

PRESIDENT'S MESSAGE

According to the U.S. Surgeon General, one in five Americans experience mental illness and one in four families are impacted by these disorders. However, few receive treatment because of stigma, misdiagnosis or a lack of access to appropriate and affordable healthcare.

The mental health of individuals can affect the entire community, and the impact of untreated mental illness can be significant. Businesses have lost millions of dollars in lost productivity, absenteeism and other workplace costs. The personal cost is even higher. Many people with mental illness have experienced school failure, financial difficulties, substance abuse problems and have even become suicidal. In most instances, these consequences directly affect other family members.

May has been designated National Mental Health Month since 1949 to publicize the importance of mental health and the needs of individuals with mental illnesses. This year's theme is "Mental Health Matters - Everyday." Considering the events occurring in the news today, this statement is more relevant than ever before.

This issue of Touching Young Lives focuses on assisting children who are grieving as a result of having experienced a tragedy in their lives, and also about talking to children regarding the war without scaring them further. We have witnessed the emotional effects of September 11th on many of our local children. This is why it is so important that parents be aware of indications that their children may be experiencing feelings of depression or fear resulting from the events depicted in the media. Childhood depression is one mental illness that is often misdiagnosed and that affects one in every thirty-three

— Continued on page 5

Tyler is eight and his grandmother recently died. She used to pick him up every day after kindergarten. Now a neighbor picks him up, but Tyler doesn't want to go to school anymore.

Stephanie is sixteen. Her father committed suicide two months ago. Stephanie has become angry and defiant at home and school, but she won't talk about her father.

Sylvia is three and her uncle died several weeks ago in a car accident. Sylvia keeps asking where her uncle is and when he is coming back.

Jason is twelve and he keeps hearing adults talk about America going to war. He isn't sure what is happening, but he is very afraid that the people he loves might die if there is a war. He complains of stomach aches almost every day.

HELPING CHILDREN DEAL WITH **GRIEF AND LOSS**

Children experience grief in many different ways. Their reactions will vary depending on their age and stage of development. Some may withdraw, have physical symptoms and cry easily. Others may be angry and lash out at others. Very young children do not have the ability to understand the concept of death and may ask repeatedly when the loved one is coming back. It is part of the normal developmental process for children to see themselves as the center of the world but, as a result, they may also feel that they have caused or are to blame for the death of someone else.

Children can come through the experience of grief and loss more easily if they have a strong and understanding support system. Unfortunately, this is often a time when the adults around them are experiencing their own feelings of grief and sadness, so they may not be as emotionally available to the child. It can be very helpful if there is someone such as a family friend, a teacher or pastor who can be available to talk and listen to the child, especially during the early stages of the grieving process.

Grief and loss are part of the normal cycle of life and do not need to be hidden from children. It is all right for children to see adults cry and express their feelings of sadness. However, it is important that children are given enough information to help them understand

what is happening, and to have the opportunity to ask questions. Brief information and simple explanations will allow children to feel safe as they and those around them move through the grief process.

It is important to remember that grief is the response to any kind of loss, whether through death, divorce, moving or even the loss of our feeling of safety in these uncertain times. As adults, we must pay careful attention to their words and behavior to understand what they may be feeling. Children have a great deal of resilience and can usually cope with feelings of grief and sadness in a normal process. With time, children will accept the loss and move through feelings of grief to a place of acceptance and peace. However, if they are experiencing difficulty in that process, they may benefit from professional help.

The Child Guidance Clinic staff has worked with many children struggling with grief and loss issues. Sometimes the issue is death from violence, accident or illness. It may be a family member, friend or a pet. It may be a loss due to change, such as divorce, moving or transferring to a new school. It may be a fear of loss in a world of political uncertainty. Whatever the issue, the experienced and caring staff of the Clinic is available to help children and their families move through grief to peace.

PRESIDENT'S AWARD

February:

(Right) **Tonya Crowder** was the February recipient of the President's Award.

March:

(Far right) **LaKesha Ray** and **Michelle Whipple** were the recipients of the President's Award in March.



A Special Thanks



Cub Scout Troop 325's Shoe and Sock Drive supports the Clinic's Holiday Families Program.

The Holiday Family's Program was again successful during this past year. Numerous individuals, businesses and organizations assisted the Clinic in providing a happy holiday season for 121 clients and their family members. Since the holidays tend to be a difficult time for many families who receive Clinic services, it is always rewarding to see the outpouring of generosity from our local supporters. Although this is not the Clinic's primary function, we have been very fortunate in recent years to have the support of individuals in our community, including members of the Child Guidance Guild, who asked to adopt a family during the holiday season and who donated gifts and food for needy families.

The following individuals and organizations adopted Clinic families and provided food, clothing and toys for the children who benefited from the Program:

The employees of:

Brown Armstrong, Certified Public Accountants
Kern Schools Federal Credit Union –
(Accounting Department)
(Administration Department)
(Central Operations)
(Delano Branch)
(Downtown Branch)
(Ming Avenue Branch)
(Mt. Vernon Branch)
(Panama Branch)
(River Run Branch)
(Town & Country Branch)

The employees of:

KUVI -TV 45
State Farm Insurance

Members of:

Cub Scout Troop 325
Guild Members –
1st, 3rd, & 5th Mondays
2nd & 4th Tuesdays
1st, 3rd, & 5th Tuesdays
1st, 3rd, & 5th Thursdays
2nd & 4th Thursdays
Westside Church of Christ

Individual/family sponsors:

Paula Abbott & family
Crystal Aldrit & family
Tina Cantelmi & family
Teresa Ford & Family
Polly Hamm
Harold Mohlke & family
Robin Summerfruit
Joyce Umfress
Vernon and Janis Varner
Brenda Weston

Helping families at this time of year inspired many of our employees, family members and organizations to participate in this program — making this a very special holiday season for all.



Albertsons Community Partners Program

The Weill Child Guidance Foundation has become a participant in the Albertsons Community Partners Program in support of the Henrietta Weill Memorial Child Guidance Clinic.

The Albertsons Community Partners Program is an innovative fundraising project through which Albertsons donates a percentage of purchases made by program members to the Clinic. Members present their Albertsons Community Partners card to their cashier at the time of purchase. The amount of their purchase is automatically recorded and credited to the Clinic's fund. Participants support the Clinic without any "out-of-pocket" expenses, simply by purchasing groceries.

If you would like to participate in this unique fundraising activity, please call Sonia Cuellar at 322-1021 to obtain your Albertsons Community Partners card.

Grandparents Support Group

Today, a large number of children are being raised by members of their extended family for various reasons. In fact, the Census Bureau reports that six percent of the nation's children under 18 are being raised by their grandparents.

The Child Guidance Clinic recognizes the benefits of providing support groups for grandparents who are raising children for the second time in their lives. These groups provide grandparents with an opportunity to talk with others about the joys and challenges they face in raising grandchildren.

The Grandparent Support Groups are offered every 2nd and 4th Wednesday from 10:30 a.m. to 11:30 a.m. at the Child Guidance Clinic, 3628 Stockdale Highway. No appointment is necessary and the group is open to the public at no cost. For more information, please call 322-1021.



In an effort to address the state budget crisis, our governor and legislators have put forward many ideas and proposals to reduce the anticipated budget deficit for the upcoming fiscal year. Among those are proposed new revenues and program reductions. Numerous proposals have been made to address the budget issues and to raise taxes so that deep cuts can be at least minimally avoided. In addition to program cuts, the governor proposed three new taxes to halt deep cuts to social services and health programs. Those include increasing the state sales tax rate by 1 percent, adding 10 percent and 11



David L. Camara, LCSW

percent personal income tax brackets and increasing excise tax by \$1.10 on cigarettes and other tobacco products. Another proposal suggests deep cuts only, while one bipartisan proposal seeks to address the deficit over a five-year period through borrowing, program cuts and raising taxes. Some of the tax increase proposals

include raising the Vehicle License Fee back to its 1998 levels and taxing the top 2 percent of California's income earners. Although there have been many proposals, further action will not be taken until the governor releases his May Budget Report which revises his January Proposal based on tax returns and a budget will not be drafted until June.

Since the legislature is aware that mental health funding is crucial to keeping the cost down in other systems (corrections, child welfare, juvenile justice, etc.), they have not accepted many of the governor's proposed mid-year reductions for 2003, such as the 10 percent cut in mental health allocations to counties and the 10 percent provider rate cut to other Medi-Cal providers. With regard to children's mental health services, the governor's January Proposal realigns the Children's System of Care, does not realign the AB 3632 (Special Education for Disabled Students) program or the EPSDT (Early Periodic Screening Diagnosis and Treatment) program, but proposes to increase EPSDT for mental health services' growth by \$230 million in order to address the unmet need among California's Children. Unfortunately, the governor also proposes complete elimination of the Early Mental Health Initiative (EMHI) program. The Legislative Analyst's Office (LAO - a bipartisan advisory body), on the other hand, proposes to realign all that is in the governor's January Proposal as well as the following funding streams: EPSDT, AB 3632 and Mental Health Managed Care. Assembly and Senate Budget Committee members have



Director's Message

held special hearings to investigate the plausibility of the realignment proposals from the Administration and the LAO. What finally gets realigned (county-controlled program funding) will be the product of numerous workshops consisting of stakeholders, legislative staff and members of the legislature. Because EPSDT and AB 3632 are federal entitlements, mental health advocates reject any realignment of these programs because that would put a cap on growth. Data presented to the legislature from the State Department of Mental Health shows that realignment is not keeping up with California's growth. Realignment is, in essence, a shift in financial responsibility for programs from the state to counties, giving counties greater control over how a program is managed, funded and monitored for efficiency. Funding for realigned programs comes from sources other than the state's general fund. Thus, realignment can be structured to give counties a dedicated funding source for mental health programs instead of always having to compete with other interests for funds from the state's general fund. Of course, if that dedicated funding stream gained through realignment is inadequate, advocates are not willing to accept that more mental health programs be realigned.

As a children's mental health service provider, we at the Child Guidance Clinic believe very strongly in the importance of prevention, early intervention and maintenance of children with mental health issues and/or serious emotional disorders (SED). Many of the children we serve are referred because of school failure, out-of-home placements and involvement in the juvenile justice system. The emphasis is on early detection, diagnosis and treatment, at a time when therapeutic interventions are most effective. The value of early intervention programs can not only be measured in the emotional benefits to the children and families served but also in terms of dollars saved. Every dollar spent on prevention results in significant future savings because it is far less expensive to prevent problems than to provide costly services later on to address problems such as juvenile crime, truancy, teen pregnancy and school failure. In addition to the long-term financial savings, one must also consider the emotional benefits to children and families associated with early intervention services. These programs can improve a child's behavior through more effective parenting skills resulting in a closer, more positive relationship between parent and child. This alone can reduce the risk of child abuse and neglect as

well as enhance the child's ability to be successful in school and social relationships. Early intervention programs can also break the generational cycle of ineffective and harmful parenting and can establish the foundation for children to become successful, confident and productive members of society.

While considering options to reduce the state budget deficit, our legislators may not be aware that simply cutting program funding to address an immediate financial need may result in greater future costs. Preserving funding for early intervention programs is an investment in the future that will result in cost savings that would otherwise be associated with the juvenile justice, school and child welfare systems as well as other adult systems such as corrections and social services.

Since cuts in children's mental health services and early intervention programs will directly impact the Clinic and the services we provide, I want to take this opportunity to not only thank you for your support and interest in the Clinic, but also to ask for your help in advocating for children's mental health services during these difficult economic times. Those interested in becoming involved at the advocacy level should contact their legislators to urge them to protect children's mental health funding from budget cuts to balance the state budget. To learn more about how you can become involved, please visit the Mental Health Association of California website at www.mhac.org where you can access the latest information regarding the budget, new legislation and how to contact your assembly and senate representatives.

Since this is considered the first of several difficult budget years, your assistance is critically important in helping to preserve children's mental health funding.

David L. Camara, LCSW
Executive Director

"We believe very strongly in the importance of prevention, early intervention and maintenance of children with mental health issues and/or serious emotional disorders (SED)."

May & June 2003

All proceeds and gratuities are donated to the Henrietta Weill Memorial Child Guidance Clinic.



Guild House

Freshly-made soup, entrée and vegetable in season or side salad or entrée salad, house-made rolls or muffins, delicious dessert or sorbet with fruit sauce and beverage. Wine and beer available.

Menus subject to change.

Call Us For Your Special Events! 325-5478

Weeknights or weekends. Luncheons, receptions or dinners.

Private rooms are available for luncheon meetings.

Advanced reservations are requested but not required.

Drop-ins welcome!

Fax: 325-5603



CHILD
HENRIETTA WEILL MEMORIAL
GUIDANCE CLINIC

To help a troubled child find a future

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 5 <i>Tomato Madrilene Quiche Lorraine Chocolate Coffee Torte</i> | 6 STEFFEY'S <i>Orange Carrot Soup Crepes Jardiniere Lovely Lemon Pie</i> | 7 <i>Closed</i> | 8 REVELATION <i>Zuppa D'Aglio Aegean Chicken Old Lace Cheesecake</i> | 9 <i>Green Onion Soup Hawaiian Chicken Tropical Cheesecake</i> |
| Weekly Entrée Salad - California Chicken Salad | | | | |
| 12 <i>Green Pea Soup Game Hens Italiano Cappuccino Torte</i> | 13 <i>Cream of Zucchini Soup Apricot Chicken Butterfinger Pie</i> | 14 <i>Leek & Onion Soup Baltimore Crepes Sour Cream Apple Pie</i> | 15 VICTORIA'S <i>Cream of Spinach Soup Quiche Jardiniere Apricot Cheesecake</i> | 16 <i>Classic Cream of Mushroom Soup Pepper Steak Lemon Almond Angels</i> |
| Weekly Entrée Salad - Bombay Chicken Salad | | | | |
| 19 <i>Potage Beleck Jalapeno Game Hens Calypto Pie</i> | 20 CHRISTINE'S <i>Cream of Pimiento Soup Chicken Piedmont Cherry Almond Pie</i> | 21 <i>Winemaker Soup Crepes Palermo Luscious Lemon Pie</i> | 22 SUGARDADDY'S <i>Potage Champignon Quiche Epinard Apricot Torte</i> | 23 <i>Bloody Mary Soup Country Seasoned Chicken Fresh Strawberry Torte</i> |
| Weekly Entrée Salad - Bountiful Bakersfield Salad | | | | |
| 26 MEMORIAL DAY Guild House Closed | 27 <i>Cream of Corn Soup Crepes Florentine Frosty Lime Pie</i> | 28 <i>Tomato Zing Bisque Vineyard Game Hens Chocolate Imperiale</i> | 29 ERLENE'S <i>Italian Wedding Soup Pollo Tuscany Napoleons</i> | 30 <i>Mushroom Consomme Chicken Marbella Cheesecake with Fresh Strawberries</i> |
| Weekly Entrée Salad - Sonoma Chicken Salad | | | | |
| 2 <i>Orange Carrot Soup Crepes Palermo German Apple Cake</i> | 3 <i>Cream of Zucchini Soup Apricot Chicken Carrot Cake with Cream Cheese Icing</i> | 4 <i>Green Pea Soup Asian Pork Apricot Torte</i> | 5 CLASSY THREADS <i>Tortilla Soup Enchiladas ala Suisse Acapulco Cake</i> | 6 <i>Bloody Mary Soup Apricot Game Hens Strawberry Dream Pie</i> |
| Weekly Entrée Salad - Cattleman's Sandwich | | | | |
| 9 <i>Cream of Lettuce Soup Aegean Chicken Cheesecake w/ Raspberry Sauce</i> | 10 <i>Red Pepper Soup Shrimp Quiche Bavarian Apple Tart</i> | 11 <i>Sopa de Lima Cannelloni Capriccio Pistachio Cheesecake</i> | 12 STEFFEY'S <i>Tomato Madrilene Country Seasoned Chicken Strawberry Shortcake</i> | 13 <i>Cream of Celery Soup Crepes Florentine Lemon Glazed Cheesecake</i> |
| Weekly Entrée Salad - California Chicken Salad | | | | |
| WE ARE CLOSED FOR THE SUMMER. BE SURE TO COME BACK AND SEE US IN SEPTEMBER! | | | | |

Board of Directors

EXECUTIVE COMMITTEE

President

Denise Kooren

Vice President

Thomas Spencer

Treasurer

Blake Smith

Secretary

Robert Mejia

Immediate Past President

Steven R. Starbuck

Member-At-Large

Jess Molinar

Margaret Harrison

Directors

Kathy Bowers

Nada Byrum

Ninfa Flores

Barbara Ford

Bobbie George

Theresa Jones

Julia Linfesty

Hajir Nurridin

Paula Tremaine

Associate Director

Ira Cohen

Staff

Executive Director

David Camara, LCSW

Clinical Director

Linda Hoyle, MFT

Administrative Director

Paula Abbott

Newsletter Editor

Susanne Campbell

Locations

3628 Stockdale Highway

Bakersfield, CA 93309

(661) 322-1021

5300 California Avenue

Bakersfield, CA 93309

(661) 327-0933

1318 High Street

Delano, CA 93215

(661) 725-1042

www.hwmcgc.org

Mission Statement

The Henrietta Weill Memorial Child Guidance Clinic provides the services and resources necessary to prevent and treat emotional and behavioral problems for Kern County children and their families.

On March 29, 2003, the Bakersfield Child Guidance Guild held its annual fundraising dinner, "An Evening at Guild House." The event gave participants the opportunity to enjoy the charm and ambiance of one of the most unique settings in Bakersfield. For more than forty years, the Bakersfield Child Guidance Guild has supported the work of the Child Guidance Clinic. Events such as this help support the work of the Clinic as well as acquaint the community with the delicious meals, authentic atmosphere and excellent service Guild House offers.

An Evening at Guild House



John and Paula Abbott, attended "An Evening at Guild House."



Bobbie and Jim George take time out from the dinner to pose for a picture.



Jim George and Louie Clerou tend bar at the Guild House dinner.

SPECIAL PRESENTATIONS



Guild President presents a \$5,000 check to David Camara, Executive Director and Denise Kooren, Board President. This donation will assist the Clinic with computer upgrades



Sara Reshaw is presented a plaque for her service on the Clinic board.

PRESIDENT'S MESSAGE Continued from front

children and one in eight adolescents. The Child Guidance Clinic provides free support groups that help parents and grandparents determine if their children or grandchildren could benefit from professional counseling services. It is important that caregivers be cognizant of any changes in their children's behavior and that they seek professional

help as soon as possible. For more information regarding Clinic services and the free support groups, please call (661) 322-1021.

A handwritten signature in cursive script.



3628 Stockdale Highway
Bakersfield, California 93309

Non-Profit Organization
U.S. Postage
PAID
Bakersfield, California
Permit No. 346



THANK YOU FOR YOUR SUPPORT

The following individuals, corporations, foundations and community organizations have generously made donations to the Clinic from December 15, 2002 through April 15, 2003. On behalf of the children we serve, thank you for your support.



LEADING HANDS

\$5,000 and above

Ben H. and Gladys Arkelian Foundation
Bakersfield Child Guidance Guild
Joan Pracy
Blanche and Irma Weill Foundation
Harry and Ethel West Foundation
The Lake Family Foundation
In-N-Out Burger Foundation

HELPING HANDS

\$500 to \$4,999

Dr. and Mrs. Daniel Grabski
Dr. Guy and Barbara Shaw, III
Brian Grzelewski
George and Karen Johnson
**United Way Combined Campaigns for Kern,
Inyo & Mono Counties**

CARING HANDS

Up to \$499

John and Paula Abbott
Diane Atkinson
*In Tribute to Mr. and Mrs. John
Johnson's Friendship*
Cynthia Bailey
June Booth
Brooks Family
Michael and Joyce Butcher
In Memory of Greg Bonas
Sylvia Cariker
Lou Ann Collins
In Memory of Eunice Pierucci

Betty Cook

In Memory of William Merrill
In Tribute to Maudie Hopkins' Birthday
"Woman of the Year"

Ray and Peggy Couch

In Memory of Florence York

Angela Dirocco

In Memory of Dr. Hugh Betenbaugh

Clinton Douglass — D.B.A.C.

Darlene Goldberg

In Honor to Dick and LaVerne Poff

Margaret Harris

John and Maureen Jeppson

Theresa Jones

Kern Schools Federal Credit Union

Virginia Lawrence

*In Tribute to Lucille Christensen's
Birthday*

Henry and Leta Leal

*In Memory of Harold Goldsmith and
Larry Towery*

Harold and Gene Lee

In Memory of Broer Roosjen

Hazel McCuen

*In Memory of Dorothy Loustalot and
Valentina Valena*

Robert McMillan

Dr. and Mrs. Erik Michelsen

Travis Mitchell

Ginger Moorhouse

In Memory of Garnett Stefoni

James O'Neill

Fred and Jackie Peck

In Memory of Doris Halesapple

Marguerite Pulley

James Robertson

Mr. and Mrs. Harry Sheets

In Memory of Dr. Hugh Betenbaugh

Helen Solomon

In Memory of Bud Sherman

John Stephenson

In Memory of Shirley Stephenson

Mr. and Mrs. Jerry Sudarsky

In Memory of Millie Ablin

Paula Tremaine

Joe and Magie Turner

In Memory of John Connors

In Memory of Frank Sweder

Catherine Umfress

Aidee Velazquez

IN KIND DONATIONS

Banks Pest Control

The Scrap Yard, Joe and Stacey Bruce

Sue Jennings

Sandra Larson

Eileen Lemons

Karen Moniz-Smith

Fred Penkal

Rick Rosenberger

Mr. and Mrs. Vernon Varner

Ben and Ruth Whitaker