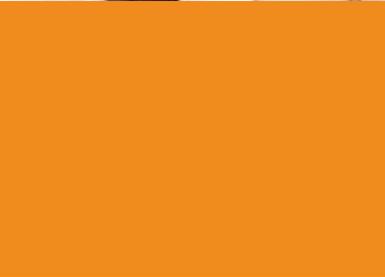


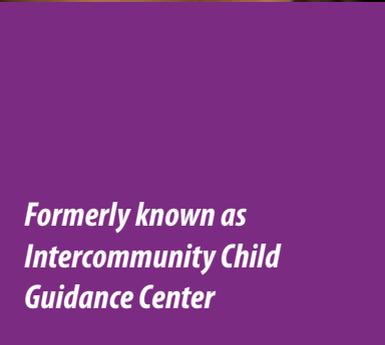


*valuing  
the whole child*

annual report  
2008 – 2009



*building emotionally healthy lives since 1957*



*Formerly known as  
Intercommunity Child  
Guidance Center*

***Thank you on behalf  
of the 8,060 children  
and families we have  
touched this year.***

***Our Mission***

***The mission of The Whole Child is to give children of all ages the skills and support they need to build emotionally healthy lives and become caring, responsible adults. Our commitment to children includes their parents, whom we empower to create nurturing families. Together, we enrich our community and our world.***

***Our Vision***

***We envision a society that embraces children as its most precious resource and that is actively committed to their safety, emotional well-being and ability to thrive at home, school and play.***



**Dear Friends,**

**We are pleased to share with you *The Whole Child's 2008-2009 Annual Report*. Throughout our report, you will read about our unwavering commitment to meeting the complex mental health needs of vulnerable and high risk children in the Greater Whittier Area.**

With this goal in mind, we have ventured into transforming an organization with an accomplished history and legacy. Beginning with our new name, *The Whole Child*, as well as a new mission and vision, we reflect our commitment to the emotional well-being of children, family and community. Additionally, we have thoughtfully established our core values, which define "what we stand for."

The field of mental health is constantly evolving. We adapt to new treatment techniques, increased state and federal regulations, performance contracting requirements and an unpredictable economic environment. In spite of these challenges, we remain committed to social change that makes a positive difference in our community, ultimately touching lives by healing and offering hope. Our new name *The Whole Child* is a powerful statement of our purpose and vision, our promise and our goal.

We believe, and the research confirms, that the earlier we intervene, the greater the impact. Children are strongest when they are emotionally healthy and live in safe, nurturing and thriving families. In order for children to thrive, they need to experience emotional well-being, and they need to live in environments that protect them from violence, abuse, injuries and neglect. Our promise is to give children of all ages the skills they need to build emotionally healthy lives, and to empower parents to be the best they can be, so that families thrive.

Our Board of Directors and staff contribute expertise, commitment to our core values, and an eagerness to put our vision into motion. Their energy propels our vision of embracing every child that walks through our doors, actively committed to their safety, emotional well-being and success.

We at The Whole Child will never forget those first-hand experiences which remind us that every child and family has a story to share; it is these stories that inspire us to continue in our leadership on their behalf. We give voice to several of these stories along with the core values throughout this Annual Report.

Thank you on behalf of the 8,060 children and families we have touched through our comprehensive services during Fiscal Year 2008-2009. Most of all, thank you for your enduring support and trust in our ability to rebuild the emotional lives of children in this community. Together, we stand to make a difference and become a catalyst for change!

to our  
valued  
friends



*Charlene Dimas-Peinado*

**Charlene Dimas-Peinado, LCSW, EML**  
Chief Executive Officer



*Pam Kennedy*

**Pam Kennedy**  
Chair, Board of Directors

*The Whole Child promises a safe and supportive environment in which we will listen, seek to understand, and guide you in developing the skills to build emotionally healthy lives and become caring, responsible young adults.*



*to the children*

*who are our reason for being*

## **Julia**

### **Julia kept her awful secret for three years.**

But in 8th grade, her grades began to drop and Julia was sent to the school principal. There, she admitted a problem: her step-uncle had been sexually abusing her. She would wake up in bed with him on top of her, telling her to keep quiet. She had been too ashamed to tell anyone. How could she sleep or concentrate in school? Julia's principal referred her to The Whole Child for counseling.

Julia came to us for ten individual therapy sessions, one per week. She received her therapy at no cost through the Crisis Counseling program, funded by donations. Julia began to process what she had been through. She realized she was not to blame for her experience, could heal and take ownership of her life once again. Julia told her mother about the abuse, and her mother made sure that the step-uncle left their home for good.

Within a few weeks, Julia began to be able to sleep better. Her interest in school and friends – even boys – returned. Julia said the professional counseling made a difference for her. "It helps to talk with someone here, because then I am able to talk about my feelings more openly with my family members." As she neared the end of her sessions, she added, "I don't blame myself for what happened anymore. I can feel good about myself again."



## Parenting. It's a challenge for everyone.

**As the old saying goes, "I knew exactly how to get kids to behave...until I had some of my own!"**

The Whole Child spends time with the entire family of each child in our care. Our goal is to provide individualized support, guidance and education which will benefit the family and thus the child. A professional viewpoint can help a family recognize unproductive patterns and learn new habits to better achieve their goals.

Of course, every parent faces challenges as they raise their children. To serve the needs of parents



*I learned to talk to my kids and how to calm down when I get mad. The best part is that now my kids and I tell each other, "I love you" and we know how to say we're sorry.*

**Parenting Class Participant**

*to the families*  
**who come to us for help**

throughout the community, The Whole Child provides Parenting Enrichment Classes all year long. In fiscal 2009, over 600 parents benefited from the 10-week series of discussions, lectures, videos and activities. Both Spanish and English classes take place each week, and we provide free child care in our "Snug Harbor" to make it easier for families to participate.

Sometimes parents enroll in the class with reluctance, having been required by a court to attend. But as they share their stories in class, they realize they are not alone in their challenges. They learn new strategies to try, they make new friends, and ultimately they express their appreciation for valuable knowledge gained.

***The Whole Child provides education, training and support tailored to your unique needs, which builds upon your strengths to help you heal, grow and become more effective, empowered parents who can create loving, nurturing families.***



## A Therapist's Perspective

**When I became a Marriage and Family therapist for the Whole Child, I knew I was joining a team that was filled with the same passion I feel.** It is the passion to bring hope, healing and growth to those we serve. Our shared goal is to provide the children and their families with the skills they need to live emotionally healthy lives. Together, we strive to empower the children and their families with tools to move forward, making our community a better place one family at a time.

As a therapist, I receive the support I require to provide the best possible care for our clients. The Whole Child offers education on the latest trends in research, dynamic supervision, and integrity in leadership. I'm honored to be a part of this team of professionals where children are the highest priority. It is so rewarding when a child who had been failing in school proudly brings in his first "Student of the Month" certificate. Our work is truly changing lives for the better.

**Sherlyn Marie Fish**  
*Registered MFT Intern*

*to the men  
and women*

*who work with us*

We offer a welcoming workplace that values each person's contributions, encourages teamwork, provides opportunities for professional development and reinforces the common bond of service and caring that brought you here.





## Early Attachments Center

**Children under the age of five have the highest rates of abuse, neglect, and foster care placement of any age group.** Given this startling statistic, our community has identified the need to provide early emotional health services for infants and toddlers living in high risk situations including domestic violence, teen parents, and postpartum depression. Effective early intervention can reduce the incidence of abuse and neglect and increase parenting success.

Sponsored by the B.C. McCabe Foundation, The Whole Child has partnered with Presbyterian Intercommunity Hospital to develop its Early Attachments Infant-Toddler Center. This cutting-edge center provides critical early intervention services to high-risk families. Because high-risk children are often seen in hospital settings or physician's offices, sometimes after injuries or insults, or later upon referral to agencies such as The Whole Child, this partnership is vital to community efforts to decrease the incidence of abuse and neglect. Hospital staff help identify appropriate families and connect new parents with services at The Whole Child. Our staff works with children and parents together, offering services at child care centers, shelters and families' homes. Together they work to enhance parent/child relationships, strengthen parenting skills, and address overall family emotional stability.

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

*to the  
community*  
*in which we operate*

*We will be a responsive,  
highly professional  
agency partner and a  
credit to our community,  
embracing all children,  
creating positive  
outcomes in their lives  
and remaining ever  
mindful that emotionally  
healthy children are the  
heart of our future.*





## Our Early School Success Programs in Montebello

The Whole Child empowers children and families through three special programs:

### 1] *Twilight Preschool Program*

**Our goal is to enable every child to enter kindergarten prepared to succeed.** To meet that goal, we oversee a “Twilight Preschool” program, funded by First 5 LA and taught by the Montebello Unified School District. Classes are conducted in both Spanish and English at two local elementary schools.

The Whole Child staff trains preschool teachers in ways to work with children with behavior problems or special needs. Our staff also plays a special adjunct role: assessing the children’s verbal, motor, and social skills and emotional condition. We then provide case management and any appropriate emotional therapy, and connect children with other help they need to be ready for kindergarten.

### 2] *Teen Parent Program*

**The Whole Child, in partnership with Montebello Unified School District, serves over 100 teen parents annually at three area high schools.** This program provides teens with both useful parenting techniques, and life skills such as goal setting and relationship management.

The Whole Child staff offers case management for the teens and serves their emotional needs with counseling and a *post-partum depression* support group. Finally, each student receives practical help with college applications or guidance toward vocational training.

### 3] *Community School Readiness Program*

**Over 250 Montebello residents enjoyed our “parent and child” pre-school enrichment programs this year.** We held story and craft days at the library and organized summer activities at parks and community centers. Along with the fun and skill development, The Whole Child staff coached parents on best ways to work with their children. We partnered with the Women’s Care Center of Beverly Hospital to offer Infant Massage classes, and served families with individualized assessment and case management services.

## Partnering for School Achievement

The Whole Child is pleased to announce their newly expanded partnerships with East Whittier City School District (EWCS D) and Montebello Unified School District (MUSD) to provide additional school-based mental health services under the Safe Schools/Healthy Students Program.

Approximately one in five children and adolescents will experience a mental health issue each year. School counselors often report the signs and symptoms of suicidal behaviors, anxiety disorders, and depression. They also observe children distressed by family problems: divorce, domestic violence, child abuse and trauma, illness or death. These stressful conditions negatively impact a child's success in school, brain function, and neurological development.

Therapy and skill-building can reduce the impact of mental health issues and improve social and emotional development. The Whole Child currently provides on-site school-based services in seven school districts in the Greater Whittier Area. There we help students who exhibit emotional and behavioral problems that significantly interfere with their daily functioning and school achievement.

Through Safe Schools/Healthy Students, The Whole Child will expand services to include assessment and evaluation, child and family therapy, collaboration with school staff, links to community resources, medication support, and psychological testing. The program will be funded by \$265,000 annually for four years from EWCS D and MUSD combined.

This program will demonstrate that children and youth with mental health care needs can thrive when the right support is available. Together, we are helping children achieve a meaningful outcome: SCHOOL SUCCESS.



*It's just amazing what your organization has been able to do for these children. And the ramifications of helping these kids are so great! It's not just the kids themselves – it's their families, other children in their classrooms, and everyone at our school.*

**Kathleen Marin**

Principal, Daniel Phelan Elementary School

# Lives touched by our services

Year Ending June 30, 2009

**3,734**

Children and family members benefited from outpatient therapy

**601**

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

**3,093**

Infants, preschoolers and new parents strengthened their relationships via The Early Attachments Program, the Early School Success Preschool Program and Teen Parenting Programs

**632**

Children recovered emotional health through Crisis Therapy, School-Based therapy, and Intensive Services

**8,060**

Total lives touched by The Whole Child



## Eric

**Eric's parents had ruled out a medical explanation when they brought Eric to The Whole Child.** At age 10, Eric was still soiling his underwear every day, and the resulting odor and mess spoiled his involvement in school and social life. Often shunned by his peers, Eric faced anxiety and shame on a daily basis.

Eric's therapist began to work with Eric and his family. She learned that Eric had been toilet trained by age three; but at seven, began to soil himself again. This problem had persisted now for three years. What had happened when Eric was seven to cause his regression? Investigating many aspects of Eric's life, the therapist noted that a new baby had come into the family when Eric was seven. Attention had been lavished on that new baby and perhaps Eric had subconsciously wanted to be a baby as well. As they pursued this concept, Eric began to make progress.

Eric was allowed to recognize that he wished he were still a little boy. Then, with guidance, he began to perceive the benefits of being age ten, privileges not provided to pre-schoolers. His parents were advised to ignore any baby-like behavior and to reinforce "big-boy" behavior. Eric was also given responsibility to clean his own underwear whenever an accident occurred. Soon his accidents stopped altogether, and the offensive odor and shame were gone as well.

Today Eric enjoys playing soccer, socializing with friends and learning in his 5th grade classroom. With his accidents a thing of the past, he has made several friends and is building an emotionally healthy life.



to the  
people

who support us financially



*We pledge impeccable fiscal responsibility, transparent financial management and responsible investment practices, along with the assurance that your financial support is transforming children's lives every day.*

### **CORPORATE AND FOUNDATION GIFTS**

**July 1, 2008 to June 30, 2009**

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Belsito Childhood Disease Research Foundation  
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Intercommunity Child Guidance Guild  
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Los Angeles County Department of Mental Health  
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Broadoaks Children's School of Whittier College  
Carden School  
Dorothy Belle Carras

**continued on next page**

*Thank You!*

## The Whole Child Statement of Activities



	Fiscal Year Ending June 30, 2009	Fiscal Year Ending June 30, 2008
<b>Revenue and Support</b>		
Fees and Grants from Government Agencies	\$ 5,108,771	\$ 4,118,548
Contributions	144,899	282,805
Clients Fees	40,199	40,503
Interest and Dividend Income	37,128	29,403
Other Income	5,061	-
<b>Total Revenue and Support</b>	<b>\$ 5,336,058</b>	<b>\$ 4,471,259</b>
<b>Expenses</b>		
Program Services	\$ 3,564,783	\$ 3,509,419
Management and General	1,584,856	769,479
Fundraising	163,246	283,799
<b>Total Expenses</b>	<b>\$ 5,312,885</b>	<b>\$ 4,562,697</b>
<b>Other Changes</b>		
Prior Year Contract Adjustments	\$ <71,014>	\$ 30,843
Transfer From ICGC Foundation	164,237	0
Unrealized (loss) on Investments	<140,608>	< 127,671 >
<b>Change in Net Assets</b>	<b>\$ &lt;24,212&gt;</b>	<b>\$ &lt;188,266 &gt;</b>

## INDIVIDUAL DONORS

continued from previous page

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July 1, 2008 to June 30, 2009

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*Thank You!*

## A Giving Community

*cumulative gifts shown on our donor wall*

### \$100,000+

First 5 LA

Intercommunity Child Guidance Guild

B.C. McCabe Foundation

The Rose Hills Foundation

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Dr. Gerald and Janice Roodzant

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### Valued Donors to The Whole Child.

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Pearl Howard Foundation);  
Charlene Dimas-Peinado (CEO).*

Back row: *Robert Bailie, Anne  
Bailie, Janice Roodzant, Karen  
Shepard (B.C. McCabe Founda-  
tion); Jeff Nickell (Rotary Club  
of Whittier); Tracy Fish (Albert  
& Bettie Sacchi Foundation).*



## Honoring Our Valued Donors

**The Whole Child board and staff recently honored our donors by unveiling a beautifully designed donor wall in our lobby.**

Individuals and organizations who have made philanthropic gifts ranging from \$5,000 to over \$100,000 are shown on the wall. These donors' gifts support critically needed programs and services such as crisis counseling, mental health symposiums and master's and doctorate internships in children and family work. The Early Attachments Infant/Toddler Center and Growing Up Safe Child Abuse Prevention Program were made possible through gifts such as these.

New names will be added to the wall or moved to larger plaques each time a donor reaches a new cumulative giving level. It is a privilege to be able to honor and recognize these generous donors.

*"It has been a pleasure knowing and working side by side with Dr. Neiswander. As a founding member of The Whole Child, he had an amazing vision and was a catalyst for change in our community. As a result of his compassion and outstanding leadership, he has positively affected the lives of thousands of children."*

**Charlene Dimas-Peinado**  
CEO, The Whole Child

## The Legacy of Dr. Allen C. Neiswander

The Whole Child is forever grateful for the legacy of support and leadership by one of our founding board members, Allen C. Neiswander, MD.

Dr. Neiswander served as District Health Officer and Chief Physician for the Los Angeles County Health Department from 1947 to 1978. He identified the need for affordable psychiatric services for children in the Greater Whittier Area during that time. Dr. Neiswander co-founded the Intercommunity Child Guidance Center (now doing business as The Whole Child) to address the unmet emotional health needs of children in our community. The agency began serving children and families in 1957.

Throughout the next 52 years, Dr. Neiswander continued to serve as an active and dedicated board member. He championed our work with unwavering financial and professional support. When he passed away last October, he continued that legacy of support by including The Whole Child in his will.

Dr. Neiswander's vision, leadership and generosity have enabled thousands of children to build or regain emotionally healthy lives. His influence will continue to be valued by The Whole Child board and staff for many years to come.



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**Save the Date!**

The  
**Heart  
of the  
Child**   
**GALA**

**Saturday, February 12, 2011**  
Langham Huntington Hotel