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CN Guidance Receives Federal Funding to Address Childhood Trauma and Improve Emotional Well-Being



(Hicksville, NY) 1 in 6 kids ages six to 17 in the U.S. experience a mental health disorder, according to the National Alliance on Mental Illness (NAMI). Teens are also more than twice as likely than adults to say they had a major depressive episode in the last year; and serious thoughts of suicide and completion rates are sky rocketing across adolescents and even kids, according to federal statistics.

CN Guidance, a nonprofit organization dedicated to addressing the emotional well-being of all Long Islanders, was awarded funding through the Substance Abuse and Mental Health Administration (SAMHSA) to help children, adolescents, and families in Nassau and Suffolk Counties who have experienced traumatic events through the National Child Traumatic Stress Initiative (NCTSI).

Through this program, evidenced-based practices address complex trauma, including adverse childhood experiences, grief, disaster (e.g., COVID-19), race-based and hate-based trauma, historical trauma, and complex physical and emotional trauma. Such experiences increase the risk of mental health disorders and serious emotional disturbances. In partnership with St John's University, they aim



to implement trauma-informed approaches to improve emotional well-being, development, and access to community resources.

Any parent or guardian residing in Nassau or Suffolk County with a child aged 18 or younger who has unmet needs related to the effects of trauma and/or grief on their mental health and overall well-being is eligible for services.

This much-needed funding advances the vital work CN Guidance is already doing to address child and youth depression, anxiety, and substance use through programs such as youth-focused Assertive Community Treatment and Mental Health First Aid trainings.

“We are very grateful for this support that will enable us to help children and families in our community,” said CN Guidance CEO, Jeffrey Friedman

For organizations interested in learning more about CN Guidance’s [NCTSI program](#), the agency continues to welcome referral partners to ensure more area children and families can benefit from program services. Organizations may contact LeeAnn Diedrick at ldiedrick@centralnassau.org for more information.

About CN Guidance and Counseling Services: *Serving children and adults with mental and emotional disorders since 1972, CN Guidance delivers NY-State licensed mental health and substance use treatment services – especially to economically disadvantaged individuals and families, including many communities of color – working in partnership with county government and other community services. With deep, localized knowledge of Nassau County and Suffolk County communities, a mobile fleet, telehealth capabilities, and a NY State Integrated Outpatient Services license, CN Guidance maintains an exemplary track record of delivering outreach and high-quality behavioral healthcare to more than 30,000 individuals per year. For more information, visit cnguidance.org*

About NCTSI: *Since the establishment in 2000, SAMHSA has funded a national network of grantees known as the National Child Traumatic Stress Network (NCTSN) to increase access to effective trauma- and grief-focused treatment and services systems for children, adolescents, and their families, who experience traumatic events. The NCTSN has grown from a collaborative network of 17 to 184 centers and over 200 affiliate (formerly funded) centers and individuals located nationwide in universities, hospitals, and a range of diverse community-based organizations with thousands of national and local partners. For more information, visit samhsa.gov*

