



The Newsletter of David Lawrence Center CENTERED

SO MANY THINGS TO BE GRATEFUL FOR... IN NOVEMBER AND EVERY MONTH

Inside

- 1 LETTER FROM THE CEO
- 2 DONOR NEWS & YOUR SUPPORT
- 3 SUCCESS STORY
- 4 SPECIAL EVENTS
- 5 SPECIAL EVENTS & SAVE THE DATE
- 6 ISSUES & ANSWERS & 50TH ANNIVERSARY FACTS
- 7 INNOVATION & FACT
- 8 PARTNER FEATURE



From the CEO *Scott Burgess*

There are so many things to be thankful for, in November, the month of gratitude, and every month. In particular I find myself so exceedingly grateful for the care and compassion expressed by my DLC colleagues who extend their professional skills and heart each and every day to bring health and hope to so many in great need. I am thankful for an amazing

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– SCOTT BURGESS, PRESIDENT AND CEO

board of directors who are passionately dedicated to advancing our mission of care. And I am so very appreciative of the support provided by our many community partners and donors without whom we would not be able to maximize our recovery impact. The number of blessings to be grateful for is truly beyond measure. Gratitude is truly an attitude, and I try to demonstrate it wherever and whenever possible.



Ritz-Carlton, Naples Beach Resort

SAVE THE DATE!
Saturday, January 13, 2018



DAVID LAWRENCE CENTER



DAVID LAWRENCE CENTER
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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.

DONOR NEWS

Big Gift Was a Big Boost

A \$10,000 gift from an anonymous donor, just as Hurricane Irma was leaving town, came just at the right time – in the wake of a difficult crisis.

After Hurricane Irma pounded our community in early September, David Lawrence Center faced a number of urgent needs – including financially, with more than half a million dollars in unexpected expenses.

“I want to help the people devastated by Hurricane Irma. Mental illness is a community problem, and it’s magnified in a crisis. I feel that David Lawrence Center will be most effective in helping.”

– ANONYMOUS, DLC DONOR

Many of you responded with compassion and generosity in the wake of that devastating storm. THANK YOU!

One particular donor, who prefers to remain anonymous, gave \$10,000



immediately, even before the hurricane had finished blowing out of town. The gift lifted our spirits right away.

“I want to help the people devastated by Hurricane Irma,” the donor said. “Mental illness is a community problem, and it’s magnified in a crisis. I feel that David Lawrence Center will be most effective in helping.”

He singled out CEO Scott Burgess, “a great leader I trust,” as a big reason for his gift, and went on to list several more: “DLC saves lives, reconciles families, relieves suffering, prevents suicide, helps the homeless, and makes the streets and schools safer.”

David Lawrence Center is still trying to recoup the losses from Irma, which include property damage, the cost of supplies, and much more.

Please consider a gift today.

YOUR SUPPORT COUNTS

Our Wish List

Contributions of time, talent, and resources are integral parts of DLC’s ability to meet the mental health and substance abuse needs of our growing community. We are thankful for donations of any kind.

Approximately 75% of the people who come to the David Lawrence Center are at or below the federal poverty guidelines and have difficulty paying for their treatment costs. The David Lawrence Center has gathered the Wish List below of typical treatment costs for the clients who turn to us for help and hope:

\$120 - The average cost for a monthly prescription of inpatient medications.

\$360 - The cost for an initial psychiatric evaluation with a psychiatrist.

\$440 - The cost for four people to attend one group therapy session.

\$1,125 - The cost per day for an individual in inpatient adult detoxification. The average length of stay in detoxification is 5 days.

\$560 - The cost per day for an individual in residential treatment for substance use disorder. The average length of stay for residential treatment is 25 days.

\$1,125 - The cost per day for an individual on the Crisis Stabilization Unit. The average length of stay on the crisis unit is between 3-5 days.

\$16,375 - The cost for a full 28-day session for an individual in residential treatment for substance use disorder.

SUCCESS STORY

The Best Thing Ever

By Sarah



After surviving an abusive childhood, I was severely depressed, cutting myself, and wanting to die. I ended up at David Lawrence Center... and I started to feel hope for the first time.

A little over a year ago, I was ready to kill myself. I was only 14.

For about 10 years in my childhood, my father had been horribly abusive – verbally and physically – to me and my mom. Once, when I was very young, he held my mom at gunpoint, threatening to kill us both. He was always yelling and putting us down. He would torment me, call me names, and hit me. He controlled who we saw, including family members.

“I coped by cutting myself, using razors all over my body. That self-inflicted pain was easier to deal with than anything my dad had done to me. Sometimes the cuts would be shallow, but sometimes, when I was really angry or depressed, I’d cut “ dangerously deep.”

– SARAH, DLC PATIENT

I lived in a constant state of hopelessness.

I coped by cutting myself, using razors all over my body. That self-inflicted pain was easier to deal with than anything my dad had done to me. Sometimes the cuts would be shallow, but sometimes, when I was really angry or depressed, I’d cut dangerously deep. I’d even cut through my old scars to deal with my raging emotions. I also took pills and drank alcohol to try to numb my pain.

My mom and I finally got out of that situation in early 2016 after a long and ugly divorce. We moved to Naples, where I was hoping to leave all those awful memories behind and to start over with a new life. It went well for a little while, but the memories started coming back, worse than ever, like nightmares you just can’t escape.

I started cutting myself again, worse than ever. I started drinking and doing drugs again. ***Anything to cope.*** One day, after I cut my arms badly, I put some pictures on Instagram and said I wanted to die. Someone at my school saw the pictures, and the principal called my mom. When we got home, I went crazy, screaming that I wanted to kill myself.

Mom called 911, and the police took me to David Lawrence Center, where they put me on lockdown for 72 hours.

It was hard, and it was scary. But it’s the best thing that ever happened to me.

First time I felt hope.

The staff at DLC was very compassionate. Once I got past those first couple of days, I realized I was in a safe place. And honestly, that was the first time in my life that I felt hope.

I had nurses, counselors, mentors, and others taking care of me. I’m especially grateful for my therapist, Jennifer St. Hilaire. She took me through a program called DBT, which means Dialectical Behavior Therapy. It’s a fancy term for learning healthy coping skills for those times I’m depressed or angry, and thinking about hurting myself. They taught me how to turn my self-destructive thoughts and habits into skills to keep myself safe – to basically do the exact opposite of what I might be tempted to do.

So, when I wanted to hole up in my room and have a pity party, I would go out with my mom or friends instead. Or if I was getting depressed, I’d play with my dog. If I was having negative thoughts, I’d play a favorite video game or watch TV. Stuff like that.

DBT teaches you about “mindfulness,” which means you focus on the present – not the past or the future. The past can make you upset, and the future can make you anxious. So I’ve gotten better about concentrating on what’s going on right now. I can’t control the past or the future, but I can make good choices right now, today.

One of my favorite TV shows is Grey’s Anatomy, and I’m really inspired by one of the characters, Dr. Amelia Shepherd. She struggles with addictions, like I did for a while. But on the show, she has now been about 1,000 days sober. One thousand days. I want to be able to say that someday. She might be a fictional character, but she has helped me in my own struggles. If she can do it, I can too.

It’s been about a year since that first day at David Lawrence Center. Now I’m back in school, making straight A’s, and playing guitar in a band at school.

I am convinced that without David Lawrence Center, I’d be below rock bottom, if there is such a thing. I might even be dead. Instead, I am happy and filled with hope.

Supporters like you make amazing success stories like this possible. Please consider another gift today to help more people like Sarah.



David Lawrence Center SPECIAL EVENTS

DLC's Sea Salt Luncheon: Restoration, Rejuvenation, Recovery

In October, Sea Salt, one of Naples' finest contemporary seafood restaurants, generously hosted a David Lawrence Center "Restoration, Rejuvenation, Recovery" luncheon to support unity in our community, DLC's programs for those experiencing the storms of life in the aftermath of Hurricane Irma. David Lawrence Center's CEO, Scott Burgess, spoke about the aftermath of the storm and what the organization is doing to aid in the recovery process for those who were physically, psychologically and emotionally traumatized. Guests enjoyed a delicious 3-course meal prepared by Chef Fabrizio Aielli, as well as a glass of wine selected by Sea Salt's sommelier. Attendees were inspired to come together, support one another, and rise up and shine on.



TIFFANY KEEFER, INGRID AIELLI, NANCY TORRE DAUPHINAIS



LANE WILKINSON, MARJORIE WORKINGER



NANCY TORRE DAUPHINAIS,
ELLEN H. HARRIS



FATHER MICHAEL BASDEN



A TABLE FULL OF DLC SUPPORTERS



CARYN HACKER-BUECHEL, SCOTT BURGESS



NANCY TORRE DAUPHINAIS,
RENAE BURGESS, TRISTA MEISTER

Young Executives Fundraiser

Hosted by Emerging Leadership Council and DLC, the Young Executives met at Public House of Naples in September to collect items for the Center's Hurricane Relief Efforts. The support makes it possible to serve the community and help rebuild and restore lives. We are very grateful to our sponsor Barron Collier Companies, and to a generous \$10,000 donation to initiate the Collier Mentally Strong Match Fund.



EMILY BUDD, WENDY BROOME, KATIE BOUTIN, JAYNE SCHANDL



EMILY BUDD,
MARCY ROSS



PRISCYLLA OLIVA,
DAVID GOMEZ



EMILY BUDD,
KATIE BOUTIN

David Lawrence Center SPECIAL EVENTS



Mindful Compassion Summit

Welcomed pastors came to learn about DLC's wellness programs and philosophy in this inaugural event!



Naples Bay Rotary Club

Thank you for hosting a shoe drive! We appreciate your efforts!



Greater Naples Leadership Members

Thank you for your continued support!

SAVE THE DATE

DLC YOUNG EXECUTIVES' ELEVATE WELLNESS SERIES

DECEMBER 2, 2017

Please join the DLC's Young Executives on Saturday, December 2nd from 8:00 - 10:30am for their inaugural Elevate Wellness Series event. The event includes a boot camp session with Coach Nino and his team of elite Fitness and Wellness Consultants at Max Flex Fitness. Coach Nino is the personal trainer to DLC clients and works extensively in our community to help people achieve their goals and change their lives. In addition to a great workout, attendees will have the opportunity to browse a vendor village to learn about, sample, and purchase local goods and services that will further promote health and wellness. Tickets are \$25. per person until November 25th and \$30. up to day of event.

The goal of the Elevate Wellness Series is to enhance participants' personal health and well-being through physical activity, enlighten them about the connection between mind, body, and spirit, and engage with our amazing community. All of this while also promoting awareness of mental health and substance use issues within our community.

The Max Flex Fitness team specializes in personal training, group fitness, corporate wellness and the active aging individual. Their mission is to provide the best guidance and education with compassion and motivation to each individual they serve.



"PUTTING ON THE RITZ" 50TH ANNIVERSARY GALA

JANUARY 13, 2018

There will be top hats and white dinner jackets galore at the DLC's premier annual gala – with lots of opulent attire – from gold shimmery accents to sleek black décor. However, in the wake of Irma, we have added a "twist" to the theme. The Puttin' on the Ritz Gala will still honor DLC's golden anniversary in first-class style, but instead of previously suggested white dinner jacket attire, the attire is now "creative black tie."

Held at The Ritz-Carlton Naples Beach Resort, Main Ballroom 280 Vanderbilt Beach Road, this year's gala is a celebration of five decades of lives saved, families healed, a community nourished and the thousands of donors who made it happen along the way. The theme will showcase the Center's AND our wonderful community's resilience, versatility and history of excellence.

This memorable evening includes dinner, dancing and live entertainment by renowned, fan-favorite Big Swing and the Ball Room Blasters and is a critical component of the Center's efforts to provide comprehensive mental health and addiction recovery services in Southwest Florida.

For our sponsors and patrons, your support entitles you to an invitation to a Golden Soirée in the week prior to the gala hosted in the private residence of our honorary co-chairs Joyce and Bill O'Meara. The cost to attend is \$550 per person and \$1,500 per patron includes invitation to the Golden Soirée.



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

ISSUES & ANSWERS

It's Okay to Struggle. It's Normal.



Reisha Brown, MD

New board member Dr. Reisha Brown, a pediatrician, wants families to know that mental health challenges are normal, and that help is available.

In her 10 years practicing as a pediatrician in Naples, Dr. Reisha Brown has seen a steady rise in children experiencing stress, anxiety, depression, and other mental health issues.

That's one reason she's gratified to serve as a new member of the Board of Directors at DLC. Brown will serve a three-year term on the board's Clinical Practices Committee.

"I've seen a definite increase in children and families who are experiencing these challenges," says Brown. "David Lawrence does a great job with these kids, and I really like that they have a crisis facility and walk-in assessment center, where you can just come in without an appointment and get help. That really is what many families need."

Brown says she also hopes to help "bridge the gap" between DLC's services to children and other healthcare professionals in Collier County. And she wants to help break down financial barriers for struggling families to get the help they need.

She says today's children are experiencing more pressure to succeed than ever, which can drive them to anxiety, depression, or other dark places. "Expectations for children are so much

higher than ever," she says. "They're getting too much of 'Well, you could do better,' and not enough 'Hey, you did it!'"

"I think that's affecting children's creativity, too. They're afraid to take risks, to take a chance, to think outside the box. They're too cautious, afraid to fail. I think I'm a successful adult because I failed at a lot of things. And we learn so much from being allowed to fail."

"David Lawrence Center does a great job with these kids, and I really like that they have a crisis facility and walk-in assessment center, where you can just come in without an appointment and get help."

– REISHA BROWN, MD, DLC BOARD MEMBER

Brown says parents need to recognize the warning signs that their children might be in trouble: "Keep an eye out for any kind of change," she says. "A change in their interests, abilities, habits, relationships. Anger is a telltale sign. Changes in sleep patterns. Changes in eating. A drop in grades or interest in school. Anything that's different."

"People need to understand that it's okay to have struggles with mental health," she says. "There's no stigma. It's acceptable. We all will experience mental health issues at some time in our lives. It's normal."

50TH ANNIVERSARY FACTS

One in a series of historical facts as we celebrate David Lawrence Center's 50th anniversary throughout 2018

When the Collier County Mental Health Clinic, now the David Lawrence Center, was established in 1968, it desperately needed a few things – like a place to practice, and a psychologist to do the work.

Thus began the long and time-consuming task of documenting the need for mental health services to substantiate the requests for funding. After many months of providing this documentation, a local Naples resident, Donald Stoneburner, donated a small building for the first offices – a gesture that proved to the community the clinic meant business.

But they still needed a doctor and, more importantly, funding. The state did not want to write a check, saying that Collier County should step up to the plate first. County commissioners thought the state should commit first.

Much negotiation took place, and the school board, the county commission, and State Health and Rehabilitation Services came together to provide the important startup funds.

To the joy of all those who had hoped for such services to get started, the county commissioners were all 100 percent

for the funding, despite a time when their views on many issues differed. The county commissioners with such vision

were A.C. Hancock, Cliff Wenzel, Les Whitaker, Chairman, Pappy Moore and Jack Kurke.

Once Collier County made its commitment, the state followed suit and agreed to fund the clinic as well. The Collier County Mental Health Clinic opened its doors on October 10, 1969, with three staff members, including a psychiatrist. In time, private donors began supporting the clinic, now known as David Lawrence Center. The process that led to funding the organization and the continued funding by the state and private donors is a testament to the positive change that happens when a community comes together.

Those private donors include generous friends like you. Thank you for your support!



INNOVATION

New Hope for Opioid Addicts



A program combining the drug Suboxone with therapy will help people break their addiction to opioids... to break free and live life again.

Greg started experimenting with drugs in high school, but they did not really slow him down. He made good grades, played football, graduated, and got a job in real estate.

But when he had his wisdom teeth removed in his mid-20s, he took Percocet for the pain. Before long he became another of Collier County's many opioid addicts.

"Opioids became my food," Greg told PBS NewsHour. But after a while, and as the single father of a young daughter, "I was just desperate for anything to get away from it."

His doctor prescribed Subutex, a drug that helps opioid addicts break free. Within minutes of taking the first pill, Greg felt better: "All of a sudden it was just no more zombie. It was very even and I just felt like I should feel."

The combination of the drug and therapy, the "gold standard" of treating opioid addiction, helped Greg break free. And it has helped many others.

David Lawrence Center is poised to launch a similar program, using Suboxone, a sister drug to Subutex, to help local addicts. The program is called MORE – Maintenance for Opioid Recovery Everyday.

Suboxone helps clients "wean" off of opioids. A combination of buprenorphine and naloxone, it is taken sublingually on a daily basis. Buprenorphine is an "opioid agonist" which reduces or eliminates withdrawal symptoms like nausea, diarrhea, cramping, runny nose, and headache. Combined with therapy, it is quite effective.

In one study, 49 percent of participants reduced prescription painkiller abuse after 12 weeks of Suboxone treatments. When they stopped taking Suboxone, the success rate dropped dramatically, to 8.6 percent.

"We're starting the MORE program in response to the growing crisis with opioids in our community," says

"Opioids became my food, but after a while, and as a single father or a young daughter, I was just desperate for anything to get away from it."

– GREG, OPIOID USER

Maggie Baldwin, Clinical Director of Crossroads, DLC's addiction recovery program. "It helps take care of withdrawal symptoms in the detox program, and then people can stay on it long-term for maintenance.

"It's a pathway to recovery. This could possibly save people's lives."



FACTS:

Overdose deaths involving prescription opioids have quadrupled since 1999. In 2014 there were more than 14,000 deaths involving prescription opioids (an increase in this category of 693 since 2013), equivalent to about 40 deaths per day.

Source: National Council for Behavioral Health

PARTNER FEATURE

County Commissioner Andy Solis is working hard to make our community's mental health system more effective and efficient



*Andy Solis,
County Commissioner*

On the one hand, Andy Solis knows how good things are in Collier County. After losing everything to a Communist dictatorship in Cuba, his parents fled to Florida to start over. Young Andy worked hard to get ahead, attending the University of Alabama on a tennis scholarship, earning a law degree from Florida State University, enjoying a prestigious career as an attorney, and now, serving as commissioner in the state's wealthiest county.

Solis is grateful to work in a community rich with amenities and services. But he's also a little frustrated by the lack of coordination between those services, especially when it comes to mental health. That's why Solis is working hard to come up with a strategic plan to help these service providers – everyone from David Lawrence Center to hospitals and doctors, from the schools to the courts to the sheriff's department – coordinate better with one another, in order to make the machine run more smoothly.

"I just want to make a difference in how we address mental health in Collier County," he says. "I want to understand how the system works, or doesn't work, in our county. We have strategic plans for everything from roads and sewers to the landscaping of the medians. But we don't have a strategic plan for how the community addresses mental health services."

Solis has organized regular workshops with key stakeholders, including DLC, to try to come up with a strategic plan, in order to decrease the "bottlenecks" in the system. "There's no one organization coordinating all these moving pieces," he says. "We want to make sure we're doing things as efficiently as we can with our limited resources."

For his efforts, Solis was honored as a "Mental Health Champion" at DLC's Recovery Month Awards Ceremony on September 21. DLC will recognize Solis, among others, at the annual event, held to increase awareness and understanding of behavioral health conditions and to support those in recovery.

"It's an honor to be recognized," says Solis, whose

father, a former professor at the University of Florida, sometimes battled depression. "I think most families are touched by mental illness in some way. One in four people will have some mental health issue in their life. So yes, we need good systems in place. Right now, the largest mental health facility we have in Collier County is the jail. That's not a good way of dealing with mental health issues."

"I think most families are touched by mental illness in some way. One in four people will have some mental health issue in their life. So yes, we need good systems in place. Right now, the largest mental health facility we have in Collier County is the jail. That's not a good way of dealing with mental health issues."

– ANDY SOLIS, COUNTY COMMISSIONER

Solis joins many in believing that when mental health services are in place and working well together, most people facing challenges – whether mental illness, addictions, or both – could avoid jail time if they get the help they need early on. In the long run, prevention and early intervention are not only much cheaper than incarceration, but better for the person in need, and for the community.

"Intervention and diverting people to the help they need, that's the goal," says Solis. "They shouldn't wind up in jail because of mental health issues. They're not criminals, and they're not going to get the help they need in jail. They're not going to become productive members of the community by going in and out of jail."

Solis says DLC is "doing some great things. They provide an essential service to the community, especially with crisis intervention. They're right on the cutting edge. It's essential to support them as a community, because they are our community's mental health facility."

LOCATION & CONTACT INFO



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IMMOKALEE SATELLITE SERVICES 425 North First Street, Immokalee, FL 34142 | 239.657.4434

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