



The Newsletter of David Lawrence Center CENTERED

50 Years of Mental Health & Addiction Recovery

STATS DON'T TELL THE WHOLE STORY



From the CEO *Scott Burgess*



It's been a record-breaking year at DLC, and I say that in all humility. Our ever-growing community is always in need of the services we offer to those struggling with mental health and substance use issues. Fortunately, we're serving more of these neighbors every year.

In 2019, we served **10,000 clients** (a 4% increase over 2018), **performed 6,500 clinical assessments** (a 6% increase), and **provided 277,000 client services** (a 5% increase). Other data indicate that we are doing better than our counterparts on regional and national benchmarks. Plus, over 6,000 feedback surveys were completed, and **91% rated our services extremely high and valuable to individuals' recovery.**

"It's been a record-breaking year at David Lawrence Center, and I say that in all humility."

– SCOTT BURGESS, DLC CEO

Moving forward, we're **expanding our individuals' inpatient unit**, which is often at capacity, from eight beds to 11. And we just purchased a local house to turn into a desperately needed recovery home for men – men who have been discharged from DLC, but need a supportive transitional place to stay while they're getting back on their feet.

Along with the County, we are planning for a new 55,000-square-foot Central Receiving Facility, which will greatly increase our ability to meet local needs. The \$25 million building will be funded by the one-cent sales tax increase from last fall.

We're also enhancing prevention and early intervention services, partnering with various community agencies to help people before their issues turn into full-blown crises.

These are all indications that our impact continues to grow – and that's vital in a county that is still growing. I could share even more data demonstrating the record-breaking impact we're having on the community, but I'd rather share a story. Several years ago, a teenage girl came to us in crisis – depression, anxiety, engaging in self-harm, and overwhelmed with hopelessness.

But, with treatment, she seemed well on her way to recovery. I ran into her father the other day, and he was just glowing about how well his daughter is doing today. She's full of hope, close to graduating from high school, and plans to go into a nursing program so she can help others in crisis...just like we did for her.

"We could never thank David Lawrence Center enough for everything you've done," this father told me. **"You really do change lives – and save lives. Thank you."**

Thanks to the support of friends like you, stories like this unfold every day at David Lawrence Center. I'm humbled and grateful to partner with you in this vital mission!

Inside

- 1 LETTER FROM THE CEO
- 2 DLC NEWS
- 3 SUCCESS STORY & RECOVERY MONTH CEREMONY
- 4 #STANDUP MULTIMEDIA CONTEST & GRANT NEWS
- 5 EMPLOYEE SPOTLIGHT & SAVE THE DATE
- 6 PREVENTION CORNER



**DAVID LAWRENCE CENTER
BOARD OF DIRECTORS
2019 - 2020**

Scott Burgess
President / CEO

William O'Neill, Esq.
Chairman

Earle K. Borman Jr.
Ed Boyer

Reisha Brown, MD

Russell Budd

Rob Edwards

Laird Grant Groody

Polly Keller*

Robert P. Magrann

Mary Morton, CPA

Karen Mosteller, CPA, CHBC

Sheriff Kevin J. Rambosk

Stephen J. Spahr

Pablo X. Veintimilla

Chris Vernon, Esq.

Jeffrey Yun

*Honorary Board Member

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.

David Lawrence Center is a not-for-profit, 501(c)(3) organization and is accredited by The Joint Commission. The Center is funded in part by the State of Florida Department of Children and Families (DCF) and the Department of Housing and Urban Development (HUD), Collier County Department of Housing, Human and Veteran Services, and private donations made through fundraising efforts.

DLC NEWS

FACT Team: "A Hospital on Wheels"

People who are in need of DLC's services are usually able to get to our facility. But in some instances, we need to go to them.

That's the main idea behind DLC's new **FACT (Florida Assertive Community Treatment) team**, which serves local adults with severe and persistent mental health challenges.

"We are like a hospital on wheels," says Beverly Belli, DLC's Adult Community Services Director, who oversees FACT. "We take services and medicines to the clients, sometimes seeing them every day. It's a much more intense level of care."

FACT Team Leader Ronald Jean Gilles says their clients often have schizophrenia or severe bipolar disorder.

"Many have been released from state hospitals and are not yet able to maintain stability in the community," says Gilles. "This is where FACT starts our services."

The FACT team includes nurses, a psychiatric nurse practitioner, a housing specialist, a vocational specialist, a substance use specialist, and several therapists. The goal is to provide all services needed so the client can function independently.

One former client received FACT services after experiencing a "psychotic break." The young man had schizoaffective disorder and was delusional. The FACT team intervened, and after the man received services and proper medication,

he was able to be reintegrated into the community and is now doing well.

"Mental health issues can be helped with treatment and medication," stresses Belli. "Many people don't understand that. People think that once you're mentally ill, you're always mentally ill. But treatment and medication can help them live a normal, healthy life."

"We are like a hospital on wheels. We take services and medicines to the clients, sometimes seeing them every day. It's a much more intense level of care."

**- BEVERLY BELLI,
DLC'S ADULT COMMUNITY
SERVICES DIRECTOR**

Before FACT, many of the individuals have had repeated hospitalizations, admissions to state hospitals, multiple emergency room visits, homelessness, and/or incarceration. The FACT team can provide services in a location convenient for the client – including within homes, work sites, jails, hospitals, and community settings.

Wherever the FACT team meets clients, the goal is always the same: to help individuals integrate – or reintegrate – into society as productive members of the community and improve their quality of life.



SUCCESS STORY

"I Feel Normal Again"

By Jody

Three years ago, I thought I was on the verge of turning my life around. I had been addicted to opiates for a long time, and I hit rock bottom when I turned to heroin. But the biggest wake-up call was when I got a life-changing call from my 14-year-old daughter, who was all too aware of my addictions and feared I was slowly killing myself. "I can't lose my mom!" she yelled into the phone.

I immediately checked myself into the Crossroads Addiction Recovery program at DLC, where I got a fresh start.

Things were going well until several months later, when the house I was living in went into foreclosure. One day, I was given 24 hours' notice to get out.

Suddenly, I had nowhere to go. I had not only lost my home, but I had also lost hope. And I relapsed.

But I knew where to go for help, so I went back to DLC. After I went through detox, they invited me to get into their **M.O.R.E. program**, which stands for "**Maintenance of Opioid Recovery Every Day.**" The program, for people facing addiction to opiates, is centered around Medication-Assisted Treatment (MAT).

A miracle

To me, Suboxone is pretty much a miracle. It reduces cravings for drugs and diminishes withdrawal symptoms, setting you up to succeed...and not relapse.

Suboxone and the M.O.R.E. program completely changed my life. Breaking an addiction is about the hardest thing a person can do, but between the Suboxone and the counseling sessions, I did it. And I knew my recovery would be successful.

Not only that, but Suboxone has helped a lot with debilitating back pain I've had since a cheerleading accident in high school. I no longer need strong painkillers, I no longer have horrible headaches, and I'm no longer taking an antidepressant. *[Please note: individual results may vary.]*

Today, I feel normal, and there's no better feeling. I haven't felt this way in a long time. I sleep well, eat well, go to school, and work two jobs. I'm a restaurant manager, I manage my own housecleaning business, and I'm

pursuing a business degree online. Best of all, my relationships with my daughter and son are better than ever. They live with their grandmother in Mississippi during



"If it weren't for David Lawrence Center, and the M.O.R.E. program, I don't know where I'd be right now. Without them, I don't think I could function and go through life."

— JODY, DLC CLIENT

the school year, but spend the summers and school breaks with me. We just took a great family vacation together, covering seven states in two weeks, making lots of memories together.

If it weren't for DLC and the M.O.R.E. program, I don't know where I'd be right now. Without them, I don't think I could function and go through life. I probably would've ended up like a lot of friends I've lost in the last couple of years.

David Lawrence Center has helped me become a respectable member of society, which I didn't ever think I could be again. They've helped me realize my worth, and they've given me motivation. They're like family to me.

I'm completely grateful for everything they've done, and continue to do.

Supporters like you make success stories like Jody's possible. Thank you for your support!

RECOVERY MONTH AWARDS CEREMONY

Three Local Leaders Honored

In September, DLC held its annual Recovery Month Awards Ceremony at Moorings Presbyterian Church to recognize outstanding individuals and organizations for sharing their voices to advocate, educate, mentor and help others in need of mental health and addiction recovery services.

This year, DLC honored:

- **Captain Anthony Maro** as a Prevention and Treatment Partner
- **Maria Metchear** as a Recovery Community Volunteer
- **Wounded Warriors of Collier County** as a Recovery Community Supporter



#STANDUP MULTIMEDIA CONTEST

“Let Your Voice Be Heard” Through a Multimedia Contest

DLC is inviting local middle and high school students to let their voices be heard by participating in its #StandUp Multimedia Contest.

Through the contest, which kicked off on October 16th and runs until January 31st, 2020, students are encouraged to be part of the conversation about how mental health – including common challenges such as depression, anxiety, bullying, and substance use – has impacted their lives directly or indirectly. Through short essay, poem, song, and video submissions, youth are invited to express, in their own words, what suggestions they have to reduce stigma and increase understanding of mental health and/or substance use in their school and community. Submissions should convey how students can #StandUp for themselves, their friends, and/or others in their community. Cash prizes will be awarded to the first and second place winners in both the middle and high school categories.

“With 50 percent of all lifetime cases of mental illness beginning by age 14, the time is now to intervene to help our youth grow healthy minds, develop effective coping strategies and create meaningful change in how we discuss and address mental health,” says Scott Burgess, DLC President and CEO. “This contest is a means to let our children be part of those healthy conversations and let their voices be heard on this important, life-saving topic.”

#StandUp Movement

Suicide, homicide, and deaths induced by drugs and alcohol are now the *leading causes of death among children and young adults* ages 15 to 24. DLC launched the #StandUp movement in 2018 to bring attention to the issues of mental and emotional health and improve early intervention, avoid unnecessary suffering, and prevent headline-making tragedies in Southwest Florida.

The #StandUp campaign is a way to engage children, parents, and neighbors in supporting one another through

mental health and substance use challenges so that more people at risk can access the care they need before a crisis.

DLC is partnering with Collier County Public Schools, local pediatrician offices, and other community partners to promote the #StandUp Multimedia Contest.



#STANDUP Multimedia CONTEST DETAILS

Entry Period:

October 16, 2019 - January 31, 2020

Prizes:

A first and second place cash prize for the #StandUp Multimedia Contest will be awarded to winners in both the middle and high school categories.

To Enter:

Upload your submission at StandUpContest.org.

GRANT NEWS

DLC Gets Help for Seniors with Moorings Park Foundation Grant

DLC has received a \$20,000 grant from the Moorings Park Foundation to provide uninsured or underinsured seniors who are 65 and older with mental health and substance use disorder treatment. The Moorings Park Endowment Fund grant is a result of the Moorings Park Social Accountability Program, which supports unmet needs by funding community health initiatives to local nonprofit and public health agencies.

The grant will help remove financial barriers for seniors to access needed treatment services. The funds will be utilized for crisis stabilization, adult detoxification, residential addiction treatment, and outpatient medical services.

“DLC greatly values our continued partnership with

Moorings Park Foundation and appreciates their investment in senior health and wellness,” says Scott Burgess, DLC President and CEO. “We are serving more and more seniors with depression and addiction from prolonged use/misuse of opioid pain killers. These funds will eliminate financial burdens for some of our most vulnerable, aging citizens so they can live their life to the fullest.”



EMPLOYEE SPOTLIGHT

"I Love Helping People"

DLC's Director of Acute Care Services **Ariella VanHara** and Children's Outreach Specialist **Jessica Liria** were recently certified as Mental Health First Aid Trainers and are putting their training into practice.

VanHara watched her mom, a Licensed Clinical Social Worker (LCSW), help people in need, and knew that's what she wanted to do when she grew up. "I love helping people and making a difference in someone's life," says VanHara, now an LCSW herself.

Liria studied Criminal Justice and Forensics in undergraduate and graduate schools, where she focused on behavior analysis and psychology. This led her to pursue a career in mental health, with an interest in preventing individuals from developing a criminal history.

"I love the idea of giving those with a serious and persistent mental illness a second chance," says Liria. "So many individuals with mental illnesses fall into the cycle of arrests and incarceration. With proper treatment, that cycle could be broken."

VanHara and Liria have added another title to their work with DLC: Youth Mental Health First Aid Trainers. Both women recently attended a five-day training in Nashville, TN, to become certified trainers.

"The idea behind this curriculum," explains Liria, "is to instruct the public on what to do if they encounter a young person exhibiting a mental health crisis. Much like Basic First

Aid, it teaches individuals how to handle those situations."

VanHara adds that Mental Health First Aid teaches the skills to recognize the signs and symptoms, and how to respond to them for someone who is experiencing a mental health crisis. "The role in Mental Health First Aid is not to solve the problem, but to learn what to look for and how to get them to the appropriate services."



"The role in Mental Health First Aid is not to solve the problem, but to learn what to look for and how to get them to the appropriate services."

**- ARIELLA VANHARA
DLC'S DIRECTOR OF ACUTE CARE SERVICES**

Liria has worked at DLC since March 2013, when she started as a Behavioral Health Technician on the crisis unit.

VanHara has worked in DLC's acute care services for more than seven years.

For information about upcoming Mental Health First Aid training courses, please call (239) 572-9070.

SAVE THE DATE



DLC SOUND MINDS™ LUNCHEON

APRIL 3, 2020, 11:30 AM - 1:30 PM

RITZ-CARLTON GOLF RESORT, NAPLES

2600 TIBURON DRIVE

TICKETS: \$275 INDIVIDUAL TICKET; \$500 VIP TICKET

DLCSOUNDMINDS.ORG

For the past six years, David Lawrence Center has hosted its Sound Minds™ Mental Health Symposium. Previous speakers have included a Columbine shooting survivor, a mood disorder expert, and national scientists and local mental health advocates. This year, DLC has decided to turn this wonderful event into a luncheon.

DLC will host the Sound Minds™ Luncheon on Friday, April 3, 2020 at the Ritz-Carlton Golf Resort, Naples. We are thrilled to feature **The Honorable Patrick J. Kennedy**, a former Congressman (D-RI); Founder, The Kennedy Forum; Co-Founder, One Mind; Former Commissioner, President's Commission on Combating Drug Addiction and the Opioid Crisis. Mr. Kennedy will detail his personal and political journey with mental illness and substance use disorders. Immediately following the luncheon will be a VIP reception.

Sponsorship opportunities are available. For more information, please visit www.DLCSoundMinds.org or e-mail donorcare@dlcmhc.com.



PREVENTION CORNER

Insight from DLC's Prevention Team

Q: I recently found a vape pen in my son's pants when doing laundry. When I asked him about it, he said it was CBD oil, which is legal. What is the deal with CBD and how is it related to marijuana?

A: CBD stands for cannabidiol, one of the many chemicals found within the marijuana plant. Unlike THC, tetrahydrocannabinol, CBD is not a psychoactive chemical – it does not have the psychological effects that THC does. While CBD products are legal to use by individuals 18 years or older (21 or older in many areas), they do contain trace amounts of THC. The legal limit is 0.3 percent or less.

A big concern with CBD products is that there is very little research documenting the effects of prolonged use – much like vaping in general. Vaping has been pushed as a healthier alternative to smoking, but we now have research that proves it can be just as harmful.

The effects on the brain is of utmost concern, especially on the developing brain. The FDA has approved one CBD medication, Epidiolex. This has been tested and clinically proven to help individuals who suffer from two types of epilepsy. The FDA has not approved any other CBD products.

A few things come to mind when thinking specifically about your son. First, are you sure it was not THC oil? To the untrained eye, the oils can look similar and THC oil doesn't have a strong odor typically associated with marijuana. Sadly, more and more young people are getting their hands on not just CBD oil and vaping devices, but they are using THC oil at a higher rate, too.

Second, if your son is 25 or younger, his brain is still developing – specifically, the frontal lobe, which is responsible for decision-making, judgement, intuition, and many other important functions. Impeding this development by using substances can impact these capabilities throughout his life.

Third, vaping is harmful no matter what substance is being vaped. Thousands of chemicals are being introduced to the body. Recent problems have included cardiac arrest, seizures, collapsed lungs, strokes, and more. Discuss all of these thoughts with your son in a supportive way. For information about DLC's Active Parenting programs, please visit: www.davidlawrencecenter.org/parentingprograms/.

Getting to Know DLC's Prevention Specialist Jane Teszler



Jane Teszler

In her role as DLC Prevention Specialist, Jane Teszler implements evidence-based prevention programs throughout the community, and in both school and after-school settings. Prevention programming focuses on reducing risk factors and increasing protective factors and resilience. Youth of all ages, ranging from pre-kindergarten through 12th grade, learn about and improve emotion management skills, peer refusal strategies, risk reduction techniques, decision making skills, setting and achieving goals, the negative consequences of substance use, and more. Additionally, Teszler facilitates parenting programs, which are designed to assist parents in providing strategies and tips to gain cooperation, improve communication and reduce risk factors that may leave youth with the potential to use substances.

"Working in Prevention has been rewarding in many ways," says Teszler. "I have been able to watch both youth and myself develop skills to be more successful and that will be used throughout life. Prevention has allowed me to be a positive influence and role model for high-risk youth. As much as the students in our programs have benefited and learned from our time together, they have taught me to be patient, understanding, and compassionate."

Favorite

Hobbies: Spending time with family and friends, traveling, and hanging out with my dogs

Naples: How beautiful and clean it is, and not being cold!

Working at DLC: My relationships with co-workers

Food: Thai

Music: Hip-hop and 2000s Emo

Animal: Dogs

LOCATION & CONTACT INFO



MAIN CAMPUS 6075 Bathey Lane, Naples, FL 34116 | Access Center / 24-Hour Emergency Services | 239.455.8500

IMMOKALEE SATELLITE SERVICES 425 North First Street, Immokalee, FL 34142 | 239.657.4434

HORSESHOE DRIVE SATELLITE SERVICES 2806 South Horseshoe Drive, Naples, FL 34104 | 239.263.4013

DAVID LAWRENCE CENTER FACT TEAM 5266 Golden Gate Parkway, Naples, FL 34116 | 239.276.7290



239.455.8500 | DavidLawrenceCenter.org