

Guidance Center Welcomes New Executive Director

Summer marked a new beginning at North Shore Child & Family Guidance Center as we welcomed Kathy Rivera as our new Executive Director/CEO on June 22, 2021, upon the retirement of Andrew Malekoff, who served the agency for 45 years.

Rivera joins the Guidance Center after 14 years at the Jewish Child Care Association (JCCA), where she was the Senior Vice President of Care Management Services. Her experience at this multi-service child welfare agency, which provides comprehensive social services to children and families, makes her a perfect fit for the leading role at the Guidance Center, Long Island's leading children's mental health organization.

"We are confident that Kathy will provide the strong leadership, experience and vision the Guidance Center needs to move into the future,"



Kathy Rivera, the Guidance Center's new Executive Director/CEO.

said Paul Vitale, Guidance Center Board President. "She has a proven track record in governance and fiscal management, and she has built and developed an expert, interdisciplinary leadership team that successfully operates a wide range of mental health, physical health, education and social well-being programs that serve more than 1,000 youth and families across Metro New York."

Rivera, who was chosen among a long list of applicants for this crucial role, has been dedicated to the field of children's mental health her entire career.

"North Shore Child & Family Guidance Center's mission not only aligns with my core values but supports my commitment to strengthening individuals and families to achieve self-determined optimum well-being," says Rivera. "It is an honor and privilege to become part of a dynamic team and outstanding organization dedicated to ensuring equity and access with the highest

"North Shore Child & Family Guidance Center's mission not only aligns with my core values but supports my commitment to strengthening individuals and families to achieve self-determined optimum well-being."

quality services. I am thrilled to begin this new journey with the Guidance Center and look forward to supporting communities and families on their personal paths toward hope and healing."

Rivera earned her Bachelor of Arts degree from Hunter College of the City University of New York and her Master of Social Work from the Hunter College School of Social Work. She is a Licensed Clinical Social Worker and holds multiple certifications and trainings including being a Sanctuary Model (Trauma Informed) Trainer. She is a first-generation American-born child of immigrant parents from Thailand. When not working, Rivera enjoys spending leisure time with her husband, two sons and dog Luna.

"Kathy will provide the strong leadership, experience and vision the Guidance Center needs to move into the future."

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Finding Strength Amid Unprecedented Challenges



“No family needs to go it alone when it comes to finding help for their children.

The Guidance Center has stood by the families in our community for nearly seven decades, and we are still standing strong as we face this crisis, together.”

and whole-heartedly to the challenges confronting our kids today.

Welcome to our Fall 2021 Guidelines! As you read in the cover story, I’m the new Executive Director/CEO of North Shore Child & Family Guidance Center, and I couldn’t be prouder to take on this role for Long Island’s premiere children’s mental health agency. I’ve met with many of our supporters, and I’ve been so moved by their dedication to our work. I’m also grateful to have the support of such a wonderful staff and board of directors. All of you inspire me.

The Guidance Center is known throughout the region as the leading provider of high-quality, compassionate mental health services, with a family-focused approach that brings healing and hope to children, teens and the people who love them. The agency’s reputation for innovative programs, expert and caring professionals, cutting-edge research and unwavering advocacy is stellar, and I promise to uphold these high standards while making sure we continue to respond swiftly

As you well know, families are facing one of the most uncertain times in history. Our children have returned to school still reeling from the fear, anxiety and isolation that enveloped us all in March 2020, when the COVID lockdowns began. One study showed that 71% of parents believe the pandemic has taken a toll on the mental health of their children, and their concern is well-founded.

The Guidance Center is experiencing a surge unlike any we’ve ever seen, with calls flooding in from parents, hospitals, emergency rooms and schools, all desperate to find help for the young people in their care. Many youth have not only missed significant life events such as graduations, birthday parties and the like, they’ve lost their sense of security and safety. Many kids have told us some version of “What’s the point? I can’t control my future. No matter what I do, it won’t matter. I don’t even want to wake up in the morning anymore.”

Scary words for scary times.

As I write this letter, the Delta COVID variant has brought with it more fear and uncertainty. We don’t know if our children once again will be facing lockdowns, remote schooling, loss of social interactions and, in the worst-case scenario, loss of loved ones.

While there’s much we don’t know, there are things we can do to help our kids cope with this ever-changing scenario. Ask them how they are feeling, and reassure them that it is OK to feel sad, scared and even angry. Be on the lookout for signs of depression, such as mood swings, loss of interest in friends, changes in appetite and sleep patterns, substance use and especially thoughts of hopelessness or talk of suicide.

No family needs to go it alone when it comes to finding help for their children. The Guidance Center has stood by the families in our community for nearly seven decades, and we are still standing strong as we face this crisis, together.

As I embark on this new journey, I want you to know how deeply grateful I am to all of you who support the lifesaving work of the Guidance Center. Our mission is more important than ever, and we are here for your family and your community.

Wishing you health and safety,

Kathy Rivera
Executive Director/CEO

We are Here for You!

Given the continuing safety issues surrounding the pandemic, we are seeing many of our clients via a secure, easy-to-access telehealth platform. However, all of our staff are on site, and we are conducting in-person appointments at our three locations. We continue to offer flexible services so we can provide the highest quality care in a timely, affordable fashion. To schedule an appointment, please call us at (516) 626-1971 or email intake@northshorechildguidance.org

Guidelines

FALL 2021

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Donor Profile: Unitarian Universalist Congregation at Shelter Rock

When the pandemic struck in March 2020, the generous and caring members of the Unitarian Universalist Congregation at Shelter Rock (UUCSR) wanted to provide immediate financial assistance to local organizations that were impacted by the crisis.

They asked congregation members to suggest their favorite nonprofits and then set up a committee to vet the nominees. Fortunately, many UUCSR members were familiar with the lifesaving work of North Shore Child & Family Guidance Center.

After reaching out to us and hearing about our COVID-19 response efforts, UUCSR donated \$10,000 to the Guidance Center and then an additional \$50,000 in support of our work at a time when our services are needed more than ever. Over the course of their granting periods, UUCSR awarded \$670,000 to a variety of local nonprofits to help them respond to the pandemic.

Greatest Needs

According to Terry Bain, a member of UUCSR's Board of Trustees, the grant guidelines focused on food insecurity, homelessness, loss of parents or guardians, mental health and educational disadvantages.

"We wanted to address the areas where we thought the need would be the greatest, and in the beginning, everyone thought about food banks," says Bain. "But by the time we got to the second round of funding, so many nonprofits were telling us about mental health issues that came out in their clients. PTSD was surfacing because the long, grinding time of the pandemic has caused such stress on everybody."

Jana North, president of the UUCSR, says, "Of all the names that were proposed, your name rose to the top immediately. The Guidance Center is well known for doing this important work to provide services to families struggling with depression, anxiety and other issues related to COVID."

Faith in Action

In describing UUCSR's philanthropy efforts, North says, "We believe that with great wealth comes great responsibility. Part of what it means to be a Unitarian Universalist is to put our faith into action, and with each



Jana North, President of the UUCSR.



Terry Bain, Member of UUCSR's Board of Trustees.



grant we give, we see our faith going out into the community."

North adds that UUs "believe strongly that we are only a small part of the world around us, and our principles respect and honor the worth and dignity of each individual. We are here on this Earth only for a short time, and in that time we want to take care of each other and the planet."

A Multifaceted Congregation

UUCSR (uucsr.org), which has about 500 members, has been holding its Sunday

services virtually since the beginning of the pandemic, though some recent services have provided an onsite, outdoor option.

The congregation is a very active one, with a variety of programs, committees and events, some open to the public. For example, on the second Friday night of each month, UUCSR presents "Soulful Sundown," a musical collaboration between Rev. Jennifer L. Brower and the Cosmic Orchestra, often with special guest musicians.

Of its many opportunities for involvement, UUCSR features a Women's Group, Social Justice Group, Green Sanctuary Committee and LGBTQ+ Group, among others. Activities range from yoga and quilting to book discussions and bridge.

"Unitarian Universalists believe in offering respect and dignity to everyone and this includes those in a mental health crisis situation," says Rev. Dr. Natalie Fenimore, Lead Minister. "The congregation has long sought to support mental health, spiritual health, well-being and healing."

In fact, the UUCSR Mental Health group holds programs and discussions to broaden general awareness and increase the understanding of mental health issues and sponsors a mental health support group which met at the congregation pre-pandemic. Additionally, the congregation has provided funding for training the police in mental health crisis intervention.

Valued Partners

Kathy Rivera, the Guidance Center's Executive Director, says, "We are so grateful to the members of UUCSR for choosing us as a grantee. Their awareness of the importance of the mental health of our children and families during the pandemic is clear evidence of their dedication to the community, and we are proud to call them one of our valued donors and partners."

Bain of UUCSR's board says, "It's very challenging for parents to know where to turn for help. The fact that the Guidance Center is out there helping people is just remarkable and so needed."

To learn more about supporting North Shore Child & Family Guidance Center, contact Director of Development Lauren McGowan at (516) 626-1971, ext. 320.

Staff Profile: Bruce Kaufstein



Bruce Kaufstein in his favorite place, hiking in the Adirondacks.

After nearly four decades of dedicated service, our Director of Clinical Services, Bruce Kaufstein, is retiring at the end of this year, leaving behind many grateful kids, families and co-workers who have benefited from his abundant wisdom and compassion.

Kaufstein, LCSW, who interned at the Guidance Center in 1976 before joining the staff in December 1984, spent the bulk of his career working with adolescents, helping them grow and heal not only through traditional talk therapy but also with a life-changing initiative that he developed some 25 years ago: the Wilderness Respite Program, which takes at-risk adolescents on hikes and other nature activities that foster individual growth, leadership skills, self-esteem and friendships while also promoting environmental stewardship.

“Out in the natural world, in places like Bear Mountain, the teens become completely immersed and realize they have no choice but to respond to the challenges that arise, both physical and emotional,” says Kaufstein. “Sometimes they can meet those challenges independently or with a little help from the leaders, and sometimes their struggles trigger a group response to support and enable them to push on and complete the challenge of the day.”

Kaufstein, who leads the outings and is an avid hiker, explains that many of the teens have issues like autism, ADHD and anxiety, and therefore have trouble sitting still. “Out on the trails, they learn to take one step at a time to successfully complete the day’s goal,” he says. “They learn how to be independent and also how to work together. It’s so affirming for kids who rarely get much praise in school.”

He adds, “Most hikes are not characterized by struggles, but are full days of conversing, laughing, photographing nature and making friends. Since the pandemic, the value and need for interaction with peers has never been more palpable.”

Kaufstein was also the driving force behind our onsite organic gardens, where children and teens learn lessons in cooperation, responsibility and patience. “The kids take the lead in planting, watering and harvesting, and then take the produce to be donated to soup kitchens,” he explains. “It gives them an enormous sense of accomplishment and pride.”

Transforming Lives

Dr. Reena Nandi, Director of Psychiatric Services, says, “Bruce can bring calm to any situation, and he has truly transformed the lives of hundreds of children and families. He’s also been a mentor to many staff members over the years, making them feel supported and cared for. He will be sorely missed.”

Working with Guidance Center clients and their families has been a privilege, says Kaufstein, who plans to spend his retirement years hiking, playing piano and writing anecdotal stories about his experiences with adolescents. “It has been a sacred and solemn experience to positively impact the lives of so many people,” he says. “The entire staff, from the front desk people who greet clients to the senior supervisors, are so supportive of each other and of the mission. It has been incredibly gratifying to spend my career at the Guidance Center.”



Bruce Kaufstein speaking at our 9/11 Memorial Garden this fall.

Volunteer Profile: Gwen Jones



Gwen putting together the final touches on her art kits.

Like many teens, Gwen Jones found she had more time on her hands than usual due to the pandemic. But instead of binging on Netflix or spending more time on tech devices, Gwen, a senior at Portledge School in Locust Valley, decided to channel her creative energies into making a difference for kids on Long Island. Combining her love of art with her interest in community service, Gwen created more than 175 art kits for the Guidance Center.

“Art has been a big part of my life since I was little,” says Gwen. “Over quarantine, it was like therapy for me to get

out my art supplies, and I wanted to offer the opportunity to young kids.”

Gwen created kits that contain a variety of materials, from watercolors to rainbow markers to collage paper, with spotlights on different artists and art movements.

Dr. Sue Cohen, who heads up our Marks Family Right from the Start 0-3 + Center, where we work with our youngest clients, says, “Children use art to reduce stress and communicate thoughts and feelings that might be difficult to put into words, or that they might not have the vocabulary for yet,” says Cohen. “Art enables them to work through some hard emotions in a very natural way.”

One of Gwen’s Portledge teachers, Dorothy Kleinman, was not at all surprised that Gwen donated the thoughtful art kits to the Guidance Center. “Gwen is a dedicated student and friend to all her peers,” says Kleinman. “Her entire outlook is one of compassion, honor, respect and initiative. Gwen exemplifies all the fine qualities of our Portledge community, spreading kindness and support to everyone she knows.”

Lauren McGowan, Director of Development at the Guidance Center, says, “We are so grateful to Gwen for her generous donation. She is a shining example of how someone, no matter their age, can contribute to making a healthier world.”

SAVE THE DATE

An Appeal to Heal The Leadership Match

HELP US MEET OUR
\$100,000 CHALLENGE BY
THURSDAY, OCTOBER 28TH



NORTHSHORECHILDGUIDANCE.ORG/AN-APPEAL-TO-HEAL-THE-LEADERSHIP-MATCH

516.626.1971 EXT. 309

Fundraising Events

The Return of the Krevat Cup



Krevat Cup co-chairs Dan Oliver, Troy Slade, Michael Schnepfer and Mike Mondiello.

Though the skies were gray, the course was a perfect shade of green as North Shore Child & Family Guidance Center hosted our annual Jonathan Krevat Memorial Golf & Tennis Classic, one of our most important and fun-filled fundraising events.

This year was especially exciting for several reasons. First, the 2020 Classic had been cancelled due to the COVID-19 pandemic, so players were eager to bring their A games while supporting our mission, which is more important than ever during these emotionally challenging days for children and families.

It was also our first year at Nassau Country Club, a beautiful setting and course on the North Shore. Along with golf and tennis, we added pickleball to this year's lineup, which was loads of fun.

And in another first, our longtime co-chairs—Mike Mondiello, Michael Schnepfer and Troy Slade—were joined by Dan Oliver, a Guidance Center Board Member.

Jeff Krevat, brother of Jonathan, for whom the Krevat Cup was named, says, "I've been a staunch supporter of this community-based center, caring for the mental health needs of children and families for nearly 70 years. We owe a debt of gratitude to the entire staff!"

We are so grateful to our four co-chairs, along with their fellow committee members, who did a terrific job putting together the day's event. We also want to thank all of you who supported us by being a player or sponsor, or by taking part in our auction.

We look forward to seeing you next year!



Andrew Marcell.



Josh Erdheim, Jeff Greenblatt, Matt Weilgus and Jon Hillman.



Steve Malito, Ernie Lagoja, Catherine Castagna and Stephen Fallis.



Tony Major and Esther Dominguez.



Gisele Kehl, Robert and Nina Ronzoni and Rita Castagna.



Alan Hirschhorn, Michael Nash, Jeff Krevat and Paul Vitale.



Dan Donnelly and his caddy.

Roslyn Stores Step Up for Philanthropy

The Guidance Center inaugurated a new event in May as we hosted “Care for Kids: Spring Shopping Spree” in Roslyn Village.

We are so grateful to all the participating shops who donated a portion of the day’s sales to support or work: Glamour Nail, Jill Scherer Ltd., Katherine Tess, L’amour Jewelers, Shag New York, The Spa at Red Hots, Tina Demel Boutique and Transitions. Altogether, they raised nearly \$6,500!

Transitions owner Leslie Cohen, a longtime Guidance Center supporter, says, “The organization is easy to get behind, especially this year, with so many children being affected by the pandemic. Having a safe place to help the children cope is wonderful.”

According to Ann Corn, owner of Shag New York, nothing is more important than the health of our children. “Mental health issues do not discriminate by race or financial backgrounds,” she says. “Shag is honored to be involved with this amazing organization.”

Alexis Siegel, a member of the Guidance Center’s Board of Directors, expressed the agency’s gratitude for the generosity of participating Roslyn store owners. “We are all so lucky to live in an area where our businesses and community members are so philanthropic,” says Siegel. “They understand the importance of supporting our work to bring hope and healing to kids and families who are struggling with issues such as depression and anxiety during these incredibly challenging times.”



Ann Corn (left), owner of Shag, pictured left with board member Nancy Lane.



Board member Jo-Ellen Hazan with Sandra from Jill Scherer Ltd..

A Magical Night!

Who couldn’t use a little magic in their lives? Kids and parents alike, that’s who! And that’s just what magician and mentalist Jason Silberman provided as the Guidance Center hosted our first-ever “Night of Magic: A Family Funraiser,” held via Zoom on April 8, 2021.

Silberman amazed the audience with his virtual magic and mind-reading show, which was hosted by Josh Brookstein, Partner at Sahn Ward PLLC, and Guidance Center Board Member Jeffrey Greenblatt, Assistant Counsel Regulatory at PSEG Long Island.

Greenblatt, who watched with his wife Jaelyn and their three daughters Hayley, Harper and Taylor, says, “The kids had a great time, and we did too! It was the perfect antidote to pandemic fatigue.”

Brookstein and his family—wife Rebecca, son Jack and daughter Mia—loved the show. He says, “I’m thrilled that we raised more than \$4,500 that will help kids and families get the help they need and deserve.”



We are thankful to our co-hosts, their many friends and colleagues who took part, and all our sponsors: James Benner Jr., Cullen and Dykman LLP, the Jacobson Family, the Marcell Family, PSEG Long Island and Sahn Ward PLLC.

Fundraising Events

Aon Says One “Fore” All!

For the second year in a row, Board Member Andrew Marcell hosted a golf outing in September to raise funds to support our mission. The gathering of 22 players at the Sands Point Golf Club raised nearly \$72,000!

In 2020, we cancelled our annual Jonathan Krevat Memorial Golf & Tennis Classic for safety reasons, but to make up the missing funds, Marcell hosted a smaller, socially distanced golf event. But even though the Krevat Cup went forward this year, Marcell, who is CEO of Aon Reinsurance Solutions, said his colleagues from Aon and their partner companies didn’t want to miss out on the special day of golf to benefit children’s mental health.

“The Guidance Center’s work with kids and families is so crucial now, given the fallout from the pandemic,” he says. “Our event was such a huge hit last year that it was a no-brainer to hold it again!”

Paul Vitale, President of our Board of Directors, says, “Andy’s dedication to our mission is inspiring, and we are very grateful to him and all the players for supporting the Guidance Center’s work once again.”



John (Jay) Demeusy, John Bender, Andy Marcell and Louis Iglesias.



Andy Marcell, Christopher Malerno and Brian Finlay.



David McElroy and Eric Andersen.

Confronting the Overdose Crisis



Jason Witler.

On June 12, 2021, the Guidance Center was the beneficiary of funds raised at the Jason Daniel Witler Memorial Home Run Derby, named for a 2011 Syosset High School graduate who died from an accidental overdose of a drug laced with fentanyl in April. According to the Centers for Disease Control and Prevention, fentanyl was involved in more than 60% of nationwide overdose deaths last year.

The derby provided a wonderful opportunity for Jason’s friends and family to comfort each other and to honor the life of a young man who cared deeply for others.

The community responded in a big way. That day, more than \$8,000 was raised, but through the generosity of the incredible people who made contributions in Jason’s memory before and after the event, the total reached more than \$35,000, which will support the Guidance Center’s Adolescent Outpatient Chemical Dependency Treatment program and our other important work.

As Bonnie Witler, who has become an activist to help make meaning out of this tragedy, put it in a story in Anton Media, “The pain of losing a child is so enormous that some days I just don’t think I can make it,” she says. “But if I can help another life, it gives me reason to go on. Maybe Jason’s life will save hundreds of others.”



(Left) Jason’s mom Bonnie Witler, with her nephew David, at the memorial derby. (Middle) Jason’s friends (left to right) Jordan Slavin, Max Ferro and Ashley Sullo organized the derby, with help from Legislator Josh Lafazan (far right). (Right) L to R: Emcee Lou Bernardi, derby winner Kyle Supran and Josh Lafazan.

Fundraising Events

Spring Lunch-In: A Delicious Treat!

SPRING LUNCH-IN MARCH 24 2021 When North Shore Child & Family Guidance Center decided to cancel its in-person Spring Luncheon fundraiser this year to keep our supporters safe during the pandemic, we came up with a creative alternative: the first-of-its-kind Spring Lunch-In, a virtual event that featured fabulous recipes and table design tips from some of our area's most philanthropic businesses.

George and Gillis Poll, owners of Bryant & Cooper Steakhouse, gave viewers step-by-step instructions for three of their most popular dishes in the kitchen of the iconic Roslyn restaurant. They also gave a behind-the-scenes tour of their world-class Bryant & Cooper Butcher Shop & Retail Market.

The event, held over Zoom, also featured talented designer Susan Micelotta of White + One, who gave attendees tips on how to create a beautiful outdoor table setting for spring that is sure to impress.

Guidance Center Board Member Alexis Siegel, who joined the Poll brothers and Micelotta as the event's hostess, was thrilled at the success of the Spring Lunch-In, which raised nearly \$30,000. "We're so grateful to George, Gillis and Susan for their dedication to our work," says Siegel, who co-chaired the Lunch-In with Jan Ashley and Amy Cantor. "I'm proud to be part of an organization that addresses families' mental health needs with compassion and expertise."



Alexis Siegel, George Poll and Chef Hymie in Bryant & Cooper's kitchen.



Susan Micelotta of White + One with Alexis Siegel.

Thank you to all our Lunch-In sponsors!

Advantage Title, Americana Manhasset, Marilyn Albanese, Jan Ashley, Berdon LLP, the Bergstein Family, Amy & Dan Cantor, Paige Charles, Ruth Fortunoff Cooper for RFC Fine Jewelry, Dan Donnelly, Farrell Fritz P.C., Sharone Gilbert, Stephanie & Ian Ginsberg, Joan Grant, Bernadette & John Kasnicki, Amy Kates, Kupferberg Orlando Team at Douglas Elliman Real Estate, Carol Marcell, Lauren Schiff, Donna and Robert Serpico, Alexis Siegel, Signature Bank, Louis & Michele Silverman, Joanne Silverman, South Oaks Hospital-Northwell Health, VR/PR Victoria Ryan/Public Relations, Sandra Weingarten, Rachel Zuckerbrot and Zucker Hillside Hospital.

Community Comes Together

Several members of the Guidance Center staff joined with attendees at the annual Westbury/New Cassel National Night Out – American's Night Out Against Crime, which promotes community partnerships and raises awareness to help make our neighborhoods safer and a more caring place to live.

Says Dr. Nellie Taylor-Walthrust, Director of the Leeds Place, our Westbury location, "We are proud to serve the people of Westbury/New Cassel, both at our office and at Westbury High School, community centers, residents' homes and other venues. This is a vibrant, dynamic community, rich with a variety of cultures, and we are always thrilled to take part in this special event!"



Nassau County Executive Laura Curran, Adalcy Quintin, Dr. Nellie Taylor-Walthrust, Lauren McGowan, NY State Senator Anna Kaplan, Kathy Rivera and Regina Barros-Rivera.

Remembering 9/11

At a ceremony at our headquarters, the Guidance Center staff honored all those lost on 9/11. Several of our therapists worked with children and families impacted in the days, weeks and months following the tragedy. We were among the more than 200 community-based Project Liberty agencies contracted to help ameliorate the trauma caused by the attacks.

Thank you to Board Member Rita Castagna and the late Frank Castagna for supporting the renovation of our beautiful 9/11 Memorial Garden, which includes stones that our young clients painted in honor of their lost loved ones.

Pictured are staff members in our Memorial Garden paying their respects to all those lost on September 11, 2001.



In Honor, In Memory or to Celebrate

Gifts to North Shore Child & Family Guidance Center can be made to honor or remember a loved one or a friend, or to commemorate a special occasion. Make your donation online at www.northshorechildguidance.org or by mail to the Development Department, NSC&FGC, 480 Old Westbury Road, Roslyn Heights, NY 11577 or call 516-626-1971, Ext. 337 for more information. Don't forget to include your name and address and the name and address of the individual for whom you are making the donation.

In Honor Of

Josh Brookstein – Vladimir Lapin

Terry Brown's Birthday – Leslie Tannenbaum

Amy Cantor – Meryl and Gary Bolnick; Susan and Rich Gang

Ruth Fortunoff Cooper – Natalia and Adam Good; Suzanne Gould; Jennifer and Eli Gross; Anna Kanes

Ellen Feldman's Birthday – Rosanne and Samuel Spear

Joan Grant – Fara and Richard Copell

Jeffrey Greenblatt – Aaron Colby; Barbara and Michael Greenblatt; Jaycee Greenblatt; Martha and Paul Romer

Raina Harris – Jenn, Cliff and Emily Brown

Jeff Krevat – Edmund Geller; Elisabeth Krevat; Barbara and Sherwood Lee

Andrea Leeds' Birthday – Fran and Arthur Dorman; Michele and Arie Frankel; Sue and Jon Korn; Randi Sherman and Stephen Epstein

Andrew Malekoff's Retirement – Mary Jo Balkind; Matilde and Cliff Broder; Kira Bryant; Mary Shea Bzulmer; Paige and Andrew Charles; Susan and Mark Claster; Judith Cohart; Phyllis Edelheit; Ronda and Lawrence Fein; Jennie Fortunoff; Sandra and George Garfunkel; Richard Genatt; Dorothy Greene; John Grillo; Barbara Longo; Nancy Marks; Rosalie and Gerald Osterberg; Peter & Jeri Dejana Foundation; Linda Seaman; Arlene and Richard Sirlin; Stuart Traurig; Laurie Joseph Yehuda

Reena Nandi's First Grandchild – Marion and Irving Levine

Dan Oliver – Adam Mallah

Lee Schwartz's 90th Birthday – Marion and Irving Levine

Kara Shinder's Mitzvah Project – her friends and family

Alexis Siegel – Fara and Richard Copell

Troy Slade – Eric Blumenkrantz; Ned Dubofsky; Dan Rodliff; Brian Wilkins; Dana and Adam Wilkins; Heidi and Robert Wolk

Hannah Solomita's Birth – Lauren and Michael McGowan

Violet Slade's Birth – Lauren and Michael McGowan

Les Tannenbaum's Birthday – Terry and Joel Brown

Paul Vitale – John Grillo

Scarlet Zitelli's Birth – Lauren and Michael McGowan

In Memory of

Michael E. Bruno – Marilyn Bernstein; Audrey and James Calpin; Tracy Chapman; Laurie and Kenneth Daly; Nancy and Lew Lane; Deirdra and Chris Maleno; Lisa and Sean McCarthy; Lauren and Michael McGowan; James Minutello; Joe Monaghan; Regina and Rick Pettus; Beth Preston; Nick Sarchese; Penny Saridakis; Kathy Shanahan; Sarah Stamboulie; Sarah, Amy and James Stuart; Valerie and Scott Taylor; Melissa and Jack Vissicchio; Cristina Vittoria; Jane and Simon Walsh; Faith and Sean Whelan

Douglas S. Feldman – Rosanne and Samuel Spear

Josephine Folkes – Ruth and Brian Cooper

Robert Hylton – Andrea and Michael Leeds; Marion and Irving Levine; Dale and Andrew Malekoff

Mark Krinsky – Carol and Larry Singer

Rochelle Lipton – Patricia and Ed Byrnes; Fara and Richard Copell; Roberta Hendler and Milton Alschuler; Adrienne Lieberman; Candy and Mark Udell

Joann Marinaccio – Andrea and Michael Leeds

Laurence Solomon – Sandra and Thomas Milillo

Billy Sussman – Carol and Larry Singer

Josh Wallach – Judith and Barry Wilansky

Jason Daniel Witle – Aaron Family; Paula Allen; Alicia Amiel; Anesh Family; Karen Berman; Berman Family; Laurie Berrin; Matt Birofka; Evy Bjorn; Michele Blashka; Jeffrey Booth; Alice and David Brand; Brennan Family; Leah Bulger; Gregory Burke; Calabretta Family; Jolie Cebula; Lori and Robert Certilman; Chelsea Chemtob; Domenick Chieco; John Chiodi; Theodore Cho; Cirella Family; Lisa and Bruce Clark; Jessica and Bryan Cloonan; The Clubhouse; Lori and Seth Cohan; B. Cohen Family; S. Cohen Family; Matthew Conrad; Marc Corrado; Lorraine and James Courage; Lisa and Stephen D'Amico; David Shuldiner Inc.; Graceann DeGeorge; Mark

Devaney; Robin Edwards; Molly Eisenberg; Julianna Elardo; Jake Elliott; Garrett Engel; Jacob Entel; Sophie Ferro; Fishman Family; Fox Family; Dana and Brian Frank; Evan Fried; Friedman Family; L. Friedman Family; Fuerer Family; Noryne Galantai; Michael Gerazounis; Gershowitz Family; Robert Gilman; Steven Giordano; Darren Glick; Sharon Gold; Gold Family; Samantha Goldstein; Sharyn Goodman; Tara Greeley; Mark Green; Mindy Greenspan; Larry Haber; Harmatz Family; Hatami Family; Donna and Norman Heller; Samantha Heller; Herling Family; Wayne Hochberg; Evan Hunter; Beth Hyman; Jack Irushalmi; John Johnson; Kristin Kandel; Richard Kandel; Kennedy Family; Jennifer and Neil Kinsella; Alexa Klorman; Jesse Kotler; Eileen and James Krause; Lackow Family; Josh Lafazan; Bonnie Laffie; Lisa Lavelle; Michael Lax; Lebowitz Family; Irene and Eugene Leff; Sean Leviashvili; Amy Levine; Linda Levine; Amit Liebersohn; Robert Lipton; Lloyd Family; Wanda and Steve Lockwood; Jordan Lowenstein; Tama Lustberg; Ryan Lynch; Jennifer Lynn; Maltz Family; Caryn Mancinelli; Karen Mansouri; Nathaniel Margolin; Marx Family; Robert Masucci; Robert Matozzo; Rosalba Matozzo-Apgar; Vincent Melito; Victoria and Mitchell Merber; Jerry Miller; Beth Miller-Eidman; Dylan Moran; Nancy and Michael Morris; G. Northman Family; Cindi Nowinsky; Daniel Organ; Briana O'Shaughnessy; Donna O'Shaughnessy; Sharath Palam; Asha Pandya; Cara Partovich; Rebecca Perlmutter; Ann Plutzer; Glenn Preslier; Rachel Price; David Quinn; Radler Family; Matthew Rosen; Shari Rosenfeld; Rothenberg Family; David Rothstein; Marni Russo; Audrey Rutman; Douglas Schenendorf; Dylan Schwaber; Laura and Elliot Schwartz; Schwartz Family; Audrey and George Serel; Serel Family; Silber Family; Jeff Silverstein; Silverstein Family; David Simon; Jeff Simon; Marlene Simon; Melinda and Michael Sims; Sarah Solomon; Marc Spector; Spinner Family; Steinberg Family; Stacy Stievelman; Ally Stock; Tara Stokes and Anthony Dattolico; Lou Switzer; Trophy Properties of Long Island; Lorenzo Vascotto; Karen and Daniel Ventricelli; Steve Wagman; Diane and Stuart Walton; Wattenberg Family; Weinberger Consulting PC; Weingord Family; Holly Weisman; Corey Weiss; Marc Weissbach; Carole and Ronald Weltsch; Lisa Witle; Jeremy Wool; Meryle Wooster; Sydney Zelin

Jaspan Schlesinger Has Heart!



In celebration of their 75th anniversary, law firm Jaspan Schlesinger created the Heart of the Community Award, which honors 75 not-for-profit organizations that also demonstrate a commitment to the betterment of the New York Metropolitan area. The Guidance Center was honored to be one of the recipients!

“Giving back, whether through volunteerism or philanthropy, has always been a cornerstone of Jaspan Schlesinger’s firm culture,” says Steve Schlesinger, co-managing partner. “With these awards, we hope to recognize the not-for-profit leaders from the New York Metropolitan area and highlight the worthy causes that they support.”

Thank you to everyone at Jaspan Schlesinger for your commitment to our work and the community at large!

Kathy Rivera and Jaspan Schlesinger’s Marissa Pullano at Guidance Center headquarters in Roslyn Heights.

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

**By mail: Make checks payable to NSCFG and mail to NSCFG
480 Old Westbury Road
Roslyn Heights, NY 11577**

Thank you for your support!

Grants

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

Greentree Foundation “Good Neighbor” Fund - \$10,000 for Adult Family Member Substance Use Program

Klipper Family Foundation - \$25,000 for General Support

The Jack and Dorothy Kupferberg Family Foundation - \$25,000 for General Support

Manhasset Community Fund - \$5,000 for General Support

Nancy & Edwin Marks Family Foundation - \$50,000 for Maternal Depression

MJS Foundation - \$100,000 for General Support

Plandome Woman’s Club - \$1,000 for General Support

PSEG Long Island Hispanic Organization for Leadership & Achievement (H.O.L.A.) - \$3,000 for the Latina Girls Project

Unitarian Universalist Congregation at Shelter Rock - \$50,000 for General Support

Donald & Barbara Zucker Family Foundation - \$5,000 for General Support

Birth Justice Warriors March On!



Birth Justice Warriors are a powerful force for education and change.

The Guidance Center's Dr. Nellie Taylor-Walthrust and Dr. Martine Hackett, associate professor in Hofstra University's Department of Health Professions, continue to spread the word on combating maternal health inequities as the co-founders of Birth Justice Warriors (birthjusticewarriors.com), a community-based organization that focuses on improving the health of black mothers and their babies through education and advocacy.

The two women were guest lecturers via Zoom this past spring for Columbia University's School of Social Work, and they've also appeared in several regional education forums.

A black woman is up to four times more likely to die in childbirth than a white mother, reports Taylor-Walthrust, Director of the Guidance Center's Leeds Place. She also cites statistics for Nassau County, where the infant mortality rate per 1,000 live births is 9.4 for black babies versus 2.2 for white babies.

Birth Justice Warriors volunteers—parents, health care providers and others—are trained to educate the community regarding the racial disparities in an effort to create real change.

"It's crucial that everyone is aware of the inequities surrounding maternal and infant health," says Taylor-Walthrust, who heads up the Guidance Center's Good Beginnings for Babies program. "All women and babies deserve equal care."

Birth Justice Warriors recently created a Family Resource Guide full of useful information on where to access a variety of services. It can be accessed on our website under Programs and Services/ Helpful Guides.

To find out how to support this vital work, contact Taylor-Walthrust at 516-997-2926, ext. 229, or email NTaylorWalthrust@northshorechildguidance.org.

Clothing for Kids Bring Smiles

Thanks to our friends at the Long Island Volunteer Center and Macy's, several of our families were able to give their children beautiful outfits this spring!

Clients from our Good Beginnings for Babies program and C-GRASP, which stands for Caregiver Grandparent Respite and Support Program, were thrilled to receive the new children's clothes, which Macy's donated to us.

"People are going through tough times and often don't know who to turn to," says Marmeline Martin, Guidance Center outreach worker and prevention specialist who delivered all the clothes. Just one example: Martin explains that one of our mom clients had lost her job and could not afford an Easter dress for her daughter. "When I brought her over the dress, she was thrilled," says Martin. "It was such a blessing."

"We are so grateful to the people at Macy's and the Long Island Volunteer Center," says Dr. Nellie Taylor-Walthrust, Director of our Leeds Place office. "Their generosity helped brighten up the spring holidays for so many families."

If you know a store or individual who has brand new children's clothing to donate, please contact Taylor-Walthrust at 516-997-2926.



This little girl shines in her dress donated by Macy's.

Our Outings are Back!



In April, the teens in the Latina Girls Project let their creative spirits soar, painting beautiful pictures at our Roslyn Heights headquarters.



The Wilderness Respite Program teens are happy to be back on the trails at Caumsett State Park in Lloyd Harbor.

The beginning of the pandemic in March 2020 put a pause on the trips for our Latina Girls Project clients and also the teens who take part in our Wilderness Respite Program, but we're pleased that these innovative and enriching outings are back on!

Since early this year, the Latina Girls have taken part in a variety of activities, including a painting night at our Roslyn headquarters and trips to Syosset Bowling Lanes, Adventureland and the Long Island Aquarium. The trips are made possible through the generosity of our devoted supporters John and Janet Kornreich.

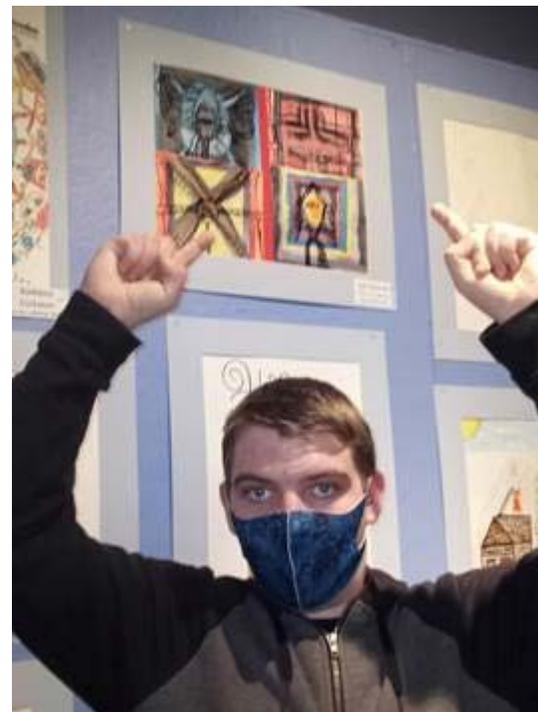
"The girls have missed the trips enormously," says Regina Barros-Rivera, Guidance Center Chief Operating Officer and founder of the Latina Girls Project. "We could not be more excited that we have restarted this incredibly important and transformative aspect of their treatment!"

Likewise, the teens in our Wilderness Respite Program have also missed the twice-monthly hikes in places like Caumsett State Park and Bear Mountain. "Young people get so much from these hikes," says Bruce Kaufstein, Director of Clinical Services (see page 4). "They develop confidence, friendships and the ability to rise to challenges."

Parenting Support from Peers

Having a child who is experiencing serious emotional or behavioral issues can be very challenging. That's why our Family Peer Support program, staffed by credentialed parents who've been down the same road, provides parents with a range of services to help them navigate the myriad challenges they face.

Each year, these families take a trip to the Long Island Children's Museum, where kids can view their own artwork, as well as that of other young people. These trips provide a wonderful opportunity to boost their self-esteem by showing them that what they create matters and is appreciated. To learn more about this program, call us at 516-626-1971.



Kyle proudly points to his artwork at the Long Island Children's Museum.

In the News

Newsday, along with many other esteemed media outlets, turned to us for vital information on children's mental health issues.

Newsday



Kathy Rivera was featured in print and video in a story called "New Exec Director at Mental Health Nonprofit Applies Her Life Experience to Help Others."



A heart-warming piece about sons who followed in their fathers' footsteps highlighted a former Guidance Center social worker and two of his sons, also social workers.



Guidance Center volunteer Gwen Jones (see story, page 5) was the subject of Newsday's "Acts of Kindness" section, both in the paper and in a video clip.

Newsday put a spotlight on our program C-GRASP, which provides wrap-around services for grandparent caregivers of their grandchildren.

ANTON MEDIA GROUP



Former Executive Director Andrew Malekoff published a column on the pandemic's isolating effects on children.



Anton ran a moving story paying tribute to Andrew Malekoff upon his retirement, pictured with Guidance Center Board Members Rita Castagna, left, and Angela Anton.



In a two-page feature called "The Ultimate Loss: A Family's Story of Addiction in the Age of Killer Drugs," Anton told the story of Syosset High School graduate Jason Witler (see story, page 8).

Several staff members wrote pieces for our monthly Parenting Plus column, including Vanessa McMullan, Sue Cohen, Elissa Smilowitz and Kathy Rivera.

Other stories covered several of our events: the Spring Lunch-In, Krevat Cup, Spring Shopping Spree and Night of Magic Family Fundraiser, all featured in this issue of Guidelines.

TIMES UNION

In the wake of rampant acts of violence against the Asian-American community, the paper published Andrew Malekoff's column, "We All Have a Responsibility to Stand Up Against Racism."

BlankSlate MEDIA

This chain of Nassau County newspapers named Andrew Malekoff as one of the Top Leaders in Nassau County, covered both in print and in a live webinar.

Our monthly Ask the Guidance Center Experts column provided useful information for parents on topics including LGBTQ + issues, maternal depression, autism, screen addiction and drug and alcohol use among kids and teens.



Blank Slate featured stories on all our fundraising events held during the spring and summer, along with the announcement of a generous grant from the Unitarian Universalist Congregation at Shelter Rock (see Donor Profile, page 3).

Long Island BusinessNEWS

In his final column as our Executive Director, Andrew Malekoff gave an overview of "The Evolving Landscape of Children's Mental Health" that he witnessed during his 45 years at the Guidance Center.

LIBN announced the appointment of Kathy Rivera as our new Executive Director.

nami National Alliance on Mental Illness New York State

The National Alliance on Mental Illness profiled the esteemed career of Andrew Malekoff upon his retirement this past summer in their newsletter.

NYMetroParents

Our Night of Magic Family Fundraiser was featured online.

THE People of PORT

The cover story for the Spring 2021 edition was "Guidance Center Launches New Suicide Prevention Project," about our Douglas S. Feldman Suicide Prevention Project.

LONG ISLAND PRESS

The newspaper ran an announcement on the Guidance Center's new Executive Director, Kathy Rivera.



Our social media pages featured original blogs, events, information from our trusted partners and much more.

You Can Make a Difference

Create a Lasting Legacy

Make a lasting impact on children and their families in your community by helping to secure their mental health.

Consider making a legacy gift.

Ensure the wealth you have accumulated over your lifetime goes exactly where you want it to go and when. If you don't have a will or living trust, the state will impose a distribution plan for you, which may or may not match your wishes. Creating a bequest will give you the opportunity to state your intentions for your estate.

You aren't required to have accumulated enormous wealth to have an estate plan. It may sound very grand but it's actually simple, and it's a very smart investment in your values beyond your lifetime.

At the Guidance Center we have a Legacy Society. People just like you who have made gifts to the Guidance Center in their wills are acknowledged on our Legacy Society Wall of Respect.

If you wish to learn more about how to make a planned gift of any kind, please contact Lauren McGowan, Director of Development, at 516-626-1971, Ext. 320 or email her at lmcgowan@northshorechildguidance.org.



Join Our Team!

The Guidance Center is expanding! We are looking for social workers and other mental health professionals who want to help children and families move from hurting to healing. To learn more, email executiveoffice@northshorechildguidance.org or visit www.northshorechildguidance.org/careers.



Believe it or not, the holidays are just around the corner! You can find great gifts for everyone on your list and support the Guidance Center at the same time. Here's how.



The Guidance Center is pleased to announce that we will once again be part of

Americana Manhasset's Champions for Charity®. On Thursday, December 2 to Saturday, December 4, more than 70 Americana Manhasset and Wheatley Plaza stores will donate 25% of designated full-price pre-tax purchases to nonprofit organizations, including the Guidance Center. For more info, visit championsforcharity.org.



Thank you for supporting our lifesaving mission any time of year!

GIVING TUESDAY

On November 30, participate in #GivingTuesday and make a donation in honor of the people on your holiday gift list. It's a present that will impact the lives of children and it will no doubt make the people on your holiday list proud to be part of our community.

amazon smile

Any time of year, when you are shopping at Amazon, use AmazonSmile, a simple way to support the Guidance Center at no extra cost to you! Go to smile.amazon.com, log in and choose North Shore Child and Family Association as your charity of choice. Thank you!

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

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 North Shore Child & Family Guidance Center

 A Better Business Bureau accredited charity
 Valued Partner
 This organization has earned the GuideStar Exchange Seal, demonstrating its commitment to transparency.

Ways to Support the Guidance Center

Your dollars at work...



\$50	covers a crisis intervention
\$85	covers one child's group therapy session
\$125	covers one child's individual therapy session
\$250	covers one child's emergency assessment
\$500	covers one month of individual therapy for a child
\$1000	provides local community parent support groups for one week