

DAVID LAWRENCE CENTER®



Celebrating

FIFTY YEARS OF MENTAL HEALTH
& ADDICTION RECOVERY

Annual Report 2018



FOR FIFTY YEARS, DAVID LAWRENCE CENTER HAS PROVIDED LIFE-CHANGING MENTAL HEALTH AND ADDICTION RECOVERY SERVICES TO THE CHILDREN, ADULTS, AND FAMILIES IN OUR COMMUNITY. EACH DAY, OUR STAFF IS GUIDED BY A SIMPLE BUT MEANINGFUL PHRASE: *Treat everyone like they are a beloved family member.* AND, WORKING WITH PARTNERS WE'VE DEVELOPED WITHIN THE COMMUNITY, WE ARE ABLE TO PROVIDE OUR CLIENTS WITH THE BEST TREATMENT POSSIBLE TO RECOVER, HEAL, AND IMPROVE THEIR OVERALL WELLBEING.



Programs and Services

Working TOGETHER
makes an impact



David Lawrence Center is the Southwest Florida-based, not-for-profit leading provider of behavioral health solutions dedicated to inspiring and creating life-changing wellness for every individual. The Center provides innovative and comprehensive inpatient, outpatient, residential and community-based prevention and treatment services for the one in four local children and adults who experience mental health, emotional, psychological and substance use challenges.

ACCESS CENTER

Access services with no appointment necessary

- Walk-in
- Same Day Clinical Assessments
- Crisis Support
- Emergency Services

INPATIENT CRISIS STABILIZATION SERVICES
Specialized inpatient unit with 24/7 availability

- Adult Crisis Unit
- Children's Crisis Unit
- Baker Act Receiving

CROSSROADS ADULT SUBSTANCE USE SERVICES

- Residential Treatment
- Detoxification Unit
- Partial Hospitalization Program
- Intensive Outpatient Program
- Ongoing Supports
- Medication-Assisted Treatment for Substance Use Disorders

OUTPATIENT SERVICES

- Individual and Family Therapy
- Psychiatric Evaluation and Medication Management
- Group Therapy
- Dialectical Behavior Therapy
- Telemedicine/Telehealth Services
- Children's Partial Hospitalization
- Traumatic Incident Reduction

COMMUNITY SERVICES

Comprehensive wrap-around services provided in community settings – homes, schools, businesses, jails, health and human services agencies – to at-risk clients needing more intensive supports

- Case Management
- Children's Community Action Team
- In-home Services
- School-based Services
- Therapeutic Mentoring
- Educational System Advocacy
- Social Skills Development
- Parenting Classes
- Affordable Housing
- Supported Living and Employment Services
- Prevention and Education Services

SPECIALTY SERVICES

Services provided in conjunction with the courts to give clients with legal involvement access to appropriate mental health and substance use services

- Specialized Case Management
- Mental Health Court
- Drug Court
- Veteran's Court
- Deferred Prosecution
- Forensic Reintegration Support

HOLISTIC THERAPIES AND INTEGRATED SERVICES

Wellness-based services that treat the whole person and work in conjunction with traditional behavioral health treatment

- Art Therapy
- Equine-Facilitated Psychotherapy
- Music Therapy
- Pet Therapy
- Tobacco Cessation Services
- Wellness and Nutrition
- Spirituality Support Services
- Yoga and Structured Fitness
- Onsite Genoa Pharmacy
- Onsite Healthcare Network of SW Florida Family Care Practice

TREATMENT TEAM

Our multidisciplinary, expert treatment team consists of multilingual, board-certified child, adolescent, and adult psychiatrists, addictionologists, nurses, clinicians, case managers, mentors, therapists, behavioral health technicians and peer support specialists who provide the highest quality of care based on scientific, evidence-based clinical expertise, and a customized approach tailored to the unique needs of every individual.



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Mission

Restoring and rebuilding lives by providing compassionate, advanced and exceptional mental health, substance use treatment and integrated healthcare solutions, available to all.

Vision

To lead the way in transformational care so every individual assisted can achieve what is possible.

Executive Letter



ANNIVERSARY

Dear Supporters,

Here at David Lawrence Center, we've been celebrating our 50th anniversary all year long. And, indeed, there's been much to celebrate! In this fiscal year, we've provided more services than ever before, 266,017 in total – an increase of 16% percent over last fiscal year. *Absolutely remarkable!*

Other fiscal year highlights include:

- Partnered with Collier County Sheriff's Office on the creation and implementation of a new collaborative, a Mental Health Intervention Team (MHIT).
 - Greatly increased service provision in our Children's Crisis Stabilization Unit (CSU) and Partial Hospitalization Program (PHP).
 - Expanded Traumatic Incident Reduction (TIR) therapy services.
 - Significantly expanded Medication-Assisted Treatment services to aid in addressing the opioid epidemic.
 - Expanded access to care by offering counseling services at the Marco Island YMCA.
 - Completed a new vision and strategic plan through 2030.
- Plus, much more. You'll find it all in the enclosed annual report.



EACH ONE OF US CAN MAKE A DIFFERENCE AND together WE CAN CREATE LIFE-CHANGING EXPERIENCES

This past year also included some difficult challenges, particularly:

- Shortly after the fiscal year began, Hurricane Irma hit our community. But DLC remained open throughout the storm, and we didn't miss a beat in caring for our clients and neighbors. We also responded to many local needs for months afterward.
- In February, we all felt the devastation of the high school shooting in Parkland, where 17 people died. The emotional pain hit close to home with students in our own community. Fear, anxiety, and depression were on the rise. Shortly after the tragedy, however, the state passed significant legislation that is already making our schools much safer. As a result of that legislation, DLC has placed two full-time counselors in the Collier County school system.
- We continue to wrestle with the nationwide opioid epidemic, which hasn't let up one bit. Those struggling with addictions come to DLC daily, and we're able to help them with a combination of detox, counseling, and newly developed medications that help them break free and find healing.

We've risen to the occasion on all of these fronts ... thanks to friends like you. We're thrilled with the impact we've had across our 50 years in the community. We've grown so much over these years. I look back with great humility at everything that's been accomplished, and I look forward with optimism and enthusiasm as we envision what needs to be done for the next 50.

Thank you so much for your partnership in helping us mobilize and advance our mission of care!

Scott Burgess
CEO, David Lawrence Center



Reminiscing

AS WE CELEBRATE OUR 50TH YEAR, HERE ARE A FEW ANNIVERSARY FACTS:

WHO IS DAVID LAWRENCE?

Founded as the Collier County Mental Health Clinic in 1968, DLC didn't take on its current name until the 1980s. David Lawrence Bathey was a young man who lost his life after a struggle with mental illness and addiction. His parents, Doug and Mercy Bathey, gave \$200,000 to the clinic to buy a 10-acre parcel of land for a new campus on Golden Gate Parkway. Not long after that, the clinic changed its name to David Lawrence Center in honor of the Batheys' generosity and David's legacy. The Bathey family continues to support the work of the Center. Through a generous planned gift, the Bathey family and their estate have helped fund a variety of capital expansion projects and programs.

THE FIRST LADY OF MENTAL HEALTH

It has been nearly 50 years since Polly Keller was dubbed, "The First Lady of Mental Health" by the Collier County Board of Mental Health. Without Keller's efforts in the 1960s, DLC might not be here today. In 1968, she helped found the Collier County Mental Health Clinic, later renamed David Lawrence Center. As the daughter of a psychiatrist who ran a state mental health hospital in Nebraska, Keller was exposed from a very

young age to those struggling with mental illness. Her father was constantly crusading for more mental health funding. "Early on, I developed an empathy and compassion for the patients I came to know so well," Keller recently said. "Delivering quality mental health services to those in need, regardless of their ability to pay, has been a primary concern all my life."

THE DLC BANYAN TREE

DLC planted its banyan tree in the late 1980s. Around the same time, a residential program for children, housed in a building called the Banyan Pavilion, existed. When they graduated, each child was given a coin – with a picture of a banyan tree on one side, and the Serenity Prayer on the other: *God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.*

CAPTIONS:

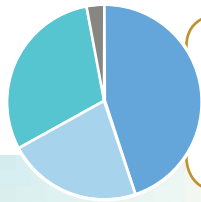
Upper left, then clockwise: DLC banyan tree; David Lawrence Bathey; David Lawrence Bathey statue; ribbon-cutting for DLC Children's Outpatient Building; Polly Keller; growth imagery; the DLC banyan tree coin; vintage campus sign

Financials



REVENUE

- 39% - State Contracts
- 35% - Net Client Fees and Insurance
- 10% - County
- 9% - Grants & Other
- 7% - Donations



EXPENSE

- 45% - Adult Mental Health
- 30% - Children's Mental Health
- 22% - Adult Substance Abuse
- 3% - Children's Substance Abuse

DAVID LAWRENCE CENTER INCOME STATEMENT

REVENUE

State Contracts	\$ 8,660,185
County	\$ 2,200,641
Net Client Fees and Insurance	\$ 7,762,533
Donations	\$ 1,559,508
Grants and Other	\$ 1,971,359
Total Revenue	\$ 22,154,226

EXPENSES

Adult Mental Health	\$ 10,236,080
Adult Substance Use	\$ 4,926,295
Children's Mental Health	\$ 6,739,615
Children's Substance Use	\$ 635,937
Total Expenses	\$ 22,537,927

Operating Net Income **\$ (383,701)**

BALANCE SHEET

Total Current Assets	\$ 4,819,018
Net Fixed Assets	\$ 8,397,314
Total Other Assets	\$ 9,520,187
Total Assets	\$ 22,736,519

Total Liabilities	\$ 1,749,009
Total Equity	\$ 20,987,510
Total Liabilities and Equity	\$ 22,736,519

*Data excerpted from unaudited financial statements
of the David Lawrence Center ending 6/30/18.*

Fifty Years of Progress

Together WE HAVE MADE THIS HAPPEN

FISCAL YEAR 2018 YEAR END HIGHLIGHTS



9,600

Number of clients served,
an increase of 7%
from FY2017



266,000

Total number of services
provided to children & adults,
an increase of 16%
from FY2017



300

David Lawrence Center
employees



Increase in the number
of Children's Crisis
Stabilization Unit clients
served from FY2017



39,892

Number of individual,
group, and family
therapy sessions



Increase in individuals
who were provided
outreach services

66

Treatment beds



1,472

Total number of adults and
children admitted to our
Crisis Stabilization Units



42,204

Total number of Crossroads
addiction treatment
services provided

C-HOPE

"Seeing Hope" Through a New Vision.

Initiatives in 2018

In 2018, the David Lawrence Center Board of Directors and staff developed a strategic vision that provides a framework of priorities, initiatives, and objectives established to broadly address community needs through 2030. This C-HOPE vision is designed to exceed the highest quality of care expectations that will help our clients SEE HOPE, visualize their potential, and transform their lives.

Children

Expand and Enhance Children and Adolescent Services

Holism

Further Develop an Integrated Whole-Person Care Model

Ongoing Innovation

Utilize Evidence-Based Practices and Advanced Technologies

Partnerships

Enhance Alliances and Community Collaborations

Enhanced Access to Care and Financial Resources

Improve Access to Care and Strengthen Financial Resources

TOGETHER we can enhance the health, safety, and wellbeing of our community

Accomplishments in 2018

C - CHILDREN

- Children's CSU Admissions increased by 31%
- Children's PHP census increased
- Increased number of school prevention services sites by 12
- Launched children's outreach specialist in Immokalee
- Continued growth and expansion of NCEF Children's Beautiful Minds initiative

H - HOLISM

- Healthcare Network's primary care clinic increased to five days per week
- Genoa achieved medication compliance rates of 85%
- Achieved Blue Zones certification
- Expanded Medication-Assisted Treatment to help fight the opioid crisis

O - ONGOING INNOVATION

- Expanded utilization of pharmacogenomic testing by 10%
- Implemented Mental Health Intervention Team with the Sheriff's Office
- Transitioned to cloud-based computing and improved efficiencies with information sharing
- Increased use of Traumatic Incident Reduction (TIR) therapy

P - PARTNERSHIPS THAT ENGAGE & EMPOWER

- Helped Collier County's task force draft plans to advance mental health and addictions treatment
- Enhanced working relationship with Sheriff in designing plan for substance use treatment services for inmates
- Worked on a tax referendum that will aid in the advancement of many community projects, including construction of a new expanded crisis and addictions facility
- Conducted discussions related to a vision for a regional approach to children's mental health and to evaluate workforce housing for essential service personnel

E - ENHANCED ACCESS TO CARE AND FINANCIAL RESOURCES

- Established office at Greater Marco Family YMCA
- Concluded highly successful Gala event
- Awarded three-year Drug Court grant
- Introduced new Employee Assistance Program (EAP), offered to area employers and EAP networks
- Received several Foundation grants that aided in service expansion
- Increased average daily census in Crossroads Residential Rehab program

OTHER ORGANIZATIONAL ACHIEVEMENTS OF DISTINCTION

- Completion and adoption of updated Strategic Plan through 2030
- Achieved high Employee Engagement Survey scores

For a copy of the strategic plan or to schedule a tour of the David Lawrence Center campus, contact Emily Budd, Director of Development at EmilyB@dlcmhc.com or 239-304-3505

Brianna

BACK FROM THE DEAD

by Brianna

How's this for ironic: *I felt like I'd finally found a new life at last... when I made a movie about the undead.* And I owe it all to David Lawrence Center.

I promise, it makes sense. Let me explain...

Throughout much of my childhood and my teens, I didn't like life very much. I wanted to be dead from a very young age. Even as early as 7 years old, I was haunted by suicidal thoughts.

My home life was chaotic, and one of my sisters, who had cerebral palsy, died when I was 10. It was traumatic.

On top of all that, I have clinical depression, which went untreated for years.

By the time I was in my teens, I was self-medicating through substance. There was a time where I had to be on something just to get out of bed.

Things had gotten so bad that by the time I was 17, my mom took me to David Lawrence Center. All I can say is that they brought me back from the brink, especially psychiatrist Dr. Emily Williams. She literally saved my life.

That's when I learned that I had a chemical imbalance that was contributing to my depression and anxiety. It was a relief to learn that. It was like someone said, "Hey, it's not your fault you're feeling this way." I was born with just a bit of a biological tweak in me. And you know what? That's okay. So from then on, I've been on the right medications, and that's helped a lot in my journey back to enjoying life.

Practice is everything

Over the next few years, I worked closely with my therapist, Molly Modzelewski, and that's made all the difference. She taught me that I had more control over my feelings than I thought.

She introduced me to different types of meditation. I didn't like them at first, because I was still holding onto a lot of sadness. There were still things I needed to flush out.

But practice is everything. So I stuck to the meditations, and I got better. I started to see that I felt good when I'd meditate. And that I felt better when I ate well. And I felt better when I got exercise. It was like a chain reaction.

It's like they gave me tools, but if you don't put them to use, you will gain nothing. You've got to work at it. You have to apply yourself.

I've been able to work through a lot of the pain I had blocked out, and reached a place where I could let go of all that negative energy. Eventually, I started to feel like I had some self-control. I finally reached a point where I was like, "Okay, where do I go from here?"



I WAS DEPRESSED AND EVEN SUICIDAL THROUGH MUCH OF MY CHILDHOOD. BUT DLC GAVE ME HOPE AND SHOWED ME WHAT IT MEANS TO BE ALIVE.

Now I'm 20 and a sophomore at Florida Gulf Coast University, majoring in communications. I had won a film contest in high school, and now my major gives me an opportunity to use a camera.

Which brings me to my movie about the undead. (*I told you we'd eventually get there.*)

One of my courses had a theme of the zombie apocalypse, and one assignment was to make an original film. I really poured myself into that, day and night, for about three months. I wrote the script. I did the story board. I directed and acted in it. And I brought along some friends to be in it, too.

We all had so much fun on the project. I felt like a new person, better than I'd ever felt. I was so grateful, I didn't even care what the final product was going to be like.

But guess what? We entered our little project – a nine-minute movie called *Lawless* – in a film festival at school, and it won "Best Picture."

When I was introduced to give my winning speech, I was smiling cheek to cheek.

I just stood up there and said, "What's up? I'm Brianna. Thank you so much. This is awesome!"

And that's pretty much how I feel about life these days. Thank you, David Lawrence Center!



Aaron

LIVING RECKLESSLY

by Aaron

How many times can a person hit rock bottom before they finally realize they've got to do something about it?

For me, I've almost lost count. I've overdosed five times. I've been in detox nine times, including about five times this year. I've been in and out of halfway houses and rehab centers and the courts. I've tried everything from alcohol to opiates to heroin.

I've basically been high for half my life. I started when I was 13, when my parents, who had both been sober for decades, both relapsed into drugs and alcohol. Things got crazy, and before long, I was doing drugs with my parents. It turned nasty pretty quick, even violent at times. But I just kept numbing myself with drugs.

I barely finished high school due to multiple suspensions and expulsions. I was living recklessly for years, on a constantly downward spiral. I'm 25 now.

Back in January, I started googling ways to kill myself that would be painless. I bought some heroin off the streets that I knew had fentanyl in it. I knew that combination could kill me, and I just didn't care. I shot up in the bathroom at a convenience store, and barely made it out.

They called the cops on me, and I ended up going to jail, where I had to detox cold turkey. It was brutal, but honestly, I think it was a blessing from God. Because that was the rock bottom I needed to finally turn things around.

I had been to David Lawrence Center a number of times since I was 15, but I never wanted to do the hard work of turning my life around. It was a pattern of recovery-relapse-recovery-relapse for years.

But something dramatic had happened to me while I was going through that difficult detox in jail. I thought about all the people I had hurt, all the relationships I had destroyed, and how I was totally ruining my life. And I decided to take rehab seriously this time.

So I went back to DLC, knowing they could help me. And I was right.

In the Crossroads Program, they got me started on a 12-step recovery. I got the therapy I needed. I was assigned a case manager to coordinate my care.

Just as importantly, they introduced me to naltrexone (brand name Vivitrol) to help me beat my drug addiction. Naltrexone is a huge help when you're trying to get straight. It was given to me as a shot that lasts about a month. The chemical works by stopping the euphoria and sedation that you get from alcohol and opioids.

It's almost like a miracle drug. Before I was on it, I could never stay sober for more than a few days. Now I've been clean for six months.

Bottom line: David Lawrence Center has been literally saving my life since I was about 15, and this time, I'm pretty sure I've turned the corner for good.

So what's next for me? I need to finish the 12-step program. I want to go back to school and become a certified addiction counselor and help people who are going through what I've been through. I want to be involved in the recovery community, and hopefully intervene with people at a young age so they don't waste so much of their lives.

I wouldn't be here without David Lawrence Center. They've helped me get back on my feet, and steered me in the right direction. I'm now the happiest I've ever been.

SUCCESS STORIES

I WAS HIGH FOR HALF OF MY LIFE...
UNTIL A COLD-TURKEY DETOX IN JAIL
CONVINCED ME TO TURN THINGS
AROUND. BUT I COULDN'T HAVE
DONE IT WITHOUT DLC.



TOGETHER WE HAVE MADE PROGRESS AND ARE GRATEFUL TO

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