

## Treating Our LGBTQ Clients

Being a teenager brings with it many challenges, especially in a world where technology can spread a nasty message throughout a school in minutes.

But, while all teenagers face the prospect of being bullied, for teens who identify as LGBTQ (lesbian, gay, bisexual, transgender or questioning), the statistics are especially alarming:

- LGBTQ youth are nearly twice as likely to be called names, verbally harassed or physically assaulted at school compared to their non-LGBTQ peers, according to Human Rights Watch.
- LGBTQ youth are four times more likely to attempt suicide than their heterosexual counterparts, according to the Centers for Disease Control and Prevention.
- The National Alliance on Mental Illness reports that LGBTQ individuals are nearly three times more likely to experience a mental health condition such as major depression or generalized anxiety disorder than their peers.

Over the last few years, North Shore Child & Family Guidance Center has seen a steady rise in the number of clients who identify as LGBTQ, with the current number at about 100.

“The Triage program experienced an increase in adolescent girls with suicidal ideations and self-harming behaviors, questioning their sexual identity or gender,” says Elissa Smilowitz, Coordinator of Triage and Emergency Services. “It became apparent to us that much of the emotional upheaval in their lives was due to feeling like outcasts

with their family and peers due to their sexual identity or gender. Therefore, we decided to start the LGBTQ group, a safe place for these teens to speak about their feelings and find commonality with others struggling with the same issues.”

“At this age, most adolescents are experiencing some feelings of disenfranchisement, be it from peers or parents,” says Amanda Martin, a social worker at the Guidance Center who runs the group specifically for LGBTQ clients. “LGBTQ youth experience this at a much more intense level, coupled with fears of being abandoned, outed, physically hurt or completely ostracized by the ones they love.”

While most of her LGBTQ clients have come out to their friends, says Martin, many are reluctant to tell their parents. “I have had clients who remained closeted for fear of being rejected by their families or even kicked out of their homes,” she says. “They don’t know until they tell their families what will happen, and that is a petrifying feeling.”

Meaghan Miller, a mental health counselor at the Guidance Center, says that when one of her teen clients first came here for treatment for anxiety and alcohol abuse, it became clear that her identity as an LGBTQ individual was a major cause of her mental health and alcohol issues. She had bravely come out to her mother, but the reaction was devastating. “Her mother said ‘People can’t know this, what did I do wrong, what will people say about me?’ ” says Miller.

The family ignores it, which makes the teen feel uncomfortable in her own home. “A lot of time she was smoking pot and drinking to let go of her stress and anxiety,” Miller says, adding that with treatment, her substance abuse has ceased.



Miller advises parents to keep the lines of communication open with their children. “Parents need to engage with their child by asking questions, listening and verbalizing their support and love,” she says.

Schools can also play a crucial role in supporting their LGBTQ students. “They should train their staff to help them promote an inclusive environment,” says Miller. “They should have an anti-bullying policy or code of conduct that includes language specifically prohibiting harassment of LGBTQ-identified students.”

The services these individuals receive at the Guidance Center are in many ways similar to the services all of our clients receive, but with an added awareness and sensitivity to the issues that come with being LGBTQ in our society.

“The therapeutic methods used for treating LGBTQ youth are no different than treating anyone else in the primary sense that you address what is happening in their lives and how it is affecting their daily functioning,” says Martin. “For these kids, if they have not come out to their families and/or friends, it can manifest in many mental health related ways, including depression,

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## Getting Care For Mental Health: A Nationwide Problem

### Access delayed is access denied.

These are words that ring true for thousands of families across Long Island who have been unsuccessful in accessing timely and affordable mental health and addictions care through their health insurer.

How do we know this? From the stories that people tell us at North Shore Child & Family Guidance Center.

Health insurers are mandated by government to offer panels of providers so that families can find easily accessible, quality care for their loved ones—and not only for physical illnesses.

The problem of access for mental health care, however, is more complex and may begin with a family's hesitance to ask for help and to reveal that they are living with someone who is suffering from a mental illness. Families coping with mental illness or addiction do not as readily seek help as they might for heart disease, cancer or diabetes. Why? Because of stigma and the shame it generates. When there is a mass shooting for example, and the perpetrator is labeled mentally ill, it casts a shadow on all people with mental illness, despite the fact that mentally ill persons are disproportionately the victims—not the perpetrators—of violence.

In 2016, we launched Project Access, a new initiative to investigate the problems individuals and families face when trying to find timely and affordable mental health or substance use/addictions care. The effort is supported by the Long Island Unitarian Universalist Fund of the Long Island Community Foundation and includes an impressive stakeholders planning group made up of providers and consumers. Our research partner is L.I.U. Post.

In addition to L.I.U. Post, our partners run the gamut from consumers to advocates to providers. Partner organizations are NAMI (National Alliance on Mental Illness) Queens/Nassau, Families in Support of Treatment (F.I.S.T.), Central Nassau Guidance and Counseling Services, Association for Mental Health and Wellness, Danny's Dream Foundation and Wurzweiler School of Social Work at Yeshiva University.

With the help of many organizations, we have already gotten surveys back from almost 650 consumers all across Long Island. This was an anonymous survey that was created to discover how easy or difficult it is for people to find the care that they need.

The name for what we are investigating, "network adequacy," refers to the requirement of a health insurer to provide enrollees with timely access to a sufficient number of providers



included in the benefit contract. Network adequacy is an aspect of mental health parity, which is a matter of one's civil rights.

With all of the uncertainty surrounding access to affordable health care that has resulted from the confusion and conflicts in Washington, Project Access is especially timely. Once the surveys have been collected and analyzed, we expect them to provide vital information to decision makers and consumers. We are proud to be at the forefront of this important effort.

A handwritten signature in black ink that reads "Andrew Malekoff". The signature is fluid and cursive.

**Andrew Malekoff**  
Executive Director / CEO

Continued from page 1

anxiety, isolation, self-harm, suicidal ideation/thinking, planning or acting on suicidal feelings. The work is generally helping these kids find a support system so they feel safe and conducting family work to develop acceptance regarding the child as a whole person, not solely this one aspect defining the relationship they have with the people in their lives."

The good news is that virtually all of the LGBTQ clients seen at the Guidance Center have peers that love them unconditionally, says Martin: "They have more peers who are supportive than are bullies."

We're always working to meet the needs of the community with expanded

programming. The Guidance Center is planning to increase its trainings and programs for LGBTQ youth this fall. For more information, follow us on our Facebook page or visit our website, [www.northshorechildguidance.org](http://www.northshorechildguidance.org).

# Donor Profile: Lucille Kantor

It all started with an invitation to tea to hear about North Shore Child & Family Guidance Center. That day, in 1981, the dynamic Lucille Kantor learned about the work being done at the Guidance Center to help children and families in crisis. "I was so impressed and was immediately interested," she says. "The quality of the staff, then led by Marion Levine, was inspiring."

After several years of involvement, Lucille was named Board President in 1983, right before the purchase of our main headquarters, "Whispered Wishes." She played a major role during that crucial time, says Andrew Malekoff, Executive Director. "Lucille Kantor provided great leadership in establishing our headquarters in Roslyn Heights in 1984. It was Lucille's vision that the new building, originally constructed in 1905 by I.U. Willets, would profoundly change the Guidance Center's status. It was during the same period of time that North Shore Child Guidance Center added "Family" to its name. Lucille was a driving force in the Guidance Center's coming of age."

"It was a tremendous move because we were operating in a small building on Northern Boulevard at the time," says Lucille. "To move to the Whispered Wishes building was an amazing change. I think it was at least partially responsible for our added impact on the community."

Whenever Lucille saw an opportunity to help the Guidance Center, she never failed to act. "I was in Boston and happened to run into Gene Wilder. I was a little afraid to approach him, but I went up to him and introduced myself, and we became very friendly."

Lucille also became close to Mary Tyler Moore, who had become involved with the Guidance Center when she married Robert Levine, the son of longtime Guidance Center Executive Director Marion Levine. Gene and Mary performed in the play *Love Letters* as a benefit for the Guidance Center. "They put on a wonderful show," says Lucille. "It's one of my fondest memories of the Guidance Center. These were two major stars. To have them perform for us was very special."

Lucille had and still has a way of drawing friends to her circle, a quality that was of great benefit to the Guidance Center throughout the years. "She's a people person," says former Board President Nancy Marks. "People gravitate toward her, but she's still very modest. And she's very enthusiastic when she really believes in something."

"The force of her personality was always very strong," adds Sandy Garfunkel, a past Board President and close friend of Lucille's. "She was never afraid to voice her opinion."

Lucille's caring heart led her and her husband Martin to donate generously to the Guidance Center, sponsoring the Lucille and Martin E. Kantor Bereavement & Trauma Center at our main headquarters. Lucille still gets teary when speaking of Martin, her husband of 68 years who passed away in 2013.

"My husband was a wonderful speaker, and very handsome," says Lucille. She explains that after 9-11, when the Guidance Center was doing amazing work helping out the victims and their families, her husband stood up at a black tie dinner to praise the staff. "The

Guidance Center provided compassionate support to people in the community after the attacks," says Lucille. "It was a defining moment in our history."



These days, Lucille is cherishing her time with her family, which includes sons Jonathan, Joshua and Earle, and six grandchildren: Joseph, Eli, Luke, Adam, Samuel and Kyla. Grandson Adam recently performed on Broadway in a featured role in *Fiddler on the Roof*. "I saw it 25 times," says Lucille. "I used to bring the cast brownies."

That spirit of love and generosity doesn't surprise past Board President Jo-Ellen Hazan, one of Lucille's many fans. "Her dedication to the Guidance Center has been so important to our growth and success," she says, adding "She is the definition of elegance and class."

Former Executive Director Marion Levine adds, "Lucille was my partner from the moment I met her at Nancy Marks' home. Coming onto the board and becoming president soon after, she was relentless in her drive for us to become the premiere children's mental health agency. Her energy and generosity changed the course of our fundraising and the Guidance Center was never the same after her presence. We remain good friends to this day."

## Please Support the Guidance Center Through Our Annual Fund

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

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

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

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

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

**Thank you for your support!**

# Honor for Our Top Executive

We're proud to announce that North Shore Child & Family Guidance Center's Executive Director and CEO, Andrew Malekoff, was one of the winners of the prestigious Long Island Business News' Executive Circle Awards.

The Executive Circle Awards celebrate CEOs, directors and other senior level executives who consistently demonstrate remarkable leadership skills, integrity, values, vision, commitment to excellence, financial performance, community service and diversity.

Andy has been at the Guidance Center for 40 years and has been the Executive Director since 2007. The award honored his many contributions to our community. He has kept the Guidance Center vital and vibrant during all economic landscapes, and he has continued to be an innovator by creating new programs that specifically address the needs of our clients. Congratulations Andy!



LIBN Publisher Scott Schoen presents Executive Circle Award to Andrew Malekoff.

## Regina Barros-Rivera Honored by New York State



North Shore Child & Family Guidance Center is pleased to announce that Regina Barros-Rivera, our Associate Executive Director, was honored at the 2017 "What's Great in Our State—A Celebration of Children's Mental Health Awareness" reception for her leadership role in the organization. The award is very competitive. Only three individual honorees and two programs are selected statewide for successfully addressing the issues of children's mental health.

According to Andrew Malekoff, Executive Director of the Guidance Center, Barros-Rivera's contribution is critical to the Center's success. "We count on Regina's leadership in the overall clinical operation, from providing direct care to families to creating innovative programs that have healed thousands of children, teens and families," he says.

One of her many contributions is the Latina Girls Project, which she created as a result of the high incidence of suicide among this population. "The girls and their families are given the social, emotional and psychological support they need in a bicultural and bilingual context. This program has saved lives and staked hopeful paths for these girls," says Malekoff.

"I am honored to be part of an organization that supports services to children and families in dire need who have limited access to comprehensive quality-of-care clinical services," says Barros-Rivera. "Alone we cannot provide the much needed care for our children and families but as part of a collaborative of caregivers and the community, we can take on challenges that will give our children and families emotional safety and stability."

## Grants

**The Rita and Frank Castagna Family Foundation**  
\$25,000 for the Latina Girls Project

**Simon and Eve Colin Foundation**  
\$3,000 for General Support

**Diane Goldberg Foundation**  
\$25,000 for Maternal Depression

**Greentree Foundation "Good Neighbor" Fund**  
\$10,000 for the Latina Girls Project

**Hagedorn Foundation**  
\$10,000 for the Family Court Children's Center

**Klipper Family Foundation**  
\$15,500 for The Leeds Place – Serving Young People

**Janet and John Kornreich Charitable Foundation**  
\$48,500 for the Latina Girls Project

**Jack & Dorothy Kupferberg Family Foundation**  
\$20,000 for General Support

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

**Manhasset Community Fund**  
\$4,000 for General Support

**Marks Family Foundation** \$25,000 for  
Good Beginnings for Babies – School Readiness Program

**MJS Foundation**  
\$100,000 for General Support

**Nassau County Bar Association WE CARE Fund**  
\$2,500 for the Family Court Children's Center

**Neiman Marcus**  
\$2,000 for the Nature Nursery

**The Eleanor & Roy Nester Family Foundation**  
\$2,500 for General Support

# *Bassett Furniture Transforms Guidance Center Waiting Room in “Make(over) a Difference”*

On March 9, 2017, the Bassett Furniture trucks rolled up to the front of North Shore Child & Family Guidance Center’s Roslyn Heights headquarters loaded with brand new furniture for a makeover of our waiting room. The company donated nearly \$10,000 worth of furnishings to create a serene space that welcomes our visitors.

“The room is absolutely beautiful,” says Andrew Malekoff, Executive Director of the Guidance Center. “It is a warm and comforting space, and it’s especially great for youngsters, who can play with all the toys and read books on the comfortable sofa. We are so grateful to the people at Bassett Furniture for choosing us as part of their Make(over) a Difference initiative.”

“Bassett Furniture is incredibly proud to be a member of the Westbury community and is committed to supporting the businesses and organizations in this area,” says Anthony Lear, Store Manager of the Garden City Bassett Home Furnishings store. “After learning about the positive impact the Guidance Center has on children and families in this community, we knew we wanted to help this deserving organization. We believe that a great makeover can bring smiles, comfort and encouragement for those who most need it.”



The beautiful new family waiting room is welcoming and comfortable.

We’d also like to thank Board President Nancy Lane, who donated the painting of the room.

## *Hofstra Helps Us Get Out the Message*

North Shore Child & Family Guidance Center partnered with Hofstra University’s Lawrence Herbert School of Communication Graduate Program in Public Relations to create a comprehensive strategic plan for the agency’s website and social media including Facebook, Instagram, Twitter, Pinterest and LinkedIn.

In an effort to effectively reach the Guidance Center’s donors, clients and prospects, the students first assessed the agency’s public relations efforts and analyzed strengths, weaknesses and opportunities. They implemented an action plan that included creating a blog for the website, using a calendar tool to schedule posts and effectively targeting all social media communications. The students provided expertise and on-site training to the Guidance Center’s Development staff to help engage followers and increase the agency’s scope and reach on all platforms.

Jeffrey S. Morosoff, the program’s professor, notes that “Our Hofstra public relations students found North Shore Child & Family Guidance Center staff to be incredibly responsive and interested in improving their communication capabilities. They enjoyed working with the Guidance Center team and, in turn, learned a lot about the organization’s mission, its passion and the tremendous resources it provides.”



The Hofstra team with Guidance Center Executive Director Andrew Malekoff and Development Director Lauren McGowan.

More and more people look to social media for their news and knowledge of current events. Executive Director Andrew Malekoff says, “The Guidance Center is now poised to become the leading resource for Long Islanders struggling with mental illness. We are also able to encourage involvement in mental health advocacy on a larger scale.”

Be sure to follow the Guidance Center on your favorite form of social media.

# Our Renaissance Man Celebrates 40 Years at Guidance Center

North Shore Child & Family Guidance Center has had the privilege of having a passionate leader at our helm since 2007. But what you might not have known is that this year marks Andrew Malekoff's 40th anniversary at the Guidance Center!

It would be impossible to encapsulate all of Andy's achievements in such a small space, but here's a brief account.

After graduating from college in 1973, Andy applied to VISTA (Volunteers in Service to America) and was assigned to work with a low-income Mexican-American community in Grand Island, Nebraska. He spent much of his time working with teens and families. Next, Andy chose to attend Adelphi to receive his Masters in Social Work. In 1976, he was placed at the Guidance Center for his second year internship, and one year later he was offered a paid staff position as an outreach worker in Manhasset.

Andy began innovating from the start, creating a program called the Manhasset Parent Network. He met in the homes of area residents to address their concerns about their children of all ages—everything from drug and alcohol issues to depression, anxiety and learning disabilities. Andy had already developed a strong interest in "action-oriented research," and he created a Nassau County-wide project called "Hope or Despair: Suburbia's Children Look Into the Future." This was the first of six such programs he has developed in his years at the Guidance Center, with others looking at issues such as drug and alcohol abuse, learning disabilities, immigration and LGBTQ issues.

Through the years, Andy has taken on a variety of roles, including his involvement in the staff development committee; training staff to make presentations in the community and schools; and teaching staff members how to work with teens and younger children in groups.

After presenting a workshop on working with pre-adolescents in a group setting at a conference, Andy wrote an article on the topic, which was accepted in

the prestigious *Social Work for Groups*, a journal of community and clinical practice. It was the first article he had published, and eventually led to the writing of many more articles and also his role since 1990 as editor of *Social Work for Groups* journal.

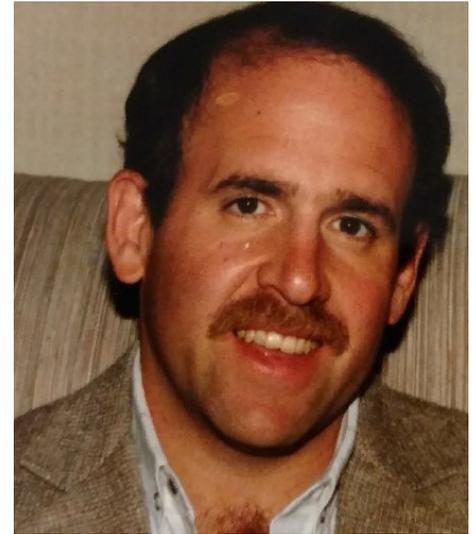
Andy's extensive writing on the subject of working with groups led to his 1997 classic textbook, *Group Work with Adolescents*, now in its third edition, that is used extensively in universities across the U.S. and beyond. Andy is a prolific and creative writer, whose work includes his longtime column in the Anton newspapers called *Parenting Plus*.

Although he has been hugely successful as the leader of the Guidance Center since 2007, it wasn't initially in Andy's plans. "I was director of program development, and loved the work I was doing, creating new programs and still seeing clients and groups. But I wanted to help maintain the culture of this organization, which is what drew me to work here in the first place."

In 2002, Andy accepted the role of Associate Executive Director, working under Marion Levine's leadership. Andy recalls, "Marion was my first supervisor at the Guidance Center. It was under Marion's leadership that the Guidance Center gained its stellar reputation and prominence on Long Island." When Marion retired at the end of 2006, she recommended Andy take her place, and the board of directors agreed.

Andy was quickly faced with serious fiscal crises, including the recession of 2008-2009; a change in how New York State financed outpatient agencies; and the loss of our endowment due to the Madoff scandal. "We were faced with a real possibility of not surviving, or having to change our model and start accepting only Medicaid, as many agencies did." Turning people away was not acceptable to Andy, the board or the staff. "We were not amenable to becoming a factory," as Andy puts it.

With Andy's guidance and the commitment of the board, the Guidance



Center came through these crises and is thriving today. "We are strong and are continuing to see everyone who needs us, regardless of their ability to pay," says Andy. "The organization has shown incredible resiliency."

The same is true for Andy, who not only heads up the Guidance Center as its leader, but also is a vocal advocate statewide for children's mental health. "Andy is the consummate advocate for families dealing with mental health challenges," says Nancy Lane, Board President. "He continues to educate and inform both the professional and lay communities. It is an honor to work with him."

Andy credits much of his success to his mentor, Marion Levine. He also highly commends his senior staff at the Center, and the organization's Board of Directors. He also says he could never have done it all without the support of his wife of 37 years, Dale, and their two sons.

"My time at the Guidance Center has been a labor of love. I am grateful for 40 years of great colleagues, trustees and community members who all pitched in so that tens of thousands of struggling children and families were able to see a brighter day."

# Neiman Marcus Guides Our Girls

North Shore Child & Family Guidance Center and Neiman Marcus teamed up on Feb. 24, 2017 for a luncheon and makeover event that was educational and lots of fun for 20 of our teen girl clients. The teens, along with staff from the Guidance Center, were treated to a wonderful meal as five employees of Neiman Marcus and one from Estee Lauder shared their inspirational stories that described their career paths.

The girls, along with several staff and board members from the Guidance Center, were welcomed to the lovely café at Neiman Marcus by Doris Wilshere, the store's Vice President and General Manager, who told the teens, "Don't ever let anyone tell you that you can't fulfill your dreams. You can accomplish anything!"

The concept for the mentoring initiative came from the Business Advisory Council of the Guidance Center, which includes Linda Ugenti, who was instrumental in coordinating the effort at Neiman Marcus and was one of the six mentors at the luncheon.

"Helping children is Neiman Marcus's top priority, so connecting them in this

mentoring program with the Guidance Center was a natural," says Ugenti, who is a selling associate at Neiman Marcus and a long-time Board Member of the Guidance Center.

Neiman Marcus also made a generous donation of \$2,000 toward art supplies for our new Nature Nursery, located at our Marks Family Right From the Start 0-3+ Center in Manhasset. "Goodwill and supporting the communities surrounding our stores are two of the guiding principles of Neiman Marcus," says Wilshere. "It was with those principles in mind that we were honored to partner with the Guidance Center. We look forward to continuing our community involvement and charitable efforts on Long Island and partnering again with the Guidance Center."

"We are so grateful to the Neiman Marcus staff for hosting this mentoring partnership," says Regina Barros-Rivera, Associate Executive Director at the Guidance Center. "Hearing the stories of success of the six mentors was very motivating for them, and they also had a terrific time getting their makeovers at the Estee Lauder counter."



Doris Wilshere (center) presents a check to Andrew Malekoff and Board President Nancy Lane.



One of our clients gets her makeover while her friend stands by for support.

**SAVE THE DATE!**

# UNDER THE STARS

## 2017 GALA

**AN EVENING TO BÉNÉFIT**  
NORTH SHORE CHILD & FAMILY GUIDANCE CENTER

**OCTOBER 26, 2017**  
GARDEN CITY HOTEL

**EVENT CO-CHAIRS**  
CAROL & ANDREW MARCELL

**HONOREES**  
MARILYN & RUSSELL ALBANESE  
THE ALBANESE ORGANIZATION

**FEATURING** *Dueling Pianos*

[www.northshorechildguidance.org/events](http://www.northshorechildguidance.org/events)

# Annual Meeting Honors Community Partners, Staff

North Shore Child & Family Guidance Center's 64th Annual Meeting was held on June 13 at The Royalton in Roslyn Heights. Along with the swearing in of five new members of the Board of Directors (see story, page 10), the Guidance Center was proud to honor several of our partners and staff members.

Robert C. Mangi, Esq. and John Zenir, Esq., were honored for their work to help raise funds for our Children's Center at Nassau Family Court. Our Outstanding Corporate Partner Award went to Bassett Furniture, which donated all the furnishings for a major renovation of our Family Waiting Room. Anthony Lear, the store manager of the Bassett Furniture store located in The Gallery at Westbury Plaza, accepted the award.

We also presented an award to members of the Research Team at Northwell Health, with whom we've partnered on a study of the use of a new medication and also healthy lifestyle interventions to help children and adolescents who gained weight from the use of second-generation antipsychotic medications. The award was accepted by Victor Fornari and Eva Sheridan on behalf of Christoph U. Correll, M.D.

Dr. Sue Cohen, Director of Early Childhood and Psychological Services at the Marks Family Right From the Start 0-3+ Center, was acknowledged for her 25 years of service to the Guidance Center. Other staff honorees were Dr. Phyllis Edelheit, Psychiatrist/Medical Director for Drug and Alcohol Services at the Intensive Support Program, and Marmeline Martin, Outreach Worker.

Nancy Lane, Guidance Center Board President, Eva Sheridan, of the MOBILITY Research Team of Christoph Correll at Northwell Health, Dr. Reena Nandi, Director of Psychiatric Services, Matilde Broder, Guidance Center Board Member, Andrea Leeds, Guidance Center Board Vice President, Lew Lane, and Victor Fornari of the MOBILITY Research Team of Christoph Correll at Northwell Health.



Carol Marcell, Marilyn Albanese, Marmeline Martin, Louis Pierre and Russell Albanese.



Dr. Phyllis Edelheit and Andrew Malekoff.



Andrew Malekoff and Dr. Sue Cohen.



Andrew Malekoff, Nellie Taylor-Walhrust, Director of The Leeds Place, Joan Antonik, Children's Center Staff Member, Robert Mangi, Esq., Corinthian Sistrunk, Children's Center Staff Member.



New board members Andrew Marcell, Carol Marcell, Tracey Kupferberg, Seth Kupferberg and Marilyn Albanese.



Board President Nancy Lane, Bassett's Anthony Lear and Andrew Malekoff.



# A Room with a View

What's your favorite room in your home? For some, it may be difficult to choose just one. But John Grillo, North Shore Child & Family Guidance Center's former Board President, says there's no doubt which room his father Johnny would have chosen: the garage!

In honor of his father's memory, John Grillo, in addition to contributing and helping to raise funds for the renovation of the Guidance Center's garage, made a separate significant gift to officially name "Johnny's Garage."

On May 8, several staff, clients and community members joined together to dedicate the garage to the senior Grillo, whom his son describes with great affection. "Johnny's Garage is dedicated to my father, a man who was always fixing something. He was military trained during WWII as an aircraft and auto mechanic, but was equally comfortable around anything with an engine. It made absolutely no difference whether it was manufactured in 1925 or 1999. He was truly a mechanic's mechanic with an unrestrained passion to repair things....anything."

He proudly notes that his father was happy to help anyone in need. "All of our friends, neighbors and relatives knew that if they had a problem, just go see Johnny Grillo and he'd fix it."

"We're so grateful to John Grillo for his longtime support of the Guidance Center," says Executive Director Andrew Malekoff. "John is clearly like his Dad in that when there is a need, he's right there to help provide a solution. His service to our mission has been unwavering."

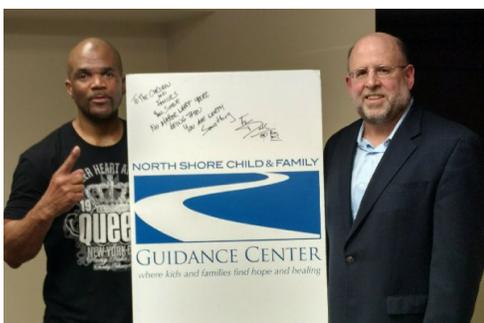
Also that evening, the garage was "christened" by the Guidance Center's Parent Support Group where clients utilized the space as a painting studio and created vibrant canvases of sunflowers. The evening was a collaborative activity with the Westbury Arts Council who donated easels and brushes for the group members to use that night. Leading the activity were two former staff members, Luann Ripp and Margo Messina. Job well done, ladies!



John Grillo and Andrew Malekoff at dedication of Johnny's Garage.



Paint night participants display their beautiful work.



## Run-DMC Founder Inspires Teens at Guidance Center Event

North Shore Child & Family Guidance Center's Leeds Place was hip hop heaven on March 13 as Darryl McDaniels, the founder of Run-DMC, inspired a roomful of teens and adults with his stories of personal adversity and ultimate triumph.

"Darryl is a hip hop pioneer, a rap poet and an inspiring prophet," says Andrew Malekoff, Executive Director of the Guidance Center. "The packed house got to experience all the sides of this remarkable man in a two-hour tour-de-force in

which he taught us about the history of hip hop, delighted us performing rap, and moved us with intimate stories of resiliency. The audience gave him a standing ovation, which he richly deserved."

In his talk, McDaniels encouraged the young people in the audience with the transcendent and core messages of hip hop: "Always be open to doing something different. It could change your life."

McDaniels shared not only the story of his rise to fame and fortune but his personal struggles, which included a battle with severe depression and substance abuse. "I'm no better than any one of you sitting here," he says. "No matter what you are battling, you can beat it. And no matter what your passion is, be it music or art or science or law or medicine, go for your dreams. Everything needed to change the world is inside you. Education is your deliverance!"

"I truly believe that Darryl's honest, uplifting talk has changed the lives of the young people in the audience," says Malekoff. "He spoke from the heart, and his message came across loud and clear as he told the teens 'Anything you can dream, you can do!'"

# Board of Directors Update

Five new individuals were sworn in to the Board of Directors at our Annual Meeting on June 13, 2017.



## Marilyn Albanese

Marilyn is a native New Yorker, born and raised in Westchester. She pursued an education in Nursing and received a Bachelor's Degree from Pace University in 1982. Her career spanned the course of 13 years with work in the fields of geriatrics, pediatrics, adult medicine, oncology and neonatal intensive care with a position as Assistant Head Nurse.

Marilyn is married to Russell Albanese, with whom she has four children. After marrying and starting a family, she pursued her desire to help others by participating in various volunteer positions in the schools and in the Girl Scouts. For over two decades, her church provided opportunities for her to serve in The Care, Prayer and Meal Ministries. Her interest in helping those bereaved and suffering grief led her to receive a Certificate in Bereavement Counseling from the College of New Rochelle in 2013.

Her desire to help others continues to this day with volunteerism at her son's high school, as well as her volunteer work for North Shore Child & Family Guidance Center, where she is not only a new board member but also helps in the education and support of new mothers at the Leeds Place, one of the Guidance Center's three main sites.



## Seth Kupferberg

Seth was born and bred in Flushing, NY to an extended family who committed themselves to their local community. From the time he and his siblings were children, their parents, Jack and Dorothy Kupferberg, instilled in them the sense of community.

*Helping the community were*

words that have been continuously put into action by the entire family over decades of philanthropic endeavors. Seth's father, Jack, served as President and Board Member of the Queensborough Society of the Prevention of Cruelty to Children while his mother, Dorothy, served as a Board Member of the North Nassau Mental Health Center and the Long Island Schizophrenia Association.

Seth and his wife Tracey continue this legacy by supporting numerous philanthropic activities that are focused on science and the arts, health, education, refugee resettlement and employment. Their family foundations have assisted organizations and causes such as at-risk youth, arts and cultural institutions and medical institutions.

Seth has been a Trustee of Northwell Health Systems, a member of the founding committee for the Unified Behavioral Health Center, the founder of the Dorothy and Jack Kupferberg Professorship of Emergency Medicine at NSUH Hospital / Northwell Health, founder of the JPK MD PhD Memorial Scholarship at Hofstra University Medical School, cofounder of The Dr. Josh P. Kupferberg Memorial Scholarship, and a Former Advisory Board Member of New York City Refugee Employment Project.



## Tracey Kupferberg

Tracey Kupferberg is an Associate Real Estate Broker with Daniel Gale Sotheby's International Realty, and is a member of the exclusive sales team for the Ritz-Carlton Residences in North Hills, NY.

She also has experience working with developers, architects, builders, contractors, mortgage brokers, interior decorators and landscape designers.

Prior to working for Daniel Gale Sotheby's she worked as a paralegal specializing in real estate law. She owned and managed TMK Paralegal Services, L.L.C., where she worked with real estate attorneys representing buyers, sellers, major lending institutions and title companies.

Tracey attended Binghamton University (Center for Legal Studies/Paralegal Program), Sarah Lawrence College (Creative Writing), and L.I.U. Post (English).

Tracey is a native of Long Island's North Shore where she lives with her husband Seth, and raised their two children Alexander (27), and Jillian (25). Through their family's charitable foundation, they are involved with many philanthropic and charitable causes throughout Long Island, Queens and New York City.

Tracey and Seth have continued their family values of dedication to community and to helping others by instilling in their children the same principles which have guided two generations of Kupferbergs. In addition to the work their foundations address, Alex dedicates time to the Fresh Air Fund where he mentors high school students and Jillian is an active volunteer with the American Cancer Society, having participated in the Babe Golf Classic and helping raise funds for breast and prostate cancer research.



### **Carol Marcell**

Carol is a lifelong resident of Port Washington, having moved to Port Washington as a baby and later convincing her British husband Andrew Marcell that there were indeed some “rolling hills” in Long Island to dissuade him from wanting to live in Westchester.

After completing an undergraduate degree in Economics and Spanish

at Boston College, a short stint in investment banking and an MBA from Columbia University, Carol pursued a successful career in Human Resources / Management Consulting, including a leadership role at Mercer Management Consulting.

Carol ultimately left the corporate world and obtained her Life/ Executive Coaching certification from NYU in order to support individual clients in their quest for life balance, rewarding careers, and navigating key transitions in their lives. Carol believes that mental health is equally as important as physical health and that supporting organizations such as North Shore Child & Family Guidance Center that deeply care and are effective in improving children’s emotional wellbeing and functioning as well as their family’s dynamic is critical to thriving, healthy communities.



### **Andrew Marcell**

As President of Aon Benfield, the world’s leading reinsurance intermediary and full-service capital advisor, Andrew develops innovative ways to grow the company’s business across its existing client base and implements a range of strategies to attract new clients. Andy is also a member of the Aon Benfield Executive Committee.

Prior to joining Aon Benfield in August 2015, Andy was CEO of Guy Carpenter’s U.S. Operations and head of Guy Carpenter’s Global Facultative business. He was also a member of the Guy Carpenter Board of Managers and the International Leadership Team.

Andy is a UK native but lives in New York with his wife Carol and three children: a son and two daughters. He is an avid history lover. When he’s not cheering for the Chelsea Football Club, he and his family are involved with various charitable organizations, including North Shore Child & Family Guidance Center.

## *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, a friend or to commemorate a special occasion. Make your online donation at [www.northshorechildguidance.org](http://www.northshorechildguidance.org) or by mail to the Development Department, NSC&FGC, 480 Old Westbury Road, Roslyn Heights, NY 11577 or call (516) 626-1971 x337 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**

- Meghan and Jack’s B’nei Mitzvah** – Ginny and Bob Glasser
- Jan Ashley** – Lynn Drucker
- Amy Cantor** – Ann and Ken Adler; Lori and Eric Friedman
- Joan Grant** – Mimi and Stanley Dessen
- Jo-Ellen Hazan** – Suzanne Hitzig
- Nancy Lane** – Carol and Stephen Canter; Linda and Denis Cronin; Heather Schwartz
- Marion and Irving Levine’s 65th Anniversary** – Bella Tannenbaum
- Andrew Malekoff** – Linda Seaman
- Tiya Nandi’s Engagement** – Marion and Irving Levine
- Tina and Raj Narayan’s New Grandchild** – Ginny and Bob Glasser
- Marie Rautenberg’s 90th Birthday** – Ellen Adler; Terie Gelberg; Dorothy Greene; Renee Lightstone; Blossom Miller; Irene Salm; Barbara Hausman Sonnenfeldt
- Michael Schnepfer** – Scott Schnepfer
- Mr. and Mrs. H. Singh’s New Grandchild** – Ginny and Bob Glasser
- Troy Slade** – Marc Blumencranz

### **In Memory of**

- Kelly Benczkowski** – Valerie and Rick Ritacco
- Anita Copell** – Ilene and Paul Pearlman
- Natalie Cosgrove** – Suzanne Cosgrove
- Mollie Gans** – Ginny and Bob Glasser
- Lilo Leeds** – Marie Rautenberg
- William Menzer** – Eric Schwartz
- Mary Tyler Moore** – Jeanette and Joseph Albanese; Renée and Murray Beckerman; Terry and Joel Brown; Rochelle and Hal Lipton; Marie Rautenberg; Linda Seaman; Barbara and Herb Steier; Bella Tannenbaum
- Bob Rosen** – Barbara and Herb Steier
- Marvin Steiner** – Marion and Irving Levine
- Hans Struth** – Marion and Irving Levine
- Rossana Tannenbaum** – Barbara and Herb Steier
- Ira Weinstein** – Marie Rautenberg
- Judy Weinstein** – Marion and Irving Levine

# Guidance Center Raises Over \$63,000 at Spring Luncheon



Co-chair Amy Cantor (second from right) and her team enjoying a game of Canasta.



Standing L to R, past Presidents Jane Schwartz and Jo-Ellen Hazan; current President Nancy Lane. Seated L to R: Past President Marie Rautenberg and Board Member Josephine Ewing.



From L to R, Andrew Malekoff and co-chairs Alexis Siegel, Jan Ashley and Amy Cantor.

Spring was in the air as North Shore Child & Family Guidance Center held its Annual Spring Luncheon at the Glen Head Country Club, featuring keynote speaker Dr. Cynthia Pizzulli, a renowned psychotherapist, lecturer and adolescent parenting expert. The event was attended by 200 people and made more than \$63,000 to support the important work of the Guidance Center.

Guests began the day playing Mahjong and Canasta and then shopped at the event's many boutiques, featuring some of Long Island's trendiest and most charitable small business owners. Fine jewelry, housewares and designer purses were just some of the many items for sale.

At the delicious luncheon buffet, attendees were riveted by Dr. Pizzulli who spoke about the pros and cons of social media for teens. "I have good news," said Dr. Pizzulli. "Your tweens and teens are not doomed because they use social media. The key is to teach them healthy boundaries, so they don't act impulsively and post anything too personal or inappropriate."



Eric Krevat, with co-chair Alexis Siegel, donated iThrive clutches to every attendee.

Dr. Pizzulli was introduced by Jaci Clement, who moderated the discussion following Dr. Pizzulli's presentation.

Clement is a media expert with more than 20 years of experience in the communications industry. She is executive director of the Fair Media Council, a New York metro area media watch organization. In supporting our message of removing stigma, Clement said, "The more we can do to raise awareness of mental illness, the faster we can retire the stigmas associated with it and people can get

the help they need and deserve. The Guidance Center has built an exceptional legacy of caring for this community, and that's something that can only be accomplished when the people involved are pure of heart and steadfast in spirit."

The event was a huge success due in part to the support of some very generous sponsors including: Jill Berman, Amy Cantor, Rita Castagna, Ruth Fortunoff Cooper, Flushing Bank, Joan Grant, iThrive, Klipper Family Foundation, Jack & Dorothy Kupferberg Family Foundation, Andrea Leeds, Marion & Irving Levine, Power Travel, Raich Ende Malter & Co. LLP, Cynthia Rubinberg, Alexis Siegel, Signature Bank, South Oaks Hospital, Lisa Strauss, Baker Tilly and Carol & Arnold Wolowitz Foundation.

# The Krevat Cup: A True Classic!



Troy Slade, Mike Mondiello, Andrew Malekoff, Dan Donnelly and Michael Schnepfer.



Katy Kamen, Ellen Mullman, Susan Braverman and Susan Krevat.



Jo-Ellen Hazan, Rita Castagna, Chris Bransfield and Andrea Leeds.



Our tennis players enjoyed the great courts at the Creek.

North Shore Child & Family Guidance Center's 21st annual Jonathan Krevat Memorial Golf & Tennis Classic was the place to be on Monday, June 19, at The Creek in Locust Valley.

This year's honoree, Dan Donnelly, Chief Executive Officer, Donnelly Mechanical Corporation, and longtime supporter of the Guidance Center, says, "It was an incredible day at The Creek, with great competition and camaraderie. I'm thrilled to announce that we exceeded our goal and raised more than \$200,000 to help the Guidance Center do its important work."

Also, with the help of our outstanding auctioneer Jerry Loughran, we were able to raise an additional \$15,000 for our Children's Center at Nassau County Family Court.

Donnelly, a Garden City resident, had created a new format to this year's event, with four teams competing for the Krevat Cup: one from Garden City, with Donnelly as the team captain; one from Manhasset, with Mike Mondiello as captain; NYC captain Troy Slade; and East Coast team captain Michael Schnepfer.

"I'm proud to say that Team Manhasset won the Krevat Cup," says Mondiello, "but what's most important is that our 200-plus guests put their all into raising such a large amount for the Guidance Center. In addition, everyone had a great time playing golf and tennis and socializing during an incredible steak and lobster dinner! And we were so fortunate that Mother Nature held off her wrath until everyone was indoors for the cocktail hour."

Event sponsors included: Diamond Sponsor Americana Manhasset; Silver Medal Sponsor Donnelly Mechanical Corp.; Bronze Medal Sponsor Jeff Krevat; Caddy Sponsor Bahnik Foundation; and Tees & Greens Sponsors Susan & Peter Braverman, Compound Contracting Corp., Huckle and Associates and Mechanical Technologies.

The dedicated members of the Golf & Tennis Committee were: Anthony Barbiero, Jared Beschel, Jack Bransfield, John Bransfield, John R. Buran, Rita Castagna, Inge Costa, Becky Creavin, Steven Dubb, Josephine Ewing, Patricia Janco-Tupper, Larry Jones, Mike Katz, Jeff Krevat, Nancy Lane, Jeremy Shao and Paul Vitale.

Stay tuned for information on next year's Classic!



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



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## Home Sweet Home

Surprise visitors came to the Guidance Center on June 8, 2017. Pictured with CEO Andrew Malekoff (left to right) are Mary Jo Balkind and Jackie Lee Antoine. Mary Jo is the granddaughter of Charles C. Auchincloss, who purchased our headquarters in Roslyn Heights in 1920. Jackie is his great granddaughter and Mary Jo’s niece. Mary Jo lived here as a child and, as Andy accompanied them on a tour of the building, she recalled her childhood days there. Mary Jo was delighted to see her old home, later emailing Andy, “We were all very impressed by the upbeat and friendly atmosphere of your Guidance Center. Such an atmosphere comes down from the top for which YOU take the credit! I am so pleased that my old home is being put to such good use!”

**Fun fact:** Charles’ brother Hugh was stepfather to Jackie Bouvier Kennedy (later Onassis), who spent summers and weekends there in the 1940s as a young girl.

