Workshop will also make their own lip balms and lip scrubs. In December, girls in the Latina Girls Project look forward to their **annual trip to the Radio City Christmas Spectacular featuring the Rockettes**.

## Home Sweet Home Again



Paul Danilack

“The Community and Home-Based Services department has overcome many challenges that it was faced with during the pandemic,” according to Paul Danilack, Community and

Home-Based Services Supervisor. “At that time, clients were worried about having people come into their homes and staff were worried about being in contact with so many different people. Because of this, staffing became increasingly difficult, not just with the Guidance Center, but county and statewide.” **The Guidance Center is happy to share that the Community and Home-Based Services staff is presently at an all-time high!** The Community and Home-Based Services staff has been actively

involved with implementing a new shared client-documentation process designed to maximize efficiency in information sharing and avoid overlap and duplicity.

“I give all the credit for this department’s success to my staff. They show up every day ready to tackle some of the most difficult challenges families face. They work with clients who are school-avoidant, actively suicidal or self-harming, verbally and physically aggressive with others, and those who are currently involved with the court system. The amazing thing about them is that **they do this all with a smile.**” Danilack states that it is common to hear the team get together and come up with new, innovative ideas to help a family in a different way after multiple efforts. This collaboration creates a better experience for the youth and families who rely on the Guidance Center’s services.

This is in the true spirit of the Guidance Center’s core belief that every youth, every family, brings a unique background with them. **“I would like to give them all a huge round of applause for all the hard work and dedication they have put into this job, one that few are able to recognize the difficulties that come with it,”** acknowledges Paul.

The guest speaker for the Guidance Center’s Annual Gala was Carol Bottiglieri, the mother of a client who took control of his mental health with the help of the Community and Home-Based Services department. The family put immense amounts of effort into seeing positive results, and Paul shares that it was “wonderful to see two people come so far and be so successful!”



# Program Highlights

## Mutt-i-Grees: Building Confident and Caring Kids

Pets bring us together, and the Mutt-i-Grees® Health Curriculum did just that for children of the Guidance Center! We partnered with the North Shore Animal League to help kids explore their natural affinity for pets and discover the world of emotions they share.

This year on a bi-weekly basis, children ages 7 to 10 from **The Marks Family Right from the Start 0-3 + Center** (RFTS) were able to interact with lovable shelter pets during visits from Mutt-i-Grees®. Developed in partnership with Yale University, the Mutt-i-Grees® Curriculum is the educational mission of North Shore Animal League America. The program is an innovative Pre-K-Grade 12 social-emotional program designed to develop empathy, resiliency, and an awareness of oneself and others, creating a more humane future.

Emotions are crucial to learning and living. The curriculum provides tools that help children identify, manage, and communicate their emotions. They learn to use verbal and non-verbal cues to recognize feelings in themselves and others — including pets — and to find the words to express those feelings, to ask for help, to be understood, and to have their needs met.

Research and experience show that pets can reach special-needs students when other means fail. Understanding feelings leads to the ability to handle stress, control impulses, and solve problems. **By providing practical group exercises and activities, stressing the value of diverse perspectives and ideas, and teaching communication skills — including the art of listening —** the Mutt-i-Grees® Curriculum provides fundamentals that advance both developmental and academic success.

When asked about the impact of Mutt-i-Grees® at RFTS, Christiane Franzese, Mental Health Counseling Intern, shared, “The Pet Therapy Program will help children to grow and build social and communication skills resulting in the cultivation of healthy friendships and peer relations. The great benefit to the bonds that the group members form with the puppies is reciprocal, the children help them learn how to socialize amongst humans and the puppies set the framework for the children to

work outside of their comfort zone, interact with one another, and build strong interpersonal skills.”

*“The puppy was really shy at first. I think he got more comfortable when we played together. That made me happy.” - Madison, 9.*

The Guidance Center understands that the social and emotional well-being of children is more important than ever. **As living, loving examples of resilience and hope**, the pets brought to the RFTS groups are models of transformation. Children learn how relationships with pets thrive when there is respect, affection, and teamwork. They also learn about the traits that make pets individuals, thereby fostering self-acceptance and empathy for others. These are coping skills our clinicians help to cultivate on an ongoing basis as part of the Guidance Center’s therapeutic and support services.



## Planting Hope



Sue Cohen, Kathy Rivera, Rober Keller

Our vegetable garden at **The Marks Family Right from the Start 0-3 + Center** is a serene place for our youngest clients to work through their emotions. On May 15th, our clinicians, their clients, and the clients’ parents, along with Executive Director, Kathy Rivera, and supporter, Robert Kelly, from the Community Chest of Port Washington, sowed seeds for the summer.



Kids work on the organic garden



## Youth Mental Health Summit with Gov. Hochul



Governor Kathy Hochul,  
Credit: Marc A. Hermann, MTA

On June 15th, NY Governor Kathy Hochul convened the first-ever Youth Mental Health Summit! The Guidance Center was excited to participate in the event, held at the Javits Center in New York City, to provide input, and advocacy, and to learn about the opportu-

nities reflected in the Governor's mental health proposal.

**"It's time we put the mental well-being of our youth at the forefront and listen to what they're going through to gain a deeper understanding of this issue and meaningfully address the problems young New Yorkers face," Gov. Hochul stated.**

As the only mother to hold the office, New York State Governor Hochul is deeply concerned about the rise in teen

depression, especially following the isolation and uncertainty of the COVID-19 pandemic. The Governor is committed to supporting the mental well-being of our youth by listening to what they're going through and gaining a deeper understanding of this issue. The Summit on Youth Mental Health brought together young people, parents, and subject experts from the mental health, education, technology, and law enforcement fields to discuss the challenges and opportunities impacting the well-being of children and teens today.

## Social Emotional Learning Day



Dr. Nellie Taylor-Walhurst

Since the start of the last school year, scholars at Westbury Middle School explored a "word of the month" – such as responsibility, safety, and teamwork - and how they could embody that word. As the school year came to an end, Dr. Nellie Taylor-Walhurst promoted the Social Emotional Learning (SEL) initiative with scholars during the

outdoor SEL Fun Day on May 25th. Students shared a sense of community in their SEL t-shirts as presenters engaged the scholars in interactive discussions and activities about various SEL themes. The day culminated with a drone photo of the students on the field spelling out the letters "S-E-L".



Drone photo of Westbury students in a #SEL formation

## Co-occurring Disorders Conference



Kathy Rivera

In May, the Guidance Center participated in the Co-Occurring Disorders conference at Adelphi University. Kathy Rivera, Executive Director/CEO, presented on youth dual trauma and substance abuse disorder. Lauren McGowan, Director of Development, hosted a table with Rivera.

## Hope Day at Bowling Green Elementary School



As part of community outreach, the Guidance Center participated in Hope Day on June 3rd. Hope Day is a free community event with fun and entertainment for the whole family. Families received lunch, grocery giveaways, shoes, and so much more as they were able to learn about the Guidance Center and other community services.

The annual event made possible through a partnership between Hope Day Network and Convoy of Hope, celebrating community and bringing hope, took place at Bowling Green Elementary School in Westbury.





# Celebrations

## Annual Meeting

Thank you to everyone who joined us on June 13th for our annual meeting celebrating our progress and the newly adopted 3-year strategic plan. During the meeting, the Guidance Center

presented the **Community Advocate Award** to Unitarian Universalist Congregation at Shelter Rock; the **Mental Health Champion Award** to Charlotte Cooper; and the **Community Partner Award** to National Grid. The Staff Award for Circle of Excellence was awarded to Joselyn Alberto, Mike Beganskas, and Lisa Melito.



Fiana Klein, MD, Vanessa Ramirez, Melissa Merman, Courtney Kenavan, Lisa Melito, Phyllis Edelheit, MD, Edenny Cruz, Marelisa Andaloro



Michele Paoli and Alexandra Paoli (National Grid)



Kathy Rivera, Claire DeRoche, Terry Bain (Unitarian Universalist)



Alexis and Howard Siegel, Judge Andrea Phoenix



Jennifer Rush, Ashley Wander, Dee Michel, Reena Nandi, Mary Margiotta



Rubia Canales, Oscar and Joselyn Alberto, Cindy Ambrose



Ruth Fortunoff Cooper, Charlotte Cooper



Mike and Susan Beganskas, Nellie Taylor-Walthurst



Howard Siegel, Nancy Lane, Jo-Ellen Hazan, Kathy Rivera

## Annual Staff Potluck

**“Caring for those who Care for Others”** In the spirit of our mission of providing support to our clients with compassion, the Guidance Center celebrates our staff whose unwavering dedication, empathy, and professionalism are seen throughout their work. Over the summer, the Guidance Center staff embraced “togetherness” at our annual potluck event. A highly anticipated tradition, staff showed off their baking and cooking skills while enjoying the remaining days of summer as a team.



Jennifer Rush, Kiera, Cohen, Cindy Ambrose



Monica Doyley and volunteers

## Fortunoff Dedication

On July 25th, the Guidance Center hosted a dedication ceremony for the Helene Fortunoff Legacy Room. Mrs. Fortunoff, who passed away in 2021 was a Board member, donor, and trusted advisor to the Center. The Legacy Room will exist as a great tribute to her valued work.

**The Helene Fortunoff Legacy room is located in Westbury at the Guidance Center’s Leeds Place – Serving Young People.** Kathy Rivera stated, “Whether this room is used for client yoga classes, teen group sessions, staff training, or as a meeting place for community members to express their issues, **Helene’s presence will be here with everyone on their journey of hope and healing.**” Ruth Fortunoff Cooper, who is one of Fortunoff’s six children, is a Board member of the Guidance Center. At the ribbon cutting, Ruth was joined by her fellow Guidance Center Board Members, her sisters Esther and Andrea, her sister-in-law Jennie, and her daughter Charlotte.



Esther Fortunoff, Andrea Fortunoff, Ruth Fortunoff Cooper, Charlotte Cooper, Jennie Fortunoff



# Guidance Center's 70th



Our 70th Anniversary Celebration in 70's Style was truly a night to remember! Held on October 26th at North Hemp-

stead Country Club, **over \$230,000 was raised during this memorable milestone event.**

The evening's music was provided by Peat Moss and the Fertilizers, who filled the air with a variety of disco and boogie hits from the 70s, staying true to the event's theme and keeping guests on the dance floor throughout the night. Groovy experiences and amazing items were featured in the silent auction. Our guests showed up and showed out in some festive and funky outfits as their presence supported the mission of the Guidance Center.

Guidance Center Executive Director & CEO, Kathy Rivera, proudly honored the rich history of the organization she now leads, which spans seven decades.

"I stand on the shoulders of giants and would not be speaking to you all tonight without their invaluable contributions," she said of her predecessors. **"The reason we have been able to bring hope and healing to the community for 70 years is thanks to them, and to all of you who support our mission."**

Carol Bottiglieri, the mother of a Guidance Center client shared an emotional account of her son's struggle with depression, anxiety, and substance use. "Without North Shore Child & Family Guidance Center, our family would be broken today," she shared with the audience. **"Because of the therapy and support given to us by the Guidance Center, we remain a strong, united family, continuing to help my son achieve a healthy, happy, independent life."** Carol's story brought guests to tears and received a standing ovation.

"The reason we have been able to bring hope and healing to the community for 70 years is thanks to them, and to all of you who support our mission." Rivera also thanked the night's emcee, Crystal

Cranmore of Channel 7 Eyewitness News, as well as the sponsors and underwriters of the event: the Klipper Family Foundation; Americana Manhasset, the Jane & Martin Schwartz Family Foundation; the Jack & Dorothy Kupferberg Family Foundation; Maureen & John Ferrari; Andrea & Michael Leeds; and WABC-TV. Guidance Center Board President, Alexis Siegel, acknowledged the sad tragedies occurring throughout the world and thanked the Guidance Center for helping members of the community receive the emotional support needed. "Though we can't change the atrocities that are happening around us, we do have a say in how we choose to respond," she said. **"The Center is a lifeline to so many families struggling to find peace and a way forward through the darkness."**

Thanks to everyone who made this fantastic night possible with your generosity and fun-loving spirits. The Guidance Center is dedicated to restoring and strengthening the emotional well-being of children and families and looks forward to doing so for another 70 years!



Kathy Rivera, Alexis Siegel, Crystal Cranmore Emcee



Guest Speaker, Carol Bottiglieri



Deirdre Costa Major, Tony Major, Gisele Kehl



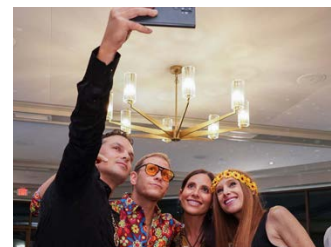
Mitchell Klipper, Rosemarie Klipper, Paul Vitale



Jennifer Rush, Marilyn Albanese, Kathy Rivera, Linda Seaman, Carol Marcell



Dr. Reena Nandi, Yvonne Novy-Cutler, Shari Bushansky, Dr. Nellie Taylor-Walthrust



Phil Konnikov, Greg Edelstein, Debby Edelstein, Megan Konnikov



Eugene Rogliano, Jen Rogliano, Tracy Brown, Bennett Brown



Paddle raise



Peat Moss and The Fertilizers



# Awards & Acknowledgements

## LI Imagine Awards

We were thrilled to be one of the finalists in the 11th Annual Long Island Imagine Awards! We were chosen for our work with our Latina Girls Project, an innovative program that helps bring hope and healing to Latina teens experiencing depression, anxiety, and suicidal thinking. As a finalist, the Guidance Center received a \$1,000 award.

## LI Herald Event

On September 27th at The Heritage Club, Kathy Rivera received a 2023 Herald Excellence in Healthcare Award! Congratulations! RichnerLIVE and Herald Community Newspapers honored Long Island's deserving individuals, institutions, facilities, and healthcare groups for their dedication and commitment to making a difference in the health and well-being of others.



Kathy Rivera and  
Jenn Rush

## National Grid Day of Service



The Guidance Center is so appreciative of the team at National Grid's Project C. Their Day of Service at our Roslyn Heights headquarters resulted in beautifying our organic garden and restoring our "Johnny's Garage" in

preparation for our future art studio. A group of jovial helping hands, these National Grid team members got down and dirty for the cause!

## Plandome Woman's Club Donation

The Guidance Center is grateful to the Plandome Woman's Club for its generous support in 2023. Their commitment to meeting the mental health needs of children and families is unwavering. The Plandome Woman's Club is the oldest women's organization in the area of Long Island. The PWC provides its members an opportunity to become part of a vast network of women who are dedicated to enriching their lives and the lives of others while strengthening their community.



Jill Ridini, Lauren McGowan,  
Kathy Rivera, Lesley Stackler

## Temple Sinai Intergenerational Giving Circle

We are so grateful to Temple Sinai of Roslyn Inter-generational Giving Circle for their generous support! The collaboration of members of all ages collectively supported the Guidance Center with a check for \$325 raised through a giving circle. A giving circle brings a group of people with shared values together to collectively decide where to make a pooled gift. Giving circles support with their dollars, but also build awareness for a cause and multiplies the impact of the gift while connecting with their local community.



## LIBN Top 50 Women



Kathy Rivera

Congratulations to our Executive Director/CEO, Kathy Rivera, for being honored in October as one of the Long Island Business News Top 50 Women in Business! We are so proud of Kathy for this accomplishment and thank her for all the work she has done for the Guidance Center.

Launched in 2000, the Top 50 Women in Business Awards recognize Long Island's top women professionals for their business acumen, mentoring, and community involvement. Kathy is celebrated as being one of the most influential women in the business and non-profit field.

## Good Neighbors for the Guidance Center

The Guidance Center was proud to be a 2023 Greentree Foundation Good Neighbor Fund grant recipient for our adolescent suicide prevention work. The Greentree Foundation and Manhasset Community Fund hosted a lovely garden party luncheon and reception at the Whitney Greentree Estate. Thank you for your continued support!



Jenn Rush, Associate Executive Director, Tom O'Malley, Chair, Greentree Good Neighbor Grants Committee and Rosemarie Klipper, Guidance Center Board member.



Our three major fundraisers were big news, along with informational and inspiring stories on children's mental health and wellbeing. The Guidance Center has an active presence on social media, where we share mental health advice, advocacy opportunities, events, and much more!



**Long Island Business News award as top mental health facility for 2023.**

The Guidance Center is proud to announce that we were voted the Best Mental Health Care Facility in the Long Island Business News 2023 Reader Rankings! The votes have it and readers agree that we are the preeminent not-for-profit mental health agency on Long Island, dedicated to restoring and strengthening the emotional well-being of children (birth-age 24) and their families.



**Tower Talk Business Radio / Jovia Financial Credit Union** On July 27th, Kathy Rivera and Jennifer Rush were delighted to join Ray Schwetz, AVP of business banking at Jovia Financial Credit Union, as guests on Tower Talk Business Radio. We were grateful for the opportunity to share our work, raise awareness, and help families turn to us in a time of crisis. The discussion was aired live on 90.3FM WHCP or via [www.spreaker.com](http://www.spreaker.com), and was featured on iHeart radio, Audacy, and Tune In.



**LI News Radio / The Nonprofit Voice with Ron Gold.** Our Executive Director/CEO Kathy Rivera was featured on the Non-Profit Voice from Long Island Radio News. Aired on July 1st, Kathy and Ron Gold discussed the children's mental health crisis. To hear the segment, please visit [LINewsRadio.com](http://LINewsRadio.com).



Our Maternal Health and Wellness program was featured in Newsday's story surrounding mental health challenges for pregnant and postpartum moms. Dr. Sue Cohen, clinical psychologist and clinical director, shared how the Guidance Center bridges the mental healthcare gap for new and expecting mothers, as well as ways to support those who suffer from postpartum depression.



Guidance Center CEO Kathy Rivera stressed the importance of teaching our children how to adapt to life changes in the piece published by Anton Media, "Filling More Than Just the Backpack." Rivera honed in on the importance of emphasizing physical, emotional and mental wellbeing as our children face a new school year.



In June, Kathy Rivera appeared on the Apple podcast "Help! Make it Make Sense!" with Dr. Toni Eyssallenne and Aimee Bernard, PhD. Kathy shared so many pearls about managing ourselves as parents, as clinicians, the never ending stigma of mental health in the most affected communities, the bravery of asking for help when it is hard, and the ecosystem of our littles and how we can forget that sometimes they have the answers too!



A guest blog entitled "The Psychological Impacts of Climate Change on Our Kids" by Kathy Rivera on October 16, 2023, was featured in the LI Tax Attorney online publication. In her piece, Kathy shared some tips parents can use to support their children to prepare and withstand these impacts.

Our monthly "Ask the Guidance Center Experts" column tackled issues surrounding technology, family time, and staying physically active.

## Other Ways to Give

The need for our services is greater than ever as we respond to the pandemic. We're counting on your support to help us respond to this crisis. Please consider making a donation in any of the following ways:

### \$10 on the 10th

The Guidance Center turns no one away for inability to pay. You can help support our work with children and families by donating \$10 on the 10th of every month. No contribution is ever too big or too small. Visit our website to sign up today for your monthly gift which will bring lasting impact. Together we are making a difference!



### Champions for Charity

Save the date and support the Guidance Center! With the holidays just weeks away, now is the perfect time to find great gifts for your family and loved ones while supporting the Guidance Center!

From Thursday, November 30th to Saturday, December 2nd, shop at any of the 70+ retail stores at the Americana Manhasset and Wheatley Plaza, and 25% of your full-price pre-tax purchase will support the Guidance Center's lifesaving mission. Be sure to first register at [championsforcharity.org](http://championsforcharity.org) then present your CHAMPION NUMBER when making purchases and doing your holiday shopping.





# *In Honor, In Memory or to Celebrate*

Gifts to North Shore Child & Family Guidance Center can be made to honor or remember a loved one or a friend, or to commemorate a special occasion. Make your donation online at [www.northshorechildguidance.org](http://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**

**All Clients** – Mary Beth D'Angelo

**Jo-Ellen Hazan** – Martin Elias

**Rosemarie Klipper** – Robert Klipper

**Nancy and Lew Lane** – Arlee and Rich Weiss

**Andrew Marcell** – Susan and Greg Hendrick; Westfield

**Dan Oliver** – Leonard Kreppel

**Stacey Sager** – Tami and Scott Schneider

**Troy Slade** – Eric Blumencranz; Ruth and Michael Slade

**John Zenir** – Martin Levine

## **In Memory of**

**Jeanette Albanese** – Nancy Dubuc; Nicholas Gerbasi; Madeleine and Edward Grossman; Deborah and Irwin Klein; Anne and John



McSweeney; Melanie Menor; Nina and Robert Ronzoni; Natalie Rosenthal; Dolores Rutzen; Ann Simone; Jamie Stern; Noreen and Matthew Tedone; Beth Wolfson

**Douglas S. Feldman** – Eileen and Harold Maloff; Marsha Witten

**Joshua Grossman** – Julie Aronowitz

**Alan Leber** – Susan and Jeff Krevat

**Rochelle Lipton** – Carol Wolowitz

**Lois McGowan** – Sheila Hawkes; Karen Mahoney; Christine Philippides

**Ann Miritello** – Regina Miritello

**Sal and Cleona Spano** – Paul Spano

**Jason Daniel Witle on Yom Kippur** – Bonnie Witle

**Helene Wrenn** – Tom Wrenn

**Nurten** – Ayshe Murat

## ***Grants***

**The Bahnik Foundation** - \$5,000 for General Support

**Community Chest of Port Washington** - \$10,000 for General Support

**Ike, Molly & Steven Elias Foundation** - \$15,000 for General Support

**Diane Goldberg Foundation** - \$25,000 for Maternal Health & Wellness

**Greentree Foundation "Good Neighbor" Fund** - \$10,000 for Suicide Prevention

**Klipper Family Foundation** - \$20,000 for General Support

**The Jack and Dorothy Kupferberg Family Foundation** - \$25,000 for General Support

**Fay J. Lindner Foundation** - \$75,000 for Triage and Emergency Services

**Manhasset Community Fund** - \$2,000 for General Support

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

**The Eleanor & Roy Nester Family Foundation** - \$10,000 for General Support

**Plandome Woman's Club** - \$3,000 for General Support

**Caroline and Sigmund Schott Fund** - \$10,000 for General Support

**Jane & Martin Schwartz Family Foundation** - \$5,000 for General Support

**Laura B. Vogler Foundation** - \$3,000 for Latina Girls Project

**Donald & Barbara Zucker Family Foundation** - \$50,000 for General Support



NORTH SHORE CHILD & FAMILY



**GUIDANCE CENTER**

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North Shore Child &  
Family Guidance Center



A Better  
Business  
Bureau  
accredited  
charity



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

SAVE THE DATE  
**SPRING** **APRIL 30**  
**LUNCHEON**   
SPECIAL GUEST  
**CINDY HSU, CBS 2 NEWS**