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SPRING 2023

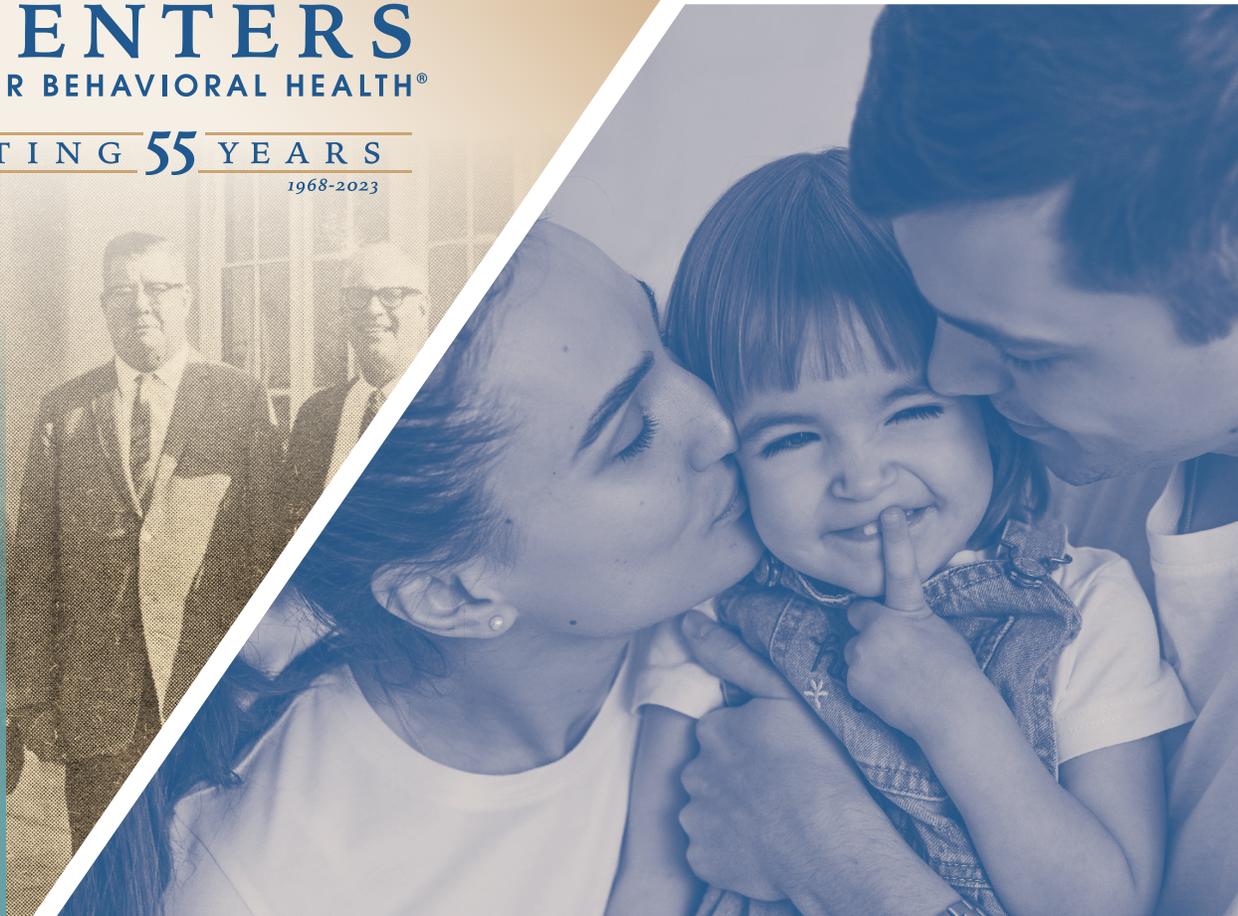


CELEBRATING **55** YEARS

1968-2023

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FROM THE CEO | SCOTT BURGESS

**THE PAST,
Present,
& FUTURE**



I invite you to do a little time travel with me as we look to the past, the present, and the future of David Lawrence Centers for Behavioral Health (DLC).

In the very recent past, we were thrilled to have Academy Award

winner Goldie Hawn as the keynote speaker at our annual **Sound Minds Celebration Reception**. Goldie was recently named one of *USA Today's* Women of the Year for her tireless advocacy on children's mental health issues.

Goldie founded MindUP in 2003 to help kids develop the mental fitness to thrive in school, and to manage stress and emotions — all vital efforts today as anxiety, depression, and suicide rates have skyrocketed among children since the onset of the pandemic. Goldie is working hard to help kids open up about their feelings instead of bottling them up inside.

We also peered into the more distant past at Sound Minds, celebrating our 55th Anniversary. Our founder, Polly Keller, celebrated with us as honorary chair.

In the present, we're continuing our **Mind Your Mind** campaign, which launched at the start of 2022 to raise awareness and decrease stigma around mental health. The initiative featured 12 themes throughout 2022, including mental health issues for children, families, seniors, and Veterans.

This year, we are tackling four quarterly themes: children's mental health in Q1, specialty populations (seniors, Veterans, and more) in Q2; holistic and spiritual wellness

in Q3; and workplace wellness in Q4. I'm excited about each of these themes, and I hope you'll dive into them with us at DLCMindYourMind.org.

Finally, **looking toward the future,** our Central Receiving Facility plans are now moving full steam ahead. We cleared a major milestone in February when the County Commissioners approved — by a 4-1 vote — construction of the building on our current property. That was a blessed day!

This is a very big deal. I'm exceedingly excited about it, and I'm sure you are, too! As you know, we've long outgrown our current facility. We don't have enough beds or space to meet the growing needs, and we often have to send struggling neighbors out of county — sometimes as far as Manatee County — for help. The new facility will not only greatly increase our *capacity*, but also our *ability* to serve our community in the manner needed.

DLC has been at this location for almost 50 years. We have been, and will continue to be, a good neighbor; we will keep that tradition strong. So we celebrate the vote — and the overwhelming endorsement — by the Commissioners and community.

We hope to break ground on the new facility this year, and open in 2025. I cannot wait to walk through those front doors for the first time, knowing that they will represent a gateway to help, hope, and healing for so many of our hurting neighbors.

Thank you for being on this journey with us, and for your support and your kindness.

Scott Burgess
CEO

Shining a Spotlight on Infant Mental Health

How to build the foundation for good mental health in infancy

by Community Outreach Specialist **Jessica Liria, M.S.**

Societal and cultural stigma can produce negative thoughts and associations with the mere mention of the words “mental health.” But why? The brain is a critical organ that is responsible for communicating with and commanding the rest of the body—if the brain is unwell, overall health suffers. Establishing a strong foundation to manage and understand emotions, thoughts, and behaviors early in life will help to mitigate challenges and crisis situations.

The mental health of infants and toddlers had not been given much attention in the past. However, over the last decade, the field of behavioral health has witnessed an increase in the need for intervention and treatment at much younger ages. This has led to a push for raising awareness across the nation around the importance of social and emotional health in infancy and early childhood.

What is “infant mental health” and why is it important?

This phrase refers to the development of emotional, social, and cognitive skills in children from utero to three years of age. Much of this development is dependent on the caregiver. Anyone who plays a role in the life and upbringing of a child should know the stages of cognitive “leaps” and ways to teach children these critical life-long skills. At birth, the average brain is about 25 percent of its adult brain size. Throughout the first year of life, the brain grows rapidly, doubling in size. By age three, the brain has reached 80 percent of its full growth and 90 percent by age five. This is proof that early childhood is a critical time for learning, and we need to do all we can as caregivers to provide the tools that will help children thrive.

Developmental “leaps” and infancy skills

Physical milestones tend to be well understood and discussed, but the cognitive milestones an infant experiences are lesser known. These leaps occur when the brain goes through a massive change, quite similar to a physical “growth spurt.” The first developmental leap occurs around five weeks of age. During this time, an infant’s brain is starting to expand beyond the basic needs of feeding and sleeping. A five-week-old is starting to sharpen their senses and is more aware of what is going on around them. This can be overwhelming for the infant—there is

so much new information to adjust to. Caregivers usually notice an obvious change in behavior as the baby may be more irritable or fussy than normal for a few days until their brain can adapt to the change.

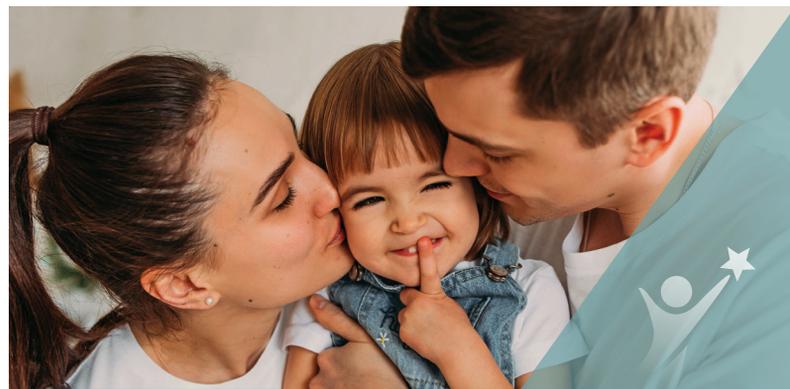
Critical skills to be learned during the first three years include:

- Expressing emotions and learning to self-regulate to manage emotions appropriately;
- Establishing relationships with people and developing a trusted, secure bond with caregivers; and
- Exploring societal interactions and gaining knowledge of family, community, culture, and environment.

What can I do to build a strong foundation in infant mental health?

Caregivers set the tone for social and emotional skills in these early years. How adults teach and interact with infants and toddlers generates their understanding of societal norms and generates their responses to emotional situations. By learning more about developmental leaps and utilizing techniques to build strong foundations in social and emotional wellness, caregivers can help young children thrive in the realm of mental health. Knowing where to seek additional support and resources to continue expanding upon this topic and sharing what is learned will also assist in creating happier, healthier communities.

DLC is providing a free virtual presentation on select dates in 2023. The 45-minute presentation will feature an overview of the six developmental stages for children in their first three years and will raise awareness on the importance of strengthening infant mental health. Participants will learn strategies to incorporate into their interactions with young children and receive tips to enhance their own self-care and emotion management in order to lead by example. DLC will also feature nationally recognized resources available for caregivers to learn even more about this topic.



To register, visit davidlawrencecenters.org/infant-mental-health for the list of scheduled presentations. You will be provided with a link to join virtually on the date and time selected.

SHARING SUCCESS: MICHAEL'S STORY

Michael has been sober for three years – and two of those years have been while living at Hope Home, DLC's recovery residence for men.

During most of his time at Hope Home, Michael has served as the senior resident. His path to where he is today has taught him the importance of having a sober living environment with accountability in his recovery and ability to maintain sobriety.

Michael's unhealthy relationship with alcohol began when he was just 13 years old. His parents divorced when he was young, and his mother's family allowed him to drink. His father, with whom he is extremely close, has been in recovery for 35 years. He warned Michael at a young age that his genetics were stacked against him and that drinking, once started, could become a problem. However, Michael had to learn that lesson on his own — the hard way.

Michael's dependence on alcohol was a slow and long progression. He joined the military in his mid-20s. Drinking was commonplace, and his dependence worsened during his years of service. College life after the military only further contributed to his alcohol use disorder. He began to feel powerless over alcohol and entered a year-long treatment program after college.

"Hope Home offers an ability to live life on life's terms. It gives you a better chance to maintain sobriety." — Michael

Michael was able to maintain sobriety for years while living with his father, but then his father got sick and almost died. The fear of losing him was too much to bear and Michael relapsed — hard. His behavior became reckless, and he was "in deep, but couldn't stop."

Michael didn't want his drinking to affect his father's health. He knew he needed help and a fresh start, so he entered the St. Matthew's House Justin's Place program, where he spent a year in treatment. He then spent another year in their transitional housing program, Wolfe Apartments, a drug- and alcohol-free structured community. He interned on the Recovery Team for Wolfe Apartments and eventually got a job as a freight broker agent.

Since everything seemed to be going well, Michael started to move away from the supports that had helped him maintain sobriety. After some time on his own, he relapsed — but this time, it was only for a few weeks.

Then, Michael was involved in a horrific car accident that

nearly left him dead. Thankful for the second chance he had been given, he went straight from the hospital to DLC and asked for help. He entered the Crossroads residential recovery program and was reconnected with the recovery community. He got a sponsor and moved into a "not so sober" living residence that wasn't certified and poorly run. People were "relapsing left and right," and he knew he needed a new option.

Around that same time, DLC opened Hope Home to address the lack of certified recovery homes in Collier County. Hope Home is one of only five organizations operating Florida Association of Recovery Residences (FARR) certified homes in Collier County. FARR-certified homes provide accountability, a structured and healthy environment, skill-building, goal-setting, and peer support. When Michael called and asked whether there was space, a spot had just opened, and he moved in.



Hope Home is located just one mile away from the DLC Main Campus, which offers 24-hour crisis care and access to the recovery support services available at the Crossroads program. Michael says he has remained sober largely due to the accountability and availability to access those supports. Hope Home offers on-call peer support specialists with sustained recovery who host weekly meetings in the house.

"Hope Home reinforces the healthy habits we learned in treatment," says Michael. "It is a real-life extension that helps streamline the transition to everyday life. It offers an ability to live life on life's terms. It gives you a better chance to maintain sobriety."

Michael says that life is excellent. "I've stayed here this long, for two years, because I have guidance and support right down the street. I can call anytime and that has been a huge help."

As the senior resident, Michael now shares his life experiences with other residents. Recovery is a journey with peaks and valleys and for him, and Hope Home sits in a valley surrounded by a safe, caring, and supportive community.



“TRULY HONORED”

BOARD CHAIRMAN **BOB MAGRANN** EXPLAINS WHY HE’S SO PASSIONATE ABOUT DLC.



Bob Magrann, DLC’s Board of Directors Chairman, has a keen interest in helping Veterans in Collier County — because he’s one of them.

In Vietnam, Magrann was a Huey Helicopter Crew Chief for the U.S. Army, going on combat missions and transporting troops. He very much knows what Veterans have seen and heard, and the struggles they often face when returning home.

“It’s a reality. I’m truly honored to do what I’m doing on behalf of an incredible organization, and in partnership with a wonderful and dedicated Board.”

— **Bob Magrann**

“Veterans are struggling from very serious social and emotional problems resulting from their military service that don’t get enough attention locally,” says Magrann. “As a Board Member, one of my top priorities is to see that DLC is doing its part to save and improve the lives of our Veterans struggling with depression, post-traumatic stress, substance use, and homelessness.”

That’s why Magrann is so passionate about DLC’s Veteran Service

Program, which is designed to build meaningful partnerships with Veterans and their families to help them function better at home, in the community, on the job, in educational settings, and throughout life.

Helping Veterans is just one of several reasons Magrann is passionate about serving DLC. He’s also deeply concerned about children’s mental health, particularly as anxiety, depression, and suicide rates have soared in recent years with American students.



Bob and Scott Burgess at a Chip In for DLC event

“Children today are struggling,” he says. “You hear so many stories about children having issues and challenges, and they don’t know where to turn. And where can they find help? David Lawrence Centers.”

Magrann, retired from the Del Monte Foods Corporation as Executive Vice President, has spent much of his life doing volunteer work and helping

non-profits. He became interested in working with DLC when a neighbor, who was then on DLC’s Board, told him about the organization’s work.



Linda and Bob Magrann at a Medal of Honor Ceremony for his pilot, Major Charles Kettles

“I thought I’d really like to be part of that,” says Magrann.

His first assignment with DLC was serving as Chairman of the Strategic Planning Committee, where he accentuated two top priorities: client care and financial strength, in that order.

He cites DLC’s mission statement: “To provide life-saving and life-changing behavioral health care through education, prevention, intervention, and treatment available to all.”

“It’s a reality. I’m truly honored to do what I’m doing on behalf of an incredible organization and in partnership with a wonderful and dedicated Board. I’m blessed with 16 true professionals who sincerely care about our community and who are committed to helping those in need.”



DLC wants to help children, adults, and families in our community prioritize mental wellness all year long. Visit DLCMindYourMind.org for tips, articles, and resources covering a variety of mental health and substance use related topics and don’t forget to **Mind Your Mind!**

DLCMindYourMind.org



Nurturing our First and Lifelong “Team:” A MODEL FOR BUILDING HEALTHY FAMILY DYNAMICS

by DLC Community Partner **Lisa Gruenloh, MPAP, CPC**, Founder and President of Purpose Journey®

When I was a teenager, sometimes I would joke that our family put the “fun” in dysfunctional. I’d always get a good chuckle out of people, likely because they could relate. Family quirks and personalities can be endearing. However, most of us have lived with family dynamics that could be improved. Experiences and patterns of unhealthy conflict, lack of trust or acceptance, misunderstandings, miscommunications, and many other challenges are universally common.

Even when we genuinely love each other, we don’t always have the skills necessary to live and work together in the most productive manner. The inability to respect differences, resolve disagreements, or forgive hurts (to name just a few common issues) can cause pain and distress, sometimes leading to regrets or bitterness that take a devastating toll on our mental, emotional, and physical health.

An effective framework for building a healthy and cohesive family “team”

Ideally, our family – whether our family of origin or chosen family – serves as one of our most stable support systems, our safe harbor. Just like a workplace team, that kind of dynamic doesn’t happen by accident. It’s deliberately cultivated through how we consistently interact with one



Lisa Gruenloh, MPAP, CPC

another. So how can we learn and practice behaviors that foster love and cooperation, build trust, and cultivate authentic harmony?

Because our family represents our first “team” experience, looking to best practices of healthy workplaces can provide helpful, adaptable guidance. One of the most effective

frameworks I’ve utilized in my work during the last 15 years is Patrick Lencioni’s *Five Behaviors of a Cohesive Team*®. The model is based on Lencioni’s *New York Times* best-selling book, *The Five Dysfunctions of a Team*, which has become an essential resource for leaders, managers, and team members at all levels in organizations – across sectors and industries, across the globe.

Here are some ideas and tips to create a high-functioning family inspired by The Five Behaviors® model:

Thank you to our Community Mental Health Partners

Want to learn more about how you can make a **strategic investment in mental health** and become a **Community Mental Health Partner?**



For more information, please email:
donorcare@dlcenters.org

Behavior #1: Trust One Another

Trust is the foundation not only for teams, but in one-on-one relationships. A traditional view of trust is one dependent upon another person being consistently reliable. A teenager might earn a parent's trust by consistently completing homework without supervision or coming home by a set curfew, for instance.

That's important, but Lencioni stresses a different and deeper form: vulnerability-based trust. As the name suggests, this type of trust is achieved when individuals are encouraged to be vulnerable with one another, without judgment or retribution.

Behavior #2: Engage in Conflict around Ideas

Of the five "dysfunctions", unhealthy conflict might be the most obvious in family dynamics. It's clearly visible during arguments and disagreements that leave people feeling hurt, defeated, or at an impasse. Unhealthy conflict is strongly felt even in its passive forms: conflict avoidance appearing as the cold shoulder treatment, or denial that anything is wrong when there are real problems that need attention.

There's a better way, and it relies heavily on vulnerability-based trust: open and honest exploration of differences.

Behavior #3: Commit to Decisions and Actions

Just because you start engaging in healthy conflict doesn't mean conflict goes away. Conflict is a natural part of life, and we master it by embracing it with good intent and

"Experiences and patterns of unhealthy conflict, lack of trust or acceptance, misunderstandings, miscommunications, and many other challenges are universally common." — Lisa Gruenloh



skillful practice. If there's a strong foundation of trust, family members will feel more open than ever to share their views and opinions. Get ready for a lot of ideas for the next family vacation. It's fun to let the creativity flow!

But what happens when it comes to decision time? Lencioni says two primary things get in the way of team members committing to a decision or action plan – the need for consensus and the need for certainty.

Behavior #4: Hold One Another Accountable

With a group commitment and clear expectations in place, everything should go smoothly now, right? Well, not always. People don't always follow through with their commitments for any number of reasons. Letting these things slide might feel like the easy thing to do. It might even seem "nice" for the person not doing what they said they would do. But before you decide how to handle it, be sure you are not avoiding conflict to sidestep your own discomfort.

Behavior #5: Focus on Achieving Collective Results

Families often are focused on supporting individual goals and achievement, and that's wonderful. Remember, our family can be our strongest support system. Yet taking a page from The Five Behaviors® playbook, we see that working toward goals, working through failures, and celebrating successes as a team can raise the bar on everyone's success and fulfillment.

Putting The Five Behaviors® into Action

To learn how to put these behaviors into action and more about The Five Behaviors of a Cohesive Team® resources, scan the code below.

Lisa Gruenloh is an International Coaching Federation (ICF)-certified executive and emotional intelligence coach. She's Founder and President of Purpose Journey®, a consulting, training and coaching company that helps individuals and organizations harness their unique values, strengths, and purpose with bold action to optimize their well-being and impact. In addition, Lisa is a certified practitioner and authorized partner of Five Behaviors of a Cohesive Team® and other leadership and team assessments and tools. Learn more at www.purposejourney.com and www.purposejournal.com.

SCAN CODE
TO LEARN
MORE



DLC EMPLOYEES RECOGNIZED

Several employees were recognized before the DLC holiday party in December 2022 for their **Above and Beyond** efforts during the community crisis of Hurricane Ian.

The DLC Board of Directors issued each employee a Certificate of Commendation "For leadership and service to our clients and community by embodying our DLC Charter before, during, and after Category 4 Hurricane Ian made devastating landfall in Southwest Florida on September 28, 2022."

Thank you to these DLC

Thalissa Avellaneda
Behavioral Health Technician

Maggie Baldwin
*Director of Crossroads
Continuum Services*

Chyna Bergevin
Behavioral Health Technician

Marcelo Bulatovic
Behavioral Health Technician

Scott Burgess
CEO

Joahan Cadet
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Behavioral Health Technician

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Taylor Denniston
Clinician II

Beth Dimodica
Clinical Nurse Manager

Michelle Dion
*Advanced Practice Registered
Nurse*

Zulia Dorritie
Registered Nurse

Raine Dyer
*PRN Behavioral Healthcare
Technician*

Sharif Elalem
Associate Clinical Supervisor

Angelo Falcone
Behavioral Health Technician



employees for going Above & Beyond:

Antonio Gomez
Behavioral Health Technician

Morgan Hennessey
Behavioral Health Technician

Patrick Hickey
Behavioral Health Technician

Michael Lindemann
Behavioral Health Technician

Sajin Maharaj
PRN Behavioral Healthcare
Technician

Sheryl Martinelli
Clinician I

Timothy Miller
Facilities Technician

Valerie Minuche
Clinical Specialist

Dudson Monfort
Behavioral Health Technician

Edjon Osmenaj
Behavioral Health Technician

James Petit
Behavioral Health Technician

Leonne Pierre
Behavioral Health Technician

David Ramirez
Clinical Specialist

Jesse Sandifer
Registered Nurse

Madeleine Sargent
Clinician II

Bernia Senatus
Behavioral Health Technician

Mattison Springs
Clinical Specialist

Andrew Stevens
Director of Facilities

Donald Taylor
Behavioral Health Technician

Dayana Thomas
Registered Nurse

Luis Ugalde
Facilities Technician

Nicandro Valdez-Botello
PRN Behavioral Healthcare Technician

Stephanie Viola
Clinician II



FGCU Fraternity Expands Partnership with DLC to Support Mental Health Awareness and Advocacy

David Lawrence Centers recently announced the expansion of its partnership with Alpha Tau Omega (ATO) fraternity at Florida Gulf Coast University (FGCU) to spread mental health awareness and increase philanthropic support through an ongoing campaign.

Jack Hellmer, an FGCU entrepreneurship graduate student and ATO fraternity brother, developed *UBYou*, an app to help students assess their stress while connecting them with mental health and campus resources. *UBYou* has resulted in strong support from the campus community. While developing the app, Hellmer learned that many school counseling centers are having trouble keeping up with the growing demand from students requesting help, and he knew more needed to be done on campus to bring awareness to these common issues.

Each year, FGCU ATO chooses a charity to support through its philanthropic endeavors. Hellmer introduced the FGCU ATO executive board to the DLC mission and encouraged them to consider selecting DLC as a mental health partner.

FGCU ATO brothers wanted to choose a local charity where they could see their support in action vs. a national nonprofit. After touring the DLC main campus in Naples to learn more about the services provided, they chose DLC as their annual charity of choice.

“Our brothers began this grassroots movement to support our local community’s mental health through educating our fellow students about available resources and through



FGCU ATO presents check to DLC’s Scott Burgess, CEO

raising much needed funds for DLC,” said Hellmer. “Our brothers built a strong connection to DLC and have seen overwhelming support for our efforts.”

The brothers’ hard work and passion paid off, resulting in \$16,600 for DLC programs and far exceeding any other fundraising efforts in the fraternity’s history. The funds were raised during campus-wide fundraising events and activities held in 2022.

“Being able to witness first-hand what DLC can do with the money we raise gives me peace of mind, knowing that people who are facing mental health struggles will get the help they deserve,” shared FGCU ATO Signature Event Chair Quinn Griffin, who helped spearhead the DLC fundraising efforts. “It is our mission to support DLC so that the people who don’t have the strength to fight for themselves can.”

The fraternity’s efforts to support DLC didn’t stop at Philanthropy Week. When DLC put out a critical appeal for advocacy support to the community in February 2023, Hellmer and his ATO brothers attended the Collier County Board of Commissioners meeting to show their support for the new Collier Central Receiving Facility location near DLC.



FGCU ATO attending DLC’s 55th Anniversary Sound Minds Celebration

The FGCU ATO chapter also sponsored DLC’s 55th Anniversary Sound Minds Celebration, with 14 members attending the fundraiser to hear the keynote address from mental health advocate and academy award-winning actress Goldie Hawn.

And now, FGCU ATO has committed to continue their DLC partnership and will raise money for its mission for another year. Those efforts kicked off during the 2023 FGCU Philanthropy Week in April. Fundraising activities include: Pie an Alpha Tau, Dunk an Alpha Tau, a carnival, a brunch, as well as an ongoing online giving campaign.

“We are excited to continue our mission to improve the lives of our fellow students and community members through our presence on campus and through DLC,” added Hellmer.

“We are incredibly grateful to the FGCU ATO fraternity for their support of our mission,” said DLC CEO Scott Burgess. “Their efforts have advanced mental health awareness among local college students who are often unnecessarily struggling in silence.”

How to Provide Support and Address Concerns

by Community Outreach Specialist **Jessica Liria, M.S.**

Recognizing the signs that someone is experiencing a mental health concern is part of what can be a complicated puzzle. How we put the rest of the pieces in place determines how effective the outcome will be. Here are some tips to consider to when addressing challenges and providing meaningful support:

Find a Comfortable Setting

Speaking to the person in private lessens the potential for feelings of embarrassment; however, we also want to ensure the location is not intimidating or causing discomfort.

Remove Judgement

Even when we feel there is no bias or influence in our words, our tone of voice or body language may convey a different message. Ensure all channels of communication align when speaking. Being an active listener may take even more attention and focus than we are used to. Avoid interruptions, distractions, and assumptions. Provide support by communicating understanding of the person and their experience without judgement.

Provide Hope

It is unrealistic to think that you will have all the answers or be able to solve all the problems, but you can offer reassurance and hope. Telling someone what they should do, or giving advice, is not always

wanted or helpful. Statements like, "You are not alone in this. I want to help..." or, "We can get through this, let's talk about what we can do..." demonstrate that you care and are ready to assist. Validating how someone feels further assures them that it is OK if they are not feeling OK, using statements such as, "It is understandable to feel hurt after something like that happens, or "It is natural to feel this way after an experience like that."

Explore Options

Offering hope and compassion may help make someone feel better in the moment. Exploring strategies to be used if the same feelings come up again, like coping skills and self-care, may allow the person to see there are many ways to get through challenges. Perhaps there are things you can do together, like meeting up for walks, or joining a community group. Identifying professional resources for care are also worth discussing.

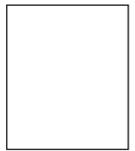
Know the Resources

Each community is equipped with a variety of localized resources to provide needs like food, shelter, medical care, financial assistance and more. Many factors may be contributing to mental health challenges. By addressing those basic needs first, a person may be more willing and able to focus on their mental wellbeing. Research what your community has available and stay informed on these valuable services. In Collier County, download Collier CARES, a mobile app with an abundance of resources that can be filtered by category and location (also available online at colliercares.org).



Providing help to those around us builds a stronger, healthier community. We can all make a difference in the lives of others by providing compassion, kindness, and empathy. DLC has a comprehensive continuum of care—from prevention to crisis services.

When immediate support is needed, the Emergency Services Assessment Center is available 24/7 at 239-455-8500.



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