

Guidance Center Launches New Suicide Prevention Program

It's a phone call we get all too often: A parent tells us their son or daughter is experiencing severe depression, anxiety and thoughts of suicide. And the situation has worsened due to the COVID-19 virus.

"The isolation brought on by the pandemic is hard on everyone, but it's especially difficult for young people," says Regina Barros-Rivera, Associate Executive Director of North Shore Child & Family Guidance Center. "All their normal routines have been upended, like going to school, playing sports and celebrating special occasions. Many have lost someone close to them, and they are in a constant state of fear. It's a crisis that's getting worse by the day."

Sadly, suicide among young people isn't a new problem. According to the Centers for Disease Control and Prevention, suicide is the second-leading cause of death for ages 10-24, with more teens



Thanks to a generous gift from Donald and Ellen Feldman, in September the Guidance Center launched a new program, the Douglas S. Feldman Suicide Prevention Project, an expansive initiative that aims to tackle the epidemic of suicide among young people.

and young adults dying from suicide than from cancer, heart disease, birth defects and other major illnesses combined.

Thanks to a generous gift from Donald and Ellen Feldman, in September the Guidance Center launched a new program, the Douglas S. Feldman Suicide Prevention Project, an expansive initiative that aims to tackle the epidemic of suicide among young people.

"Through the Douglas S. Feldman Suicide Prevention Project, we will bring essential, life-changing services to the children and families in our community," says Elissa Smilowitz, who is heading up the program. "We will address high-risk cases with a thorough evaluation for suicide risk; multiple weekly sessions of individual, group and family therapy; and a culturally sensitive treatment plan that focuses on safety strategies, healthy coping skills and relapse prevention."

Evaluation with a psychiatrist regarding the possible use of medication will also be provided, along with in-home treatment and referrals to programs and services that will support parents' efforts to protect their children.

The Guidance Center will also provide educational forums and a suicide

survivors' support group for those who suffer this tragic loss.

Andrew Malekoff, Executive Director of the Guidance Center, says, "We are grateful to the Feldmans for enabling us to develop a suicide prevention initiative that will enhance our ability to reach young people who may see no way out from the despair they are feeling. It's a prime example of how our dedicated supporters make a profound difference in the well-being of our community."

He adds, "Join us in spreading the word to schools, community organizations and friends. Information is power, and this program can save lives."

Donations to support the Douglas S. Feldman Suicide Prevention Project can be made at www.northshorechildguidance.org/donate or by calling (516) 626-1971, ext. 320.

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A Message From The Executive Director/CEO

Finding Strength Amid Unprecedented Challenges



“From the onset of the pandemic last winter through the present, the staff at North Shore Child & Family Guidance Center has continued to respond to the crisis with dedication and strength, putting the safety and well-being of their clients first. And the need for our services has never been greater, as families struggle to deal with the impact of this historic challenge.”

Although it rings true, it would be an understatement to characterize life in the past 12 months as surreal. Somehow, that denies the stark reality, characterized by an abundance of anxiety, fear, disease and death brought on by the COVID-19 virus.

From the onset of the pandemic last winter through the present, the staff at North Shore Child & Family Guidance Center has continued to respond to the crisis with dedication and strength, putting the safety and well-being of their clients first. And the need for our services has never been greater, as families struggle to deal with the impact of this historic challenge.

In order for us to navigate the last year, attention to the science was critical. Along with first responders of all types, we studied the guidelines recommended by infectious disease experts with the goal of preparing for a gradual and limited return to onsite operations at our Roslyn Heights headquarters.

Preparing the workplace for safety took research, deliberation and elbow grease. Do we need plexiglass? What kind of masks and thermometers should we get? What if someone has a fever? What questions should we ask to screen staff and clients upon entering our building?

And there was more. How do we situate chairs in the waiting areas and in our offices? How many staff and clients can be in the building at one time? What rules do we need for gathering in the kitchen? When must we recommend quarantine?

There was no end to the planning, reviewing and revising, particularly as the pandemic moved through the various cycles of super-spread and relative dormancy. Just as we thought we could begin more in-person sessions, a new wave would arise, and we would have to pull back.

At the same time, we had staff members making home visits to the most vulnerable of our clients, along with a full contingent of staff working in our three school-based mental health sites. These

activities required a whole other level of coordination to ensure safety.

As the crisis grew, so did the need for our services, and we became the go-to place for hospitals to discharge their young clients, of which there have been many.

We knew we could not reach everyone that needed our help through traditional means, so we offered a series of parent support groups at no cost to the general public (see story, page 7).

We also responded when we received a call from a local Chinese-American community group leader telling us that children were being harassed due to the hurtful and ignorant biases surrounding the virus. We organized a well-attended webinar to let them know they had an ally in the Guidance Center. You can read about it on page 7.

As with major disasters and immense crises of the past—9/11, Superstorm Sandy and others—we demonstrated once more how adept we are at pivoting and hitting the ground running without missing a beat. As one of our board members said, “We may be small, but we are mighty.”

We are proud to lead when trouble impacts our communities. We will get through this, too, and find brighter days ahead.

Andrew Malekoff
Executive Director/CEO

Please Support the Guidance Center Through Our Annual Fund

The Annual Fund is our “lifeline,” composed of unrestricted funds that can be used when and where they are needed most.

It's easy to give. You may make your donation in one of three ways:

Online at:
www.northshorechildguidance.org

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

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

Thank you for your support!

Guidelines

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Donor Profile: Andrea and Michael Leeds



Andrea and Michael Leeds

North Shore Child & Family Guidance Center is dedicated to providing the highest quality services in order to restore and strengthen the emotional well-being of children and their families.

Joining us in this lifesaving mission are two of our most devoted and active supporters, Andrea and Michael Leeds.

“It’s been a privilege to be part of the Guidance Center,” says Andrea, who has been an invaluable member of our Board of Directors for more than two decades. “The Guidance Center’s programs continue to grow to meet the needs of children dealing with difficult personal issues like depression, anxiety, bullying and so many others. The mission is more important now than ever during the COVID crisis, with illness, death and trauma having a devastating impact on the children and families in our community.”

All in the Family

The Leeds family’s connection to the Guidance Center has a long history. Andrea was introduced to the Guidance Center by her mother-in-law, Lilo Leeds, a Board



Michael and Andrea with Lilo and Gerry Leeds at The Leeds Place

Member for many years. In recognition of the family’s remarkable intergenerational support, in 2007 we named our Westbury location “The Leeds Place—Serving Young People.”

As philanthropists, Andrea and Michael have assumed many leadership roles. They have co-chaired seven galas and served as co-honorees for our 65th Anniversary Gala in 2018, which raised a record-breaking \$622,000 to support our lifesaving work.

Andrea has proudly served on many Guidance Center committees, including Steering & Development. She and Michael hosted a special evening in their home, where therapist Linda Silversmith led the discussion as grandparents shared stories and gained insight on the importance of their role in the American family.

Andrea and Board Member Jo-Ellen Hazan also co-chaired a memorable dinner where Mary Tyler Moore spoke about her life to a large and appreciative crowd. The event created awareness and raised funds to support the important work of the Guidance Center’s then-new Lucille S. and Martin E. Kantor Bereavement & Trauma Center.

Through these events, the Leeds have introduced our mission to many of their wonderful friends, with several becoming Board members themselves or serving in other vital positions.

“It’s a joy to be able to give back to the community,” says Andrea. “When you are personally involved, you receive so much more than you give.” When their daughters were young, Andrea played an active role in their school, synagogue and many other organizations, while Mike headed up publishing giant CMP Media.

“I love how the Guidance Center has provided an ever-evolving range of innovative services for children and their families—and they do so regardless of the family’s ability to pay,” says Andrea. “The new Douglas S. Feldman Suicide Prevention Project is a prime example of how the Guidance Center recognizes a need and jumps right in to make a difference.”

Adds Michael, “It’s been inspiring to see how the Guidance Center has responded so quickly to the COVID-19 crisis, pivoting from in-person therapy to telehealth so every child and family gets the help they need during this incredibly difficult time.”

Big Hearts and Boundless Energy

Andrea and Michael are very proud of their wonderful family: twin daughters Caryn and Lauren, Tracy, son-in-law Nick and grandson Samuel. While the family is now bicoastal, they spend as much time together as possible.



Andrea and Michael with their daughters, son-in-law and grandson.

“When I walk through the doors of the Guidance Center and look at the parents, I totally relate,” says Andrea. “As the mother of three girls, I understand a child in pain. I understand the relief a family can feel when treatment is helping to sort out complex, emotional situations.”

According to past Board President and current Board Member Nancy Lane, the Leeds’ compassion for others is what sets them apart.

“Both Andrea and Michael have big hearts and boundless energy, and they continue to be passionate advocates for the mental health of children and families in our community,” says Lane. “Having such a dynamic couple as part of our Guidance Center family is a real blessing.”

To learn more about supporting North Shore Child & Family Guidance Center, contact Director of Development Lauren McGowan at (516) 626-1971, ext. 320.

Volunteer Spotlight: Sadie Feingold

In what she called a “class for a cause,” 13-year-old Sadie Feingold made her mitzvah project a heart-pumping, mind-opening benefit for North Shore Child & Family Guidance Center this past fall, organizing a workout class that raised nearly \$2,000 to support our work, plus another \$1,500 from Bat Mitzvah gifts that Sadie donated to us!

But the Port Washington teen had more than just raising money on her mind. She also shared her personal journey with mental health challenges and her desire to #StoptheStigma, the motto on the t-shirts she had made for the event, which was featured in a Newsday story on “Acts of Kindness.”

“As someone who has struggled with mental health challenges,” says Sadie, “I think it’s important to raise awareness. It needs to be normalized, just like if someone broke a leg. It should be treated the same as if someone says I had depression. I want people to know it’s not something to be scared or ashamed of.”

Lauren McGowan, Guidance Center Director of Development, expressed gratitude to the teen not only for her philanthropic project but for her bravery. “Many people are reluctant to speak about mental illness, largely because stigma has been a huge



Sadie (far right) with some workout buddies

problem for so long,” says McGowan. “By sharing her story with Newsday and other local papers, Sadie is paving the way for others to feel empowered. She is a superstar!”

Lend A Hand

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

Staff Profile: Vanessa McMullan



Vanessa McMullan

Since the beginning of her career at North Shore Child & Family Guidance Center 15 years ago, Vanessa McMullan’s work has focused on bringing healing to the youngest of our clients.

“It’s a misconception that little kids only have little problems,” says McMullan, LCSW, Supervisor at our Marks Family Right from the Start 0-3 + Center. “Some children have difficulty regulating

their emotions and behavior, and some have had to deal with very difficult circumstances” such as divorce or loss of a loved one.

Additionally, the pandemic has impacted youngsters in profound ways. “They may not fully understand what’s going on, but their

lives have changed dramatically,” she says. “They’ve lost their pre-school routines, visits with grandparents and more. The anxiety level is very high for both kids and their parents.”

In her work with children, McMullan—mom to Riley, 4, and Addison, 2— incorporates a variety of tools, including games, music, books and the Guidance Center’s organic garden. “Youngsters can’t necessarily sit still and just talk to process problems,” she says. “Using creative methods to engage them is really the hallmark of what we do at Right from the Start. It’s woven into all our work.”

Another important part of McMullan’s work is her role as Coordinator of our Diane Goldberg Maternal Depression Program, where she has helped numerous mothers experiencing postpartum depression and other perinatal mood and anxiety disorders.

“Maternal mental health and early childhood health are so connected,” she explains. “We help these moms realize that they are not alone, they are not to blame and there is help!”

McMullan is grateful to her coworkers, both current and past. “Everyone on the team is dedicated to the work that we do,” she says. “It makes dealing with these difficult times so much better. We all really do have each other to lean on.”

Fundraising Events

Your Compassion Made the Difference!



The Covid 19 Crisis Call to Action

The COVID-19 pandemic forced the cancellation of many of our major fundraising events in 2020, including our biggest, the Celestial Soirée. But through the dedication of honorees and Board Members Seth and Tracey Kupferberg, we have good news to report!

In what was dubbed "Compassion Counts: The Kupferberg Match," the couple offered a \$100,000 matching grant, so all donations up to that amount were doubled. Because of generous donors like you, we not only met the match, we exceeded it, raising more than \$225,000!

In addition, we are proud to let you know that a large number of our staff members also contributed to this vital campaign.

The combination of your contributions, the Kupferbergs' generosity and our gala committee's hard work means that our mission to bring hope and healing to children and families is as strong and vital as ever!



Seth and Tracey Kupferberg

As we all continue to face these very difficult times, when anxiety, depression and other mental health challenges are at record levels, we feel blessed to have the support of our devoted donors.

Thank you for all you do!

All 'Fore' a Good Cause



Guidance Center Board Member Andrew Marcell (left) with his insurance industry colleague Louis Iglesias, our 2019 gala honoree

Along with our Celestial Soirée, the Jonathan Krevat Memorial Golf & Tennis Classic was cancelled in 2020 due to the pandemic. We thank all of you who support this fun-filled outing each year, and we want to let you know that we are hopeful the event will be held later this year—stay tuned for details!

All was not lost, as Board Member Andrew Marcell stepped in by hosting a smaller gathering of six foursomes at the Sands Point Golf Club, where social distancing and other safety measures could be taken. The event raised \$57,000!

"As a proud Board Member of North Shore Child & Family Guidance Center, I was thrilled to hold this fundraiser," says Marcell, CEO of Aon Reinsurance Solutions, which sponsored the event. "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."

Paul Vitale, President of our Board of Directors, says, "Andy's dedication to the Long Island community shows in everything he does. With the Guidance Center team busier than ever providing therapy to children and families who are facing tough challenges brought on by the pandemic, it's a real blessing to know that Andy is there for us."

Champions for Charity® Celebrates Silver Anniversary!



Board Member Nancy Lane picked up goodies for her grandkids at Funky Monkey in Wheatley Plaza.

Our friends at Castagna Realty Co. Inc. marked a milestone in December when their Champions for Charity® event celebrated 25 years of bringing holiday cheer to nonprofit organizations all across Long Island, including North Shore Child & Family Guidance Center!

From December 3rd to 5th, shoppers at Americana Manhasset and select Wheatley Plaza stores registered their charity of choice, and 25% of the proceeds were donated to the organization.

Since its inception, Champions for Charity® has raised more than \$14 million for Long Island nonprofits. We are grateful to our longtime Board Member Rita Castagna and her daughter Catherine Castagna, President of Castagna Realty, for their support!



Director of Development Lauren McGowan was smiling widely under her mask in the Blue Mercury Store at Americana Manhasset.

Holiday Elves Deliver Happiness It's in the Bag!

Each December, the Guidance Center staff who run our Family Peer Support Services program hold a holiday party for parents in the support group, but the COVID-19 virus made that impossible in 2020.

But thanks to Margaret Scheidel, who learned of our work through a friend who is a Guidance Center client, the parents received a wonderful gift basket delivered right to their doorsteps by our Family Advocates, Shari Bushansky and Yvonne Novy-Cutler.

Scheidel, a Carle Place resident, had started a group called "Stay Happy" on Facebook "to bring smiles to people who needed a little ray of sunshine during the pandemic," she says. Scheidel and members of the Stay Happy group have donated money toward the purchase of gift items to the Guidance Center and other first responders such as nurses, firefighters and EMTs.

"I could not do any of this on my own," says Scheidel, who credits her children with giving her the idea "to reach out to people during sad times, to bring nightly smiles to friends and families." She adds, "We are so grateful the Guidance Center



Margaret Scheidel (left) and Guidance Center Family Advocate Shari Bushansky

has enjoyed a token of our happiness!"

Andrew Malekoff, Executive Director, says "It's people like Margaret and the members of Stay Happy that make our local communities such a wonderful place. We can't thank them enough!"

The Guidance Center's Family Peer Support Services consists of credentialed parent advocates of special needs children who help other parents navigate various systems so they can advocate for their own kids. To learn more, call (516) 626-1971.

We all know that single-use plastic bags are bad for the planet, but Stop & Shop has a solution that's good for the entire community! Throughout November 2020, the Guidance Center was the beneficiary of the grocery chain's Community Bag Program, which automatically donated \$1 every time a shopper at the Greenvale store purchased a reusable Give Back Bag!

In case you missed the opportunity, we're excited to let you know that the Carle Place Stop & Shop has chosen the Guidance Center as its February charity of choice, so be sure to visit the store at 95 Old Country Road and stock up on reusable Give Back Bags!

Thank you to our supporters at Stop &



Shop, and to all of you who donate to the Guidance Center throughout the year!

Visit the Carle Place Stop & Shop throughout February to benefit the Guidance Center!

A Recipe for Healing

Thanks to our generous supporters and friends John and Janet Kornreich, the teen girls in our Latina Girls Project are exposed to a wonderful world of cultural and recreational activities through monthly outings.

Sadly, the pandemic put a pause on these trips since last March. “The girls miss the outings tremendously,” says Regina Barros-Rivera, who founded the Latina Girls Project in response to the high rates of depression and suicidal thinking in adolescent Latinas. “They have played an invaluable role in their growth.”

Always thinking outside the box, the creative Latina Girls Project staff put together a virtual event in December that provided not only fun but socialization and healing for the girls, both individually and in relationship with their mothers.

Armed with kits that they picked up at the Guidance Center, the girls and the staff zoomed together for a joyful event in which they made a traditional Mexican meal with their moms and then, mostly on their own, built gingerbread houses.

“Several of the girls who had strained relationships with their mothers told us that, after cooking together, they developed a new closeness,” says social worker Erika Perez-Tobon. “Cooking Mexican



The girls and staff from our Latina Girls Project joined for a virtual event to celebrate the holidays.

meals connected the girls to their family’s culture, while making gingerbread houses helped celebrate their American culture.”

In addition, the event also fostered connection among the girls, some of whom had never met.

“I’m so proud of the girls and of the team,” says Barros-Rivera, adding, “We’re very thankful to the Kornreichs for making this possible!”

Anti-Asian Bias



North Shore Child & Family Guidance Center continued its comprehensive response to the COVID-19 pandemic this fall when we joined with

the Great Neck Chinese Association (GNCA) to cohost a free webinar titled “Anti-Asian Bias: What Parents Need to Know.”

Kevin Sun, Co-President of the GNCA, had asked us for help in educating the public about the verbal and physical harassment against the Asian-American children and adults in his community and advising on the best way to respond to this abhorrent behavior. Hundreds of viewers from across Long Island and around the globe attended the webinar, which featured two leaders from the Chinese-American community, Christine Liu and ChenXin Xu, along with State Senator Anna Kaplan and the Guidance Center’s Andrew Malekoff and Regina Barros-Rivera.

“The webinar brought the community together,” says Sun. “All of the panelists gave the community unwavering support as well as numerous valuable suggestions. We’re so grateful to the Guidance Center and all of those who support its work for enabling us to hold this very important event.”

To view this and other webinars, visit northshorechildguidance.org and click on “COVID-19 RESPONSE.”

Praise for Pandemic Parent Support Group



After the coronavirus crisis gripped our nation and community last year, the Guidance Center wanted to find a way to support parents as they struggled with helping their children—and themselves—adjust to this new reality. The result: our free, six-week-long Pandemic Parent Support Groups, which were held over Zoom and open to everyone.

Elissa Smilowitz, who headed up the group for parents of young adolescents, says that members had concerns about many issues, including remote schooling and social isolation. “There was a lot of anxiety,” she says, “so we worked on coping skills that they could incorporate both for themselves and their children.”

“The parents were so relieved to get support from the other group members and a therapist,” says Bruce Kaufstein, who ran the group for parents of older teens, which has continued to meet to this day. Here is an excerpt of an email sent to us by one participant:

“I wanted to take a moment to communicate how absolutely amazing the Parent Support Group has been. What started out as a wonderful opportunity with parents of similar-age kids turned into such a magical bonding and loving environment. My isolation and anxiety were calmed, and it gave me strength during very challenging moments. I am forever grateful!”

In Memoriam: Rochelle Lipton

North Shore Child & Family Guidance Center mourns the passing of former Board President and devoted supporter Rochelle Lipton, who died suddenly on December 4 in Delray Beach, FL.

Executive Director Andrew Malekoff fondly remembers Lipton as “an astute and elegant woman” who provided devoted service to the Guidance Center for many years. She held a wide variety of roles, most notably as the Board President for two terms, from 2001-2003 and again from 2003 to 2005, although she was a Board Member long before that time.

“Rochelle provided stellar, steady leadership during her Board presidency, especially in the face of the unprecedented national crisis of 9/11,” says Malekoff. “She will be missed and remembered by a great many who loved, admired and respected her.”

When we spoke with Lipton for her Donor Profile in our August 2018 Guidelines newsletter, she told us, “I’m most proud of being part of such an incredible organization that does such wonderful work. What it does is invaluable to our community. It’s all about people helping people. If anybody is in need, the Guidance Center



Rochelle Lipton

is always there to lend a hand and help.” Current Board Member Alexis Siegel was introduced to the Guidance Center’s mission by Lipton, who was a close friend of her family’s. “Rochelle was always so generous, warm, elegant and insightful,” says Siegel. “She will be missed by so many people.” Marion Levine, former Executive Director at the Guidance Center, says, “Rochelle was a remarkable woman: a continuous, dynamic supporter of the Center; a partner in all things; and an extraordinary Board President in the 9/11 crisis. She was financially wise and programmatically courageous. And she was a cherished friend.” The Guidance Center extends our deepest sympathies to Rochelle’s husband Hal and her entire family.

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 or by mail to the Development Department, NSC&FGC, 480 Old Westbury Road, Roslyn Heights, NY 11577 or call (516) 626-1971 ext. 337 for more information. Don’t forget to include your name and address and the name and address of the individual for whom you are making the donation.

In Honor Of

Jan Ashley – Lisa Sabele

Rita Castagna – Carol and James Large

Sadie Feingold’s Bat Mitzvah – Rossi Alessandro; Alana Benjamin; Nicola Burg; Lexi Cohen; Kenny Daly; Brynn Danow; Emily Feingold; Howard Feingold; Jessica and Zachary Feingold; Robert Filomena; Cheryl and David Fonseca; Hayley Foster; Patricia Frank; Francine Furtado; Suzi and Ed Gale; Anita and Charles Goldsmith; Adam Gould; Jordan Graubard; Justin Johl; Amanda Khalil; Lumber Kimball; Sarah Kurek; David LaGalia; Jillian Lundberg; Jessica Malloy; Julia Martinez; Alison Packer; Lisa Palazzo; Denise Paredes; Bari and Ed Pollyea; Lily Schettino; Jesse Shapiro; Matt Soloff; Stacey Susinno; Delaney Thomas; Katie Watkins; Christina Zanetos

Jo-Ellen Hazan – Nancy and Guy Mazarin

Tracey and Seth Kupferberg – Marty, Susan, Liane and Marc Kupferberg; Amy and Robert Lawrence

Nancy Lane – Karen and Edward Adler

Harrison Last and Renate Epelman’s Wedding – Elissa and Mark Smilowitz

Jennifer Leeds – Robert Lewis

Lori Levine’s Birthday – Marion and Irving Levine

Michael Levine’s Birthday – Marion and Irving Levine

Robert Levine’s Birthday – Marion and Irving Levine

Andrew Malekoff – Phyllis Edelheit; John Grillo;

Jane and Marty Schwartz; Jo-Ann and Glen Spiritis

Nancy Marks – Robert Lewis

Jolie Pataki – Julie and David Samber

Elaine Retholtz’s Birthday – Marion and Irving Levine

Troy Slade – Ian Krochek

Les Tannenbaum’s Birthday – Terry and Joel Brown

Scott Western’s Birthday – Jane Heyer; Shannyn Heyer

In Memory of

Lucille Bazar – Barbara Steier

Frank Castagna – Marie and Bob Cook; Deutsche Bank; Andrea and Michael Leeds; Marion and Irving Levine; Mary Ann Ronzoni; Steven Dubner Landscaping

Anthony Dattoma – Regina and Frank Miritello

Madeline Epstein – Joan and Jeffrey Grant; Hal Lipton

Louis Fortunoff – Dale and Andrew Malekoff

Rochelle Lipton – Anita Anderson; Renée and Murray Beckerman; Linda Berkowitz; Jill and Len Berman; Peggy and Donald Binderow; Pat and Ed Byrnes; Ivy and David Cohen; Mimi and Stanley Dessen; Elisa Elman; Sandra and George Garfunkel; Phyllis and Franklin Gladstone; Patty and Allen Goldberg; Joan and Barry Gordon; Joan and Jeffrey Grant; Muriel and Allan Greenblatt; Dorothy Greene; Patricia and Ed Gutman; GYMA Laboratories of America; Lisa

Haaker; Joan and Larry Hahn; Jo-Ellen and Ira Hazan; Adrienne and Donald Hendler; Stacy and Steven Hoffman; Susan and Robert Igjel; Isla Verde Board Village of Isla Verde; Robyn Jaslow; Regina and Charles Kratt; Ronni Krevat; Susan and Jeff Krevat; Dana Kurland; Diane and Gerald Kurtz; Nancy and Lew Lane; Linda and Bill Langsam; Lesnik Family; Marion and Irving Levine; Marjorie and Malcolm Levine; Maryann and Michael Levy; Robert Lewis; Debbie Locke; Roger Longman; Diane and Stephen Lovell; Dale and Andrew Malekoff; Beth and Ronald Ostrow; Sandra and Jeffrey Perkins; Susan Raiola; Joan and Sheldon Ratner; Nanci and Laurence Roth; Cynthia and Michael Rubinberg; Jennifer and Lior Rusinek; Natalie Sadofsky; Melissa and Robert Saperstein; Janice and Alan Schlesinger; Susan and Clark Schubach; Robin Sharmes; Barbara Sheib and Martin Saiman; Susan and Ted Tashlik; Judith and Peter Valente; Beth and Jeffrey Weingarten; Judy and Aaron Weingarten; Suzanne Weinick; Laurie and Lawrence Wells; Gabrielle Yen; Stacey Zickerman; Edith and Sandy Zuckerbrot

Susan Posen – Warner Posen

Selma Raskin – Renée and Murray Beckerman

Leonard Rautenberg – Andrew Borinstein

Marie Rautenberg – Andrew Borinstein; Mrs. Samuel L. Schloss

Barbara Simpson – Edward Simpson

Thatcher Swanson – Grace and Anthony Abruzzo

Irwin Traurig – Stuart Traurig

Harold Weiss – Renée and Murray Beckerman

Securing Your Future—And Ours!

You can secure the future of North Shore Child & Family Guidance Center beyond your lifetime with a planned gift. Your contribution can be made as part of a financial or estate plan. Here are several ways to make a planned gift:

IRA Rollover

An IRA rollover allows people age 70½ and older to reduce their taxable income by making a gift directly from their IRA.

Bequest

A bequest is a gift made through your will or trust. The Guidance Center's Legacy Society recognizes individuals who have made bequests.

Retirement Plan Assets

Use your assets that are subject to higher taxes to fund a gift to the Guidance Center and leave more tax-favorable assets to your family. The Guidance Center does not pay tax on these gifts, which allows your gift to directly support the mental health of children and families.

Stocks, Bonds or Mutual Funds

Maximize the monetary gains in your financial portfolio by funding a charitable gift with donated appreciated stock, mutual funds or bonds. This is a tax-savvy way to help benefit the Guidance Center for years to come.

Life Insurance

Designate the Guidance Center as a beneficiary of your life insurance. You can use a life insurance policy that is no longer



needed to show your support and help local children and families get the mental health services they need.

These are just a few ways in which you can make a planned gift. Speak to your financial advisor about your interest in supporting the Guidance Center. Together you can determine which gift options may be most appropriate.

For more information, contact Lauren McGowan, Director of Development, at (516) 626-1971 ext. 320 or lmcgowan@northshorechildguidance.org

Grants

Beacon Light Foundation
\$1,500 for General Support

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

COVID-19 Long Island Philanthropic Response Fund
\$25,000 for COVID-19 Relief

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

Glen Head Country Club's Charity Fund
\$1,500 for General Support

Greentree Foundation "Good Neighbor" Fund
\$5,000 for COVID-19 Relief

The Kupferberg Foundation
\$1,800 for General Support

The Liebowitz Foundation
\$2,000 for General Support

Nancy & Edwin Marks Family Foundation
\$150,000 for Right from the Start

The Eleanor & Roy Nester Family Foundation
\$2,000 for COVID-19 Relief

New York Community Bank Foundation
\$1,000 for General Support

Plandome Woman's Club
\$1,000 for the Let the Light In Campaign

PSEG Long Island
\$5,000 for the Latina Girls Project

Rapaport Family Charitable Trust
\$5,000 for General Support

Rechler Philanthropy
\$2,500 for General Support

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

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

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

Marilyn and James Simons Charitable Fund
\$10,000 for General Support and \$25,000 for the Robert Rautenberg Memorial Fund

Unitarian Universalist Congregation at Shelter Rock
\$10,000 for COVID-19 Relief

Donald & Barbara Zucker Family Foundation
\$1,000 for General Support

A Place of Hope and Healing



Our beloved Whispered Wishes headquarters

Some six years ago, North Shore Child & Family Guidance Center launched a major Capital Improvements Campaign, dubbed Let the Light In, to raise money for much-needed renovations and repairs to our main headquarters in Roslyn Heights. Our historic 115-year-old building, known as Whispered Wishes, welcomes thousands of children and families each year, and the importance of making it a friendly and secure environment cannot be overstated.

“A mental health facility should be warm and comforting, with inviting spaces, impactful programs and an overall cultivation of safety and security in a stigma- and discrimination-free environment,” says Andrew Malekoff, Executive Director. “The physical structures that contribute to a sense of order, stability, safety and consistency in a child’s life are critical to the provision of quality mental health care.”

We are pleased to report that this multi-year effort was a huge success, thanks to the many generous donors who recognized the essential nature of the services that the Guidance Center provides to our community.

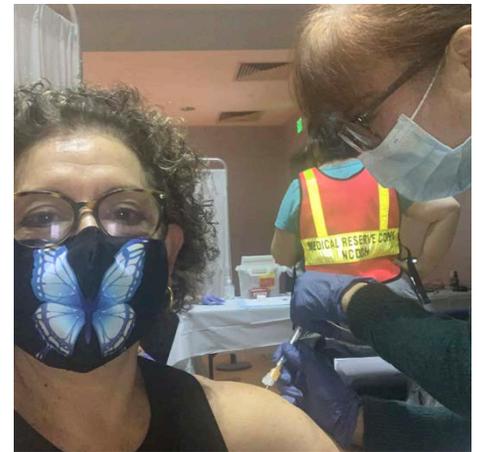
This phase of the renovation is now complete, and we plan other renovations in the future, including an upgrade to our entire HVAC system.

As we navigate these challenging times, we look forward to the day when we can safely welcome all our clients back into our treasured home, and we are grateful to you for making this transformation a reality!

Let the Light In Campaign Donors

Marilyn and Russell Albanese
Aon Foundation
The Barker Welfare Foundation
Matilde and Cliff Broder
The Rita and Frank Castagna Family Foundation
Dan Donnelly
Dormitory Authority of the State of New York
Fay J. Lindner Foundation
Maureen and John Ferrari
Ruth Fortunoff and Brian Cooper
Helene Fortunoff
Sandra and George Garfunkel
Dorothy Greene
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Jo-Ellen and Ira Hazan
Susan Isaacs and Elkan Abramowitz
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Klipper Family Foundation
John and Janet Kornreich Charitable Foundation
The Kupferberg Foundation
Jack & Dorothy Kupferberg Family Foundation
Barbara Lane
Nancy and Lew Lane
Rochelle and Hal Lipton
Carol and Andrew Marcell
Nancy Marks
Jodi and Michael Mondiello
Yolanda Morales
The Eleanor & Roy Nester Family Foundation
Plandome Woman’s Club
Barbara and Alan Sackman
Julie and David Samber
Heather and David Schwartz
Jane and Marty Schwartz
Stuart Traurig
Melba Vazquez
Marie and Paul Vitale

Moving Forward with Vaccine



Regina Barros-Rivera receives round one of the COVID-19 vaccine.

In early January, our Associate Executive Director Regina Barros-Rivera was among the first members of the Guidance Center staff to receive the coronavirus vaccine.

“As mental health first responders, our employees are eager to get the vaccine so we can provide a healthy and safe clinical environment to all of our clients,” says Barros-Rivera.

While we are still seeing many clients via remote therapy, we are here to provide in-person visits when they are clinically indicated. To learn more about our services, call us at (516) 626-1971, or email intake@northshorechildguidance.org.

1 in 5 children in the U.S. have or had a mental health disorder such as depression or anxiety.



In the News

With the mental health crisis related to the pandemic impacting children and their families, the media reached out to North Shore Child & Family Guidance Center's experts for perspective and advice.



Elissa Smilowitz (left) with Stacey Sager

Stacey Sager from Channel 7 Eyewitness News interviewed Elissa Smilowitz for a story about parents' struggle with back-to-school decisions amid the pandemic.

ANTON MEDIA GROUP



Dr. Nellie Taylor-Walthurst

Our monthly "Parenting Plus" section in Anton featured columns from Andrew Malekoff, Vanessa McMullan, Dr. Sue Cohen, Elissa Smilowitz and Dr. Nellie Taylor-Walthurst. Topics included maternal depression, the mental health impacts of racism, helping kids cope with the pandemic, the dangers of vaping and more.

Anton also covered the donation of air conditioners to some of our families by the dedicated Guidance Center supporters from Alpha Kappa Alpha Sorority's Pi Pi Omega chapter.

THE People of PORT

"Guidance Center Responds to Pandemic" was on the cover of the Community Chest of Port Washington's newsletter.

Long Island BusinessNEWS



Regina Barros-Rivera, top right corner, with other webinar participants

Regina Barros-Rivera was featured in a live webinar and follow-up story in LIBN on COVID's effects on mental health.

THE POWER LIST

POWER 30

IN HEALTHCARE



Andrew Malekoff

Andrew Malekoff was one of the Long Island leaders chosen for LIBN's "Power 30 in Healthcare." He was also quoted in two other cover stories: "Corporate Giving Still Vital in the Time of COVID" and "Looking Ahead to 2021."

Newsday



Sadie Feingold (second from left) with her family

The Guidance Center was featured in several Newsday stories, including "Helping Your Teen Through Back-to-School Social Challenges," "The Lingering Malaise of COVID-19: Need for Mental Health Has Grown" and "13-Year-Old Holds Exercise Class to Benefit Kids' Mental Health" (see story, page 4).

BlankSlate MEDIA

In October, we launched a new monthly column in Blank Slate's local newspapers called "Ask the Guidance Center Experts," in which we answer questions from local parents on subjects ranging from depression among children and teens to helping kids manage remote schooling. To send us a question, email NSCFGCExperts@gmail.com.

Blank Slate also covered the launch of our Douglas S. Feldman Suicide Prevention Project. Read all about it in our cover story in this issue.

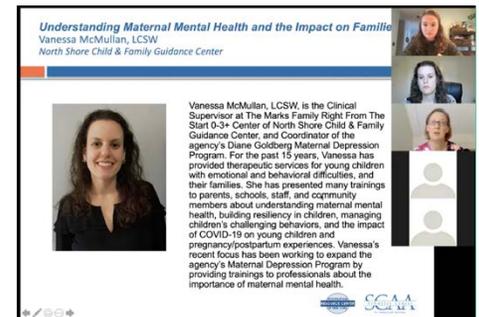


Local TV station North Shore TV ran our webinar "Anti-Asian Bias: What Parents Need to Know" (see story, page 7) several times in September.

NEWS BREAK NYMetroParents

The Anti-Asian Bias webinar also was highlighted on News Break and NYMetroParents.

SCAA Schuyler Center for Analysis and Advocacy



Vanessa McMullan and the webinar moderators

Vanessa McMullan was the featured speaker discussing postpartum depression and other perinatal mood and anxiety disorders in this well-attended webinar.



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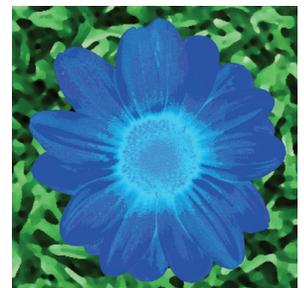
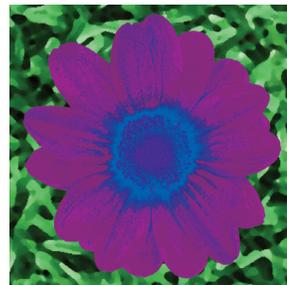
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www.northshorechildguidance.org



North Shore Child & Family Guidance Center's

SPRING MARCH 2021 LUNCH-IN

For the safety of all, this year's event has gone virtual! Please join co-chairs Jan Ashley, Amy Cantor and Alexis Siegel for our Spring Lunch-In, which will feature a one-of-a-kind cooking demonstration hosted by the Poll Brothers and a creative table setting design demonstration with styling expert Susan Micelotta of White + One. **STAY TUNED...**



For information, call (516) 626-1971 ext. 309
www.NorthShoreChildGuidance.org