



Cultivating Leaders for Community Well-Being



Los Angeles
Child Guidance Clinic

Annual Report 2009

OUR MISSION



ON THE COVER: Quinton James, M.D. with his grandchildren Lauren, Drake, and Alana.

Dr. Quinton James has been promoting access to mental health services for the underserved communities of Central and South Los Angeles for five decades. He joined forces with the Los Angeles Child Guidance Clinic in 1961, as a Fellow in Child Psychiatry in the University of Southern California's (USC) Keck School of Medicine. He later served as a staff psychiatrist for the Clinic.

In 1991, he became a member of our Board of Directors. Dr. James was among the philanthropic leaders who spearheaded capital campaigns that led to the creation of our two state-of-the-art mental health service facilities in University Park and Exposition Park. He also helped direct development of highly regarded early intervention and professional training programs. We are grateful for his visionary leadership.

We have made it our mission at the Los Angeles Child Guidance Clinic to provide quality mental health services to a community in great need by ensuring easy **access** and promoting **early intervention**. The Clinic enhances the well-being of children and youth ages 0 to 25, and their families and caregivers, by:

- Providing family-driven, culturally sensitive and effective mental health and related services and programs in an atmosphere that fosters emotional and social growth.
- Partnering with parents/caregivers to support them in their efforts to strengthen and preserve the integrity of their families.
- Providing linkage to needed support services.
- Innovating new services and approaches which advance the field of mental health care on behalf of families and children with the highest indicators of need.
- Providing treatment or promoting access to treatment for adult family members, as appropriate, in support of family-centered services.
- Engaging in strategic collaborative efforts with schools, preschools, health care providers, drug and alcohol service providers, and other service and advocacy organizations, to best identify and treat children in need of mental health and allied services.
- Promoting self-sufficiency of older youth and adults via services to enhance success in higher education, job training, and permanent employment.
- Providing training opportunities for mental health and allied professionals, promoting innovative and effective treatment and service delivery models and new approaches that reflect best practices in the field.
- Monitoring the effectiveness and efficiency of services through ongoing evaluation and analysis of outcome and other data.





To Our Friends & Supporters:

In celebration of our 85 years of service, we look back with pride at the Los Angeles Child Guidance Clinic’s unwavering leadership in meeting the changing needs of our community. Today, Central and South Los Angeles reflect some of the highest indicators of need in the nation: 38% of residents don’t graduate from high school, while 39% live in poverty, and the area has the highest child homicide rate in Los Angeles County.

In partnership with our community, the Clinic has advanced public policies and innovations that recognize the critical importance of creating easy access to services and promoting early intervention in highly responsive ways.

While “access” and “early intervention” serve as our guideposts, the Clinic’s Standards of Effective Care translate these lofty values into working reality. Our Standards — grounded in effective interventions and best-practice methods of delivering services — have been informed by our consumers and our ongoing advocacy. These principles create the framework that ensures our services succeed in reaching out to those who face significant behavioral health care disparities and are driven by consumer and family preferences and needs. At the heart of our Standards is accountability, ensuring that our services are both effective *and* fiscally responsible.

How better to share our Standards than to showcase those who embrace them and honor the Clinic’s values? Featured in this Annual Report are profiles of a few of our staff members who represent the many carrying out these Standards on a daily basis.

Our standards-based, accountable approach is all the more critical today when the current economic climate is creating uncertainty in the field of human services, an uncertainty mirrored on our consumers’ faces. The increased strain of high unemployment—twice the statewide average—along with reduced public subsidies and fewer basic services have taken their toll on our already stressed-out community.

These turbulent economic times have resulted in the need for more mental health services and community supports, challenging the Clinic to redouble our efforts to ensure our fiscal viability. Now, more than ever, the Clinic must reach out to our community’s most emotionally fragile residents.

We are committed to continuing to advocate for our consumers, aided by our generous friends and donors. We thank our supporters and acknowledge the dedication and leadership of our staff and Board alike in advancing our mission.

Elizabeth W. Pfromm, M.S., MPA
President/CEO

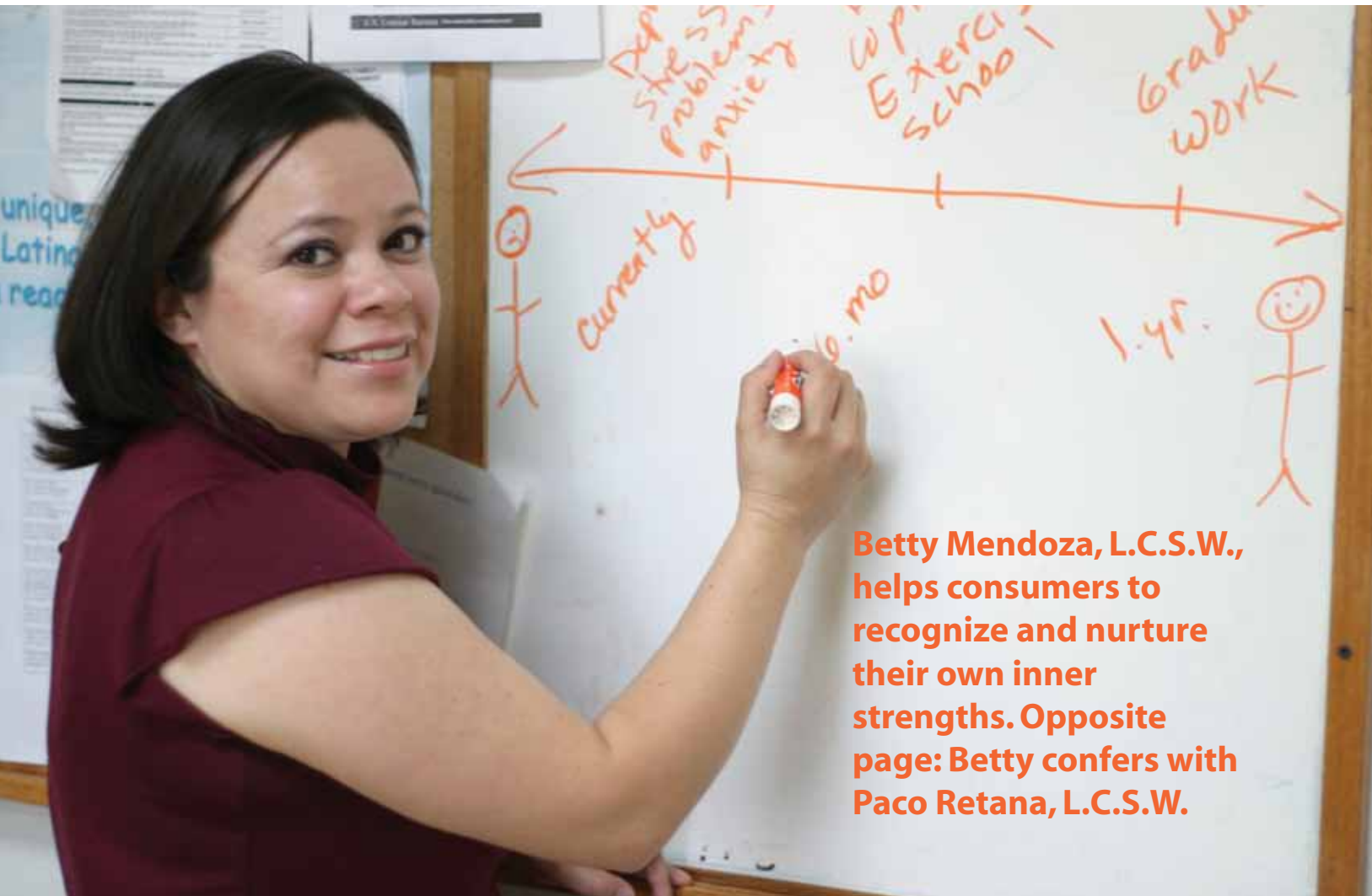
Robert J. Neary
Chairperson of the Board



If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

— John Quincy Adams

COMMITMENT



Betty Mendoza, L.C.S.W., helps consumers to recognize and nurture their own inner strengths. Opposite page: Betty confers with Paco Retana, L.C.S.W.



Standards of Effective Care

The Clinic designs its services recognizing numerous barriers to access, including language, economics, stigma, and culture. . . .

The Clinic is committed to individualized services planning for each client, which includes honoring their preferences for where they receive their services.

Leading the Way With 'Personalismo'

In South Los Angeles, the Latino community faces, among other barriers, linguistic isolation when trying to access mental health services. There are only five bilingual therapists for every 10,000 monolingual Spanish speakers, compared to 45 to 50 English-speaking therapists for every 10,000 English speakers. Nationwide, the Latino population has the lowest rate of mental health services use of any ethnic group.

The Los Angeles Child Guidance Clinic is committed to closing that gap with its own brand of “personalismo”—the personal interest Latinos expect from their health care providers. “It’s a different kind of intervention, hands-on and personal with the consumer,” says Paco Retana, L.C.S.W., Director of Outpatient Services at the Exposition Park site.

It means going to where families live and play—in their homes, at a park or the local *panaderia* (bakery), even a family *quinceañera*, a coming-of-age ceremony for girls turning 15. “Working in the field opens up a whole different perspective for me,” says Betty Mendoza, L.C.S.W., clinical supervisor and therapist, Outpatient Services. “It also helps me to demystify mental

health services for consumers.”

Ms. Mendoza is part of a highly trained staff that enables the Clinic to connect with marginalized families through a combination of traditional models of psychotherapy and in-depth appreciation of cultural nuances. Ms. Mendoza’s first job after graduating with a bachelor’s in psychology from the University of California, Berkeley, was as a family advocate in the Clinic’s Walk-in Clinic/Access Center. There she met children who were reunited with their families after lengthy separations caused by immigration from countries like Guatemala and El Salvador.

The experience opened her eyes to their psychological and socio-economic stresses. “I realized I wanted to do more to help.” She went back to school to earn her master’s in social work. Following that, she was promoted to therapist and, this year, to clinical supervisor, primarily working with clients in the Clinic’s California Work Opportunities and Responsibility to Kids (CalWORKs) program. Recently, she gained additional training as a domestic violence counselor.

In the 1980s, then only five years old, Ms. Mendoza made her own passage to



the United States, escaping the violence of war in El Salvador with her parents. Though her parents divorced soon after arriving, her father remained her confidante and her mother’s resilience inspired her interest in single mothers. “I try to empower them and focus on the skills and strengths they already have in them.”

She runs two weekly groups—*Chicas Arriba* (Go, Girls) and *Si Se Puede* (Yes, You Can), using humor, references to popular Spanish-language soap operas, and colloquial Spanish sayings to encourage trust and help the participants build their own support system. “I tell them they’re the knowledgeable people and encourage them to share what they know with each other.”

In her office, she draws a timeline for each client’s unfolding journey. At the beginning, she writes, “This is you here.” At the end, it says, “This is your future.”

"The Clinic's Standards of Care do not shy away from the tough questions facing organizations trying to deliver genuinely community based, customer-focused supports and services. It contains a values approach that is both affirmed in the research base and in substantial data collected from customers about what matters to them, and it clearly operationalizes those values into the daily work life of employees. The Standards both talk the right talk and walk the right walk."

— Bruce Anderson, Managing Partner
Community Activators, Inc, which provides training
and coaching for community activist organizations to help create innovation

TEAMWORK



Susie Davis, Ph.D., and the Life Learning Program staff reach out to teens and young adults with an innovative confidence-building agenda.

Standards of Effective Care

By using a team approach, we maximize the delivery of our services to the children, young adults and families we serve in outpatient and day treatment. Well-functioning teams work collaboratively with our consumers to help them succeed in every way possible

'Talking the Talk' for Young Adults in Need

“Especially with this age group, you have to think outside the box. You have to help them with their issues in their world, not our world.”

Susie Davis, Ph.D., a licensed clinical psychologist and director of the Life Learning Program at the Los Angeles Child Guidance Clinic, is talking about the adolescents and young adults, ages 15 to 25, served by the cutting-edge program.

“This time of life can be difficult for anyone— learning how to be an adult, figuring out who you are, and what you want to do,” she explains. “It’s even more difficult for our consumers who are struggling with anxiety, depression, trauma and other issues.”

Together, the Life Learning Program and Full Service Partnership provide life and job skills training, case management, housing assistance and more for its consumers. Each month, the calendar is filled with workshops, activities, and weekend excursions. Therapy and skills-building often happen on a basketball court or while riding a bike, taking a walk, learning to fix your hair, or visiting a museum.

Clinic staff understand that effective “packaging” makes a difference. So, the “Leadership Council” changed its name to “Movie Night,” while “Dealing with Depression” now is called “Walking Off the Blues.” As Dr. Davis notes of their clients, “Once we get them in here, we can change how they see themselves.”

Within the Clinic’s University Park

Office, the Life Learning Program provides a home-like atmosphere that belies its practical purpose, complete with a kitchen and laundry, computer lab, game area, even an outdoor patio. Even so, less than half of the time consumers come to the Clinic; for the rest, the staff goes to them.

Dr. Davis has an insider’s knowledge of the community the Clinic serves. She grew up in Compton. She first joined the Clinic in 1996 as a therapist and continued to advance while earning her doctorate. As Life Learning program director since 2006, she supervises a multi-faceted staff, which includes a family advocate, a therapist, and an employment specialist. “This program lends itself to teamwork,” she says. “Teenagers don’t typically talk to just one person.”

That team approach includes longstanding relationships with other organizations. For 14 years, the Clinic has partnered with the California Department of Rehabilitation – “part of our extended family,” notes Dr. Davis – to provide vocational skills building and employment assistance. In addition, the Clinic joins with the Los Angeles County Department of Mental Health to offer individual and



group therapy, and with Behavioral Health Services for substance abuse counseling.

Success comes in many forms for consumers—from being able to stay on prescribed medication, take public transportation, maintain employment, or attend school. One young woman, once overcome with an anxiety disorder, completed a six-month internship at the Clinic, then went on to graduate high school, enroll in community college and get a job on campus. Her self-esteem—like that of other Life Learning clients—is rising with each new step in her journey.



A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go but ought to be.

— Rosalynn Carter

COLLABORATION



Karen Mijangos, M.F.T.I., is part of a multi-agency effort to give immigrant families a healthier start in a new country.

Standards of Effective Care

The Clinic facilitates greater access to mental health services by honoring our consumers' preferences for locating services at school, in the home and in other community settings. To do this, we form strong collaborations other organizations.

School's in Session: Therapy in Familiar Places

Fifth grader Miguel* was bullying his classmates, picking fights during recess and disrupting class. At home, he began to talk back to his mother. Then, Karen Mijangos, M.F.T.I., a clinician from the Los Angeles Child Guidance Clinic housed at Norwood Street Elementary School, began working with Miguel and his mother.

In individual and family therapy sessions, she gently uncovered the clues to Miguel's anger and confusion: at one point during the family's journey to California from Mexico, they had been held at gunpoint. Young Miguel wanted, but was unable, to protect his mother. Older now, he saw being tough as his only option.

"Every family has its own unique story," says Ms. Mijangos, who has been providing culturally competent, school-based mental health services at Norwood Street Elementary School, as part of the 3 R's Project, funded by the Robert Wood Johnson Foundation in a national initiative to identify the most effective ways to help immigrant families.

The 3 R's Project— which stands for "Relationships, Resiliency and Recovery"— is a partnership between the Los Angeles Child Guidance Clinic, Norwood School and its Healthy Start Program and Parent Center, and Esperanza Community Housing Corporation.

The Clinic's bilingual, bicultural services include a Walk-In Clinic, run by Jennifer Rivas, family advocate,

which connects families to community resources. In addition, Ms. Mijangos conducts training sessions for teachers in recognizing the symptoms of trauma, whether caused by the stress of family separations and reunions, living in another country, financial pressures, abuse, or even the "crossing" to the U.S. Ms. Mijangos, who has expertise in trauma-based care, developed an innovative intervention for families: cinema therapy, screening such Spanish-language films about the immigrant experience as *Voces Inocentes (Innocent Voices)*, *La Misma Luna (Under the Same Moon)* and *El Norte (The North)*. Watching the films together "gives families a safe way to open up," she says. "They can speak about the characters' experiences, which enables them to talk more easily about their own."

Diana Ruiz, director of Norwood's Healthy Start Program, says the Clinic

helps the school's children and families "just by being here. The Clinic staff is embedded in our school culture. It makes a huge difference that they're just across the hall."

Ms. Mijangos has her own "crossing" story, having come to the U.S. from Guatemala at age two with her mother. After graduating from the University of California, Irvine, in 2002, Ms. Mijangos began working at the Clinic as a family advocate. In 2004, she earned her Master's in clinical psychology from Pepperdine University, with an emphasis in marriage and family therapy, and was promoted to Clinical Therapist.

She finds inspiration in helping families develop a strong voice, whether to address their emotional issues or ask for what they need. "I'm just facilitating," she says. "The families are doing the work."

** Miguel's name has been changed to protect his privacy.*



HOPE



Psychiatrist Lenore Iversen, M.D., says therapy isn't one-size-fits-all. "We take the time with clients to be open to their experiences, their cultures."



Standards of Effective Care

At the heart of the work of the Clinic must be a belief in strength and hope – that clients and families are doing their best and are striving to improve their lives. Specifically, parents/ caregivers must be respected for their knowledge and concern about their child's well being.

The Essentials: 'Mutual Respect, Dignity, Compassion'

Lenore Iversen, M.D., had been a successful family practice physician for several years, first in Illinois, then in California, when she became frustrated with how little time she could spend with her patients. “What I’ve always enjoyed most about medicine is seeing the individual hidden beneath the illness emerge.”

So, in 1994, she left her practice in the Bay area for a two-year Fellowship in Child Psychiatry at USC. That brought her to the Los Angeles Child Guidance Clinic’s university-affiliated residency program and its groundbreaking early intervention services for children ages 0 to 5 years old. She knew she’d found what she wanted to do.

Since 1997, Dr. Iversen has served the Clinic as a board-certified psychiatrist. She works as part of the therapeutic team providing critical psychiatric evaluations, consulting with other team members, partnering with parents in treatment planning, and providing medication services when needed.

She brings to the task an expertise in early intervention techniques and in working with children with autism spectrum disorder. (One of her nephews has severe autism and her sister founded a non-profit organization supporting research into the neurological condition.)

The Clinic’s “very supportive environment” contributes both to expanding access to care and breaking

down any stigma about receiving mental health services, notes Dr. Iversen. “We take the time with clients to be open to their experiences, their cultures, and to meet them where they are in their lives. It’s not one single process for everyone.”

From the start, she strives to engage each individual family member, asking for their feedback, questions, and input on the initial assessment and treatment plan—a process based on the Clinic’s respect for the inherent knowledge of parents and caregivers.

When appropriate, to help people feel more comfortable about opening up, she shares her experiences as a foster, then adoptive, single mother of four in a family of mixed races and religions. Her own family growing up knew financial hardship —another meeting point with her clients. These commonalities are crucial.

“Mutual respect, dignity, compassion, being flexible and accepting – all of these things are important in this experience,” says Dr. Iversen.

She tells each client: “You are not your diagnosis. You are not a label. Diagnoses can change. What’s important is where we go from here.” She takes the time to explain fully a diagnosis, the possible treatment plan, and the ins and outs and long-term consequences of taking medication, if that is recommended.

By now, some of the children she saw when they first came to the

Clinic at age six or seven years old are entering college—such as the girl who had a depressive disorder and is now a thriving sophomore at an eastern university. “Seeing a new path open up for these children,” she says, “a different future than might have been, is very satisfying.”



Clinic staff work to engage each consumer and family member in the therapeutic process from the start—forging a partnership in care early on.

ADVOCACY



Standards of Effective Care

The Clinic recognizes that families are the strongest advocates for their children. Services are delivered in ways which strengthen family cohesion and integrity . . . The Parent Partner is a key addition to the team, with the central duty to engage with and support the parent in the process of treatment.

Breaking the Barriers to Stronger Families

For Juan Alvarez, being a good parent—and sharing the parenting skills he has learned—is both a passion and a joy. “I am the bridge,” he says of what he calls his “wonderful job” as a Parent Partner in the Full Service Partnership at the Los Angeles Child Guidance Clinic. “I connect parents to the therapist and help to break the barriers to their receiving care.”

Mr. Alvarez first learned about the Clinic in 2003, when a staff member spoke to a parenting class he attended at a local PACE Head Start facility. He had enrolled to become a better father to his two daughters. “When I looked to my background, I realized I didn’t have the skills. From my father, I learned spanking. I didn’t want to do that,” he says. “I needed to work on myself before I could help others.”

In 2005, he joined the Clinic staff as a Parent Partner in its Stepping Up to School Readiness Program, which offered mental health training to teachers and direct services to children and parents.

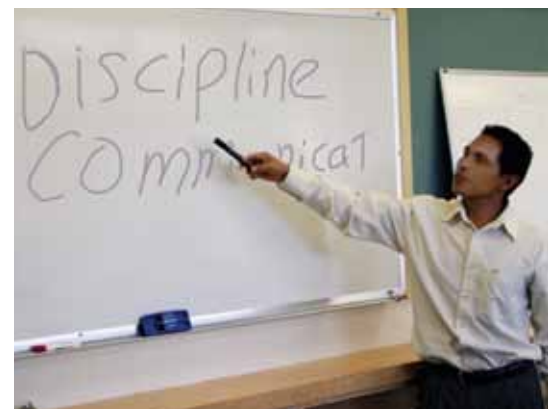
When that program ended two years later, he joined Full Service Partnership, where he addresses a wide range of needs for each family, from custody issues and stable housing to other essential resources. “My goal is to empower each family,” he says. Operating as a “navigator”, he guides families through an intricate system of community and government resources. “I offer my hand,” he says, “and, if they take it, we walk the road together.”

In addition to daily home visits, he conducts a 12-week series of parenting classes at the Clinic’s Exposition Park site a few times a year. He teaches parents how to communicate with their children and how to set limits using discipline, not punishment. His daughters, now 9 and 7, once asked why he works on Saturdays. “I told them, ‘I am helping other parents to help their children without yelling or hitting—to let children be children.’”

Mr. Alvarez first came to the United States from Guatemala in 1991 at the age of 20. With a deep appreciation of the power of knowledge, he immediately went to school to learn English and complete his high school degree. Since attending that first parenting class, he has taken more courses to add to his arsenal of techniques.

He begins each new relationship by putting on what he calls his imaginary “green glasses” – the accepting, not the judgmental, pair. He focuses on the positives: the strengths each family member already has. “I believe in the parents. They take my words, and they believe them.”

He cites the family that once was homeless and now lives in a house, the father who no longer uses corporal punishment, the once-violent uncle who is attending parenting classes. Each of these, and more, he says, are his reward.



Parent Partner Juan Alvarez, above and opposite page, serves as navigator, guiding families through an intricate system of community resources and teaching them parenting skills.

EARLY INTERVENTION AND COMMUNITY WELLNESS



First Steps

Our First Steps Program provides primary prevention services for at-risk families raising infants and toddlers in our community which faces high exposure to intense stressors that negatively impact healthy early development. In the program's home-visiting model, mental health professionals support and partner with parents to help them develop healthy attachment bonds with their children. This proven protective factor reduces the likelihood of children experiencing future mental health problems, builds their resilience, increases their ability to overcome challenges, stimulates their developmental skills, and helps them to develop healthy relationships throughout their lives.

Outpatient Services

Services are provided to children five and younger with behavioral and emotional problems including aggression, temper tantrums, defiance, inattention, hyperactivity, depressed mood, anxiety, and difficulty with attachment to caregivers. Services—which encompass family therapy, case management, rehabilitation, and psychiatry—are provided in a variety of convenient settings, including the Clinic, clients' homes, and preschools.

Early Intervention Day Treatment

This program provides a highly structured, Clinic-based, therapeutic environment for children ages 2 1/2 to 5 years old who frequently display multiple problem behaviors so severe they interfere with family functioning and may have resulted in preschool expulsion. Such children typically have experienced abuse and neglect and may have significant early attachment disorders. Art, music, and movement therapies are used to engage children in self-expression directed toward reducing problem behaviors. Parents and caregivers participate in family and support groups, with home visits an integral component.

Multidisciplinary Assessment Team (MAT) Services

MAT Services is a collaborative effort with the Los Angeles County Department of Children and Family Services (DCFS) and the Department of Mental Health. MAT provides timely feedback on the mental health, developmental needs and medical concerns on children entering the foster care system, as well as each potential caregiver's ability to provide optimal care, with the goal of decreasing the likelihood of multiple out-of-home placements. Our MAT services are so highly regarded, we have been asked by DCFS to train other providers.



“The Los Angeles Child Guidance Clinic, through its unique approach to serving children and adolescents, is effectively caring for the mental health needs of children, youth and their families in our community.”

— Bernard C. Parks
Los Angeles City Council, District 8

OUTPATIENT SERVICES



School-Based Services

In partnership with Los Angeles Unified School District, we provide on-site mental health services at 20 elementary, middle, and high schools. Individual, group and family treatment helps students address their mental health problems, which often become significant obstacles in their ability to aptly interact in the classroom and learn. With the support of a significant Robert Wood Johnson Foundation grant, we have increased services to immigrant Latino families at Norwood Elementary school by improving access to care and support, and by earlier identification of emotional and behavioral problems which interfere with learning.

Access Center

Our no-appointment, no-fee Access Center, open from 8:00 a.m. to noon five days a week, provides mental health screening for families. The Access Center enhances our capacity to quickly respond to families' emergent needs, assess and open cases as necessary and provide linkages to much-needed community resources.

Family Preservation

Family Preservation works to prevent children who have come to the attention of the courts or DCFS from being removed from their parents by supporting improved family cohesion. We help empower families to draw on strengths and find alternative ways to manage stressors. The Clinic provides mental health services to children and families enrolled in Family Preservation programs, operated by lead agencies under contract to the DCFS. These children may have experienced neglect or abuse, exhibit serious emotional or behavioral problems, or frequently engage in acts of delinquency.

Outpatient Services

Our comprehensive diagnostic, treatment, and crisis intervention services for children, adolescents, and their families include individual, group, and family therapy; case management; skill-building rehabilitation; and medication services, which are offered at the Clinic or in the home. Treatment for trauma is often at the heart of our interventions, and a primary focus is on helping caregivers improve their ability to manage the stressors that negatively impact the well-being of their children.

CalWORKs

California Work Opportunity and Responsibility to Kids (CalWORKs) is a welfare-to-work program designed to assist parents with minor children successfully transition to gainful employment. Working in partnership with the Department of Public Social Services, we provide support for parents experiencing barriers to employment due to mental health problems. Our aim is to increase self sufficiency while decreasing reliance on public support. Services include individual and group treatment, medication support and linkages to other community resources, including housing, childcare, and English as Second Language classes.

Leadership is the capacity to translate vision into reality.



— Warren G. Bennis

INTENSIVE SERVICES

Systems of Care

In collaboration with the Department of Probation, the Department of Mental Health, and DCFS, Systems of Care assists families at risk of losing a child to out-of-home placement with intensive mental health and case management services. To qualify, a child must receive services from two or more of these public agencies, meet the criteria for a mental health diagnosis, and be at risk for placement in a higher level of care. Services are provided in the home and at the Clinic multiple times throughout the week to best offer support to caregivers in their efforts to strengthen and preserve the integrity of their families and keep them intact.

Full Service Partnerships

Funded through the Mental Health Services Act, the Full Service Partnership (FSP) gives the Clinic additional flexibility to provide a more comprehensive array of intensive, coordinated services for underserved, high risk-children exhibiting severe behavioral problems. Therapists, parent partners, case managers, and psychiatrists offer parents and caregivers therapy, skill-building rehabilitation, case management, medication services, as well as substance abuse treatment services in locations that work best for each family. FSP funds nontraditional support services, such as funds to help a family pay for costs associated with



supporting their child’s mental health and pro-social behavior. Active family involvement is required as the primary agent of change. Services are planned by the family and child based on unique needs. Parent Partners are particularly needed to help engage families as well as assist them in “navigating” through systems of community resources.

Wraparound

Designed for families with a child who has been in (or is at risk of) high-level residential placement, this nationally recognized model of service delivery and DCFS initiative is driven by family-designated teams that include professional staff, family members, and other community members. Flexible DCFS funding allows teams to plan services to do “whatever it takes” to assist the family in keeping a child in the community. Individualized blends of interventions can include mental health and other supportive services and activities that support optimal functioning for the youth involved. Parent Partners play a vital role as a primary support for parents and caregivers in building on their family

strengths to create a better future for their child.

After-School Day Treatment Program

This intensive, five-day-a-week program serves children ages 5 to 11 who have emotional and behavioral difficulties too severe for remediation through outpatient treatment. Children are typically referred for defiance, aggression, poor impulse control, low frustration tolerance, hyperactivity, social withdrawal, low-esteem, and/or depressed mood. Such problems manifest at home and in school and place the child at risk for school failure and out-of-home placement. A multidisciplinary treatment team of therapists, mental health rehabilitation specialists, milieu aides, and psychiatrists partner with parents and caregivers to identify specific goals for each child. This team develops individualized treatment plans to be implemented in a nurturing, supportive environment. Treatment includes participation in skill-building activities, individual and group adjunctive therapies, psychotherapy, family therapy, and “Family Night” in which activities focus on increasing the bond between parents and children.

TRAINING

Early Intervention Training Institute

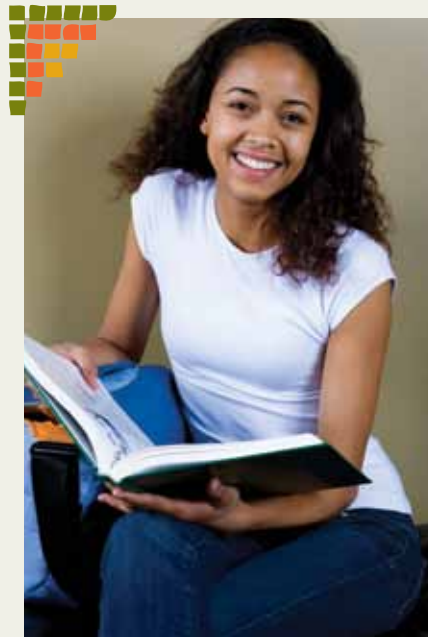
In response to the expanding need for more early childhood mental health training in Los Angeles County and surrounding areas, the Early Intervention Training Institute increases the capacity of community-based, educational agencies and other key “gatekeepers” in identifying children at-risk for emotional, behavioral, social delays, and other challenges. Additionally, we train professionals in effective interventions with these children and their families in settings such as mental health agencies, Head Start and day care centers, or child welfare organizations.

Child Psychiatry Residents Training

Through a longstanding affiliation with the University of Southern California’s Keck School of Medicine, Division of Child Adolescent Psychiatry, we provide residents with on-site psychiatric training in the diagnosis and treatment of children ages five and younger. Psychiatrists receive specialized training during a four-month rotation, while the Clinic benefits by having additional psychiatrists infused into our early intervention programming, increasing our capacity to address the mental health needs of high-needs children and families.

Psychology Intern Program

Founded in 1998, doctoral students participate in a nine-month training program of intensive supervision, didactic seminars, and direct services to clients and families. Since 2000 the Clinic has been a California Psychology Internship Council Training site. One of the hallmarks of this program’s success has been the desire of our interns to continue their relationship with us, as employees of the Clinic. This tradition continues to provide the Clinic with well-trained, highly educated clinicians who have proven their skills and demonstrated commitment to providing strength-based, culturally competent services.



LIFE LEARNING PROGRAM

Our Life Learning Program aims to equip adolescents and young adults, ages 15 to 25, and who have significant mental health problems, with essential skills and experiences to transition successfully to independent community life. Vocational education, employment services, rehabilitation, case management, and medication services are blended to provide a wide range of needed services. We assist young adults in obtaining positive peer relationships, stable housing, higher education, job opportunities, and access to other community resources. Special weekend and evening recreational and cultural enrichment activities are organized to engage these young adults and expose them to opportunities outside their daily life experiences. The Clinic partners with the State Department of Rehabilitation and the County Department of Mental Health Cooperative Program to provide this life skills training, which is nationally accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

Leadership can be thought of as a capacity to define oneself to others in a way that clarifies and expands a vision of the future.

— Edwin H. Friedman

Service Highlights

In 2009, the Los Angeles Child Guidance Clinic took the lead in reaching out to thousands of children and families to aid them in finding new pathways to change, build on their strengths, and fulfill their potential.

Clients Served

3,513 individual children and family members benefited from Clinic services.

Outpatient Visits

26,000 mental health outpatient visits were provided at three community-based Clinic offices, as well as on-site at 20 local schools and in clients' homes.

Access Center Services

1,345 children, family members, and caregivers received immediate assistance at the no-appointment, bilingual Access Center.

First Steps Program

21 family members were provided with intensive home-based services designated for at-risk families with infants and toddlers.

Intensive Field-Based Services

146 children benefited from Full Service Partnership, Systems of Care, and Wraparound services.

Days of Service Provided

13,053 days of service were provided through our intensive day treatment programs.

Youth Transitional Services

81 young adults received transitional services through the Life Learning Program.

CalWORKs

201 parents transitioning from public assistance to employment received mental health-related services.

USC Medical Residents

6 residents from the University of Southern California's Keck School of Medicine served rotations at the Clinic through the Child Psychiatry Residents Training Program, receiving specialized training in the diagnosis and treatment of young children.

California Psychology Internship Council Training Site

4 doctoral students participated in our Psychological Internship Program, providing clinical treatment services and receiving specialized training.

Service Areas and Clinic Sites

The Los Angeles Child Guidance Clinic recognizes there is a disproportionate need for services in our Central and South Los Angeles service areas. We believe our Standards of Effective Care provide solutions tailored to that need. The Clinic operates from three community-based offices, as well as in preschool and Head Start Centers, 20 Los Angeles Unified School District schools, families' homes, and other community settings.

University Park Office
 Child and Youth Development Center
 and Administrative Offices
 3031 South Vermont Avenue
 Los Angeles, CA 90007
 (323) 373-2400

Exposition Park Office
 The Harriet and Charles Luckman Building
 3787 South Vermont Avenue
 Los Angeles, CA 90007
 (323) 766-2345

Leimert Park Office
 4401 Crenshaw Boulevard, Suite 300
 Los Angeles, CA 90043
 (323) 290-8360



Community Need for Services*	Service Planning Area 6 South Los Angeles	Service Planning Area 4 Central Los Angeles	Entire County of Los Angeles
Total Youth Population	13%	11%	2,809,028
Children Living in Low-Income Homes	21%	17%	659,354
Child Abuse Referrals	17%	10%	162,712
Children in Out-of-Home Placement (DCFS)	20%	7%	20,454
High School Graduation Rate	35.1%	44%	58.1%
Ethnic Composition of Youth Population **			
Hispanic/Latino(a)	71%	73%	60%
African American	28%	4%	10%
Asian/Pacific Islander	<1%	12%	10%
Caucasian	1%	10%	20%
American Indian	<1%	<1%	<1%

*Children's Score Card: 2008, Los Angeles Children's Planning Council

** Children's Score Card: 2006, Los Angeles Children's Planning Council

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For their cumulative and outright giving in support of Clinic programs and ongoing operations, our heartfelt thanks to these good friends, our angels. It is through this generous support that our program efforts bring hope and help to children and families.

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Honoring Community Leaders



Third Annual Awards Luncheon

At its Third Annual Awards Luncheon May 1, the Los Angeles Child Guidance Clinic honored an individual and an organization for their enduring commitment and contributions to improving the lives and well-being of children and families: Kita Curry, Ph.D. and CASA of Los Angeles.

From left to right: Dr. Quinton James, Dr. Kita Curry, Dr. Evis Coda, Dr. Areta Crowell, and David Melendez.



Elizabeth Pfromm, center, was honored by the Los Angeles County Board of Supervisors for 20 years of service to the Clinic. With her, from left to right, are: Robert Neary, Clinic Board Chair; David Hirsch, Board member; Dr. Marvin Southard, Director of the Los Angeles Department of Mental Health; The Honorable Mark Ridley-Thomas, Los Angeles County Board of Supervisors; Dr. Quinton James, Board member; Wayne Moore, Board member; and Carlos Perez, Board Chair-elect.

Clinic Recognition

Elizabeth Pfromm, President/CEO of the Los Angeles Child Guidance Clinic, received the “Champions for Systems of Change” Award in September from the California Institute for Mental Health in honor of her long career in advocating for and advancing early intervention initiatives, especially in preschool settings.

In addition, the Community of Friends recognized Ms. Pfromm at its 20th Anniversary Celebration and Awards Dinner for her dedication to the mental health needs of children in Los Angeles County and her continuing advocacy for prevention and early intervention.

Kita Curry, Ph.D.

Evis Coda Award for Building Hope for Families

Dr. Kita Curry is a highly regarded leader in mental health stigma reduction and suicide prevention services. She serves as President/CEO of Didi Hirsch Mental Health Services, which provides mental health and substance abuse services throughout Los Angeles County and has operated a nationally recognized 24-hour suicide prevention crisis line since 1958.

As a sought-after expert on erasing the stigma of mental health services, she draws on her professional knowledge and personal experience in combating stereotypes. She is a member of the State's Stigma Discrimination Reduction Committee and Immediate Past President of the California Council of Community Health Agencies.

CASA of Los Angeles

Quinton James Award for Making a Difference

Each month in Los Angeles County, more than 800 frightened, confused, and hurt children are removed from their parents' custody and enter the foster care system due to severe abuse, neglect, or abandonment.

Since 1978, CASA of Los Angeles has been supporting volunteers who help foster children in court and within the community. A CASA, or Court Appointed Special Advocate, is a trained and supervised volunteer, appointed by a judge, to ensure that each child's needs are addressed by the court. The CASA volunteer often is the most stable presence in a foster child's life, establishing relationships, maintaining regular visits, and treating each child as an individual.

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The Los Angeles Child Guidance Clinic is indebted to the governing leadership of our Board of Directors and the guidance and assistance of our Advisory Board. These individuals, working in close partnership with Executive Staff, give generously of their time, talents, and resources in carrying out our mission.

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Above, left to right: César Portillo, Steven Talavera, Elizabeth Pfromm, Elena Judd, and Teresa Leingang.



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