



The Newsletter of David Lawrence Center CENTERED

DAVID LAWRENCE CENTER RECEIVES THE KAPNICK AWARD



TOM MCCANN, DOTTIE GERRITY, SCOTT BURGESS



SCOTT BURGESS, POLLY KELLER, MICHAEL REAGEN, PHD

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From the CEO *Scott Burgess*

I'm delighted to tell you that David Lawrence Center recently received the Harvey Kapnick Award from the Community Foundation of Collier County. We were one of five individuals and organizations honored at the foundation's

Celebration of Philanthropy.

Each year, the Kapnick Award is given to one nonprofit organization that "exemplifies program excellence."

The recognition is a tremendous validation from community leaders and philanthropists that services provided at DLC are exemplary and meet the community's highest standards. It is also an honor given the caliber of Kapnick Award recipients in past years.

"The recognition is a tremendous validation from community leaders and philanthropists that services provided at DLC are exemplary and meet the community's highest standards."

— SCOTT BURGESS, PRESIDENT AND CEO

Community leaders and donors recognize DLC as a service organization that helps the entire community, and that we do this work with excellence, collaborating with local organizations to increase our impact. The Foundation sees DLC as an integral partner in keeping our whole community healthy and well.

What exactly is program excellence? It means that DLC demonstrates excellence in meeting all our clients' needs across time and across our 44 programs. A person coming to us with an acute need receives excellent care. They might then transition to our excellent after-care services. Excellence is reflected in our counselors, in-school support, and services wrapped around children and families in the home.

The Joint Commission, the nation's foremost health care accrediting body, recently awarded us the Gold Seal of Approval® for Behavioral Health Care, its highest ranking. I regard the Kapnick Award as the community's Gold Seal of Approval.

Providing exceptional services and being available to everyone in need requires community support, especially as Florida is 49th out of 50 states in spending for mental health care. Your support for DLC ensures that our community has the best care – for everyone. Please consider a contribution in support of our mission.



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2016 - 2017**

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MISSION

Restoring and rebuilding lives by providing compassionate, advanced and exceptional mental health, substance abuse and integrated healthcare solutions, available to all.

VISION

To lead the way in transformational care so every individual assisted can achieve what is possible.

David Lawrence Center is a not-for-profit, 501(c)(3) organization and is accredited by the Joint Commission 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 fundraising efforts.

SUCCESS STORY

My Long Journey to Hope



By Jimena

As a child in Naples, I lived partly at home and partly with many foster families. When I was six, my mom and I lived in a homeless shelter because of domestic violence.

In the shelter, I was sexually attacked many times by teenagers living there.

I kept being put into foster care – five foster families in all. Foster care wasn't bad, but we moved a lot and I missed my parents very much. I was daddy's girl.

In my senior year of high school, I became very depressed. My foster care mom found me in my room, crying in the dark. She told me to get a therapist. The therapist said I was depressed and I went on medication. Zoloft helped me not cry so much. At 18, my foster parents kicked me out because I sometimes came home late, and they wanted me to pay rent.

A program that supports independent living helped me go to college in Tallahassee. In my freshman year, I got pregnant. I started hearing voices and soon I was living in a homeless shelter. After I had my son, I heard my own voice in my head telling me to walk around the mall with my son in his stroller, and pray out loud. The baby's dad wanted nothing to do with the baby or me.

My mental health got worse. I was praying in tongues in my classes, walking long distances while praying out loud. I got Baker Acted the same day my son was taken away from me. My roommates told the school I was praying out loud in the dorm. They said, "We're very uncomfortable with this." The police took me to a mental hospital.

I stayed at two mental hospitals. I was diagnosed with bipolar schizoaffective disorder and depression. My sister came from Naples to pick me up and I stayed with her. But soon she told the police I was wandering and praying out loud. The police took me to David Lawrence Center.

DLC was organized. They put me on different medications and elevated the medications that helped me. The

doctors encouraged me to go back to school – to use my brain. I moved back to Tallahassee, and my son's father let me see my baby on weekends. I had a new apartment, where I played with my sweet son.

But then I walked from Tallahassee to Georgia. I heard voices telling me to keep walking and fasting through the Valley of Death. My sister brought me back to Naples. I went back to DLC, then to a state mental hospital, then back to DLC. My doctors at DLC got my meds right, I was doing better, and was discharged. I'd been in and out of mental hospitals for two years, and was 23 when I got out.

"Anybody who needs mental health support should go to DLC. The doctors feel like family. My caseworker is like a mentor. If you need services, don't feel weird or crazy. Just take care of your mental health. The sooner you do, the sooner you'll get back to your regular life. "

– JIMENA, DLC CLIENT

Life is better now. My mental health is way better. It took me a long time to get back in school. I'm living with my mom in Immokalee and am a sophomore at Florida SouthWestern State college. I want to finish my bachelor's degree and get a master's in business administration. I want to open up a café for the youth of Naples where people recite poetry.

Anybody who needs mental health support should go to DLC. The doctors feel like family. My caseworker is like a mentor. If you need services, don't feel weird or crazy. Just take care of your mental health. The sooner you do, the sooner you'll get back to your regular life. Mental health is a real issue.

ISSUES & ANSWERS

High Rates of Mental Health Problems Cause For Alarm Among College-age Youth



*By Elena Zerpa, MD
Staff Psychiatrist*

Suicide is the second most common cause of death among today's college students. A growing number of students have significant psychological problems, with increased levels of stress, depression and anxiety.

I believe this disturbing trend results from many factors. Today's parents protect children and resolve their problems, rather than letting them make mistakes and learn from them. So when difficulties occur as they adjust to college life, many can't cope.

Social media puts tremendous pressure on teens. In this unreal world, everyone competes to be the one with the better life, better things. Kids feel, "If I didn't go to that restaurant where everyone's taking photos, I'm nobody."

"If you're worried about your child's mental health but they won't talk openly to you, call their friends on campus or a dorm advisor. Get involved before there's a problem."

– DR. ELENA ZERPA, STAFF PSYCHIATRIST

They feel shame, which leads to poor self-esteem. Parents should teach kids from a young age that "This is your life. This is what we can afford."

In high school, a kid might have been the best student, the cool one, the great athlete. Then they get to college and everybody is equally impressive. Now they're insecure, wondering "How do I stack up?" What's more, until college, a child follows the parent's script. Suddenly, in college, there's no script. No one's telling you when to wake up and go to sleep. You don't do homework? You get a zero, not a second chance. The kids can't handle it. Self-esteem comes tumbling down.

Red flags of serious mental or emotional problems in college students include the following: A normally good



student starts ignoring assignments or classes, and isn't waking up on time. A student suddenly doesn't have friends, or is rejecting their friends. Their routine changes: Their weight goes up and down; they're not showering; not doing social things.

Here's how you can help: If you're worried about your child's mental health but they won't talk openly to you, call their friends on campus or a dorm advisor. Get involved *before* there's a problem: Early on, connect with a good friend of your child's, and they will be your eyes. At least, get the phone numbers of a few friends.

If your child exhibits any warning signs, see if they will accept help. If not, call the school's mental health hot line or a school counselor. If none of these actions are possible, travel to campus yourself.

If your child is already showing signs of serious mental illness – for example, hearing voices – before college, they should be stabilized before starting school. And take the pressure off regarding going to a top school; a state school may be a better choice. Show you are proud of them no matter what college they're attending. Campus mental health providers are very overburdened, so if your child has mental health issues, find a provider near campus. *Don't wait till your child is in crisis.* The same way you look for beautiful wall art and a great room, look for an excellent mental health provider.

FACT:

In the past year, 49.5% of college students reported feeling hopeless; 60.5% reported feeling lonely - a common indicator of depression; and one in 12 made a suicide plan.

Source: National Data on Campus Suicide and Depression

David Lawrence Center SPECIAL EVENTS

Magical Musical Tour Gala

Music, dancing and fundraising was at the forefront of the Magical Musical Tour: Dancing Through the Decades signature gala held in January at The Ritz-Carlton, Naples Beach Resort. From the décor and the highly sought-after, 13-piece band to the auction items and menu, the gala committee outdid themselves. The memorable evening was filled with dancing, music and entertainment inspired by the 1960s to today in celebration of the Center's nearly 50 years of serving the mental health and addiction services needs of our community. Guests, all decked out in decade-inspired cocktail attire, spent the evening shimmying to blasts from the past and today's best party music and bidding in support of children's mental health. The committee promised a fun, inspiring and interactive experience and they delivered! More than 300 people attended the gala and, along with our sponsors, helped raise \$277,000.

SPECIAL THANKS

Gala Co-Chairs

Jill and Michael Basden
Jackie Cronacher
Sheila Johnson
Linda Richards Malone
Vickie Nolen
Caroline Ridgway
Wynnell Schrenk
Robin and Pat Stranahan
Christine Williamson
Sue Lennane and George Zundell

Gala Sponsors

Amaza Foundation
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PAULA MALONE, PEGGY MAYO



MARIA CHRISTINE ST. PIERRE,
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SUZIE OTTERBECK, MOLLY FERRANTE,
JILL BASDEN, ROBIN STRANAHAN



JOHN AND NANCY DRESSER, POLLY KELLER, AMY AND
DARCY TAYLOR, SCOTT BURGESS



TERRY AND BOB EDWARDS



JERRY NICHOLS, SUSAN GROSE



GUESTS DANCING THE NIGHT AWAY



JILL BASDEN, GEORGE ZUNDELL,
SUE LENNANE



RICHARD PREBISH, NICOLA LUTGERT,
STEPHANIE PREBISH, GORDAN AND
BARBIE KELLAM, ERIK LUTGERT



DOUG AND SHEILA JOHNSON,
BRIAN AND CATHERINE MCAVOY



GALA DECOR



CHRIS AND JEFF ROTTSCH



RALPH AND SHELLY STAYER



CAROLINE RIDGWAY,
AMANDA BEIGHTS,
ALLISON DURIAN



DIANE MCGINTY, NANCY SLATER, ROBIN STRANAHAN,
VICKIE NOLEN, ELIZABETH STAR, RON MCGINTY



BIG SWING AND THE BALLROOM BLASTERS

David Lawrence Center SPECIAL EVENTS



DENNIS O'BRIEN, BRUCE MCANDREWS, SANDY KEELER, MIKE KEELER



CARLOS CABRERA,
AL BURGESS, SCOTT BURGESS

Chip In For DLC Golf Tournament Grows

Now in its third year, the Chip in for DLC Golf Tournament, held in conjunction with the DLC Young Executives in October, has grown exponentially. Our golf enthusiast donors "chipped in" to support our mission at this year's beautiful new location, Wyndermere Country Club, and helped us net over \$21,000 – with more golfers in attendance than ever before.



SHANNA DAVIES, JENNIFER
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SPECIAL THANKS

Golf Sponsors

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ALLISON DURIAN, CAROLINE RIDGWAY, ANNEMARIE ZOLLER



RYAN TARNOW, TRACY DUHANEY, DAVE KUNES

Young Executives Get Festive at Holiday Bash

The Young Executives 7th Annual signature event, the 2016 Holiday Bash, was held in December. Guests enjoyed a new venue at the Hilton Naples while listening to live music by Jack Dillman. The evening of fun, fellowship, and friend-raising featured a "Giving Tree" and silent auction.



MONIKA BLOOMFIELD, CLAIRE BAKER,
BERKELEY SMITH



COLBY AND JAKE HAZEWINKEL



CARLOS AND CARMEN OLIVA

SPECIAL THANKS

Holiday Bash Sponsors

Advocate Health Care
First Choice Insurance Naples
HBK CPAs & Consultants
North Naples CrossFit
Gulfshore Life

SAVE THE DATE

GIVE WHERE YOU LIVE COLLIER FEBRUARY 15 - 16, 2017

For 24 hours, from February 15 - 16, David Lawrence Center will participate in Give Where You Live Collier, our community's amazing online giving challenge. The event is organized by the Community Foundation of Collier County.



Last year, 84 friends, employees and community members helped DLC raise more than \$16,600, a major increase over our first year. During the 2017 event, we hope to increase the total dollars raised to \$20,000 from more than 100 individual donors.

"We are asking you – our fans and supporters – to make a meaningful gift, because every dollar donated will be multiplied through a matching fund."

– DARCY TAYLOR, DIRECTOR OF CONSTITUENT RELATIONS

We are asking you – our fans and supporters – to make a meaningful gift, because every dollar donated will be multiplied through a matching fund. The more money you help us raise, the larger a percentage of the \$500,000 matching fund generously provided by the Richard M. Schulze Family Foundation we will receive to help support our lifesaving work.

That's why it's so important to rally your friends and colleagues to help DLC during that 24-hour period. Share the news on social media – tell your followers how every penny they give from February 15th to February 16th goes further to help DLC expand our children's mental health services, and increase our world-class mental health and addiction outreach to everyone in the county who needs care.

J. MCLAUGHLIN SIP AND SHOP FEBRUARY 22, 2017

J. McLaughlin at Venetian Village will once again give a 15 percent donation from their sales to DLC. Don't miss out on this great opportunity to peruse their classic, yet contemporary American sportswear and accessories while benefitting the David Lawrence Center mission. Stop by from 1:00 - 5:00 pm and enjoy refreshments and shopping for a purpose while browsing their new line, resort wear or winter sales.



SOUND MINDS™ MENTAL HEALTH SYMPOSIUM MARCH 24 - 25, 2017

The third annual Sound Minds™ Mental Health Symposium will be at Moorings Presbyterian Church from 3:00 - 5:00 pm.



The Meet the Speaker reception and book signing will immediately follow from 5:00 - 7:00 pm. This year's event focuses on brain health and features renowned psychologist, educator and author Kay Redfield Jamison, PhD, as keynote speaker. The VIP Wine Dinner includes an opportunity to dine intimately with Dr. Jamison the evening before at 6:00 pm at the Conservancy of Southwest Florida.



KAY JAMISON, PHD

Kay Redfield Jamison has authored five books and is considered a leading authority on mood disorders, bipolar disorder and suicide. She became the public face of bipolar disorder upon publication of her bestselling 1995 memoir, *An Unquiet Mind*, which explored her own battles with the disease. Her book, *Touched with Fire*, about the profound and surprising links between bipolar disorder and creativity, was made into a movie by Spike Lee in 2015 starring Katie Holmes and Luke Kirby.

Jamison has served as a professor of psychiatry at Johns Hopkins University School of Medicine for the last 25 years, and as a professor of mood disorders and co-director of the Johns Hopkins University Mood Disorders Center since 2005.

Event chair Nancy McCaskey, wife of former Chicago Bears Chairman Michael McCaskey and founder of the Bears Care charitable foundation, has a background in developmental psychology and social ecology which she studied at Harvard University and the University of California respectively. Fellow scholars, mental health advocates and DLC board members Michael Reagan, PhD, Russell Budd and Patt Schneider, PhD also serve on the Sound Minds committee. Their combined expertise is sure to be an invaluable asset in shaping an outstanding educational opportunity for attendees which includes CEU opportunities for professionals.

DLC is again partnering with the Naples Children & Education Foundation as our education partner. Ticket options include: All Access Pass which includes the VIP Wine Dinner, Symposium and Concert is \$400, the VIP Wine Dinner is \$300, the symposium only is a \$10 suggested donation; and the Meet the Speaker Reception with Live Music, Wine and Hors d'oeuvres is \$125.

For sponsorship or ticket information, visit DavidLawrenceCenter.org or call (239) 304-3505.

DONOR NEWS

M Room Barber Shop Grand Opening Benefits David Lawrence Center



*By Darcy Taylor
Director of Constituent
Relations*

have become true partners donating to our silent auctions and attending our fundraising events.

For three weeks following the October 15th grand opening of the new M Room barbershop on Fifth Avenue, the price of a regular haircut was reduced to \$5 with all proceeds going to David Lawrence Center. It was a win win for M Room and DLC. During the celebration more than 200 people took advantage of the promotion helping raise \$1,000 for DLC. Our new friends at M Room



JOEL ANDERSEN, OSKARI KARISTE, SCOTT BURGESS, DARCY TAYLOR

PROGRAM NEWS

New Children's Partial Hospitalization Program Fills a Gap in Treatment



*By Natalie Garcia
Director of Admission
and Outpatient
Therapy Services*

To a large extent, our PHP functions as a step-down for minors discharged from our crisis unit. The crisis unit is a very intensive inpatient emergency mental health setting. Until now, a gap existed between this 24-hour level of care and the once- or twice-weekly therapy sessions minors

We are very excited about our new Children's Partial Hospitalization Program (PHP), which serves teens 13 to 17 years old. This is the age range of most minors in our Children's Crisis Stabilization Unit which is where many of the participants in the PHP will come from. The Children's PHP is an intensive therapeutic day program consisting of individual and family intervention and support that allows children to spend evenings at home.

"The Children's Partial Hospitalization Program is an intensive therapeutic day program consisting of individual and family intervention and support that allows children to spend evenings at home."

— NATALIE GARCIA, DIRECTOR OF ADMISSION AND OUTPATIENT THERAPY SERVICES

typically have after leaving our crisis unit. Although they're no longer in crisis, many still need more intensive treatment. At the PHP level of care, they benefit from daily therapeutic

services and support for themselves and their family.

The voluntary program is intensive: Teens participate five days a week for six hours a day. It's medically supervised, with nurses and psychiatrists on the treatment team. Each day, adolescents

participate in group and have individual and family therapy sessions multiple times per week.

The Children's PHP will also be preventative. Our hope is that this program can prevent crises from happening, and therefore, prevent admission to a crisis unit or a residential treatment program. For example, if we see an escalation of symptoms in a minor already involved with our services, and those services are no longer supportive enough, we can now consider PHP as the next level of care.

Because PHP is a day program, participants won't be attending school. So we're collaborating with Collier County Schools to develop educational resources on-site that meet these children's needs. While enrolled in PHP, clients will have access to online school assignments. And when they're ready to return to school, a case manager will work with families and schools on an individualized re-entry plan.

We believe that the PHP will reduce recidivism back into the crisis unit. In addition, its presence in our community means that families will no longer feel that a residential long-term program – possibly far from home – is their only option.

The program will launch in February in the new Children's Outpatient Services building.



PARTNER FEATURE

Collier County Sheriff's Office's Office Partnership with David Lawrence Center a Win-Win



By *Kevin Rambosk*
Collier County Sheriff

All of us are stakeholders when it comes to addressing mental illness and addiction issues in our community. This is one of the reasons I became a member of the David Lawrence Center Board of Directors.

We at the Collier County Sheriff's Office, as well as other law enforcement agencies around the nation, have seen an increase in the number of interactions

with those affected by both mental illness and addiction in recent years. As law enforcement officers, we don't want to send individuals to jail if there is a better alternative that helps them obtain proper treatment. CCSO partners with DLC to avoid unnecessary jail time for those struggling with mental illness and substance abuse.

"As your sheriff and as a DLC board member, I remain committed to connecting our citizens with the resources that will help them become productive members of our community. By working together, we are keeping Collier County a great place and a safe place."

— KEVIN RAMBOSK, COLLIER COUNTY SHERIFF

Back in 2008, we began Crisis Intervention Team (CIT) training for agency members. The program teaches deputies how to de-escalate situations and divert those in need of treatment into programs. Since we began the program, about 1,000 people have received the training and more than half of those were deputies. My goal is for 100 percent of our deputies to receive this training.

Over the years, the CCSO has also seen an increase in the number of people going to DLC through the Baker Act. Perhaps surprisingly, those statistics include children. That's why I support DLC's emphasis on expanding its children's crisis unit. Mental health and substance abuse issues can have a lasting impact on children and teens that extends well into adulthood. The sooner we can initiate treatment, the better off those affected individuals will be.

Too often the correctional system becomes the primary institution for people who are actually in need of mental health and addiction treatment. Part of the reason has to do with the decrease in state mental hospitals and inpatient



SHERIFF RAMBOSK, SCOTT BURGESS

treatment options. For our part, here in Collier County, we focus on jail diversion initiatives once an arrest is made. We send these offenders through treatment courts, which differ from standard criminal courts because their main goal is to provide treatment options. Sometimes these treatment courts can decriminalize nonviolent actions that are actually a byproduct of mental illness or addiction. Doing this reduces our incarceration rates and more directly addresses the needs of those who have been arrested.

Back in November, North Collier Fire Chief Jamie Cunningham and I asked members of our legislative delegation to create a law that would allow hospitals to share certain information about drug overdoses with first responders. That information would include the types of drugs causing overdoses as well as the number of overdoses hospitals are treating, to give first responders a better picture of drug use trends in their communities and how to address them. Ideally, such a law would not make public the names or identifying information of those who are being treated for overdoses.

I also asked the state to devote resources to community-based mental health and substance abuse support programs. A lack of treatment options and funding sources for sufferers of mental illness has resulted in our jails evolving into the largest mental health facilities in our communities. Support at the state level would ease the burden on jails, aid in the process of getting the right treatment to the right person, reduce recidivism and enhance public safety.

As your sheriff and as a DLC board member, I remain committed to connecting our citizens with the resources that will help them become productive members of our community. By working together, we are keeping Collier County a great place and a safe place.

LOCATION & CONTACT INFO



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



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