

The
whole child
building emotionally healthy lives since 1957

Annual Report 2014-2015



Dear Friends,

In this Annual Report, we will share Anthony's challenges with Obsessive Compulsive Disorder; Angie's painful experience with intrafamilial sexual abuse; Jake's parent's inability to provide appropriate boundaries; and, Amanda who, along with her children, flee a violent environment only to become homeless. Notwithstanding the severity of the issues that our clients face, we see in them hope, resiliency and recovery. The Whole Child has helped to mend many lives and is proud of its commitment to serve children and families!

As you read the stories offered in our Annual Report, you will learn just how courageous and strong children and families can really be. These stories represent examples of how children and their parents – upon partnership with The Whole Child – can work to redefine outcomes.

We, at The Whole Child, are committed to help children and families to recover from whatever challenges they face – be it anxiety, abuse, oppositional behaviors, domestic violence or homelessness. In order to succeed in this

task, our highly trained professional staff utilizes various assessment tools and resources to focus on the child and family's traits that either promote or inhibit resiliency. This allows our staff to better understand the strengths a child and its family has and can build on to solve the problems that confront them, recover from trauma or shame, cope with serious challenges or simply learn new skills in order to become resilient. Secondly, and more importantly, at The Whole Child we know how to help children and their families obtain or maintain their ability to “bounce back” and overcome their hardships and be prepared to address future challenges. We believe that being resilient is what will help them to succeed in life.

And, this is exactly why we have continued to expand our vision to serve not only the youngest and most vulnerable population through our comprehensive mental health services, but also homeless children through our housing services to ensure that children no longer have to worry about where they will sleep at night ... these programs will help ensure that all children that walk through our doors at any of our five locations will experience emotional well-being and thrive – first and foremost – in their own unique family. When children thrive in their families ... they then become more successful in school and in their community. Understanding the importance of personal contribution can serve as a source of purpose and motivation.

As we prepare for a celebration of sixty years of service in our community, our dedicated and hardworking staff continues to demonstrate their commitment to build community partnerships that focus on healing and building resiliency in our children to negotiate their own challenges, become more capable and experience happiness for emotionally healthy living.

And to each of our loyal supporters and donors, we thank you for your generosity...your individual and collective partnership with The Whole Child is the catalyst for change we need to build resiliency and transforms lives.

Sincerely,

Charlene Dimas-Peinado, LCSW, EML
Chief Executive Officer

Dear Friends,

It is an honor to serve as Chairwoman of the Board of Directors for The Whole Child. Since 1957, The Whole Child has helped thousands of children and their families lead emotionally healthy, happy and productive lives. It is through a dedicated and professional staff that we will continue to provide the utmost assistance for these children and their families.

Vulnerable children are at greater risk of abuse, intergenerational violence, mental health and health issues, academic difficulties, increased stress in their living situations, and homelessness. In fact, one in five American children experience a mental health disorder such as depression, anxiety, or Post Traumatic Stress Disorder. Families are the fastest segment of the homeless population.

Vulnerable children are at greater risk for more severe problems in the future because they may not have access to the same resources as children in higher income families. That said, we know from direct experience that children & families in need are receptive and respond well to professional mental health and housing services.

By investing financially to mental health and homeless services, we can prevent the many harmful situations that can result from emotionally destructive behaviors. By intervening early, we give children HOPE, help children to achieve emotional well-being, live with dignity and reach their true potential.

As a parent and grandparent I cannot imagine a child or family member having to endure the pain and suffering that comes with a mental health issue, neglect, abuse or homelessness. Supporting The Whole Child financially, donating my time, and contributing financially year round has been very gratifying on a personal and professional level and has made me a better person.

Won't you join me in contributing to The Whole Child? Your gift will make an immediate impact on urgently needed mental health and housing services in our community. More importantly, your gift will change the course of many more children and their families and help to make our community healthier.

Sincerely,

Maria Segovia, Chairwoman of the Board



Charlee Dimele-Leinado



Maria Segovia

Fostering Growth Despite Challenges

When Anthony's parents came to The Whole Child, they were deeply concerned because their son was behaving oddly at home. Anthony, who was 12 years old, did not want to touch things that others had touched, such as the toilet handle. He would ask his mother to help him take his shoes off because he feared that germs would spread to his hands and subsequently the rest of his body.

Anthony washed his hands multiple times a day which would leave his hands dry and cracked. He revealed that his biology teacher had facilitated a lesson on germs and how bacteria can kill or harm individuals. Anthony's fears and compulsive behaviors increased causing greater stress and anxiety and eventually interfering with the quality of his life.

Anthony participated in individual and family therapy to address his obsessive compulsive disorder to decrease his stress and anxiety. Given that stress is a major trigger of obsessive compulsive symptoms, one of the best ways to better cope and manage such symptoms is to learn and practice a number of relaxation techniques.

With the help and support of his therapist, Anthony learned and practiced relaxation techniques to better manage his symptomatology. Anthony learned how to imagine pleasant scenes, how to practice muscle relaxation and deep breathing exercises, and how to meditate to reduce his stress and anxiety. Anthony's parents were very supportive by practicing the various techniques with him on a daily basis. They helped him to take risks by not flushing the toilet for him and encouraging him to take his own shoes off. Over time, Anthony's thought patterns changed and he learned that things he thought were terrifying were not as scary as he imagined. Each time that he practiced facing his fears, his anxiety decreased.

At the end of treatment, Anthony reported that he no longer worried about contamination and exposure to germs. He was eventually able to flush the toilet and take his shoes off without his mother's help. And, he no longer resorts to excessive washing of his hands. Today, Anthony is a healthier and happier 12 year old equipped with newfound skills to effectively cope with his fears, worries and troubling thoughts.

“Living life WITHOUT ANXIETY has *helped me focus* better at *home and school*. It FEELS WONDERFUL to *not have to worry* about things ANYMORE.”

– Anthony



Therapeutic Programs and Services

Outpatient Services

Services include a comprehensive psychosocial assessment, individual, family and group psychotherapy. The outpatient services provide a structured nurturing therapeutic environment designed to promote successful home, school and community functioning by enhancing self-esteem, encouraging personal growth and development, and improving socialization skills within a group. Theoretical orientations for the implementation of therapeutic services include child centered theory, family systems theory, and strength based theory. Treatment techniques and interventions include, but are not limited to play therapy, cognitive-behavioral therapy, brief strategic family therapy, behavioral modification techniques, attachment therapy, trauma therapy, gestalt therapy, sand tray therapy and art therapy.

School Based Mental Health Services

Comprehensive mental health services are provided on-site at local schools in the community. The Whole Child partners with nine local school districts including East Whittier School District, El Rancho Unified School District, Little Lake City School District, Los Nietos School District, Montebello Unified School District, Norwalk-La Mirada School District, South Whittier School District, Whittier City School District, and Whittier Union High School District. Over twenty-one schools receive school-based mental health services from The Whole Child.

Crisis Intervention Services

When a child and/or family member is experiencing a crisis, which often occurs in the school, home and/or community, immediate assessment, triage and intervention is required. A master level therapist will provide a comprehensive crisis assessment to determine the level of therapeutic interventions required to stabilize the child and/or family member. The goal will be to stabilize the identified client in the presenting crisis situation preventing a more intensive level of mental health services such as hospitalization, removal from the home, expulsion from school, and/or police involvement. Thus, returning the identified client to the highest level of functioning and reintegrating successfully the client to the school, home and community setting. Crisis intervention services include eight to ten sessions. However, if the therapist is unable to successfully stabilize the crisis situation, planning with the family, school staff and/or collaborative involved will ensure a higher level of care appropriate to the crisis situation, i.e. intensive outpatient and/or intensive home based services.

“ONE IN FIVE children ages *thirteen to eighteen* have, or will have, a **SERIOUS MENTAL ILLNESS.**”





Therapeutic Programs and Services *(continued)*

Intensive Outpatient Services

Full Service Partnership (FSP) – intensive in-home mental health services for children (birth to 15) and their families who are involved in multiple service systems such as Department of Children and Family Services (DCFS), Probation, and Special Education. Participants in this program qualify for a higher level of care due to their mental health needs and history of inpatient psychiatric care and/or residential treatment care. Referrals are made by Department of Mental Health (DMH), schools, and other community agencies.

Family Preservation (FP) – mental health services for children and their families who are current participants of the DCFS Family Preservation Program.

Field Capable Clinical Services (FCCS) – mental health services for children and families needing more than traditional outpatient services. The majority of these services take place in the community such as in the home and at school. This program is also considered a “step down” service from FSP.

Multidisciplinary Assessment Team (MAT) – this is a comprehensive mental health assessment program for children recently detained by DCFS. Referrals are made by DCFS and DMH staff co-located at local DCFS offices. MAT assessments are conducted throughout Los Angeles County.

Specialized Foster Care Services

Comprehensive mental health services for children and adolescents currently involved with the foster care system in Los Angeles County due to issues of child abuse; referrals are made directly by the Los Angeles County Department of Children and Family Services (DCFS).

Medication Support and Management

Upon completion of the psychosocial assessment and throughout the treatment process, it will be determined if a psychiatric evaluation will be scheduled for possible use of psychopharmacological treatment. A board certified licensed psychiatrist will conduct a comprehensive evaluation, establishing a positive relationship with the child and parent(s)/guardian, providing information on psychopharmacology, and on-going medication support and management.

Psychological Testing

Upon completion of the psychosocial assessment and throughout the treatment process, it will be determined if a psychological testing is indicated. Psychological testing can be instrumental in determining effective therapeutic goals or treatment interventions; determining diagnosis; assessing the level of cognitive functioning; ruling out psychosis; assessing developmental and educational deficits as well as strengths; and determining additional internal and external resources to meet client and family's needs accordingly. The licensed psychologist will work with the agency's multidisciplinary team, as well as community collaborative(s), i.e. schools, hospitals, etc., to gather history and/or data which will assist in determining methodology for further clinical assessment and treatment planning.

Case Management Services

Children and families will receive an array of case management services, which will include interagency, and intra-agency consultation, communication, coordination and referral, ensuring access to resources. A range of areas in which resources may be beneficial to the client and family such as: school, recreation, social supports, finances, housing, transportation, parenting, therapy for others in the family, emergency assistance (financial), vocation, child care, substance use, legal assistance, etc. Case Managers are trained to use this tool in a manner in which it will promote a sense of support and connectedness to the agency, and in which the therapist and Case Managers can work together to empower the clients to address the needs identified and implement the services recommended.

Birth to Five Services

Programs are sequenced in phases, including: Early Identification and Referral; Diagnosis of Developmental and/or Emotional Issues; and Treatment (Four Levels of Service). Treatment protocols within Early

“The rate of EMOTIONAL and *behavioral problems* among *homeless CHILDREN* is **THREE TIMES** the rate of *non-homeless* children. By the time they reach the AGE OF FIVE, 40% of *homeless CHILDREN* will develop a *MENTAL health issue*.”

Attachments cover a spectrum of therapeutic services for infants and toddlers, and can be offered to the parent alone or in conjunction with the child. They include: Child-Parent Psychotherapy: psychotherapy for children 0-5 years; The Incredible Years: training to teach parents effective parenting strategies that promote young children's social and emotional competence, reduce problem behaviors, and increase positive and nurturing parenting; Parents as Teachers: home-based service to teach parents appropriate activities and educational development for their infants/toddlers; Positive Parenting Program: training for parents of children with challenging behavioral problems; and Infant Massage: relaxation techniques to reduce crying and help infants sleep more soundly as well as promote healthy bonding through physical interaction and verbal and nonverbal communication. Additional services include developmental screenings, and support groups for women with post-partum depression. Strong community partnerships exist with PIH Health, Beverly Hospital and local Head Start schools.

Therapeutic Programs and Services *(continued)*

Prevention and Early Intervention Services (PEI)

Comprehensive short term mental health services utilizing evidence-based practices (EBPs) which are researched based and supported for their efficacy with children and families. The Whole Child is pleased to offer the following EBPs: Trauma Focused Cognitive Behavioral Treatment (TF – CBT), Individual Cognitive Behavioral Therapy (Ind CBT), Child Parent Psychotherapy, Incredible Years, and Aggression Replacement Therapy (ART).

The Parent Project

The Whole Child offers parenting groups for our community utilizing The Parent Project curriculum for parents of teens and Loving Solutions (Parent Project, Jr.) for parents of elementary school aged children. The Parent Project curriculum offers a strength based approach that supports parents in strengthening their relationship with their children by promoting healthy communication

Families First

This program provides short-term mental health services to children and families who do not have insurance or who do not qualify for other programs such as those funded by DMH. The Whole Child recognizes that mental health is a universal concern and is committed to being a resource for all children by pursuing alternative funding opportunities to eliminate barriers to treatment.

Family Housing

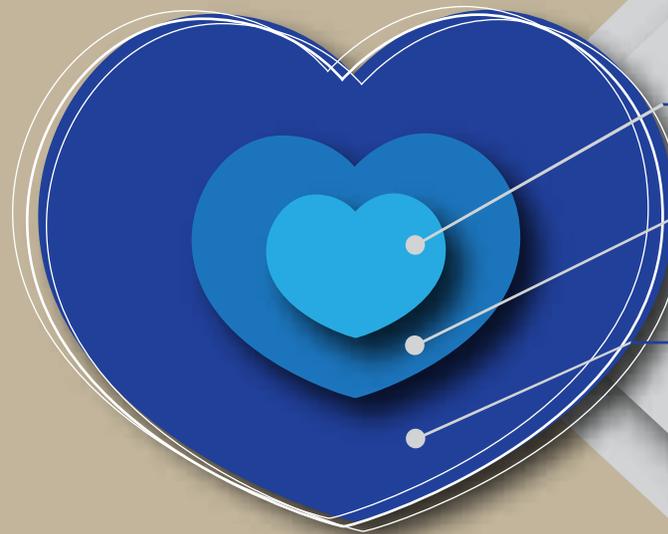
The Whole Child’s housing division is committed to keeping families together and addressing homelessness by providing permanent supportive housing. The primary goal of the Housing First Model is to reflect current best practices for family placement into the community towards housing permanency. Homelessness ends when the individual or family is stabilized in permanent, affordable housing, whatever that permanent housing type may be and whatever the support systems that must be in place to help them stay there. To achieve this goal, a multi-pronged approach to addressing family homelessness is utilized and focuses on four key areas of action:

- 1) a coordinated entry system;
- 2) housing intervention strategies tailored to needs of individual families;
- 3) linkages to local mainstream support systems; and
- 4) utilization of evidenced-based practices in a Community-Based “Scattered” Site Model involving several “clusters” of apartments and scattered apartments throughout Southeastern Los Angeles County (SPA 7) to end homelessness will be utilized.

“Early disruptions in *emotional development & relationships* can have long-standing **NEGATIVE CONSEQUENCES.**”



Children Served (2014-2015)



Family Housing 268

Birth to Five Services 2,738

Mental Health Services 6,910

**Children Served
9,916**



Creating Positive Impact with Support



Jake came to The Whole Child as an extremely angry, easily frustrated, and difficult to soothe three year old. During the intake process, his mother shared that he frequently had outbursts and would hit, kick, bite, spit and say bad words. These behaviors often occurred when he was told “no” or provoked by other children. Jake’s behavior was very disruptive and increasing the level of stress at home as both parents were overwhelmed and at a loss at what to do. They were very receptive to receiving guidance, support and learning parenting techniques to better manage Jake’s behaviors.

The family received support through the Triple P – Positive Parenting Program. This program is designed to be a 10 week program and gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums, self-esteem issues, bedtime battles, disobedience or aggression.

Jake’s parents were attentive and dedicated throughout the program. They read all materials presented, took notes in their workbook, asked questions, clarified information, and showed genuine interest in trying new techniques. Jake’s mother became creative making colorful behavior charts, rewards systems, and appropriate consequences. Jake’s mother was able to adapt her own actions to meet the needs of her family. Jake’s parents were open to looking at their style of parenting and changing some of their behavior for the sake of the family. They committed to working on decreasing their yelling and increase follow through and consistency in setting clear limits.

Due to Jake’s parent’s commitment and consistency, the family was able to complete the program within 10 weeks, and saw a huge improvement in Jake’s behaviors. All of his symptoms significantly decreased in frequency and severity. Jake is now a happy and helpful toddler.



“The Triple P – POSITIVE PARENTING PROGRAM gives parents *simple tips to help manage* the BIG AND SMALL problems of *family life.*”

HEALING CHILDREN FROM THE GROU



Groundbreaking (left): The groundbreaking at The Whole Child is celebrated by its Board of Directors and Chief Executive Officer.

During (below): The building is barely recognizable during construction that will bring much needed improvement to our new headquarters.

We are so very grateful for the generosity of the Rose Hills Foundation, BCM Foundation, The Albert and Bettie Sacchi Foundation and the Ralph M. Parsons Foundation for helping The Whole Child provide an expanded and enhanced environment dedicated to the vulnerable children in our community.



Exciting Changes Happening at The Whole Child

ND UP!

The Whole Child's headquarters
Executive Officer.

ble under all the scaffolding
vements to The Whole Child's



The Whole Child is proud to announce the much anticipated capital improvement project that will not only offer ample space for an expanded and enhanced environment for therapists to provide mental health and housing services but also include state-of-the-art Children's Interactive Play Therapy Rooms. The Interactive Play Therapy Rooms will be strategically placed throughout the organization to support a structured, theoretically based approach that builds on children's natural use of play to learn about their world and communicate their experiences. While play therapy can be effective with any number of toys and therapeutic items, well-designed play therapy rooms can provide even further opportunities for children to play, learn and process their experiences.

Each of the play therapy rooms will be outfitted and designed with several different thematic areas that target expressive art, power/control play, sand play, creative play, as well as relational play. Children will be encouraged to make their own choices within the playroom, giving them the ability to direct the course of their play, as well as the course of their healing.

Research and analysis clearly indicates that an attractive, child-friendly and comfortable environment is very necessary to create a relaxing, happy and inspiring atmosphere. Open space, semi-public space and private space, quietness, lighting effects and play activities are all needed. Since children reflect reality through play, it is necessary to have "emotional health" themed play activities that will help children acknowledge their treatment goals and interventions through an interesting and acceptable ways of presenting. Moreover, creativity plays a significant role in realizing stress and fear. The play therapy rooms will not only help children become immersed in creativity, but also offer them a chance to have a sense of control of their situation.

"When children walk into The Whole Child's newly renovated building, the first impression they receive will be a warm welcome throughout the building that will be dedicated just to them – to their laughter and sense of hope, curiosity, learning, and healing...free of judgment" said Charlene Dimas-Peinado, CEO.

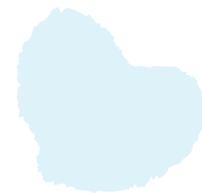
The Rose Hills Foundation, BCM Foundation, The Albert and Bettie Sacchi Foundation and the Ralph M. Parsons Foundation have contributed generously to this capital project. To accomplish specific design objectives and construction management are Juan Kivotos of J.M. Kivotos Architects Inc. and ACS Group, Inc. Associated Construction Services.

Building Hope with a Home

Every year Family Housing at The Whole Child works to help end the growing number of homeless children and their families. Recently, our elected leaders declared a state of emergency on homelessness. The recent HOME COUNT conducted by the Los Angeles Homeless Authority Services reported that in our area, the Southeastern Region of Los Angeles County, there was a forty-seven percent increase in homelessness.

Sarah and her children, James and Robert, became homeless and came to The Whole Child for help. She was fleeing a situation of physical and emotional abuse – her husband had become violent as a result of Post-Traumatic Stress Disorder from serving in the military in Afghanistan. Sarah was able to connect with The Whole Child through a referral from 211 LA (a local social service and resource line). Sarah and her children were living in her car with limited resources. They had no family support and had no money for rent or any other necessities. Sarah was extremely stressed and worried about what would happen to her family.

Using the Housing First Model, The Whole Child's Family Housing Program was able to successfully place Sarah and her two children in permanent supportive housing, while providing comprehensive case management and mental health services. Their case manager ensured that her oldest son was enrolled in school and both children were receiving resources to ensure their stability and safety. Additionally, Sarah and her children immediately began participating in mental health services to address their own trauma. As a result of the help they received at The Whole Child, Sarah and her children were able to work through their traumatic experiences and heal as a family. At the same time, Sarah and her case manager worked together to secure affordable childcare, so she could attend college. This past spring, Sarah graduated from California State University, Dominguez Hills, with a Bachelor's Degree in Human Services. Sarah is now employed, earning a stable income, and managing financially on her own. Now, her oldest son is excelling in school and both are thriving physically and emotionally.



thriving physically and emotionally



“The Whole Child is an IMPORTANT PART OF OUR COMMUNITY providing vital *comprehensive mental health* and *housing services* to families in need. On any given night, 7,500 FAMILIES WITH CHILDREN ARE HOMELESS in the County. I hope you will *join our community* and *support the work* of The Whole Child.”

– Representative Linda T. Sánchez, California’s 38th Congressional District

Building Corporate Partnerships to Leverage Change

The Whole Child understands the power of strong partnerships and collaborative efforts and has a reputation for developing partnerships with corporations and businesses that further its mission.

Pacific Western Bank, a wholesale commercial bank headquartered in Southern California, prides itself in providing commercial banking products and services to individuals, professional, and small to medium size businesses in the United States. To that end, Pacific Western Bank also takes a very serious interest in supporting the local communities in which we service and supporting those businesses which provide support to so many important causes.

“We not only provide very important and necessary Banking Services, but equally important, the employees of the Bank also step-up and provide voluntary support to further assist organizations. The Whole Child is one of those organizations which the Bank very proudly supports. We look forward in providing our services and volunteer time to The Whole Child’s role in Whittier and the local Southeastern Los Angeles County communities.” – Michael Schirm, President, Eastern Region of Pacific Western Bank.

Brookdale Uptown Whittier is an assisted living community in historic Uptown Whittier, outside of Los Angeles. They have created a place that goes well beyond physical support-to a socially connected community with opportunities to challenge the mind, lift the spirits, revitalize purpose and nurture the heart. They blend the unique spirit of their community and its residents with award winning, evidence-based programs to provide a customized, integrated pallet of opportunities designed to support the pursuit of living well. And to inspire all the places that each life can go.

Brookdale Uptown Whittier organizes various events throughout the year to collect donations for the vulnerable and at-risk children at The Whole Child. From Easter baskets, Halloween costumes and holiday toys, “we are proud to partner with an agency that understands the importance of enriching the lives of others with compassion, respect, excellence and integrity,” said Suzie Magpayo, Executive Director of Brookdale Uptown Whittier.



Maria Segovia, Vice President and Charles Long, Senior Vice President with Michael Schirm



Suzie Magpayo with Tomas Rios, Sales Manager

Kids Giving Back to Kids

Eagle Scout (right): Cody Budge selected Family Housing at The Whole Child for his Eagle Scout Service Project. He solicited and coordinated the donations of various items from his community for over 100 hygiene kits for our homeless children and families.

Brownies (below): Troop 8044 selected The Whole Child to accomplish the Bronze Award Service Project. Through their meticulous planning and outstanding leadership, they donated handmade and hand painted toy boxes filled with toys for our therapy rooms.





Last Year's Participants

Top Left: So Cal Office Technologies was overwhelmed by the impact the gifts had on their family.

Bottom Right: Maria Segovia went above and beyond, providing gifts and a Christmas tree.

Adopt-A-Family this Holiday Season

Bring joy to someone's life this Holiday season and become a sponsor in The Whole Child's Adopt-A-Family program. This heartfelt tradition brings smiles to hundreds of needy families served by our Agency.

The Whole Child's staff, individuals, groups, community members, and local businesses can all participate in this joyous and gratifying event by sponsoring families. Sponsors are provided with the "adoptee's" contact information along with their "wish list" of requested items. These items range from clothing, gift certificates, or toys for the little ones. Sponsors also have the option of donating bags of groceries to their "adoptee" for a holiday dinner.

The 'Spirit of Giving' is contagious and numerous volunteers who have participated in the past have voiced their heartfelt sentiment of enjoyment. Volunteers enjoy participating in the program that some even gather together family, friends, and coworkers and join together to adopt a family or families. This activity is fun for the volunteers and offers an unforgettable experience. Choose to make a difference in someone's life this holiday season and keep the spirit of giving alive.

If you are interested in participating please contact Andrea Salazar, Director of Donor Relations at (562) 236-4696 or asalazar@thewholechild.info.



Introducing Parents as Teachers

The Whole Child is one of only three agencies that was selected by First 5 LA to provide in-home services to newborns and their families residing in the communities of East Los Angeles (including City Terrace and parts of Monterey Park and Commerce) as well as Southeast Los Angeles (including Bell, Bell Gardens, Cudahy, Maywood and parts of Commerce, Huntington Park and Vernon).

Women residing in these communities who give birth at one of our two partner hospitals, St. Francis Medical Center in Lynwood or White Memorial Medical Center in East Los Angeles can participate in voluntary home visits with a parent educator if they meet eligibility during a hospital screening. Eligibility factors include being a first time parent, having limited resources or social supports as well as having a previous history of DCFS involvement, to name a few. If determined to be meet the criteria, hospital staff provides The Whole Child with the family's contact information and a parent educator makes contact with the family within 24 hours to schedule an initial visit within 7 days of the family's referral. Assuring that families receive the support they need from day one is one of the highlights of this program.

Using a nationally recognized evidence-based curriculum, Parents as Teachers, parent educators visit families on a bi-weekly basis to support parents in their role as their child's first and most influential teacher. To achieve this, parent educators provide parents with age-appropriate activities that target the areas of language, motor skills, cognitive and social-emotional development. Parent educators engage with parents in practicing these activities with their children and give parents tips for ways to modify the activities and continue providing learning opportunities for their children throughout the week.

Parents As Teachers Staff from top left to bottom right:

Maricela Velazquez, Victoria Ramos, Sonia Torres,
Rocio Parra, Program Supervisor, and Alicia Hernandez



Children are screened regularly using the Ages & Stages Questionnaires to ensure they are in fact meeting their developmental milestones. Parents also benefit from the family wellness component of the program through on-going case management and are linked to resources in their community when a need arises. In addition, the program offers monthly parent socialization groups known as Group Connections where parents can meet other families with young children and share their experiences. Group Connections take many forms which include formal presentations on topics of interest to parents of young children, or outings to a local farmer's market or a library for Toddler Story Time.

To ensure families receive the support they need, prior to conducting their first home visit, parent educators complete 100+ hours of training in the areas of bonding and attachment, brain development, child abuse assessment and maternal depression, just to name a few. In addition to the required training, parent educators at The Whole Child are certified as Infant Massage Instructors to promote bonding, Lactation Educator Counselors to support any woman desiring to breast feed her baby and Car Seat Safety Technicians to ensure not only the emotional but the physical safety of the children being served.



Helping a Child Heal from Trauma



Angie was once a happy and vibrant toddler, always interacting and playing with her two older siblings. Sadly, an unfortunate situation occurred and Angie was sexually abused by a family member. Angie's parents took her to PIH Health in Whittier, and it was there that they were referred to The Whole Child. As a result of the abuse, Angie became an extremely anxious and frightened child. At times, her anxiety became so intense that she would harm herself, experience severe nightmares nightly, cry excessively throughout the day and have extreme emotional outbursts. Angie would not let anyone other than her mother bathe or change her, as she no longer trusted other adults.

“THREE OUT OF FOUR *adolescents* who have been sexually assaulted WERE VICTIMIZED by *someone they knew well.*”

-National Institute of Justice

Parents have an important role to help their child recover from sexual abuse. Children need to feel ongoing support, trust and security from parents. Utilizing a trauma based therapy tailored for a 2 year old child and her family; Angie's therapist helped her parents understand the methods Angie needed to begin the healing process. The therapist explained how the family's involvement would play a critical role in Angie's healing and recovery. Her parents learned how to soothe and comfort Angie during and after one of her emotional outbursts. They learned about triggers that generated an emotional outburst and how to respond appropriately.



At The Whole Child, Angie's parents were able to receive their own individual therapy, which supported the family's own recovery from the trauma their child had experienced. After several months of therapy, Angie became comfortable interacting with her father again, allowing them to build a stronger father-daughter relationship. Over time, her nightmares and emotional outbursts stopped. Supportive discussions about the sexual abuse in a safe environment contributed to the healing process. Angie is now a happy, confident and emotionally healthy preschooler ready for life's new challenges and adventures.





Renowned Trauma Expert Dr. Bruce Perry Featured by The Whole Child

The human brain has remarkable malleability during development. Experiences of early childhood shape the developing brain by providing a range of social, emotional, motor and cognitive experiences that will literally impact the number and density of synaptic connections, neurons and neural networks in the infant brain. The major providers of these early experiences are the primary caregivers.

On June 1st, four hundred child therapists, policy makers, social workers, mental health professionals, students and community members attended our children's mental health symposium at the Pacific Palms Resort in the City of Industry. The symposium, co-sponsored by First 5 LA, featured a full day presentation on child abuse and its effect on brain development by subject matter expert, Bruce D. Perry, MD, PhD.

Dr. Perry, Senior Fellow of The ChildTrauma Academy in Houston, Texas and adjunct Professor in the Department of Psychiatry and Behavioral Sciences at the Feinberg School of Medicine at Northwestern University in Chicago, discussed different adverse childhood experiences (ACE's) and their long-term effects on children, children's reactions to abuse and how very complex and at times misdiagnosed, and his recommendations for how to handle treatment.

According to the Blue Ribbon Report research has found that children under the age of five are at the greatest risk of death from abuse or neglect and that fatality rates are highest among infants under age one. Every day forty infants are reported as possible victims of abuse or neglect. National Child Abuse and Neglect Data System (NCANDS) data for 2011 demonstrated that children younger than one year of age accounted for 42.4% of fatalities and children younger than four years of age accounted for four-fifths (81.6%) of fatalities.

"The brain is an incredibly complex organ," explained Perry. He went on to discuss how children cannot be made to fit into a typically diagnosis because many times this generalization can lead to failed treatment. "Each person has a unique pathway to the present and deserves individual care," said Perry, and that by recognizing this and modifying treatment accordingly we would be much more successful.

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 Impact of Generosity

The Whole Child owes much of its success to the generosity of its donors. Their donations have a direct impact on the children and families served, ensuring every child and family has the skills, support and security they need to thrive in their community.

Robert and Irene Quist have been friends of The Whole Child for over 20 years. As past Chairman of the Board and a current member of the Board of Directors, Robert has had a significant impact on the growth of the Agency. He recalls the purchase of The Whole Child's Headquarters building proudly, and always smiles as he arrives at that location. He is looking forward to the completion of the Headquarters' expansion and renovation project and the direct impact it will have for the many children and families that come to The Whole Child for comprehensive services.

Both Robert and Irene shared that it has been a wonderful experience to see The Whole Child expand and grow with its community in mind. Family Housing at The Whole Child is a perfect example of such growth. "How can you hope to have a healthy family, both physically and mentally, if you do not even have a home," said Robert. The Quists are generous contributors to both the housing and mental health programs at The Whole Child. They are honored to continue their partnership with an agency that is not only aware of the needs of its community, but continually works in an innovative way to immediately address those needs.

“We have gained more from our INVOLVEMENT with The Whole Child than we could EVER GIVE back in return.”

– Robert and Irene Quist



“Be the change you want to see in the world” – Mahatma Gandhi

On Friday, March 13, 2015, The Whole Child hosted *All that Jazz... for a Cause* at the City Club in Los Angeles. The Whole Child’s guests included local city officials, business leaders, corporate sponsors, and community leaders. Highlights of the evening included a spectacular view, a live and silent auction, amazing networking and live entertainment. Thank you for helping The Whole Child give vulnerable, at-risk, and homeless children the skills and tools they need to grow into emotionally healthy adults.



The Amanda Castro Band



Thank You to Our *All that Jazz... for a Cause* Sponsors

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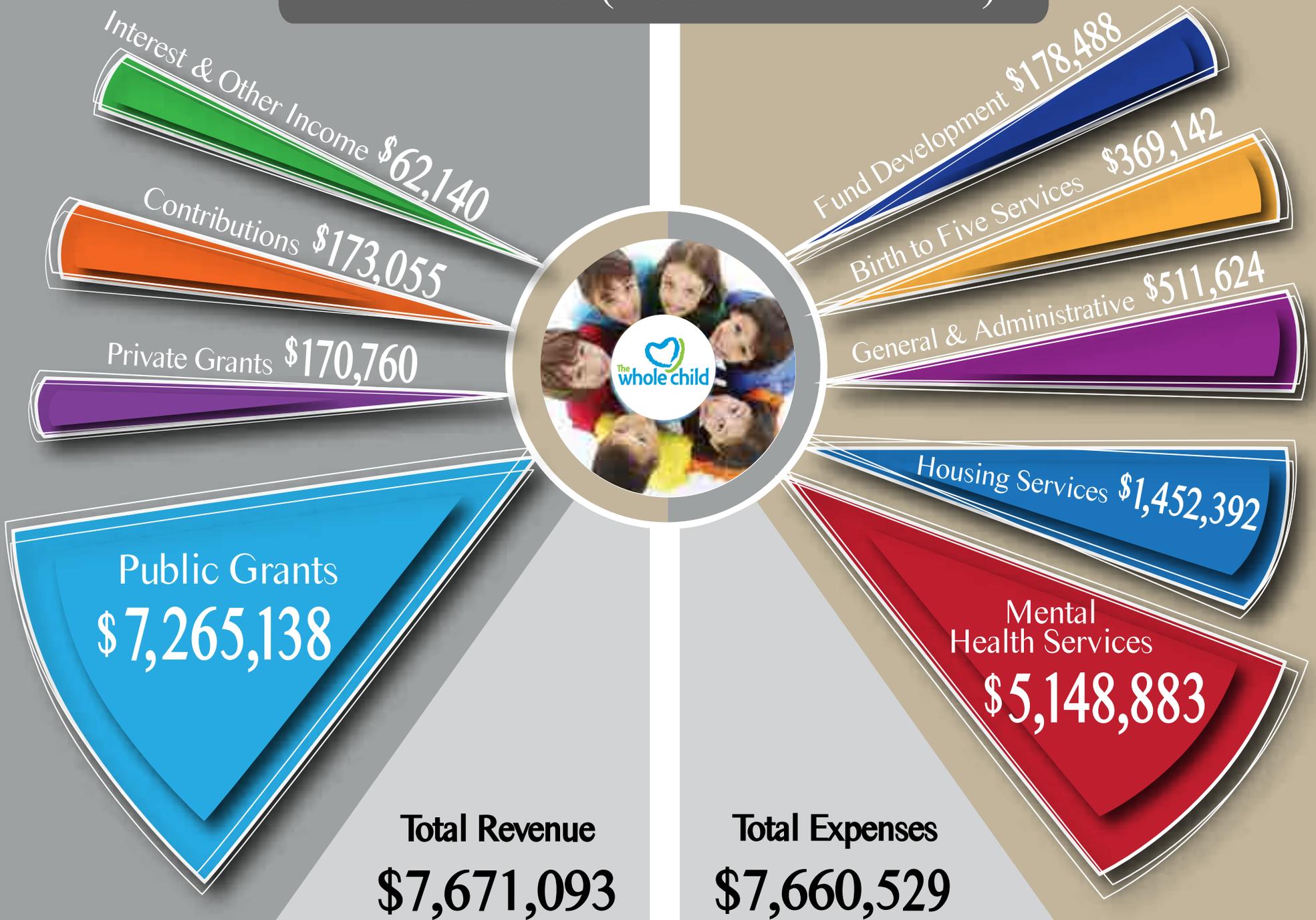
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“We always look forward to attending THE WHOLE CHILD’S EVENTS. The Core Group gets to ENJOY AN AMAZING NIGHT, while learning more about the HARD WORK and dedication The Whole Child POURS INTO THE COMMUNITY in support of those in need. Great individuals WORKING AS A TEAM and doing great work!”

– Frank Luongo, CEO and Principal Network Engineer of The Core Group

Financial Data (Fiscal Year 2014-2015)





Gabriel Papa — Chair of Planned Giving Committee

“There is *no better way* to thank the DEDICATED STAFF at *The Whole Child* and HONOR the *vulnerable children* we SERVE than to MAKE *a contribution from your estate* through a PLANNED GIFT.”

– Charlene Dimas-Peinado, CEO of The Whole Child

Leaving a Legacy to Make a Difference

As The Whole Child progresses in the third year of its strategic plan, the aspect of fund development could not be more important. We are excited to share that Planned Giving will be another viable option for our donors and community members to continue to support our mission to build emotionally healthy lives for the children we serve.

Planned giving involves providing a future gift to a charity through your financial and estate plans. There are a number of different arrangements that can make your planned gifts possible and can enable you to leave a lasting legacy. Examples of acceptable gifts to The Whole Child include bequests or charitable trusts. As we approach our 60th anniversary in 2017, the Board of Directors has identified Planned Giving as a necessary tool to sustain our programs and continued service to the community for years to come.

Being one of the oldest nonprofit mental health providers in Los Angeles County, we have established ourselves as a leader in the field of children and adolescent mental health and housing services. Our abilities to provide care to approximately 9,000 children and their families come with great reliance on our expert staff as well as the generous support of our donors, public and private partners.

To The Whole Child, a culture of philanthropy means that children and families have greater access to comprehensive mental health and housing services. It means that the work that we do every day has value. And it means that we can create a society that embraces children as its most precious resource. Planned giving is an important element to this very culture and we encourage your thoughts about ways you may be able to incorporate a planned gift into your personal plans.

For more information, please contact the Development Office at (562) 236-4696.



The Holiday Season is a time for giving...

'Tis Better to Give than Receive? Without a doubt! Make your year-end gift to The Whole Child today! Contributions by check must be dated December 31, 2015 or earlier to be credited as a 2015 tax deductible contribution. Contributions by credit card must be submitted online by noon on Friday, December 31, 2015 to be processed during tax year 2015.

Gifts by Check

Contributions by check must be dated December 31, 2015 or earlier to be credited as a 2015 tax deductible contribution.

Gifts by Credit Card

Contributions by credit card must be submitted online by noon on Friday, December 31, 2015 to be processed as 2015 gifts for tax purposes.

Your gift is extremely important because it offers immediate resources that are directed to current needs of our children and their families. Send your gift today! All of our children and families are counting on your support!

To make a gift or for more information please contact Andrea Salazar, Director of Donor Relations, at (562) 236-4696 or asalazar@thewholechild.info.



Our Generous Donors, thank you for your support!

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The Whole Child is proud to announce its Corporate Board whose purpose is to further assist The Whole Child in expanding its strategic corporate partnerships to build goodwill within the communities served by The Whole Child and its corporate partners.

For further information about becoming a member of our prestigious Corporate Board contact our Director of Donor Relations, Andrea Salazar, at (562) 236-4696 or asalazar@thewholechild.info.

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Our Mission

Our mission 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

Our vision is 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.

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