



Center Addresses and Locations

R E S O U R C E G U I D E

On the Web: www.northshorechildguidance.org



Administrative Headquarters

480 Old Westbury Road
Roslyn Heights, NY 11577-2215
Phone: (516) 626-1971
Fax: (516) 626-8043

The Marks Family Right from the Start 0-3+ Center

80 North Service Road - L.I.E.
Manhasset, NY 11030-4019
Phone: (516) 484-3174
Fax: (516) 484-2729

The Leeds Place - Serving Young People

999 Brush Hollow Road
Westbury, NY 11590-1766
Phone: (516) 997-2926
Fax: (516) 997-4721

**The Lucille & Martin E. Kantor Bereavement
& Trauma Center**

480 Old Westbury Road
Roslyn Heights, NY 11577-2215
Phone: (516) 626-1971
Fax: (516) 626-8043

The Learning to Learn Center

"The Cottage"
480 Old Westbury Road
Roslyn Heights, NY 11577-2215
Phone: (516) 626-1971
Fax: (516) 626-8043

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

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GUIDANCE CENTER

where kids and families find hope and healing



Message from the Executive Director



Dear Friend,

Welcome to our resource guide!

Speaking on behalf of our dedicated professional staff and board of directors, we at North Shore Child and Family Guidance Center are proud of our long history – more than 60 years – and distinguished record of service in addressing the emotional needs of children, teenagers and families.

As you turn the pages of this guide, you should know that we are needs-driven, child-centered, family-focused and community-based.

We consider families to be our partners in identifying and solving the problems and concerns that bring them to us. We view troubled children as individuals with strengths, rather than only the sum of their troubles.

If you need assistance for your own child and family or if you wish to make a referral for someone whom you care about, please consider calling the Guidance Center. We pride ourselves on communicating well and patiently with families, and responding in a timely and complete manner.

For more information about our programs and services, to support our efforts, or to learn about how you can get involved, please visit our website: www.northshorechildguidance.org or call us at 516 626-1971.

Sincerely yours,

Andrew Malekoff

Executive Director / CEO



What you need to know...

North Shore Child & Family Guidance Center is the leading community-based not-for-profit specialty children's mental health center on Long Island. Our staff includes professional child specialists in psychiatry, psychology, psychiatric social work, mental health counseling, alcohol and drug counseling and vocational rehabilitation, as well as a unique team of family advocates.

Our Mission is to restore and strengthen the emotional well-being of children and families.

We provide bi-lingual mental health services, behavior management, parent education, medication management and psychological and psychiatric evaluations, as well as advocacy and care coordination services.

All of our staff are specially trained in working with children, teens and their families. The Guidance Center offers a rapid and thorough response to emergencies through our triage and emergency and high risk teams composed of our most experienced staff members.

The goal of our interventions is to facilitate measurable behavioral change and improved functioning at home, in school and with peers. Consumer satisfaction surveys offer us firsthand feedback that enable us to evaluate the effectiveness of our services and provide continuous quality improvement.

The Guidance Center is a major training and consultation facility for professionals, agencies, schools, and community groups, as well as an important resource to educate and support parents on both normal developmental and crisis issues.

In addition, the Guidance Center participates in research that promotes best practices in mental health diagnosis and treatment for children, adolescents and their families; and is engaged in local, statewide and national advocacy initiatives in the fight for quality mental health care.

Problems We Address

ADHD
Alcohol/Substance Abuse
Anxiety
Bereavement
Bullying
Chronic Illness
Depression
Developmental Delays
Juvenile Delinquency
Learning Disabilities
Perinatal Mood Disorders
Physical and Sexual Abuse
Postpartum Depression
School Avoidance
Self-Mutilation
Separation and Divorce
Teen Pregnancy
Trauma
Witness/Victim of Violence
Youth at Risk

Evaluations Offered

Pre-School Special Education
Psycho-Educational Assessment
Psycho-Social Evaluation
Family Assessment
Psychological Testing
Psychiatric Evaluation
Maternal Depression Screening

Treatment Options

Individual, Family, Group Therapy
Parent Education
Behavior Management
Family Support
Medication Management
Consultation Services
Advocacy and Care Coordination



We can help...

- 9 year old Elizabeth's parents are going through an acrimonious divorce. Although they both have tried to reassure her, she feels afraid and abandoned.
- Avery is 12 years old and having academic and social problems in school. It seems as though, with each passing year, he falls farther and farther behind his classmates and becomes increasingly isolated.
- Janet is 16 years old and pregnant. She has no idea of how she will manage. The baby's father is no longer in the picture so she faces this crisis situation alone.
- Lester is a handsome 17 year old boy. He has begun to "hang out" until the late hours. His parents found medication missing from their medicine cabinet and are worried that he is using drugs and alcohol.
- Maryellen is a new mother. She is unexpectedly having feelings of severe depression and often avoids contact with her new son.

This is but a sample of the problems that are presented to us by families each and every day at the Guidance Center.



Programs and Services

Mental Health Services

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

Substance Abuse Services

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

Triage and Emergency Unit

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

Early Childhood Services

The Marks Family Right from the Start 0-3 + Center in Manhasset offers parent education, therapeutic and support services for young children. Rapid response and diagnosis for mothers suffering from maternal post-partum depression and other perinatal mood disorders is provided through the Diane Goldberg Maternal Depression Program. The Center also offers pre-school evaluations for children ages 3-6.

- GOOD BEGINNINGS FOR BABIES - Offers support, counseling, advocacy and education for pregnant and parenting teens at the Leeds Place – Serving Young People, our Westbury office.
- CHILDREN'S CENTER AT NASSAU FAMILY COURT - Offers a safe and enriching environment for children ages 6 months to 12 years while parents are involved in court business.
- CAREGIVER GRANDPARENT RESPITE & SUPPORT PROGRAM (C-GRASP) - Offers support to grandparent caregivers.

Diagnostic Services / Learning to Learn

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

Bereavement and Trauma Services

The Schnurmacher Bereavement & Trauma Program offers assistance to children, youths and their families during times of grief and trauma, including family members of suicide victims and parents of murdered children at our Lucille and Martin E. Kantor Bereavement and Trauma Center in Roslyn Heights and

at our other sites. Support groups and therapy are offered for children who are abuse victims through the Renée and Robert Rimsky Abuse Prevention and Treatment Program.

Intensive Child and Family Services

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

- CHILDREN'S CARE COORDINATION TEAM (CCCT) – Provides home-based clinical services for troubled children and teens.
- COORDINATED CHILDREN'S SERVICES INITIATIVE (CCSI) – Coordinates services among multiple systems to prevent children from falling through the cracks.
- INTENSIVE SUPPORT PROGRAM (ISP) – Offers intensive mental health services on-site at three Nassau B.O.C.E.S. schools for children, ages 5-21, and their families from all 56 Nassau County school districts.
- WILDERNESS RESPITE PROGRAM - Offers groups for youth at risk that emphasize outdoor activities as a gateway to mastery of social skills and youth empowerment.
- LATINA GIRLS PROJECT - Offers bi-lingual and bi-cultural mental health counseling, group meetings and outings for adolescent girls suffering from depression, and their parents.

Training and Consultation

The Guidance Center provides community workshops, forums, and trainings for parents on a broad range of topics dealing with children and families.

What will happen when I call the Guidance Center

- First: you will speak to our intake coordinator who will listen to your concerns.
- Second: the intake coordinator will explain the process of how to get started, review your insurance coverage, and discuss payment procedures and options.
- Third: the intake coordinator will assess your situation and arrange an appointment for you.

For appointments at all locations: call 516 626-1971

We accept a wide range of insurance and no one is turned away for inability to pay.

How You Can Help

Volunteer your time

- Become a tutor or mentor
- Join one of our event committees
- Share your skills – e.g. public relations, marketing, fundraising
- Join one of our program advisory councils

Donate supplies

- Examples might include baby clothing, arts & crafts supplies, books

Provide financial support to help us maintain programs and services

- Annual Fund - Your annual donation provides ongoing general operating support for all of our programs and services.
- Donor Recognition – A variety of naming opportunities are available at our clinic locations.
- Events – Support our events through ticket sales, journal ads, or sponsorship.
- Planned Giving – Choose from a variety of attractive options that will support the Guidance Center and provide benefits to you and your family.
- Special Occasions – Commemorate a special event, make a donation in memory or in honor of a loved one.

To join our mailing list or learn more about the Guidance Center, please contact the Development Office at 516 626-1971, ext. 337 or email: info@northshorechildguidance.org

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