



Southern  
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Center

# dialog

*Spring 2019*

A publication for supporters of the  
Southern California Counseling Center



## Our Annual Thank You Issue

**Just a few of SCCC's remarkable  
supervisors! See page 5**



# Making the Most of a Great Thing

How SCCC's Donors Make So Much Change Possible for the Clients We Serve



**Gail Wilburn**  
Executive Director

It has been a phenomenal year for SCCC. We have grown as an organization that offers game changing ways to deliver services, most notably, at our location in Watts on the campus of Watts Labor Community Action Community (WLCAC), which opened in January 2018. We're particularly proud of the space we occupy there, and how our staff and volunteers

have done remarkable work making it as welcoming and accommodating as possible for those we serve from the community. We appreciate the community's willingness to engage and connect with us, helping to ensure that what we provide best meets the needs of those we serve.

Addressing the complex realities of trauma has become a mainstay of our work, as its impact on functioning and hopefulness can lead many to become discouraged and make poor choices on their own or their family's behalf. We work with the proven trauma-informed Community Resilience Model or CRM to provide our clients with accessible



Photo: Gail Wilburn

skills to increase resilience and strengthen well-being. We have watched as our clients find key ways to recover from all types of traumas that too often derail lives. SCCC was one of the first counseling centers in Los Angeles to make these trauma-informed services easily accessible. Being able to bring them to the community of Watts is yet one more step in bringing them to many who need them most.

So we must turn to our donors and volunteers who see the value in bringing new thinking and strategies to address mental health needs in low-income communities. Each of you has made an investment in making change possible for so many. Every week we celebrate the dignity and hard work of our clients in reaching new opportunities to grow and enrich their lives. And we celebrate our donors and all who contribute their time and energy to making this work possible. We thank you, as essential and valued members of our team.

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The volunteers, Board & staff of SCCC gratefully acknowledge all who supported our work in 2018

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## ON THE COVER: Volunteer counselors and supervisors combine learning and expertise to meet the greater need.



What makes SCCC successful? The bringing together of like-minded individuals to learn and grow as a community on behalf of those we serve. That begins with our dedicated volunteer supervisors, many of whom trained at the Center and have returned to assist new counselors with developing the skills and sensitivities they need to be effective not only in the field of mental health, but in serving the diverse populations of a city like Los Angeles.

Just as important, we count on our volunteer counselors to give the best of themselves to training and learning as they seek to make a real difference in the lives of adults, youth and children, who all too often face overwhelming circumstances.

We are grateful to all of you not only for your hard-work and commitment, but for your caring and concern for the health of our clients and the SCCC community as a whole.

**Pictured above: L to R, Larry Zucker, Kim Cookson, Virgil Day, Mallory Leitner, Clara Konzevik, Clinical Coordinator Michelle Chong, Charlotte Spiegelman, Estelle Fisher, and Jonathan Flier.**



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