

Guidelines

Latina Girls Share an Art-Filled Day

At North Shore Child & Family Guidance Center, we not only provide counseling, but we also offer some very innovative programs targeted at specific needs and sectors of our local communities.

One of those is the Latina Girls Project, which was created in response to the alarming rate of depression, school refusal, self-harm, sexual abuse and attempted suicides by Hispanic girls, ages 12-17. In addition to bilingual individual, family and group therapy, the program incorporates monthly supervised outings to places such as theaters and museums.

All of the trips are sponsored by our very generous donors, John and Janet Kornreich.

In March, more than 20 girls had the experience of a lifetime as they toured the Brooklyn Museum's Frida Kahlo exhibit with Molly Crabapple, an award-winning artist and writer who learned of the Guidance Center's Latina Girls Project from Executive Director Andrew Malekoff.

"When Molly heard about the outings taken by the teens in the Latina Girls Project, she suggested the trip to the Frida Kahlo exhibit and offered to be the tour guide," says Malekoff, who connected with Crabapple when he bought one of her artworks. "It was such a generous offer, and we were thrilled to have such a prominent and accomplished artist accompany the teens on the trip. We're also so grateful to the Kornreichs for making these trips possible."

Regina Barros-Rivera, Associate Executive Director of the Guidance Center and founder of the Latina Girls Project, said the trip was one of the most successful ever. Crabapple told the girls how she is also Latina (her father is from Puerto Rico), and that as a young girl she was challenged by the pressures to conform to the rigidity of the school system.



The Latina Girls with Regina Barros-Rivera (far left) and Molly Crabapple (in red coat).

"The girls bonded with her immediately, and she with them," says Barros-Rivera.

Crabapple talked about how she had idolized Frida Kahlo, because Kahlo was a native of Mexico and was a non-conformist. Crabapple showed the girls some of Kahlo's work, and as she did so, she began sketching. Several of the girls also started to draw.



Brooklyn Museum's Katherine Kusiak Carey (left) and Molly Crabapple (right).

"The girls were very interested in the exhibit, and we couldn't have had a better companion and tour guide than Molly," says Barros-Rivera. "It was very moving to see how she felt so close with the girls. She spoke so easily with them; it was a real soul connection!"

"The girls felt like this was someone just like them," adds Barros-Rivera, "and look how successful she has become. It gave them such a feeling of hope and possibility."

For her part, Crabapple says, "I had a wonderful time! I met quite a few smart, talented and artistic young women whom I had a lot of fun talking to and 'dorking out' with over Frida. Teenagers are for me the most intimidating audience to speak to because they have excellent BS detectors and total honesty, so I'm very happy to hear they had a good time!"

We're pleased to report that Crabapple has taken such an interest in the Latina Girls Project that she has offered to collaborate on future cultural activities.

Thank you to Molly Crabapple for making this such a special day!

To learn more about the Latina Girls Project, contact Regina Barros-Rivera at (516) 626-1971, ext. 330, or email RBarros@northshorechildguidance.org.

A Message From The Executive Director / CEO

I was pleased to represent North Shore Child & Family Guidance Center as part of a significant advocacy effort, along with a broad array of mental health and substance use providers and consumers across New York State, that led to the December 2018 enactment of the Mental Health and Substance Use Disorder Parity Report Act.

The new law will require commercial health insurers to submit key information to the NYS Department of Financial Services (DFS) for analysis and evaluation of compliance with federal and state parity laws. The intent of this provision of the new law is to advance the need for greater accountability and transparency.

Insurers Ignore the Law

Until now, existing parity laws—which demand that coverage and treatment for mental health and substance use disorders are on par with the coverage and treatment of physical illnesses—have been widely ignored, putting lives at risk. The failure to enforce parity laws was made clear in January 2018, when the Guidance Center released Project Access, a Long Island-wide study on the difficulty or ease in which families were able to access health care for mental illness and addiction. (You can access the full report on our website, northshorechildguidance.org; click on the Project Access tab.)

This new legislation, which was passed one year after the release of Project Access, is a shared success and would not have been possible without strong grassroots support that included the generation of an enormous volume of letters, calls and social media posts from advocates.

The challenge ahead will be to hold the DFS accountable, ensuring that they are taking adequate steps to verify the data and information that will be provided to them by health insurers.

Verification is essential to determining, for example, if the networks of providers on a health insurer's plan are in fact real as opposed to deceased, retired or no longer accepting insurance. They must also verify and report when waiting lists of valid providers are so long that access is delayed beyond a reasonable time with respect to the urgency of the need.

Before a recent client of ours found the Guidance Center, she told us a provider that was part of a large hospital system told her that the wait for an appointment for her teen was six months—and this was a girl in urgent need of care. **I'm proud that, at the Guidance Center, we see emergency cases within 24 to 48 hours, and no one is turned away for inability to pay.**

One reason for the paucity of mental health and drug treatment providers is the substandard rates of reimbursement that health insurers pay such providers, as compared to what they pay physical health care providers. This must be exposed and corrected if found to be the case when access to care is denied.

There Will Be Consequences

In addition to this promising advancement in New York State, this past April a federal court in the Northern District of California found that the giant health insurer United Behavioral Health had been using flawed criteria, contrary to generally accepted standards, to determine medical necessity for the care and treatment of patients with mental health and substance use disorders.



This decision fires a powerful warning shot at all insurance carriers who cut corners in determining medical necessity without regard for quality of care, and whose sole aim is enriching themselves at the expense of their beneficiaries living with mental health and substance use disorders.

Now, according to leading mental health advocate and former congressman Patrick Kennedy, a federal court is making it clear that there will be consequences for disregarding established standards of quality care in favor of a financial bottom line.

With your help, we are making progress.

Andrew Malekoff

Executive Director / CEO

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

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 NSCFG and mail to NSC&FG
480 Old Westbury Road
Roslyn Heights, NY 11577

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

Thank you for your support!

Donor Profile: Jane Schwartz

“You’ve Got a Friend.” That song, written by Carole King, is perhaps the most beloved hit from singer/songwriter James Taylor. For Jane Schwartz—a true friend to North Shore Child & Family Guidance Center—seeing Taylor’s concert at Tanglewood in Massachusetts is a tradition she enjoys every summer, when she and her husband Marty stay at their home in the beautiful Berkshires area.

Indeed, Schwartz has been a dedicated friend and supporter of the Guidance Center for more than five decades, when her friend Joan Saltzman told her about the organization’s mission to provide emotional healing to children and families who were struggling with mental health and substance use challenges.

A Natural Fit

During her years as a career woman, Schwartz was a teacher, which made her involvement with the Guidance Center a “natural fit,” she says. She taught in Bedford Stuyvesant before becoming a stay-at-home mother, and she saw that mental health services for kids in need were virtually non-existent, especially for kids living in poverty.

“Back then, children and teens who had issues like anxiety, depression or behavioral problems were often labeled as ‘bad’ kids,” says Schwartz. “There was a lot of stigma, even in my own Long Island community, and there weren’t many services available. I knew as soon as Joan told me about the Guidance Center that I wanted to become involved.

Though stigma still exists today, more people are willing to seek out help from mental health professionals, and the Guidance Center “provides a wonderful service to the Long Island community.”

– Jane Schwartz

Though stigma still exists today, Schwartz says, more people are willing to seek out help from mental health professionals, and the Guidance Center “provides a wonderful service to the Long Island community, with caring, dedicated staff members and a Board of Directors that are so devoted to helping all children and families, including those who cannot afford to pay for services.” She cites the incredible work done by Marion Levine, retired Executive Director of the Guidance Center, and current Executive Director Andrew Malekoff.

“Marion and Andy are phenomenal leaders,” says Schwartz. “They make all of us who support the Guidance Center very proud.”

Taking the Lead

Schwartz’s involvement with the Guidance Center over these 50-plus years has included being a Board President (from 1979-1981), along with numerous times serving as a Gala and Spring Luncheon chairperson and committee member.

“I loved taking part in all the events,” she says, citing her fondness for gathering prizes for the Guidance Center’s various fundraisers: “I could always get a lot of items for the auctions because when I explained to people what the mission of the Guidance Center was, they were eager to help.”

Caring for the Most Vulnerable

According to Marion Levine, Schwartz supported the Guidance Center through good times and bad. “There was a crisis when I first came to the Guidance Center, and we were in danger of being shut down due to no fault of our own,” says Levine. “Jane stood by me every step of the way, and in the end we not only survived but we thrived. She took on the challenge and wasn’t intimidated by anyone. She always cares about the most vulnerable in the community.”

Indeed, Schwartz’s passion for helping others extends beyond the Guidance Center. She is on the board of Planned Parenthood and Rotacare, which offers free health care for those who need it most but have the least access to care. She is also involved with ERASE Racism,



Jane Schwartz

for which her husband Marty is on the board.

Today, Schwartz lives most of the year in Port Washington, but she loves spending summers at their Berkshire home. Says Schwartz, “It’s a lovely setting, and we can fit the whole family in!” That family includes four grown children— Matthew, Suzanne (a jewelry designer whose work can be found at www.sschwartzjewelry.com) and twins Julie and Betsy—as well as nine grandchildren.

Her marriage to her husband Marty has been and continues to be a long and happy one. In fact, they recently celebrated their 60th wedding anniversary! Their dedication to serving those in need is one of their many shared bonds.

Their secrets to a happy marriage? “We’re both caring, giving and supportive of each other,” she says. “He is my best friend.”

Schwartz also continues longtime friendships with many of the Guidance Center’s early champions, including Levine, Nancy Marks, Marie Rautenberg and Lucille Kantor. “The women who made up the board of the Guidance Center created a true feeling of community,” says Schwartz. “All were dedicated to working to help children and their families receive mental health care, and we still have a real camaraderie.”

Guidance Center Spring Luncheon Raises Over \$87,000

A sellout crowd of 245 people joined together on April 17, 2019, for North Shore Child & Family Guidance Center's Annual Spring Luncheon. This year's event was a record-breaker, raising more than \$87,000!

The luncheon, which took place at Glen Head Country Club, began with a morning round of Mahjong and Canasta, along with unique shopping boutiques from some of Long Island's trendiest and most charitable small business owners, including Buy the Bag, Club & Country, Dash, iThrive, Transitions and RFC Fine Jewelry, among others.

After a delicious luncheon buffet, former Guidance Center client Katherine shared her experience with postpartum depression and talked about the lifesaving treatment she received through the Guidance Center's Diane Goldberg Maternal Depression Program.

She told the crowd, "I was desperately seeking someone who could tell me that I could get through this and convince me that it would get better. When I was connected with North Shore Child & Family Guidance Center, my life and my daughter's life were changed forever. The Guidance Center has not only given me back my life, it has given my family a future."

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

We are also grateful for the support of our sponsors. They are: Adelphi University, Baxter Smith & Shapiro PC, Amy Cantor, Ruth Fortunoff Cooper, Fara Copell, Linda Cronin, Julie Epstein, Fifth Avenue of LI Realty/Americana Manhasset, Joan & Jeffrey Grant, Janni and Associates/FNA, Deborah Klein, Rosemarie Klipper, Tracey Kupferberg/CBR, NYU Winthrop Women's and Children's Services, Raich Ende Malter & Co. LLP, Alexis Siegel, Signature Bank, Ruth & Michael Slade, South Oaks and Zucker Hillside Hospitals - Northwell Health and Carol Wolowitz.



Andrew Malekoff with Spring Luncheon Co-Chairs Alexis Siegel, Amy Cantor and Jan Ashley.



Lois Murray with Board Member Tracey Kupferberg and Board President Nancy Lane.



Shoppers visiting the boutiques.



Canasta players enjoying the Spring Luncheon.



Guest Speaker Katherine with her husband Bob, Andrew Malekoff, Dr. Jolie Pataki and Vanessa McMullen.



Mahjong was the favorite game for these guests at our Spring Luncheon.

A Celebration of Staff, Board and Supporters

At our 66th Annual Meeting, staff, board members and special guests were treated to a lovely evening of fine dining, great conversation and wonderful speeches from our six honorees.

The event, held at the Royalton at Roslyn Country Club on June 11, 2019, celebrated the contributions to North Shore Child & Family Guidance Center of our longtime Board Member and Board President Nancy Lane, who was given the Family Life Award. Lane, who first became involved with the Guidance Center in 1985, recently stepped down from her role as president after serving four terms, from 1988–1992 and 2015–2019.

Lane was introduced by former Board President and current Board Vice President Jo-Ellen Hazan, who said: “Nancy’s devotion to the Guidance Center’s mission and deep knowledge of what we do and of the community we serve has made her a dynamic, effective and passionate leader.”

The Partnership Award went to Dr. Martine Hackett, an associate professor in the Department of Health Professions at Hofstra University. Along with the Guidance Center’s Dr. Nellie Taylor-Waltrush, Dr. Hackett created Birth Justice Warriors, which trains advocates to spread the word to the community about the higher infant and maternal mortality rates for black women in Nassau County.

Social worker and author Nicole Nagy, who received the Mental Health Awareness Award, was honored for her advocacy for people with mental illness. Nagy’s book, *Creative Mind: A Diary of Teenage Mental Illness*, is a moving first-person account of her mental health challenges. She fights alongside the Guidance Center for timely, affordable access to mental health and substance use care.

Our three staff honorees were Corinthian Strunk, who works at our Children’s Center at Nassau County Family Court; Debra Aronica, assistant controller; and Dr. Jolie Pataki, staff psychiatrist. All three women are dedicated to the mission of the Guidance Center, and we are proud to have them as part of our team.

Board Changes

Judge Sondra Pardes, a longtime supporter and former Board Member of the Guidance Center, conducted the installation of new Board Member Dan Oliver and new Board President Paul Vitale, who has served on our board since 1995. Carol Marcell was named as a Vice President, while Michael Mondello is now Treasurer. Other Board Members are Nancy Lane (Past President); Amy Cantor, Jo-Ellen Hazan and Andrea Leeds (Vice Presidents); and Marilyn Albanese, Angela S. Anton, Rita Castagna, Josephine Ewing, Ruth Fortunoff Cooper, Rosemarie Klipper, Seth Kupferberg, Tracey Kupferberg, Andrew Marcell, Heather Schwartz, Alexis Siegel and Troy Slade.



Regina Barros-Rivera (far left) and Andrew Malekoff (far right) with honorees Debra Aronica, Dr. Jolie Pataki, Dr. Martine Hackett, Nicole Nagy and Nancy Lane.



Board Members Nancy Lane, Tracey Kupferberg, Seth Kupferberg, Andrea Leeds and Marilyn Albanese.



Standing: Gary Strauss, Lisa Strauss, Denise von Stange, Cathy Phillips and Joan Antonik. Seated: Ralph Langer, Myrna Langer, Staff Honoree Corinthian Sistrunk and Jane Bartley.



Dena Papadopoulos, Cindy Perez, Collette Jones, Amy Gelb, Lisa Melito, Dr. Simran Bagga and Erika Orbon.



Frank Castagna, with Board Members Rita Castagna and Nancy Lane.



Marie Vitale, with new Board President Paul Vitale; Board Vice President Andrea Leeds; former Board President Linda Seaman; and Board Vice President Jo-Ellen Hazan.

A Swinging Day at the Krevat Cup



Emcee Dan Donnelly with Co-Chairs Mike Mondiello, Michael Schnepfer and Troy Slade.

North Shore Child & Family Guidance Center once again hosted a joyful fundraising event filled with golf, tennis and an extraordinary dinner program at our 23rd annual Jonathan Krevat Memorial Golf & Tennis Classic. The event, held on June 3, 2019 at the beautiful North Hempstead Country Club in Port Washington, raised \$140,000 to support the Guidance Center's work.

This year, the event honored the amazing staff of mental health professionals at the Guidance Center. "As they say, it takes a village, and the people who are at the heart of our work healing children and families are an incredible team," said Andrew Malekoff, Executive Director of the Guidance Center. "Whether they are social workers, psychologists, psychiatrists, family advocates or others, they are devoted to providing the most compassionate care for every child, teen or family member who walks through our doors."



Team Slade wins the Krevat Cup!

This year's speaker was Jennifer Pearlman, a licensed mental health counselor at the Guidance Center. Pearlman shared the inspiring story of one of her young clients who came to her depressed and anxious, but after completing treatment told her, "Miss Jen, you gave me my life back."

Pearlman described her experience as a social worker as "being there for people in their most vulnerable and desperate times in their life. It is supporting people through crisis. It is empowering people to become their best selves. And it is giving permission for people to express their emotions without fear of judgment."



Philip Foote, Lorraine Foote, Cathy Castagna and Ernie Lagoja enjoying a perfect day on the links.

Once again, the co-chairs for this year's Krevat Cup were Michael Schnepfer and Board Members Michael Mondiello and Troy Slade. In addition, Dan Donnelly, who was the outstanding emcee, and Board Member Andrew Marcell shared the auctioneer's block. "It's all about the kids," said Donnelly, a longtime supporter of the Guidance Center. "I consider it a privilege to be here today to help raise money to support the incredible work that truly makes a difference in the lives of children and their families."



John Bender, Board Member and Auctioneer Andy Marcell and Lou Inglecias.



Co-Chair and Board Member Troy Slade with Michael Morash, Matt Weilgus and Jamie Goldgrub.



Jeremy Shao, Co-Chair and Board Member Mike Mondiello and Tim Chen.



Susan and Jeff Krevat, founders of the Krevat Cup.

Bright Partnership with National Grid!

North Shore Child & Family Guidance Center and National Grid launched a new partnership which began in February 2019 with a Career Day talk at the Center for Community Adjustment, part of Nassau B.O.C.E.S. in Wantagh.

Speaker Juan Santiago, National Grid Customer and Community Manager, quickly won over the students with his engaging tale about his life and career journey, from his beginnings as a kid in Brooklyn to his current high-level role with National Grid.



Assistant Principal Easton Hazell; Kathleen Wisnewski, National Grid Customer and Community Manager; Lauren McGowan, Director of Development at the Guidance Center; Juan Santiago, National Grid Customer and Community Manager; Dena Papadopoulos, Mental Health Counselor at the Guidance Center; and Suzanne Martin, Youth Employment Specialist at the Guidance Center.

He told the students, “Think big! If you can dream it, you can do it!”

In March, volunteers from National Grid generously donated their time and expertise to coach students in the Mock Interview Day at Nassau B.O.C.E.S. High School in Wantagh.



Suzanne Martin (left), with National Grid’s Sarah Kahrs and Paula Gendreau.

At this special annual event, more than 150 interviews were conducted, with volunteers speaking with students individually as if they were on an actual job interview.

“The event was an incredible experience,” said Sarah Kahrs, US Performance Excellence Coach at National Grid and one of the volunteer interviewers. “It was so exciting to be able to take an active role in helping these young adults prepare for their future.”

In our third partnership event, the Guidance Center welcomed seven National Grid employees to our Leeds Place location in Westbury, one of the Guidance Center’s three sites.

The seven volunteers—who brought with them new large decorative planters, several beds of petunias, geraniums, catmint, hostas and juniper bushes, along some white paint—spent the day planting and painting, giving the building a fresh, friendly look.

“National Grid is happy to partner with North Shore Child & Family Guidance Center at their Leeds Place,” said Kathleen Wisnewski, National Grid Customer and Community Manager, who was part of the volunteer team. “The planting and beautification project performed by employees from our IT department is another example of how National Grid gives back to the community we live and work in. It’s nice to know that the people entering the Leeds Place will be greeted by beautiful flowers to help brighten their day.”

Thank you to our new friends at National Grid!



Volunteers from National Grid included (left to right) Malcolm Minott, Fran Di Leonardo, Kathleen Wisnewski, Alanna Russo, Susan Eckert, Lauren Benetos and Carie Manticos, pictured with Dr. Nellie Taylor-Walthrust of the Guidance Center.

Guidance Center Superstars

Volunteer Spotlight: Audrey Shine



Audrey Shine at the Children's Center at Nassau County Family Court.

Plainview-Old Bethpage high schooler Audrey Shine was interning at a local law firm doing secretarial tasks when a friend told her about the need for volunteers at the Children's Center at Nassau County Family Court, a program of the Guidance Center.

Shine thought she'd be filing papers, but she discovered to her delight that she'd be caring for children. "I thought I'd be looking for missing files and instead I hunted for Legos!" she says.

Joan Antonik, Supervisor/Head Teacher at the Children's Center, has nothing but praise for Shine. "She's very smart but also down to earth and bubbly, so the children really enjoyed being with her."

Shine also organized three book drives, collecting more than 500 books for the Children's Center, which gives out a book to each child when they leave.

"It was truly a transformative experience," says Shine, who will be heading to Harvard this fall. "I'm so grateful for the chance to get to work with the kids and give them great books."

The Children's Center Needs You!

The Guidance Center is looking for volunteers (16 years old and up) to work at our Children's Center at Nassau County Family Court. We're also looking for donations of gently used or new children's books. Please contact Joan Antonik at (516) 493-4005 or JAntonik@northshorechildguidance.org. Thank you!

Staff Spotlight: Reena Nandi

When Dr. Reena Nandi went to medical school, she planned on becoming an internal medicine specialist. But two years into her studies, she realized that working with children was her calling, so she switched gears and became a child and adolescent psychiatrist.

The Guidance Center is very lucky that she made that move. The children and families who come to us for healing have been able to count on Dr. Nandi's wisdom and professionalism since she joined our staff in 1997.

"Dr. Nandi brings the highest ethical standards to her work at the Guidance Center," says Andrew Malekoff, Executive Director. "She is dedicated to each and every child and family that comes through our doors, providing them compassionate, expert and insightful care."

During her 20-plus years at the Guidance Center, Dr. Nandi has played an integral role in virtually all of our offerings, from our Intensive Support Program in three Nassau B.O.C.E.S. schools to our chemical dependency services to our Triage & Emergency services.

"This is the best time ever in my career," says Dr. Nandi, who is the Director of Psychiatric Services. "I love being able to work with so many different staff members, all of whom are exceptional. I'm proud and grateful to be an ambassador for the innovative, diverse programs of the Guidance Center."



Dr. Reena Nandi

Professional Workshops

Lifetime of Learning

The Guidance Center is proud of the work we do providing education seminars to mental health professionals and community members outside of our agency, and we also offer many workshops and trainings for our own staff. Following is a roundup from the past six months.

The Guidance Center's Jennifer Pearlman gave a presentation to Guidance Center staff on the issue of child abuse and trauma.

Pearlman and staff member Masha Leder presented several workshops on special mental health concerns in various Jewish communities, including an onsite visit to the Plainview JCC. They also were interviewed on this subject on WCWP radio (see "In the News," page 15).

In May, Dr. Cynthia Kaplan from McLean Hospital in Boston discussed childhood sexual abuse, trauma and PTSD across the lifespan with Guidance Center staff at our Roslyn Heights headquarters.



Dr. Cynthia Kaplan of McLean Hospital in Boston.

Executive Director Andrew Malekoff presented a workshop entitled "Project Access: A Social Justice Initiative to Fight Discrimination and Improve Access to Mental Health and Addictions Care," at the International Association of Social Work with Groups Symposium in New

York City. Malekoff was also honored at the event (see "Honors for Our Executive Director," page 11.)

Dr. Nellie Taylor-Waltrust gave a Mental Health Seminar to members of the Westbury community at our Leeds Place location. She also spoke at the Birth Equity Breakfast at Hofstra University about the high rate of black infant and maternal mortality in certain Nassau communities.



Andrew Malekoff, Dr. Martine Hackett, Legislator Siela Bynoe, Assemblywoman Michaelle Solages and Dr. Nellie Taylor-Waltrust.

Dr. Sari Skolnik, professor at Wurzweiler School of Social Work, Yeshiva University, presented "The Creative Practitioner: Integrating Experiential Methods into Clinical Practice with Diverse Populations" to Guidance Center staff.

Our partner Dr. Martine Hackett, Associate Professor at Hofstra University, spoke to Guidance Center staff regarding maternal and infant mortality; she also shared information about a joint project with the Guidance Center called Birth Justice Warriors, which was developed by Dr. Hackett and Dr. Taylor-Waltrust.

The entire Guidance Center staff received training on the use of Narcan by David Hymowitz from the Nassau County Office of Mental Health, Chemical Dependency and Developmental

Disabilities Services. Included in the training was the distribution of Narcan emergency kits. At a later date, the staff also was given a seminar on sexual harassment.



Dr. Martine Hackett shares her knowledge of birth rate inequity in Nassau County.

Corey Wilbur, a certified pediatric sleep consultant at Let There Be Sleep, spoke to clients at our Marks Family Right from the Start 0-3 + Center about six steps for establishing healthy sleep habits for babies and children.



The Guidance Center's Vanessa McMullen (left) with sleep consultant Corey Wilbur.

Fighting for the Health of Mothers and Babies

Hofstra University hosted the second “Nassau County Birth Equity Breakfast” in April, which addressed the black maternal and infant health disparities in Nassau County. The event featured the work of the Birth Justice Warriors, a joint project of the Guidance Center and Hofstra.

The Guidance Center’s Dr. Nellie Taylor-Waltrust and Hofstra professor Dr. Martine Hackett founded Birth Justice Warriors to advocate and educate about this most-important subject.

Dr. Nellie Taylor-Waltrust, guest speaker Hakima Tafunzi Payne and Dr. Martine Hackett at the Nassau County Birth Equity Breakfast



Hofstra Interns Help Babies, Moms



The Guidance Center is grateful to our terrific Hofstra University interns Elena Kalisinis, Caitlin Hoehlein and Amanda Petry, all of whom are graduate students in Occupational Therapy. They honed their skills working with teens and moms in our Good Beginnings for Babies (GBB) program.

“Each of the students was exceptional in teaching skills to the mothers on how to improve mobility and develop fine motor skills,” says Dr. Nellie Taylor-Waltrust, who heads up the GBB program. “They provided great resource materials for the mothers.”

Good Beginnings for Babies is a program for pregnant and parenting teens located at the Leeds Place, the Guidance Center’s Westbury office at 999 Brush Hollow Road. For more information, contact Dr. Taylor-Waltrust at (516) 997-2926, ext. 229.

◀ Hofstra students Elena Kalisinis, Caitlin Hoehlein and Amanda Petry taught important skills to the mothers in our Good Beginnings for Babies program.

Grants

The Rita and Frank Castagna Family Foundation

\$60,000 for General Support

Simon and Eve Colin Foundation

\$3,000 for General Support

Claire Friedlander Family Foundation

\$2,500 for General Support

Diane Goldberg Foundation

\$150,000 for Maternal Depression

Greentree Foundation “Good Neighbor” Fund

\$5,000 for Caregiver Grandparent Respite and Support Program (C-GRASP)

Hagedorn Fund

\$15,000 for the Family Court Children’s Center

The Kupferberg Foundation

\$10,000 for General Support

Jack & Dorothy Kupferberg Family Foundation

\$10,000 for General Support

\$10,000 for the Let the Light In Campaign

Fay J. Lindner Foundation

\$450,000 for Triage & Emergency Services

Manhasset Community Fund

\$4,000 for General Support

Nancy & Edwin Marks Family Foundation

\$50,000 for Maternal Depression

MJS Foundation

\$100,000 for General Support

Nassau County Bar Association

WE CARE Fund

\$2,500 for the Family Court Children’s Center

Laura B. Vogler Foundation

\$2,000 for Good Beginnings for Babies

Donald & Barbara Zucker Family Foundation

\$10,000 for General Support

Recognitions & Renovations

Honors for Our Executive Director

Congratulations to Guidance Center Executive Director Andrew Malekoff for several awards received in 2019.

Malekoff won the Best Commentary Award at the Fair Media Council's Folio Awards for his column "Kids in Caves, Kids in Cages," a column discussing the trauma to children separated from their families at the border that appeared in Blank Slate Media.

The Hispanic Brotherhood of Rockville Centre honored Malekoff's contribution to the community during its 2019 Scholarship Dinner. The organization provides a wide range of resettlement services for a fast-growing population of immigrants from different Spanish language cultures. Scholarships are for deserving students in the Rockville Centre School District.

Malekoff was named the 2019 Annual Honoree for the International Association for Social Work with Groups (IASWG). He was recognized for his contributions to IASWG, to social work with groups and to his advocacy for social justice.



Malekoff with Margarita Grasing and Marguerite Keller, co-directors of the Hispanic Brotherhood of Rockville Centre.

What's Great in Our State



Regina Barros-Rivera shared her cultural and mental health expertise at What's Great in Our State 2019 in Albany.

Regina Barros-Rivera, Guidance Center Associate Executive Director, was a featured speaker at What's Great in Our State 2019, an annual event hosted by the N.Y. State Office of Mental Health and the Council on Children and Families.

Barros-Rivera spoke at the "Inclusion of Cultural Perspectives" workshop, sharing stories about the Guidance Center's Latina Girls Project, an innovative program for treating Latina teens experiencing issues such as depression and anxiety. Barros-Rivera created the highly successful initiative when she discovered that an increasing number of Latinas were coming to us with suicidal thinking and self-harming behaviors. (See Cover Story for more on the Latina Girls Project.)

A Light-Filled Transformation!

The Guidance Center's main headquarters is located in a beautiful 114-year-old home in Roslyn Heights. We like to think of it as "a house that smiles," with inviting spaces, impactful programs, protective adults and an overall cultivation of safety and security.

Over the last several years, the building has undergone some much-needed renovations to ensure the most welcoming physical environment for the thousands of individuals who use our services each year.

In early spring, we completed Phase II of our "Let the Light In" window replacement project, installing more than 120 windows. The results—as you can see in this before-and-after photo—are a sight to behold.

In addition, the chimney was repaired, the dormers were reconstructed, and new soffits, trim and shutters were installed.

We are so grateful to all who contributed to this project. But there's still more work to be done! The stucco that protects the structure of the building needs to be repaired and replaced. We will also need to put on a new roof.

We would be most grateful if you could help us maintain our beloved headquarters. To find out how to contribute, contact our Director of Development, Lauren McGowan, at LMcGowan@northshorechildguidance.org; or call (516) 626-1971, ext. 320. Thank you!



In the Community

Board Member Visits School

Many thanks to Guidance Center Board Member Alexis Siegel, who represented us at Paul D. Schreiber High School in Port Washington on their Volunteer Day! She shared information about volunteer opportunities at our Children's Center at Nassau County Family Court and was joined by staff member Gerri Lima to encourage participation in our tutoring program at the Leeds Place. To learn how to get involved, see the Volunteer Spotlight on page 8.

▶ Alexis Siegel introduced the Guidance Center's mission and volunteer options to students at Schreiber High School.



Supporting the Latina Community



Board Member Rosemarie Klipper and Guidance Center Director of Development Lauren McGowan dressed to impress at the Long Island Hispanic Chamber of Commerce 14th Annual Latina Hat Luncheon, which celebrates Latina women who are in the workforce, as well as community advocates and leaders.

◀ Lauren McGowan and Rosemarie Klipper were proud to honor the influential women of Long Island's Hispanic community.

Walking for Moms

On May 11, 2019, four staff members from the Guidance Center's Marks Family Right from the Start 0-3+ Center hit the beach to support the 11th Annual Sounds of Silence Jones Beach walk/run to benefit the Postpartum Resource Center of New York. The Guidance Center provides comprehensive services to women facing postpartum depression and other perinatal mood and anxiety disorders through our Diane Goldberg Maternal Depression program.

Call (516) 626-1971 for more information.

▶ Guidance Center staff members Vanessa McMullen, Joan Salmon, Marsha Smith and Sue Cohen.



Celebrating Presidents Past and Present

This spring, seven of our former Board Presidents, along with new President Paul Vitale and Executive Director Andrew Malekoff, joined together at the Cosmopolitan Club in Manhattan.

We asked what their memories were of their time at the Guidance Center, and here are their responses:

“The Guidance Center is unique in that its leadership is able to identify problems and arrange suitable programs. Its strong point is putting together community efforts with common goals.” –

Dorothy Greene, 1973-1975

“Being part of the Guidance Center is a high point of my life. I grew in many different ways. The organization makes a huge difference in the lives of so many people.” – **Lucille Kantor, 1983-1987**

“As a Board Member, I continue to learn something new about mental health challenges and treatments, and that gives me more information to help advocate for those who are not able to do so for themselves. I have found that I have received so much more than I have given to the Guidance Center.”

– **Nancy Lane, 1989-1993 and 2015-2019**

“I got to learn a lot about the agency, and that was such an exciting thing. The Guidance Center is very special; people who are involved care about children and their wellbeing in our society.” – **Linda Seaman, 1993-1997**

“It was such a pleasure to get together and talk about our days as presidents, as well as the future of the Guidance Center. Although I had served on the board for several years before I became president, there was so much more to learn about the organization. The best part was getting to know the staff better.” – **Sandy Garfunkel, 1997-2001**

“I was most impressed with the people who were involved in the organization. The caring and dedication stood out to me at the time.” – **Rochelle Lipton, 2001-2004**



Top row, left to right: Andrew Malekoff, Sandy Garfunkel, Lucille Kantor, Jo-Ellen Hazan and Paul Vitale. Bottom row, left to right: Linda Seaman, Dorothy Greene, Nancy Lane and Rochelle Lipton.

“During my six-and-a-half years as president, I thoroughly enjoyed the interaction with the board, staff and community. I became more intuitive in my thinking because of my experience as president, for which I will always be grateful.”

– **Jo-Ellen Hazan, 2005-2011**

“As the new Board President, it is an honor and a privilege to lead North Shore Child & Family Guidance Center and to follow the leadership of our esteemed Past Presidents. I am looking forward to ensuring the continued wonderful community services that the Guidance Center provides, to continue to strengthen its long-term fiscal sustainability and to foster future leaders from within our Board.” – **Paul Vitale, Board Member since 1993, President 2019-present**

In Memoriam: Joan Saltzman



Joan Saltzman

On April 29, 2019, Andrew Malekoff attended a memorial for Joan Saltzman at the University Club at Hofstra University. Saltzman, a former President of the Board of the Guidance Center (1965-67), died on February 9, 2019 at the age of 99. Following are Malekoff's reflections:

The memorial program included a number of speakers sharing remembrances and noting, in particular, Joan's contributions in philanthropy and advocacy to children's mental health, as well as other causes that address the needs of vulnerable children and people who faced discrimination. Several speakers noted Joan's important role in the founding and early development of the Guidance Center.

As her son Eric said: "If she were described as a philanthropist, that sounds like she had money and did the right thing with it," he said. "She, with my father, did that, too. But she rolled up her sleeves and just did everything, from painting walls to meeting with people, to convincing [political figures] to do the right thing."

What was most moving at the memorial were reflections by three of her grandchildren who spoke to her number one priority: family. In fact, her passion for supporting people with developmental disabilities grew out of her experiences with her severely autistic granddaughter. All of us at the Guidance Center are forever grateful for Joan's dedication to us and to children everywhere.

In Honor, In Memory & In Celebration

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 gift online at www.northshorechildguidance.org or by mail to the Development Department, NSC&FGC, 480 Old Westbury Road, Roslyn Heights, NY 11577 or call (516) 626-1971 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

Jan Ashley – Luisa Filipe

Jack Bransfield – Angela Foley; Patricia Ryan

Amy Cantor – Stephanie Ginsberg; Caryn and Marc Schneider

Rita Castagna – Howard Maier

Birth of Samuel Harrison Donin – Lauren and Michael McGowan

Rene Joseph's 90th Birthday – Noreen and Matthew Tedone

Alyssa and Jason Kirschenbaum's Wedding – Renée and Murray Beckerman

Rosemarie Klipper's 60th Birthday – Gloria Friedgen; Robert Klipper; Mary Spina

Nancy Lane – Susan Isaacs and Elkan Abramowitz; Peg Wolpert

Nancy Marks – Robert Lewis

Alexis Siegel – Rochelle and Hal Lipton; Merry Slone

Troy Slade – Brett Goldberg; Aaron Wolk; Heidi and Robert Wolk

Sydney Spilko's Birthday – Marlo and Howard Spilko

Lisa Strauss – Jill Rosenthal; Rhonda Starr

Her Valentine and, most of all, the children and families who are healing – Carol Marcell

In Memory Of

Carol Achenbaum's Mother – Carol and Richard Simon

Matthew Dash – Susan and Gerald Horn

Colonel James E. Kater – Linda and Mark Ugenti

Harriette Katz's Daughter Millie – Marion and Irving Levine

Danny Mandel – Renée and Murray Beckerman

Shirley McCracken – Pat and Ed Byrnes; Nancy and Lew Lane; Andrea and Michael Leeds; Dale and Andrew Malekoff; Lauren and Michael McGowan

Michael Paley – Dale and Andrew Malekoff

Joan Saltzman – Rita and Frank Castagna; Lucille Kantor; Marion and Irving Levine

Marc Silbert – Dale and Andrew Malekoff

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Development@NorthShoreChildGuidance.org | (516) 626-1971, ext. 309

In the News

It's been a busy time for the Guidance Center, with reporters from international, national and local media outlets seeking expertise on mental health issues of all kinds.



Gaby Galvin, Andrew Malekoff and Dr. Nellie Taylor-Walthrust.

Journalist Gaby Galvin interviewed Dr. Nellie Taylor-Walthrust and Andrew Malekoff for her piece "The Suburban Myth of Health and Wealth," which mentioned our Good Beginnings for Babies program.



In his commentary "A Civil Rights Case for those with Mental Health Issues," Malekoff took on the issue of inequality in mental health coverage by major insurers. In a second column, he wrote about giving a living wage to those who work with the most vulnerable.



CBS cameraman and reporter Jennifer McLogan interview Andrew Malekoff.

Malekoff was featured in two different stories on CBS Channel 2 News: one on the long waits to access mental health care and the other on the addiction to video gaming.



The popular NY-metro area radio station picked up the video gaming story that ran on CBS Channel 2 News.



Malekoff's column on the traumatic effects to children who are being separated from their parents at the border ran in the Times Union of Albany and was also picked up by SFGate, a San Francisco newspaper.



Masha Leder, Jennifer Pearlman, WCWP's Richard Solomon and Regina Barros-Rivera.

Guidance Center staff members Masha Leder, Jennifer Pearlman and Regina Barros-Rivera were interviewed about the mental health needs of Long Island's Jewish communities.



Malekoff frequently writes columns for Blank Slate Media. His piece "Kids in Caves, Kids in Cages" won a Folio Award for best commentary.



A Newsday photographer shoots Andrew Malekoff in our kid-friendly waiting room.

Malekoff and the Guidance Center were featured in a story about the difficulty finding timely access to mental health care on Long Island. Also, in response to a different story, Malekoff wrote a letter regarding the injustice of the high rates of black infant and maternal mortality in certain Nassau towns.



Malekoff wrote three columns for the LI Herald covering issues including stigma and depression, birth equity and mental health parity.



Andrew Malekoff at the WHPC studio in Garden City.

Nurse Joan Buckley interviewed Malekoff regarding depression, suicide and other mental health issues for WHPC's "Your Family's Health" radio show, which runs worldwide on iHeartRadio.



Malekoff's monthly column "Parenting Plus" runs in all of Anton Media's newspapers.



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 North Shore Child & Family Guidance Center



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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 eight hour-long therapy sessions.

*Your gift will make a significant impact for a family.
Thank you!*

