

# Inside:

## MEET DR. CASTELO

AMCS psychiatrist Dr. Ed Castelo's deep roots in education are helping him help others.

## HOLIDAY LIGHTS

Get ready for the Guild's second annual Holiday Lights Tour in December.



# Good Vibrations

## OCTOBER 2021

THE QUARTERLY NEWSLETTER OF AIRPORT MARINA COUNSELING SERVICE



## YOUR DOLLARS AT WORK

# Telehealth Allows Young Mom to Navigate Pandemic

For many people, accessing the mental health services they needed during the pandemic became more difficult. For Lauren, a single mom of three, it was nearly impossible.

Juggling three children, including a toddler and two others in elementary school was hard enough before distance learning and lockdowns. Being forced to work from home while her children stayed home from school and her youngest had no childcare options was a nightmare.

Had it not been for AMCS's swift pivot to telehealth, the first things Lauren would have sacrificed would have been her mental health. Instead, the flexible hours and convenience that online sessions offered enabled Lauren to meet with her therapist regularly during what was one of the most stressful times of her life.

With the help of AMCS and the convenience of telehealth, she found ways to be less anxious, more patient, and improve her parenting skills. That led to a more harmonious home where she was able to not only continue working but spend important face-to-face time with her young children.

"Lauren's story is one that we have seen over and over



since we made the move to telehealth," said AMCS CEO Eden Garcia-Balis. "The benefits provided by telehealth in terms of convenience, time savings and even the removal of stigmas has the clinic already exploring ways to retain this option for our clients moving forward."

Your contributions to AMCS will help expand the clinic's reach, improve its use of technology and allow more people like Lauren to get the help they need even when their lives seem too chaotic to fit in their mental health needs.



[WWW.FACEBOOK.COM/AIRPORTMARINACOUNSELINGSERVICE/](https://www.facebook.com/AIRPORTMARINACOUNSELINGSERVICE/)

## AMCS MISSION

Airport Marina Counseling Service (AMCS) provides accessible community based mental health services; and provides quality training to therapists.

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## Helping the Unhoused

### AMCS PARTNERS WITH THE PEOPLE CONCERN TO PROVIDE SERVICES TO THE UNHOUSED

AMCS recently toured one of The People Concern's transitional housing facilities in Los Angeles and will begin offering mental health services to residents at the facility beginning in October.

"We are excited to add an additional layer of services," said AMCS CEO Eden Garcia-Balis, who said that she hopes AMCS will ultimately provide services at other The People Concern transitional housing locations throughout the area.



The partnership was made possible through a grant from the Global Bridge Foundation, which provided seed money to make the collaboration happen. AMCS is committed to providing mental health services for individuals who participate in transitional housing and to making sure that the unhoused have access to the services they need as they transition to permanent housing.

## Eden's Message

AMCS is so fortunate to have so many supporters, from large foundations to individuals, and every gift is truly valued as we work to continue our mission.

But I want to call out a special donation from the Rotary Club of Westchester that allows the clinic to make the important transition into telehealth – a move that allows our clients to continue their sessions via computer even when face-to-face meetings are impossible. The 10 new computers donated by the club have had an immeasurable positive impact on the clinic, and I want to thank Westchester Rotarians for always being there when we need them. We are so blessed to have supporters that truly care!

Wishing you nothing but Good Vibrations,

*Eden*



**Eden Garcia-Balis, LMFT**  
Chief Executive Officer,  
Airport Marina Counseling Service

# Meet Our Psychiatrist

## DR. ED CASTELO'S ROOTS HAVE ALWAYS BEEN IN EDUCATION AND HE'S HOPING TO HELP AS MANY KIDS AS POSSIBLE

Seven decades ago, Dr. Ed Castelo's grandmother founded a school in a rural village in the Philippines. Her goal was to give young people a chance to learn what they needed to succeed in life – to become anything they wanted despite their difficult living conditions. As a young man, Dr. Castelo lived and taught and studied in the Philippines at that same school, and it gave him a perspective he still carries to this day.

"Education has always been a big part of my life, and my grandmother's passion for education has filtered down to me," said Dr. Castelo, who has already completed his training in adult psychiatry and is currently pursuing his training in child psychiatry. "One of my passions is school-based care and school-based mental health."

At AMCS, Dr. Castelo sees patients mostly on the weekends and provides initial medication evaluations, determining the medicinal needs for patients with a variety of pathologies. He said the majority of the people he sees are dealing with the impacts of the pandemic, but most are coping well.

"There is definitely anxiety and isolation, and these can be triggers for depression," he said. "Folks are struggling with the lockdowns, and the pandemic has certainly exacerbated initial symptoms, but most people are doing pretty well."

Dr. Castelo said he is happy that he chose to continue his training at AMCS.

"Everyone here is just so nice, so lovely," he said. "It's just a really great place to work. Everyone is professional and collegial, and AMCS just got a great culture."



**Dr. Ed Castelo**  
*Airport Marina Counseling Service  
Psychiatrist*

## Reopening in 2022!

### THE CLINIC HOPES TO REOPEN ITS DOORS IN 2022

While the COVID situation continues to be fluid, AMCS is hoping to reopen its doors and begin offering in-person services in some capacity in January. The clinic has recently been renovated, and everyone is anxious to get back to face-to-face services as soon as it is safe to do so. The safety of our staff and our clients is our primary concern, so it's possible that our reopening date may slip due to issues beyond our control, but we look forward to seeing everyone in the clinic in 2022.





Airport Marina Counseling Service (AMCS)  
7891 La Tijera Boulevard  
Los Angeles, CA, 90045

## Include AMCS in Your Estate Plan

Incorporating AMCS into your estate plan can provide a lasting legacy and allow your gift to enable the clinic to further its mission to provide low-cost mental health services to anyone who needs them and provide therapists with high-quality training. In addition, remembering AMCS will allow you to:



- Support a cause that's important to you with a planned gift
- Put your assets to work with our tax-efficient charitable strategies
- Take advantage of the many tax benefits of making a gift

The AMCS website includes lots of information about the many options available to you. Visit [www.amcshelps.com/legacy-giving](http://www.amcshelps.com/legacy-giving) today to see how your gift can make a meaningful difference even after you're gone.

## Save the Date

The Westchester Mental Health Guild will hold its second Holiday Lights Tour & Contest, so you can get out of your house to see the best decorations in the neighborhood.

You can drive the Tour anytime after dark from December 12 to 26 and information about entering your home and purchasing tickets will be available soon.