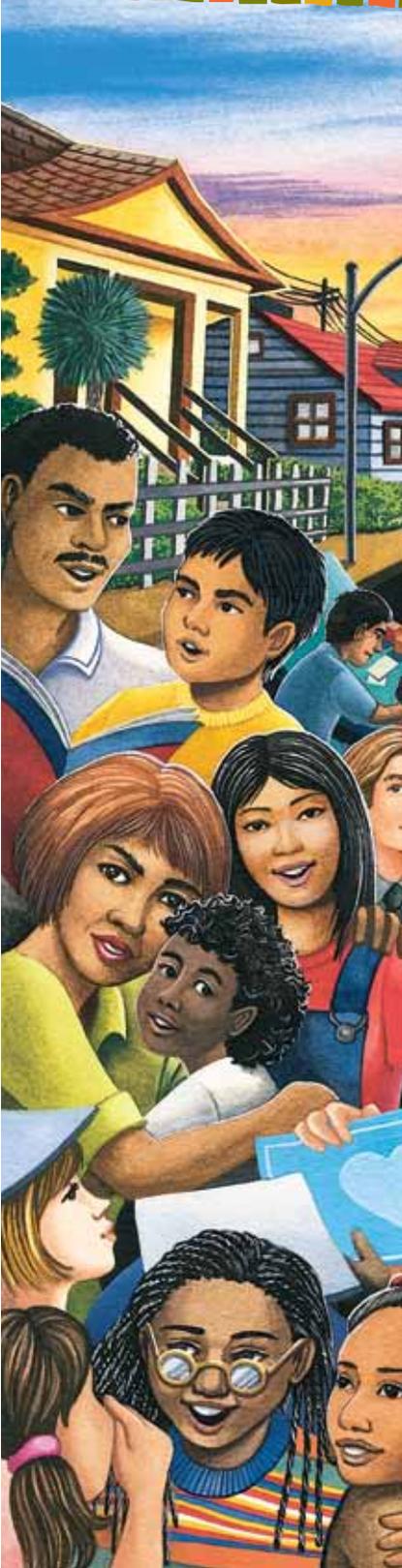




in touch



Katie Vernoy, M.S., LMFT, CalWORKs Coordinator for the Clinic, says the program works to define each participant's success story.

On the Job: CalWORKs Program Gains 'Best Practices Award' 3rd Year in a Row

Finding a job is always stressful, even frightening. Imagine doing so as a mother battling depression, trauma or more. For participants in the Los Angeles Child Guidance Clinic's CalWORKs program, success comes in many forms, in the baby steps and big steps they make toward getting ready to enter the workforce or obtaining a job.

Those steps can include learning essential job skills, going back to school, volunteering, writing a resume or simply overcoming the anxiety and fear of leaving the house each day. "Each person's trajectory is different," says Katie Vernoy, the Clinic's CalWORKs Coordinator. "We work to find what success there is

and move each person to where he or she needs to go."

CalWORKs is the California Work Opportunity and Responsibility to Kids Welfare-to-Work program. At the Clinic, the primary focus is removing the barriers that mental health issues pose to employment.

That the Clinic's program itself is working is evidenced by the "Best Practices Award" it received in 2009—for the third consecutive year—from the Los Angeles County Department of Mental Health (DMH). Calling the Clinic's program "outstanding," DMH

continued on page 4...



Message from Chairperson



Here at the Los Angeles Child Guidance Clinic, we are driven by an overriding principle: a belief in the power of excellence. By that we mean excellence in our programs, our performance, and our ability to provide mental health services that make a difference for children, youth, and families in Central and South Los Angeles.

We are guided by our Standards of Effective Care, which set the bar for every aspect of our mission. You'll see these Standards in action in our award-winning CalWORKs program, featured in this issue. I'm proud to note this program just earned the "Best Practices Award" from the Los Angeles County Department of Public Health for the third year in a row.

You'll also find our Standards at work in our innovative Early Intervention Training Institute and our planned Center for Excellence in Trauma-Informed Services, created in response to pressing needs in our community.

Finally, I encourage you to read about and contribute to The Pfromm Fund, which our Board has established to honor another example of excellence, our own President and CEO, Betsy Pfromm.

Sincerely,
Robert J. Neary
Chairperson

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Clinic Debuts Center for Excellence in Trauma-Informed Services



Gang violence. Teenage pregnancy. Violence at home. Removal from the family home. Failure in school. Parental unemployment or illness.

According to the Los Angeles County's "2009 Key Indicators of Health," South Los Angeles' children find themselves more at risk for any of these experiences than children in any other part of the County.

In fact, though South Los Angeles has only 13% of the County's children, it reports 20% of all children in out-of-home placement. This region also represents 31.6% of

all homicide victims ages 0-17 and 33% of all hospitalizations in the County from assaultive injuries.

In response to this urgent need, the Los Angeles Child Guidance Clinic is formally establishing its Center of Excellence for Trauma-Informed Services. The Center represents a year-long effort in 2010 to consolidate the Clinic's expertise in the field of childhood trauma.

"This is a high priority for us due to the disproportionate prevalence of violence and poverty in our community that leads to high levels of untreated trauma for our children,"

Special Thanks

The Los Angeles Child Guidance Clinic wishes to acknowledge the generous donors who support our programs and services on behalf of the children and families of Los Angeles.



New Friend

Kaiser Permanente Los Angeles (Metro) - \$7,000

Funding supports the no-appointment, no-fee, walk-in Access Center.

Old Friends

The Rose Hills Foundation - \$50,000

ECHO of Northrop Grumman – \$1,100

Funding will support the programs of the Early Intervention and Community Wellness Division.

Please join us in our commitment to improving children's mental health outcomes by becoming a donor today. You can make an online donation, including a memorial or tribute gift, via PayPal by visiting www.lacgc.org.

To Mail Your Donation:

Los Angeles Child Guidance
Clinic Advancement Office
3031 S. Vermont Avenue
Los Angeles, CA 90007

To Donate via phone:

Please call Lisa Lennick at
(323) 766-2360 ext.3360

The mission of the Los Angeles Child Guidance Clinic is to provide quality mental health services to a community in great need by ensuring easy access and promoting early intervention.

“We make a living by what we get, but we make a life by what we give.”

— *Winston Churchill*

says Elizabeth “Betsy” Pfromm, M.S., MPA, Clinic President/CEO. “Untreated trauma can result in life-long problems that treatment can prevent.”

Clinic services to the some 3,500 children in South Los Angeles—and to all children in the community at risk for trauma—must employ the best strategies and models to ensure that trauma from various causes is addressed, she adds.

Throughout its eight-decade history, the Clinic has tailored its services to children suffering trauma. “We have documented our

success and know how to treat such trauma to give each child the best opportunity to overcome its disabling potential and succeed in life,” says Ms. Pfromm.

The Clinic will align its new Center of Excellence for Trauma-Informed Services with guidelines from the federal National Center for Trauma-Informed Care. In addition, Clinic officials plan to champion the need for trauma-informed services for children in Los Angeles County with local officials and media, as well as highlight the impact of trauma on children in its outreach efforts.

“Trauma-informed programs and services represent the ‘new generation’ of transformed mental health and allied human services organizations and programs who serve people with histories of violence and trauma.”

— *The National Center for Trauma-Informed Care*

cited it for “highlighting valuable resources and celebrating successes of CalWORKs participants.” In addition, DMH awarded one of the Clinic’s participants with the “Outstanding Personal Achievement Award” for demonstrating courage and commitment toward self-sufficiency—the second year in a row a Clinic client has garnered this honor.

What is the secret to the Clinic’s success? “Our CalWORKs program is rooted in the Standards of Effective Care adopted throughout our organization,” notes Ms. Vernoy. Those Standards include such principles as excellence, access to care, teamwork, collaboration, innovation and respect for clients’ knowledge.

“We are determined to give our CalWORKs participants the same level of service and support we do all our children and families,” she adds.

English-speaking participants join an eight-week Welcome Group. (Fewer in numbers, Spanish monolingual speakers meet individually with counselors.) An optional home visit takes place at this time as well. After this assessment phase, each client moves into intensive services, which can include intensive group therapy, individual counseling, individual and group rehab services, targeted case management, and medication support, as needed.

To increase access to services, the Clinic has expanded the number of groups it offers participants to nine. Spanish-speaking Groups focus on providing culturally sensitive interventions that address the Latino monolingual community. The Clinic recently started a graduate group in both English and Spanish to give participants ongoing peer and Clinic support even after they leave the program—something participants have requested.

In another innovation, the Clinic instituted an Employment Status Monthly Checkup, which provides more timely feedback on whether the program is meeting a participant’s needs and removing barriers to employment.

For each participant, the Clinic’s CalWORKs team can include a CalWORKs counselor, family advocate, family therapist, and a psychiatrist, if medication is involved. Clinic staff routinely collaborate with other agencies as well.

Along the way, the Clinic links participants to other baseline resources they need, including housing, childcare, transportation, and English as Second Language classes.

The two participants recognized with DMH’s “Outstanding Personal Achievement Award” for the past two years “both overcame significant hurdles and trauma in their lives to get to a place where they are confident and employed or employable,” says Ms. Vernoy. “That’s what we want for everyone we see.”



Did You Know?

The Clinic works in partnership with the Los Angeles County Department of Public Social Services to offer the CalWORKs program. The aim: increasing self-sufficiency while decreasing reliance on public support.

Intensive treatment groups in our CalWORKs program include:

- Purple Group (issues of anxiety and depression)
- Trauma Support Group
- Parent Skills Group
- Anger Management Group
- What About Me? Self Discovery Group
- Life Skills Group
- Triunfadores (Spanish-speaking group focused on overcoming depression/anxiety)
- Chicas Arribas (Spanish-speaking empowerment group for women)
- Si Se Puede (Spanish-speaking skills group)





20 years of exceptional leadership by Clinic President/CEO Elizabeth "Betsy" Pfromm, M.S., M.P.A.



New Giving Opportunity Clinic Board Establishes The Pfromm Fund

The Board of Directors of the Los Angeles Child Guidance Clinic has established a new giving opportunity—The Pfromm Fund—to honor 20 years of exceptional leadership by Clinic President and CEO Elizabeth “Betsy” Pfromm, M.S., MPA.

The Pfromm Fund’s resources will be invested in programs that Ms. Pfromm identifies as a priority, whether that includes a new pilot project, direct assistance to clients, or other efforts that currently lack sufficient funding.

“Betsy’s leadership over two decades has generated much goodwill and support for the Clinic,” read the Board’s resolution in part, which passed unanimously at its Jan. 21 meeting.

“Betsy has transformed the Clinic in the time she’s been here,” notes Board Member David L. Hirsch, who was instrumental in helping to recruit Ms. Pfromm to the Clinic.

Not only has the Clinic grown in sheer numbers since Ms. Pfromm arrived in 1990—from serving about 300 children and family members to serving more than 3,500 in 2009—it has grown in reputation. “We want to honor her for her service to the children and families of our community while she is CEO and can direct the use of The Pfromm Fund,” adds Mr. Hirsch.

“I’m thrilled by receiving such an honor from our own Board and by the opportunity to provide funds for new ideas and pressing needs in our community,” says Ms. Pfromm.

The Board’s action caps off a series of major recognitions recently received by the respected CEO. In December, *Behavioral Healthcare* magazine named Ms. Pfromm as one of its 2009 Behavioral Health Champions—an award given to only six individuals nationwide. The magazine’s profile notes her role in the Clinic’s pioneering development of model early childhood intervention programs throughout the 1990s and praises the Clinic’s current, full array of 0-5 services.

In addition, in October 2009, the Los Angeles County Board of Supervisors honored Ms. Pfromm for her “stellar leadership and outstanding dedication” to increasing access to mental health services for the community’s neediest children.

It’s easy to contribute to The Pfromm Fund.

1. Give online at www.lacgc.org. Simply click on “Donate Now.”
2. Call Lisa Lennick at (323) 766-2360 ext.3360.
3. Or, if you prefer to donate by check, mail your contribution made payable to Los Angeles Child Guidance Clinic and marked “The Pfromm Fund” to 3031 S. Vermont Avenue, Los Angeles, CA 90007

All contributions to The Pfromm Fund are fully tax-deductible.



Dr. Connie Lillas Joins Clinic's Early Intervention Training Institute



Connie Lillas, Ph.D., MFT, RN

Leading early intervention specialist and nationally regarded author Connie Lillas, Ph.D., MFT, RN, has joined the Los Angeles Child Guidance Clinic as Chief Faculty for its respected Early Intervention and Training Institute.

The Clinic has adopted the Neurorelational Framework (NRF) – which Dr. Lillas developed with Janiece Turnbull, Ph.D. – to inform the Institute's curriculum and training development. "The NRF has received national

acclaim as comprehensive, holistic and particularly insightful for the 0-to-5 age range," says Elizabeth W. Pfromm, Clinic President and CEO. "We are delighted to have Connie join us."

The NRF creates a cohesive, coherent approach to bridge often fragmented service delivery systems such as the medical, educational, child welfare, family, mental health, and early intervention systems. It will serve as the foundation for developing curriculum for the Institute, which offers training on effective interventions and practices to adults who work with or care for high-needs infants and young children.

Dr. Lillas is a National Graduate Zero to Three Leadership Fellow. Her book on the NRF, co-authored with Dr. Turnbull — *Infant/Child Mental Health, Early Intervention, and Relationship-Based Therapies: A Neurorelational Framework for Interdisciplinary Practice*— has won praise from prominent leaders in the field.

For information on the Early Intervention Training Institute and upcoming workshops, visit www.lacgc.org.

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