t’s a scenario that is far too common: Someone makes the difficult decision to seek out professional help for a mental health or substance abuse problem for themselves or their loved one and is faced with a myriad of roadblocks, including a lack of providers who take their insurance and demand cash only—or even if they find a therapist in their plan, the provider has an enormously long waiting list or is not accepting new clients at all.

North Shore Child & Family Guidance Center, with the help of a team of researchers from LIU Post, led an effort to expose these problems with Project Access, a year-long study in which approximately 650 Long Islanders were surveyed regarding the ease or difficulty with which they were able to access mental health and addictions care. The study was supported by the Long Island Unitarian Universalist Fund of the Long Island Community Foundation. The results were announced at a press conference at the Guidance Center’s Roslyn Heights headquarters on December 11, 2017.

“This report verifies what we have long known: Insurance companies and the government are not living up to their responsibility to provide people with quality, affordable and timely mental health and addictions care,” says Andrew Malekoff, Executive Director of the Guidance Center. “Even though they are legally bound to have adequate networks of care, they fall far short of that mandate. It’s incumbent upon all of us to advocate for change. People’s lives are at stake.”

Exacerbating the problem of individuals finding appropriate providers for mental health and addictions care is stigma and the shame it generates, notes Malekoff. “If someone’s child has cancer, they won’t hesitate to call the doctor, but because of the stigma surrounding mental health, it makes it very difficult for them to reach out. Clearly, as our study reveals, despite any progress made in eradicating stigma, we still have a long way to go with respect to public education and mental health awareness.”

The aim of Project Access is to raise public consciousness, stimulate interaction among stakeholders and motivate New York State, through the Department of Financial Services, to carry out a thorough investigation of commercial health insurers with respect to access to care.

We thank all who spoke at the press conference: New York State Senators Elaine Phillips and Todd Kaminsky; Kerry Lynn Eller, a Guidance Center social worker and family member to someone living with mental illness; Janet Susin, Past President of the National Alliance on Mental Illness (NAMI) Queens/Nassau; and Rebecca Sanin, President of the Health and Welfare Council of Long Island. To read the full report, go to our website and click on the Project Access tab.

To help make sure the governor acts on our demands for an investigation, please contact his office at 518-474-8390, or email Press.Office@exec.ny.gov.
A Message From
The Executive Director / CEO and President

Letting The Light In

It’s been 33 years since North Shore Child & Family Guidance Center moved into our Roslyn Heights headquarters. The 112-year-old home, known as Whispered Wishes, is a warm, welcoming place. As you’ll learn in the story on page 14, it’s also an historic home for several reasons: It’s one of the oldest buildings in the East Hills area, and a wonderful example of Revival Georgian architecture; it was also once home to Charles Auchincloss, a wealthy broker who lived there from 1916 to 1946; the home was designed by famed architect Julian Peabody with the landscape by Frederick Law Olmstead, who designed Central Park; and a young Jacqueline Bouvier Kennedy spent many days here as a young girl with the owner’s granddaughter Rosie (the two were classmates at the Chapin School).

But what’s most important to those of us who are blessed to work here is that it feels like home. The spirit of the place is one of comfort, hope and love. As former resident Mary Jo Balkind says, “I’m so thankful that the Guidance Center has preserved the beauty of this house. They’ve also preserved the spiritual essence of the building. There is the most wonderful atmosphere here; from the moment you walk in you can feel it.”

In the last several years, the building has undergone some much-needed renovations. But now we have embarked on Phase II of the renovation project: replacing more than 120 windows that are in a state of severe decay, in addition to some other critical external work to help seal and protect the building.

We named the campaign to raise the funds for this renovation “Let the Light In,” and while windows are, indeed, where light gets in, the campaign motto is also a metaphor for reducing stigma and shedding light on mental health issues.

We would be most grateful if you could help us maintain our beloved headquarters, so that we can continue to bring hope and healing to children and their families for many decades to come. To find out how to contribute, click the “Let the Light In” menu option on our website; contact our Director of Development, Lauren McGowan, at LMcGowan@northshorechildguidance.org; or call (516) 626-1971, ext. 320.

Andrew Malekoff
Executive Director / CEO

New Book From Our Executive Director

Andrew Malekoff’s latest book, Group Work Stories Celebrating Diversity (Routledge – 2017), features 31 stories highlighting the theme of diversity, including race, gender, sexual orientation, socio-economic status, religious and political beliefs and much more! Malekoff edited these open-hearted, honest first-person essays, and one reviewer called the book “a thoughtful, instructional volume that may spark necessary conversations among teachers and group workers to the beauty and struggles of diversity, in all meanings of the word. I was moved by the intimate nature of the often tender stories of genuine human efforts to understand, make meaning, and help others navigate difference, while trying to be thoughtful and proactive contributors to social justice work.” The book was originally published as a special issue of the Social Work with Groups journal, which Malekoff edits. Congratulations Andy!
It’s a name that’s been well-known on Long Island for many decades. Everyone who grew up here is familiar with Fortunoffs, which dominated the home and jewelry market for many years and continues to this day with the Fortunoff Fine Jewelry and Backyard Stores.

But business isn’t the only passion of the Fortunoffs. Family tradition and philanthropic work are very important to them, and North Shore Child & Family Guidance Center is blessed to have the dedication, generosity and talents of two of the dynamic Fortunoff women as part of our family.

Helene Fortunoff and her daughter Ruth Fortunoff Cooper have been involved with the Guidance Center for many years, with Helene having served on our board from 1981-2005 and Ruth on our board since 2005, now serving as an Executive Committee member.

“I knew that Ruth would be a wonderful addition and continue to support an organization that I was so proud to be a part of for many years,” says Helene, who is still one of our most generous donors and was also one of our featured dancers at our “Dancing with Our Stars” Gala in 2011.

Helene’s involvement with the Guidance Center started in its very early days. She was first introduced to the organization by Rochelle Lipton and Lucille Kantor, both now past board presidents, as well as former Executive Director Marion Levine. Says Helene, “Those three women were very persuasive and spoke beautifully about the work of the Guidance Center. Even though I was busy having children [Esther, Andrea, Rhonda, Louis, Ruth and David] and being a business woman, I knew how important it was to support an organization that serves the needs of the children and families in our communities, and I was proud to become a part of it.”

In those days, says Helene, the Guidance Center was a much smaller entity. “We would all meet in someone’s home,” she says. But, she adds, “Even though there were less of us involved than there are today, these were tremendously dedicated women, and that was very important to me. These were not women who just wanted to have their names out there for social prominence. They were passionate about the mission.”

Helene learned about the importance of giving—both of time and money—to worthy causes from her mother-in-law, Clara Fortunoff. “She instilled in me the importance of giving back,” says Helene. “I was a very lucky woman to have her as a role model.”

For her part, Ruth feels much the same about her mother, whom she calls “articulate, sharp and inspirational. Both my parents set a great example,” says Ruth, who reflects fondly on the many times she joined her parents at philanthropic events. “I grew up thinking that devoting yourself to causes was the norm.”

Today, both Ruth and her mother, as well as other family members, are involved in many organizations, including the UJA-Federation of New York and the Lustgarten Foundation.

“Giving is an emotional thing,” says Helene. “I’ve always believed that you get more than you give when you dedicate yourself to helping others. And it’s also made my life a whole lot of fun.”

Ruth is proudly carrying on the philanthropic tradition of her family with her work for the Guidance Center as well as many other causes. As the mother of three teenagers—twins Alan and Ben, 17, and Charlotte (aka Charlie), 14—and wife to Brian, she has plenty on her plate, but that doesn’t stop her from devoting much time and energy to the Guidance Center, says Board Member Alexis Siegel.

“I’ve seen how Ruth brings tremendous creativity, innovative ideas and dedication to her work for the Guidance Center,” says Alexis. “We are also on the Parent Advisory Committee and the Spring Luncheon Committee together, and Ruth is always full of energy and extreme generosity.”

Ruth, who attended Connecticut College and also studied Fine and Decorative arts at Sotheby’s New York and Antique jewelry in London, currently has her own jewelry business called RFC Fine Jewelry, and she frequently donates the proceeds from her sales to the Guidance Center as well as to other charities like The Katz Institute for Women’s Health.

continued on page 4
Tuesday, November 7th wasn’t only Election Day—it was also Staff Development Day at the Guidance Center. Last year’s theme was taking care of ourselves in order to take care of others, while this year the focus was on the power of the team.

“Teams can bring out the best in us,” says Regina Barros-Rivera, Associate Executive Director. “A strong team maximizes each individual member’s strength and allows for the group to make the most effective decisions needed to meet the goals of that team.”

The day was filled with a variety of workshops and outings designed to encourage having fun while practicing teamwork. Some of the activities included art therapy, playtime with pups, chocolate making and a nature hike.

Bruce Kaufstein, Director of Clinical Services, led a hike with several staff members at Muttontown Preserve. “It was a great opportunity for staff from different branches and programs to get to know one another in a fresh, natural environment,” he says.

Lauren McGowan, Director of Development and one of the hikers, not only enjoyed spending time with people she doesn’t normally work with, but it also gave her a strong sense of how beneficial the Wilderness Respite Program (co-led by Bruce and Jack Christensen) is for the teens who take part in it. “I found it rewarding to take on the challenges of the hike,” she says. “It made me appreciate the adaptability and strength of myself and my fellow nature hikers.”

The Planning Committee for Staff Development Day smiles for the camera.

Several staff members took a hike at Muttontown Preserve, Nassau County’s largest nature preserve and one of the most beautiful settings on Long Island.

Grants

Beacon Light Foundation
$1,000 for General Support

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

The Rita and Frank Castagna Family Foundation
$100,000 for Let the Light In Campaign

Community Chest of Port Washington
$7,500 for General Support

The Dammann Fund
$10,000 for Good Beginnings for Babies

John & Janet Kornreich Charitable Foundation
$37,000 for the Latina Girls Project

Fay J. Lindner Foundation
$150,000 for Let the Light In Campaign

Slomo and Cindy Silvian Foundation
$10,000 for Good Beginnings for Babies

R&S Strauss Family Foundation
$5,500 for General Support

UJA Federation of New York
$15,000 for Mental Health Outreach to the Long Island Jewish Community

continued from page 3

“We are fortunate that Ruth joined the Board of Directors 13 years ago and followed in Helene’s footsteps in supporting the important work of the Guidance Center,” says Board President Nancy Lane. “Both Helene and Ruth are business women and have seamlessly dovetailed their business acuity with their philanthropy. The Guidance Center is most grateful to them both.”

Ruth and Helene share the hope that the Guidance Center continues both its therapeutic work and also its advocacy stance. Ruth states, “I’m proud that the organization continues to spread awareness to help eradicate the stigma of mental illness.”

This dynamic mother and daughter duo truly embody philanthropy and we are so grateful for their commitment and dedication. Thank you Helene and Ruth!
The Guidance Center’s Professional Development Workshops

This fall was a busy time for North Shore Child & Family Guidance Center as we hosted four professional development/continuing education workshops. On November 3rd, 2017, the topic was “Planning for Successful Groups,” presented by Executive Director Andrew Malekoff, a noted expert in the field of social work with groups. Participants learned a comprehensive model for planning groups that will improve the quality of care in their direct practice. “Planning is the most neglected phase of group development and the number one reason why groups don’t get off the ground or end prematurely,” says Malekoff.

Our second workshop of the fall was “An Introduction to Child and Adolescent Psychiatry for Non-MDs,” presented by Dr. Reena Nandi, the Guidance Center’s Director of Psychiatry. The November 17th workshop provided an overview of symptomatology, differential diagnosis and treatment options for common psychiatric disorders in children and adolescents (mood, anxiety, psychosis, ADHD and other behaviors).

On December 1st, Guidance Center Associate Executive Director Regina Barros-Rivera and doctoral student Linda Ducca presented “Latina Girls at Risk for Suicide and Other Self-Harming Behaviors: Principles and Practices.” This workshop, based on our Latina Girls Project, taught participants about the high occurrence of depression, anxiety and suicidal ideation among this population. The presentation brought to life core practice principals and addressed issues including sexual abuse, witness to violence, victim of violence, immigration trauma and suicide risk.

Finally, a December 15th workshop called “Differential Diagnosis of ADHD in School-Aged Children” was presented by Dr. Susan Cohen, Director of the Guidance Center’s Marks Family Right from the Start 0-3+ Center. The workshop helped attendees develop an understanding of a comprehensive diagnosis of Attention Deficit Hyperactivity Disorder, while considering other possible psychiatric, environmental and developmental disorders that affect children.

Keep an eye on our website for announcements of upcoming workshops.

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

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!
Klipper Family Donates Carpet To Leeds Place

We’re blessed with a wonderful Board of Directors whose dedication never ceases to amaze us. Case in point: At a luncheon on September 26, 2017, North Shore Child & Family Guidance Center celebrated the generosity of Board Member Rosemarie Klipper and her husband Mitchell, who donated the funds to cover the cost of new carpeting at The Leeds Place—Serving Young People in Westbury.

At the luncheon, which was attended by more than 30 people, Leeds Place Director Dr. Nellie Taylor-Walthrust spoke about how Rosemarie Klipper had been on the Advisory Council for Leeds Place from the very beginning, and that she “had always been there in whatever way she could.”

Leeds Place, one of the Guidance Center’s three main sites, is the location of many crucial programs, including our chemical dependency program; C-GRASP (Caregiver Grandparent Respite and Support Program); Good Beginnings for Babies; and more. Leeds Place also has a strong partnership with Westbury schools to bring students in need of services to the agency. “The Klippers are very big on education,” says Dr. Taylor-Walthrust. “It’s not uncommon for Rosemarie to stop in with a bag of books for the children. The generosity and caring of the Klippers, along with Board President Nancy Lane and Vice President Andrea Leeds, is a true blessing.”

Rosemarie Klipper spoke about how energized she was seeing so many people come together at the luncheon from different groups in the community, including business owners, educators, clergy and town officials. “I feel privileged and honored that so many of you came out to hear about the great work being done at the Guidance Center’s Leeds Place.”

Of his wife, Mitchell Klipper says, “She is the rock who raised our kids while at the same time being so involved in saving the world one person at a time.” He adds, “We are the fortunate ones who have received the gift of being able to do the work and connect with so many great people.”

Joan Vitiello Honored

Our comptroller Joan Vitiello, who has been with the Guidance Center since 1990, was honored on December 14, 2017, as a Top Long Island Financial Executive by Long Island Business News. “I’m honored to be part of an agency whose mission is to restore and strengthen the emotional well-being of children and their families,” says Vitiello, CEO Andrew Malekoff says, “On behalf of the Guidance Center staff and board of directors, we congratulate Joan on this well-deserved recognition!”

Joan Vitiello is given her award by Long Island Business News publisher Scott Schoen.
Our Roslyn Headquarters’ Treasured Past

The past came to life on October 3rd, 2017, as North Shore Child & Family Guidance Center hosted a luncheon at its Roslyn Heights headquarters, known as “Whispered Wishes,” featuring a visit by one of the home’s former occupants.

Mary Jo Balkind, the granddaughter of one of the building’s early owners, financier and industrialist Charles C. Auchincloss, lived in the Guidance Center’s headquarters during WWII when she was a young girl. She enthusiastically shared many stories of those years with the luncheon’s guests, which included board members, donors and New York State Senator Elaine Phillips.

“It was a working farm,” says Balkind, who lived in the home with her grandparents, mother and siblings until 1946. “We had pigs, cows and chickens, along with a tennis court and stable. It was a great place to live.”

Another claim to fame for her former residence: Balkind’s sister Rosie was best friends with future First Lady Jacqueline Bouvier Kennedy, who visited the home often as a young girl.

The history of the building—one of the oldest in the East Hills area—is quite fascinating, says Howard Kroplick, Town Historian for the Town of North Hempstead. Whispered Wishes, formerly named “Builtover” by Charles Auchincloss when he purchased the home in 1905, was originally part of a 46-acre property owned by the Willets and Taber families, early settlers of Long Island.

Well-known architecture firm Peabody, Wilson and Brown was hired by Auchincloss to update the original home and turn it into a 25-room Georgian Revival mansion. He also hired the famed Olmstead Brothers, who designed Central Park, as architects for the grounds in 1917.

“This is a building that does so many wonderful things for the community,” says Kroplick. “It should be cherished and preserved.”

Gold Coast historian Paul J. Mateyunas gave the audience a tour of the home, pointing out its numerous original features, from fireplaces to sconces to cast iron heating grates to a call box for the servants. “This is an amazing example of preservation,” says Mateyunas.

Since the Guidance Center purchased the home in 1983, preserving its beauty and structural integrity has been of utmost importance. Executive Director Andrew Malekoff told the luncheon guests that the Guidance Center is embarking on a crucial renovation project, called Let the Light In, to keep the “warm and welcoming” feeling for all our clients.

“We’re very grateful to Senator Phillips for helping us secure $100,000 toward the windows project from the Dormitory Authority of New York State,” says Malekoff, noting that the cost to replace all 120 windows plus some much needed exterior work will be approximately $1.2 million.

For her part, Mary Jo Balkind is thrilled that her former childhood home is a place where helping children and families in need of mental health services is paramount: “I’m so thankful that the Guidance Center has preserved the beauty of this house. They’ve also preserved the spiritual essence of the building. There is the most wonderful atmosphere here; from the moment you walk in you can feel it. It makes me so happy that the Guidance Center is here.”

To learn more about the Let the Light In windows renovation project, please contact Director of Development Lauren McGowan at LMcGowan@northshorechildguidance.org or call (516) 626-1971, ext. 320.
Gala 2017: A Star-Filled Night

Under a blanket of starry lights, this year’s gala, “Under the Stars,” raised more than $430,000 to support our work.

More than 220 guests attended the October 26, 2017, event, enjoying a wonderful evening of delicious food, musical entertainment provided by New York, NY Dueling Pianos, a silent and live auction and lots of fun!

The honorees were Marilyn and Russell Albanese. Marilyn, a new member of the Guidance Center’s Board of Directors, has been volunteering for the Guidance Center for several years, working to support and educate young mothers at the Leeds Place location.

“We are delighted that the ‘Under the Stars’ gala was a grand fundraising and ‘friendraising’ event,” says Board President Nancy Lane. “The Board of Directors is thrilled that Marilyn and Russell Albanese agreed to be our 2017 honorees. This year’s co-chairs, Carol and Andy Marcell, pulled out all of the stops to help make this year’s event a real standout!”

The money raised at the event will help the Guidance Center continue its many innovative programs and services, with no one ever turned away for inability to pay. “The financial success of the Gala is essential to our continuing to extend the Guidance Center’s reach to thousands of children and families that call on us in their hour of need,” says Andrew Malekoff, Executive Director. “It was a fun and festive evening and a prime example of neighbor helping neighbor to bring hope and healing to vulnerable children.”

Another guest was Senator Elaine Phillips, who recently helped us secure $100,000 in funding for our new capital campaign “Let the Light In,” which will help us replace more than 120 windows at our historic headquarters.

“North Shore Child & Family Guidance Center is an essential resource in our community for children struggling with mental health conditions,” Senator Phillips says. “I applaud the Guidance Center’s committed staff for working tirelessly to help restore and strengthen the emotional well-being of children and their families.”
Americana Manhasset Champions for Charity was a great success again this year. This wonderful annual holiday shopping event benefits non-profit organizations across Long Island. North Shore Child & Family Guidance Center was a grateful beneficiary of their philanthropy and helped to bring shoppers to their luxury brand stores.

From November 30 through December 3, 2017, at participating stores in Americana Manhasset and Wheatley Plaza shopping centers, 25% of the cost of purchases were donated to the favorite charity of each shopper. In total, the four-day program raised $1,084,786 to benefit more than 140 local not-for-profit organizations.

Since its inception in 1996, Champions for Charity has raised nearly $12 million. Taking an active role in the community has been an integral part of Castagna Realty Retail Group’s mission. We are proud of our relationship with John Gutleber, President & CEO, Deirdre Costa Major, Senior Vice President and President of the Retail Division, and Rebecca Hollander, Marketing Director, all of whom have sculpted this event to be the model for charity shopping and point-of-sale fundraising efforts.

Company owners Frank Castagna and his wife, Rita, the principals of Castagna Realty Company, are longtime friends of the Guidance Center, where Rita is also a member of our Board of Directors.

This year we received more than $12,000 from the effort. Thank you to all who shopped for us and to Champions for Charity for your commitment to the community and to the Guidance Center!

Each month, the teens who are part of our Latina Girls Project embark on an outing, visiting a variety of artistic, educational and other significant sites on Long Island or in the city. One of their most exciting trips yet happened in September 2017, when 13 girls visited The Adventure Park at Long Island, the largest forest climbing park in New York, located in seven acres of woodlands. The park consists of a series of platforms high up in the trees connected by cable, wood, rope and zip lines to form bridges. Each bridge presents a different challenge of how to get to the next platform.

The girls had a guide that gave them a safety orientation before starting to climb. They were assured that the climbing system would keep them secure at all times—but when you are high up in the trees, it can feel very daunting! “They had to learn to trust not only their own abilities but also to have confidence in the equipment and the guide,” says North Shore Child & Family Guidance Center Associate Executive Director Regina Barros-Rivera. “Despite their fears, the girls enthusiastically took on the challenge, and they felt so empowered at their own bravery!”

What was also so impressive was how much the girls gave each other moral support, encouraging each climber and telling her, “You can do it!” The experience made them realize that fear is not a stop sign, and that they are capable of soaring when faced with a challenging situation. “They all want to go back again,” says Barros-Rivera. “It was wonderful to see the girls feel such confidence in themselves.”

A special thank you to the John & Janet Kornreich Charitable Foundation for sponsoring all of our trips.
A Caring Community Partnership

One of our social workers, Virginia Medina, wanted to help her clients who are part of our Intensive Child and Family Services by giving them special care packages as gifts.

Medina’s idea was to create gifts of personal care items such as soap, lotions, toothpaste and deodorant for the families. “It’s something to boost their morale and self-esteem,” says Medina. Her supervisor, Lee Holtzman, thought it was a great idea, and also thought it would be terrific if we could connect with the community to help out on the project.

Holtzman posted a notice on the Nassau County Girl Scouts website, and when Troop 3081 Leader Kim LoPresti and her coleader Stefanie Russo saw it, they knew it would be a great project for the seven girls in their group, who are from Seaford Harbor Elementary School. They partnered with Troop 3542 from Seaford Manor Elementary School, which consists of 10 girls.

The girls, who were “very excited” about the project, according to LoPresti, were able to put together 27 toiletry kits, which they presented to Holtzman and Medina on January 12, 2018, at the Girl Scouts Nassau County headquarters. The project will help the girls earn their “Girl Scout Way Badge.”

The Guidance Center had two other community partners who helped create the kits: Michele Bastiani, a former Girl Scouts leader who saw the posting and collected money for kits at her annual square dancing charity event; and Kristen Ryan, who heard about the drive from a friend of hers who works at the Guidance Center and posted the request on a Manhasset Parents Facebook page.

“The post got an overwhelming response,” says Ryan. “People were so generous. More than 20 families dropped by my house with donated personal care items.” Ryan, who is also the leader of two Girl Scouts Troops, will be continuing the drive in March with her troops.

A special thank you to Margo Messina, a former Guidance Center employee, who donated the bags for the kits.

Ladies Night at Neiman Marcus

North Shore Child & Family Guidance Center held its 4th Annual Ladies Night Out on July 20, 2017. This year, the Guidance Center’s Business Advisory Council partnered with Neiman Marcus Roosevelt Field to deliver exceptional beauty services and raffle opportunities to the women of our local communities to raise awareness of the programs and services of the Guidance Center.

This year’s event was very well attended, with proceeds supporting children’s mental health and the eradication of stigma. Attendees were treated to brow shaping and makeovers by Neiman Marcus makeup artists, while Manhasset salon nuBest provided blow-outs and hair styling. Guests savored delicious small bites from NM Cafe and sipped champagne while they were pampered.

“The Guidance Center is so grateful to Neiman Marcus for their ongoing partnership and support of our mental health services for children and families,” says Jacqueline Bushwack, board member and chair of the Guidance Center’s Business Advisory Council.
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 or by mail to the Development Department, NS&FGC, 480 Old Westbury Road, Roslyn Heights, NY 11577 or call (516) 626-1971 x-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**
- **Meghan and Jack’s B’nei Mitzvah** – Ginny and Bob Glasser
- **Mary Jo Balkind’s 80th Birthday** – Leslie and Buck Balkind
- **Amy and Daniel Cantor** – Rosalie Cantor
- **Catherine Castagna and Ernie Lagoja’s Wedding** – Rosemarie and Michael Affrunti; Gerda and Gary Andersen; Maureen and Alan Aronson; Glenn Arzt; Javier Avalos; Patti-Ann and Frank Bail; Rosemary and Attilio Bisio; Chris and Jack Bransfield; Lisa Camhe and Anthony Gonneconti; Carol Chrenc; Inge Costa; Anthony DeLucia; Jeanette Duarte; Joann and Richard Esposito; Jennifer Fabian; Stephen Fallis; Gerard Figliuolo; Patricia and Leo Fontaine; Joanna Galanis; Joseph Giaquinto; Catherine and Sean Gibbons; Marisa Giordano; Fran and John Gutleber; Jo-Ellen and Ira Hazan; Jean and Kenneth Kearney; Gisele Kehl; David Kilpatrick; Ryan Latin; Rosa Leiria; Bridget Lizardi-Calderon; Rosalie and Karl Loser; Arthur Lux; Alisa and David Markowitz; Daniel Mendez; Stuart Mordfin; Paul Butler Murphy; Kathleen and Jeffrey Nelson; Kristin Nick; Mr. and Mrs. Richard O’Rourke; Stefan Ovchar; Sal Piropato; James Pugliese; Kristina Reardon; Milanka Reardon; Cynthia and Carlos Rodriguez; Juan Rosado; Andrea Sanders; Ann and Bernhard Schindler; Janine and Robert Schindler; Japinder Singh; Patrick Smith; Barbara Storer and Alan DeVito; Lois and Jeffrey Tilton; Candy and Mark Udell; Jessica and Michael Vogt; Rosemary and Pat Walsh; Florence and Craig Westergard; Joan Wloczowski

**Seth Kupferberg’s Birthday** – Liane and Marc Carter; Ina Kupferberg; Martin Kupferberg

**Nancy and Lew Lane** – Helen Devine and Barbara Ellison

**Michael Leeds’ Birthday** – Michele and Arie Frankel; Faith and Les Lerner; Randi Sherman and Steven Epstein

**Marion Levine** – Aviva and Allen Zweben

**Andrew Malekoff** – Jo-Ann and Glen Spiritis

**Nancy Marks** – Susan and Kanti Rai

**Elon Mesholam** – Isabelle Mesholam

**Rachel Sands** – Helene Fortunoff

**Julia and Irwin Traurig** – Stuart Traurig

**Joan Vitiello** – Linda Seaman

**All the Wonderful Members of our Lottery Pool** – Karen Sheff

**In Memory of**
- **Esther Ambalu** – Linda and Mark Ugenti
- **Bernard Bazar** – Barbara and Herbert Steier
- **Kelly Benczkowski** – Valerie and Rick Ritacco
- **Sue Cohen’s Father** – Marion and Irving Levine
- **Sylvia Cohen** – Ginny and Bob Glasser; Dale and Andrew Malekoff
- **Elliot Fishman** – Renée and Murray Beckerman; Susan and Paul Svigals
- **Louis Fortunoff** – Dale and Andrew Malekoff
- **Ira Greenhouse** – Linda and Mark Ugenti
- **Marni Larkin’s Father** – Ginny and Bob Glasser
- **Leonard Rautenberg** – Andrew Borinstein
- **Cecile Shore** – Marie Rautenberg

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A gift from the heart: In lieu of gifts for their wedding, Catherine Castagna and Ernie Lagoja asked their guests to make donations to North Shore Child & Family Guidance Center. The total collected was more than $16,000. Thank you to the happy couple for their generosity!
Children’s Center Benefit Raises $12,000

North Shore Child & Family Guidance Center hosted a fundraiser on September 19, 2017, for The Children’s Center at Nassau County Family Court. The event was held at Tesoro’s Ristorante Cucini Italiana in Westbury and featured entertainment by musician and soul crooner Paul Loren, along with cocktails and a delicious buffet.

The event raised more than $12,000 for operating The Children’s Center, which provides care and early learning to almost 2,000 children annually, ages 6 weeks to 12 years, while their parents or guardians are conducting court business.

“The Children’s Center is not a babysitting service,” Dr. Nellie Taylor-Walthrust, Director of The Leeds Place, explains. “It is an early learning center. Often this is a child’s first exposure to an early learning environment. Every aspect of the Center promotes learning by which the children can explore new things in a safe, structured and professionally supervised setting.”

Dr. Taylor-Walthrust also thanked all of The Children’s Center volunteers, including Allison Cacace, a volunteer who was instrumental in coordinating the event for the second year in a row. “We have only two full-time staff members, and we are required to have two adults present at the Center for it to be open. We could never provide the level of service that we do without these dedicated volunteers.”

She also acknowledged Laurie Joseph-Yehuda and Rene Joseph, the daughter and widow of the late Honorable Burton S. Joseph, founder of The Children’s Center, who were also in attendance. Laurie is a new member of The Children’s Center Advisory Council and Rene painted a beautiful mural on the wall of the Children’s Center many years ago.

The fundraiser was co-chaired by Robert C. Mangi, Esq. and John M. Zenir, Esq., and was sponsored by an array of local law firms and other businesses, including Abrams, Fensterman, Fensterman, Eisman, Formato, Ferrara, Wolf & Carone, LLP, DiMascio & Associates, LLP, Gassman Baiamonte Gruner, P.C., Mangi & Graham, LLP, the Pessala Family, and In Memory of Hon. Burton S. Joseph.

Guidance Center Honored for Group Work

The Long Island Chapter of the International Association for Social Work with Groups (IASWG) presented North Shore Child & Family Guidance Center with the first annual prestigious Steve Kraft Group Work Award for excellence in the provision of group work services on November 8, 2017, at the Adelphi University School of Social Work. Guidance Center CEO Andrew Malekoff and Director of Clinical Services Bruce Kaufstein accepted the Steve Kraft Group Work award and thanked the IASWG Long Island Chapter for this honor in Steve Kraft’s name. Malekoff, also an IASWG board member, says, “This is an especially meaningful award. Steve Kraft was a wonderful guy, a terrific social worker and an attorney with a group worker’s heart.”

Andrew Malekoff accepted the award plaque for the first annual Steve Kraft Group Work Award.
Events

SAVE THE DATE
North Shore Child & Family Guidance Center’s
SPRING LUNCHEON
APRIL 26 2018
at Glen Head Country Club
Boutiques & Mahjong, Canasta or Bridge

Keynote Speaker: Victor M. Fornari, MD
Director of the Division of Child & Adolescent Psychiatry
at The Zucker Hillside Hospital and Cohen’s Children’s Medical Center
and Professor of Psychiatry & Pediatrics at the Hofstra Northwell School of Medicine

For information or to register: (516) 626-1971 ext. 309
or visit: www.northshorechildguidance.org/events

MARK YOUR CALENDARS!

• A talk with Nicole Nagy, author of Creative Mind: Diary of Teenage Mental Illness, plus a panel of experts. Friday, April 13, 2018, at the Guidance Center’s Roslyn Heights headquarters

• 22nd Annual Jonathan Krevat Memorial Golf & Tennis Classic to be held on Monday, June 18, 2018, at The Creek in Locust Valley

• Annual Gala, Thursday, October 25, 2018, at The Garden City Hotel
Let the Light In!

Our beautiful and historic 112-year old headquarters in Roslyn Heights is in need of your help.

We must replace 120 windows, many of which are literally crumbling to the ground. It is crucial that we provide a soothing environment where families can feel at home once they have made the difficult decision to reach out for help.

“The physical structures that contribute to a sense of order, stability and consistency in a child’s life are critical to the provision of quality mental health care,” says Guidance Center Executive Director Andrew Malekoff. “This is vital in a world where families delay asking for help with mental health issues due to stigma and the shame that it generates.”

Our “Let the Light In” Windows Replacement Project will not only keep our clients safe and comfortable but will also improve energy efficiency and reduce utility costs.

Please help us raise the much-needed funds that will ensure that our building remains a place of hope and healing for many years to come.

To learn more about the windows renovation project, please contact Director of Development Lauren McGowan at LMcGowan@northshorechildguidance.org or call (516) 626-1971, ext. 320.

A Well-Deserved Award

Congratulations to Dr. Nellie Taylor-Walthrust, the Director of The Leeds Place, one of the Guidance Center’s three main sites, who was honored by the Long Island Cross County Section of the National Council of Negro Women. Dr. Taylor-Walthrust was recognized for exemplary community and professional service working with children and families that have been impacted by substance abuse. CEO Andrew Malekoff, who attended the award ceremony at the Garden City Hotel, says, “Nellie has displayed dedicated and outstanding leadership during her almost 28 years with the Guidance Center and has made a positive impact on the lives of countless children and their families. She makes us proud!”

Left to right: Pascale Nerestant, Dr. Nellie Taylor-Walthrust, Marmeline Martin and Carolyn Germany at the ceremony.
Are your kids glued to their phones or other tech devices? Technology addiction was the topic of our October 20, 2017, workshop with author and psychotherapist Sean Grover, who presented “When Your Child Relates Better to Screens than Human Beings” to a full house of parents and staff.

“Everywhere you look, children are staring into cell phones, screens, computer screens, tablets, iPads and more,” says Grover, who has appeared on the Today Show, in The New York Times and in many other media outlets. “While some kids use technology as a pastime, others are absorbed by it. Technology devours their lives. These kids tend to be more isolated and anxious, have poor people skills, difficulty maintaining friendships or an unstable sense of self.”

Grover gave parents guidelines on how to take back control and help their offspring wean off their technology addiction. Here are some of his tips:

1. **Tech Blackouts**: Set aside specific times at home when no one (parents included) uses technology.

2. **Tech Hours**: Kids resist structure — but fall apart without it. Technology needs limits. Scheduling tech time will help to limit battles by setting clear guidelines.

3. **Tech Spaces**: When possible, keep all technology in a common space like the living room — not in a child’s bedroom. Establish communal places for tech time; try to avoid allowing your kid to disappear for hours behind a closed door.

4. **Tech Limits**: There are plenty of on-line services, such as Net Nanny, that can filter out inappropriate or violent material. These services can also limit Internet access by scheduling times that the Internet is available and times when it is not.

Board member Alexis Siegel says, “It was a really eye-opening workshop. He not only talked about how too much screen time can be harmful to kids, but gave great advice on how to set limits.”

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**Reaching Out to the Jewish Community**

One of our aims at North Shore Child & Family Guidance Center is to reach out to populations that might not normally know about our services or, because of cultural stigma, might be uncomfortable asking for help.

This fall, we received a grant from the UJA-Federation of New York to create a program to serve the needs of the Jewish community in Nassau County. Debbie Kassimir, LCSW at the Guidance Center, is now the outreach social worker to this population. Kassimir serves as the point person for the various synagogues, schools and other community groups, and she is developing ongoing relationships with the leaders of those organizations.

“This project represents a public health approach to more effectively reaching the Nassau County Jewish community through outreach, education, prevention and treatment,” says Regina Barros-Rivera, Associate Executive Director at the Guidance Center. “We anticipate reaching hundreds of people through activities ranging from educational meetings to fast track referrals for those in greatest need, including psychiatric emergencies.”

The aim of this project is consistent with projects that we have launched for other special ethnic populations, and it fits with our aim to provide culturally competent care to the multitude of ethnic and religious groups that seek our help.

“I helped to bring together the UJA with the Guidance Center on this project because I know the quality and unique approach of the Guidance Center and how we receive favorable outcomes for our interventional services,” says Guidance Center Board Member Rosemarie Klipper. “This is something that more people in the Jewish community should become aware of, and the UJA is poised to be a perfect partner.”

“In an ever-changing climate of mental health provision, UJA is pleased to pilot a program with the Guidance Center to provide quality services to the Jewish and broader community,” says Nancy Powers, Director, LI Region of UJA-Federation of NY.

On October 31, 2017, Kassimir presented a parent workshop on bullying to the Mashadi Synagogue of Great Neck called “Let’s Talk about Bullies and Bullying- What Parents Can Do to Help.” Thirty women attended the well-received program.

“The presentation was interactive as I offered information, strategies and addressed questions from the mothers,” says Kassimir. “They even gave ideas to one another about handling specific situations applicable to this unique culture.”

The Guidance Center is grateful to the UJA for their partnership and collaboration with us so that we can serve the Jewish community in a culturally sensitive way.
Ways to Support the Guidance Center

North Shore Child & Family Guidance Center is unique in that we are the only agency on Long Island that provides mental health services specifically for children and families.

You can help a client obtain access to our vital core services by sponsoring an intake, therapy or group session with a licensed and highly trained clinical mental health professional. Please consider making a gift of...

$85 covers the fee for an individual to attend an hour-long group therapy session.

$125 covers the fee for a child to attend a private 45 minute therapy session.

$250 covers the fee that every family is charged for an initial assessment for clinical services. This is a one-time only charge and is critical to the onset of clinical help.

$500 covers the fee for an individual child to receive one month of weekly private therapy.

$1000 covers the fees for an entire family to attend 8 hour-long therapy sessions.

Your gift will make a significant impact for a family.

Thank you!