

Touching Lives

rebuilding
children's
emotional
health
since 1957

2008 Annual Report



INTERCOMMUNITY
**CHILD
GUIDANCE
CENTER**

Celebrating 50 Years of Service to Children

Early Attachments Infant-Toddler Center Launched

The earlier we can influence a child's life for the better, the greater the positive impact will be. *You can read more about this program later in this report.*



This Year's Highlights



[r to l] Owen Newcomer, Mayor of Whittier, Dr. Marvin J. Southard, Director of LA County Department of Mental Health, Charlene Dimas-Peinado, and Janice Roodzant

50th Anniversary Gala

Since opening our doors in 1957, our agency has grown by adding services to meet new needs in the community. Our exciting 50th Annual Gala celebrated this milestone. We successfully raised \$200,000 toward establishing our Early Attachments Infant-Toddler Center.



“Growing Up Safe” Provided to 800 First-Graders

“Growing Up Safe” is a school-based outreach program to help prevent child sexual abuse. Although many children have learned to obey grown-ups without question, this program informs them that they should not always do so.

For example, no one should touch a child “within their bathing suit zone.” Children are empowered to trust their own instincts and learn when to say “no.” Our specially trained educators provided this program to 800 local first graders in 2008.



Full Service Partnership Program Begun

The Full Service Partnership is an “Intensive Services” Program, offered to children dealing with complex emotional challenges. A team of therapists works with a family in their child's usual environments (home, school, etc.) Together, they identify both strengths to reinforce, and areas in need of support. Family and individual therapy are augmented by other health and social services to meet the family's complex needs.

Dear Friends,

Intercommunity Child Guidance Center has an unwavering commitment to improving the emotional well-being of children and their families – especially during this time of challenging social and economic stressors.

As we continue to build upon emerging trends in children's mental health services through our innovative programs, we have identified priorities to better meet today's complex needs. We encourage you to read about how we are building infant mental health capacity for the purposes of identifying and addressing the social and emotional developmental needs of infants and young children.

Other ongoing programs meet the treatment needs of the severely traumatized children that walk through ICGC's doors each day. A recent study, not surprisingly, found that families are indeed highly stressed and in substantial need of emotional support to manage the many aspects of their daily lives. In particular, parents seek access and support in dealing with their children's behavior problems, including sleeplessness, head banging,

tantrums, hitting, and unusual risk taking behaviors (Cutler & Gilkerson, 2002).

The literature supports that providing resources at the earliest point in the development of the bonding between child and parent is key to healthy maturation. It is for this reason that we are proud to report on three of our newest programs:

> Early Attachments Infant-Toddler Center is an early intervention and prevention program for young children, birth to age five, to improve the parent-child bond

> HOPE is an intensive 5-day a week, clinic-based program providing services to children age 6-12 with severe emotional disturbances

> Enhanced Specialized Foster Care is a comprehensive mental health service program for children in the foster care system who have experienced severe trauma in their young lives

In this report, you will meet the innovative program directors responsible for the development and implementation of each program. Their vision to maintain focus and commitment to these vulnerable populations, quite frankly, should make us all quite proud. Our newest programs are making a

Mission: To provide comprehensive mental health services to children and their families. Developing healthy alternatives to abuse and violence, and addressing emotional and behavioral challenges, results in healthy children, families and communities.

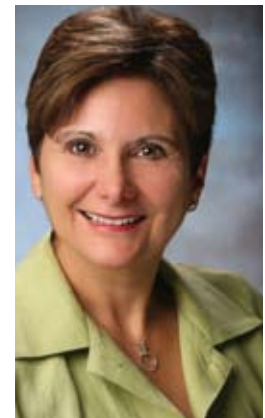
positive difference in multiple areas associated with early childhood success in relations to family, school and community.

Together with ICGC's leadership and vision of its board of directors, our highly qualified and hard working staff benefit greatly from our community, because it supports our non-profit organization. We stand ready and prepared to improve the lives of children and

their families. In doing so, we continue in our vision of helping children to grow up emotionally healthy, free from neglect and abuse.

Thank you for the opportunity to share our stories and we look forward to your continued support of Intercommunity Child Guidance Center, a contributing member of our community for over 50 years.

Sincerely,



Charlene Dimas-Peinado Janice C. Roodzant

Charlene Dimas-Peinado, LCSW
Executive Director

Janice Roodzant
President, Board of Directors

Enhanced Specialized Foster Care



service
without
walls



Adam Grindlinger, LCSW
Director of
Intensive Services

Children living with foster families experience unique stresses and challenges. Severe emotional and behavior problems are common. Our Specialized Foster Care Program was created to provide vital mental health services and support to foster children and their families.

Specialized Foster Care provides families the mental health support and services they need in order to improve the functioning of foster children in school, home, and community. To best meet that goal, Specialized Foster Care therapists and case managers visit foster families in settings such as home and school. This makes services available despite any obstacles with transportation. Therapists provide comprehensive psycho-social

and developmental assessments of the child's needs, and also assess the family's needs and strengths. They then introduce treatment approaches demonstrated to be effective in treating the needs identified.

Foster parents participate throughout the entire treatment process. They partner with therapists and the child in determining treatment goals. Parents learn to implement the skills and interventions needed to reach these goals. Additional training also supports the foster parent in meeting the special needs of the foster child. The success of the Specialized Foster Care Program reduces placement disruptions and shortens the timeline to permanent residence.

"Thank you so much for everything you've done. You have helped me through such ugly times in my life and now I am ready to handle more. You have given me the tools to be a healthy, functioning citizen/person and I am forever grateful."

A teen who completed services with Specialized Foster Care

11,500

Foster Children in
LA County require
mental health services

Infant-Toddler Center

"The first two years of life are crucial for normal development of language, cognition, and mental health."

**Charles A. Nelson III,
Scott Chair in Pediatrics at
Children's Hospital in Boston**

In 2008, with the support of the B.C. McCabe Foundation, ICGC established leadership in the Infant Mental Health field by launching the Early Attachments Infant-Toddler Center. This program serves families with children from birth through age five. Its goal is to promote loving relationships between parents and their young children.

Young children learn about people and the world through the context of these early relationships. This shapes the person they will ultimately become. Because parenting is not instinctive, parents benefit from guidance in how to give their child a positive and secure emotional foundation.

Therapists in the program work with children and

their parents together. Activities are designed to improve communication (both verbal and nonverbal), to encourage play (the primary mode of learning and connecting for young children), and to help parents identify and respond to their child's needs. Individualized services are provided in the families' homes so families can learn and practice new skills in their natural environment.

Parents report that they now feel more confident in their parenting skills, their children are happier, and their relationships are closer. One parent stated, "I am so thankful for this!"

In its first year, the Early Attachments program helped over 135 families. Its services are in great demand. The program will continue to grow so that more families can be served.



teaching
mothers
to bond



Rose Temblador, PhD
*Director of
Birth – Age 5 Programs*

Therapist Intern Program



training
tomorrow's
therapists



Lori Melendez-Allemand, LCSW
*Director of the
Internship Program*

Participating Universities Include

Biola University

California State University, Fullerton

California State University, Long Beach

California State University, Los Angeles

Loyola Marymount University

Rosemead School of Psychology

University of Southern California

Whittier College

For more than 35 years, the Internship Program at ICGC has attracted students working toward advanced degrees in Social Work, Psychology, and Marriage and Family Therapy. Pre-professionals enrolled at numerous local universities apply for about ten ICGC

internships every semester. The Internship Program enables more clients to receive needed services while interns obtain an outstanding, hands-on educational experience.

The Internship Program at ICGC integrates class work with supervised, hands-on clinical practice. Through lectures, discussion and case studies, Interns develop a thorough understanding of many philosophies, theories and procedures in psychotherapy. They learn assessment, diagnostic and treatment interven-

tion skills. As they develop proficiency in individual and group therapy, play therapy and so on, interns are assigned a limited number of cases to handle. Supported by individual and group supervision, an intern may provide therapy to six families, less than one third of the 20 families managed by a full time therapist. Clients served by Interns thus receive both the latest knowledge of the students and the expertise of an experienced Supervisor.

Interns who complete a semester at ICGC emerge with a new, real understanding of social work and mental health services. It is a great compliment to ICGC when one of our former interns returns to become a full-time therapist in our organization. And graduates who bring their skills to other communities advance another ICGC goal: providing mental health services to all in need.

Child Psychiatrists on Staff



team medical support

"It has been very beneficial for my son to see the doctor there at the same building as all the other staff involved with him."

Mom of 7 year old boy

Families appreciate the availability of our highly qualified child psychiatrists in-house at Intercommunity Child Guidance Center. Our continuum of mental health services can include in-house medication support when appropriate. For many clients, individual and family therapy is sufficient to restore emotional health

and management. However, at times symptoms and behaviors continue to interfere with a child's healthy functioning. In these instances, it may be appropriate to consider the use of medication in addition to therapy.

Our board-certified doctors are specially trained in the mental health needs of children. They consult with therapists and meet with

families to answer questions, based on the latest research in the field of child psychiatry. Participation in medication support is voluntary, never required. When selected, medication is provided with the utmost respect and cultural sensitivity. Both therapy and medication are closely monitored and fine-tuned to meet each child's needs.

HOPE Program

HOPE Therapy Team



self

management skills

“HOPE” is an intensive mental health program for children diagnosed with severe emotional disturbance. The individualized program is limited to nine elementary and nine middle school children at a time. Children attend their regular schools in the morning, and are bused to ICGC every weekday afternoon. At the Center, a team of highly skilled clinicians provides a unique program combining therapy with skill building for each child.

The HOPE program incorporates engaging activities which encourage children to participate fully. Recreation therapy and art therapy are ripe opportunities to teach patience and problem solving, sharing and communication. Each HOPE participant also receives individual therapy, family therapy, and case management services.

Children participating in HOPE develop valuable new skills in anger management, friendship, positive communication, and teamwork. They learn critical thinking, the rewards of making good choices, and the consequences of bad choices. Therapists provide unlimited support and encouragement while maintaining the firm limits children need. As a result, children acquire emotional well-being and self-esteem.

A child completing the program often expresses mixed feelings at his HOPE graduation. After six to nine months, he is proud of his accomplishments, but he knows he will miss the HOPE family he has seen every day. He will continue to receive weekly therapy as an outpatient. Now, with the pride and encouragement of parents and teachers, he is excited and ready to move on.



Billy, was brought into the agency one day in a police car. The school had called the police

because Billy, age 6, was unable to sit still or concentrate. He ran around the playground assaulting other children, and was found hiding under a car.

The Whittier Police sensed that Billy was having difficulties and they brought him to Intercommunity Child Guidance Center. It came to light that Billy, and his little brother, had been sexually abused by an adult neighbor in their building. Billy felt ashamed, confused and powerless to stop it. Billy's

shame, confusion and guilt were manifested in these disruptive behaviors.

Billy was assigned to the HOPE Program. Every afternoon for nine months, Billy was given individual and family therapy to resolve sexual abuse issues. He rebuilt his social skills in a group of nine kids with three therapists. As he completed the curriculum of anger management, communication and social skills, he learned how to manage his feelings better. Through individual therapy, he came to realize that his abuse was not his fault, and his disruptive behaviors at home and school subsided.

Billy celebrated his graduation from the HOPE program last year, and has successfully reintegrated into his regular school.

By the Numbers

	Fiscal Year Ending June 30, 2007	Fiscal Year Ending June 30, 2008
Assets		
Cash	\$ 135,193	\$ 433,813
Accounts Receivable	166,502	157,463
Prepaid Expenses and Deposits	39,230	30,377
Investments	2,038,475	1,248,133
Property and Equipment **	77,543	2,742,308
Total Assets	\$ 2,456,943	\$ 4,612,094
Liabilities		
Accounts Payable	17,937	91,395
Accrued Liabilities	781,452	870,272
Accrued Unemployment Liability	16,6864	1,471
Line of Credit		130,000
Note Payable **		1,924,923
Total Liabilities	\$ 816,075	\$ 3,058,061
Net Assets		
Unrestricted	1,449,298	1,301,069
Restricted	191,570	252,964
Total Net Assets	1,640,868	1,554,033
Total Liabilities & Net Assets	\$ 2,456,943	\$ 4,612,094

** Note 1: Changes in Property and Note Payable pertain to acquisition of building at 10155 Colima Road.



Lives Touched
by our services
Year Ending June 30, 2008

2,214

Children and Family Members benefited from outpatient therapy

573

Parents improved their parenting skills through weekly classes in Spanish or English

3,421

Infants, Preschoolers and new parents strengthened their relationships via The Early Attachment Program, the Early School Success Preschool Program and teen parenting programs

667

Children recovered emotional health through Crisis Therapy, School-Based therapy, and intensive services.

6,875

Total lives touched by ICGC

Thank you to Our Donors

Our heartfelt thanks to these good friends who have generously supported us over the years. Through their gifts, they have helped us to restore thousands of children's emotional health, and to strengthen both families and communities.

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