

The Guidance Center of Westchester

TIMES

Fall
2023



CORE SERVICES

STRENGTH & STABILITY FOR RECOVERY

“For those living with mental health and substance use issues, the most important part of recovery is actually receiving services. CORE removes obstacles to treatment – such as stigma or transportation – and helps someone recover in the way that best suits them individually,” explains Alicia Lore-Grachan, director of rehabilitative services at The Guidance Center.

CORE, which stands for **C**ommunity **O**riented **R**ecovery and **E**mpowerment, encompasses:

- **Community-based care:** Provides care and support to individuals in their own communities, helping maintain connections with their families, friends, and support networks.
- **Person-centered care:** Focuses on the unique needs and goals of the person, with a strong emphasis on empowering them to take an active role in their recovery.
- **Stigma reduction:** Increases the likeliness that someone will seek help and continue treatment by providing care within familiar and supportive environments. When care comes to them, fewer sessions are missed.

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FROM THE CEO



Recently, The Guidance Center and the entire Access Network joined the Trauma Informed

Resilience Oriented Equity Focused System (TIROES) Learning Collaborative. This is in partnership with the National Council for Mental Wellbeing. The goals of our work in the Learning Community are to address the impacts of trauma and to build resilience among clients, staff, and our community. It is estimated that 70% of adults have experienced trauma, including ourselves and the people we support.

Over the next year, we will work with a National Council expert coach to improve the quality of our services, improve support for staff, and create a safer and more welcoming environment for everyone who walks through our doors.

A handwritten signature in black ink that reads "Ronald Colavito".

Ronald Colavito
President & CEO

The Guidance Center of Westchester

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- **Enhanced access to care:** Removes barriers related to transportation, geography, or stigma.
- **Recovery:** CORE's holistic approach includes peer support, community engagement, and other resources that can help people build a meaningful and fulfilling life. Recovery is ongoing and involves more than clinical treatment.
- **Individuals in crisis:** CORE can provide an immediate response when individuals may experience a mental health or substance use crisis, helping to stabilize the situation and connecting them to appropriate care.

CORE services are available to Health and Recovery Plan (HARP) eligible individuals. This includes those who are 21 years or older and are insured by a Medicaid managed care plan. Our staff can also help determine eligibility.

Learn more on our website:

Call: **888-TGCW-CAN**
(888-842-9226).

Email: info@tgcny.org



TGCW CORE
Services



**WE BELONG
TOGETHER:
INTEGRATED
SERVICES**



Written by Ben Davis, the director of integrated services at The Guidance Center. He's passionate about integrated care, social justice, and addressing disparities in healthcare and social service delivery.

10% of individuals diagnosed with a substance use disorder along with another mental health issue actually receive treatment for both issues.

Tragically, individuals grappling with co-occurring substance use disorders and other mental illnesses face significantly worse outcomes ranging from increased rates of suicide to increased rates of incarceration and homelessness.

But here comes the good news. Study after study shows what many of us already intuitively know to be true: integrated mental health and substance use treatment works! And that's exactly what we're working on at The Guidance Center. Our approach is to provide holistic services that treat and support the whole person, and we're pooling the talent, knowledge, and capabilities of our broad range of programs to do exactly that.

Not only are our individual programs working to provide this integrated care, but also our programs are working together to collaborate, cross-refer, and support each other to ensure that there is no "wrong door to enter" to begin receiving services.

In my short time at The Guidance Center, I have been impressed and inspired by the dedicated and passionate professionals I've met. It's clear that our greatest strength as an organization is our people. And as we've been focusing on integrating our services and coordinating our efforts, I've encountered only enthusiasm and a genuine desire to grow and to meet the ever-evolving needs of the individuals and communities we serve. I am excited to continue this journey together!

At the Guidance Center, we're focusing our efforts to address a commonly misunderstood issue. Too often, challenges related to substance use are seen in society as moral, personal, or legal failings rather than what they truly are: a mental health matter.

For decades, substance use disorders, commonly referred to as addictions, have been classified right alongside other mental health conditions, such as major depression and post-traumatic stress disorder. Despite this, from state regulatory bodies to professional training programs to healthcare systems and beyond, substance use and mental health are treated as two separate issues. The fact remains that substance use disorders are mental health issues, and what's more, it's actually very common for people to experience a substance use disorder along with another mental health diagnosis at the same time.

Research shows that over 50% of individuals diagnosed with mental health issues such as anxiety, depression, and schizophrenia also have a substance use disorder at some point in their lives. Yet a recent study by the Pew Research Center showed that only

BUILDING SKILLS IN PEEKSKILL

The Guidance Center offers a Special Class in an Inclusive Setting (SCIS) with a certified special education early childhood teacher, as well as speech therapy, occupational therapy and physical therapy to children attending Uriah Hill in Peekskill.

“These services support the development of skills and readiness for kindergarten for children who have identified developmental delays,” explains Nell Marantz, director of early childhood programs. “The partnership also provides screenings for children whose teachers have identified developmental concerns,

consultation for teachers on strategies to support special needs learners, and support for families navigating the CPSE (Committee for Preschool Special Education) evaluation process, and the transition from CPSE to CSE (Committee for Special Education) as children move onto kindergarten.”

In 2023, TGC also ran a summer program to help ensure that the young students remained on track and did not regress. 100% of respondents to the end-of-year parent feedback survey rated the overall experience with the TGC Early Childhood program as “great.”



Photos: Summer activities included special guests, such as emergency responders, and activities, like making frozen lemonade.

The Guidance Center now provides free, supportive, educational childcare to the children of adults who must appear in New Rochelle Family Court as part of New York State’s Children’s Centers in the Courts initiative. Staff is there every day that court is open. Children 6 weeks to 12 years are welcome. Questions: info@tgcny.org



GOLF OUTING 2023

Friends enjoyed a magnificent day of golf at Glen Arbor Golf Club in Bedford. Huge thanks to our sponsors: Pamal Radio, Resorts World, PTS Contracting, Crown Castle, Mohawk Insurance Special thanks to the hole-in-one sponsor, Ray Catena Lexus of Larchmont.



1ST PLACE:
Franken Builders Inc.: Andrew LaSala, Ed Navetta, Dan Berger, and Dave Berger



2ND PLACE:
PTS Contracting: Zach Sawyer, Dan Paisano, Michael Limperopulos, and Rocky Bonitatibus



3RD PLACE:
Office Realty: Brendan Hickey, Edward Cronin, Neil Regan, and Jack Mara



A GREAT DAY OUT ON THE LINKS

The Guidance Center
of Westchester
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TGCW GALA 2023

The 2023 Annual Gala brought together distinguished guests, philanthropists, and community leaders to raise funds for our invaluable services and to honor two significant contributors: The Furniture Sharehouse and Mitzi Ambrose-Washington.

The Furniture Sharehouse, dedicated to providing furniture to families and individuals in need, was recognized for its outstanding contributions. Executive Director, Kate Bialo, received the award.

Mitzi Ambrose-Washington, a long-time board member, was honored for her unwavering dedication and service. Her tireless efforts in advocating for the people we support and her instrumental role in the success of the organization were celebrated through a heartfelt tribute.

