



# Legacy of Leadership and Innovation



**Los Angeles  
Child Guidance Clinic**  
*Annual Report 2014*



Southern California Interests. Editorials—News—Business—Society—The Drama.

# The Los Angeles Times

WEDNESDAY MORNING, FEBRUARY 6, 1924.—PART II. 24 PAGES.

POPULATION 1,100,000

### GLENDALE FIRE CHIEF OUSTED

Police Head to Reorganize Department  
Charges of Liquor Drinking at Station Made  
Luskford Discharged Unable to Control Men

You may find him with the hat you saw him with the other day, it is understood pending by the City Council of Glendale. It is understood that the City Council of Glendale is considering a motion to oust the fire chief following a report by the station that he had been drinking at the station. The fire chief, Luskford, was discharged because he was unable to control the men in the department.

### HAWAIIAN CHIEF GUEST IN CITY

Hawaiian Governor Has Been in Washington  
Worked in Behalf of Bill of Rights  
Says Measure is Certain to Pass Senate

Gov. William B. King, of Hawaii, returned here last night, having spent some time in Washington, where he recently worked on behalf of the bill of rights through which Hawaiian have to obtain their independence. The bill of rights was introduced in the Senate by Senator Charles H. McNary of the Oregon law department of the Chamber and is expected to pass the Senate in the near future.

### FARRINGTON IS VISITOR HERE

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### CHILD GUIDANCE CLINIC FORMED

Institution to be Formally Opened Friday  
Will be Supported Year by Commonwealth Fund  
Free Treatment is Offered

The Los Angeles Child Guidance Clinic, which will be formally opened on Friday, is being supported for a year by the Commonwealth Fund. The clinic will offer free treatment to children with abnormal behavior.

## Honored Warcraft and Her Renowned Officers

Patrician at Anchor, Los Angeles Harbor, and Veterans Aboard

Canadian Cruiser Greeting

SAD STORY ABBROGATES SENTENCE

Judge Gives 85 to Help Men Who Sold Liquor to Feed Starving Ions

Supreme Court Decision Likely

### PLAN HOMES FOR RETIRED CLERGYMEN

Provisionary Will Seek \$500,000 for Cottages to House Ministers

The Los Angeles Retirement Home for Clergymen is planning to build a large number of cottages for retired clergymen. The project is being financed by a bond issue of \$500,000.

### BEACH CITY WILL WIDEN BOULEVARD

Will Run to be Made 100 Feet in Width from Ocean to Corporate Limits

The City of Beach City is planning to widen its main boulevard from 60 feet to 100 feet. The project will run from the ocean to the corporate limits.

### VICTIM OF BURGLARS

Los Angeles Times

In 1924, the Los Angeles Times heralded the launch of the Child Guidance Clinic of Los Angeles. (Reprinted with permission.)



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### Our Mission

"To provide quality mental health services to a community in great need by ensuring easy access and promoting early intervention"

### Who We Are

Los Angeles Child Guidance Clinic empowers the children and young adults of South and Central L.A. to get on track to success – to reach goals in school, build healthy relationships, and enjoy emotional well-being. Our team of compassionate professionals offers behavioral counseling and support to individuals and families.

## CHILD GUIDANCE CLINIC FORMED

Institution to be Formally Opened Friday  
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Of far-reaching import to parents and children of Los Angeles, announcement was made yesterday of the establishment of a child-guidance clinic in the city under the authority of the Commonwealth Fund, an organization similar to the Rockefeller Foundation.

The clinic is one of two clinics established under the fund and maintained for a year at a time in two cities of the United States. The other one at present is operating in Minneapolis and St. Paul. The operating expenses of the clinic are derived from the Commonwealth Fund, set aside for the purpose by the late E. F. Harkness, New York financier. The money is distributed under the direction of such nationally known organizations as the National Education Association, the New York School for Social Workers, and the National Committee of Mental Hygiene.

### OPENS FRIDAY

Dr. Ralph P. Truitt and his expert assistants have been in Los Angeles for some time organizing and establishing the clinic. It will be quartered at the Anita Baldwin Hospital for Babies, at 1401 South Grand-avenue, and will be directed by Dr. Truitt.

Under the program laid down, Dr. Truitt and the corps of seventeen expert assistants he has brought with him will establish the clinic and operate it for a year, paying all expenses. This is done upon the guarantee from local welfare, civic and philanthropic organizations that they will take over and operate the clinic at the close of the year. This guarantee already has been given and the work is being backed by the majority of Los Angeles welfare societies as well as by prominent doctors, officials, and professional men and women.

The formal opening of the clinic is scheduled for Friday afternoon and will be attended by persons who have been interested in launching the enterprise.

### PROCEDURE SHOWN

As explained by Dr. Truitt, the purpose of the clinic is to solve the problem of the child who is not mentally subnormal but who suddenly begins to act in a manner not normal. Speaking from a medical point of view the clinic is for the treatment of the delinquent child, not necessarily in the

(Continued on Page 2, Column 5)

## To Our Friends & Supporters:

Welcome to a special 90th Anniversary Annual Report for the Los Angeles Child Guidance Clinic, which celebrates 2014 as an extraordinary milestone: nine decades of continuous leadership on behalf of the children and families of Los Angeles.

From the beginning, our organization was founded on *progressive thinking, innovation*, and an unwavering commitment to *prevention*. The first Clinic director, Dr. Ralph Truitt, declared that the Clinic would address the needs the whole child and require parental involvement. Widely accepted now, such an approach dramatically departed from reliance on lunacy laws and asylums of the day. These principles remain hallmarks of today's Clinic programs, which respond to widespread undiagnosed childhood trauma in our community with culturally competent, research-validated, highly accessible interventions.

The need for the Clinic's innovative brand of leadership has never been greater: 90% of inner-city children such as ours in Central and South Los Angeles are exposed to traumatic experiences, at least one-third will develop post-traumatic stress disorder (PTSD), and many of these won't get any treatment.

Los Angeles County Supervisor Mark Ridley-Thomas, a longtime community leader and friend to the Clinic, squarely frames the need: "We have an obligation to address these issues, which have far-reaching consequences for our community. Individuals and families are suffering unnecessarily and unfairly. Especially when you factor in the disparity of services, the issue becomes even more problematic and offensive."

Whether through integrated mental health and primary care services, training for Head Start staff who can identify and refer children in need early, or school-based adaptation of interventions for the special needs of immigrant Latino youth, the Clinic continues to build on its founders' appreciation of community partnership. Our predecessors formed alliances in much the same way that we partner today with allied services, families, civic leaders, fellow health professionals, philanthropic donors, and concerned community members.

Today's Child Guidance Clinic fulfills the principles on which we were founded with new evidence-based wellness services that embrace children who may not qualify for more intensive mental health services – linking them to community resources and building such protective factors as social connections, emotional competence, and parental resilience. In doing so, we help prevent the onset of mental disorders.

**Shelly Holmes**  
Chairperson of the Board

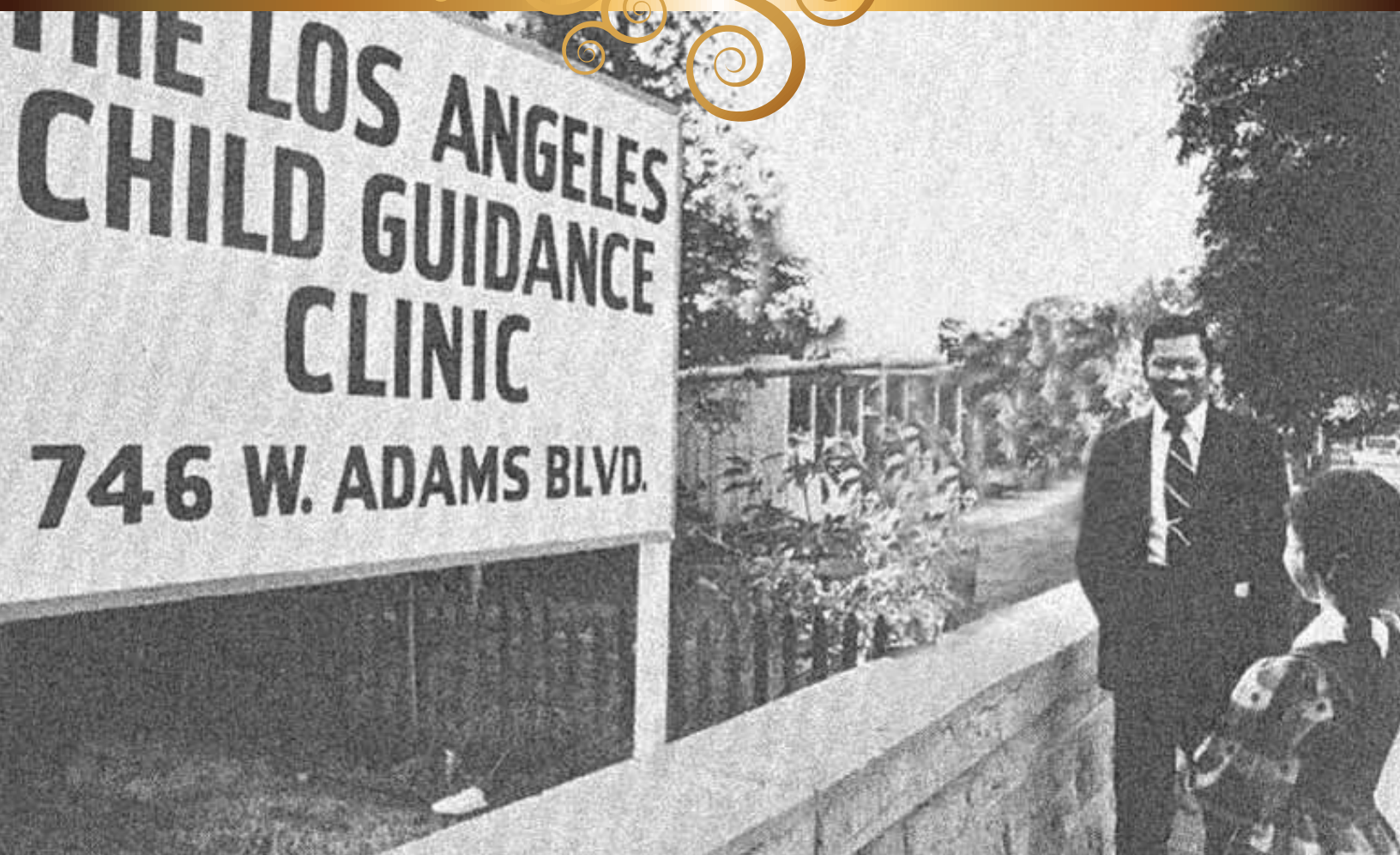

**Elizabeth W. Pfromm, M.S., MPA**  
President/CEO



*Shelly Holmes, Chairperson*




*Elizabeth W. Pfromm, M.S., MPA,  
President/CEO*



THE LOS ANGELES  
CHILD GUIDANCE  
CLINIC  
746 W. ADAMS BLVD.

Quinton C. James, M.D., right, interned at the Clinic in the 1960s. He continues his stellar service today as a member of the Board of Directors.



*"The great popular interest manifested in the health problems of the child is an outstanding development of recent years. . . Social and health agencies, parents and educators began to realize that health has a mental as well as a physical basis."*

— Ralph P. Truitt, M.D., first director,  
Child Guidance Clinic of Los Angeles, 1925

# 90th Anniversary

## *An Enduring Commitment to Children*



Ninety years ago, a group of forward thinkers, spurred by an interest in the well-being of children, and increasingly convinced of a link between mental and physical health, launched several first-of-their-kind mental health clinics for children in America.

On Feb. 6, 1924, the Los Angeles Times declared in Page One news: "Of far-reaching import to parents and children of Los Angeles, announcement was made yesterday of the establishment of a child guidance clinic in the city." Providing support for the initial eight pilots was the non-profit Commonwealth Fund in New York.

From the beginning, the Child Guidance Clinic of Los Angeles was founded on a commitment to prevention, a sense of innovation, a belief in community partnership, and a multidisciplinary approach—all of which continues nine decades later. "Our Clinic has always been ahead of the curve in piloting creative programs and ideas in the interests of children and families," says Elizabeth W. Pfromm, M.S., MPA, President/CEO. "We understand the tremendous impact that early trauma—and effective intervention—can have on a child's success in life."

### **Progressive Roots**

The Clinic was born in the Progressive Era, a period of social activism and political reform in the United States that spanned the 1890s-1920s. Central to that activism, the "mental hygiene" movement sought to "humanize the public attitude towards those afflicted

with mental disease," noted Dr. Ralph Truitt, the Clinic's first director.

In the 1920s, child psychiatry was still a developing discipline. America was emerging from an era of "insane asylums" and "lunacy laws." The Child Guidance Clinic set about to address the needs of children age 3 to 18 years old, including their home life. The goal, said the Los Angeles Times in 1924, was "to get a complete picture of the child and its settings," a principle today's Child Guidance Clinic maintains.

The Child Guidance Clinic opened its doors in the Anita Baldwin Hospital for Babies at 1401 South Grand Avenue. That first year, the staff saw some 300 children. (Today's Clinic serves over 4000 children and family members). By year two, the Clinic had obtained sponsorship from the precursors of the United Way and Mental Health America Los Angeles.

In the 1930s, mental health experts shifted their focus from the "misbehaving" child to understanding each child's internal psychological and emotional state. The Child Guidance Clinic of Los Angeles moved to a new site owned by the University of Southern California on West Adams Boulevard.

In the 1930s, mental health experts shifted their focus from the "misbehaving" child to understanding each child's internal psychological and emotional state. As the 1940s dawned, the Clinic expanded its Board of Directors and became a charter member of the new American Association of



*Quinton C. James, M.D.*

Psychiatric Clinics. By 1953, it moved near Children's Hospital Los Angeles on Vermont Avenue.

### **Expanded Role in Education**

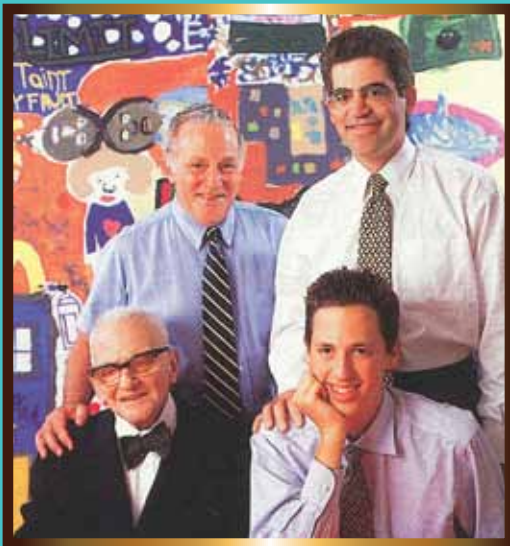
By the 1960s the Clinic extended its mission to include educating new generations of specialists in child health. In an affiliation with the USC Division of Child and Adolescent Psychiatry, the Clinic launched a training program for psychiatry students that still exists. One of the first residents to join was Quinton C. James, M.D., who began interning at the Clinic in 1966, then served as staff psychiatrist from 1967-1971.

Dr. James has tracked many developments since then. "There have been a lot of changes in the demographics of the community over time, with the Clinic meeting the needs of newly arriving residents over the span of 90 years," he notes.

Following the Watts Riots of 1965, when the Clinic endeavored to be a healing force with its innovative mental health services, as it moved to West Adams Boulevard.



A Portrait of Our Community by June Edmonds, 2005



Four generations of Louchheims active at the Clinic include William S. Slouchheim, Sr. (lower left) and his grandson Mark (upper right).

*"Throughout the 1980s and beyond, the Clinic learned how to be flexible and innovative and change with the times. With the excellence of its programs and its visionary leadership, the Clinic has been able to thrive."*

*— Mark Louchheim,  
:member, Clinic Advisory Board; former  
member, Clinic Board of Directors; board  
chair, United Way of Greater Los Angeles*



As the 1970s arrived, so did economic struggles for the South Los Angeles and Central Los Angeles communities. The Clinic sought strategies to provide much-needed quality services, and found them in new partnerships with public entities including the Los Angeles County Department of Mental Health (DMH). Under contract to the Los Angeles Unified School District (LAUSD), the Clinic opened a school for 1st-12th grades, later named the Burton Green School.

**New Programs Emerge**

Always inspired to test new programs, the Clinic launched two Day Treatment programs: one for children 2 ½ to 5 years old and one for 5-12 year olds, both for high-needs children, along with bilingual outpatient services in English and Spanish.

Mark Louchheim joined the Clinic board in 1982, remaining 20 years, following in a family tradition. His grandfather, William S. Louchheim, Sr., first served on the Board in 1943, followed by his wife, Jean. So far, four generations of Louchheims have been active in the Clinic's mission. "Throughout the 1980s and beyond, the Clinic learned how to be flexible and innovative and change with the times," says Mark Louchheim, currently a member of the Clinic Advisory Board. "With the excellence of its programs and its visionary leadership, the Clinic has been able to thrive."

The year 1989 brought two momentous events. The Board recruited a new President and CEO for the Clinic, Elizabeth W. Pfromm, and it announced a five-year Capital Campaign. "The campaign for our first

building was difficult," recalls Board Member David Hirsch, "but it gave us the chance to tell people about the good work we'd been doing for 65 years."

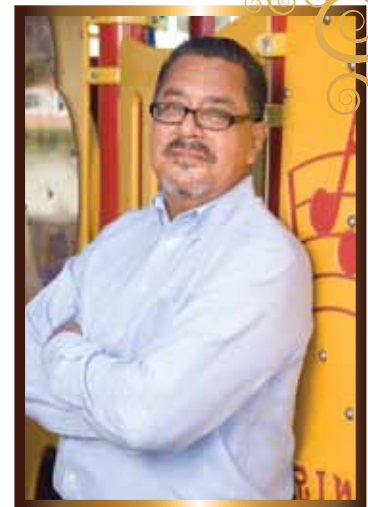
In 1990, Dr. James would return to the Clinic where he trained, this time as a member of the Board, which he continues to serve. "I wanted to be a part of its good work," he says now, "and help support therapeutic programs that make a difference in a child's life." His return was timely.

**Building a Better Community**

In 1992, the community again experienced civil unrest, in response to the Rodney King verdict. Mark Ridley-Thomas, now Supervisor of the 2nd District in Los Angeles County, established the Empowerment Congress and enlisted the Clinic's collaboration.

"As a member of the Los Angeles City Council at the time, I was anxious to find as many people as possible with whom I could partner to make this a better community," says Supervisor Ridley-Thomas. "The Clinic was critical to that effort. They not only do good work, they're committed to the community of which they are a part. That's not only impressive, it's compelling."

In 1994, in time for its 70th birthday, the Clinic, previously occupying 7,000-square feet, dedicated its 40,000-square foot Harriet and Charles Luckman Building at 3787 S. Vermont Ave., named for longstanding philanthropic supporters. "At first, we were worried we couldn't fill up the new space. But we did," recalls Steven Talavera, Vice President of Finance and Administration, who joined the Clinic in 1991 and grew up a few minutes from its early West Adams site.



*Steve Talavera*

Talavera typifies the dedication of many long-term staff. "I look forward to coming in every day and working alongside other folks from this community," he says. "We're helping to bring more resources to the neighborhood. We do it by always looking ahead."

The new building included a walk-in Access Center designed to increase the availability of care—another driving principle that has spanned the Clinic's history. The Access Center, which has won recognition from the Los Angeles County Commission on Disabilities, recently changed its name to the Access and Wellness Center to reflect a growing slate of services.

The Clinic's pioneering Early Intervention and Community Wellness Division debuted in 1995, "Because We Care."

Continuing a legacy of innovation and leadership, in 2003, the Clinic's preschool-based early intervention program, "Building Blocks," would earn the American Academy of Child & Adolescent Psychiatry's National Rieger Service Program Award for Excellence.



2001: Groundbreaking ceremony for the Clinic's University Park Office included Board Member John Liebman, then-Councilman Mark Ridley-Thomas, Clinic President/CEO Elizabeth Pfromm, and, far right, County Department of Mental Health Director Marv Southard D.S.W.



*"On the occasion of the 90th anniversary of the Los Angeles Child Guidance Clinic, it is poised for greatness as it moves to its Centennial year. And I intend to be there with them—supporting, cheering and advocating along the way. "*

*— Mark Ridley-Thomas, Supervisor, 2nd District*



## Moving in the Community

In 1998, the Clinic also formalized its school-based programs, as it partnered with LAUSD to bring Clinic staff to local schools. "By basing our services in the schools, we could go where the kids were and reduce the barriers to care," says Eric Inouye, Community Access Coordinator, who joined the Clinic in 1985. "Stigma about mental health still hinders many from seeking services, but the school setting seems to make them more comfortable with getting our help."

New funding sources came in 1994, with Medi-Cal-supported mental health services for children. In 1998, passage of Proposition 10 launched First Five LA and similar programs across the state via a tax on tobacco products. The Clinic began offering services for children age 0-5 at Head Starts, other preschools, and domestic violence shelters, among other settings.

In 2004, the Clinic helped carry the charge for passage of Proposition 63, the Mental Health Services Act, which would provide additional funding, including for services in multiple non-traditional settings. Well-prepared to leverage Prop. 63 funds, the Clinic opened its second building at 3031 S. Vermont Ave., which encompassed a 30,000-square foot Child and Youth Development Center.

"We experienced spectacular growth throughout this last decade by always focusing on high quality services for the community," says Carlos Perez, Immediate Past Chairperson, who joined the Board in 2004. "Throughout our history, the Clinic has had the ear and respect of the major players in this field."

The Clinic has continued to create new models of care in partnership with the DMH, in 2012 joining forces with the South Central Family Health Center to launch "*Mente, Cuerpo, y Corazon*" (Mind, Body, and Heart), which put Clinic personnel on-site at the Health Center. (See page 10 for more on this program.) To help get the word out, the Clinic adapted a series of USC School of Pharmacy "fotonovelas"—comic books inspired by Spanish telenovelas—on health issues such as depression. "The Clinic is always thinking outside the box on how to educate the community about mental well-being," says Martha C. de la Torre, Board Member, and CEO of El Clasificado, which aided in the inventive outreach. "And the Clinic has stayed where it's needed most, increasing access to culturally-competent services that honor the beliefs, values, and preferences of community members."

## Trauma-Informed Care

Throughout its history, the Clinic has been inspired by the spirit of the children and families it serves. "We are challenged in these communities by poverty, the lack of opportunities, and the depression, drugs, and violence that often come with these conditions," says Wayne Moore, Chairperson-elect and Treasurer, who joined the Board in 2002.

In 2012, the Clinic was selected to participate in a Trauma-Informed Learning Community, sponsored by the National Council for Community Behavioral Health Care. This year, the Clinic earned designation as a Trauma-Informed Organization.



*Clinic Board Member Wayne Moore with nephew Kenneth*

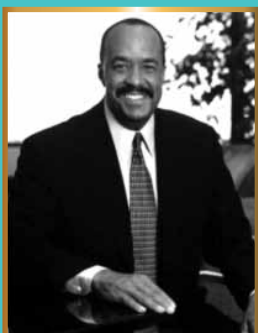
In 2013, Clinic staff trained in use of the Adverse Childhood Experiences (ACE) questionnaire co-developed by Vincent J. Felitti, MD, and Robert Anda, MD, to assess child abuse and/or neglect. The ACE Score was added to the screening process at the walk-in Access and Wellness Center.

Among other programs, the Clinic helped pilot "Cognitive Behavioral Intervention for Trauma in Schools" (CBITS) during the research phase, now a nationally recognized model. Typical of its inventiveness, the Clinic is adapting CBITS for a series of wellness groups. "We want to reach children before they develop a diagnosable mental health problem, and shore up their resiliency and protective factors," notes Pfromm.

It's yet another example of the Clinic's forward-looking perspective—nine decades-long and counting—a commitment first made in 1924 to understand and treat "a complete picture of the child."



*cutline to come*



"One of the largest public health crises in America is hidden in plain sight, and it's about the lifetime of mental and physical health problems that have their roots in something we call childhood trauma."

— Robert K. Ross, M.D.

President and CEO, The California Endowment



*Vincent J. Felitti, MD*

REWRITE: The Clinic's staff are trained in trauma-informed, evidence based practices. During this past year significant client improvement was achieved, based on the administration of nationally recognized outcome measures.

# Building Success Early

*Day Treatment helps the youngest children build resilience*

Five-year-old Luis stands smiling in front of the room at the Early Intervention (EI) Day Treatment Program, his mother proudly looking on. It's Graduation Day and, one by one, other children hand him paper hearts they've made with wishes written on them. "Good luck in big boy school!" reads one. "I'll miss you," reads another.

Only a year ago, the "graduate" regularly threw tantrums when he arrived at the Clinic each day and could barely form sentences. Now, he's clearly beaming. A few children ask for a hug, and Luis says "yes." Staff members offer their farewells and congratulate the boy and his mother.

Within the highly structured, therapeutic environment of EI Day Treatment, children from 2 1/2 to 5 years old learn to express themselves and cope with their feelings. "Many of our kids come in knowing only two emotions—happy and angry," says Melanie Morones, MFT, ART, ECMH Specialist, Day Treatment Intensive Program Coordinator. "We help them learn and identify there's a whole other range of emotions."

Many participants have already been expelled from pre-school because of their aggressive, defiant, or disruptive behaviors. Some also have developmental delays. Knowing how to regulate your behavior can be difficult if your home life isn't stable.

"Most of our little ones have seen a whole lot in their three-four years," says Morones. That includes poverty, homelessness, domestic violence, abuse, and



gang-related violence—early trauma the Clinic knows can impact a child for a lifetime if untreated.

The intensive EI Day Treatment Program, part of the Clinic's acclaimed 0-5 Early Intervention Services, fosters security and mastery. Art, movement, and music activities spark self-expression, with a focus on successful process vs. beautiful product. Children who once may have resorted to hitting, biting, or simply withdrawing learn how to resolve conflicts, problem solve, and negotiate peacefully with peers.

Because the whole family can be impacted by trauma, family sessions include parents, siblings, and extended family members. Clinic passenger vans pick up the children each day from their family homes, foster homes, and domestic violence

shelters, and drop them off in the afternoon. The staff links parents to much-needed resources.

Change takes time—most children stay about a year—but it's rewarding. Morones, who started as an art therapy intern, recalls four-year-old James who rarely spoke except to declare, "I don't do art." She gathered wood, cardboard, and duct tape, and suggested, "Let's build something."

The result, over many weeks, was a giant fort. After assembling the structure, James decorated the inside with markers and crayons. Gradually, from behind its walls, James started talking to Morones. Finally, he declared, "I think I'm done." And he was. When he graduated from EI Day Treatment — equipped with art as a new-found tool for expressing his feelings — James took his cardboard fort home.

# Trauma Exposure: A Special Challenge

The Los Angeles Child Guidance Clinic serves the historic neighborhoods of South and Central Los Angeles, which have played a vital role in the city's cultural richness but also experience great challenges.

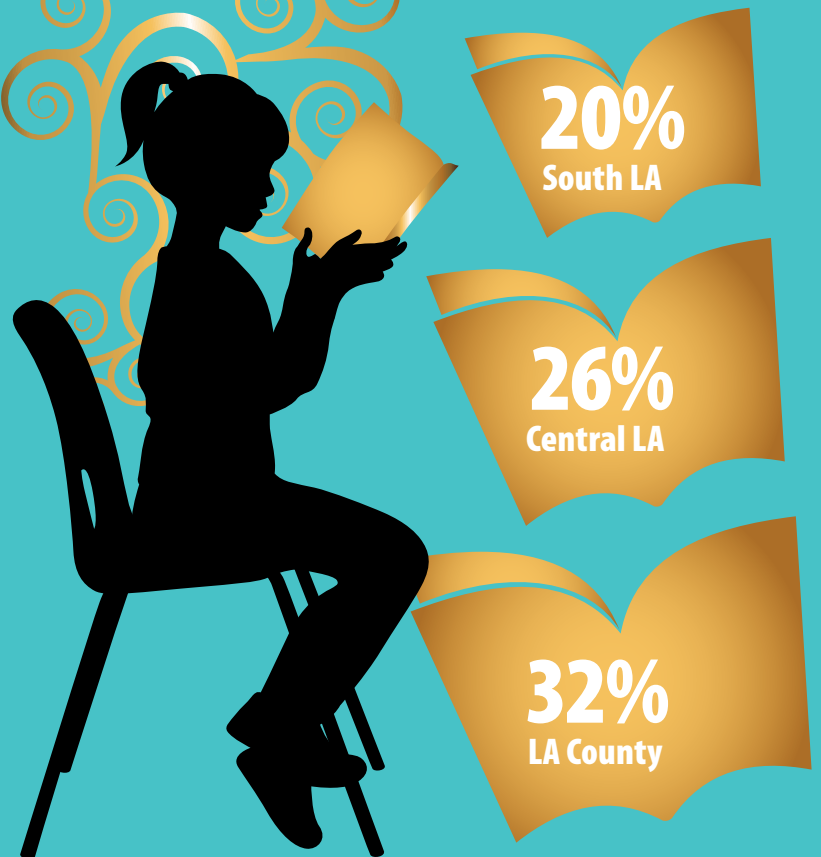
The National Center for PTSD lists the following factors among those that heighten risk for childhood trauma: living in an inner-city neighborhood, involvement with gang activity or substance abuse, exposure to domestic violence. As the data below demonstrates, local children and families are at risk for trauma exposure on a daily basis—and in need of the accessible mental health services, trauma-informed resources, and compassionate assistance for which the Clinic has garnered national recognition.

We begin from the knowledge that each of our client families brings its own strengths. Then we work with our community partners to build upon those strengths, developing resilience, health and well-being, and such protective factors as parenting skills, social connections, and concrete support.

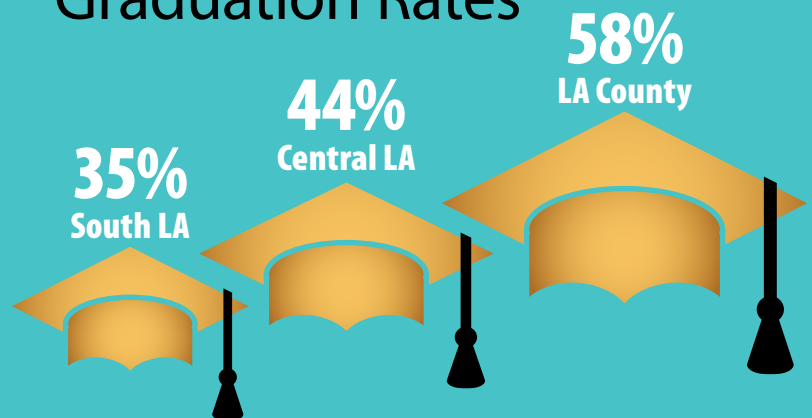


## Educational Needs

3rd-Graders Proficient or Advanced in Reading\*

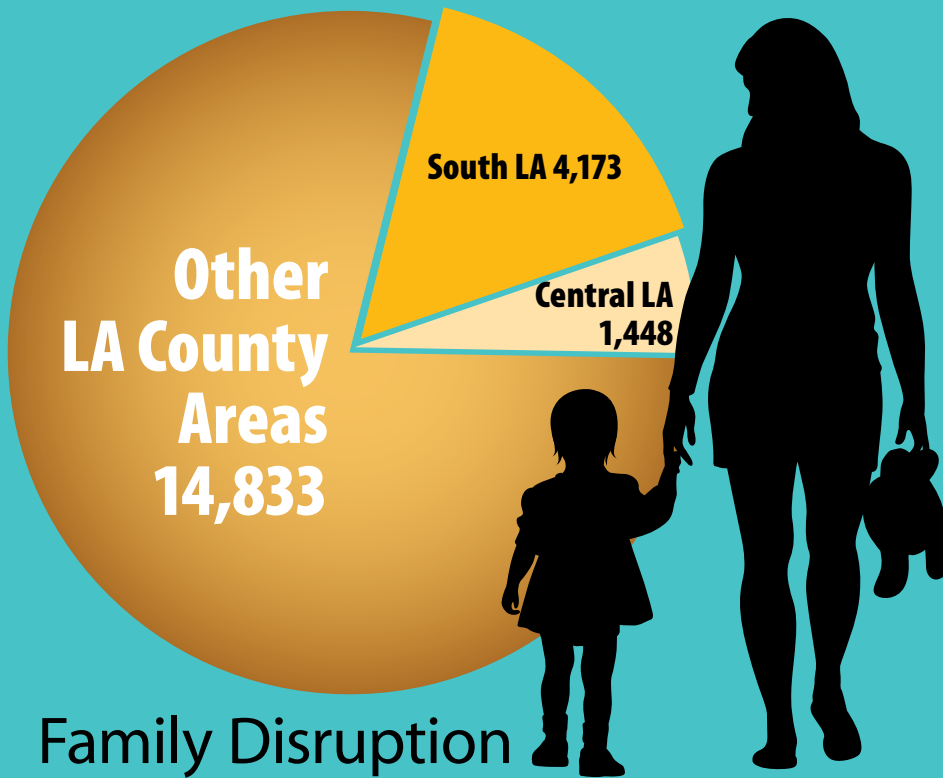
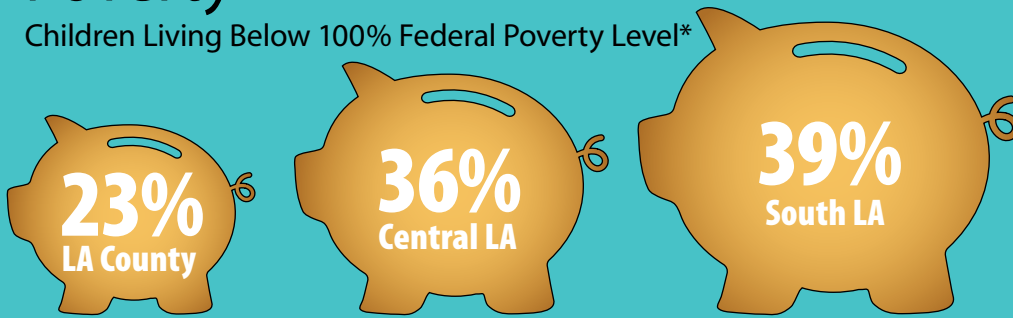


## High School Graduation Rates



# Poverty

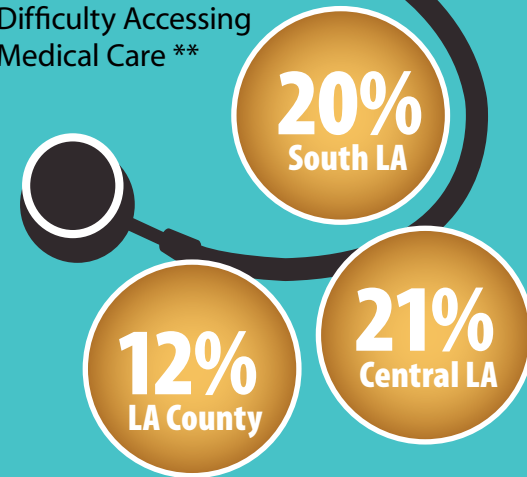
Children Living Below 100% Federal Poverty Level\*



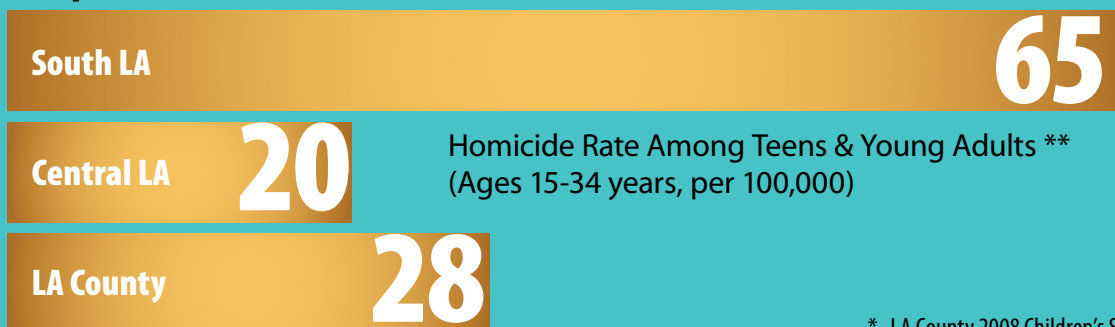
# Family Disruption

Children Placed in Out-of-Home Care (Total 20,454)\*

Children 0-17 Years With Difficulty Accessing Medical Care \*\*



# Exposure to Violence



\* LA County 2008 Children's Scorecard, Children's Council of LA County  
 \*\* LA County Department of Public Health (DPH)

# THE CLINIC TODAY

## Service Highlights

Fiscal Year 2013/2014 (7/1/2013 – 6/30/2014)



# 4,062

**CLIENTS SERVED**

*children and family members benefited from Clinic services*

**OUTPATIENT VISITS**



# 72,817

*mental health outpatient visits were provided at three community-based Clinic offices, and on-site at local schools, in clients' homes, and other community sites*

**LOS ANGELES UNIFIED SCHOOL  
DISTRICT CAMPUSES**



# 24

*Clinic staff are providing mental health services on-site*



# Los Angeles Child Guidance Clinic

# 90<sup>TH</sup>

## 1924 - 2014

**1924:** Child Guidance Clinic of Los Angeles founded by Commonwealth Fund of NY and soon sustained by the predecessor agencies to the United Way Los Angeles and Mental Health America Los Angeles.

**1924:** L.A. population tops 1 million. Jazz scene grows on Central Avenue.



**1943:** William S. Louchheim joins Clinic Board, beginning a family legacy.



**1961:** Architect Richard Neutra designs new Clinic building at USC.

**1941:** America's at War

**1960:** Harriet Luckman elected 1st Clinic President.

**1960:** City's population 2.5 million. Lakers come to L.A.

1924

1943

1960

1961

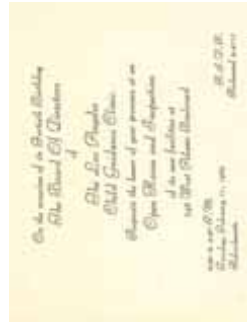


psychiatric residents training program with USC.

1962



Clinic groundbreaking ceremony for W. Adams site.



1964: 40th Anniversary

1964: Landmark Civil Rights Act passes

1964



1979: Clinic begins a school for seriously emotionally disabled students, under contract with LA Unified School District.

1979

1971: Sylmar earthquake (6.6)

1980: L.A. population 3 million+

1980

Early 1980s: Day Treatment, Latency After-School, and Bilingual services.



Dr. Evis Coda is Medical Director.

1982

1984: L.A. hosts Summer Olympics.

1983

Clinic receives J. Robert Fluor Award, United Way's highest honor.

Outpatient Program develops a second division for Spanish-speaking families.

1986



Elizabeth W. Pfromm becomes Clinic's Executive Director

1989



Groundbreaking, Harriet and Charles Luckman Building, 3787 S. Vermont Ave.

1990

1990: Metro Blue Line returns subways/light rail to L.A.





1990



Roy E. Disney chairs Capital Campaign.

1992: Civil unrest in L.A.

1992

1992: Clinic creates a Crisis Response Team to provide community outreach services.

1994: Northridge Earthquake (7.1)

1994



Clinic dedicates Harriet and Charles Luckman Building in Exposition Park. Opens walk-in Access Center.



1995: Clinic establishes its Early Intervention & Wellness Division for ages 0 - 5.

1995

Passage of Proposition 10, First 5 LA funding from tobacco tax for children's health

1998



Leimert Park location brings 1 1/2 floors of Clinic services to today's Chase Bank Building.

May 1999: 1st Family FunFest for community



1999

1999

Clinic sponsors *Because We Care Early Intervention* conference featuring James P. Comer, MD

Launch of \$6.5 million capital campaign, "Building Hope for Children and Families"

2001

2001: Attack on World Trade Center, NYC

2003

*Building Blocks* pre-school early intervention recognized by Amer. Academy of Child & Adolescent Psychiatry for excellence.



Dedication of Clinic's 2nd building, 3031 S. Vermont Ave.

**2004: Passage of Prop. 63, Mental Health Services Act**

2004

2006: First Steps program receives the American Psychiatric Foundation's Award for Advancing Minority Mental Health.

2005

Robert Wood Johnson Foundation Grant for Three Rs - Building Relationships, Resiliency, and Recovery in Children at Norwood Elementary School.

2006

Early Intervention Training Institute (EITI) launches.



2008

**Get Behind It:** Healthy Happy Babies - Our Best Public Investment" billboard campaign



2010

"Engaging Men" project with Peace Over Violence and Brotherhood Crusade.

2011

Clinic earns national designation, "Trauma-Informed Organization"



2012

2014

Clinic Advisory Board is established by co-founders Robert Zarnegin and Victoria Foote.

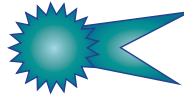


Clinic hosts 2nd *Because We Care* conference, speaker Dr. David Satcher, U.S. Surgeon General.



**2006: L.A. nears 4 million people**

1st Awards Luncheon: Evis Coda Award of Building Hope for Families & Quinton James Award for Making A Difference



2009: LA County Board of Supervisors honors Elizabeth W. Pfromm for leadership. *Behaviorial Health Magazine* names her a "Behavioral Health Champion"

**2010: Passage of Affordable Care Act.**

"Praise A Child Today" campaign with Figueroa Corridor Partnership

100 Ways to Praise A Child  
100 maneras de alabar a un niño/a

Launch of "Mente, Cuerpo, y Corazon" (Mind, Body, & Heart) with South Central Family Health Center co-treating physical and behavioral health problems.

**ACCESS AND WELLNESS CENTER SERVICES**

2,006

*children, family members, and caregivers received immediate help at the walk-in center.*



6

**USC MEDICAL RESIDENTS**



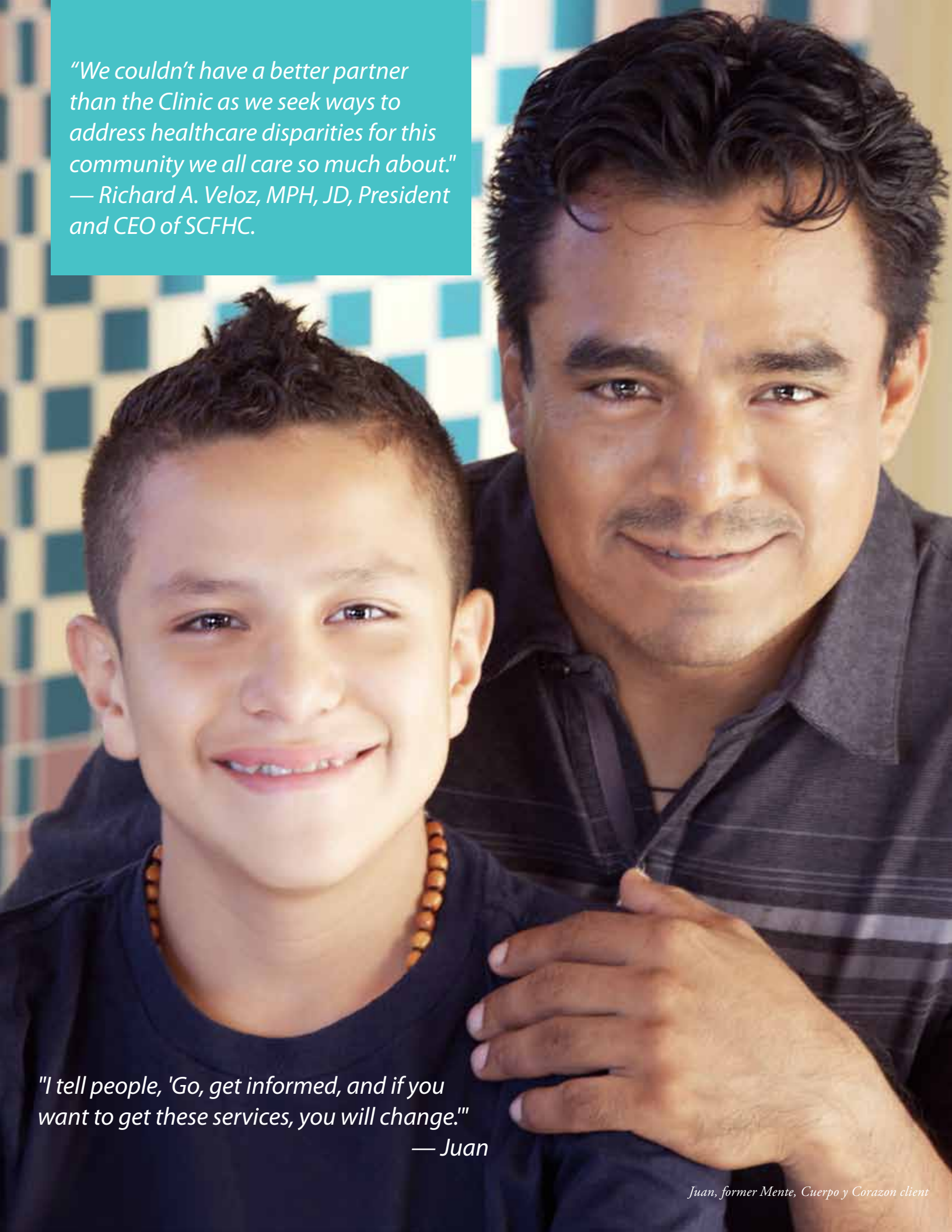
*residents from the University of Southern California's Keck School of Medicine served rotations at the Clinic through the Child Psychiatry Residents Training Program, receiving specialized training in the diagnosis and treatment of very young children.*

**DAYS OF SERVICE PROVIDED**

6,370

*days of service were provided through our day treatment intensive program.*





*"We couldn't have a better partner than the Clinic as we seek ways to address healthcare disparities for this community we all care so much about."  
— Richard A. Veloz, MPH, JD, President and CEO of SCFHC.*

*"I tell people, 'Go, get informed, and if you want to get these services, you will change.'"  
— Juan*

*Juan, former Mente, Cuerpo y Corazon client*

# Cultural Competency & Expertise

*Bringing respect & sensitivity to every client engagement*

When Juan, 41, first came to South Central Family Health Center (SCFHC), he was experiencing chronic, unexplained headaches. At times, he felt a tremendous pressure in his chest, had trouble breathing and thought, "I'm going to die."

Fortunately, the Child Guidance Clinic and SCFHC are engaged in an innovative partnership that brings Clinic staff onsite at the Central Avenue center. Juan was able to receive primary care for his chronic headaches as well as behavioral health care that supports his treatment—integrated in one convenient place.

The Clinic launched "*Mente, Cuerpo y Corazón*" (Mind, Body & Heart) in 2012, with funding from the Los Angeles County Department of Mental Health. Working as a team, Clinic and SCFHC staff facilitate mental health assessments, individual and group therapy, and targeted case management as well as nontraditional therapy.

This integrated approach is proven to improve both physical and mental health, especially when tailored to the needs of low-income immigrant residents.

All services are offered in Spanish by bilingual, bicultural staff, part of the Clinic's dedication to "cultural competency," considered essential for closing disparities in health care. For the Clinic, cultural sensitivity manifests itself in multiple ways, including a commitment to hire and recruit employees and leadership staff from the local community who reflect its diversity. On client satisfaction surveys spearheaded by the

State in 2013, the Clinic received high marks for cultural sensitivity.

"We're in the heart of South Los Angeles in all its diversity," says Tiffany T. Rodriguez, LMFT, Clinic Vice President of Programs. "Our commitment to respectful, responsive culturally competent services is multi-layered, historic, and ongoing."

In the Integrated Service Management Model program, personal one-to-one introductions by medical staff to mental health staff—known as a "warm hand off"—build trust in an area where stigma often discourages mental health services. Weekly *platicas* or workshops focus on such topics such as self-esteem, communication, depression, substance abuse, and violence. "We're trying to start a conversation," says Betty Mendoza, LCSW, Clinic liaison. "We want to reassure clients they can get the services they need, when they're ready."

Juan was ready. He joined in the *platicas*, as well as individual and group therapy. "As the weeks passed, I would feel better each time," he says. He learned deep breathing exercises and other ways to manage his stress. Not only did getting treatment improve his quality of life, he was able to talk to his son about his own mental health needs. "It made me feel good to help him," he says.

Juan appreciates having primary care and mental health services in one place. He says, "I tell people, 'Go, get informed, and if you want to get these services, you will change.'"



## Scoring High

The Los Angeles Child Guidance Clinic ranks high in the opinions of its clients and families when it comes to cultural competency.

Percent of clients and family members who agreed or strongly agreed in 2013 State Performance Outcome Surveys.



91% Clinic staff were sensitive to my cultural/ethnic background.



93% The people helping my child stuck with me, no matter what.



93% Staff respected my family's religious/spiritual beliefs.



93% Overall, I am satisfied with my services.



99% Staff treated me with respect.



Cutline here

Quote here

—Name

# Early Intervention and Community Wellness

The Clinic's Early Intervention and Community Wellness Division offers a spectrum of innovative and nationally-recognized programs delivered by a team of expert behavioral health professionals, the interventions are demonstrated to support social and emotional well-being for at-risk children ages 0 to 5.

## Family Resource Center

With the support of First 5 LA and philanthropic partners, the Family Resource Center (FRC) provides highly relational supports to help parents navigate the child welfare, social, health, special education, and mental health services and resources. The FRC adheres to the California Family Resource Association criteria guidelines for model programs, including family strengthening activities, education, child care, and successful referral practices. Bilingual, skills-building workshops are tailored to families with young children, with such topics as healthy eating, reading to your child, communication and discipline, and anger management. Also available: case management, a specialized resource library, and computer stations to facilitate job searches. A clothing closet has helped clothe entire families with donated items, and provided them with disposable diapers, car seats, and more.

## Day Treatment Intensive

Day Treatment Intensive (DTI) is a fully bilingual, milieu-based behavioral intervention program for children two-and-a-half to five years of age with a qualifying diagnosis. The program serves clients with intensive mental health needs to severe for traditional outpatient treatment. DTI includes skill-building groups,

adjunctive therapies, psychotherapy, and access to psychiatric services when needed. Children gain positive social attachments to emotionally supportive adults and opportunities for self-expression and mastery, with reinforcement for their naturally inquisitive natures and individual strengths. This therapeutic and emotionally reparative experience aids the child in developing more socially appropriate, productive, and adaptive behaviors.

## First Steps

Nationally honored by the American Psychiatric Association in 2006 with the "Advancing Minority Mental Health Award," First Steps maximizes the developmental potential of at-risk children ages zero to three. Its research-based, home visiting model supports parents and strengthens their skills. With guidance from our therapists, parents learn to bond with their children through everyday tasks such as bathing, feeding, diapering, soothing, and putting a child to sleep — strengthening the caregiver-child attachment bond and stimulating the child's developmental skills. Strong attachment bonds are a proven protective factor that help children build resilience, overcome challenges, and develop healthy relationships lifelong.

## Early Intervention Outpatient Services

Outpatient visits for children ages 0 to 5 include therapy, skill-building rehabilitation, and case management services. These services focus on family strengths, embracing cultural diversity and empowering parents through skills

development and education. Outpatient services are provided by our behavioral health professionals in a variety of convenient settings, including the Clinic, clients' homes, day care centers, and preschool/kindergarten classrooms.

## Multidisciplinary Assessment Team

The Clinic's Multidisciplinary Assessment Team (MAT) is a collaborative effort with the Los Angeles County Department of Children and Family Services (DCSF) and the Los Angeles County Department of Mental Health (DMH). MAT includes services to children ages 5 and younger involved in the DCFs court system. We provide mental health assessments of children who were removed from the care of their parents typically due to sexual or physical abuse or gross neglect. Staff provides timely feedback to court authorities on the child's mental health, developmental and medical needs, along with the primary caregiver's input on child's need.

## Healthy Families America

Healthy Families America (HFA) is an evidence-based, nationally recognized home visitation program model targeting overburdened families at-risk for child abuse, neglect, and other adverse childhood experiences. HFA supports new parents at birth and, for families facing greater challenges, provides additional support and ongoing home visitation services during the important early years. Funded by First 5 LA, the Clinic provides HFA services in the Broadway-Manchester and Compton/East Compton communities.



Cutline here

"Quote here."

— Name



# Outpatient Services

## Access and Wellness Center

Honored by the Los Angeles County Commission on Disabilities, the Access and Wellness Center (AWC) provides immediate no-fee, no-appointment, bilingual assistance and mental health services, plus access to other community resources, weekdays from 8 a.m. to 2 p.m. Such access is unique in South and Central Los Angeles, and ensures that families receive assistance before the urgency of a crisis subsides. Research has shown this strategy to be highly effective in ensuring clients receive the services they need. Free child care is available, facilitating access. AWC's specially trained staff utilize screening tools to assess a child's level of exposure to violence and traumatic events. Untreated childhood trauma on multiple levels increase the risk for chronic illness and shortened lives, according to the federally funded Adverse Childhood Experiences (ACE) Study. Children and teens who do not meet current criteria for a mental health diagnosis, but clearly need help, are offered a series of wellness groups adapted from the nationally recognized "Cognitive Behavioral Intervention for Trauma in Schools." Children learn coping skills, how to talk about what they experienced, and how positive relationships can help them reach their potential.

## School-Based Services

Undiagnosed and untreated mental health disorders are a barrier to students' track to academic success. The Clinic's behavioral health professionals bridge that barrier directly at 24 Los Angeles Unified School District elementary, middle, and high schools. This easy access to on-site, high quality mental health services ensures students benefit from an array of strategies, such as group and advanced treatment, that directly address mental health-related problems, including trauma.

## Family Preservation

Family Preservation works to prevent the removal of children from parental care at home when they come to the attention of the County Probation Department or DCFS. This program is operated by lead agencies under contract to DCFS. As a partner, the Clinic provides mental health services to children and families to improve family unity, build on strengths, and find alternative means to manage stressors.

## Outpatient Services

Our comprehensive diagnostic, treatment, and crisis intervention services for children, teens, and family members take place at the Clinic or in the home. Our trained staff utilize a spectrum of evidence-based practices, which focus on trauma-detection and treatment, as well as treatment of depression and anxiety. A significant outcome is improved caregiver ability to manage stressors that negatively impact their child's well-being.



## The Life Learning Program (LLP)

serves the vocational and employment needs of severely emotionally disturbed transition age youth, ages 15-25. These clients are so affected by their mental health issues they are unable to seek, obtain, and/or maintain employment without assistance. LLP's ultimate goal is to empower clients to pursue and maintain the highest possible level of independent and productive living, within their maximum potential and capabilities. Another central tenet is to help clients to make the best possible use of available resources. Client-driven services emphasize creating linkages between employment and other support services. LLP is funded in part through DMH and the California Department of Rehabilitation, and is accredited through the Commission on the Accreditation of Rehabilitation Facilities (CARF).

## ***Mente, Cuerpo, y Corazón***

*Mente, Cuerpo, y Corazón* (Mind, Body, and Heart), in partnership with South Central Family Health Center (SCFHC), is an innovative, integrated services model that supports clients' physical health, mental health, and substance abuse. Tailored to meet the needs of South Los Angeles' Latino community, the program teams expert medical and mental health professionals to provide coordinated, holistic services. Clinic mental health staff work closely with SCFHC physicians and nurses to facilitate mental health assessments, individual and group therapy, psychiatric services, non-traditional services, such as art therapy, and targeted case management — all in Spanish and also available to the uninsured.



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## Intensive Services

### Wraparound

Wraparound is a nationally recognized model of service delivery for families within the Department of Children and Family Services (DCFS) system who are involved with a child that has been in or is at risk of high-level residential placement. With flexible DCFS funding, tailored services provide what is necessary to help a family keep their child in the community. Interventions typically include mental health and other supportive services, as well as activities that promote youth involvement. Parent partners provide key support and work to strengthen families for a better, brighter future.

### Full Service Partnerships

Supported by California’s Mental Health Services Act, the Clinic offers intensive, coordinated services for underserved, high-risk children exhibiting severe behavioral and emotional problems. A highly skilled team of therapists, parent partners, family advocates, and psychiatrists offer therapy, skill-building rehabilitation, case management, medication services. Special funding underwrites support services. Active family involvement a key agent of change. Services are offered in locations that are convenient for individual families.

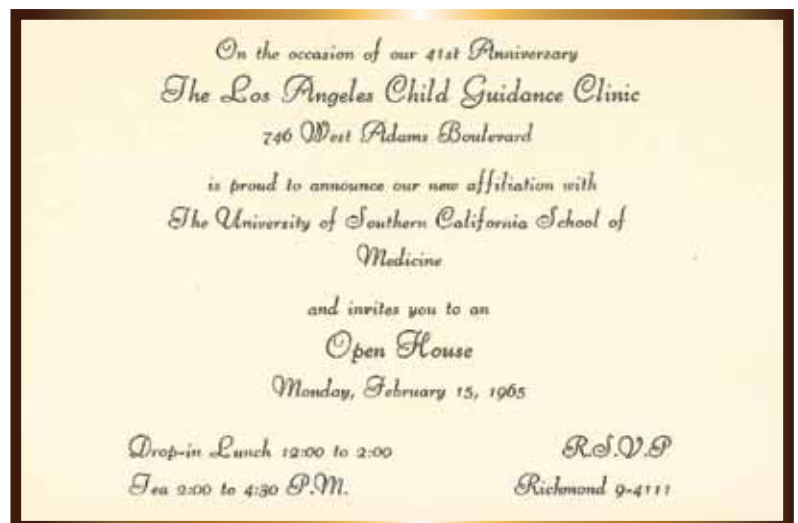
## Training

### Early Intervention Training Institute

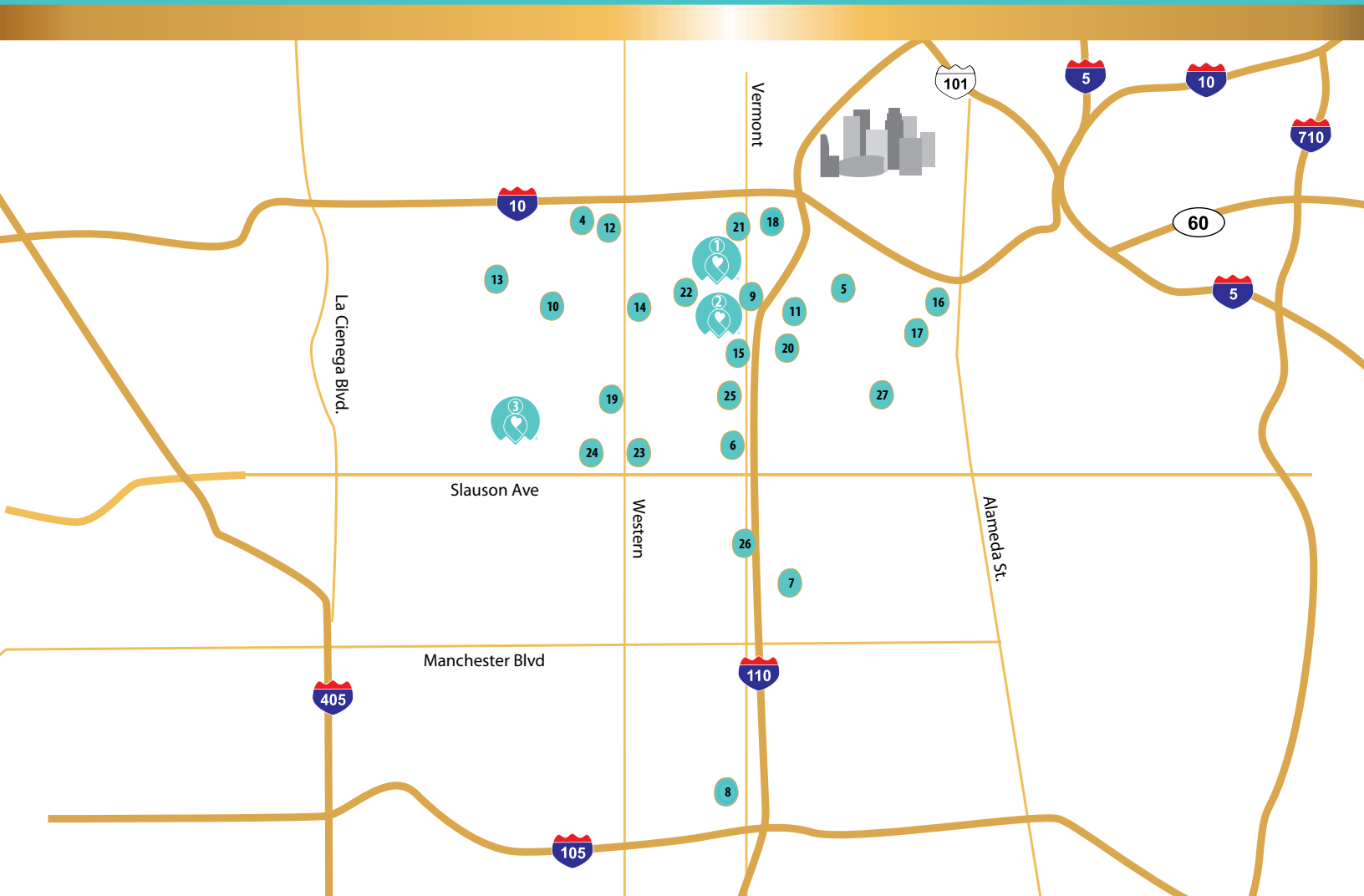
The Clinic’s social enterprise, the Early Intervention Training Institute (EITI), provides specialized training on infant, toddler, and preschool mental health to providers from throughout Southern California who work with children ages 0 to 5 and their families. Topics include maternal depression, dual language learning, prenatal alcohol exposure, and trauma in infancy. Other topics include building early relationships, treating intergenerational trauma, and domestic violence and child development. In addition, clinical supervision, toddler aggression, behavioral intervention strategies, and art therapy are covered. Training also is offered in effective interventions in settings that include mental health agencies, Early Head Start, Head Start, and child care centers. Expert trainers have included nationally acclaimed leaders, such as Connie Lillas, PhD, MFT, RN, EITI Chief Faculty; Vincent Felitti, MD, ACE Study co-principal investigator; Victor Bernstein, PhD; Susan McDonough, PhD; and, Babette Rothschild, MSW.

### Child Psychiatry Residents Training

Through a long-standing affiliation with the USC Keck School of Medicine, Division of Child Adolescent Psychiatry, the Clinic offers residents on-site psychiatric training in the diagnosis and treatment of children ages 0 to 5. Psychiatrists receive specialized training during a four-month rotation, which brings additional psychiatrists to our early intervention services, enabling the Clinic to serve a higher number of children and families with highly qualified staff.



# Bringing Well-Being to Where Need is Highest



## Los Angeles Child Guidance Clinic Offices

1. University Park Office  
3031 S. Vermont Ave., Los Angeles
2. Exposition Park Office  
3787 S. Vermont Ave., Los Angeles
3. Leimert Park Office  
4401 Crenshaw Blvd., Los Angeles

## School-Based Services Partners

4. 24th Street Elementary School
5. 28th Street Elementary School
6. 52nd Street Elementary School
7. 75th Street Elementary School
8. 95th Street Elementary School
9. Alexander Science Center School
10. Bradley Elementary School
11. Clinton Middle School
12. Crown Preparatory Academy
13. Dorsey High School
14. Foshay Learning Center
15. Manual Arts High School
16. Nava Learning Academy
17. Nevin Avenue Elementary School

18. Norwood Elementary School
19. Obama Global Preparatory Academy MS
20. The Accelerated School
21. Vermont Avenue Elementary School
22. Weemes Elementary School
23. Western Avenue Elementary School
24. William and Carol Ouchi High School
25. South Region ES #10
26. South Region ES #11

## Other Service Site Partners

27. South Central Family Health Center
  - Good Shepherd Shelter (location not disclosed)



# Celestial Donors

For their cumulative and outright giving in support of Clinic programs and ongoing operations, we give our heartfelt thanks to these good friends, our angels. It is through their generous support that our program efforts bring hope and help to children and families.

## DIAMOND ANGELS

### \$1,000,000 AND UP

The Hulen C. Callaway Trust  
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Mrs. Charles Luckman  
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Fiscal Year from July 1, 2013 to June 30, 2014



We are deeply grateful for gifts received this past fiscal year from old friends and first-time supporters alike to support our comprehensive array of programs and services. Your philanthropic partnership is a vital contribution to the Clinic's ongoing efforts to offer help and hope for children and their families.

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The Victoria Erteszek Foote Living Trust  
The Ralph M. Parsons Foundation

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*In Honor of Dr. Evis J. Coda on the  
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birthday*

Dr. Barbara Coda-Chambers

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*At the Clinic's 90th Anniversary celebration, left to right: Honoree Steven López, Ph.D.; Clinic Board Member Wayne Moore; Clinic President/CEO Elizabeth Pfromm; Supervisor Mark Ridley-Thomas, Second District; and, Marv Southard, Director, Los Angeles County Department of Mental Health.*



We are grateful to our public sector partners for their support:

- Los Angeles County Department of Mental Health
- Department of Children & Family Services
- California Department of Rehabilitation
- First 5 LA

## Celebrating 90 years

Community and civic leaders turned out when the Clinic held its 90th Anniversary celebration on Oct. 23 at the California African American Museum in Exposition Park. The festivities included honors for innovators in mental health services for children and families. In addition, the Clinic announced the naming of the Avis & Mark Ridley-Thomas Life Learning Program for transition-aged youth.

USC Professor Steven R. López, Ph.D. accepted the Evis Coda Award for Building Hope for Families for advancing cultural competency in mental health services for Latinos.

Supervisor Mark Ridley-Thomas received the Clinic's 90th Anniversary Special Award in recognition of his decades of leadership in community mental health services.

California State Senator Holly Mitchell was honored with the Quinton James Award for Making a Difference, in recognition of her work on behalf of children and youth in foster care.

In addition, Clinic President/CEO Elizabeth Pfromm was recognized during the evening for her 25 years of outstanding service.

## CLINIC LEADERSHIP

The Los Angeles Child Guidance Clinic is indebted to the governing leadership of our Board of Directors and the guidance and assistance of our Advisory Board. These individuals, working in close partnership with Executive Staff, give generously of their time, talents, and resources in carrying out our mission.

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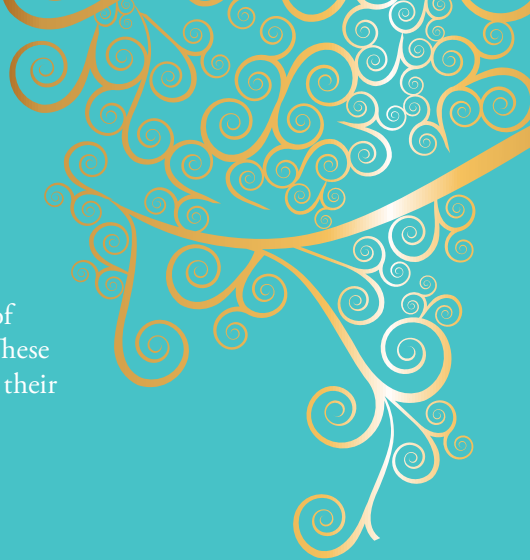
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