

The Impact You Make

As a parent, there are few things more difficult than learning that your child is experiencing severe depression, anxiety, and suicidal ideation. With children and teenagers facing more complex issues than ever and rates of suicide on the rise, many families are unsure where to turn when faced with mental health crises.

At North Shore Child & Family Guidance Center, we are dedicated to treating every high-risk client who walks through our doors within 24-48 hours, a remarkable turnaround time made possible by two comprehensive initiatives: The Douglas S. Feldman Suicide Prevention Project and The Fay J. Lindner Foundation Triage & Emergency Services.

A Rounded Approach

Every aspect of a child's environment can have a meaningful effect on mental health. That's why we take a multifaceted approach in providing a wide range of support for the families we treat.

With a surge in school refusals since the pandemic, advocating for clients' needs in the educational system has become more integral to the mission. "Children became so accustomed to isolation that



this can only happen through open communication and accessibility to mental health professionals.

Because of the negative perceptions surrounding mental health, teens experiencing suicidal ideation often believe that they are suffering alone. In a time when adolescents receive the majority of their socialization through social media and online platforms, group therapy has become a vital way to connect struggling teens with one another.

"As they work together to build confidence, social skills, and healthy coping habits in a safe environment, teens are taught that reaching out for help is a sign of strength, not weakness," says Smilowitz.

A Teen's Success

The Guidance Center recently saw a 17-year-old girl, "Katie," whose depression and anxiety made it nearly impossible for her to find meaning in life. She found herself isolated from family and friends, refusing to attend school, and using unhealthy coping mechanisms to get through each day.

Following a 10-day hospitalization after an attempt to end her life, Katie was referred to the Guidance Center. It was here that she began her journey towards healing by attending individual, family, and group therapies while working with a psychiatrist to find a medication that worked for her.

Throughout her treatment, she developed healthier adaptive coping skills and learned how to challenge her internal dialogue through mindfulness, problem solving skills, and self-compassion. Katie plans to attend college in the fall and looks forward to a bright future she never before imagined for herself.

Stories like Katie's wouldn't be possible without the help of dedicated supporters like you. As we work to break the stigma in our communities and foster environments where children can thrive, we are proud to build a future where every family can envision a brighter tomorrow.

If you would like to support or learn more about our Emergency, Triage, & Suicide Prevention Services, contact us at (516) 626-1971.

"As they work together to build confidence, social skills, and healthy coping habits in a safe environment, teens are taught that reaching out for help is a sign of strength, not weakness."

the thought of going to class each day provoked overwhelming anxiety," says Elissa Smilowitz, Director of Emergency, Triage & Suicide Prevention Services. "We work in tandem with school social workers and administration to find what best suits the needs of our clients."

Healing begins in the home, which is why family therapy is such a large part of our emergency services. "It's important for parents and kids to have open communication with one another," says Smilowitz. "Many parents aren't sure how to relate to their children or navigate the technology that shapes their lives. By strengthening the family system, we ensure each child has the support they need to not only survive, but thrive."

Breaking the Stigma

"We have come a long way, but we are still far from breaking the stigma surrounding suicide," says Kathy Rivera, Executive Director and CEO of the Guidance Center. "It is so important to prioritize and engage in discussions about mental health struggles, understanding that this issue affects all children and their families, regardless of their background. Families need to know that there is help waiting for them, and

Inside This Issue:

Donor Profile: Tracy Brown PAGE 3

Spring Luncheon PAGE 5

Splashes of Hope PAGE 12

Plus

More Ways to Give PAGE 11

A Message From The Executive Director/CEO

The Need for Connection



Studies by the Centers for Disease Control and Prevention have shown that social connectedness plays a significant role in preventing and lowering rates of depression, anxiety, and suicidal ideation. We know that children need connection, but in a time when social media serves as the main form of socialization, meaningful interactions that are essential to a child's development are being stripped away before our eyes.

In this issue of Guidelines, we reflect on the repercussions of our increasingly disconnected world. Young people feel more alone and hopeless than ever, with suicide remaining the second leading cause of death in adolescents and young adults aged 10-24. Without strong social support, teens are left unable to handle the stressors of daily life, turning to harmful habits instead of one another. At North Shore Child & Family Guidance Center, we see their needs, and we strive to respond with expansive programs and services that bring children and families together.

By providing opportunities for genuine, in-person engagement in the form of group therapy and community activities, we empower children and adolescents to form meaningful relationships with one another — the relationships they need to thrive.

A Pillar of the Community

For over 70 years, the Guidance Center has prided itself on being the preeminent not-for-profit children's mental health agency on Long Island, turning no one away for an inability to pay.

Throughout the global pandemic we were here, offering telehealth services to ensure families found a way to cope with isolation. While others were turned away due to long waitlists or lack of insurance, we gladly opened our doors to any and every family seeking access to care. I am truly honored to serve in an organization that stands out as a pillar in the community, helping so many Long Islanders find hope and healing for their loved ones. We could not do this without the support of our valued donors.

Our long history has meant forging deep ties within our community. Schools, hospitals, and other nonprofits refer young people aged 0-24 to us, trusting our ability to handle each case with the care and compassion our clients need and deserve. Similarly, our devoted donors recognize and support our work, acknowledging the profound impact the Guidance Center has on those we treat.

Our Partners

You will also note that we proudly highlight the many partnerships that enrich the programs offered here at the Guidance Center and, in turn, enhance the lives of every child and family we serve.

I want to extend my sincerest gratitude to our partners whose impact is felt in every aspect of the center. Organizations such as Splashes of Hope and National Grid have transformed our offices with lively murals and interactive gardens. Our collaborations within the Hempstead Public School District and North Shore Animal League America bring innovative group therapy sessions, allowing our clients to grow with their peers in safe and exciting ways.

I'm humbled to collaborate with such powerhouses as we work together to bring accessible, life-saving therapy to everyone in need.

Our promise to you

We cannot stress enough how appreciative we are for your immense support throughout the years. You can be assured that as mental health needs continue to shift, we will adapt our programs to meet that changing landscape, ensuring that no child is left without proper care.

Sincerely,

A handwritten signature in blue ink that reads "Kathy Rivera".

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 2024

Editorial Director: Lauren McGowan

Writer: Melissa Lalonde

Contributor: Nicole Oberheim

Designer: Elizabeth S. Hildebrandt, Inc.



Donor Profile: Tracy Brown

Donors of the Guidance Center have a variety of backgrounds that imbue their contributions towards our work with a deeply personal meaning. One such case is that of Tracy Brown, a Licensed Clinical Social Worker dedicated to strengthening the emotional well-being of children and adolescents throughout the course of her career and beyond. A graduate of the University of Florida, she received her master's degree in Social Work at New York University and later went on to open her own private practice.



The Brown family

The Importance of Access

As a social worker and mother deeply connected to her community, Tracy Brown knows firsthand how important it is for children to have access to mental health treatment.

Her decade-long career working in both inpatient and outpatient mental health fostered a passion for helping children and adolescents. Following her post-master's degree at NYU/Bellevue, she was placed at a clinic at one of Manhattan's failing high schools, where she counseled many first-generation students from low-income areas. Here, she saw on a daily basis the impact mental health care has on youth.



Bonney Krevans, Nancy Polikoff and Tracy Brown

"There's such a huge need for compassionate, competent care," says Brown. "Children today face so many challenges. It brought me immense fulfillment to provide them with support and help them develop the tools to navigate the difficulties they were experiencing."

Brown praises the Guidance Center's

mission of providing treatment to everyone who walks through the doors, regardless of an inability to pay. "Mental illness can affect anybody, regardless of class or economic status. The Guidance Center truly bridges the gap by providing each child and family with the help they need."

Increasing the Reach

Since 2022, Brown has been an active member of the Guidance Center, spending much of her time serving on the Spring Luncheon and Gala Committees and working to increase the reach of the Guidance Center's work to new people and prospective donors.

"I really encourage anyone who cares about children to explore the work of the Guidance Center," says Brown. "There are so many innovative programs you won't see anywhere else. They know that treatment isn't 'one size fits all,' and are dedicated to finding a plan that works for the needs of each specific family."

Brown has also played a pivotal role in expanding the Guidance Center's social media presence. Since she began posting about Guidance Center programs, initiatives, and ways to break the mental health stigma, the following has increased by an impressive 750%!

"Expanding our online voice has been a vital part of our strategic plan to increase awareness of the Guidance Center," says Lauren McGowan, Director of Development. "Tracy Brown's work not only spreads the word about our mission but normalizes the conversation

surrounding mental health treatment."

Though she acknowledges that social media has the potential for harm, Brown has found the various platforms to be effective in promoting the positive messaging of the Guidance Center's mission, reaching people throughout Long Island who might otherwise never learn of the agency.

Serving Others

Brown's commitment to philanthropy and services

permeates every facet of her life, especially in her role as a mother to two children, Kaylie and Austin. Through her volunteer work and involvement with other nonprofit organizations like the Safe Center, Pink Aid, UJA, and the Long Island Coalition for the Homeless, she works to instill in her children the values of empathy, compassion, and charity.



Eugene Rogliano, Jen Rogliano, Tracy Brown, Bennett Brown

"Since I've become a mother, the idea of giving back has become even more important," she reflects. "I want my kids to know that we should always be looking out for others and helping those who need us. I hope to inspire them to get involved with philanthropy as they get older."

Aside from giving back to her community, Brown enjoys playing tennis, Pilates, being an active member of her PTA, and spending time with friends and family.

We are so thankful for Tracy Brown's unwavering support of the Guidance Center and her dedication to supporting the mental health of children and families!

Staff Profile: Dr. Phyllis Edelheit



Dr. Phyllis Edelheit

Dr. Phyllis Edelheit's journey towards becoming a child psychiatrist was not a straightforward path, but a testament to her resilience and passion for the field. After receiving her bachelor's degree in finance and accounting, Dr. Edelheit worked in business until she ultimately returned to her childhood dream of becoming a doctor over ten years later. "It wasn't something encouraged of women at that time," she recalls of her decision to pursue pre-med at New York Medical College.

Since 2010, Dr. Edelheit has worked as the Senior Child and Adolescent Psychiatrist in the Intensive Support Program, a Guidance Center initiative that offers specialized mental health services at three Nassau BOCES elementary and secondary schools. Her work emphasizes the importance of building trust and making incremental progress, recognizing that changing lives is a gradual process.

"Kids have an incredible perspective on

life that is a joy to see," she reflects. "My work with families allows parents to be the best they can be to help their children to succeed. For children, treatment gives them a new perspective and helps them remember that the world is a good place to live."

"Dr. Edelheit goes above and beyond for all of her clients, colleagues, and peers," says Dr. Reena Nandi, Dr. Edelheit's supervisor. "Her dedication to our mission is evident in the profound impact she has on each family she helps, and she is an indispensable member of our team."

Dr. Edelheit has been married to her supportive husband for 49 years, and is a proud mother of three and grandmother of one. As for the future, Dr. Edelheit doesn't believe she will ever retire. "When you love what you do, it doesn't feel like work. It's a mitzvah, a blessing to do good things in your life."

Volunteer Profile: Hayley Greenblatt



Hayley Greenblatt

In search of something meaningful to support for her mitzvah project, 13-year-old Hayley Greenblatt put her efforts into promoting and volunteering at Morning Movies with the Guidance Center. This annual family-friendly event raises vital funds for those struggling with mental health throughout the community while bringing people together for a morning of movies, food, and laughter.

"Mental health awareness is so important because we have to understand what people are going through in order to know how to help them," said Hayley. "Working with the Guidance Center has really opened my eyes to how effective mental health support can be."

Hayley spent the weeks leading up to the event promoting the fundraiser by sending

out messages to friends and family, as well as raising donations from those who were unable to attend. In educating others about the mission of the Guidance Center, she sparked a conversation on the importance of looking out for others.

"I think it's great that my generation cares so much about mental health. Social media and cyberbullying can really take a toll on teens, and I'm glad to see more people talking about these issues," Hayley said. "So many of my friends came out to support the event and help those in need!"

Lauren McGowan, Guidance Center Director of Development, expressed pride and gratitude to the teen for her help in making the event a success. "Young people are changing the way the world views mental health," she said. "Hayley started a meaningful discussion in her community while promoting a fun and purposeful cause!"

If you know a young person who is interested in volunteer or internship opportunities, please contact Lauren McGowan at (516) 626-1971, Ext. 320.

Fundraising Events: The Guidance Center Brings in Spring

On April 30, 2024, a sold-out crowd of over 250 guests came together for North Shore Child & Family Guidance Center's Annual Spring Luncheon. This year's event, which supports the Guidance Center's mission to restore and strengthen the emotional well-being of children and their families, garnered over \$100,000 in support.

The gathering at Glen Head Country Club began with a morning session of Mahjong and Canasta accompanied by exclusive boutique shopping from several of Long Island's most philanthropic small businesses including: Ameliora, A2Z Loungewear, Chintz Giraffe, Dash Accessories, Designs that Donate, Eye Candy, Kostume Klassics, Meryl Roesch Sunglasses, Precious Scripts, Walters Faith, and 2 Friends.

At the event, the Guidance center debuted its line of signature jewelry featuring the calendula flower, known for its healing properties. This symbol appeared on an elegant assortment of necklaces, representing the Guidance Center's mission of providing hope and healing.

After an elegant buffet lunch, Cathy Riva, founder of the wellness brand Celebrate Everyday, led the crowd in a guided meditation towards mindfulness. Follow-

ing this grounding exercise, Cindy Hsu, Emmy Award-winning anchor & reporter of CBS 2 News, shared a moving story of her journey in overcoming depression and suicidal ideation. Hsu is a longtime advocate of mental health and has found her passion in breaking the stigma surrounding mental health treatment.

"Cindy Hsu's story was an eye-opening account of the strength it takes to reach out for help," said Board President Alexis Siegel. "She showed remarkable resilience in the face of adversity and, in turn, inspired so many people in the room. I am proud to represent an organization that works to end the stigma and bring people together."

The luncheon would not have been such a triumph without the hard work of the co-chairs, Jan Ashley, Amy Cantor and Alexis Siegel. "I am grateful for this event because it allows the Guidance Center to help shift our society's attitudes towards children's mental health to a place of awareness, acceptance, and action," said Kathy Rivera, Guidance Center Executive Director/CEO. "Our success was achieved with the support of so many who are dedicated to helping our children and families on their mental health journeys toward hope and healing."

The Guidance Center is also grateful for the support of its sponsors:

Invitation

The Linda and Denis Cronin Foundation
Nancy Lane

Centerpiece

Joan Grant
The Peter and Caroline Striano Foundation

Dessert

Americana Manhasset
Jill Berman
Klipper Family Foundation
Alexis Siegel
United Healthcare

Boutique

Flagstar Bank
Mary Margiotta
Merry Slone
South Oaks and Zucker Hillside Hospitals

Raffle

Marilyn Albanese
Jan Ashley
Tracy Brown
Ruth Fortunoff Cooper
Stephanie Ginsberg
Robyn Jaslow
Andrea Leeds

Game

Flagstar Bank
Debbie Klein
Lauren Schiff



Cindy Hsu



Alexis Siegel and Nancy Lane



Kathy Rivera, Carol Marcell, Jo-Ellen Hazan



Nancy Williams, Bonnie Greenfield, Judy Mittleman, Ruth Fortunoff Cooper



Alexis Siegel, Kathy Rivera, Mary Margiotta, Ruth Fortunoff Cooper



Cathy Riva, Amy Cantor, Kathy Rivera, Cindy Hsu, Alexis Siegel, Jan Ashley

Fundraising Events

Now Playing: Morning Movies!



“Morning Movies with the Guidance Center,” our annual family-friendly fundraiser, brought the community

together for an enjoyable morning of popcorn, bagels, drinks, and a choice of three movies: Barbie, Kung Fu Panda 4, and You Are So Not Invited to My Bat Mitzvah!

“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,” said Jeffrey Greenblatt, one of the event’s co-chairs and a Guidance Center Board Member. “Plus, my family had a wonderful morning, and I get to set an example for my three daughters. It’s important to me that my children understand the value of serving your community.”

Co-chair Joshua Brookstein, who attended the event with his daughter, said, “It’s always a pleasure to support the mission of the Guidance Center. Ensuring the well-being of our children is crucial, and I’m happy to contribute to efforts in raising

funds and awareness for mental health.”

Kathy Rivera, the Guidance Center’s Executive Director/CEO, thanked everyone who came out to support the event, as well as the event’s sponsors: **Liberty Utilities, Sahn Ward Braff Koblenz, PLLC, Cullen & Dykman LLP, Harris Beach, the Greenblatt Family, and the Slade Family**, along with **Manhasset Cinemas** for generously hosting the event.

“It was an absolute delight spending time with so many children and families to raise awareness about our work while also having fun!” said Rivera.



Co-Chair Jeffrey Greenblatt with his family



Troy and Violet Slade



Jennifer Rush, Lauren McGowan, Kathy Rivera, Alexis Siegel



Volunteer Hayley Greenblatt & Friends

Little Words – Big Impact

Our signature bracelet in partnership with Little Words Project closed out 2023 with Healing Vibes! Supporters of the Guidance Center loved passing on the wearable affirmations to friends and family, ensuring everyone got a chance to enjoy the customized bracelets.



These Little Words had a big impact – with 25% of proceeds directly uplifting our mission, each dollar raised proves that kindness is truly a superpower.



Our Champion: Americana Manhasset



Melissa Lalonde, Jo-Ellen Hazan, Lauren McGowan, Kiera Cohen, Kathy Rivera, Rita Castagna, Robert Ronzoni, Nina Ronzoni, Cathy Castagna

Americana Manhasset’s long-standing shopping benefit, Champions for Charity, brought the community together in support of over 150 nonprofit organizations during the holiday season. With 25% of every purchase going directly towards our lifesaving mental health services, this event imbued the holiday shopping experience with a sense of purpose and impact.

Kicking off the 3-day event, the Guidance Center was generously hosted by Brooks Brothers, providing us with a platform to educate shoppers about our mission. Our Board members, supporters, and staff came out to enjoy the food, drinks, and share in the festive spirit! Thank you to Rita Castagna, Americana Manhasset, and Brooks Brothers for welcoming us in this seasonal community fundraiser!

Educational Trainings & Outreach

Mental Health Youth Summit



Photo Credit: Long Island Herald

On March 26, 2024, Guidance Center clinical supervisor Francesca Carbone participated in the Long Island Youth Wellness Summit, hosted by the Society for the Prevention of Teen Suicide, sharing resources on our Douglas S. Feldman Suicide Prevention Project. The important event was held at the Brookside School Building in Merrick and saw over 350 attendees dedicated to the mission of supporting mental wellness and suicide prevention.

Parent University



Melissa Lalonde and Lauren McGowan

J.W. Dodd Middle School in Freeport held its annual Parent University night on January 23, 2024. The event showcased the different mental health services located on Long Island, and the Guidance Center was pleased to share its many lifesaving mental health resources with the families of Freeport. The evening featured a special presentation on the science behind stress and a demonstration on grounding exercises to calm the body.

Social Emotional Learning



Marmeline Martin and Pascale Nerestant

On November 18, 2023, at Westbury High School's second annual Health and Wellness Social Emotional Learning Fair! The event welcomed students and their families to learn more about the importance of physical and mental health through exciting workshops, exhibitions, health screenings and discussions with our community outreach workers Marmeline Martin and Pascale Nerestant.

Wellness in the Home



Inna Mishiev, Vicki Montalvo, Chris Herman, Kathy Rivera

Kathy Rivera led a series of parenting workshops in partnership with the Special Education Advisory Committee (SEAC) at the Hicksville School District. Focusing on the importance of maintaining wellness in the home, Rivera offered useful tips on positive parenting, managing emotions, coping with stress, and connecting with your child in a meaningful way.

Self-Care for Parents



Clinical Supervisor Sudha Sarker and two interns from the Community and Home-Based Services program, Cecilia Bradley and Arianna Cartagena,

brought awareness of the importance of self-care for parents to the Hicksville Special Education PTA meeting, defining the topic of wellness in its different forms. The group discussed their favorite wellness techniques and identified the most difficult form of self-care: asking for help.

Nonprofit Leadership Conference



Nyrekia White and Kathy Rivera

Kathy Rivera spoke at Molloy University for the Annual Nonprofit Leadership Conference on November 17, 2023. Rivera was part of a panel discussion surrounding the importance of collaboration in a nonprofit, sharing key insights on how to bring multiple viewpoints together for a harmonious outcome. Thank you to all who contributed to this productive discussion!

Educational Trainings & Outreach

NAACP Screening



Dr. Nellie Taylor-Walthrust

In honor of Black History Month, the Westbury/New Cassel NAACP presented a viewing and panel discussion of the film “The Killing of Kenneth Chamberlain, Sr.” Nendler Michel sat on the panel and Dr. Nellie Taylor-Walthrust moderated the conversation, discussing strategies and sharing resources to address mental health issues and policing in our communities.

H.E.L.P with Stress



Joe Laracuenta, Kathy Levinson, Jeff Stone, Kathy Rivera, Mary Aguilar, Cathy Riva

The Guidance Center was proud to participate in Project H.E.L.P Long Island’s six-session seminar on mental health at Port Washington Public Library. Kathy Rivera opened the evening with a presentation on coping and stress, demonstrating breathwork exercises and the different types of stress that we encounter throughout life. Rivera was joined by fellow mindfulness experts, clinicians, and even a Tai Chi instructor, who closed out the session with an exciting exhibition!

Young Men’s Empowerment



Nendler Michel and staff

Director of Clinical Services Nendler “Dee” Michel and other outreach workers attended the Second Annual Young Men’s Empowerment Day at Hempstead High School. This event was an opportunity for the young men in the school community to be supported and inspired to reach their full potential, both academically and personally.

Trauma Responsive Training



Lauren McGowan, Jennifer Rush, Kathleen Monihan, Kathy Rivera

Thanks to the generous support of the **Rapaport Family Charitable Trust**, the Guidance Center contracted with Stony Brook university’s School of Social Work to provide an agency-wide series of trainings on Trauma Responsive Assessments and Treatment.

Kathleen Monihan, DSW, LCSW, LMFT, conducted the trainings for clinical and non-clinical staff at the Roslyn Headquarters.

Building Healthy Lives



John Venza and staff

We welcomed John Venza, Vice President of Adolescent and Residential Services and Business Development for Outreach Development Corporation, to The Leeds Place for a “Cannabis in our Communities” staff training day. We are proud to partner with Outreach for residential addiction services for adolescents and young adults and look forward to building healthy lives for those struggling with chemical dependency!

Transforming Culture, Cultivating



Lauren McGowan

Lauren McGowan, Director of Development, attended the Nassau County Office of Mental Health, Chemical Dependency, and Developmental Disabilities Services’ 2023 Multicultural Conference. Held at the New York Institute of Technology’s de Seversky Mansion, the

mission of this conference was to raise awareness and provide culturally informed assessments and intervention education that acknowledges, respects, and integrates patients’ and families’ cultural values, beliefs, and practices that lead to recovery.

In Memory of Andrew Malekoff



We deeply mourn the loss of Andrew Malekoff, who passed peacefully in March 2024. Andy, who joined the Guidance Center as an intern in 1977, served as our organization's Executive Director/CEO for 15 years. He worked tirelessly to ensure children and families suffering from depression, anxiety, suicidal ideation, substance use, and other crises had access to the critical mental health care they needed.

A hands-on activist, Andy often testified at county and state legislative hearings, bringing the need for support for mental health organizations to the attention of government leaders. Andy received numerous awards and accolades for his leadership in human services, including the NY State Social Work Education Association Social Work Practitioner of the Year award. A prolific writer and editor, Andy served as an adjunct professor at Adelphi and New

York University's Schools of Social Work and on the board of the International Association for Social Work with Groups. For over 25 years, he led Social Work with Groups: A Journal of Community and Clinical Practice as Editor-in-Chief. His acclaimed book, Group Work with Adolescents: Principles and Practice, remains a top choice for the Behavioral Science Book Club, now in its 3rd edition.

Beyond academia, Andy was a fixture in public discourse. He penned hundreds of opinion pieces and letters for prestigious publications like The New York Times, Washington Post, Albany Times Union, Newsday, Anton Media and Blank Slate Media. His impactful writing garnered recognition, including the David Award, the NY Press Association Journalism Award, and the Blank Slate Media Folio Award.

Andy was known for a remarkable blend of qualities: humility, patience, intellect, empathy, and a passion for political activism. He had a relentless appetite for cutting jokes and merciless humor but was happiest when navigating the Long Beach boardwalk in the early morning.

Andy will always be remembered as a cherished leader of the Guidance Center. We extend our sincerest condolences to his wife Dale, his children Jamie, Darren, and Annalisa, and all his loved ones.



A Festive Gathering

The holidays were joyfully celebrated at the Roslyn office, where staff from all three locations joined together to celebrate the season! Everyone enjoyed the food and treats brought in by fellow colleagues while sharing in the holiday spirit.



Kathy Rivera, Mary Margiotta, Lauren McGowan, Kiera Cohen

Staff Appreciation

Team members from all three offices gathered together for a wonderful afternoon filled with conversation and delicious lunch! Thank you to Dr. Reena Nandi for generously providing food for all to enjoy.



Staff members bonding together.



The Guidance Center staff enjoys a delicious lunch



Our staff enjoying the afternoon

Program Highlights

Transformative Trips

The Latina Girls Project allows high-risk adolescents to see the world in an exciting and refreshing way.

In addition to providing culturally informed individual and family therapy, the program gives clients the unique opportunity to build confidence, self-expression, and social skills in the form of monthly outings. Recent trips have included cooking lessons at the Cooking Lab, attendance to *Wicked* on Broadway, and a team-building excursion to Q-ZAR!

These outings are made possible by the generosity of the **John and Janet Kornreich Charitable Foundation**. Thank you so much for all you do to bring our clients hope and healing!



Latina Girls Project clients and staff at the Cooking Lab

Healing in Nature

Our Wilderness Respite Program gives teens the opportunity to unplug from technology and connect with one another in nature. On outings to places such as Blydenburgh County Park, Harri-man State Park, and Jones Beach, adolescents join their peers in a refreshing environment away from the stressors of school and screens alike. While strengthening their independence and teamwork, participants are given a chance to bond with others who face the same struggles they do.

“This is such a life changing program that gives teens the opportunity to appreciate and interact with nature while engaging in its highly therapeutic components,” says Gillian Uhl, Mental Health Program Clinical Supervisor and Wilderness Program

Clinical Supervisor. “Teenagers, young adults, and their parents have continuously shared with me the lifesaving work that the Wilderness Program provides. Not only do I see it, but I have been very lucky to lead it.”



NYS Assemblywoman Gina L. Sillitti



Lauren McGowan, Mary Margiotta, NYS Assemblywoman Gina L. Sillitti, Janet D. Lavin, Kathy Rivera

On December 21, 2023, Lauren McGowan, Mary Margiotta, and Kathy Rivera welcomed NYS Assemblywoman Gina L. Sillitti and District Office Liaison Janet D. Lavin to the Guidance Center's Roslyn Heights Headquarters! Thank you so much for your continued support of our mission of bringing hope and healing to children & families throughout the community.

NYS Assemblyman Keith Brown



NYS Assemblyman Keith Brown and Kathy Rivera

Kathy Rivera met with NYS Assemblyman Keith Brown, ranking member of the New York State Assembly's Committee on Alcoholism and Drug Abuse, at the Lunch & Learn with the Office of Mental Health and the Office of Addiction Services and Supports Commissioners. Together, we are working to build a brighter future of care for those living with co-occurring disorders throughout Long Island.

Supervisor Jennifer DeSena



Town of North Hempstead Supervisor Jennifer DeSena visited the Marks Family Right from the Start 0-3 + Center in Manhasset to celebrate International Day of Education! We are so grateful for your ongoing support and dedication to our work.

Supervisor Jennifer DeSena and Kathy Rivera

NYS Senator Jack Martins



Lauren McGowan, Kathy Rivera, and NYS Senator Jack Martins

Lauren McGowan and Kathy Rivera met with NYS Senator Jack Martins on February 22! Thank you for your ongoing support of the Guidance Center's important mental health services.

More Ways to Give

The need for our services is greater than ever as we respond to the growing mental health crisis facing our children. Please consider offering your support in any of the following ways:

\$10 on the 10th

No contribution is too big or too small. You can help support our work by donating \$10 on the 10th of each month, allowing us to continue treating every family in need, regardless of an inability to pay. Visit our website today to sign up for your monthly gift which will bring lasting impact. Together, we are making a difference!



Volunteering

We would love help spreading the word about our vital programs and services. If you would like to come to our Roslyn Heights headquarters for 2 hours (at your convenience) on a Tuesday, Wednesday or Thursday any time from 9:00-3:00pm to make phone calls and impart information to interested supporters, please contact Lauren McGowan at LMcGowan@Northshorechildguidance.org, or (516) 626-1971 ext. 320.



Community Acknowledgements & Support

Splashes of Hope



Lauren McGowan, Dr. Nellie Taylor-Walthrust, Jim Knapp, Kathy Rivera

The walls of North Shore Child & Family Guidance Center look a lot brighter thanks to the wonderful murals donated by Splashes of Hope. The nonprofit organization, dedicated to transforming environments “from clinical to colorful,” paid a visit to The Leeds Place — Serving Young People on December 20, 2023 with the intention of bringing warmth and cheer to the space.

The Leeds Place, located in Westbury, is home to a variety of specialized services benefiting the youth of Nassau County, including programs for pregnant and parenting teens and adolescents struggling with alcohol and substance dependency. Clients are now greeted by an expansive mural depicting “A Sea of Possibilities,” instilling hope in all who walk through the doors.

“Splashes of Hope has transformed our waiting areas into a welcoming, eye-catching, and positive environment for



Jim Knapp

our patients and staff,” says Dr. Nellie Taylor-Walthrust, Director of The Leeds Place. “It’s exciting to see children and their families closely examining the custom mural, pointing out the various details they find interesting and exciting. The art has brought an exciting new life to The Leeds Place.”

“After meeting the staff at North Shore Child & Family Guidance Center and learning about their mission, we measured and assessed The Leeds Place and couldn’t wait to make a ‘splash,’” said Heather J. Buggee, Founder and CEO of Splashes of Hope. “To serve as a reflection of the positive energy, care and concern this staff exemplifies, Splashes of Hope created uplifting, thoughtful murals and focal points for families who enter North Shore Child & Family Guidance Center. We are grateful to have this important resource for children and families in crisis. Our intention is for the artwork to transform the space into a welcoming and uplifting environment.”

The Laurence W. Levine Foundation, a longtime supporter of Splashes of Hope’s work, made the beautification of The Leeds Place possible. “The Levine Foundation is well aware of the importance of mental health awareness and treatment for children and their families,” said Lesley Logue, a Director of the Levine Foundation. “Splashes of Hope transcends a once-dull space into a peaceful, calming backdrop to elicit a therapeutic response in a place like the Guidance Center. The designs, artistry and colors used can transform not only the walls, but the whole process for everyone who enters! Our hope is to continue supporting Heather and all of Splashes of Hope as they bring comfort to those who are facing difficult times, splashing away some of the darkness by bringing more color to their lives.”

Thank you so much to **the Laurence W. Levine Foundation** and Splashes of Hope for making this special project a reality!

Popping for a Purpose

Manhasset Key Club, a student-led high school organization, hosted a Double Good Popcorn Fundraiser just in time for the holiday season. This event showcased the commitment and dedication of these young leaders to making a positive impact in their community. Through this creative fundraising endeavor, the delicious treats brought in over \$1,000 for the Guidance Center! Special shoutout to Mikey Mondiello for his leadership with the Manhasset Key Club!



Healing is in the Bag!



Thank you to our friends at Stop & Shop for once again selecting us as a Community Bag Program nonprofit partner! This promotion provides shoppers with an easy way to support the Guidance Center through the purchase of reusable Give Back bags. Throughout April, we received \$1 for each bag sold at Stop & Shop’s Greenvale location, making an impact on both the community and the environment!

Community Acknowledgements & Support

International Day of Education



MTO Members, Supervisor Jennifer DeSena, and Sue Cohen

To celebrate International Day of Education, MTO Shahmagsoudi School of Islamic Sufism rallied the community to donate art and early learning supplies for the children of North Shore Child & Family Guidance Center. Dozens of gift

bags were donated and distributed to the young clients of the Guidance Center's Manhasset location, the Marks Family Right from the Start 0-3+ Center, providing an outlet for kids to use art and creativity as a way to strengthen their mental well-being. "The donation represents our collective effort to come together and spread the message of peace, love, and hope," said MTO volunteer Ellica Sedigh.

"The goodies in the bags align with the work that we do on finding appropriate activities to use as coping mechanisms and grounding skills," shared Dr. Sue Cohen, the Director of Clinical Services at the Marks Family Right from the Start 0-3+ Center.

Town of North Hempstead Supervisor Jennifer DeSena, a longtime supporter of both North Shore Child & Family Guidance Center and MTO Shahmagsoudi, stated "Mental health is something I have worked to promote and educate about for many years. MTO and the Guidance Center both share a devotion to mental health and finding balance in positive ways through serving and educating the community."

Amistad's Support



Dr. Nellie Taylor-Walthurst, Lauren McGowan, Kathy Rivera, David Kirschenbaum.

On December 7, 2023, Amistad Long Island Black Bar Association and Macon B. Allen Black Bar Association honored the Guidance Center with a gift of \$2,000 at their annual fundraiser, held at Neiman Marcus in Roosevelt Field.

"We were happy to join Neiman Marcus in support of a worthy cause," said Jawan Finley, President of the Macon B. Allen Black Bar Association.

Thank you so much for your ongoing support!

AKA Cares

On March 14, 2024, Westbury's Alpha Kappa Alpha Sorority generously donated an abundance of baby goods for our Good Beginnings for Babies program! Thank you so much for your support of this important program.



Dr. Nellie Taylor-Walthurst and Elvira Daniels

Baby Goods Drive



Dr. Nellie Taylor-Walthurst

We are so grateful to the Society of Public Health Advocates (SOPHA) at Hofstra University for yet another successful Baby Goods Drive! From November 1st to November 21, 2023, the third annual drive collected a variety of toys, clothing, and supplies for the clients of Good Beginnings for Babies, our program to assist pregnant and parenting teens.

To learn more about this important program, contact Dr. Nellie Taylor-Walthurst at (516) 997-2926.

A Stand Up Brunch



Melissa Lalonde, Lara Fortunoff, Marshall Bank, Kathy Rivera

Thank you so much to the B'nai B'rith Youth Organization for a wonderful Stand Up Brunch fundraiser in honor of the Guidance Center! Held at Mid-Island Y JCC, the Jewish teen leadership group came together in support of our mental health services. During breakfast, Kathy Rivera facilitated an open dialogue surrounding the mental health of today's generation, including a social experiment that exemplified just how important it is for young people and their families to support one another.



Our fundraisers were big news, along with informational and inspiring stories on the mental health and wellbeing of children and families.



Kiera Cohen, Director of Human Resources, was interviewed for the article “Helpful hires: recruiting and retaining staff at nonprofits.” Cohen discussed the importance of finding staff members who align with the values of the agency, as well as fostering a healthy work-life balance. A variety of notable events were featured in LIBN’s “On Our Island,” including Morning Movies, the Marilyn Lichtman Foundation grant, International Day of Education celebration, and the unveiling of our Splashes of Hope murals.



“Parenting Plus” is a monthly feature that tackles a wide scope of issues faced by parents. Stories included topics such as instilling gratitude in children, caring for loved ones with alcohol and chemical dependency, and many other important subjects.



Dr. Nellie Taylor-Walthrust was featured in the story “Reproductive Rights and Equality for All” due to her participation in a panel discussion on women’s reproductive rights at Freeport Memorial Library.

“What is happening in Nassau County drove us to action,” Taylor-Walthrust said. “We make sure that mother and baby have as healthy an environment as they can, and we teach them that they have a right to ask questions. We educate the hospital doctors and nurses and social workers to treat the mothers with respect.”



Readers write in to our monthly “Ask the Experts” advice column regarding a variety of parenting queries, ranging from managing expectations to helping children overcoming unemployment. Want to submit a question to the Guidance Center Experts? Email communications@northshorechildguidance.org for a chance to be featured in an upcoming story.



Kathy Rivera made an appearance on Apple podcast “Help! Make It Make Sense” to break down the collective trauma brought on by the Covid-19 pandemic and other global and localized tragedies. Rivera joined hosts Dr. Toni Eyssalenne and Dr. Aimee Bernard to discuss the importance of preserving relationships that matter to us, exploring ways we can center our personal choices while ensuring that they don’t hurt those around us.



CBS 2 News at 9am anchor Cindy Hsu gave the Guidance Center’s sold-out Spring Luncheon a shoutout!



Check out our blogs for additional insights into all things mental health related! Recent blog posts include “Keeping Kids out of the Courtroom,” “Mental Well-Being During Pregnancy,” and “Staying Organized as a Parent on a Budget.” We welcome story pitches from guest bloggers, so contact communications@northshorechildguidance.org with your ideas!



We have an active presence on social media, so follow us to get connected! Find us on Facebook, Instagram, X, and LinkedIn for the latest updates on upcoming events, program news, mental health tips, and ways you can advocate for mental well-being!

Grants

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

The Linda & Denis Cronin Foundation - \$5,000 for General Support

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

The Kupferberg Foundation - \$25,000 for General Support

Marilyn Lichtman Foundation - \$10,000 for the Family Court Children’s Center

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 - \$5,000 for the Family Court Children’s Center

Rapaport Family Charitable Trust - \$50,000 for Evidence Based Trainings for Treatment of Trauma

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

In Honor, In Memory or to Celebrate

Gifts to North Shore Child & Family Guidance Center can be made in honor or in memory of 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 – Lynn Drucker

Amy Cantor – Joanne Silverman

Rita Castagna – Deirdre Costa Major and Tony Major

Ruth Fortunoff Cooper – Paige Charles; Jennie Fortunoff; Suzanne Gould; Joanne Silverman; Sandra Weingarten; Rachel Zuckerbrot

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

Ellen and Donald Feldman – Alane and James Fagin

Kathryn Fisher – Penny Fisher

Ellen Bernstein Fox – Ashley May

Joan Grant – Peggy Binderow; Nori Elson; Marissa Binderow Gunner; Nanci Roth; Janice Schlesinger; Alexis Siegel; Merry Slone

Hayley Greenblatt's Bat Mitzvah – Michele and Evan Cagner; Jane Cohen; Nicole Eisenberg; Meredith Filiberto; Lauren and Jared Kanter; Beth Santopolo

Jeff Greenblatt – Jodi and Steven Bekoff

Rosemarie Klipper's Birthday – Debbie Kassimir; Lisa and Hank Leibowitz

Nancy Lane – Mira Cohn; Anne DePietro; Gay Schmergel

Nancy and Lew Lane – Katie Derasse; Margaret Wolpert

Christopher Lijo's Confirmation – Maureen McLoughlin

Lauren McGowan – Alexis Siegel

Alexis Siegel – Nori Elson; Nancy Gordon; Elisa Hecht; Amy Rosenberg; Nanci Roth; Cynthia Rubinberg; Janice Schlesinger; Mara Silverstein; Merry Slone; Amanda Stone

Troy Slade – Eric and Allison Boester; Ruth and Michael Slade

Steven Strauss' Birthday – Linda Schoemaker

Paul Vitale's Retirement – Steve Pasierb

In Memory of

Julian Bernstein – Ashley May

Selma Bernstein – Ashley May

Jeanette Priolo Clasen – Regina and Frank Miritello

Douglas S. Feldman – Ellen and Barry Birnbaum; Eileen and Stephen Dilbert; Jennifer and Jamie Lerman; Diane and Darryl Mallah; Robin and Thomas Margolis; Alicia and Russell Munves; Adrienne and Henry Rosenfeld; Reva and Alan Rothenberg; Ian Rowan; Beth Santopolo

George Ferrara – Valerie and Rick Ritacco

John Christopher Ferrari – Julianne Bresciani; Matilde and Cliff Broder; Joanne Connally; Eileen and Dennis Denihan; Mary Denisco; Joseph Ferrari; Maggie Ferrari; Patti and Bob Fountaine; Susan and Roger Fradin; Ann Harvey; Suzanne and Gary Hitzig; Christine and Louis Koskovolis; Billy Lyons; Keith and Michael Mait; Noelle and Louis Marak; Nora McAniff; Norvell Megginson; Toni-Ann



and John Nahas; Tina and Raj Narayan; Marie Patane; Deborah and Michael Rashti; Vanessa and Brian Rogan; Gay and William Schmergel; Joanne and Bob Sexton; Alexis and Howard Siegel; Catherine and Gus Tsea; Linda and Mark Ugenti; Diane Whitcomb

Helene Fortunoff – Michele Silverman

Baby Boy Lang – Nancy and Lew Lane

Irving Levine – Sue and Kenneth Cohen; Nancy and Lew Lane; Andrea and Michael Leeds; Margo and Richard Messina

Rochelle Lipton – Carol Wolowitz

Andrew Malekoff – Jan Ashley; Patricia Byrnes; Sue and Kenneth Cohen; Adele Delson; Patricia and Patrick Donoghue; Lynn Drucker; Fay J. Lindner Foundation; Luisa Filipe; Jennie Fortunoff; Ira Geller; Nancy and Lew Lane; Marion Levine; Carol and Andy Marcell; Margo

and Richard Messina; Bruce Miller; Pascale Nerestant; Nicole Oberheim; Brian Paich; Ritchie Roby; Jeffrey Sandler; Joanne and Bob Sexton; Alexis and Howard Siegel; Roberta Siroka; Nellie Taylor-Walthrust; Stuart Traurig; Marie and Paul Vitale; Ilene Vultaggio; Donna Wegener

Leonard Rautenberg – Andrew Borinstein

Marie Rautenberg – Andrew Borinstein; Blossom Miller

Vincent Russo – Linda and Mark Ugenti

Barbara Simpson – Edward Simpson

Joseph Vitale – Andrea and Michael Leeds; Marie and Paul Vitale

Mary Vogliazzo – Marilyn and James Castagna

Jason Daniel Witler – Sherry Lane; Bonnie Witler

Corinne Zodda – Regina and Frank Miritello

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

Non-Profit Organization
US Postage Paid
Permit No. 271
Roslyn Heights, NY
11577-2215



@NSCFG



@the_guidance_center



@NSCFG



North Shore Child &
Family Guidance Center



A Better
Business
Bureau
accredited
charity



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

SAVE THE DATE

North Shore Child & Family Guidance Center's

Annual Gala

NOVEMBER 13, 2024

NORTH HEMPSTEAD

COUNTRY CLUB