



# The Newsletter of David Lawrence Center CENTERED

## ANNUAL GIVING CAMPAIGN KICKS OFF WITH \$50,000 MATCHING GIFT CHALLENGE



Patt and Tom Schneider, Cyndy Nayer, Sheila and Doug Johnson



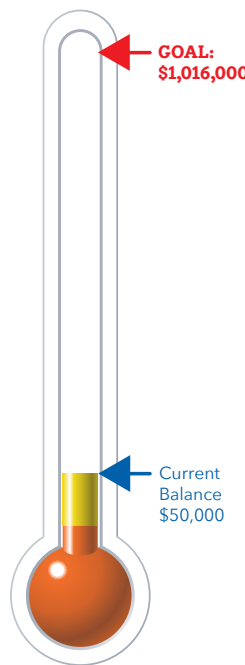
### From the CEO *Scott Burgess*

In June, we ended our 2014 - 2015 fiscal year and once again saw dramatic growth in caring for those in our community. Many of our programs saw double digit increases in individuals served, we added new services and enhanced collaborations with important partners to better serve those in need.

But, our work is not done. Aligned with continued projected growth, this fiscal year we are poised to increase our impact on more individuals than any other time in our history and we have exciting plans to continue to add more evidence-based practices.

*"I am extremely enthusiastic about the community's support to help us achieve our bold vision to meet the needs of our community for years to come."*

— SCOTT BURGESS, CEO



To meet current and future demands DLC and our champions will need to work together in order to succeed in this vital mission. We realize these are community issues we can't solve alone.

At our recent Season Kick Off reception hosted at Stonegate Bank by board member Pablo Veintimilla, it was announced that a donor has kick started this fundraising season with an annual fund challenge gift of \$50,000! They have challenged the community to join them in their commitment to our exciting vision whereby they will match \$1 for every \$2 raised by December 31, 2015.

As the leading mental health organization in the region, we know that expanding mental health and substance abuse services is critical in addressing one of the most pressing issues our community faces.

We hope this extremely generous gift will inspire you to step forward to help DLC reach our annual fund goal of \$1,016,000.

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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

### Evidenced Based Dialectical Behavior Therapy Now Available

David Lawrence Center recently launched the new Dialectical Behavior Therapy (DBT) program targeted to both the adolescent and adult populations. DBT blends proven Western Cognitive therapy and Eastern meditative approaches to help people achieve emotional stability, decrease stress and live in acceptance and mindfulness. The goal is to help people have a meaningful life by teaching skills to deal with issues that cause distress and avoid self-defeating behaviors.

DBT can help adolescents and adults with drastic mood changes, chaotic interpersonal relationships, poor impulse control, self-injurious behaviors, suicidal thoughts or attempts, and high risk behaviors that interfere with daily life. DBT is a 12-month treatment commitment that teaches participants to move closer to life goals and includes weekly individual



**"Research shows DBT is effective in reducing suicidal behavior, self-injury, psychiatric hospitalization, treatment dropout, substance use, anger and depression."**

**— SCOTT BURGESS, CEO**

therapy sessions and skills training group as well as life coaching calls. The treatment includes education on interpersonal effectiveness, mindfulness, emotion regulation and distress tolerance.

Funding for the clinical training program was provided by the Naples Children & Education Foundation.

## SUCCESS STORY

Steven is quick witted, kind and gentle. A far cry from the person he describes as abused, who suffered hallucinations, isolation and suicidal thoughts.

Every memory Steven has of his mother and his childhood is traumatic. She abused alcohol and prescription drugs and was "very intense and psychotic."

**"DLC helped me find my personal strengths and gave me the skills and support I needed to take care of myself."**

**— STEVEN**

As a teenager, Steven began hearing voices which he couldn't shut off. "They prevented me from ever feeling happiness," he says. Without medication and an official diagnosis, he struggled on his own and needed his mother's financial support so her mental and physical abuse continued.



When Steven came to DLC five years ago he felt like he was losing his mind. He was in desperate need of help, and he found it.

A DLC psychiatrist diagnosed him with schizophrenia with bouts of depression and anxiety. His medication "calmed the storm in his brain" and he learned to quiet the voices in his head. Slowly but surely he began building his self-esteem and confidence.

Steven, now in his 30's, knows how well he is doing. "My past is no longer the ruler of my direction."

## COLLABORATIONS AT WORK

### Collier County Sheriff's Office Partnership Favors Treatment, Diverts From Jail

Collier County Sheriff's Office (CCSO) and the David Lawrence Center have collaborated on the public safety, health and wellness of this community since the Center's inception over 45 years ago. Under the leadership of Sheriff Kevin Rambosk, this partnership has evolved and our ability to work together to help those in need has never been stronger.

The premise behind this strengthened collaboration is a core understanding of what works and what doesn't. We know that jails and prisons are ill equipped to meet the needs of offenders with mental illness and substance abuse problems and criminalizing this population does not result

**"Since 2007, Baker Act law enforcement referrals to the Crisis Unit have increased 157%."**

**- SHERIFF KEVIN RAMBOSK**

in adequate care. Our initiatives prevent legal involvement where appropriate by providing access to treatment as an alternative to incarceration as well as wraparound care upon release to avoid recidivism and rearrests.

One initiative is Crisis Intervention Training which arms law enforcement officers with the skills and knowledge to handle violent and aggressive calls related to mental illness and substance abuse. Since 2007, DLC has provided 850



**HEROIN BUST PRESS CONFERENCE SCOTT BURGESS SHERIFF KEVIN RAMBOSK**

officers specialized training about signs and symptoms, the Baker Act and Marchman Act Laws and community resources.

Recently we started the Law Enforcement Assistant Diversion program which allows officers to redirect low-level drug offenders to treatment services, instead of jail and prosecution. This program was tested to the limits when CCSO announced one of the largest drug trafficking busts in local history that is "significantly impacting the flow of heroin and methamphetamine to the residents of Collier County." Through this initiative, deputies worked with emergency medical services and David Lawrence Center to make sure those addicted to heroin who were without access to their drugs and sick from withdrawals could get the rehabilitation help they needed.

By working together, these life-saving initiatives are changing lives and reducing criminal behavior.



drugs are required to prevent feelings of withdrawal. Addiction to painkillers frequently leads to heroin addiction because the black market drug is cheaper and easier to get than black market painkillers.

**"Up to 80% of people who inject heroin report abusing prescription opioids before starting to use heroin."**

**- SANJAY GUPTA, CNN CHIEF MEDICAL CORRESPONDENT**

Since 2001, overdoses from heroin and opioid painkillers combined have more than tripled.

The good news is that treatment options such as detox, residential treatment and medication-assisted treatment designed to fight opioid addiction are increasingly sophisticated and effective. For more information, visit [CrossroadsNaples.org](http://CrossroadsNaples.org) or call 239-354-1428.

*Source: National Institute of Drug Abuse*

## ISSUES & ANSWERS

### About the Heroin & Prescription Drug Epidemic

The U.S. currently faces an unprecedented epidemic of opioid addiction – painkillers, heroin and other drugs made from the same base chemical – that is dramatically impacting Collier County.

Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance extracted from the poppy plant. Prescription opioid pain medications such as Oxycontin and Vicodin have effects similar to heroin when taken in ways other than prescribed. They are currently among the most commonly abused drugs in the United States.

As much as 80% of people who inject heroin report abusing prescription opioids before starting to use heroin. They also report that crushing the pills to snort or inject the powder provided their initiation into these methods of drug administration.

Experts agree that the current spike of opioid abuse can be traced to the increased prescription rates for painkillers by well-meaning physicians. Prolonged use leads to dependence and, once hooked, increasing amounts of

# David Lawrence Center SPECIAL EVENTS

## Young Executives Sunset Cruise

The DLC Young Executives Sunset Cruise was a sellout success with 150 next generation philanthropists, friends and supporters of mental health climbing aboard the Naples Princess to enjoy an evening of music, drinks, hors d'oeuvres and a captivating Naples sunset. The event raised more than \$2,000 in support of the Center's mental health and substance abuse services.



CAROLINE & AARON CILEK



MEREDITH GOODRIDGE, ANGELA NAVARRO, KELSEY HAZZARD, SHELLEY LONG



DEREK PERRY, TYLER MCMACKIN, JEN LEETE, SHAHEAN SHARIATI



JENNIFER TRAMMEL, PAUL EMIDY, AMANDA BEIGHTS, ANDY BEIGHTS, SHANNA SHORT, NOEL DAVIES



BRITTNEY BAUER, SARAH BRATCHER, CARDEN SHAW

## Young Executives Wish List Friendraiser

More than 75 people attended the DLC Young Executives recent wish list friendraiser at HobNob. Guests were encouraged to bring in clothing essentials for children and adults who come to the Crisis Unit with only the clothes on their backs. In addition, over \$500 was donated to purchase additional items and restock supplies.



RYAN TARNOW, KYLE SHOEMAKER, RICHARD MICHEL, KAYINAH DESTINE



KATE & ROB EDWARDS



JOHN & ALEX BREAULT



KELSEY HAZARD, KELLY GREGORY, COREY WALKER, MONIQUE CARLONE



ALLISON DURIAN, RACHEL BARLOW, LUSY GARCIA, SHANNA SHORT



IRENE ZAMORA, CARLY SCHNEIDER

## Recovery Month Awards Celebration

DLC celebrated the 26th Annual National Recovery Month in September. "Join the Voices for Recovery: Visible, Vocal, Valuable" highlighted the value of peer support by educating, mentoring and helping others. DLC honored Hazelden Betty Ford Foundation, Collier County Public Schools, Tommy Sloan; Collier County Sheriff's Office Human Trafficking Unit, and George Callahan. More than 320 people enjoyed dinner sponsored by St. Matthew's House, DLC Alumni Association and DLC Young Executives; educational community partner tables; entertainment by students from the Lely High School Drug Free Collier CORE Society and a raffle.



LT. KEN BECKER, LT. GEORGE WELCH, SGT. WADE WILLIAMS



TRISTA MEISTER, MASTER OFFICER BILL GONSALVES



RICK LOCASTRO, EVA FISH, MARTI VAN VEEN, LAUREN PALOWITZ, DOROTHY FOX



THERESE O'SHEA, BRIAN BENSON



KATHY CALLAHAN, BRENDA ILIFF, LOUIS SALANO, SCOTT BURGESS, ANDY HENCHESMOORE, MARISOL SCHLOENDORN TOMMY SLOANE

# SAVE THE DATE

## J. MCLAUGHLIN SIP AND SHARE DECEMBER 1, 2015

In honor of National Giving Tuesday, the global day for giving back, J. McLaughlin's at Venetian Village will give a 15% donation from their sales to DLC. Don't miss out on this great opportunity to peruse their classic but contemporary American sportswear and accessories, while benefitting the DLC mission. Stop by from 1:00 - 5:00 p.m. and enjoy refreshments and shopping for a purpose just in time to get gifts for the Holidays.



## LIVE LIFE IN COLOR! GALA JANUARY 23, 2016

Live Life in Color! Gala, held at Naples Botanical Garden, is an entirely new event that will be an imaginative experience of colorful expression like no other. This gala, rather than a faraway land, will turn our attention to life, lived right here, in paradise. Live Life in Color! will feature nationally known performance artist, entertainer and speaker, Michael Israel, who pairs his renowned paint performance with heart-pounding live music that captivates his audience. This interactive event leaves onlookers feeling exhilarated and fulfilled. His art will be auctioned off after the dinner in support of DLC's services.



PAT & WILLIAM BARTON

Tickets are \$500 and \$1,200 per VIP. Longtime, well respected community leaders William and Pat Barton who have been deeply devoted to the DLC mission for more than 30 years will serve as Honorary Co-Chairs. They will join forces with 46-year veteran DLC volunteer and leader Polly Keller and current Center and Foundation board member William O'Neill and his wife Kathleen to serve as co-chairs. Interested in joining this dynamic team and serving on the committee? Call 239-304-3505.

## YOUNG EXECUTIVES HOLIDAY BASH DECEMBER 4, 2015

The DLC Young Executives invite fellow philanthropists and professionals to their 6th annual signature event, the Holiday Bash, formerly the "Gulf Ball." Enjoy cocktails and hors d'oeuvres in an island getaway atmosphere on the beautiful Gordon River at this year's new location, Jack's River Bar at Naples Harbour Marina. This upscale but casual social event will be an evening of fun, fellowship, and fundraising for DLC, and will feature the return of last year's popular "Giving Tree." The Holiday Bash will be from 7:00 to 10:00 p.m. Island casual, cocktail attire is encouraged. Live entertainment and music by Jack Dillman. Tickets are \$50 until November 23rd and \$60 up to the day of the event.



## SOUND MINDS MUSIC FESTIVAL & MENTAL HEALTH SYMPOSIUM APRIL 1 & 2, 2016

Join us this Spring at the Naples Botanical Garden for the second annual Sound Minds™ music festival and mental health symposium, held once again in partnership with IMHRO and our education sponsor Naples Children & Education Foundation. The symposium will highlight the topic of mental health and the caretaker by national scientists and local mental health advocates.



Immediately following will be a wine tasting, meet the speakers reception and live music in the garden. The exclusive VIP wine dinner will be held the evening before the symposium at the Von Liebig Art Center and will feature harmonious couplings of Staglin Family Vineyard wines. All inclusive VIP tickets are \$625 each; Symposium, Concert, and Wine and Cheese Reception are \$125 each; and the Symposium only is free to the public.

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

# CENTER NEWS

## New and Improved DavidLawrenceCenter.org

After several months of research, planning and development, the new DLC website design made its debut with much anticipation.

Including vastly improved aesthetics, visuals and branding elements, many of the site changes were designed to make it more user friendly for visitors to understand how to access help. The How to Get Help section now includes insurance information, frequently asked questions and videos, client forms and a more thorough explanation of the admissions process. The Treatment Programs section is easier to navigate and explains in depth the types of programs for adults and children. All pages have contact forms making it easier to get the help you need and to inquire about services, events or volunteer opportunities. In addition to these vital resources, the site gives viewers the opportunity to read success stories, as well as view photo galleries



that showcase our work, campus, volunteers and donors. Also part of the redesign was a completely new web presence for EncoreResale.org and ChildsPath.org. With a new and improved News and Events section accessible from the homepage, visitors can read our blog, newsletters, e-news articles, press releases and event listings.

# DONOR PROFILE

## Carlos Cabrera Rides for Mental Health

You might say Carlos Cabrera has a "passion for our cause." He so believes in the work being done by the David Lawrence Center that he took two days out of his life recently to cycle his way to Central Florida to raise money for us.

"We are so fortunate to have a facility like the David Lawrence Center doing such good work and offering so many services. I feel as a business community we have to do all we can to support it."

— CARLOS CABRERA

Cabrera is Senior Vice President of Global All Inclusive Operations for Hyatt Hotels. He is based in Bonita Springs. He decided to ride his bike to a national meeting Hyatt was conducting in Orlando after learning the theme would be about the purpose of his company.

Cabrera says, "I decided that a way I could bring purpose to life in my own personal way was to raise money for a local and caring organization that is dedicated to helping people be their best."



CARLOS CABRERA, SCOTT BURGESS, LYN CABRERA

He asked friends and clients to sponsor him on a per-mile basis for his two-day, 200 mile ride. As a result, he happily donated nearly \$9,000 to DLC.

As for the cause, Cabrera believes we have a severe problem in society today with alcohol and drug abuse. He says that working in the hospitality industry, he sees evidence of this quite often. "The impact it is having on families, the workplace and society in general can be devastating."

# FACT:

*In fiscal year 2014-2015 David Lawrence Center provided 209,224 treatment services to children and adults. This represented a 26% increase over last fiscal year.*

# Planned *Giving*

## DESIGNATE YOUR ASSETS FOR HELPING OTHERS

*If you are looking for an easy way to support David Lawrence Center, but can't part with assets today, consider designating us as the beneficiary of your retirement plan assets or insurance policies. When you support us through a beneficiary designation, you can have peace of mind knowing that your plans can be altered at any time.*

Consider the following options:

### RETIREMENT PLAN ASSETS

Retirement plan assets make a tax-wise gift to David Lawrence Center. If your children are the beneficiaries of your retirement plan assets, federal income taxes may erode up to 39.6 percent of the amount they receive from your plan. In contrast, as a nonprofit organization, we are tax-exempt and eligible to receive the full amount and bypass any federal taxes.

### LIFE INSURANCE

Life insurance is a low-cost way to provide a large gift to a charity of your choice. You can name us as primary or contingent beneficiary. If you name us as contingent beneficiary, we will only benefit if your primary beneficiary predeceases you.

### INSURANCE ANNUITIES

Insurance annuities carry an income tax burden, making your named beneficiary responsible for paying the income tax due on the growth of your annuity. The tax burden makes these assets a popular choice to leave to an organization like David Lawrence Center because we, as the recipient, can eliminate the tax bill on the portion we receive.

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MARY BETH CRAWFORD, ESQ.

PLANNED GIVING  
COMMITTEE CHAIR



### HOW TO NAME US AS BENEFICIARY

To name us as beneficiary of these assets, contact your retirement plan administrator or insurance company for a change-of-beneficiary form. Decide what percentage you would like us to receive, and name us, along with the percentage you chose, on the beneficiary form. Then return the form to your plan administrator or insurance company. It is that simple!

### FOR MORE INFORMATION

*Consulting an estate planning attorney is a smart investment that can save you and your family money and heartache in the long run. Please seek legal advice before deciding who will get what in your estate plan. For more information about designating your assets to benefit the David Lawrence Center, contact the Foundation at 239-354-1434.*

REGISTER ONLINE TO RECEIVE OUR E-NEWSLETTER:

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

## LOCATION & CONTACT INFO



239.455.8500

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

### ENCORE RESALE SHOP

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

## ENCORE NEWS

### Many Ways to Support DLC Mission Through the Encore Resale Shop



ROSEMARIE MODELEWSKI

Without the generosity and kindness of volunteers and donors, the Encore Resale Shop would not exist. Making a difference in the lives of those affected by mental illness and substance abuse can be as easy as cleaning out your closet, storage unit or garage.

Just ask Cyndy Nayer, one of Encore's newest donors. When she and her husband decided to downsize, they immediately thought of Encore. Mental health is near and dear to her heart. She said, "In addition to having friends and

family with behavioral issues, throughout my career I worked with organizations to ensure that behavioral health is treated as equitably as other health conditions."



CYNDY NAYER

"I think it's wonderful that the furniture, art, and household goods we no longer needed can create a pleasant environment for members of our community, while helping those in need."

– CYNDY NAYER, ENCORE DONOR

Recently retired, Cyndy wanted to know more about how she could help and is also now serving on the committee for the Center's Sound Minds mental health symposium and fundraiser.

Another way to support Encore is by volunteering. Our newest volunteer, Rosemarie Modelewski, is planning to put her administrative experience to work in the store. Her daughter works at DLC so when she retired six months ago, it was a natural fit. Rosemarie shares, "I understand the need for these lifesaving services. I really enjoy volunteering at Encore because the people are wonderful."