



# The Newsletter of David Lawrence Center CENTERED

## ● THE IMPORTANCE OF THE THREE A'S – AMBASSADORSHIP, AWARENESS AND ADVOCACY



### From the CEO *Scott Burgess*

The biggest challenge we face in the advancement of wellness and recovery is stigma. Internal stigma manifests in shame and guilt resulting in not seeking treatment, lives lost or lives not fully lived. External

stigma presents itself in belief systems, when people view these issues as character flaws rather than medical conditions.

How can we move beyond this issue that has plagued us for centuries? *Answer: the 3 A's.*

DLC is very blessed to have amazing Ambassadors including board members, young executives, volunteers and donors who are

Ambassadorship is the process of engaging community members in our efforts to raise awareness, decrease stigma and advocate for more resources to meet these vital community needs.

– SCOTT BURGESS, CEO

critical partners in the advancement of our mission. One of our Ambassadors, Colby Robertson, just made headlines for her support of DLC when she was recognized at the Excellence in Industry Awards as the Young Professional of the Year.

You too can help by increasing the open communication and community dialogue about mental health and substance abuse challenges. This will create a better understanding and acceptance of the issues. With two suicides in America for every one homicide, we can no longer stand by silently and not talk openly about mental illness. We need to fight to get these issues out of the shadows and into the light. One easy way to stay aware of and share information about the issues, is to follow us on our award-winning Facebook page and other social media channels. The power of this medium for spreading awareness can easily be seen by the viral ALS Challenge.

Advocacy is the relentless pursuit of pushing forward an important cause. Our message is clear: *With one in four individuals in need of care, mental health is a community issue we must all support.* By growing our number of ambassadors to help fight stigma, create awareness and advocate for adequate funding, we can ensure access to care for all in need. As donors and friends in the community, I thank you for your partnership in helping us realize this pursuit.



JULIE SCHMELZE AND JOHN COX PRESENT DLC YOUNG EXECUTIVE AND AMBASSADOR COLBY ROBERTSON WITH THE YOUNG PROFESSIONAL OF THE YEAR AWARD AT THE EXCELLENCE IN INDUSTRY AWARDS LUNCHEON.

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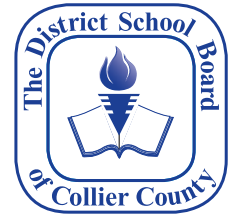
David Lawrence Center is a not-for-profit, 501(c)(3) organization and is accredited by the Joint Commission on Accreditation of Healthcare Organizations. The Center is funded in part by the State of Florida Department of Children and Families (DCF) and the Department of Housing and Urban Development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

## PROGRAM NEWS

### New Partnerships Help Expand Prevention Services

Children's Prevention Services is expanding through a variety of new initiatives. This summer, Prevention partnered with the Guadalupe Center in Immokalee to implement Second Step, an evidence-based program which teaches children pre-k to 5th grade the skills needed to succeed socially and academically. Session topics included problem solving skills, self-regulation and social emotional skills. The goal is to teach 1000 children these skills this fiscal year.

In addition, through a new collaboration with Grace Place in Golden Gate, Prevention started a flexible, creative parenting program called Collier County Public Schools Title I Parent Academy where monthly parenting workshops are conveniently offered in the evenings on a variety of topics. Parents can register for a topic of interest or the entire



**"We know that building a strong foundation starts in the home. Through this partnership with DLC and CCPS, we are building a healthier community."**

**- TOM POWERS,**  
DIRECTOR OF SCHOOL AGE PROGRAMS  
GRACE PLACE

series. Topics range from the warning signs of depression to bullying and alternatives to spanking to communicating with respect. Workshops are open to the public and run for the next 10 months. Through the collaboration, Hispanic and Creole translators are available and dinner and childcare is provided free of charge.

## SUCCESS STORY

Ron began feeling depressed at 16. Despite being a good student, he was terrified of his peers and refused to go to class. When his thoughts turned to suicide, he was admitted to a Crisis Unit and treated for depression and adjustment disorder. Therapy and medication helped for a time, but he eventually stopped going.

Unmotivated and directionless, he bounced from job to job, home to home and town to town for the next several years experiencing the desperation of homelessness more than once. He found himself suicidal once again. Now 23, he spent two months in different Crisis Units and was diagnosed with



drinking, and went off his medications. He knew he needed help and came immediately to the DLC Crisis Unit and his plea was answered.

He was referred to St. Matthew's House and into the Project for Assistance in Transition from Homelessness (PATH) Program. The PATH coordinator knew Ron was unique and with the right support, motivation and confidence, he could go far. He helped Ron enroll at FGCU for a degree in software engineering. Once accepted, they secured financial aid and campus housing.

In just eight months, Ron went from cycling in and out of Crisis Units and living on the streets to being a full time college student with permanent housing. Now stable and sober, he is armed with the skills he needs to manage his illness, a support system in place if he needs it and a plan for a bright future.

**"This has been an awesome experience. DLC has given me a huge step up in my life. No one else has ever tried so hard to help me."**

**- RON**

bipolar disorder. There he learned about his illness and how important his medication was to manage and reduce his symptoms.

After being discharged, he moved to Naples, and with no job or housing started

# Grant News



## County Approved CDBG Grant to Improve Access to Services for Low-Income, Uninsured Residents

DLC received a Housing and Urban Development (HUD) Community Development Block Grant (CDBG) to provide low-income, uninsured individuals in need of mental health and substance abuse services with easier access to those services.

The one year \$89,000 grant, approved by the Collier County Board of Commissioners, will fund the Benefits Administration Project. This will assist qualified individuals with enrollment in various healthcare plans including Medicaid and healthcare marketplace plans as well as other benefits such as assistance with child care, housing, food stamps and public assistance. The program will target current clients while also reaching out to non-clients who are in need of services.

The Center will hire two full-time benefits managers who have experience working with children and adults in a behavioral healthcare setting and who have the ability to assess client needs and assume advocacy roles. The benefits managers will meet with individuals, help them learn about and understand their options, and assist with the enrollment process.

To assist with the implementation of the program, the grant will also allow for the purchase and installation of four free-standing computer kiosks which will provide access to the Internet so individuals can apply for benefits. The kiosks will be installed at the Center's Main Campus, as well as the Immokalee and Horseshoe Drive satellite offices.

## CENTER NEWS

### Children's Psychiatric Medical Team Expands

The Children's Psychiatric Medical Team recently welcomed a new and talented psychiatrist Emily Williams, MD, MPH as a part-time Staff Psychiatrist in Children's Outpatient Services. She is board certified in general psychiatry by the American Board of Psychiatry and Neurology.

Dr. Williams earned her bachelor of science degree in psychology from Davidson College in North Carolina where she graduated cum laude. She then went on to earn a master of public health degree from the University of Texas School of Public Health and her doctorate degree from Duke University School of Medicine also in North Carolina. She completed her child and adolescent psychiatry fellowship as well as her general psychiatry residency at Palmetto Health and University of South Carolina where she was named Resident of the Year.

Emily is an active member of the Florida Medical Association, American Academy of Children and Adolescent Psychiatry and American Psychiatric Association.

Williams joins Maribel Rivera, MD, the Staff Psychiatrist

who provides services in both Naples and Immokalee through the NCEF funded Beautiful Minds Initiative which is a collaboration between Florida State University School of Medicine, Healthcare Network of SW Florida and DLC; Lori Ann Nervina, ARNP; and Frank W. Lehninger, MD the Senior Physician of Children and Adolescent Services who is the sole physician for the Children's Community Action Team.



EMILY WILLIAMS



# David Lawrence Center SPECIAL EVENTS

## Signatures of Greece Gala Summer Kick Off

*Nothing like getting a head start on planning! For those gala volunteers and committee members that were in town this summer, co-chair Caryn Buechel opened her beachfront home to interested individuals looking to help out with the Greek inspired gala to introduce them to the concept, committee roles and responsibilities and to mix and mingle with fellow supporters. This fall, our seasonal committee members will join us for a second kick off.*



CAROLINE RIDGWAY,  
MONICA CAMERON



MICHELLE ANDERSON, JENNY HAIRE, JANE  
UTTLEY, CHARLIE MILLER, KITSI ESTREM



CARYN BUECHEL, POLLY KELLER



KAY BORK, AMANDA JARON, JENNIFER  
TRAMMEL

## Young Executives Wish List Friendraiser

*Close to 75 next generation philanthropists brought cash or in-kind donations from our wish list of art supplies to support the new Children's Crisis Stabilization Unit Art Therapy program at the second annual Young Executives Wish List Friendraiser. The overwhelming response netted many new friends and a plethora of supplies to help improve children's ability to communicate in healthy ways, increase self-expression, provide and reinforce emotional regulation and increase their sense of wellbeing while on the unit.*



ANDREW AND CULLEN DAANE



PHIL DEBIASI, ALEX LEFCAKIS



ALLISON DURIAN,  
COLBY ROBERTSON



JESSE AND JENNIFER  
ADAMS



SHANNA SHORT,  
ALEJANDRA JAIMES

## National Recovery Month Awards Ceremony

*A nearly sold out crowd of 350 supporters and community partners came to celebrate our amazing honorees which included PAWS Assistance Dogs, Gulf Coast Runners, Master Officer Bill Gonsalves and Vivian Parziale at the 25th Annual National Recovery Month Awards Ceremony.*



BILL GONSALVES, JEANNIE BATES, VIVIAN PARZIALE, SCOTT  
BURGESS, DEBORAH JOHNSON, DAVE LEVESQUE, BOB CARNEY



JEANNIE BATES, SCOTT BURGESS,  
NANCY DAUPHINAIS



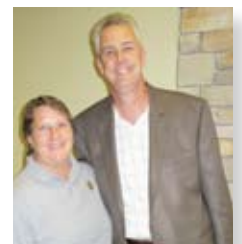
CAPTAIN ROBERT MONTAGANO, CHIEF TOM WESCHLER,  
LISSETH WESCHLER, LT. SETH FINMAN



ANAHI VIVAR, KARINA LOPEZ,  
POLLY WHITING, MICHE ANDRE,  
STARAH HERIVEAUX



DANA JEDRICK, KEELY LAFRINIER



SGT. LESLIE WEIDENHAMMER,  
LT. GEORGE WELCH

# SAVE THE DATE

## SOUND MINDS MUSIC FESTIVAL & MENTAL HEALTH SYMPOSIUM NOVEMBER 15, 2014

Join us November 15th at 1:00 pm at Naples Botanical Gardens for a new and exciting event. Sound Minds™ is a music festival and mental health symposium held in partnership with IMHRO and our educational partner Naples Children & Education Foundation. The symposium is modeled after the wildly successful Music Festival for Brain Health held at the Staglin Family Vineyard in Napa Valley.

The symposium will highlight up-to-the-minute brain science with presentations by national scientists and mental health advocates. Immediately following will be a wine tasting, meet the speakers reception and live music. Cap your evening off with the exclusive VIP dinner at 6:00 p.m. at Windstar on the Bay featuring harmonious couplings of Staglin Family Vineyard wines. All inclusive VIP ticket is \$1,000, Symposium and Concert, \$125.



BRANDON STAGLIN, SCOTT HATZMAN, CARRIE BEARDEN, SCOTT RUSSO

## J. MCLAUGHLIN SIP & SHOP NOVEMBER 4 AND DECEMBER 5, 2014

Two great dates to Sip & Shop at J. McLaughlin's Naples upscale boutiques will lend a 15% donation from the sales to DLC. For those downtown shoppers, visit the Third Street South location on November 4th from 11:00 am - 4:00 pm and for those who frequent Venetian Village, stop by that location December 5th from 10:00 am - 6:00 pm. Don't miss out on this great opportunity to peruse their classic, but contemporary American sportswear and accessories in rich colors and fabrics in their elegant and comfortable surroundings while benefitting the DLC mission.



J. McLaughlin

For sponsorship or ticket information, visit [DavidLawrenceCenter.org](http://DavidLawrenceCenter.org) or call (239) 304-3505.

## YOUNG EXECUTIVES GULF BALL DECEMBER 6, 2014

Step out for an evening of fun, fellowship, and friend-raising for DLC at the Young Executives signature event the "Gulf Ball" – now in its fifth year this December 6th at 6:00 pm. Guests will enjoy waterfront cocktails and hors d'oeuvres, a silent auction and a great atmosphere on the Gulf at the Hamilton Harbor Yacht Club.

This upscale, but casual, social event will include live music. Tickets are \$50 until December 1st and \$60 up to the day of the event. Price includes two drink tickets for beer and wine.



## SIGNATURES OF GREECE, AN ELEGANT EVENING AT THE PARTHENON JANUARY 17, 2015

Honorary co-chairs Marissa, Burt and Jay Hartington and co-chairs Caryn Buechel, Renae Burgess and Jenny Haire invite you to the award-winning, destination themed annual gala at the Ritz-Carlton, Naples Beach Resort. This event, one of the most fashionable galas of the Naples social season, will turn back the hands of time to the B.C. period of our world's history, transporting guests on a journey to Athens to discover and revel in the immense beauty of what was Ancient Greece.

Guests dressed in elegant Grecian and black tie attire will have unlimited opportunities to bid on luxurious silent and live auction items while dining on Greek inspired cuisine and dancing the night away to live music. Tickets are \$500 or \$1,200 per VIP patron.



CARYN BUECHEL, JENNY HAIRE, RENAE BURGESS

# FACT:

*In fiscal year 2013-2014, 8,592 people were enrolled in mental health and substance abuse treatment representing a 13% increase over last year. An additional, 49,985 people received brief triage, prevention, outreach and information services.*

# Planned Giving

## HOW TO HELP THE DAVID LAWRENCE CENTER FOREVER

*Have you ever considered establishing an endowment? It's a powerful way to make a gift to David Lawrence Center that will last forever, while also realizing tax benefits for your kindness.*



AARON LAPP

DAVID LAWRENCE FOUNDATION  
DIRECTOR OF DEVELOPMENT

"Did you know? Your endowment can finance a particular project, sustain a continuing program or provide for our current crucial needs."

— AARON LAPP

### HOW IT WORKS

You give cash, securities or other assets to an endowment you create. If you can't give up assets today, consider making the gift in your will, specifying that you would like your gift to be used to fund an endowment.

We use a small portion of the fund to support our crucial needs, but the balance always remains invested in order to perpetuate the fund.

Example: Let's say you would like to make sure we receive \$1,000 every year after your lifetime, and we spend 4 percent of its endowment each year. This means that we spend that amount and reinvest the difference to offset inflation.

To calculate the amount needed to perpetuate your gift, divide the annual gift amount, \$1,000, by the amount called for in the spending policy, 4 percent, and you get \$25,000. So, contributing just \$25,000 can continue the \$1,000 annual gift indefinitely!

Call Aaron Lapp at 239-354-1419 if we can help you plan this gift that will help the people we serve forever.



SOURCE: *The Stelter Company*

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## ISSUES & ANSWERS

### About Depression and Aging

The tragic loss of Robin Williams sparked a worldwide conversation about mental health, depression, suicide and aging.

Old age is often portrayed as a time of rest, reflection and opportunities to do things that were put off while raising families and pursuing careers. Unfortunately, the aging process is not always so idyllic. Late-life events such as chronic and debilitating medical disorders, loss of friends and loved ones and the inability to take part in once-cherished activities can take a heavy toll on an aging person's emotional wellbeing.

An older adult may also sense a loss of control over his or her life due to limited financial resources or failing eyesight, hearing loss and other physical ailments such as Williams' recent Parkinson's disease diagnosis. These and other issues often give rise to negative emotions such as sadness, anxiety, loneliness and lowered self-esteem, which in turn lead to social withdrawal and apathy.

There is evidence that some natural body changes associated with aging may increase a person's risk of experiencing depression. Recent studies suggest that lower concentrations of folate in the blood and nervous system may contribute to depression, mental impairment and dementia.

The feelings of hopelessness and isolation that often spur thoughts of suicide are more prevalent among older adults, especially those with disabilities or confined to nursing homes.



"Depression is not a normal part of growing old but rather a treatable medical illness that impacts more than 6 million of the more than 40 million Americans over age 65."

– GERIATRIC MENTAL HEALTH FOUNDATION

While aging is an inevitable part of life, depression need not be part of it. Researchers agree that early recognition, diagnosis and treatment can counteract and prevent depression's emotional and physical consequences. A mental health professional can help friends and family members craft positive approaches for dealing with these issues.

Source: *American Psychological Association*

## DONOR NEWS

### Crossroads Fitness Court Named in Honor of McCarthy Family Planned Gift

After their beloved son lost his battle with addiction at 45, Bryan McCarthy's parents, Denis and Linda McCarthy, wanted to find a unique way to memorialize him while helping others sustain their recovery. Because Bryan, a very accomplished Marketing Executive living and working in Boulder, CO, loved outdoor sports – particularly cycling, skiing, and golf – the new fitness court at Crossroads seemed like the perfect place to combine the memory of his passion for athletics and his lifelong, big-hearted journey to help others.

Sadly, despite his best efforts in several rehabs and detoxifications, his battle with the disease of alcoholism severely broke his prior self-confidence and subsequent relapses negatively affected his health and he passed away in 2013. During visits with Denis and Linda, Bryan often commented that there were not enough facilities for attendees to exercise and have fun. It was for this reason that the McCarthy's felt supporting

"I'm proud of Bryan for how he cared for other people. He was truly one-of-a-kind."

– DENIS MCCARTHY

Crossroads and naming the new Fitness Court in Bryan's name made great sense.

David Lawrence Center is humbled to help further Bryan's memory in this way so his family and friends have a special way to remember and cherish him.



REGISTER ONLINE TO RECEIVE OUR E-NEWSLETTER:

[DavidLawrenceCenter.org](http://DavidLawrenceCenter.org)

## LOCATION & CONTACT INFO



239.455.8500

[www.DavidLawrenceCenter.org](http://www.DavidLawrenceCenter.org)

### MAIN CAMPUS

6075 Bathey Lane  
Naples, FL 34116  
Admissions/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

### CHILD'S PATH

#### PRESCHOOL

3144 Santa Barbara Boulevard  
Naples, FL 34116  
239.353.4144  
[www.ChildrensPath.org](http://www.ChildrensPath.org)

### ENCORE

#### RESALE SHOP

3105 Davis Boulevard  
Naples, FL 34104  
239.775.0032  
[www.EncoreResale.org](http://www.EncoreResale.org)

## ENCORE NEWS

### New Collaboration Puts Seniors to Work at Encore

Through an exciting new partnership with Experience Works, a national, community-based not-for-profit, Encore has secured several amazing and dedicated new volunteers with more planned to come on board this season.

Their Senior Community Service Employment Program provides low-income seniors, with the training, experience, supportive services and information they need to improve their lives, gain self-sufficiency, realize their goals, obtain permanent employment and meet the needs of a demand-driven workforce.

Through an initial screening process where participants express their employment interests and goals, participants are assigned to qualified nonprofit organizations like David Lawrence Center's Encore Resale Shop on a part-time basis where they are trained and receive work experience by performing their community service training assignment. While participants receive training, supervision and experience, their wages and fringe benefits are paid by Experience Works.

Through the program, Encore has already been blessed with two incredible volunteers. Auguste Delinois and Tim Chase work 20 hours a week, three days a week and have hit the ground running. From making sales and moving furniture to helping fix items and taking inventory, they have had a huge impact at Encore which happens to be bursting at the seams with amazing inventory with more high quality items coming in by the truck load daily.

Chase, a retired fitness trainer, says, "There is a lot of work to be done. Encore needs the help and I believe in the mission and enjoy giving back." He also enjoys that the customers feel the same way adding, "They are passionate about purchasing something because it helps families in need. They love to share their own stories about how mental health or substance abuse has impacted them."

By helping seniors remain productive and active throughout their lives, Experience Works is ultimately helping improve their health and increase longevity all while having a positive impact on the communities they serve. This is an amazing collaboration and we couldn't be more pleased.



AUGUSTE DELINOIS



TIM CHASE