

Putting Moms and Babies First

Welcoming a new baby is typically a joyous event, but for some women, the situation is far more complex. While many mothers have some mild mood changes, one in seven experience more significant symptoms of postpartum depression and other perinatal mood and anxiety disorders.

For more than 20 years, North Shore Child & Family Guidance Center has been serving these mothers with our Diane Goldberg Maternal Health and Wellness Program, providing compassionate therapy, along with wellness elements such as yoga and meditation that were added to the program more recently.

"We look at the whole person," says Liz Lauricella, a Guidance Center social worker with expertise in maternal and infant/children's mental health. "Many of the mothers come to us with depression and anxiety through the roof. When added to therapy and medication management when appropriate, activities such as mindfulness and yoga contribute to their overall well-being. It's one more skillset we can bring to our clients."



Unprecedented Need

"The need for our maternal health services was more urgent than ever as mothers faced unprecedented levels of stress brought on by the pandemic," says Dr. Sue Cohen, Director of Clinical Services at the Guidance Center's Marks Family Right from the Start 0-3 + Center in Manhasset, where the maternal health and wellness program is based.

"Women were often unable to bring their partners with them to doctor appointments, and they were limited as to who could be in the birthing room," says Cohen. "And when they returned home, they were lacking the support of extended family and friends, since they were anxious about COVID exposure to their babies and themselves. It was a perfect storm."

When the pandemic first struck, the Guidance Center immediately put telehealth services into place, which were a lifesaver to many, and we still offer that option to clients today. "Many of the moms continue to use virtual therapy, since they may still be wary of bringing their babies outside the home or have other challenges that make in-person therapy difficult," says Cohen.

No Wait List

When mothers call the Guidance Center experiencing symptoms of maternal depression and other perinatal mood and anxiety disorders, a thorough assessment is done and an appointment is scheduled within a week if not sooner—an unheard-of

time frame when many women are told it will take months to be seen by other providers.

"One of our supervisors screens the call immediately, and we assess the parent-child bond to make sure that the baby and mother are safe," explains Cohen. "We set them up with one of our therapists who specializes in postpartum issues for intake as quickly as possible."

She adds that the Guidance Center's no-wait-list policy, acceptance of almost all insurance plans, and commitment to never turning anyone away for inability to pay is unique on Long Island.

A Mom's Story

One recent client was "Sarah", who called the Guidance Center when she was experiencing exhaustion, anxiety, crying spells, intrusive thoughts, sleeplessness and other postpartum symptoms.

Sarah worked with our psychiatrist, who provided medication, and with Lauricella, who helped her develop coping skills and healthy boundaries during weekly therapy. She received validation and support during group sessions with other moms. And she also took part in our yoga and meditation offerings.

"Sarah now engages in a regular self-care practice, and she continues to implement strategies to help manage anxious thinking, reduce stress and solve daily problems," says Lauricella, adding, "I feel privileged to see turnarounds like this every day."

Another mother who recently finished treatment summed up her experience this way: "This program has given me a village. It has offered a hand and someone to lean on during the parts of motherhood that feel impossible to walk through."

To learn more about the Diane Goldberg Maternal Health and Wellness Program, contact us at 516-626-1971.

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A Message From The Executive Director/CEO

Innovative Treatment for Kids of All Ages



In mid-February, the Centers for Disease Control and Prevention released a study that confirmed what we at North Shore Child & Family Guidance Center know all too well: Children and teens are in the midst of a devastating epidemic of depression, anxiety and suicidal thoughts.

While all kids have been impacted, teenage girls reported the highest rates, with nearly three in five saying they felt persistent sadness in 2021, double the rate of boys. Moreover, one in three girls seriously considered attempting suicide, according to the CDC study. In addition, high levels of violence, depression and suicidal thoughts were reported among LGBTQ+ youth, with more than one in five saying they attempted suicide in the year before the survey.

Dr. Kathleen Ethier, head of the CDC's adolescent and school health program, put it succinctly: "There's really no question what this data is telling us. Young people are telling us that they are in crisis."

As I prepare to mark my second anniversary at the Guidance Center next month, and as the agency approaches our

70th year serving the children and families of Long Island, I'm well aware that the challenges we face are daunting. The crisis that Dr. Ethier refers to is real. We see it every day. But I remain optimistic, energized and grateful. Here's why.

A Vision of Growth

The Guidance Center is led by an incredibly dedicated Board of Directors, many of whom have been serving us for several decades. In addition, the leadership team is unsurpassed in their talent and commitment to our work. That holds true for every member of our organization, from the front-desk employees to our therapists to our administrative staff.

With the input of our board and senior leadership, we've been hard at work crafting a strategic plan that will be the roadmap for the coming years. This plan will support my vision for growth, both in our services and in our capacity. I'll have more to report on this front in our Fall 2023 Guidelines. Stay tuned for exciting developments.

Beyond our Walls

In this issue of Guidelines, our cover story focuses on one of our gold-standard offerings: the Diane Goldberg Maternal Health and Wellness Program. I'm so proud of Dr. Sue Cohen and her team who work with clients experiencing postpartum depression and other perinatal mood disorders. As you'll read, we've been expanding this program, incorporating supportive modalities such as yoga and other wellness elements that complement individual and group therapy.

Thinking outside the box and beyond our walls is what we do at the Guidance Center, as you'll see in stories about our Latina Girls Project (page 8), our Family Advocates

Program (page 8) and others. You'll also learn about our many initiatives bringing education to the community through events and workshops at schools, community fairs and more.

Here for You

You can be assured that we continue to bring the highest level of therapeutic services to children, teens and their families as they make the brave decision to seek out mental health care when times are difficult. For all of our 70 years, our message has been the same: There is no shame in asking for help. The real shame would be to let stigma stop you or your family from receiving the care you need and deserve.

As always, our deepest thanks to all of you who support our work! You make it possible for us to stand by our pledge to never turn anyone away for inability to pay.

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

Guidelines

SPRING 2023

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Donor Profile: Aon



The Board of Directors at North Shore Child & Family Guidance Center is a dedicated group who donate their time, energy and financial support so we can help the kids and families of Long Island who are struggling with issues such as depression, anxiety and suicidal thinking.

Many board members also support our work by connecting us to their places of employment—philanthropic businesses that recognize the importance of children's mental health and well-being and want to make a difference.



Andy and Carol Marcell

One such devoted corporate partner is Aon, a global company based in over 120 countries around the world, including an office in New York City. Aon's mission is to enrich the lives of people around the world by providing its clients with advice and solutions that give them the clarity and confidence to make better decisions to protect and grow their businesses.

How did this worldwide entity find its way to the doors of the Guidance Center? One of its divisions, **Aon Reinsurance Solutions**, is led by none other than Andy Marcell, a U.K. native and Sands Point resident who, along with his amazing wife Carol, is on our Board of Directors.

"Both Andy and Carol have contributed in countless ways to the Guidance Center, bringing their trademark enthusiasm, generosity and warmth," says Kathy Rivera, Executive Director/CEO. "And by creating the connection for us with Aon, Andy has been the driving force behind one of our most treasured corporate partnerships."



Andy Marcell, Christopher Malerno and Brian Finlay

All 'Fore' the Cause

Aon and Andy, who is Aon's Reinsurance Solutions CEO, stepped up to the plate – or more accurately, to the tee – when the pandemic struck in March 2020 and the Guidance Center had to cancel our annual Jonathan Krevat Memorial Golf & Tennis Classic. Andy hosted a smaller, socially distanced golf outing that fall with Aon employees and clients. The event was such a success that it continued in 2021 and 2022, raising a total of \$200,000!

"My Aon colleagues are a dedicated, hard-working group of individuals who truly care about the well-being of the communities in which they live," says Marcell. "When they learned that the monies raised at the golf outing would go toward the Guidance Center's work, they were fully on board. It was lots of fun, of course, but more importantly, it supported an organization that is near and dear to me and my wife."



John (Jay) Demeusy, John Bender, Andy Marcell and Louis Iglesias

Driving Home the Message

But Aon's support for the Guidance Center preceded these special golf outings. Since 2016, the company has donated to many of our other fundraising events, contributing to our aforementioned Krevat Cup and our largest fundraiser, our annual fall gala.

In addition, they also matched employee gifts toward the purchase of a new van for the Guidance Center, which enables us to

bring our teen clients on weekend outings to various cultural, educational and natural settings.

"These trips are amazing tools to help young people who are experiencing serious mental health challenges develop coping skills, self-esteem, friendships and more," says Rivera. "And without our two vans, the trips wouldn't be possible."

Aon Lives Its Values

According to Alexandra Lewis, Chief Marketing Officer for **Aon's Reinsurance Solutions**, philanthropy is a deeply held value across Aon's divisions worldwide. Their partnerships include organizations



David McElroy and Eric Andersen

as diverse in scope as the Red Cross and a nonprofit in Spain that is helping plant trees after devastating wildfires.

Lewis says that Aon's overarching business goal is to protect and enrich the lives of people around the world, which "aligns perfectly with the mission of the Guidance Center."

"Your work to help families and children not only survive but thrive when they are facing difficult times is also what we do as a corporation," says Lewis. "Protecting our clients is what motivates us every day, and your team at the Guidance Center is focused on that same idea. We are proud to be a partner with your organization as you bring this critical lifesaving service to the community."

All of us at the Guidance Center are grateful to Aon, along with both Andy and Carol Marcell, for their dedication to supporting our work!

If your company is interested in joining us as a partner in bringing hope and healing to Long Island families, please contact Lauren McGowan at 516-626-1971, ext. 320.

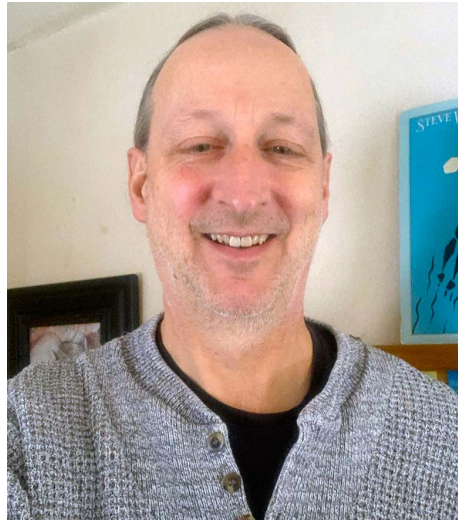
Staff Profile: Mike Beganskas, LCSW

For more than three decades, Mike Beganskas had a highly successful career in the Nassau County Courts, starting as a Court Officer in Family Court and eventually being appointed as Chief Clerk of the District Court, where his responsibilities were vast and wide-ranging.

But from his college days, Mike knew that one day, he'd be a social worker.

"I always planned to have a second career as a therapist," says Mike, who went to school for his Master of Social Work at night while still working in the court system. His first jobs out of college were as an outreach counselor for troubled teens, and with Child Protective Services. He also worked while volunteering for the Police Athletic League and other child-centered organizations. "I always loved working with kids," he says.

One of his early mentors at the Guidance Center was Bruce Kaufstein, who retired a year ago. Mike took part in our Wilderness Respite Program, which Kaufstein



Mike Beganskas

developed. "I have a passion for outdoor activities," says Mike, "so the combination of working with adolescents and being in nature was perfect."

Mike takes an individualized approach with each client, tailoring therapy to the

child's or teen's interests. "With some kids, mindfulness and breathing exercises work really well, while others are more geared to physical activity. If one technique doesn't work, we move on to something else."

As the father of two and the oldest of six kids, Mike says his personal experiences inform his work with teens. "Being a good parent and being a good therapist both require compassion, empathy and patience. I keep those qualities in mind when I'm working with all my clients and their families."

Gillian Uhl, Mike's supervisor, says he has all those qualities and more. "Mike is a phenomenally caring, selfless social worker," she says. "He does life-changing work with all his clients and their families, and we are very lucky to have him here."

For Mike, being a social worker in this second phase of his work life is the perfect choice. He says, "Nothing compares to going home at night and feeling like you've made a difference in a kid's life."

Volunteer Profile: Aieshah Ashfer

Like her peers, Aieshah Ashfer, a junior at Herricks High School, has grown up in an age when social media and the internet are part of the fabric of her life. While there are many pluses—access to worlds of information and ease of connection to friends, chief among them—there are also many downsides, she acknowledges.

"Social media encourages people to compare themselves to others," she says. "I think the time we spend on social media has led to a deeper loneliness and inability to be social in person. Living your life on the internet can make it harder to deal with real-life situations."

Those kinds of insights are what make Aieshah a huge asset in her role as a social media intern for North Shore Child & Family Guidance Center, where she works with the development and communications department writing guest blogs and newsletters that share the perspective of teens on issues related to mental health and wellbeing. She learned about the internship opportunity through her mother, who follows the

Guidance Center on Facebook. Aieshah is a skilled writer and avid reader, and her interests at school include English, History, Psychology and Biology. Her future goals include medical school, where she plans to study to become a psychiatrist.

"I love being able to write for the Guidance Center about things that matter to people my age," says Aieshah. "There is so much pressure on teens to compete academically and socially that we often forget to prioritize our emotional needs. Writing about mental health helps me learn about myself and hopefully will help others."

Aieshah believes that teens are more open today to getting professional help when they are struggling with mental health chal-



Aieshah Ashfer

lenges. "It's very brave to recognize that you need to talk to someone," she says. "Having places like the Guidance Center to turn to is so important."

If you know a young person who is interested in an internship, please contact Lauren McGowan, 516-626-1971, Ext. 320.

Welcoming Spring, Guidance Center Style



A sold-out crowd joined together on April 27, 2023, for North Shore Child & Family Guidance Center's Annual Spring Luncheon.

The event, which garnered over \$100,000 to help support the mental health of children and families, took place at Glen Head Country Club. The day began with a morning round of Mahjong and Canasta, along with unique shopping boutiques from some of Long Island's trendiest and most charitable small business owners,

including Ameliora, The Chintz Giraffe, Daniella Erin NYC, Dash Accessories, DeCorr & More, Designs that Donate, Eye Candy, Freida Rothman Jewelry, Kostume Klassics, Meryl Roesch Sunglasses, Simply Splendid Accessories, Tall Order, and Transitions.

The guest speaker for the luncheon was Lisa Friedman Clark, co-founder of Tall Order, who moved the crowd with her story of overcoming tragedy as a cancer survivor and 9/11 widow. She candidly spoke of career obstacles, family issues, illness and death and shared the important role that mental health support has played in every facet of her journey, both in her professional and personal life.

Kathy Rivera credited the luncheon's success to co-chairs Jan Ashley, Amy Cantor and Alexis Siegel. "They have put so much time and energy into the luncheon for many years, and we are truly grateful to them for continuing to make each year more special than the last."



Amy Cantor, Alexis Siegel, Lisa Friedman Clark, Kathy Rivera, Jan Ashley

We are also grateful for the support of our sponsors:

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A Benefit for the Kids in Court

Family court hearings are often contentious, and they are no place for young ears. Luckily, with the Children's Center at Nassau County Family Court, which is a program of North Shore Child & Family Guidance Center, parents and guardians have a safe place to bring infants to 12-year-olds while the adults are conducting court business.

On October 8, 2022, the Guidance Center held a fundraiser for this important community program at Tesoro's Ristorante in Westbury, raising nearly \$15,000!

"The Children's Center at Nassau County Family Court provides a valuable service because it allows children to be insulated from the stress involved in the horror of family court litigation," says John M. Zenir, Esq., co-chair of the fundraiser. "Just imagine a six-year-old sitting in a public waiting room outside of a courtroom not knowing what is happening. Instead, he or she can go to the Children's Center and play with toys, read a book and have a snack while being attended to by qualified professionals."

Co-chair Allison Cacace echoes Zenir's enthusiasm for the program. "The Children's Center provides a safe, nurturing environment for children while their parents or other caretakers sort out their legal affairs," says Cacace, "It is an invaluable service that makes a positive impact on children and is also greatly beneficial to those who can't afford to pay for childcare during court sessions."

Cherice P. Vanderhall Wilson, President of the Nassau County Women's Bar Association, which co-hosted the benefit, says, "The mission of the Women's Bar includes promoting the fair and equal administration of justice. The Children's Center eliminates childcare as a barrier to justice and provides a resource for those who need it while they seek assistance from one the County's most important courts."

We are so grateful to John, Allison, Cherice and the Nassau County Women's Bar Association for their dedication and support, and to all who attended the benefit!



Nassau County Legislator Josh Lafazan and Support Magistrate Tomasina Mastroianni of the Nassau Family Court



Larry Schaeffer, Richie Lefkowitz, Nassau Family Court Judge Colin O'Donnell, Jim Flood, James Graham



Bishop Phillip Elliott, Dr. Nellie Taylor-Walthrust Judge Andrea Phoenix and Gregory Masone, Jr.



Judge Lisa A. Cairo, Kellie Stabile, Kathy Rivera, Judge Robin Kent, Donna McCabe, Support Magistrate Tomasina Mastroianni, Judge Ellen Greenberg



John Zenir and Allison Cacace

Fundraising Events

Lights, Camera, Action!



North Shore Child & Family Guidance Center's first-ever family-friendly fundraiser at Manhasset Cinemas was a big hit with kids and parents alike! "Morning Movies with the Guidance Center," which was held on February 11, 2023, featured three film choices: *The Amazing Maurice*, *80 for Brady* and *Minions*, and everyone enjoyed bagels, popcorn and drinks.

"We all know that children and teens are experiencing issues like depression, anxiety and even suicidal thinking more than ever before, and that's why I'm proud to support the Guidance Center's

lifesaving work," says Jeffrey Greenblatt, one of the event's co-chairs and a Guidance Center Board Member. "Plus, my family had a wonderful morning, and I'm sure we'll be back next year for this new tradition."

Co-chair Joshua D. Brookstein, who also brought his family to the fundraiser, says, "There is nothing more important than the well-being of our kids. It is an honor to help the Guidance Center bring hope and healing to our communities."

Sponsors of the fundraiser were: **Liberty Utilities, Sahn Ward Braff Koblenz PLLC, Americana Manhasset, PSEG LI, Harris Beach PLLC, Cullen and Dykman LLP, the Marcell Family and the Slade Family, as well as Manhasset Cinemas, Tate's Bake Shop and Bagel Boss of Roslyn.**

"The Guidance Center team works hard each and every day to serve the families of Nassau County," says Kathy Rivera, Guidance Center Executive Director/CEO. "We couldn't succeed without the support of the community, our donors and the generous companies who partner with us."



Co-chair Josh Brookstein with his wife Rebecca and children



Board member and co-chair Jeffrey Greenblatt with his wife Jaclyn and children



Troy Slade with his wife Darya and family



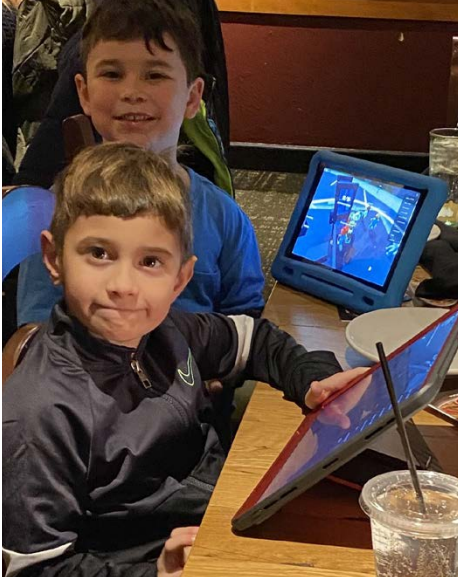
Thank you Americana Manhasset and all our Champions!

For the past 27 years, Americana Manhasset has hosted Champions for Charity which supports over 150 not-for-profit organizations during their annual holiday shopping benefit. The Guidance Center promoted this wonderful event which allowed for 20% of designated purchases to support our vital mental health programs for children and families. Our Board members, contributors and

staff came out to shop, eat and enjoy the festive holiday spirit. We are so grateful to our Board member, Rita Castagna and the Castagna family for including us in this important annual community fundraiser.

Program Highlights / Celebrations

Holidays & Family



Jax and Sam say "cheese" at the Family Advocate holiday party

A festive time was had by adults and children alike at the holiday party for our Family Advocate Program clients!

Last December, Guidance Center Family Peer Advocates Shari Bushansky and Yvonne Novy-Cutler hosted a dinner at the Olive Garden for families who take part in this innovative program.

Our Family Peer Advocates are credentialed specialists who work in homes to support parents and help

build skills within the family to manage difficult behaviors. They also connect families to other helpful resources and advocate for appropriate services.

To learn more about this program, contact Paul Danilack at 516-626-1971, ext. 303.

Healing in Nature

Each month, clients who are part of our Wilderness Respite Program take hikes in such beautiful natural settings as this one, at Caumsett State Historic Park Preserve in Lloyd Neck. On these trips, the teens develop independence and self-confidence.

"Our teens gain peace, socialization and empowerment skills within a natural, therapeutic setting," says Gillian Uhl, Mental Health Program Clinical Supervisor and Wilderness Program Clinical Supervisor at the Guidance Center, who was accompanied on this trip by chaperone Jack Christensen. "I am so proud of them; being able to watch them grow and pass along their skills to new members is a gift."



Wilderness respite trip

A Spectacular Trip!



The teens went to the Radio City Christmas Spectacular

Each month, the teens who are part of our Latina Girls Project take part in outings to various locations such as museums, theaters, adventure parks and other sites, thanks to the generosity of our donors **John and Janet Kornreich**. These outings help the girls, who are in treatment for such issues as depression and anxiety, develop social skills, self-esteem, independence and close friendships. In late November, they were thrilled to attend the Radio City Christmas Spectacular. Thank you John and Janet!

Holiday Cheer!

Staff members from all of our three offices, as well as our school sites, celebrated the holiday season with joy-filled parties featuring conversation, camaraderie, cookie decorating – and plenty of cookie eating! Here's an assortment of festive photos from the gatherings.



Program Highlights and Educational Trainings

Helping Teens Thrive

Last fall, Dr. Nellie Taylor-Walthrust, Director of The Leeds Place – Serving Young People in Westbury, joined NY State Comptroller Thomas DiNapoli at Thrive Recovery Community and Outreach Center, also in Westbury, to announce the findings of a report on opioid overdose deaths in New York. To learn more about the Guidance Center's drug and alcohol treatment programs for adolescents, call 516-997-2926.



Thomas DiNapoli and Dr. Nellie Taylor-Walthrust

Safe Spaces for LGBTQIA+ Youth

Guidance Center clinical supervisor Gillian Uhl gave out information on our programs and services to attendees at the Nassau Counselors' Association's CAP Conference at Adelphi University on March 17, 2023. The topic of this year's forum was "Students in Transition: Creating Safe Spaces and Becoming an Ally for Our LGBTQIA + Youth."

The keynote presentation was given by Juli Grey-Owens, who trained our staff on issues facing the gender-expansive community in virtual workshops this winter.



Gillian Uhl

Thank you LIBN

Guidance Center Executive Director/CEO Kathy Rivera and Associate Executive Director Jennifer Rush appeared at Long Island Business News' Top 50 Women in Business celebration at Crest Hollow Country Club in the fall of 2022. Kathy took the podium in front of an audience of 500 business leaders from all over Long Island and presented about our work serving the children and families of Nassau County. We received donations from the proceeds of their silent auction totaling more than \$1,000!

We are grateful to LIBN's Associate Publisher Jenna Natale and Events Manager Rena Thomas for the invitation to highlight our work!



Kathy Rivera and Jenna Natale

Partnering with NAMI Queens/Nassau

Monique Barragán, Clinical Supervisor of the Mental Health Program at our Leeds Place office and head of our Latina Girls Project, presented a workshop about the program at NAMI Queens/Nassau's Kickoff to celebrate Mental Health Month at Zucker Hillside Hospital on March 15, 2023. The Latina Girls Project offers bilingual and bicultural individual and family mental health counseling, along with group meetings and outings for adolescent girls suffering from depression and complex trauma. Many thanks to Elizabeth Hildebrandt, Executive Director of NAMI Queens/ Nassau, for inviting us to speak at this very important event!



Elizabeth Hildebrandt and Monique Barragán

If your organization is seeking a speaker on a topic related to children's mental health, contact Jennifer Rush at 516-626-1971, ext. 333.

Educational Trainings

Educating the Educators Preventing Suicide



Dr. Phyllis Edelheit, Assistant Director at Nassau BOCES Dr. Ken Kroog and Dr. Reena Nandi

Guidance Center Child Psychiatrist Dr. Phyllis Edelheit gave an important and well-received workshop for teachers and other education professionals in November 2022 at Rosemary Kennedy High School. The presentation, attended by Guidance Center Director of Psychiatry Dr. Reena Nandi, was titled "The Child Mental Status: What Does it Tell Us? How Does it Help?"



Marisa Padgett and Mary Margiotta

The Bethpage Union Free School District held its Wellness Night: A K-12 Parent Academy on January 18, 2023, at Bethpage High School. The evening was open to all Bethpage parents of K-12 students. Mary Margiotta, Guidance Center Board Member, joined Marisa Padgett, Clinical Supervisor for our Emergency, Triage & Suicide Prevention Services, to share information about our Douglas S. Feldman Suicide Prevention Project with the community.

Substance Use Education



Dr. Nellie Taylor-Walthurst (left), Dee Nendler (right) and Vicki Montalvo, Assistant Director of Special Education & Pupil Personnel Services

In February, Dr. Nellie Taylor-Walthurst and Dee Nendler received a warm welcome when they gave a workshop on substance use and addiction at Hicksville High School. The Guidance Center operates our Adolescent Outpatient Chemical Dependency Treatment Program at our Westbury office. To learn more about this lifesaving program, call 516-997-2926.

Nassau Community College's Annual Day of Service



The Guidance Center was proud to participate in the Nassau Community College (NCC) Volunteer Fair where students pursued volunteer positions with community agencies and organizations. Many motivated students eager to learn, apply their skills and give back to communities attended the event. Some even came with family donations! Featured are our Director of the Leeds Place – Nellie Taylor-Walthurst, Monica Doyley – Head Teacher at the Children's Center in Nassau Family Court, NCC Professor - Katherine Cho, NCC Applied Learning Committee Chairperson – Nicole Schiffmacher and NCC students.

Educational Trainings

Suicide Awareness Day

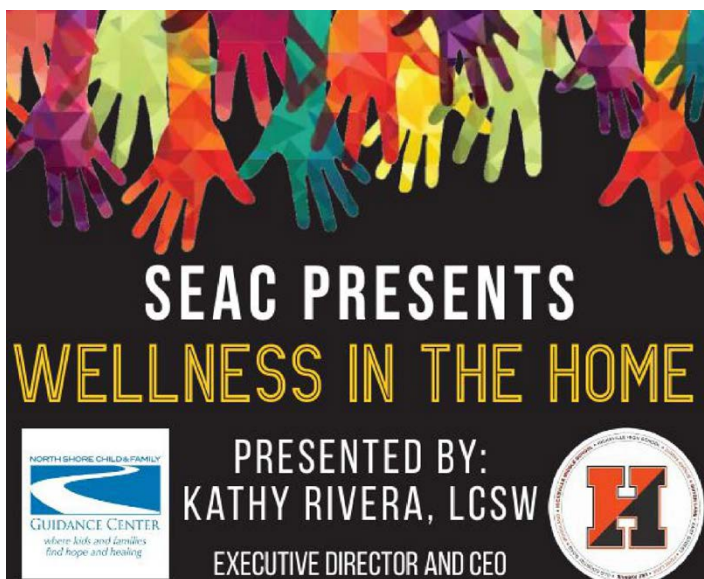


Herricks High School helped its students learn about our lifesaving services

Herricks High School held a suicide prevention and anti-bullying event called P.S. I Love You Day, on February 10, 2023. The goal was to provide education to their students about suicide awareness and bullying prevention. Tara Sheets, a Herricks High School social worker, told us, "It was such a successful event, full of kindness, purple and love!"

Many of our students utilized your organization's information and have been making intakes for therapy. Thank you again for your kindness and support with this day!" Thank you, Tara, for including us in this important event! If you'd like the Guidance Center to participate in a mental health and wellness event at your school or other organization, contact Jennifer Rush at 516-626-1971, ext. 333.

Positive Parenting Workshop



Wellness in the Home Virtual Meeting

The Guidance Center was pleased to partner with the Special Education Advisory Committee (SEAC) at the Hicksville School District to run a virtual parenting workshop on Wellness in the Home. Kathy Rivera presented the talk, which focused on positive parenting, opportunities for personal growth, family cohesion, and ways to develop a healthy parent-child relationship.

Addressing the Suicide Epidemic



On March 28, 2023, Guidance Center clinical supervisor Paul Danilack took part in the Nassau County Youth Wellness Summit hosted by the Society for the Prevention of Teen Suicide at the Brookside School Building in Merrick, sharing resources on our programs. The day-long summit was designed to provide students, staff and administrators with the resources needed to support overall wellness, including the prevention of teen suicide.

Paul Danilack

Wellness in Westbury



Marmeline Martine and Pascale Nerestant

Last November, the Guidance Center was proud to participate in Westbury School District's first annual Health & Wellness Social and Emotional Learning Fair, where our outreach workers Marmeline Martin and Pascale Nerestant shared some helpful information about our many programs and services. The event, held at Westbury High School, highlighted the need to address mental and physical health concerns, especially in communities of color.

Awards & Acknowledgements

Equity for All



Juli-Grey Owens presenting virtual training for our team

As part of our commitment to diversity, equity and inclusion (DEI), the Guidance Center held a two-part staff training in January and February led by Juli Grey-Owens, Board Chair & Executive Director of Gender Equality New York Inc. (GENY). The series, titled Gender 101 and Creating Supportive Care & Services for Gender-Expansive People, gave our clinicians valuable insights into issues faced by the gender-expansive community.

“As the definitions and concepts related to self-identification continue to evolve, it is important that we are all mindful and understanding of how to best support all of our clients,” says Jennifer Rush, Guidance Center Associate Executive Director. “Juli’s excellent presentations helped our team to be well versed regarding specific strategies to support our gender-expansive clients.”

The Guidance Center holds monthly staff trainings on a variety of topics, with some given by our own clinicians who have specialties in specific areas and others, like this one, by outside experts.

Greentree Supports Grandparents



The Greentree Good Neighbor Fund, a philanthropic organization that is a true Long Island treasure, supports our C-GRASP program, which provides services to grandparents who are the primary caregivers of their grandchildren. We are so grateful for their generosity. Pictured at

Greentree’s recent luncheon are Guidance Center Executive Director/CEO Kathy Rivera (left) and our Board Treasurer and Manhasset resident Mary Margiotta (right), with Thomas O’ Malley, Chair of the Greentree Good Neighbor Fund Selection Committee. Thank you to both Tom and Mary for their dedication to our mission!

They Care!



Pictured left to right: Lauren McGowan, Rosalia Baiamonte, Joseph LoPiccolo, Deanne Caputo and Dr. Nellie Taylor-Walthrast

Many thanks to the **Nassau County Bar Association’s WE CARE Fund** for their generous donation to support our work at the Children’s Center at Nassau Family Court bringing hope and healing to children and families on Long Island! WE CARE raises funds to improve the quality of life for children, the elderly and others in need throughout Nassau County.

Thank You Andy Foundation!



Andy Foundation founder Jill Palmeri, left, with Kathy Rivera and Lauren McGowan

We are so grateful to everyone at the **Andy Foundation** for their generous \$10,000 donation to support our Douglas S. Feldman Suicide Prevention Project. The Andy Foundation was formed in 2004 to honor the memory of Andrew Patrick Palmeri. Andy’s family, young friends and their parents came together with the mission of helping less fortunate children. Visit their Yard Sale Shop in Garden City Park!

Babies R Us!



Marmeline Martin was the driving force behind collecting baby goods.

We are so grateful to Hofstra’s Minority Association of Pre-Health Students for holding a Baby Goods Drive for our Good Beginnings for Babies program! The students learned of our work through Birth Justice Warriors, a program of Hofstra University and the Guidance Center, which advocates for equity in birth outcomes for mothers of color. To learn more, contact Dr. Nellie Taylor-Walthrast at 516-997-2926. Go Hofstra!

Awards & Acknowledgements

Gift from the Girl Scouts

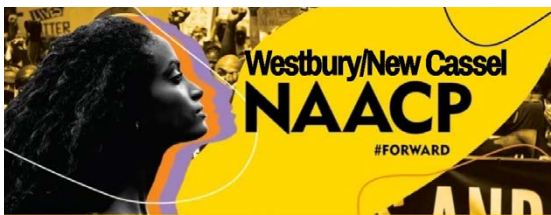


Some of the items from the Garden City Girl Scouts

Thank you to the members of the Garden City Girl Scout Troop and leader Michelle Bastiani for their donation of personal care kits for our Good Beginnings for Babies moms, as well as other clients in our Westbury office. This is the second time the girls have shown their compassion for others by putting

their time, energy and love into making care packages for our clients. Way to go girls!

NAACP Honors



**Woman In NAACP Present
Our 2nd Annual
Women's History Program
"Celebrating Women Who Tell Our Stories"
Pioneers, Present & Future Leaders**

Please Accept Our Invitation To Honor You

**Friday March 17, 2023
Social Hour 6:00pm Event Begins 7:00pm
Westbury Middle School**

Please Contact Robin (516)455-1026

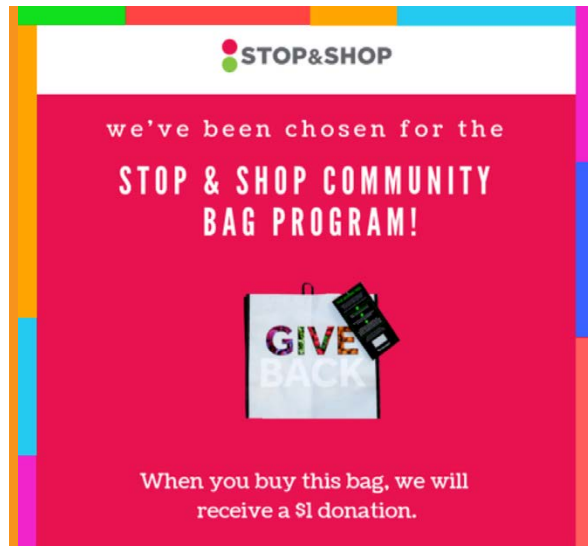
On March 24, 2023, our own Dr. Nellie Taylor-Walthrust, Director of our Westbury Leeds Place office, was honored by the Westbury/New Cassel NAACP at the Yes We Can Community Center.

"Dr. Nellie Taylor-Walthrust is a leader that I have admired and respected for many years for her dedicated service and advocacy to the improve the quality of life for so many people in the Westbury/New Cassel community."

Robin Bolling, President Westbury NAACP

Thank You Stop & Shop!

We are grateful to our friends at Stop & Shop for once again selecting the Guidance Center to be a part of its Community Bag Program, which is designed to make it easy for customers to contribute to their local community while supporting the environment. In February 2023, a portion of the proceeds for reusable bags bought at the Carle Place store were donated to support our work!



Giving Thanks



A few days before Thanksgiving, Guidance Center outreach worker Marmeline Martin delivered food baskets from Island Harvest to some of the clients in our Good Beginnings for Babies program and C-GRASP, which stands for Caregiver Grandparent Respite and Support Program. We know that feeling well mentally requires being cared for physically! Thank you to the wonderful folks at Island Harvest for all their hard work!

A Guidance Center client receives her food basket

In the News

Our three major fundraisers were big news, along with informational and inspiring stories on children's mental health and wellbeing.



Kathy Rivera was interviewed for multiple stories on CBS NY News in the last few months. She was also featured on a CBS News prime-time TV special entitled "Breaking the Stigma: Children and Mental Health."



In early January, Kathy Rivera was pictured in her office on the cover of Newsday with the headline "We Turn No One Away." One quote: "We are grassroots, and we are committed to equity in mental health regardless of what your ZIP code is, or what your bank account looks like. Everyone deserves to have access to care." Newsday also featured our experts in a story on the mental health crisis among girls and a piece on autism.



We were highlighted in the story, "Long Islanders are Struggling to Find Mental Health Services," as well as a story about National Grid employees volunteering to spruce up our Friends of Nancy Marks Nature Nursery.



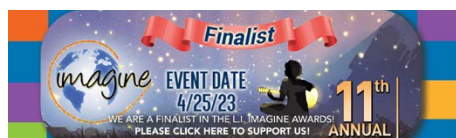
Our monthly feature "Parenting Plus," included stories on the dangers of driving impaired, talking about weight with your kids and other important topics.



This chain of weeklies covered our Morning Movies, our Douglas S. Feldman Suicide Prevention Project and several other programs and events at the Guidance Center.

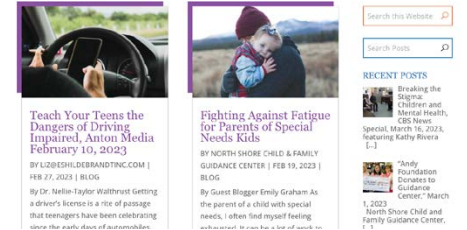


This local paper covered a donation to us by the Andy Foundation.



Kathy Rivera and Paul Vitale attended the celebrations at Crest Hollow where the Guidance Center was a finalist in this prestigious award ceremony.

Social-izing



We have a vibrant presence on social media, where we promote our upcoming events; highlight our staff's presence in the community and as presenters at professional workshops; and share important stories on the mental health and well-being of children, teens and families.



Our popular Staff Spotlights showcase various team members, from our clinical team to front desk personnel to administrative staff.



Thank you once again to Charlotte Cooper for the wonderful graphics she is doing for us! Please join us on Facebook, Instagram and LinkedIn!



The Guidance Center launched a new fundraising appeal – thank you to our new monthly donors!



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

All of the children and families served by the Guidance Center – Kathy Rivera

Terry Brown's Birthday – Leslie Tannenbaum

Allison Cacace – John Zenir

Amy Cantor – Denise Wolfbiss

Rita Castagna – Dr. Margaret Cuomo

Ruth Fortunoff Cooper – Suzanne Gould; Jennifer Gross; Michele Silverman

Ellen Feldman's Birthday – Andrea Lev, Rosanne and Samuel Spear

Joan Grant – Nori Elson

Nancy Lane – Katherine and John Shutkin

Danielle and Edward Major – Rita Castagna

Deirdre and Tony Major – Rita Castagna

Alexis Siegel – Nori Elson

In Memory of

Marilyn Albanese's sister-in-law – Andrea and Michael Leeds

Frank Castagna – Marilyn Castagna

Douglas S. Feldman – Jean and Jeffrey Forman; Karen Jacobson; Rosemarie and Mitchell Klipper

George Ferrara – Valerie and Rick Ritacco

Joshua Grossman – Julie Aronowitz

Matthew Harris – Renée and Murray Beckerman

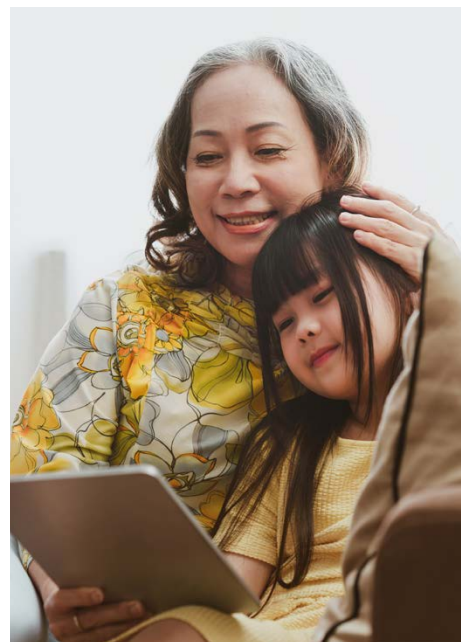
Ina Kupferberg – Rosemarie and Mitchell Klipper

Gloria LaFerlita – Linda and Mark Ugenti

Leonard Rautenberg – Andrew Borinstein

Marie Rautenberg – Andrew Borinstein; Blossom Miller

Jason Daniel Witrer – Magda Herling; Michelle Makris; Laura and Elliot Schwartz; Audrey Serel; Jonathan Simon; Bonnie Witrer



Grants

Andy Foundation - \$10,000 for the Douglas S. Feldman Suicide Prevention Project

Peter & Jeri Dejana Foundation - \$10,000 for General Support

Glen Oaks Club - \$5,000 for General Support

The John and Janet Kornreich Charitable Foundation - \$30,000 for the Latina Girls Project

Fay J. Lindner Foundation - \$25,000 for the Let the Light In Campaign

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

MJS Foundation - \$100,000 for General Support

Nassau County Bar Association We Care Fund - \$2,500 for the Family Court Children's Center

PSEG Long Island - \$5,000 for The Fay J. Lindner Foundation Triage & Emergency Services

Rapaport Family Charitable Trust - \$10,000 for the Douglas S. Feldman Suicide Prevention Project

The Peter and Caroline Striano Foundation - \$25,000 for General Support

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

480 Old Westbury Road
Roslyn Heights, NY 11577-2215
tel: (516) 626-1971
fax: (516) 626-8043
www.northshorechildguidance.org



@NSCFG



the_guidance_center



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North Shore Child & Family Guidance Center



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charity



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the GuideStar Exchange
Seal, demonstrating its
commitment to transparency.

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NORTH SHORE CHILD & FAMILY GUIDANCE CENTER



MONDAY JUNE 5, 2023

AT NASSAU COUNTRY CLUB, GLEN COVE, NY

REGISTER TODAY: NORTHSHORECHILDGUIDANCE.ORG/KREVATCUP2023 OR 516.626.1971 X309