BUILDING SUCCESS

Los Angeles Child Guidance Clinic
Annual Report 2017
Dear Friends:

This past year brought tremendous positive change to the L.A. Child Guidance Clinic, as we continue our journey to find ways to provide a helping hand to children, youth, and families. Our commitment to our community has never been stronger and our resolve is unyielding. We are more committed to providing for the needs of our children than ever in our 93-year history.

Our new Strategic Plan will guide us as we reach out to a wider swath of Los Angeles and prioritize our services for the near and longer term. There is such great need and the Clinic is positioned perfectly to fill that need. We are respectfully requesting your support and assistance to increase the breadth of the critical care we provide while expanding our footprint geographically.

We engaged two new major initiatives focused on transition-age youth (TAY) services and housing in 2016-17. We acquired a building that will serve as home to the Avis and Mark Ridley-Thomas Life Learning Center (LLC), creating a central hub and safe place for vulnerable youth making the all-important transition to adulthood. We will also be able to serve many more people who come through our doors.

The Clinic received our first contract from the Los Angeles Homeless Services Authority to provide transitional housing for our TAY population. This marks our entry into affordable, stable housing in Los Angeles County and represents a strategic positioning that will allow us to fill one of the most difficult, dire and urgent needs for our consumers, safe, secure, permanent housing.

We are asking for your support to bring this critically needed Center to fruition. We recently launched our Building Success Capital Campaign to underwrite the project. The LLC will provide life-changing services to these young people and help them build healthy, sustainable futures. Our Board of Directors and our staff are digging deep to make this happen.

Please consider joining us, digging deep yourself, and investing in the future of our youth and our communities by financially supporting the Life Learning Center.

OUR MISSION
We have made it our mission to provide quality mental health services to a community in great need by ensuring easy access and promoting early intervention.

WHO WE ARE
The Los Angeles Child Guidance Clinic empowers children and young adults to get on track to success — to reach goals in school, build healthy relationships, and enjoy emotional well-being. Our team of compassionate professionals offer behavioral counseling and support to individuals and families.
TO OUR FRIENDS AND SUPPORTERS:

It is an honor and privilege to lead and serve the Los Angeles Child Guidance Clinic. We are an organization driven by a mission to serve the behavioral health needs of vulnerable children, youth, and young adults.

The Clinic has experienced great success in its 93 years through cutting-edge programming and strong advocacy. We are now building on our history with our new Strategic Plan. This year we came together to create a far-sighted plan, in partnership with our internal and external stakeholders, that will help us foster a culture of purpose and forethought. I am pleased to inform you we are well positioned to deliver on our commitment and more.

This is a critical time for the Clinic, especially given the ever-changing environment of behavioral health care. Make no mistake, with the efforts of our board of directors, leadership team, and dedicated staff, we are headed for greater success.

We are thinking deeply, boldly, and creatively. Our visioning process has allowed us to experience an even deeper understanding of our current work and to deliberately meet future needs and demands. As we reflect on our legacy, our Strategic Plan promises to inspire our organization and external stakeholders, grow our clinical programs, develop critically needed services, and expand core services and housing for transition-age youth.

In this report, you will also read about the capital campaign we launched for the Avis and Mark Ridley-Thomas Life Learning Center, named after two pillars in our community — Avis Ridley-Thomas and the Honorable Mark Ridley-Thomas, County Supervisor representing the Second District. The Center will provide a sense of community, art, music, and mentors who can guide and provide youth with new opportunities such as education, employment, housing, behavioral health, and health services.

Many young people will transition into adulthood successfully, but an estimated five to 10 percent will not, due to such adverse life experiences as poverty, housing insecurity, substance abuse, abuse and neglect, and violence. They may be members of marginalized groups based on race, ethnicity, gender, or sexual orientation. Our Center will emphasize a more holistic approach to helping these young adults build resilience, experience emotional well-being, and know their purpose in life.

Equally important, in this report you will read the stories of our children and youth. Childhood trauma knows no boundaries and these stories reflect the power of healing and the amazing ability of these young people to gain a sense of self and empowerment and to thrive.

Here at the Clinic, we are moving forward by inspiring and leading change. We are committed to an organization that has compassion, tolerance, and respect for cultural and individual differences as it honors the importance of inclusiveness, equity, and cultural humility. We welcome every child and family member who walks through our doors and we welcome you to partner with us to affect lasting and meaningful change.

Join us in shaping the future of this organization as together we help ensure the emotional health and well-being of children, youth, and young adults. Thank you.

Sincerely,
Charlene Dimas-Peinado, LCSW, EML
President and CEO
AN URGENT NEED: TRANSITION-AGE YOUTH

Young people ages 16 - 25 embody a time of great change. For youth with mental health issues and a history of trauma, the move into adulthood can be especially fraught as they leave the support of children’s mental health and social services.

The L.A. Child Guidance Clinic is an expert in helping transition-age youth (TAY) navigate this critical passage. We are expanding our services to help each young person live the most independent life possible. These statistics are among the reasons why.

1 in 5 young people will have a severely debilitating mental health issue at some point. [1]

Nearly 75% of all serious psychiatric illnesses emerge by age 25. [2]

14% of people in L.A. who experience homelessness are transition-age youth (TAY) ages 18 – 25. [3]

Rates of violence and abuse toward youth identifying as transgender (37%) or female (36%) are 3X that of males. [3]

Trauma is virtually universal among homeless youth

- 3/4 have experienced multiple forms of child abuse.
- 1/3 report multiple forms of street victimization.
- Each DOUBLES the odds of PTSD or substance use. [4]
1 in 3 youth become homeless after "aging out" of foster care. [5]

Suicide
Suicide is the 2nd leading cause of death among youth ages 15-24. [7]

Homeless teens (vs. housed) are 3X more likely to attempt suicide. [6]

Substance use
Substance use is 2X as common for TAY as for people over 25. [8]

10%
10% of homeless individuals in L.A. account for the majority of public spending.

71%
When people are enrolled in supportive housing, that spending decreases 71%.

1. National Institute of Mental Health, 2017
4. Bender, et. al., Child Maltreatment, 2015
5. University of Chicago, 2017
6. Institute for Children, Poverty and Homelessness, 2017
7. Centers for Disease Control and Prevention, 2017
8. Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016
At a critical stage in their development, many youth ages 16-25 will graduate high school, attend college, enter the job market, and take their first steps toward independence. Others won’t be able to make that passage alone.

Up to 10% of youth will not successfully transition from one stage to the next, largely due to negative life experiences such as childhood trauma from violence, physical and sexual abuse, foster care, housing insecurity, substance abuse, and involvement with the criminal justice system.

For 1 in 5 at-risk transition-age youth (TAY), the stakes are raised by a mental health issue. Yet estimates say only 11% will get the help they need.

That helping hand is available at the Clinic’s Avis and Mark Ridley-Thomas Life Learning Center (the LLC), founded in 1992. Soon, more teens and young adults will be able to access its support as the LLC expands its footprint in Los Angeles.

On Nov. 1, 2017, the Clinic broke ground on what will be a newly renovated and reimagined space for the LLC at 5054 S. Vermont Avenue, scheduled to open by Fall 2018. The Clinic purchased a 6,000-square-foot building, which will be expanded to 10,000 square feet and transformed to a central meeting area for youth and young adults throughout the community.

A drop-in center, safe zone and social scene, both clinical resource and creative outlet, secure yet welcoming, the new LLC will engage and sustain at-risk youth, as well as provide money management, nutrition, mental health, and conflict resolution (individually and in workshops), support groups, and classes. A full-time employment coordinator offers guidance on career training and job placement.

The goal: to empower each person to pursue and maintain the highest possible level of independent living.
ANSWERING A CRITICAL NEED: HOUSING STABILITY

Housing, coupled with behavioral health and social services, can break the cycle of homelessness and generational poverty. Inspired by that reality, the L.A. Child Guidance Clinic launched a new service this year, affordable, safe, and stable housing.

The Independent Living Program (ILP), part of the Avis and Mark Ridley-Thomas Life Learning Center, received a contract in 2017 from the L.A. Homeless Services Authority that will fund 28 apartments for youth experiencing homelessness. The Clinic has relationships with landlords in Los Angeles who have agreed to participate in the Independent Living Program.

The first residents will be young adults 18-21 who age out of the foster care system and have mental health needs. Statistics show upwards of 30% of young adults will become homeless soon after leaving foster care.

Each ILP client will work with a case manager to develop an individualized service plan and will maintain a savings account in lieu of paying rent. When a client reaches 21, their case manager will work with them to identify other housing options. No one will be discharged to homelessness.

SUCCESS STORY: LIFE LEARNING

Depressed, 18-year-old Sarah couldn’t leave her home or her couch or even shower. She dropped out of high school while visual and auditory hallucinations further isolated her.

The L.A. County Department of Rehabilitation referred her to LACGC’s Avis and Mark Ridley-Thomas Life Learning Center. Something clicked. Sarah plunged into group and individual therapy, maintained her medication, then started working part-time as a catering assistant.

Now 20, Sarah is completing her high school diploma. Recently, she was hired for her first-ever retail job, a new chapter in her journey to independence.

To contribute, and help our community’s young people live their best lives, log on to www.lacgc.org/donate or call (323) 766-2360.
At the Los Angeles Child Guidance Clinic, a uniquely qualified leadership team pledges the highest standards of clinical practice, research, training and fiduciary responsibility. Armed with a strong work ethic and business philosophy, this team strives to create a welcoming workplace that values the contributions of all employees, encourages teamwork, and provides opportunities for professional development. These dedicated leaders cultivate community by inspiring trust as, together with Clinic staff, they contribute to the healing and emotional well-being of the most vulnerable children, youth, and their families.

"Putting our staff first, and rallying all of the influence available to champion our cause, will contribute to an environment that encourages the sharing of ideas, creativity, and innovation," said Charlene Dimas-Peinado, LCSW, EML, President and CEO. Going forward, the team will build on its strong presence to engage with the Strategic Plan, which outlines the high-level courses of action that will enhance and sustain the Clinic over the next few years.

The Los Angeles Child Guidance Clinic is committed to recruiting and retaining top-notch talent and leadership to provide holistic, research-informed, and innovative mental health and supportive services for children, youth, and families.

Executive Team
Charlene Dimas-Peinado, LCSW, EML, President and CEO
Teresa Leingang, MA, JD, Chief Administrative Officer
Paco Retana, MSW, LCSW, Vice President of Programs
Jeremy Sidell, Vice President of Advancement and External Affairs
Steven Talavera, Chief Financial Officer

Division Directors
Amanda De Loera-Morales, LCSW, Director of Life Learning and Housing
Socorro Gertmenian, PhD, Director of Quality Management, Evaluation, and Training
Jenna Haeflinger-Kurtz, LMFT, Director of Early Intervention and Community Wellness
Alina Molina, LCSW, Director of Clinical Training and Intern Development
Amber Rickert, LCSW, Director of Outpatient Services
Adam Sternberg, PsyD, Director of Access and Wellness Services
Evelyn Vega, LMFT, Director of Intensive Services

Assistant Directors and Program Managers
Karrie Johnston-Feldman, LMFT, Assistant Director of Early Intervention Outpatient
Loretta Herndon, LMFT, Assistant Director of Day Treatment Intensive
Jon Pease, LMFT, Assistant Director of Intensive Services
Richard Saneda, PhD, Assistant Director of Outpatient Services
Kristie Summerville, LMFT, Assistant Director of Outpatient Services
Eric Inouye, LCSW, Program Manager
Betty Mendoza, LCSW, Program Manager
Jessica Garcia, MS, Program Manager
Eileen Akiaten, LMFT, Program Manager
Natasha Bryson, LPC, Program Manager

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“The best way to find yourself is to lose yourself in the service of others.” — Mahatma Gandhi
EMPOWERMENT CONGRESS TOWN HALL

The L.A. Child Guidance Clinic hosted a powerful Town Hall on trauma in summer 2017, sponsored by the Empowerment Congress Mental Health Committee in the L.A. County Board of Supervisors Second District.

The event reflects LACGC’s strategic goal to become a hub for community gathering and resource sharing to advance community wellness.

200 community members and organizations joined in a dialogue on how to address trauma at a community level. One priority: bridging the gap in access to mental health services.

Attendees heard from Second District Supervisor Mark Ridley-Thomas; Clinic President and CEO Charlene Dimas-Peinado, LCSW, EML; Aquil Basheer, D.Litt., President and Founder of Professional Community Intervention Training Institute; Jack Barbour, MD, CEO of the Southern California Health & Rehabilitation Program (SCHARP); Paco Retana, MSW, LCSW, Clinic Vice President of Programs; and, Arvis Jones, MFT, clinical psychologist and music therapist.

"Working together, we can find innovative solutions to the persistent problem of trauma and help ensure brighter futures for children and families," said Dimas-Peinado, who co-chairs the Empowerment Congress Mental Health Committee with Dr. Barbour.

Four transition-age youth from the non-profit Community Coalition gave compelling testimonials. "I grew up with anxiety and depression," said Carlos, who shared his constant worry of being shot on the streets. "We need more safe places in the community." Another teen, Hakim, spoke of the added stress of violence at home.

Some of the organizations taking part in Town Hall included the L.A. County Department of Mental Health, L.A. County Department of Public Social Services, and El Niño Family Centers. Future Town Halls will be held biannually through the Mental Health Committee.

TOWN HALL ON TRAUMA

"We're speaking for other kids in the community. Whether in kindergarten or high school, we've all had these experiences."

— Miguel, Community Coalition
ACCESS AND WELLNESS

Each weekday morning, the doors open to the L.A. Child Guidance Clinic’s Access and Wellness Center, welcoming all ages to the primary connection point for outpatient services. No appointments necessary.

In walk mothers, fathers, grandparents and other caregivers concerned about their children. Joining them are young adults ages 18-25, who come to seek help for the consequences of childhood trauma and other mental health issues.

Each is met by a trained Case Manager who performs a “triage,” evaluating every person’s needs to determine if they require urgent attention from a therapist, another Clinic program, or same-day referrals to community resources.

To serve the growing demand, the Clinic expanded the Access Center hours in 2017. Previously, the Center at 3787 S. Vermont Avenue was open until 2 pm every weekday. Now, this point of entry is open from 8 am-6 pm Monday, Tuesday, and Thursday and 8 am-2 pm Wednesday and Friday to accommodate busy families. Child care services are available.

One of the tools therapists use to determine the best next step is the Adverse Childhood Experiences Study by the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente. This research study linked childhood trauma to increased risk of chronic health conditions and behavioral health disorders in adults.

“Families are able to get at least some of their concerns addressed immediately, which is important. Research shows if people aren’t seen right away, they may not come back,” says Adam Sternberg, PsyD, Director of the Access and Wellness Services. “We want each person we see to feel validated.”

The Clinic also runs a Wellness and Trauma Group for adolescents and teens ages 11-18 on a continuous basis throughout the year. In 10-week sessions, they learn how to challenge negative thinking and face their fears, to problem solve, and cope with stress. The result: They’re better able to plan for a different future.
Fourteen-year-old Angela was trapped in a cycle of overexercising and purging, secretly forcing herself to throw up after every meal. Bullied by other students, she was depressed and determined to lose as much weight as possible.

A stressful home environment didn’t help. Soon, her drastic weight loss put a strain on her heart. The family pediatrician suggested that Angela’s worried mother take her to the L.A. Child Guidance Clinic.

Together, mother and daughter visited the walk-in Access and Wellness Center, where a trained Case Manager recognized a child in crisis. They immediately referred the family to the Outpatient team, who drew up a comprehensive treatment plan.

In weekly therapy sessions, Angela identified situations that triggered her anxiety and negative thoughts. She learned coping strategies, including how to share her feelings. After five months, she didn’t need weekly monitoring. Her weight and cardiac function stabilized, and she was excelling in school. This life, interrupted, is getting back on track.
Our Strategic Planning Task Force was comprised of members from the LACGC Board of Directors, Senior Team, staff, and community partners. Pictured here are some of these dedicated people.

“We invite you to join our efforts as we embrace change and realize the vision of this Strategic Plan. Together, we can advance emotional health and wellness.”

— Charlene Dimas-Peinado, LCSW, EML, President and CEO, LACGC

“We are excited to expand on our legacy and further establish the LACGC as an invaluable resource and partner throughout Los Angeles.”

— Wayne Moore, Chairperson, LACGC Board of Directors

“We invite you to join our efforts as we embrace change and realize the vision of this Strategic Plan. Together, we can advance emotional health and wellness.”

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“My relationship with LACGC stretches back more than two decades, to my time serving on the Los Angeles City Council in 1991 when I developed an early interest in mental health services. My values are squarely aligned with those of LACGC.”

— The Hon. Mark Ridley-Thomas, Los Angeles County Supervisor 2nd District
LOOKING AHEAD: OUR STRATEGIC

The L.A. Child Guidance Clinic engaged in a rigorous, comprehensive six-month process in 2016-17 to create a Strategic Plan that articulates our key goals and strategies and puts the community’s future front and center.

Our Strategic Plan 2018-2020 responds to the persistent, unmet needs in our communities with a strong directive to grow our behavioral health services and expand our scope to include a wider array of services for children, young adults, and families. Taken together, the plan’s five primary goals will further deepen our roots and build on our strengths to enable more individuals and families to live their best lives.

1. COMMUNITY WELLNESS
   We seek to broaden our scope of diverse and innovative prevention, intervention, and wellness services based on the needs, interests, and cultures of children, transition age-youth, families, and communities. We will leverage new funding sources that will support a seamless continuum of care.

2. ORGANIZATIONAL EXCELLENCE
   Our staff are our greatest asset and the primary source of our longevity and success. We will support a culture of collaboration across all systems, where every voice matters, as we position LACGC as a great place to work, learn, and make a positive impact.

3. COMMUNITY ENGAGEMENT
   We will continue to establish LACGC as a visible and integral service provider, partner, and energetic community hub. To realize our vision of creating healthy, safe, and vibrant communities, we will work in tandem with individuals, institutions, and corporations that are similarly dedicated to strengthening the system of care.

4. INFRASTRUCTURE AND RESOURCES
   We will ensure that we have the infrastructure and tools necessary to support programmatic and organizational excellence. This includes improving the use of data for continuous improvement and monitoring. Our workspaces must be both supportive of staff and contribute to a positive community view of wellness and behavioral care.

5. FINANCIAL SUSTAINABILITY
   We will foster a culture of stewardship, philanthropy, and fiscal innovation. We plan to strengthen ties with existing philanthropic partners as we increase outreach to new foundation, corporate, and public-private partnerships. The goal: to attract and leverage resources consistent with our mission.
THE CLINIC TODAY
Service Highlights

Fiscal Year 2016-17
(7/1/2016 – 6/30/2017)

CLIENTS SERVED
4,322
children and family members benefited from Clinic services

OUTPATIENT VISITS
69,546
mental health outpatient visits were provided at three community-based Clinic offices, and on-site at local schools, in clients’ homes, and other community sites

SCHOOL-BASED SERVICES
30
Los Angeles Unified School District, charter, and private school campuses where Clinic staff members provide mental health services on-site
ACCESS AND WELLNESS CENTER SERVICES

1,942

children, family members, and caregivers received immediate help at the walk-in center

DAY TREATMENT INTENSIVE

5,434

days of service were provided through our day treatment intensive program

FAMILY RESOURCE

1,187

walk-in clients received donated family goods and help with accessing local resources

872

community members attended 12 bilingual, skill-building trainings for families with young children

HEALTHY FAMILIES AMERICA HOME VISITATION PROGRAM

115

newborn babies and their families received services through a nationally accredited, evidence-based model
"I was having a hard time for a long time and our therapists at the Clinic helped so much. They made a difference and my daughter feels so much better.”

— Luz, Age 34
“I am happy that I’ve been seeing my therapist. I like to go to school again and I am not fighting with the other kids.”

— Henry, Age 12
The Los Angeles Child Guidance Clinic is building on its reputation for excellence in the delivery of innovative mental health services to share that knowledge with the broader community and help shape public policy. To that end, LACGC’S Policy and Training Institute (PATI), formerly the Early Intervention Training Institute, provided a growing slate of research-based trainings and expert policy analysis in FY16-17.

The dedicated PATI team adheres to a philosophy that addressing community wellness at multiple levels with individuals, organizations, and the health system, is essential to the effectiveness and sustainability of programs that enhance outcomes for children and youth.

PATI’s FY16-17 training sessions focused on prevention and early intervention (prenatal to age 5), while its policy efforts centered on homelessness and transition-age youth (TAY). Unifying these issues is the long-term impact of trauma on mental and physical health. In a needs assessment circulated by PATI to community organizations that engage with vulnerable populations in L.A. County, two-thirds of respondents identified trauma-informed care among their top priorities.

Youth Homelessness

In March 2017, the City of Los Angeles voters passed Measure H, which authorized a sales tax for homeless services and prevention. The L.A. County Board of Supervisors then unanimously approved the use of $1 billion in Measure H funds to reduce homelessness over three years.

LACGC’s goal is to give voice to the needs and journeys of youth. PATI staff forged new alliances in FY16-17 with three community partners: Home At Last (Leimert Park), Jovenes, Inc. (Boyle Heights), and Ruth’s Place (Hyde Park). The result was a series of focus groups on youth homelessness, as well as publication of the issue paper, “Seeking Sanctuary: Youth Experiences of Homelessness in South and Metro L.A.”

The Clinic co-hosted two sessions of the South L.A. Homeless TAY and Foster Care Collaborative Measure H Task Force, featuring input from transition-age youth. PATI staff also joined with South L.A. Homeless TAY and Communities in Motion to sponsor an L.A. County Department of Health Services Special Session on new youth services.

In the coming year, the Policy and Training Institute will bring the most current science and knowledge base to these critical issues and continue to innovate in a rapidly changing health system.

The Policy and Training Institute FY2016-17
- 13 mental health trainings
- 500 attendees
TRAINING CORNER: OPEN SPACE FOR LEARNING

A diverse group of mental health experts and community organizations came to LACGC in FY16–17 to participate in "Training Corner," an educational initiative that supports the knowledge, skills, and cultural awareness of Clinic staff. Topics ranged from crisis intervention to music and yoga therapy to LGBTQ+ health, and regularly drew employees from across all clinical and non-clinical roles.

CRITICAL DIALOGUES

In addition to its own staff development, LACGC leadership is committed to building community alliances and catalyzing awareness. In May 2017, the Clinic debuted a series of Critical Dialogues in partnership with community leaders and organizations. Each forum focuses on a mental health and social justice issue of timely importance to the community, as determined by monthly surveys.

The first Critical Dialogue brought together scholars, community organizers, and gang interventionists to reflect on events leading up to the 1992 civil unrest in Los Angeles and on how mental health providers can promote social justice through their work.

Panelists included Skipp Townsend, 2nd Call; Melina Abdullah, PhD, Pan-African Studies, California State University Los Angeles; Aquil Basheer, DLitt, Maximum Force Enterprises and the Professional Community Intervention Training Institute; Kim McGill, Youth Justice Coalition of Los Angeles; and moderator Daniel Castillo, Director, Creative Arts and Youth Empowerment Program, Social Justice Learning Institute.
ACCESS AND WELLNESS DIVISION

Access and Wellness Center

Our Access Center is open on a no-appointment basis Monday, Tuesday, and Thursday 8 am to 6 pm, and Wednesday and Friday 8 am to 2 pm. Trained staff evaluate each potential client’s needs for crisis intervention or referral to mental health services or community resources. This process has reduced wait times for appointments with mental health professionals.

Wellness Program

Our Wellness Program provides brief, targeted, low-dose prevention and early intervention services for children who have experienced potentially traumatic events, but not yet developed full-blown mental health symptoms. Continuous 10-week Wellness and Trauma workshops are led by staff trained in the impact of trauma. Results indicate that graduates develop greater resiliency and coping skills.

LIFE LEARNING AND HOUSING DIVISION

Avis & Mark Ridley-Thomas Life Learning Center

Created in 1992, the Avis & Mark Ridley-Thomas Life Learning Center (LLC) empowers transition-age youth, ages 16-25, who qualify for mental health services. Independent living skills are taught individually and in workshops, including money management, nutrition, and conflict resolution. The LLC connects youth to such support programs as psychiatric services, substance abuse counseling, and employment services.

Independent Living Program

Part of the LLC, the Independent Living Program (ILP) provides housing to youth, ages 18-21, with a history of foster care and mental health needs that may present a barrier to housing stability. The ILP, which debuted in 2017, provides each participant with a case manager to develop an individual plan for mental health, medical care, housing, and employment goals.
**EARLY INTERVENTION AND COMMUNITY WELLNESS DIVISION**

**Family Resource Center**

The walk-in Family Resource Center (FRC) helps families overcome economic and societal obstacles to better support their child’s social and emotional development. Our FRC staff completes a needs assessment for each child and family, then provides referrals to community resources, from housing to food banks to child care. Families also receive donated items such as diapers, clothes, formula, strollers, and car seats. Free Family Night workshops offer parent education and family bonding activities.

**Healthy Families America**

Early, nurturing relationships are the foundation for lifelong healthy development. This intensive home visitation program reaches out to at-risk children birth to five years old and their families in the Broadway-Manchester and Compton/East Compton communities. Primary funding comes from First 5 L.A..

**Multidisciplinary Assessment Team (MAT)**

This collaborative effort joins the Clinic with the L.A. County Department of Children and Family Services (DCFS) and the L.A. County Department of Mental Health. MAT’s case management services and mental health assessments focus on children entering the foster care system and potential caregivers. The primary goal is decreasing the likelihood of multiple out-of-home placements.

**Early Intervention Outpatient Services**

Our Outpatient Services for children ages 0-5 and their families support positive attachments and healthy social-emotional development. Some practices, all based in research, are designed to repair a child’s sense of safety and bonding, which can improve cognitive, behavioral, and social functioning. Other practices help caregivers learn positive parenting strategies and address trauma, anxiety, and depression.

**Day Treatment Intensive**

This therapeutic program provides behavior management and mental health services to help preschoolers 2 to 5 years of age overcome challenges that undermine success in school, such as ADHD, tantrums, isolation, depression, aggression, and dangerous or disruptive behaviors. Each weekday, children engage in art, movement, sensory, and music activities that help them process trauma and re-establish a sense of safety. The program includes caregiver participation and home visits.

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**SUCCESS STORY: EARLY INTERVENTION**

Four-year-old David had already been asked to leave two preschools due to his tantrums and hyperactivity. He threw toys and hit classmates and teachers. At home, he screamed and cursed at his mother, who didn’t know where to turn.

Behind the anger was a sad story: a violent home, parents separated, visits with his father sporadic at best. Different parenting styles left David confused.

Then he and his mother were referred to Day Treatment Intensive, a safe, school-like environment for kids with severe behavioral problems. David attended weekdays while his mother participated in family therapy. At first, progress was slow, with family life still in flux. Gradually his aggression and defiance decreased.

After a year, David was able to enroll in regular kindergarten, a big step for a small boy still finding his way.
INTENSIVE SERVICES DIVISION

Therapeutic Behavioral Services
This short-term, one-on-one coaching program targets specific behaviors for children and youth ages 5-21 who experience emotional or behavioral difficulties. The intervention typically runs under six months and works in conjunction with the client’s primary mental health service provider.

Field Capable Clinical Services
Specialty, field-based mental health services are available for children ages 0-15 at risk of out-of-home placement, school failure, involvement with the Department of Probation, or serious psychiatric, substance abuse, developmental, and medical problems. Individualized services build on each child’s and family’s strengths.

Intensive Field Capable Clinical Services
The Clinic provides stability and continuity of care for at-risk children and youth in the foster care system who are continually being transferred to different out-of-home placements. These intensive services, which include health connections and other resources, are county-wide.

SUCCESS STORY: WRAPAROUND

One moment the four Lopez siblings, ages 6-11, were living with their mother and father. The next, their father had been deported to his native Mexico and DCFS said their mother was unable to care for them alone.

Their paternal grandparents took them in, but the children lashed out, hitting each other and their grandmother, swearing, and self-harming. DCFS called on the Clinic’s Wraparound program, which provides intensive services to at-risk children with multiple, complex needs. The goal: keeping them in a permanent home.

As the therapist and child and family specialist worked with Sonia, 6; Tony, 7; Luis, 9; and Isabelle, 11, each child was able to de-escalate their aggression using healthy coping and communication skills. With tutoring, they began doing better in school, while their grandmother learned positive parenting techniques.

The Wraparound team "graduated" the Lopezes to less intensive mental health services, as the new family now takes one step at a time —together.
At just seven years old, Malcolm was diagnosed with post-traumatic stress disorder (PTSD), manifested in his suicidal thoughts, unsafe behaviors, anxiety, and severe hyperactivity. After all, he had already experienced violence, abuse, and homelessness.

When Malcolm started therapy at the L.A. Child Guidance Clinic, revelations of more abuse tumbled out. The Department of Family and Children’s Services removed him from the care of his mother, a single parent with her own mental health issues. She soon started therapy sessions at the Clinic.

With time and trust, Malcolm has been able to stop his aggressive behaviors and suicidal thoughts, and concentrate better at school. Reunited, he and his mother are building their next chapter with us by their side.

SUCCESS STORY: FULL SERVICE PARTNERSHIP

Wraparound
This comprehensive program serves children and youth with serious and complex needs who have been involved with the L.A. Department of Child and Family Services (DCFS) and/or Probation. Wraparound engages caregivers from the start of treatment, providing Parent Partners who help them navigate public systems and referral sources.

Full Service Partnership – Child (FSP-Child)
Field-based services are available to children ages 0-15 and their families with significant emotional disturbances. These children may have serious school difficulties, have been or are at risk of losing their housing, have a history of psychiatric hospitalization, have been involved with the Probation Department, and may be at risk of a higher level of care.

Full Service Partnership – Transitional-Age Youth (FSP-TAY)
FSP-TAY provides the same level of intensive field-based services as FSP-Child to youth ages 16-25 to aid them in developing independent life skills. To qualify, youth must be homeless or at risk of homelessness, have a history of psychiatric hospitalization, struggle with substances, and are aging out of children’s services.
Part of the critical services the Clinic provides supports parents and caregivers. We do this through a number of programs and trainings offered free of charge.

Samuel spent a quarter century trying to avoid the loss and grief he experienced after his mother’s death at age 13. For much of that time, his primary coping device had been drinking, which served to separate him from his own children also served by the Clinic.

At 48, that avoidance caught up with him in feelings of sadness, isolation, and anxiety. Fortunately, as a patient at South Central Family Health Center, where LACGC is co-located, he was able to access on-site behavioral health services with Clinic staff.

Working with a Clinic therapist, Samuel shared a terrible secret. He had suffered physical, emotional, and sexual abuse as a child in Mexico. He began learning healthy coping skills, including deep breathing, meditation, and positive self-talk. Most importantly, he was able to stop drinking. In the program’s platicas (workshops), Samuel encouraged others to enroll in services. He knows his own work is just beginning, as he moves forward, armed with new awareness and renewed commitment to his children.
OUTPATIENT SERVICES DIVISION

School-Based Services

Mental health disorders that remain undiagnosed and untreated can derail or prevent academic success. To address these challenges directly, the Clinic maintains an energetic school-based program, providing mental health services at 30 Los Angeles Unified School District, charter, and private school campuses. With Clinic staff on site, students can easily access quality services in a familiar setting.

Integrated Care Program

We collaborate with the South Central Family Health Center in an integrated wellness model called *Mente, Cuerpo, y Corazon* (Mind, Body, and Heart). The entire family including children, adults, and seniors can receive care for their physical and mental health at one location. Our services include bilingual assessments, individual and group therapy, psychiatric services, and non-traditional services such as yoga, rumba, and art therapy.

Multi-Program: Psychiatric Services

The Clinic provides access to psychiatric services across all programs and for all ages, upon appropriate referral. This is an important community resource, given the profound nationwide shortage of practitioners. There are only about 8,500 child psychiatrists in America, not nearly enough for the estimated 15 million children who need one, according to the American Academy of Child and Adolescent Psychiatrists.
Your gift to the Los Angeles Child Guidance Clinic will reach out to children, young adults, adults, and families as we help them heal from trauma and build healthier, happier futures.

To contribute the Clinic’s work by mail, you can reach our Advancement Office at:
L.A. Child Guidance Clinic
3031 S. Vermont Ave.
Los Angeles, CA 90007

IN-KIND DONATIONS
Our Family Resource Center provides free resources, community referrals, and educational Family Nights and parent workshops. You can support this work with your donations of such high-priority needs as:

- Disposable diapers, sizes 3-6
- Strollers
- Car Seats (new)
- Cribs
- Bassinets
- Pack ‘n Play Travel Play Pen

Donated equipment must meet current safety standards.

Thank you.
The Los Angeles Child Guidance Clinic is a private, nonprofit organization. Donations are fully tax-deductible to the extent allowed by law.
SUPPORTING THE LOS ANGELES CHILD GUIDANCE CLINIC IS EASY

When you invest in the Clinic and the Building Success Capital Campaign, you will be an integral part of laying the foundation for young people with mental health needs to make that all-important transition to adulthood. You are investing directly into the lives of the children and families we serve. This is your chance to join the Clinic, directly support our work, strengthen our communities, and ensure a brighter future for us all.

To give to the Building Success Capital Campaign, please visit www.lacgc.org/donate or call (323) 766-2360.

Gifts of Cash
Cash gifts are the simplest and easiest form of giving. Make your donation online at www.LACGC.org/donate, or use the attached envelope in this report. Send checks and credit card donations to: 3031 South Vermont, Los Angeles, CA 90007

Tribute & Memorial Gifts
Do you want to honor someone with your contribution? It is easy. You can recognize family, friends, or co-workers and we will send them a personalized acknowledgement card in your name. It’s the best gift you can give.

Gifts of Stock
Are you sitting on tons of Google shares? Did your favorite stock recently split? It’s easy to give gifts of stock and provides considerable tax deductions, including writeoffs and avoiding taxes on the profits upon selling the stock. Give now to avoid possible new tax codes that might limit this benefit for both you and the communities served by the Clinic.

Matching Gifts
Does your employer match charitable contributions? In many cases you can double or even triple your investment. To find out about matching gifts, consult your company’s human resources department.

Amazon Smile
As online shopping has evolved, so has your ability to support the great work of the Clinic. Shopping through Amazon Smile allows you to access the same great prices and convenience of Amazon, while supporting your favorite organizations. The best part? It doesn’t cost you a dime. Amazon will donate 0.05% of every purchase. Don’t forget to select the Clinic as your organization of choice.

Charitable IRA Rollover
Donors age 70½ and older are able to transfer up to $100,000 annually directly from their IRA accounts to the Los Angeles Child Guidance Clinic without first having to recognize the distribution as income. They also qualify for required minimum distribution (RMD), which may lower income and taxes.

“It has been a pleasure serving for 40 years on the Board of the Los Angeles Child Guidance Clinic. I have made a gift to the Life Learning Center because I believe the Life Learning Center to be the most exciting new venture to help young people achieve their goals. Please join me in giving as every donation matters. Thank you!”

—David Hirsch, Chair of Advancement
LACGC FY16-17 FINANCIAL INFORMATION

WHERE THE FUNDING COMES FROM:

TOTAL = $20,346,652

Public Support $18,173,107
Private Support $1,962,463
Others $211,082
100% $20,346,652

WHERE THE FUNDING GOES:

TOTAL = $19,236,329

Programs $15,901,593
Management & General $3,103,304
Fund Development $231,432
100% $19,236,329

HOW PROGRAMS USE RESOURCES:

TOTAL = $15,947,881

Behavioral Health Services $9,854,961
Intensive Behavioral Services $3,173,494
Birth to Five & Healthy Families America $1,431,214
Access & Wellness Center $1,048,685
Family Resource Center $313,104
Vocational & Employment Education $126,423

Public Support 89%
Private Support 10%
Others 1%

Management & General 16%
Fund Development 1%

Programs 83%

Behavioral Health Services 62%
Intensive Behavioral Services 20%
Birth to Five & Healthy Families America 9%
Access & Wellness Center 7%
Family Resource Center 2%
Vocational & Employment Education 1%
WHERE THE FUNDING GOES:

TOTAL = $19,236,329

Programs $15,901,593
Management & General $3,103,304
Fund Development $231,432

100% $19,236,329
ANNUAL HONOR ROLL OF DONORS

Fiscal Year from July 1, 2016 to June 30, 2017

We are deeply grateful for gifts received this past fiscal year from old friends and first-time supporters alike to support our comprehensive array of programs and services. Your philanthropic partnership is a vital contribution to the Clinic’s ongoing efforts to offer help and hope for children and their families.

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