

CENTERED

THE NEWSLETTER OF DAVID LAWRENCE CENTERS

Fall/Winter 2020-21

Inside this Issue:

- 2 LETTER FROM THE CEO
- 3 CHIP IN FOR DLC
- 4 VIRTUAL CARE SUCCESS STORY
- 6 DLC BOARD MEMBERS
- 7 SOUND MINDS LUNCHEON SUCCESS



**Board of
Directors**

Russell Budd
Chairman

Robert P. Magrann
Vice Chairman

Karen Mosteller, CPA, CHBC
Treasurer

Jeffrey Yun
Secretary

Scott Burgess
President/CEO

Earle K. Borman, Jr.

Ed Boyer

Reisha Brown, MD

Sue Dillon

Rob Edwards

Laird Grant Groody

Polly Keller*

Thomas Lansen, MD

Edward A. Morton

Mary Morton, CPA

Sheriff Kevin J. Rambosk

Stephen J. Spahr

Pablo X. Veintimilla

Chris Vernon, Esq.

* Honorary Board Member



239-455-8500

www.DLCenters.org



DAVID LAWRENCE MENTAL HEALTH CENTER, INC. IS A 501(C)(3) CORPORATION, AND IS ELIGIBLE TO RECEIVE TAX-DEDUCTIBLE CONTRIBUTIONS. REGISTRATION NUMBER CH 2888, TAX ID 59-2206025. YOUR DONATION IS TAX-DEDUCTIBLE AS ALLOWABLE BY LAW. PLEASE CONSULT YOUR TAX ADVISOR TO DETERMINE THE TAX DEDUCTIBILITY OF YOUR GIFT. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.

From the CEO | Scott Burgess

COVID-19 Has Left Us All REELING



I'm sure that you, like me, can't wait for the day when words like *coronavirus* and *pandemic* and *social distancing* are a thing of the past.

But for now, COVID-19 is clearly still with us, and we can't run away from it. For behavioral health providers like David Lawrence Centers, that means being on the front lines to help address the psychological and emotional impacts that come with it.

Currently, America has experienced over a quarter million coronavirus deaths, and as you know, the toll has extended far beyond that. A struggling economy, millions of lost jobs, and untold scores of people dealing with increased stress, anxiety, depression, and substance use. Mental health facilities, including ours, are experiencing a surge in cases—children, adults, and families who are in desperate need of help and hope.

And in a perfect storm of terrible timing, our resources are dwindling as the demand steadily rises. Florida was already one of the nation's worst states when it comes to government funding for mental health, and has announced they are targeting Centers for a six-to-ten percent cut in state monies. That's bad news at a time when more people than ever are needing treatment and support.

One recent article says the new wave of needs is "likely to overwhelm an already tattered U.S. mental health system, leading to a lack of access, particularly for the most vulnerable."¹ I would not characterize DLC as "tattered," but we have certainly absorbed some punches. We were already struggling to keep up with community demand, and now that the state is facing budget shortfalls, cuts to mental health funding only exacerbates challenges. I'm afraid we might be just seeing the tip of the iceberg in regards to the needs heading our way.

Mental health facilities, including ours, are experiencing a surge in cases—children, adults, and families who are in desperate need of help and hope.

But I am also optimistic, because we live in a compassionate community that cares deeply about the people among us who are hurting. And because we live in a community that has the means to help. Collier is the second wealthiest county in Florida and time and time again, I have seen the generosity of our good people.

We are facing a critical juncture in DLC's history at this moment, and we all need to step up. These really are unprecedented times, and struggling friends and neighbors need your support now more than ever. Thank you for your partnership,

Scott Burgess
President & CEO

1. COVID-19: A Second Wave of Mental Illness 'Imminent' - *Medscape* - Oct 13, 2020.

IN CASE YOU MISSED IT



7TH ANNUAL GOLF OUTING
— BENEFITING —
DAVID LAWRENCE
CENTERS
FOR BEHAVIORAL HEALTH™

FRIDAY | **OCTOBER 23** | 2020



Tips to **Stay Positive** this Holiday Season

By DLC Children's Outreach Specialist **Jessica Liria**

There is no doubt that our celebrations of joy and gratitude will look different this year, but great memories and comforting feelings are still to be had. Here are some tips to make the best out of this holiday season.



Focus on the Positives

Let's not forget what the holidays are all about—love, thanks, and togetherness. Use each day to reflect on what you are grateful for.

Stay Connected

Social distancing and other precautionary measures will make it hard to gather in person to celebrate. Think outside of the box! Plan a virtual get-together or organize a drive-thru gift exchange.

Practice Self-Care

Along with all the warm, fuzzy feelings the holidays bring, we are vulnerable to being overwhelmed. Ensure you are taking the time to de-stress and let go of that built-up tension.

Develop New Traditions

While some traditions may not be possible during this time, reflect on what changes can be made to the usual routine. Establishing new traditions is a great way to improve family bonding time and to focus on something fresh and unique.

Ask for Help

This has been a rough year that has had an impact on everyone. It is OK to not feel OK, and it is OK to ask for help. Feelings of anxiety, anger, and sadness weigh heavily on our ability to get through the day and these emotions can put a damper on what is usually an enjoyable end of the year. David Lawrence Centers has made linking with services easier than ever before through our Virtual Care Center. We all deserve happy and healthy lives! Visit [DLCenters.org](https://www.dlcenters.org) to start your journey to wellness.

The Virtues of Virtual Care

Ann does not know where she would be — or, more precisely, *how* she would be — without the help of David Lawrence Centers for Behavioral Health (DLC). She does not even want to think about it.

Diagnosed with depression at the age of 40, Ann, now 67, knows the importance of taking her medications daily, exercising regularly, and meeting consistently with her therapist.

“I need therapy to live a normal, healthy life,” she says.

So when her access to therapy was threatened in the spring — first by an accident that left her relatively immobile, and then, for the rest of the year, by isolation forced by the pandemic — she was worried about how she would maintain her mental health and good spirits.

She did not have to worry long. At about the same time, DLC was ramping up its Virtual Care Center and telehealth services, giving Ann the option to meet with a DLC therapist online.

And now she would not have it any other way.

“It’s the only way to go for me,” says Ann. “Virtual care just makes it so much easier during this challenging time, but I think I’ll stick with it even after COVID-19 is gone.

“I feel more comfortable sitting in my kitchen, drinking coffee, during our sessions. It’s like inviting my therapist into my home and vice versa. It doesn’t feel as ‘clinical,’ and it makes me feel more open. I really hope DLC continues with it.”

DLC will continue with its Virtual Care services, as it has proven convenient for many clients like Ann and is just one more way that it is committed to making services readily available to people in need.

“I couldn’t function”

Ann’s depression began almost three decades ago when she lived in Illinois. She had fallen into a deep, dark place where she felt almost paralyzed, unable to move on with life.

“I was crying nonstop,” she says. “I couldn’t do anything. I couldn’t function. With full-fledged depression, you





can't just pull yourself up by your bootstraps. It's biological, and you need help."

At first, that was easier said than done.

"Accepting that I had depression was the hardest part," says Ann. "I felt like there was a stigma to it — to admitting that I needed help, and that I would have to be on medications and need therapy most likely for the rest of my life."

"I feel more comfortable sitting in my kitchen, drinking coffee, during our sessions. It's like inviting my therapist into my home and vice versa. It doesn't feel as 'clinical,' and it makes me feel more open. I really hope DLC continues with it." - ANN, DLC Client

"But I've long since learned that it's nothing to be ashamed of. Depression doesn't define who you are, but you need to reach out for help."

When she moved to Naples twelve years ago, Ann immediately contacted DLC to continue getting the

kind of help she had received in Illinois. Since then, she has been regularly getting that help from DLC, meeting with a therapist every two weeks.

When Ann's husband of 43 years died suddenly in 2018, she sank deeper into depression. But her therapist at DLC helped Ann deal with her grief in a healthy way.

"I wondered how I'd get through it," says Ann now. "But my therapist helped me to reboot, every two weeks. People always see me smiling, but they don't realize how much work goes into it. It takes diligence to maintain your wellbeing; you have to work at it."

"It's been a long road, but I'm doing really well now. I'm more at peace."

She says she could not have done it without DLC.

"They made it possible for me to get the help I needed," says Ann. "They've been phenomenal. Their therapists really care about you. They are compassionate, and they're like family. I'm very grateful."

Morton, Lansen, and Dillon Join DLC Board of Directors

David Lawrence Centers is pleased to announce the appointment of Edward Morton, Thomas Lansen, MD, and Sue Dillon to the Board of Directors. Each will serve a three-year term.



Edward A. Morton, Contractor to Wasmer Schroeder Strategies, brings more than 45 years of leadership, finance, strategic planning, and healthcare experience to his board position. Prior to working with Wasmer Schroeder, Morton spent 34 years with NCH Healthcare System,

Inc., serving as Chief Financial Officer, Chief Operating Officer, and Chief Executive Officer.

Edward is very active in the community and currently serves as a member of the Health Facilities Authority of Collier County; Chairman Emeritus of the Florida Gulf Coast University Foundation; Trustee of Florida Gulf Coast University; Director of Greater Naples Area Board of Directors; Director of Leadership Collier Foundation; Chairman of Kaiser University Advisory Board of SWFL; Chairman of Seaside Bank Advisory Board; Director of the Cancer Alliance of Naples; Director of the Collier County 100 Club.

Edward will serve on the Board's Strategic Planning Committee.



Thomas Lansen, MD, a neurosurgeon, brings with him more than 45 years of clinical experience to his board position. Thomas specialized in cerebrovascular neurosurgery. He served as the Chief of Neurosurgery and Director of Operations, Neurosciences at Westchester Medical

Center; and Professor of Neurosurgery at New York Medical College. He is a fellow of the American Board of Neurological Surgery, American College of Surgeons, and American College of Medical Executives. He was

named a Best Doctor by New York Magazine from 2003 to 2013, when he retired from active practice. He has served as a medical commentator on Fox and PBS television.

Thomas is currently a member of Collier Coalition for Healthy Minds, a coalition charged with the development and implementation of Collier County's first-ever, five-year strategic plan for mental health and addiction services.

Thomas will serve on the Board's Clinical Operations Committee.



Sue Dillon, a retired fundraising professional and active community leader, brings with her more than 40 years of nonprofit management experience to her board position, including the areas of fundraising, board development, communications, and community collaborations.

She worked for Booz Allen Hamilton in London, England, and then spent more than 12 years serving as Vice President of Development and Public Relations at Kennedy Krieger Institute in Baltimore, Maryland, before retiring.

Sue currently serves as the President of Greater Naples Leadership, where she has been an active volunteer for more than six years. She also volunteered with the Guadalupe Center, serving as Vice President of the Advisory Board, Development Committee Member, and Co-Chair of its signature fundraiser. She previously served on a committee for Community Foundation of Collier County and was on a Member Policy and Public Relations Committee for Pelican Bay.

Sue will serve on the Board's Development Committee.

Our 2020 Sound Minds Luncheon was a **Success!**

A special thank-you to our Presenting Sponsor,
NCH Healthcare System, and its mission of:



*Helping everyone live a longer,
happier, and healthier life.*

Thank you also to our other **2020 Sound Minds sponsors:**

Education Sponsor



Media Sponsors



Partner Sponsors

Golisano Children's Hospital
of Southwest Florida
Mr. John Groody &
Mrs. Laird Grant Groody
Mrs. Susan Stielow
Mr. & Mrs. Pat Stranahan

Premier Sponsor

Mr. Thomas Clarke

Supporting Sponsor

Mr. Earle K. Borman Jr.

Advocate Sponsors

Brian Glaeser State Farm
Insurance Company
Brown & Brown Insurance
Cigna
Mrs. Barbara Chur
FineMark National Bank & Trust
First Florida Integrity Bank
Mr. Jonathan Foerster &
Mrs. Jenna Buzzacco-Foerster
Healthcare Network of SWFL
Susan K. Lennane Family Fund
Mr. & Mrs. Robert Magrann
Ms. Monica McVicker

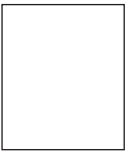
Moorings Park
Mrs. Vickie Nolen
Park Royal Hospital
Physicians Regional
Healthcare System
PK Studios
Mr. & Mrs. Michael Schroeder
Studio +
Mr. & Mrs. Kermit Sutton
Meristem Family Wealth
Truist Bank
Mrs. Nancy White
Ms. Christine Williamson

Mr. Rob & Mrs. Kate Edwards
Markham Norton Mosteller
Wright & Company, P.A.
PBS Contractors



LEARN MORE NOW AT: **DLCSoundMinds.org**





David Lawrence Mental Health Center, Inc. is a nonprofit organization, Registration# CH2888, Tax ID# 59-2206025. No goods or services were exchanged for your charitable giving. Therefore, 100% of your gift is tax-deductible as allowable by law. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

Please save *the date*

Friday, March 5, 2021

SOUND MINDS:

The Changing Face of Mental Health

DLC's 2021 Sound Minds Luncheon

will feature actor, director, producer and mental health advocate, **Sean Astin**.

Virtual Luncheon
11:30 a.m. - 1:30 p.m.

Tickets
\$125



Sponsorships and more information available at:

DLCSoundMinds.org • (239) 354-1445 • donorcare@DLCenters.org