



Supporting Children Strengthening Families
Empowering Communities Changing Lives



www.childguidance.org

A nonprofit organization providing high quality mental health care, supportive social services, and linkages to needed community resources.

Supporting Children



Our Clients

Our clients are children, youth, and young adults, from infancy to 21 years of age and their families, from diverse backgrounds and circumstances, many of whom are underserved populations, all of whom have either behavioral, emotional, and/or mental health challenges.

We positively impact the lives of more than 21,000 children and families yearly, through the provision of mental health therapy services (3,000 annually) and outreach services (18,000). The majority of people served are low-income and face multiple environmental or life problems.



Disorder of Infancy or Early Childhood

Disorder of Infancy or Early Childhood (DIEC) can include anxiety, aggression, difficulty forming attachments with others and trouble adjusting to environments. It is often an early diagnosis given to children who are too young to diagnose with specific mental and emotional disorders, such as depression or attachment disorder. Early treatment for DIEC can prevent the development of other disorders later, or minimize their impact as children grow.

Northpoint Non-Public School



and Desert Pathways

Northpoint, located in Northridge, contracts with public school districts to provide individualized special education services for children and youth whose needs cannot be met in public schools. We develop each student's unique strengths and abilities and re-integrate students into community schools.

Desert Pathways, located in Quartz Hill, is an integrated public school and mental health program that provides high school age children with emotional difficulties an education in a structured therapeutic classroom environment. The ultimate goal is to enable children to successfully return to mainstream educational settings.

United Solutions



United Solutions in Winnetka, is a Gang Reduction and Youth Development program funded by the Los Angeles City Mayor's office. This program focuses on building a stronger and safer community. Volunteers and staff work with local businesses and community members to increase safety.

United Solutions provides ongoing support and access to services for youth and parents through development of concrete achievable goals, planned interventions, a timeline and measurable outcomes to support youths pro-social behavior and parental supervision of their children.

Practicewise Managing and Adapting Practice

Allows for individualized up to date therapy for 3-18 year-olds based on their presenting problems, age, gender, ethnicity and the setting in which services are provided. Managing and Adapting Practice brings research into practice and is a form of therapy that is specifically tailored to each individual child's needs.

Seeking Safety

Addresses the needs of 13-18 year-olds with a history of trauma and/or substance abuse, who engage in impulsive behavior that put them at risk. Seeking Safety is a form of therapy that helps youth cope more adaptively so that they do not continue to experience the cycle of trauma and stress.

Aggression Replacement Therapy

Is an approach for 9-17 year-olds who are aggressive and/or exhibiting disruptive behaviors that significantly interfere with their successful functioning at home, school and in the community. Aggression Replacement is a form of therapy designed to teach social skills, anger control and moral development in an effort to improve one's overall adaptive functioning.

Infancy Childhood and Relationship Enrichment

Is a therapy approach that addresses the needs of infants to 5 year-olds who are challenged with behavioral difficulties, parent-child communication, school problems, social skills and coping with change. Infancy Childhood and Relationship Enrichment is a form of therapy that focuses on strengthening bonds between caregivers and children, promoting children's emotional, physical, and social development.

Trauma Focused Cognitive Behavior Therapy

Addresses the needs of 3-18 year-olds who are experiencing significant emotional and behavioral difficulties related to traumatic life events and caretakers.



Strengthening Families

Our Families

The Center provides services to low income families with children that have significant emotional problems requiring comprehensive mental health interventions. Our families often come to the Center feeling alone, and overwhelmed with the day-to-day challenges of raising a special needs child.

In addition, many families reside in impoverished neighborhoods that place their child at risk for gang involvement, school failure, teen pregnancy, substance abuse and involvement with the juvenile justice system. Many of our families have language and cultural barriers which makes it difficult for them to access the mental health, social services or school support services needed to create resiliency in these at-risk children and youth.



Bipolar Disorder

Bipolar Disorder (also known as manic depressive illness) causes unusual shifts in mood, energy, activity levels and the ability to carry out day-to-day tasks. It often develops in a person's late teens or early adult years, but many people have their first symptoms during childhood. According to data from the Centers for Disease Control, bipolar disorder is the most common diagnosis in children under age 12 receiving psychiatric hospitalization.

CalWORKs

CalWORKs Mental Health Supportive Services Program provides mental health services specifically to adults receiving State financial assistance. Our services are focused on helping clients achieve long-term self-sufficiency, whether through employment or advanced career training. Many of our clients are trauma survivors, and may be coping with debilitating symptoms of anxiety and depression. Through our work together, clients are able to diligently make efforts to return to the workforce.



Community Family Center

The Community Family Center, in partnership with other social service organizations, a public school, and an apartment management company, offers a wide variety of bilingual (Spanish/English) supportive services such as parent education programs, health insurance enrollment, and home visits to families residing in an impoverished area of Northridge.

Parent-Child Interaction Therapy

Trains parents of 3-8 year-olds experiencing emotional or behavioral problems how to positively interact with their children. Parent-Child Interaction Therapy also treats children 4-12 year-old who have been physically abused.

Positive Parenting Program

Trains parents of infants and 16 year-olds with disruptive behaviors how to be resourceful and independent problem solvers while teaching children how to develop emotional self-regulation.

In-Home Behavioral Intervention

Teach parents of 3-5 year-olds with mental health issues in their home. This approach provides the best setting for one-on-one interaction between therapist, child, and parent.

Trauma Focused Cognitive Behavior Therapy

Provides parents of 3-18 year-olds with knowledge and skills related to processing trauma, managing distressing thoughts, feelings, and behaviors while enhancing safety and family communication.

Incredible Years

Trains parents of 3-12 year-olds with behavioral problems how to positively support their child's therapeutic treatment. Incredible Years also treats 4-8 year-olds experiencing behavioral problems, including ADHD and ODD.

Child Parent Psychotherapy

Trains parents of infants to 7 year-olds who have experienced a traumatic life event how to improve on relationships and return the child to normal developmental experiences.

Multi-Systemic Therapy

Trains parents of 12-17 year-olds exhibiting severe behavioral problems and/or substance abuse within the probation system how to address the mental health needs of youth and reduce barriers that interfere with family engaging in the therapeutic process.



Empowering Communities

Our Communities

The Center serves children and youth living in the San Fernando and Antelope Valleys, primarily living in impoverished neighborhoods. Our community is ethnically diverse. Spanish is the most frequently spoken language after English. The Center serves families that live in the highest poverty census tracts in the San Fernando and Antelope Valleys: Panorama City, Pacoima, Van Nuys, portions of Northridge, and Canoga Park, Lancaster, Palmdale, Quartz Hill, Leona Valley, Acton, Littlerock, Pearblossom and Lake Los Angeles. The local overcrowded school system cannot provide the academic support that at-risk children and youth require to successfully graduate.



Depression

Between 33 and 35 million U.S. adults are likely to experience depression at some point in their lives. Symptoms sometimes occur during childhood and can include constant sadness, hopelessness, insomnia, fatigue, feelings of guilt or worthlessness, lack of concentration and loss of interest in favorite activities. Often, depression is mistaken as a simple case of "the blues," but it is actually a serious illness that can even be life threatening. Up to 15 percent of those who are clinically depressed die by suicide. Fortunately, depression is treatable. Upwards of 80 to 90 percent of people who seek help for depression can feel better.

Community Resource Services



Community Resource Services is a division dedicated to improving the quality of life for special needs children and their families by helping them to locate, access and effectively use essential community health and social services.

Center staff work to empower families through increasing their knowledge, skill level and confidence in their own ability to access the services necessary to best serve their family's needs. The program educates parents on how to face and overcome the many challenges to raising a special needs child so they can reach their potential as productive members of society.

Community Partners

The Center collaborates with dozens of schools, government agencies, faith organizations, social service agencies and others to provide more comprehensive services for children and families.

Our staffs network with other agencies on a regular basis and actively participate on inter-agency committees. The Center is a lead agency or subcontracting partner for many collaborative efforts including the L.A. County Mental Health Family Preservation program, City of L. A. - GRYD gang prevention program and Home Instruction Program, School Readiness Initiative, LA City Family Support, Family Source Program - Specialized Services, WRAP, and Full Service Partnership.



Community Outreach

Our outreach services extend our impact throughout the San Fernando, Santa Clarita and Antelope Valleys by stationing mental health professionals in public schools, Head Start sites, and offices of the LA County Department of Children and Family Services. We advocate on behalf of children and families.

Our clinicians provide on-site counseling services wherever the client needs the most help such as in home, at school, or in an office. The counselling services could be provided in the home, at school, or any where within the community that is available to our families.



Community Volunteers

There are many ways volunteers make a difference in the lives of our children and families. We rely on community volunteers for many different projects –from raising awareness about our cause, participating in our booths at community outreach events, to assisting families in our waiting rooms while a family member is in session. Volunteer leaders serve on our board of directors and on various board committees; fundraise to support our cause; and serve as ambassadors throughout the community to help spread the word.



Changing Lives



A Child's Story

Hitting, kicking, and bullying his classmates was the only way Freddy knew how to express his feelings. At age 3, Freddy, didn't understand his parents' separation. All he knew was that his dad was gone and he missed him terribly. His absence made him painfully angry and sad. Freddy wondered if he had been bad and caused his dad to leave. He was so angry and disruptive that he was nearly expelled from his preschool.

Today, Freddy is doing great in preschool and looking forward to starting kindergarten. He is no longer bullying his classmates. Freddy now has no behavior problems whatsoever because of therapy.



Cutting

It might be difficult to imagine youth purposely injuring themselves to relieve extreme stress. But for teens that harm themselves through creating self-inflicted wounds made with razor blades or other sharp objects, this the only way they know to release intolerable emotional pain. Statistics on cutting are rare, but one study estimates that one in every 200 girls between 13 and 19 years-old, or one-half of one percent, cut themselves regularly.

Although cutting is physically painful, inflicting the wounds gives teens a feeling of control over extreme anger, hurt, shame or frustration. Cutting can become an addiction like drugs, alcohol or gambling. The more a person does it, the more he or she feels the need to do it until, eventually, it can seem impossible to stop. Although accidental suicide is possible, people who cut do it to vent emotions, not to end their lives.

A Family Story

Donna and Anthony Smith adopted their son Alan through the foster system when he was 3 years-old. After a difficult early life, Alan grew to feel at home with his new mom and dad and became a beloved member of the Smith family. But, as they got to know and love their son, the Smith's noticed some troublesome behaviors in him. Alan often had intense temper tantrums. The Smith's learned that Alan's trauma-filled years prior to his adoption left him with severe emotional challenges.



Today Alan is 9 years-old and doing much better! He is working on his behavior at school, and he seldom has tantrums at home anymore, which has dramatically improved the Smith's lives.

A Community Story

In the community of Winnetka where gangs have been known to threaten the security of all community members, our United Solutions Gang Prevention Program has reduced the amount of gang activity and violence significantly.

More than 200 community members have taken action to prevent gang activity in their neighborhoods. Through United Solutions, they learned how to encourage their children to stay in school and make positive choices. Today, residents of Winnetka feel safer than ever before knowing they have access to solutions regarding gang activity, graffiti and vandalism.



Did You Know...?

The Child and Family Guidance Center has been providing community mental health services for more than four decades?

In 1962, the Mental Health Association of Los Angeles County and a group of caring visionaries opened the doors of the San Fernando Valley Child Guidance Clinic our former name (a community mental health Center) to a waiting list of several hundred children and a professional staff of three. At this time, the de-institutionalization of mental hospitals led to the discharge of many patients who still needed care, including severely emotionally disturbed children, the initial population we aimed to serve.

In 1985, the Los Angeles County Department of Mental Health requested that we open an outpatient clinic in the Antelope Valley. Today we have offices in Palmdale and Lancaster extending our services to include more children and families in farther regions.

You Can Change A Life!

By investing in the Child and Family Guidance Center as a donor, volunteer, ambassador, or friend, you can help us ensure that every child and parent who needs mental health services can have access to the highest quality professionals and is guaranteed to be treated with honesty, dignity, fairness, and respect.

You can uplift a child, a family, and a community. Please join us in supporting children, strengthening families, empowering communities and changing lives.



Our Staff

We are able to fulfill our mission with more than 400 experienced and multi-disciplinary professionals which include: Clinical Social Workers, Marriage and Family Therapists, Psychiatrists, Psychologists, Recreation Therapists, Case Managers, Special Education Teachers, Behavior Specialists, Psychiatric Nurse, and Administrative/Support Personnel.

Staff Training

We are an approved provider of mandatory continuing education courses in California by the American Psychological Association and the Board of Behavioral Sciences. Our expert professionals in community mental health care conduct trainings to ensure our staff are equipped with the most qualified skills in working with children and families. All of our staffs learn current intervention and assessment strategies as well as other professional topics of interest. The Center is widely known as one of the best training organizations for entry level and licensed professionals.



Call to access services

San Fernando Valley **Antelope Valley**
818-739-5250 **661-265-8627**



Northridge

Main Address
& Northpoint School
9650 Zelzah Avenue
Northridge, CA 91325

Phone: 818-993-9311
Fax: 818-993-8206

@ Park Parthenia Apartments
19100 Parthenia Street, #4
Northridge, CA 91324

Phone: 818-882-3147
Fax: 818-885-5206



North Hills

Formerly Family Stress Center
16861 Parthenia Street
North Hills, CA 91343

Phone: 818-830-0200
Fax: 818-830-0206



Van Nuys

6851 Lennox Avenue, Suite 100
Van Nuys, CA 91405

Phone: 818-739-5400
Fax: 818-442-0290



Winnetka

@ Sutter Middle School
7330 Winnetka Avenue
Winnetka, CA 91306

Phone: 818-772-1425
Fax: 818-772-1484



Palmdale

Formerly Valley Child Guidance Clinic
310 East Palmdale Boulevard
Palmdale, CA 93550

Phone: 661-265-8627
Fax: 661-265-7936



Lancaster

Formerly Valley Child Guidance Clinic
1669 West Avenue J, Suite 202
Lancaster, CA 93534

Phone: 661-942-7552
Fax: 661-942-7115



Quartz Hill

@ Desert Pathways High School
Formerly Valley Child Guidance Clinic
6300 West Avenue L, #25
Quartz Hill, CA 93536

Tel: 661-722-4702
Fax: 661-722-8448

Locations

The Child and Family Guidance Center is a 501(c)(3) nonprofit organization that provides more than therapy in the San Fernando, Santa Clarita, and Antelope Valleys. We provide a continuum of high quality mental health care, supportive social services, and linkages to needed community resources. Our offices are located in:

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Antelope Valley

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