



 SUPPORT

 SERVICE

 SUCCESS

ANNUAL REPORT 2012-2013



Creating their Future, Together

## MESSAGE FROM THE CEO



Welcome to The Whole Child's Annual Report. In partnership with our board, leadership team, and staff, we have been incredibly busy making a distinctive "long-term" impact on the lives of children and families. Our commitment to making a distinctive impact is based

on our core guiding philosophy of delivering superior performance in mental health and housing services, and fulfilling our mission.

Although we're coming out of one of the worst recessions, disadvantaged children are still being impacted. Nationally, the child poverty rate increased to 23%; and for children under three years of age – 26%. The percentage of children living in single-parent households is estimated at 35%. Seven percent of teens ages twelve to seventeen are either abused or were dependent on alcohol or drugs. Each scenario places these children and teens at higher risk of being the victim of a crime, violence, homelessness, mental health, and health problems.

The 2009 California Health Interview Survey reports alarming statistics for the southeastern Los Angeles County that are higher than the state average: 45.7% of those who sought/needed mental health services but did not receive treatment (compared to 44.5% in California); 16.7% of teens needed help for emotional/mental health and/or alcohol-drug issues in the past year (compared to 12.9% in California); and 29-44% rates of depression in Whittier-area school district is among females.

Setting strategic direction through strategic planning is how The Whole Child will spend its institutional energy to serve the most vulnerable and disadvantaged.

The Whole Child's board of directors, leadership team, staff and key stakeholders engaged in a rigorous and thoughtful process of planning to guide and shape the organization for the next three years. It is our purpose and passion to continue our distinguished history of providing critical services to children and families.

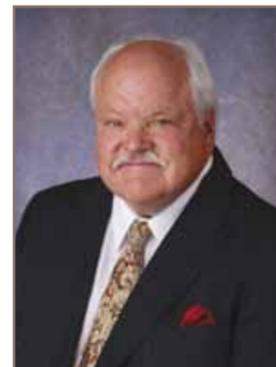
The Whole Child's Strategic Plan for FY 2013-2016 promises to direct and inspire our leadership team and staff to reach important milestones during an exciting period of growth as we position ourselves to strategically expand services to new populations and strengthen our fundraising efforts to ensure sustainability.

Our strategic plan lays out performance goals in the areas of Program Excellence, Staff and Board Development, and Financial Sustainability. This multi-pronged approach is designed to ensure that we are proactive in treating the whole child to develop the protective developmental assets needed to become an emotionally healthy whole adult. The need for early intervention and treatment is clear.

We invite you to join our efforts to implement our strategic plan to continue our growth trajectory as the area's premier organization serving children and families in need. We welcome your involvement and support as clients, partners, donors, and volunteers, and as champions of infant, children, and adolescent mental health. Through our collective efforts, we will contribute significantly to the positive development of our community's strength and vitality – today and well into the future.

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

## MESSAGE FROM THE CHAIRMAN OF THE BOARD



Welcome to The Whole Child. It is an honor to serve as Chairman of the Board of Directors for an organization dedicated to community based practices and the alleviation of problems impacting children, especially our most vulnerable and marginalized populations.

In the last 56 years we have helped thousands of children and their families lead emotionally healthy, happy and productive lives. Through the dedication, professionalism and persistence of our staff we will continue to provide excellent assistance to the children and families we serve.

As we celebrate our past and embrace our changing future, the three Strategic Initiatives outlined in this report – Program Excellence, Development of Staff and Board, and Financial Sustainability – will serve as a blueprint for continued quality services and will guide us to meet the growing mental health and housing needs of our community.

Additionally, as we continue to make strides in our vision, we're not only decreasing multiple risk factors, we're improving the quality of life for children and their families. Through our work on behalf of The Whole Child, we remain steadfast in our dedication to seeing our clients thrive, thereby enriching their lives, our community and the world.

**Robert J. Quist**  
Chairman of the Board

## OUR MISSION

The mission of The Whole Child is to give children of all ages the skills, support, and security 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 well-being and ability to thrive at home, school, and play.

**Contributors to this Annual Report:**  
Charlene Dimas-Peinado, Meg Rottman, Robert J. Quist, Evelyn Castro-Guillen, Rose Temblador, Sara Ahumada, Monica Martinez, Deane Henryson, NPO Solutions, Will Max, Laura Dias, Sonia Derosse.



◀ Dr. David Hickel explains the use of blocks and an iPad in Psychological Testing to The Whole Child's intake coordinator, Evelyn Ramirez.



mental health

### Psychological Testing Results in a Fine-Tuned Approach to Mental Health

As another component in our array of comprehensive mental health services, The Whole Child utilizes Psychological Testing to clarify diagnosis, aid in treatment planning, or assess high-risk behaviors.

This highly specialized service is conducted by Dr. David Hickel, PhD, a licensed psychologist. "The testing enables me to fill in the blanks, draw information together and allow the children's thoughts and actions to make sense," says Dr. Hickel. "It is like being a detective."

The process includes extensive interviews, observations, and neurological and psychological testing and concludes with an individualized report with recommendations for treatment. Dr. Hickel meets individually with each family at the conclusion of testing to review his findings. He works closely with The Whole Child's team of therapists and psychiatrists to coordinate treatment interventions. Over 120 children received Psychological Testing services last year.

family solutions:  
private pay

### Announcing a Rare Opportunity to Dramatically Improve Your Child's Life

Since 1957, The Whole Child has been offering a wide range of mental health services to low income families. This unique approach to treating the whole child is now available to all children at below market prices. This is a priceless opportunity when it comes to helping all children reach their potential.

Many children and youth experience times in their lives when their emotional health is impaired by circumstances. With professional counseling, children can heal, develop resilience and rebuild emotionally healthy lives.

To learn more, call 562-692-0383. SPEAK TO OUR INTAKE COORDINATOR FOR BASIC INFORMATION.

Signs that a child might need counseling include:

Low self-esteem	Extreme anger
Excessive crying or irritability	Difficulty eating or sleeping
Nightmares, worry, or fears	Stress including divorce, homelessness, or death
Social withdrawal	Social isolation
Learning or attention problems	Risky behaviors
Behavioral problems in school	Identity crisis
Exposure to violence	Unexplained physical complaints



empowerment **The Parent Project® Empowers Parents to Raise Emotionally Healthy Children**

Recognizing the need for a program that addresses difficult behaviors that interfere with school success and positive family relationships, The Whole Child determined that The Parent Project® offered the best all-around approach to empower parents and caretakers in raising emotionally healthy children. This program is offered to two specific age groups.

**The Parent Project® gives parents the tools and skills they need to create nurturing families.**

**Loving Solutions**

Loving Solutions is designed for parents of children ages 5 – 10

and requires parents to meet once a week for ten (10) weeks. Each group session lasts two (2) hours and includes many interactive activities. A parent workbook is provided and used during each session and addresses specific topics and learning objectives including:

Parenting the Strong-Willed Child	Ideals, Rules, and Tools
Responding to Our Children's Choices	Structuring for Success
Concrete Solutions for Tough Kids	Recognizing and Supporting Success
Children with Low Attention and High Activity Levels	

**Changing Destructive Adolescent Behavior:**

Changing Destructive Adolescent Behavior targets parents of children ages 10 and up. Parent groups meet once a week for sixteen (16) weeks and each group session lasts two (2) hours. As with Loving Solutions, a parent workbook is provided and used each session allowing parents to actively participate in the learning objectives.

Topics include:

Understanding our Children	Addressing Problematic Behavior
A Parent's Formula for Success	Adolescent Drug Use
The Out-of-Control Child	Considering Relationships and Developing Action Plans
Finding Help and Support	The Dynamics of Change
Managing Conflict in the Home	Active Listening
Growing Stronger Teens	Building Positive Self-Concepts
Consistency	Expectations, Standards, and Values
Promoting Family Unity	Putting It Together and Making It Work

The Whole Child promotes The Parent Project® throughout the community and referrals are received from schools and other community based agencies serving children and families. In addition, parents and caretakers may also self-refer to the program. The Parent Project® is available year-round and groups are provided in English and Spanish.

education

## Community Symposium on School Shooters

Sponsored by *The Whole Child*

Co-hosted by Congresswoman *Linda Sanchez* and *Rose Hills*

In March, 2013, The Whole Child hosted a free half-day symposium on the critical topic of school shooters at the Shannon Center on the campus of Whittier College. Over 400 professionals in mental health, education, probation, law enforcement, Department of Child and Family Services, and faith-based institutions attended.

Subject matter expert, Dr. Tony Beliz, Head of Emergency Services Bureau, Los Angeles County Department of Mental Health, presented on “School Shooters, and How to Evaluate Risk.” He discussed specific cases including the suspect’s psychological background and how the ownership of weapons plays into risk assessment.

At the national level, school violence has become a critical topic. Since 1980 there have been 137 school shootings, with over 297 students killed<sup>1</sup>. The first step in preventing school violence is to understand the extent and nature of the problem.

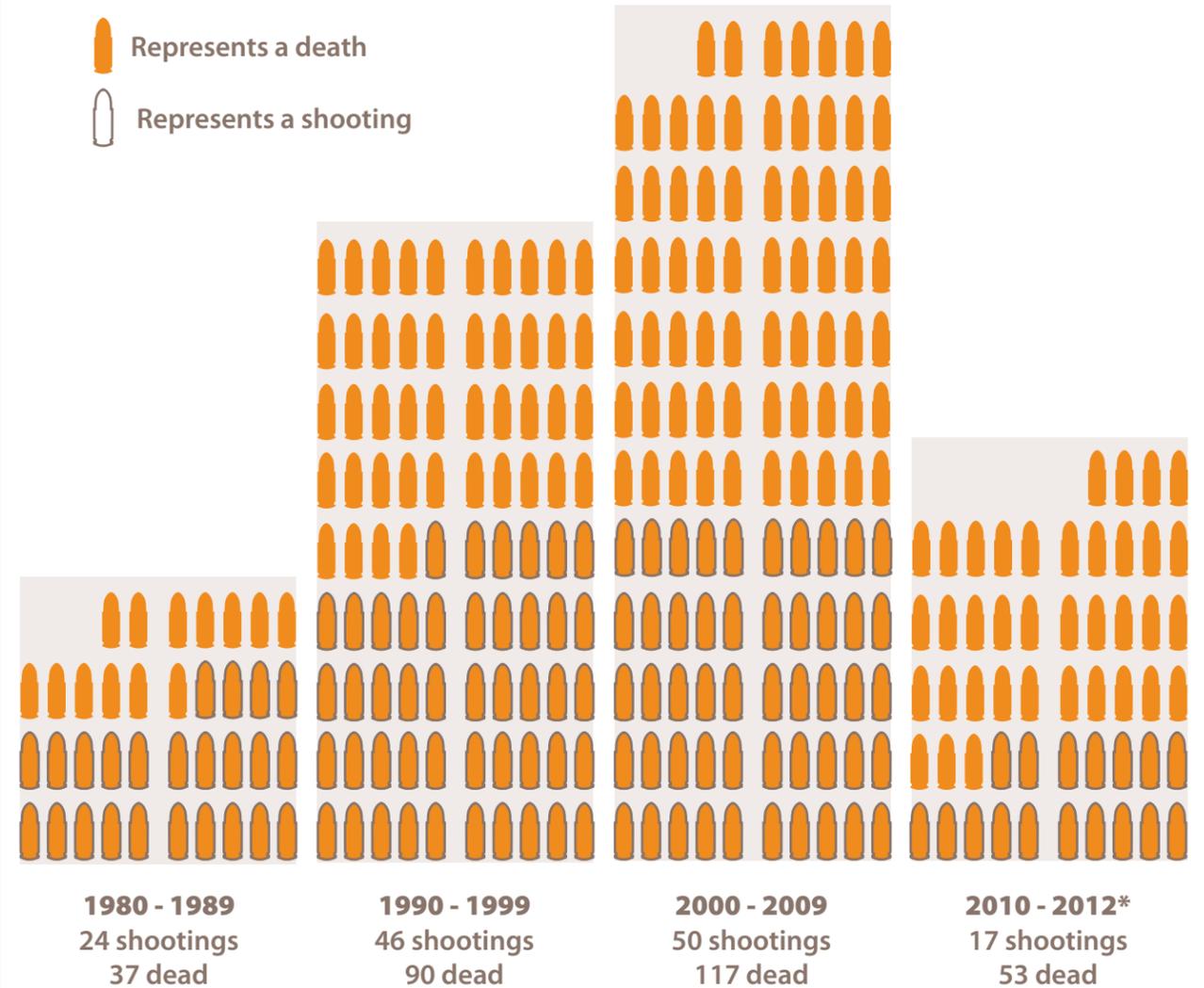
Prior to the presentation, Congresswoman Linda Sanchez gave an update on current legislation. The event was covered by the media including CNN, Whittier Daily News, TV Channel 3, Patch, Wave and KFI radio.

**The first step in preventing school violence is to understand the extent and nature of the problem.**

Throughout its history, The Whole Child has been a leader in advocacy on behalf

of at-risk children, innovation and expansion of best practices, as well as bringing dynamic change to its community by developing and presenting professional development seminars for the purpose of raising awareness of child, youth and family mental health issues. The Whole Child will continue to provide vital education on the topic of children’s mental health.

### 137 SCHOOL SHOOTINGS, 297 STUDENTS KILLED SINCE 1980<sup>1</sup>



\*In just the first three years of the current decade, there has already been more than half the number of deaths as in the 90’s, and nearly half the number of deaths as in the 2000’s.

<sup>1</sup> SOURCE: SLATE [http://www.slate.com/articles/news\\_and\\_politics/map\\_of\\_the\\_week/2012/12/sandy\\_hook\\_a\\_chart\\_of\\_all\\_196\\_fatal\\_school\\_shootings\\_since\\_1980\\_map.html](http://www.slate.com/articles/news_and_politics/map_of_the_week/2012/12/sandy_hook_a_chart_of_all_196_fatal_school_shootings_since_1980_map.html)

## Children, Our Most Valuable Resource

by Charlene Dimas-Peinado, LCSW, EML

Recently, a friend asked me “under what circumstances would a child possibly need mental health treatment?”

Unfortunately, tragic incidents can expose our children and youth to confusion, trauma and loss. Sadly, many children experience trauma early in their lives and do not have access to professional mental health resources.

The recent tragedy at Sandy Hook Elementary reminds us of the pressing need for mental health support prior to and after a crisis. Children impacted by a crisis are at high risk for developing a variety of mental health issues including depression, anxiety, PTSD, and grief issues.

Common behaviors that a child may demonstrate following a tragedy may include difficulty sleeping, irritable and clingy behavior, helplessness, anger, physical complaints, refusal to attend school, or poor concentrations skills.

The reaction and ability to manage emotions are strongly influenced by the coping skills of parents, caretakers, teachers, etc. When such behaviors continue and become more severe, professional help may be required. Untreated trauma can cause long-lasting problems for children. Mental health needs in children can present in a variety of different ways sometimes masking the core concern.

Whenever tragedies occur, we are reminded of the incredible power of the human spirit to overcome, persevere and experience emotional healing. It is up to each of us to be supportive to those in need, especially our children, who are the most vulnerable and require the most assistance with understanding tragic events.

The Whole Child is dedicated to giving children of all ages the skills, support and security they need to build emotionally healthy lives. We are dedicated to assisting children experience healing and develop the skills necessary to cope with their world when such issues arise.

### PARENT GUIDELINES

## Helping children and adolescents cope with tragic events:



- Talk to your child or adolescent about his or her feelings.
- Accept your child or adolescent's fears and anxieties as being real.
- Talk to your child or adolescent about what happened, providing factual information that she or he can understand.
- Reassure your child or adolescent that they are safe. Repeat this assurance as often as necessary.
- Review safety procedures established in your home, school or community.
- Hold your child or adolescent; touching provides extra reassurance that someone is there for their protection.
- Spend extra time with your child or adolescent, especially at bedtime for younger children.
- Relax rules, but maintain family structure and responsibility.
- Praise and recognize responsible behavior.
- Work closely with teachers, day care personnel, baby-sitters, and others to increase their understanding of your child's emotional and behavioral reactions.
- Encourage your child to return to school, and talk to their teachers regarding problems or concerns at home or in school.
- Develop a familiar bedtime routine.
- Parents must try to remain calm and in charge, confident, and positive.
- Be a positive role model by sharing your own feelings, but also share how to cope appropriately with such feelings.
- Limit your child's exposure to media images of violence, especially very young children.

*For more information or assistance, contact The Whole Child:  
(562) 692-0383 or [www.TheWholeChild.info](http://www.TheWholeChild.info)*

community

## The Community Came Together to Create a Strategic Plan to Build Emotionally Healthy Lives for Our Children

Earlier this year, The Whole Child completed a rigorous Strategic Planning process facilitated by the nonprofit management consulting firm NPO Solutions.

To support our efforts, we engaged a dynamic, 43-member Strategic Planning Task Force with key representatives from local cities, school districts, faith based organizations, higher education, health care, law enforcement, private foundations; our own board, leadership team, and staff. The process involved conducting a Resource Audit of nine functional areas; a Research and Analysis phase consisting of interviews with key stakeholders, a client survey, and industry trend analysis; and gaining thoughtful input from organizational leadership and Strategic Planning Task Force members.

The Strategic Plan is intended to express the high-level courses of action that will serve to enhance and sustain the agency over the next few years. Those courses of action can be summarized as three overarching and broad strategic initiatives:

1. **Program Excellence** - Achieve greater community impact through expanded and enhanced programming, and measuring program impact
2. **Staff and Board Development** - Optimize the engagement of members of the staff and board
3. **Financial Sustainability** - increase financial sustainability

We invite you to join us in implementing our Strategic Plan to continue championing infant, child, adolescent and family mental health.

## Thank You to the Entire Strategic Planning Task Force

**Facilitators:** Warren Riley and Sedora Tantraphol, NPO Solutions

### The Whole Child Staff

Charlene Dimas-Peinado	The Whole Child
Rosalinda Baeza	The Whole Child
Vanessa Sedano	The Whole Child
Will Max	The Whole Child
Sherlyn Fish	The Whole Child
Meg Rottman	The Whole Child
Ryann Cragg	The Whole Child
Elizabeth Newquist	The Whole Child
Stacy Enomoto	The Whole Child
Daniel Soto	The Whole Child
Evelyn Castro-Guillen	The Whole Child
Denise Gardner-Lugo	The Whole Child

### Board of Directors

Robert J. Quist	Retired – L.A. Municipal Court
Kashif Zubair	Adroit Business Solutions
Ernesto Morales	Rose Hills Memorial Park & Mortuary
Maria Segovia	Pacific Western Bank
Andres Hurwitz	Atkinson, Andelson, Loya, Ruud & Romo
Margo Kaatz	PIH Health

### Faith Based Organizations

Pastor Jim Ortiz	My Father's House
Pastor Charley Gallegos	Destiny Community Church International

### Business

Rene Licon	RSL & Associates
Jeanette Fasone	Fasone General Building Contractors
Veronica Herrera	Plaza de la Raza
Janice Roodzant	Details Business Organizers

### Hospitals/Medical

Vanessa Ivie	PIH Health
Pat Bray	PIH Health

### Government Officials

Chief Jeff Piper	Whittier Police Department
Lieutenant Kent Miller	Whittier Police Department
Kara Medrano	Congresswoman Linda Sanchez
Christine Abernase	LA County District Attorneys Office
Ann Marie Cadillo	Los Angeles Department of Mental Health

### Foundation

Karen Shepard	BCM Foundation
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### Community Representative

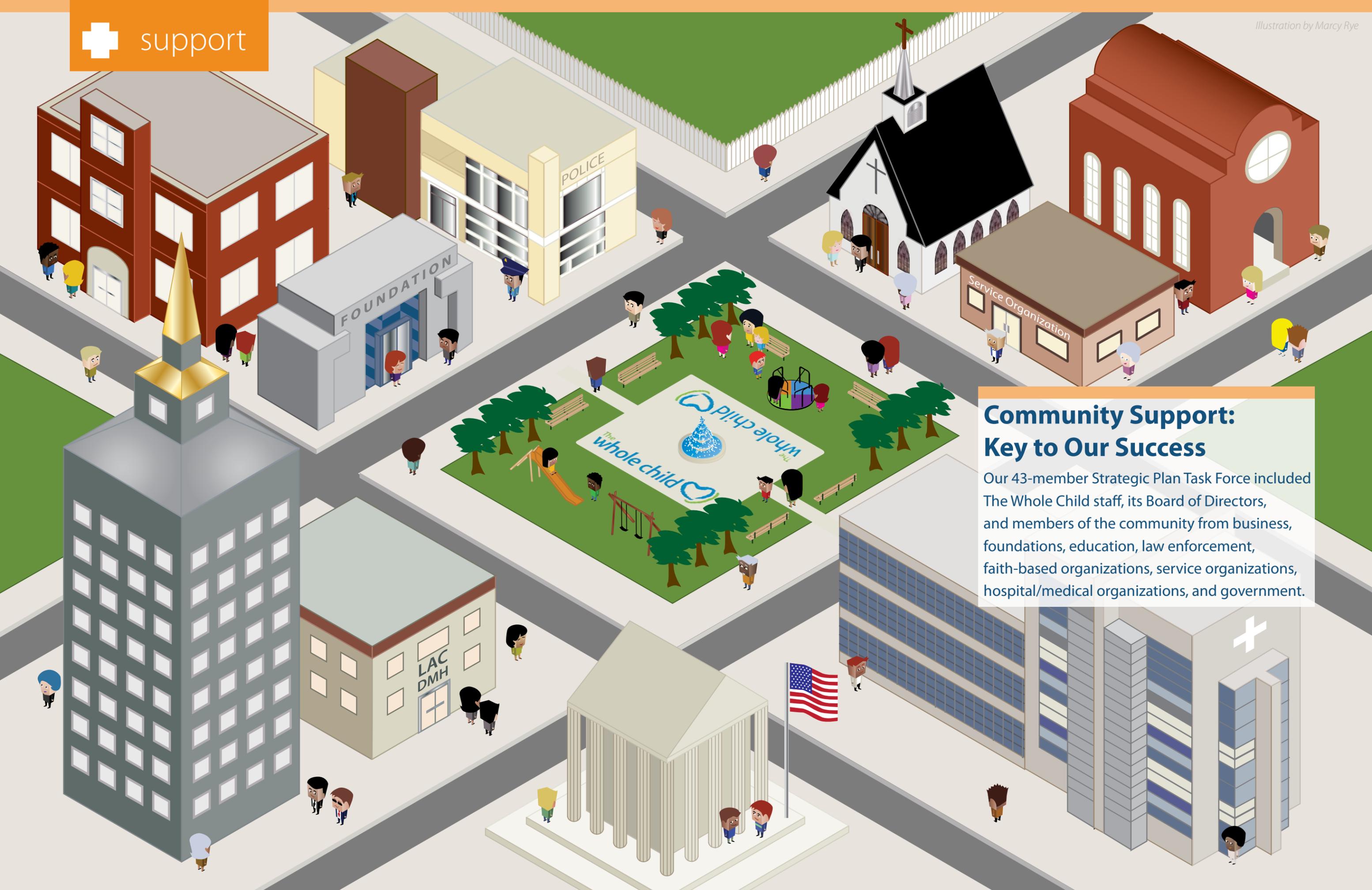
Judy McAlister	Whittier Soroptimist
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### Cities

Julia Gonzalez	City of Pico Rivera
Ben Martinez	City of Pico Rivera
Fran Shields	City of Whittier

### Education

Paula Sheridan	Whittier College
George Muriel	Montebello Unified School District
Dora Soto-Delgado	El Rancho Unified School District
Frances Hampson Sterns	Whittier City School District
Maria Huerta	WACSEP



## Community Support: Key to Our Success

Our 43-member Strategic Plan Task Force included The Whole Child staff, its Board of Directors, and members of the community from business, foundations, education, law enforcement, faith-based organizations, service organizations, hospital/medical organizations, and government.

# Join the Legacy Society

Planned Giving Today, for a Better Community Tomorrow

# donate

The Whole Child created its Legacy Society to celebrate the countless ways in which the power of one becomes the power of many through the simple act of planned giving.

## It's easy to join.

There are many ways to make a meaningful planned gift including: bequests, real estate, stocks, business holdings, life insurance policies, retirement assets, charitable gift annuities, IRA direct donations, and life income gifts.

## Establish your legacy.

Make your core values known and help your community's children by joining The Legacy Society and making a planned gift. Your legacy can include ensuring that the important work which The Whole Child does will continue for many years.

## CONTACT US TODAY TO JOIN.

Rachel Beal, Senior Development Director  
562-692-0383 or [rbeal@thewholechild.info](mailto:rbeal@thewholechild.info)



Your gift helps to restore emotionally healthy lives to children in our community.

Some of our most important years are our earliest. Together we can make another whole child.

## Every dollar helps.

Your donation will help improve the lives of children in the community. Donations contribute to our ability to help children:

- overcome abuse, trauma, and stress
- build better relationships with their family
- improve academic performance
- improve behaviors at home, school and community
- have a better future

Make a donation today using the attached envelope.

## OUR VALUES

### To the children who are our reason for being:

We promise 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 families who come to us for help:

We provide 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.

### 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.

### 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.

### 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.

faith-based

## Local Organizations Change Children's Lives

Without the backing of local faith-based organizations, children in dire need of mental health services would remain on a waiting list. Instead, The Whole Child is able to provide mental health services to over 7,000 children each year.

**"Our faith requires us to take action to impact society."**

*-Reverend George Tan*

Support has come this year through passing the plate at the Italian Catholic

Federation, the Moravian Church of Downey, East United Methodist Church, Saint Marks Episcopal Church, First Presbyterian Church of Downey, Downey United Methodist, and New Visions Christian Fellowship.

### Community 153

**(English speaking branch of the Chinese Life Lutheran Church)**

In early April, Reverend George Tan and members of his multi-racial congregation arrived at The Whole Child's new Birth to Five Center to make the area beautiful for the infants, toddlers and families who come for counseling and parent enrichment. The group spent the morning weeding and planting flowers in the Center's gardens.

"Our faith requires us to take action to impact society," Tan explains. "Our mission reaches people who want to make a difference. It is simple: Know God. Change lives. Impact society."



Members of Community 153 help to make the flowers grow at The Whole Child's Birth to Five Center.

## WACC (Whittier Area Community Church)

"Our heart as a church community is to help people and families in our community get off and stay off the streets," says Colleen Livermore, Community Pastor. "We have seen many families struggling with this reality and we are grateful for the great work of The Whole Child in housing homeless families."

Although primarily a mental health agency, The Whole Child expanded its services in 2011 to include family housing as an invaluable extension of core capabilities. The severity of the homeless problem among families in the areas we serve is significant, because unstable housing jeopardizes children's ability to succeed in their schools and community. In The Whole Child's location nearly 8% of families are chronically homeless; the highest percentage in the entire county.

As a result, WACC generously directed a portion of their Christmas offering, as well as funds raised at their second annual Whittier Area Classic Car Show, to The Whole Child.

TO LEARN MORE, OR MAKE THIS SERVICE AVAILABLE TO MORE FAMILIES THROUGH YOUR GENEROUS DONATION, CALL OR VISIT US ONLINE AT:

**562-204-0640**  
WWW.THEWHOLECHILD.INFO



Colleen Livermore, Community Pastor

business

### Creative Agencies Provide In-Kind Services

As a way to give-back to their community and support mental health and housing services for children, three creative companies: Turn Communications, Rick Elias Photography, and Adroit Business Solutions donated their services to The Whole Child. The result was graphic.

#### Rick Elias, Photographer

Rick Elias, donated his creative photography skills to showcase our work in The Whole Child's 2012-2013 annual report.



Photo of some of our puppets, by Rick Elias.

#### Adroit Business Solutions

Kashif Zubair, CEO of Adroit Business Solutions, contributed an updated website for The Whole Child at [www.thewholechild.info](http://www.thewholechild.info). The new online solution contains a cleaner image that combines black & white photography with color. A second phase will include a mobile device option, videos and a query form for concerned parents.



The Whole Child's new home page.

### Turn Communications

Ken Jacobs, creative director/CEO of Turn Communications created a pro-bono advertising campaign to help grow Family Solutions, a new social enterprise for The Whole Child. Family Solutions is a private pay program that offers professional counseling services for children, youth and families.



Series of ads created by Turn Communications for The Whole Child.

# The Office Staff is the Heart of The Whole Child



▲ FROM LEFT TO RIGHT: Esther Soriano account representative; Sandra Mireles, receptionist; Evon Green, office assistant; Bibianca Jimenez, office supervisor; Blanca Mendoza, receptionist; Cynthia Villalvazo, account representative; and Christina Lozano, medical records clerk.

They are the first to greet the public with a smile. They provide answers, patience, and support. They are entrusted with critical medical records and are the ones clients and therapists turn to for support. They are our office staff.

With experience that ranges from over a decade (Office Supervisor Bibianca Jimenez and Account Representative Cynthia Villalvazo) to under a year (Evon Green), the staff keeps the office tuned up and humming.

## “Emergencies are all in a day’s work.”

-Bibianca Jimenez

Managing the records is not just a clerical function, it is also important for legal and safety reasons. In many cases, meticulous charts are required, not just for the Department of Mental Health, but also for attorneys or the courts.

“We need to be fully up-to-date on all of our mental health and housing programs. This includes maintaining an accurate schedule of which parenting classes and groups are starting,” explained Bibianca Jimenez. “We need to know each of the staff and graduate level interns so we can sort their mail and direct calls. We also need to be familiar with the Board Members, suppliers, consultants and clients.”

The staff schedules appointments for the psychiatrists, the psychologist, and the art therapist, as well as confirming appointments for staff therapists. They also serve as the main liaison to cleaning, maintaining and provide security for the building.

“Answering the phone may seem simple,” said Bibianca. “But the voice at the other end may be extremely angry, afraid, or hurt. We diffuse the emotions before passing along the call, so both parties can focus on solutions. Emergencies are all in a day’s work.”

# board of directors

The Board of Directors provides The Whole Child with governance, oversight and fund support. The 16-member board plays a vital role in the shaping and executing of the 2013-2016 strategic plan.

## New Board Members:

**Lyonel Alexandre**  
First Vice President  
Community Bank

**Robert Salazar**  
Senior Sales Consultant  
Paychex

**Monica Welling**  
Founder and Manager Director  
Atheln, Inc

## 2013-2014 Board of Directors

**Robert J. Quist, Chairman**  
Retired  
L.A. Municipal Court

**Corinne Munoz**  
Retired  
Los Nietos School District

**Maria Segovia, Vice Chair**  
Vice President  
Pacific Western Bank

**Anna Saucedo**  
President  
Associated Construction Services Group

**Margo Kaatz, RN, MFT, Esq, Treasurer**  
Administrator  
PIH Health

**Robert Sands**  
Vice President  
Popular Community Bank

**Kashif Zubair, Secretary**  
CEO  
Adroit Business Solutions, LLC

**Susanna Contreras Smith, M.ED**  
Associate Superintendent  
Montebello Unified School District

**Andres Hurwitz, Esq**  
Senior Associate  
Akinson, Andelson, Loya, Ruud & Romo

**Pamela Kennedy, Board Emeritus**  
Realtor  
Coldwell Banker Ambassador

**Virna Lisa McCloskey, CPA**  
Senior Manager  
Grant Thornton, LLP

**Janice Roodzant, Board Emeritus**  
President  
Details Business Organizers

**Ernesto Morales**  
Executive Director, Business Development  
Rose Hills

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



grade school

### Six-Year-Old Natalie Overcomes Trauma

When Natalie was five, her family learned that her school planned to hold her back. They were devastated. This, however, was only a small part of Natalie's problems. Not only had she been neglected by her mother, she had also suffered severe sexual, physical and emotional trauma. The situation was so severe she was removed from her mother's care and placed with her paternal grandparent. That is when she was referred to The Whole Child.

Natalie's therapist started with regular play therapy and individual rehab in school. It was not enough. It soon became clear that Natalie needed more. She was quickly referred for The Whole Child's psychological testing program where she was tested by Dr. Hickel. He diagnosed her with ADHD. Then she was referred to one of The Whole Child's psychiatrists. As a result of their diagnosis, she was placed on medication.

**The Whole Child has changed Natalie's life.**

The Whole Child has changed Natalie's life. As a result of the medication, combined with her on-going therapy she is a different girl. She is now able to focus during instruction, completes her work on time and participates enthusiastically during class activities. Because of her improvements she will now move on to the first grade.

young families

### Housing and Mental Health Services Have Created Stability for Abby's Two Children

Abby is a single mother raising two children, ages 6 and 9, with mental health diagnoses. For several years, Abby endured physical and emotional abuse before, during, and after her son was born. The domestic violence increased in intensity until after Abby's daughter was born, three years later. With two small children, Abby did what most can't and removed herself and her children from her situation. Her options were limited and she was forced to move to an emergency shelter with her children. This would mark the beginning of many moves between friend's homes, shelters, and motels.

Despite her low income, limited support, and few material belongings, Abby was able to keep her children fed, and clothed and free from abuse. She enrolled both of her children in school and her son in needed mental health services at The Whole Child. At the time, Abby had little money for housing and was forced to move her family into a motel. This was a motel that Abby had grown up in as a child. She knew her living situation was not optimal for raising children; however, it was her only choice. Then she was referred by her therapist at The Whole Child to its housing program Family Housing.

Abby's move to stable housing has significantly impacted her children's progress in mental health treatment. As of today, Abby works hard to maintain consistency and structure in her home. She is still faced with financial struggles, and everyday obstacles; however, she works through them with strength and determination as a means to maintain stability for her children.



Our new Birth to Five Center ▲

teens

### Teen Recovers from Depression and School Suspension

For 16-year old Anthony life was bleak. He suffered from severe depression. He had been suspended from his high school and was unwilling to make the changes necessary to find a return path. His home life was also in chaos. He argued constantly with any authority figure, and was especially defiant with his mother. Neither of them knew what to do. Then he was referred to The Whole Child for treatment.

**After a year of treatment, Anthony became, happily, a different person.**

She helped him to find motivation and direction through martial arts. Anthony returned each week. After a year of treatment, Anthony became happily, a different person. He speaks to his mother with respect and has improved relationships with other family members as well. Anthony has also returned to school. Today, Anthony has goals that include doing well in his classes, continuing to improve his life and remain a living family member.

His therapist worked through the issues with Anthony, exploring ways to deal with his feelings.

birth to five

### Look How We've Grown

Our Birth to Five Center, located on the corner of Beverly and Citrus, is up and running, offering prevention and early intervention services to the community of south east Los Angeles County. Free classes includes those for toddlers, parents and their babies, as well as our summer Dinosaur Camp featuring puppets: Wally, Molly, and Dina Dinosaur.

Contact our bilingual staff for information on perinatal depression, developmental screenings for infants, family therapy, workshops, and support groups for children and their parents.

In 2003 The Whole Child first implemented early intervention and prevention services with First 5 LA School Readiness Program. The Whole Child's early attachment program targets infants and toddlers, ages 0-5 who are identified as high risk for abuse and/or neglect. It also includes their parents, often with a history of mental illness and/or substance abuse.



all ages

## The Whole Child Provides a Range of Services to Improve the Lives of Children and Families

**C**hildren and family members benefited from outpatient therapy and intensive home-based services to achieve emotional well-being utilizing evidenced based practice models:

- Trauma Focused – Cognitive Behavioral Therapy
- Seeking Safety
- Triple P Positive Parenting
- Managing and Adapting Practice (MAP)

**Infants, preschoolers and parents** strengthened their relationship and emotional attachment via Early Attachments Infant-Toddler Center and School Readiness Initiative utilizing evidenced based practice models:

- Child-Parent Psychotherapy
- Infant Massage – Loving Touch
- Incredible Years
- Parents as Teachers

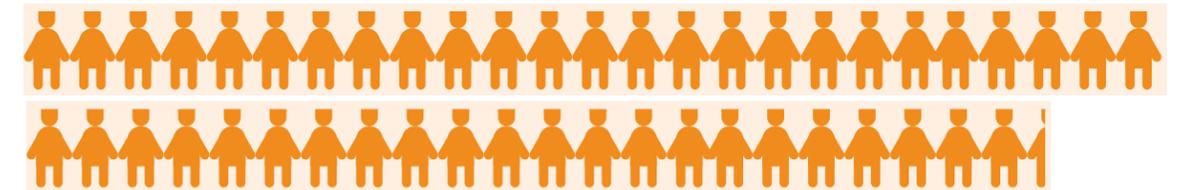
**Children and adolescents** participated in Families First to stabilize crisis, achieve emotional well-being and school success.

**Children** at South Whittier School District and Los Nietos School District participated in Child Abuse Prevention & Education Program Growing Up Safe. Children learned how to use their common sense skills and intuition to identify common lures used by predators, the confidence to protect themselves from violence, and to “Say NO, Run, and Tell.”

**Parents** participated in parenting enrichment classes and child care services designed to promote bonding, positive communication, and family interaction increasing healthy parent/child relationships, and appropriate disciplinary techniques utilizing the Parent Project Model.

### 7,816 FAMILIES SERVED BY THE WHOLE CHILD

**4,712** children and families received outpatient therapy and intensive home-based services.



**2,220** infants, pre-schoolers, and parents received relationship and emotional attachment support.



**401** children and teens received crisis stabilization, improved emotional well-being, and training for school success.



**400** children received child abuse prevention training.



**83** parents received parenting enrichment classes and child care services to improve family relationships.



 Represents 100 people





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*The Heart of a Child Gala* A GATSBY AFFAIR

Saturday April 5, 2014  
6:30 p.m.

Millennium Biltmore Hotel  
506 South Grand Ave.  
Los Angeles, CA 90017