

# The Guidance Center of Westchester

# TIMES

Fall 2018



Participants work together to tend the potatoes.

## Seeding to Eating: AN AWARD-WINNING PROGRAM

**W**e've been bragging about the gardening course offered through our Personalized Recovery-Oriented Services (PROS) for quite some time (it was the cover article in our Spring 2018 newsletter). Now, the Substance Abuse and Mental Health Services Administration (SAMSHA) agrees! Our Seeding to Eating: Healthy Living through Gardening project is one of four programs nationwide to receive the 2018 Recognition of Excellence in Wellness as part of their Program to Achieve Wellness (PAW).

*"Based on what we were seeing in the PROS participants—their willingness to explore gardening as a medium for their personal growth and exploration—we knew we had something very special happening in our Seeding to Eating project. Having that recognized by SAMSHA is a wonderful validation and speaks to the many dimensions of wellness we are able to address through our unique horticulture-nutrition project,"* says Rita Liegner, LMHC, deputy executive director for Rehabilitative Services at TGCW.

*continued on p 2*

## From the CEO



Fall is a funny sort of season. In many respects, we see it as an end; there's a chill in the air and the care-free feeling of summer is fading. But, while the leaves are turning and the days growing shorter, there's still a very crisp sense of renewal and beginning.

Even if you don't have young children the bustle of back to school gives us an extra bump of optimism for the future (how cute are the "first-day photos" that fill our social media feeds?). Here at The Guidance Center of Westchester, we have welcomed 200 children to our Creative Learning Center and Mamaroneck Universal Pre-K. We're relaunching our very special Family Days for those who have children with developmental delays or who are on the autism spectrum (you can see the schedule on our website). And, of course, our Center for College & Careers gears up for a whole new year, giving high school students and young adults the opportunity to accomplish their educational and employment goals.

For those who are part of our substance use treatment programs, there was no "summer slowdown."

*continued on p 2*

**The Guidance Center of Westchester**

256 Washington Street • Mount Vernon, NY 10553 • 914-613-0700 • [TheGuidanceCenter.org](http://TheGuidanceCenter.org)



TheGuidanceCenterWestchester



GuidanceCenterW

This newsletter is produced by the Development Department. Reach out to us anytime: [Info@TheGuidanceCenter.org](mailto:Info@TheGuidanceCenter.org)





Board Director Kathy Hagendorf and course participants enjoy fresh-made salsa.

*continued from cover* Our registration and participation numbers held steady and some even grew. Interestingly, the opioid crisis isn't the sole driving force behind these numbers. Each of our substance use treatment programs—not just METRO which is specific for opiate recovery—is seeing a rise in need. More adults are turning to Sunrise for help overcoming alcohol, marijuana, crack, and, to a much lesser extent, heroin use. Youth and young adults at The Hub (you can read more about this innovative program inside) are primarily seeking help to break an unhealthy dependence on alcohol and marijuana. With school back in session, we expect to see more young people seeking support at The Hub, and we will be there for them and their families.

Throughout the change of seasons, The Guidance Center of Westchester is ready to help our community to learn, work, and thrive.

Chief Executive Officer

## Seeding to Eating: AN AWARD-WINNING PROGRAM

*continued from cover* “Aside from the physical health benefits of Seeding to Eating, participants find that caring for plants helps with depression and anxiety, and teaches useful skills. They love the idea of teamwork and shared meaningful, productive activity on our beautiful outdoor deck and indoor garden room. We’re proud of the project, of course, but we’re equally, if not more, proud of the participants who have made significant progress toward their personal goals toward recovery through it. Their passion is inspiring.”

Seeding to Eating began in May 2017 based on an idea by Alicia Lore-Grachan, LCSW, director of PROS. Kathy Hagendorf, TGCW board director and master gardener, quickly and enthusiastically became involved and partnered with Stephanie Natelli, MHC-LP, a PROS recovery counselor. Since May 2017, 105 participants have completed the course with 30 more currently enrolled. “Seeding to Eating” is offered as part of wellness self-



A program participant shows off a bountiful crop of tomatoes.



Stephanie Natelli (right) and a participant cut fresh basil.

management (WSM). WSM courses teach skills for relapse prevention, physical health care, food and nutrition, symptom self-management, coping and problem solving, stress management, and mental health self-help.

Visit [TheGuidanceCenter.org](http://TheGuidanceCenter.org) to see two video testimonials by Seeding to Eating participants.

PROS is a comprehensive rehabilitative program for adults who have serious mental illness. The goal is to help participants achieve personal levels of satisfaction for employment, education, housing, relationships, and community involvement. PROS is for people who are 18 years and older.

# The Hub

## AT THE CENTER OF ADOLESCENT AND YOUNG ADULT SUBSTANCE USE RECOVERY



**A**s far too many families know, addiction and substance use dependence don't require a minimum age. Unfortunately, most recovery and treatment programs are geared toward the needs, schedules, and motivations of adults, which are often ineffective for younger people.

"Adolescence and young adulthood are peak times for experimentation with alcohol and drugs," says Camille Banks-Lee, LCSW, CASAC, MS Ed., of The Hub. "That's why The Hub is different. We are a specialized adolescent and young adult treatment program. Our approach is different. Our operating hours are different. The way we relate to the participants is different. Someone coming to The Hub isn't going to be in a group with a 65-year-old. They're going to be with people in the same age range. And we're going to work with them in a way that they can connect with."

At The Hub participants learn how to make sound and thoughtful decisions about their substance use habits, whether they are focused on alcohol, marijuana, or other illicit drugs, through the nationally recognized Seven

Challenges program. The Seven Challenges allows counselors to create a climate of mutual respect, which allows participants to communicate openly and freely about how their habits affect their behaviors as well as those around them.

Parents, families, educators and counselors can also take part in workshops and information sessions. Past topics for these free, evening sessions include "Navigating the Maze of Adolescent Co-Occurring Disorders" presented by Stephanie Marquesano of the Harris project, and "Hidden in Plain Sight," a hands-on exploration of a teen's room and secret drug paraphernalia, presented in conjunction with Student Assistance Services.

For more information or to schedule a free, confidential assessment, email [TheHub@TheGuidanceCenter.org](mailto:TheHub@TheGuidanceCenter.org) or call 914-613-0700 x7405.



*Photo 1: Left to right: Michael Orth (Commissioner, Westchester County Department of Community Mental Health), Camille Banks-Lee (of The Hub), Christa Latteri, LCSW-R, CASAC (Deputy Executive Director for Integrated Clinical Services), Stephanie Marquesano (founder, the harris project), Amy Gelles (CEO, TGCW)*

## LET YOUR GIFT KEEP GIVING

**W**e are pleased to announce that we now have an official recurring donations program, an easy way for friends to support TGCW work on a monthly, quarterly, or semi-annual basis.

Making an ongoing contribution is as easy as visiting [TheGuidanceCenter.org](http://TheGuidanceCenter.org) and selecting "Donate Now" along the left side of the homepage. In the donation form, you will find the box to select a one-time

or recurring donation.

"Recurring donations are a stress-free way to fit charitable giving into your budget and empowers supporters to spread out a significant donation over time," says Ann R. Hyatt, director of development and external relations. "By allocating even \$20 per month, you can help ensure that TGCW remains able to help our program participants achieve big and small victories each and every

day. Whether it's coping with mental illness, conquering addiction, learning to live on one's own, completing a high school education, or getting a job, our clients are thriving because of generous friends and supporters."

In addition, gift amounts or the schedule can be adjusted at any time.

As always we are grateful to you for your important support of TGCW!





The Guidance Center  
of Westchester

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Mount Vernon, NY 10553

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Many thanks to Dr. Samuel Beran, vice chair of the TGCW board, and the generous staff of Cosmetic Surgery Associates of NY. They made a generous donation of items which are most needed and requested by the formerly homeless people as they enter one of TGCW's housing programs.