

NORTH SHORE  
CHILD & FAMILY  
GUIDANCE CENTER  
2021  
ANNUAL  
REPORT



NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

# About North Shore Child & Family Guidance Center

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

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

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

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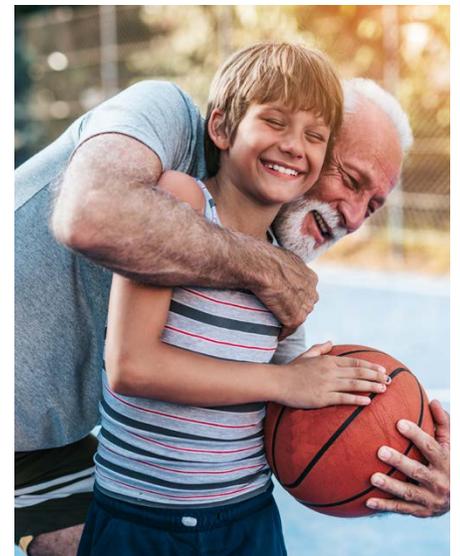
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# A Message From

## The Executive Director / CEO and Board President



**Kathy Rivera**  
Executive  
Director/CEO

While 2020 brought the shock of a global pandemic that impacted the lives of children and families everywhere, 2021 was the year that the mental health impacts of the unprecedented cataclysm became crystal clear.

Even before anyone had ever heard of COVID-19, reports on the emotional well-being of our youth were deeply troubling. Rates of childhood depression, anxiety and suicide rose steadily between 2010 and 2020. In 2019, one in six young people reported making a suicide plan, a 40% increase from the prior decade, and by 2018 suicide was the second leading cause of death for 10 to 24-year-olds.

But the pandemic created a mental health crisis the likes of which has never been seen before. Here is just a sample of the startling statistics:

- In 2021, more than a third (37%) of high school students reported they experienced poor mental health during the pandemic.
- 71% of parents said the pandemic had taken a toll on their child's mental health.
- 44% of high schoolers said they felt persistently sad or hopeless the past year.
- One in five teens considered suicide, and nearly 10% made an attempt.

Over the course of the pandemic, emergency rooms have been flooded with

mental-health-related emergencies, and despite their valiant efforts, hospitals simply do not have the staff or physical capacity to handle such a dramatic surge in depressed and suicidal children and teens.

Sadly, the magnitude of the crisis comes as no surprise to the team at North Shore Child & Family Guidance Center. Our phones have been ringing off the hook, with parents, hospitals, pediatricians, schools and others desperately seeking help for the youngsters in their care.

Despite the return to in-person schooling, extracurricular activities, family and friend gatherings and other indicators that life has gotten back to some semblance of normalcy, the mental health crisis not only continues, but it's actually gotten worse.

**The stark reality: Our services are needed more than at any time in our history.**

Since the first days of the pandemic, the Guidance Center didn't miss a beat. We transitioned to telehealth services, and as soon as it was safe, we adopted a hybrid approach, seeing clients in person, remotely or a combination of the two.

Our dedicated clinicians have continued to work tirelessly to provide lifesaving therapy to children—some as young as three years old—who have lost a parent or other loved one to the virus. Others are in dire financial situations born of pandemic job loss. All are grieving losses that they sometimes find hard to name: their confidence that the routines that give stability to their lives are solid; that they are physically safe; and that, if they work hard, their futures will be bright.

As of this writing, the trajectory of the pandemic is still uncertain, though there have been hopeful signs. **But, even if the pandemic disappeared tomorrow, the toll it has taken on our children will not simply vanish.** We cannot expect our children to simply get over what has been such a profoundly difficult, scary and uncertain time.



**Paul Vitale**  
Board  
President

What can you count on during these unpredictable times? As we have been for nearly 70 years, the Guidance Center is here for you and your family, providing innovative, compassionate and culturally sensitive services to help you through the challenges.

And we know we can count on you, our generous donors, to support our mission. **You are the reason we've been able to meet this crisis head on, for all kids and families, regardless of their ability to pay.** Our doors are open. Our community and home-based services are as robust as ever, so we can meet you wherever you are.

As we all hope and pray for an end to the pandemic, we are grateful to be part of a caring community that puts the mental health and well-being of its families first. Thank you for valuing the work we are so honored to do.

Sincerely,

Kathy Rivera  
Executive Director/CEO

Paul Vitale  
Board President

# Addressing the Epidemic of Suicide Among our Youth



**Suicide is the second leading cause of death for ages 10-24.**

There may be no scarier words for a parent to hear from their child than “Some days I just don’t think I can go on any longer,” or a similar sentiment. The reality is that children and teens are under more stress than ever, with suicidal thinking and actions on the rise over the past decade. Moreover, the isolation and fear surrounding the pandemic has created a dramatic increase in severe depression and anxiety.

But even before COVID-19 upended our lives, North Shore Child & Family Guidance Center was responding to the crisis in suicidal thinking and actions among young people with two initiatives focused on saving lives: **the Douglas S. Feldman Suicide Prevention Project** and **the Fay J. Lindner Foundation Triage and Emergency Services**.

## Answering the Call

In 2021, the Guidance Center experienced a substantial increase in referrals from schools, pediatricians, hospitals and others. Those entities



know that we promise to see urgent cases within 24 to 48 hours—an unheard-of response time, when most families are faced with waits of weeks or even months to get help for their children.

In fact, recent stories in *the New York Times* and other sources report that suicidal children and teens often wait in emergency exam rooms for days or even weeks to access urgently needed treatment. Both inpatient and outpatient mental health services, even when a situation is clearly an emergency, are in extremely short supply.

By contrast, when an urgent call comes into the Guidance Center, our most senior triage clinicians and their team members assess each individual case, working collaboratively with the family and

child to create a treatment plan that provides the care these vulnerable children and teens need to begin on the road to healing.

We address all high-risk cases with a thorough evaluation for suicide risk; multiple sessions of individual, group and family therapy each week for as long as is needed; and an individualized treatment plan that focuses on safety strategies and healthy coping skills.

A key element in the creation of a safety plan is a list of prioritized coping strategies and sources of

support that children and teens can use during times of crisis. We have found that this is an essential process to help engage our high-risk clients during a most vulnerable time.

We also provide educational seminars, both in person and via webinars, on suicide prevention, so that parents, students, medical professionals and school administrators learn to recognize the signs and know what resources are available to them, including our services.

### Treating the Whole Child

The Guidance Center team knows the importance of treating our clients with a holistic, expansive approach, so our clinicians work closely with the family, schools and other entities to explore whether the systems in place are a good fit for the child.

Some of our young clients have suffered with extreme bullying, academic failure, lack of support in their schools and other traumatic situations. To address all of a child's emotional needs, we advocate for more support services, whether it means securing additional



More teenagers and young adults die from cancer, heart disease, AIDS, birth defects and other diseases combined.

accommodations in the school, offering a different setting that is more therapeutic or providing case management for the family.

Our clinicians are a lifeline to kids and parents, providing emotional support, state-of-the-art clinical services, community resources and concrete steps that enable them to move beyond despair and hopelessness so they can envision a truly bright future.

### Donors Make the Difference

Without the generosity of **Ellen and Donald Feldman**, who funded the program in honor of their son, and the trustees at **the Fay J. Lindner Foundation**, our lifesaving services would not be possible. To them, and all of you who donate to support the Guidance Center, we are profoundly grateful.

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



# Our Programs & Services

## Mental Health Services

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

## Substance Use Treatment Services

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

## Triage and Emergency Unit

**The Fay J. Lindner Foundation Triage and Emergency Services** offer a rapid response to psychiatric emergencies—a sudden set of circumstances in which there is an impending risk of danger to the child or adolescent such as risk of suicide, risk of physical harm to others, a state of seriously impaired judgment in which the child is endangered, and situations of risk to a defenseless victim involving abuse, neglect or exposure to domestic violence. Our goal is to strengthen, stabilize and support.

60% of young people with a mental health issue do NOT receive treatment.

## Suicide Prevention

### The Douglas S. Feldman Suicide Prevention Project

is an expansive initiative to tackle the epidemic of suicide among young people. With this program, the Guidance Center addresses high-risk cases with a thorough evaluation for suicide risk; multiple weekly sessions of individual, group

and family therapy; and an individualized treatment plan that focuses on safety strategies and healthy coping skills. We offer services that decrease the prevalence of suicidal thinking and actions in our children and teens through in-person education forums and webinars.

## Early Childhood Services

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

- **CAREGIVER GRANDPARENT RESPITE AND SUPPORT PROGRAM (C-GRASP)** – Support and education for grandparents

who are the primary caregivers of their young grandchildren.

- **CHANGING FAMILIES** – For young children witnessing the often painful and acrimonious dynamics of divorce.
- **GASAK (GRANDPARENT ADVOCATES SUPPORTING AUTISTIC KIDS)** – Monthly meeting of grandparents to support, inform and advocate for families with autistic children.



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

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

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

## Bereavement and Trauma Services

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

## Diagnostic Services/Learning to Learn

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

### Intensive Child and Family Services

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

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



- **ORGANIC GARDEN PROGRAM** – Consists of two organic gardens, one at our Roslyn Heights headquarters and the other at **The Marks Family Right from the Start 0-3+ Center**. The gardens enable technology-engrossed children to unplug and appreciate nature.
- **WILDERNESS RESPITE PROGRAM** – Offers groups for youth at risk that emphasize outdoor activities as a gateway to mastery of social skills and youth empowerment. By participating in nature activities such as hikes and gardening, the teens learn skills such as individual growth, leadership, self-esteem and improved communication.

### Training and Consultation

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

### Bringing Our Services into the Community



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

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

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

### Research and Advocacy

In 2021, the Guidance Center continued to fight for equitable care for all who experience mental health and substance use challenges. We also continued advocating for equity in black maternal healthcare for mothers and infants through our Hofstra partnership, Birth Justice Warriors. We played an advocacy role in obtaining COVID-related services, including medical, food, housing, employment and more, for clients and their families, especially those in areas most impacted by the pandemic.

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

# Letters

Dear Dr. Jones:

I just wanted to send a note to say thank you. Speaking to you was the most comfortable I have seen [my daughter] with a medical professional in her whole life. Anxiety before appointments has always been a big issue, but she was so at ease today. Again, thank you so much!

—Relieved Dad



To our daughter's Family Advocate:  
We had the meeting with the school's Committee for Special Education this morning, and our daughter is getting the accommodations that you recommended we ask for: extra time for homework, a separate testing area if she needs it, counseling during the school week and other resources. Thank you for all your help. We couldn't have done this without your guidance and support.

— Empowered Parents



Dear Victoria:

You have been my vital lifeline navigating postpartum with a toddler and infant. I look forward to our weekly sessions and have successfully implemented some of the techniques you taught me into my toddler's life. You gently push me when I need it, and I'm super grateful to have been paired with you as you're helping me to get to be the best version of me, not only for my kids, but for me. You've been instrumental in the progress I've made, and I look forward to reaching all the goals we've set for me together.

— A Grateful Client



To Adam's therapist,

I wanted to let you know that my husband and I are truly appreciative of all you did for us and our son, and continue to do for others.

We are very happy to report that Adam is doing much better. I understand it is a process with good days and not so good ones. But he is trying hard and using the techniques you and your team taught him to help him through the challenges.

Thanks for everything! —Adam's Mom



# Success Stories

## *A True Butterfly Story*

Anna, a 16-year-old client in our Latina Girls Project, came to us with severe depression and anxiety after an attempted suicide and hospitalization. Anna took part in individual, group and family therapy, in which Evelyn, one of our bilingual social workers, created a treatment plan designed especially for Anna and her family, who are immigrants from Central America.

While therapy was a crucial component of Anna's healing, the outings taken by the Latina Girls Project clients, made possible through the generosity of **John and Janet Kornreich**, were transformative. In her therapy session following a trip to the aquarium, Anna told Evelyn that she had "cried tears of joy" while watching the sea lion performance. She and Evelyn talked about how it felt to experience tearfulness and joy at the same time, and Anna was

proud that she was able to manage and express her emotions in a healthy manner. She also stated that three butterflies "picked" her and landed on her shirt during the trip, and how incredible it felt to be chosen by these beautiful creatures.



Evelyn stated, "This field trip sparked great conversation about growth and progress as we work toward wrapping up Anna's therapy and sending her out to the world as a healthy and happy young woman."

## *Depression During Pandemic*

Shannon sought treatment through our **Diane Goldberg Maternal Depression Program** following the birth of her second son, acknowledging that she was "not feeling herself." She was experiencing a host of symptoms, including frequent crying spells, racing thoughts, low mood, poor appetite, sleep issues and memory problems. She had even stopped cooking because she repeatedly forgot to turn off the stove.

To complicate matters, Shannon, her husband and both her children contracted COVID-19, which increased her worry enormously.

Shannon took part in the Guidance Center's COVID Conversations virtual support group, which sought to provide information, reassurance and a safe place to discuss feelings for mothers during this very difficult period.

In her individual sessions, Shannon expressed concern about returning to work when she was having such difficulty concentrating. Our therapist was able to provide her with documentation that enabled her to take extended leave from work so she could work on healing.



With the help of her therapist, her peers in group therapy and from her family, Shannon was able to feel confident and grounded. The stress of motherhood during a pandemic no longer controlled her moods. She returned to work and concluded therapy, and today says that she and her family are in good health, both emotionally and physically.

## *Toddler's Dramatic Turnaround*

When three-year-old James began treatment at our **Marks Family Right from the Start 0-3+ Center**, where we serve our youngest clients, he had been removed from preschool due to aggressive behavior toward his peers and running away from adults when they tried to intervene. It was discovered that James had experienced abuse from his father during his first two years of life and was traumatized.

In his initial therapy sessions, James clung to his mother and was easily startled by external stimuli and loud noises. He expressed his frustrations by crying and hitting his mother, who acknowledged that she had no idea how to handle her son.

Our therapist gradually gained the trust of both James and his mom, engaging the young boy through play therapy and helping him learn how to work through his painful, scary feelings. James's mother was provided with counseling on age-appropriate parenting skills, which she greatly appreciated.



James is now back in the school setting and will start Kindergarten in the fall. His teacher reports that the angry, out-of-control youngster she once knew is an entirely different child who has friends and is a pleasure to have in the classroom.

# In The News

In 2021, the Guidance Center was featured prominently on television, radio, print and online. Here's just a sample:



Our team at the Latina Girls Project spoke about this life-saving program on this popular ABC TV program.

## ANTON MEDIA GROUP



Our monthly Parenting Plus column tackled important issues such as the pandemic's impact on kids; maternal depression; and stigma. The newspaper also published a two-page feature spread telling the story of addiction's impact on one L.I. family.

## BlankSlate MEDIA

"Ask the Guidance Center Experts," a monthly column, provides advice from our seasoned clinical team on everything from substance use to technology addiction to managing a divorce and much more.

## NYMetroParents

Our Night of Magic Family Funraiser was featured online.

## Newsday



Newsday profiled Kathy Rivera as she took over the reins as Executive Director/CEO of the Guidance Center. The paper also featured a story on our caregiver grandparents C-GRASP program, along with a piece on high school volunteer Gwen Jones, who was spotlighted in the "Acts of Kindness" section.

## Long Island BusinessNEWS

Former Executive Director Andrew Malekoff gave an overview of "The Evolving Landscape of Children's Mental Health" that reflected on his 45 years at the Guidance Center.

## withum+



Elissa Smilowitz and Kathy Rivera appeared on the Civic Warriors podcast, which features leaders in the non-profit community.

## THE People of PORT

The cover story for the Spring 2021 edition was "Guidance Center Launches New Suicide Prevention Project," about our **Douglas S. Feldman Suicide Prevention Project**.

## Let's Get Social



In 2021, the Guidance Center had an active presence on Facebook, Instagram and Twitter, where we continued our popular weekly blog series sharing advice on a wide range of issues on children's mental health and well-being. Just a sampling of topics: Helping children heal from trauma; coping with pandemic-induced stress and depression; and supporting LGBTQIA+ teens.

We also used our social media presence to advocate for kids and families, highlight the work of our treasured partners and showcase the contributions of our many devoted supporters and volunteers.

**Follow us on social media for news and views (see back cover for info).**

### Blog

**Healing from Trauma**

**Youth Mental Health and the Pandemic**

**Parents Need Stress Relief**

# Events

## Fundraisers



**Aon Golf Outing:** Andy Marcell, Christopher Maleno, Michael Finlay



**Aon Golf Outing:** John (Jay) Demeusy, John Bender, Andy Marcell, Louis Iglesias



**Krevat Cup:** Alan Hirschhorn, Michael Nash, Jeff Krevat, Paul Vitale



**Krevat Cup:** Cathy Castagna, Ernie Lagoja, Rita Castagna



**Krevat Cup:** Co-Chairs Dan Oliver, Troy Slade, Michael Schnepfer, Mike Mondillo



**Krevat Cup:** Jim Lowe, Greg Blair, Dan Donnelly, John Hallquest



**Krevat Cup:** Josephine Ewing, Diane Krasnoff



**Krevat Cup:** Tony Major, Esther Dominguez



**Appeal to Heal:** Russell and Marilyn Albanese



**Appeal to Heal:** Mitchell and Rosemarie Klipper



**Appeal to Heal:** Seth and Tracey Kuperberg



**Appeal to Heal:** Michael and Andrea Leeds



**Night of Magic Fundraiser**



**Spring Lunch-In:** Alexis Siegel with George Poll, Chef Hymie of Bryant Cooper



**Spring Lunch-In:** Susan Micelotta of White + One with Alexis Siegel



**Care for Kids Spring Shopping Spree:** Ann Corn of Shag with Board Member Nancy Lane

## In the Community



Supporter Margaret Scheidel donated Halloween cups



Nellie Taylor-Waltrust with items donated by Hofstra students for Good Beginnings for Babies



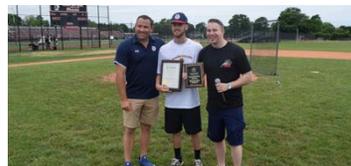
High schooler Gwen Jones made art kits for our young clients



Marissa Pullano (R) from Jaspan Schlesinger, with Kathy Rivera, gives the Guidance Center a Heart of the Community award



North Shore Kiwanis President John Kle with Communications Director Jenna Kern-Ruglie



Lou Bernardi, Kyle Supran and Josh Lafazan at the Jason Daniel Witler Home Run Derby



Kathy Rivera appeared on a webinar for Port Washington parents on transitioning freshman to high school



Vanessa McMullan spoke on a webinar of the NY Postpartum Resource Center



Laura Curran, Adalcy Quintin, Nellie Taylor-Waltrust, Lauren McGowan, State Senator Anna Kaplan, Kathy Rivera, Regina Barros-Rivera at National Night Out



Our Board of Directors celebrates Bruce Kaufstein and Regina Barros-Rivera for nearly 70 years of combined service



Birth Justice Warriors, a program of the Guidance Center and Hofstra University

# 2021 Contributors

## \$50,000 & Up

The Rita and Frank Castagna Family Foundation  
Daniel Donnelly  
Ellen and Donald Feldman  
John Grillo  
Fay J. Lindner Foundation  
Nancy and Edwin Marks Family Foundation  
MJS Foundation  
Ellen Rautenberg  
Unitarian Universalist Congregation at Shelter Rock

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

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The Kupferberg Foundation  
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Newsday Charities  
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## \$10,000 - \$19,999

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The Slomo and Cindy Silvian Foundation  
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Diane and Darryl Mallah

**43% of U.S. teens  
are concerned  
about mental  
health challenges  
as a result of the  
pandemic.**

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Lauren and Michael McGowan  
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Natalia and Adam Good  
Jaclyn and Jeffrey Greenblatt  
John and Ila Gross  
Leslie and Michael Hahn

**More than  
2.5 million youth in  
the U.S. have severe  
depression.**

Debra Hertz  
Jack Irushalmi  
Jill Scherer Ltd.  
Kristin Jones  
Asima and Anil Kapoor  
Miriam and Kenneth Kobliner  
Koshers & Company, CPAs  
Amit Liebersohn  
Lisa Littlefield  
Magdalene and Felix Lopez  
Maier Foundation  
Deirdre and Edward Major  
Ross Mallor  
Nancy and Guy Mazarin  
The Meredith Corporation Foundation  
Susan and Robert Miller  
James Minutello  
Helen and John Petras  
Jonathan Reiss  
Renée Rimsky and Murray Beckerman  
Elise and Howard Rubin  
Adam Ruttner  
Sahn Ward Braff Koblenz PLLC  
Sakowich Plumbing & Heating Corp.  
Kara and Paul Santucci  
Audrey Serel  
Donna and Robert Serpico  
Jeff Silverstein  
Janet and Myron Susin  
Lou Switzer  
Erika and Kenneth Witover  
Aaron Wolk  
Carol Wolowitz  
Tom Wrenn

# Investing In Our Children's Future

## Annual Fund

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

## Special Occasion Gifts

Commemorate a birth, birthday, anniversary or special event, or make a donation in memory or in honor of a loved one. These contributions help maintain our programs and services. A gift announcement card will be sent in your name.

## Events

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

## Planned Giving

Create a lasting legacy with a gift of appreciated securities/stock, real estate, partnership interests, life insurance or retirement plan. Become a member of our Legacy Society by making a bequest naming the Guidance Center in your will or trust. Your gift will be acknowledged on our Legacy Wall of Respect.



### Douglas S. Feldman Suicide Prevention Project Butterfly Wall

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

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

71% of parents said the pandemic had taken a toll on their child's mental health.



## Name Recognition

Room naming opportunities, program naming and wall plaques are available at all three of our locations including our Roslyn Heights headquarters; the Leeds Place – Serving Young People; and the Marks Family Right from the Start 0-3+ Center.



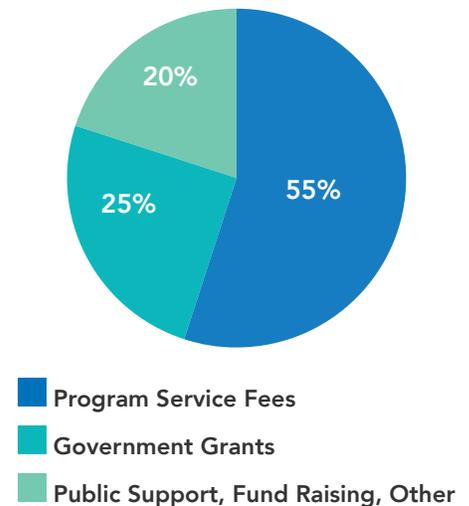
# Audited Financials

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

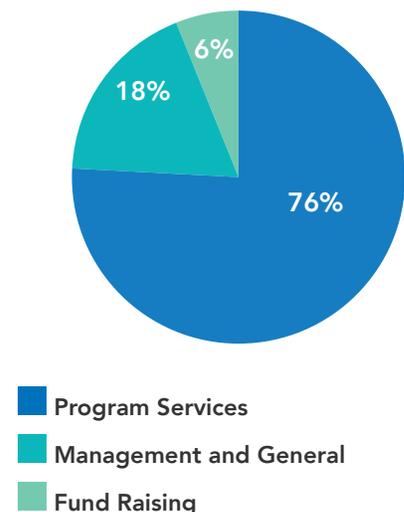
	Year Ended December 31	
	2021	2020
<b>Public support and revenue</b>		
Program service fees	\$5,655,986	\$5,345,834
Government grants	2,543,310	2,075,218
Contributions	1,532,783	1,198,008
Special events, net	387,269	350,644
United Way & Community funds	19,000	15,000
Investment return	207,014	178,305
Other	16,777	2,383
<b>Total public support and revenue</b>	<b>10,362,139</b>	<b>9,165,392</b>
<b>Expenses</b>		
Program services		
Clinical	5,052,577	4,775,784
School Community Collaborative	2,099,293	2,005,850
Early Childhood	70,420	65,710
Outreach	36,851	99,311
<b>Total program services</b>	<b>7,259,141</b>	<b>6,946,655</b>
<b>Supporting services</b>		
Management and general	1,769,121	1,256,904
Fundraising	542,719	547,312
<b>Total supporting services</b>	<b>2,311,840</b>	<b>1,804,216</b>
<b>Total expenses</b>	<b>9,570,981</b>	<b>8,750,871</b>
Other Expenses	–	54,223
<b>Increase in net assets</b>	<b>791,158</b>	<b>360,298</b>
<b>Net assets, beginning of year</b>	<b>4,398,390</b>	<b>4,029,092</b>
<b>Net assets, end of year</b>	<b>\$5,180,548</b>	<b>\$4,389,390</b>

Full audited financial statements are available upon request

### 2021 Public Support and Revenues



### 2021 Expenses





## Addresses and Locations



**The Leeds Place -  
Serving Young People**  
999 Brush Hollow Road  
Westbury, NY 11590-1766  
(516) 997-2926



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



**The Marks Family  
Right From the Start 0-3+ Center**  
80 North Service Road LIE  
Manhasset, NY 11030-4019  
(516) 484-3174

**The Lucille and Martin E. Kantor  
Bereavement & Trauma Center**  
480 Old Westbury Road  
Roslyn Heights, NY 11577-2215  
(516) 626-1971

**Visit us at [www.northshorechildguidance.org](http://www.northshorechildguidance.org)**

Friend us on Facebook at North Shore Child & Family Guidance Center

Follow us on Instagram @the\_guidance\_center

Tweet us @NSCFG

Follow us on LinkedIn @north-shore-child-&-family-guidance-center



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