



The Newsletter of David Lawrence Center CENTERED

CELEBRATE MENTAL HEALTH MONTH AT FIRST-EVER ONSITE MENTAL HEALTH FAIR AND OPEN HOUSE



MAY 2016
MENTAL HEALTH
MONTH



From the CEO
Scott Burgess

In honor of May's National Mental Health Awareness Month, we are opening up the Polly Keller main campus to families, friends, clients and supporters for a free, educational, action packed, fun afternoon at our first-ever Mental Health Fair and Open House on Friday, May 20, 2016 from 3:00 - 5:30 p.m.

The event will celebrate mental wellness with community partner resource tables representing health, wellness and mental health

"There will be an assortment of fun and interactive opportunities available to express yourself while celebrating the many ways our resource partners can support our mental health and wellness."

— SCOTT BURGESS, PRESIDENT AND CEO

providers, free mental health screenings, campus tours and brief 15-minute educational presentations on the signs and symptoms of mental illness and substance abuse. The kids and adults alike will also relish the chance to meet furry mental health partners, a Clydesdale therapy horse and pet therapy dog.

Attendees will enjoy fun lawn games, a feelings art project, children's art therapy showcase, crafts, an expressive photo booth, face painting and exercise and yoga demonstrations all while networking with like-minded mental health advocates and health conscious members of our community. As an added bonus Girl Scouts can earn a mental health patch for participating.

Plus there will be plenty of healthy snacks from local vendors, drinks and awesome prize drawings such as bikes, tablets, gift baskets, a yoga membership, gift cards and more. Mental Health Month was started nearly 70 years ago by Mental Health America, to raise awareness about mental health conditions and the importance of good mental health for everyone. This year's theme is "Life with a Mental Illness" which is a call to action to share what life with a mental illness feels like to someone going through it.

DLC is participating in this awareness generating event by creating a positive, healthy dialogue for our community about mental health and the feelings associated with it from the inside out.

Inside

- 1 LETTER FROM THE CEO
- 2 PROGRAM NEWS & SUCCESS STORY
- 3 PREVENTION CORNER & ISSUES & ANSWERS
- 4 SPECIAL EVENTS & SAVE THE DATE
- 5 SPECIAL EVENTS
- 6 CENTER NEWS & GRANT NEWS
- 7 PLANNED GIVING & FACT & ANNUAL REPORT
- 8 ENCORE NEWS



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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**

Crossroads Adds Personal Training Fitness Program

Fitness is important for all demographics. Expertise is needed to address the challenges of more specialized populations with unique health considerations such as cardiac rehab, eating disorders and addictions.

Crossroads recently partnered with professional master trainers at Max Flex Fitness to work with our rehab clients to enhance their exercise regime of yoga, walking, pickle ball, basketball and swimming. Trainers host onsite circuit training group classes two days per week. The classes include low-impact body weight and aerobic exercises. Participants learn that exercising will release natural endorphins such as serotonin in a healthy way, rather than using alcohol and drugs to release these chemicals.

Most clients begin classes with feelings of depression and anxiety, and may still be experiencing symptoms of post-acute withdrawal. After their first class, clients begin to feel better, have more energy



“Alcohol and drugs produce the same chemicals in the brain as exercising. This fitness training program teaches addicts a healthier way to utilize exercise to release endorphins.”

– NINO MAGADDINO, MAX FLEX FITNESS

and feel a sense of accomplishment for being able to finish. After two weeks of exercising four to six days a week, clients have decreased emotional swings, report feeling the natural endorphins after exercising and have a greater sense of peace of mind and happiness.

● **SUCCESS STORY**

Caleb is a bright, polite, articulate 16 year old with a great sense of humor. This is a good day because he is using all the tools his therapist taught him. On his bad days, he is suicidal, angry and aggressive, unable to sleep and engages in self-harm. These good days are what keep him and his family afloat in an ocean of daily ups and downs.

“Knowledge is power. We’ve gained so much insight. Luckily, all the right resources came at all the right times.”

– MELLISA, CALEB’S MOM

Mom recalls Caleb having “huge, explosive blow-ups and by age 10 he began talking about wanting to die. He was diagnosed in Tampa with bipolar disorder, ADHD, oppositional defiant disorder and conduct disorder.

After moving to Naples, they got involved with NAMI and DLC. The road



was still bumpy with Caleb being admitted to the Crisis Unit 14 times, but they were determined to find the best supports to ensure Caleb has more good days than bad.

When his new psychiatrist diagnosed him with high functioning Asperger’s it opened up a new treatment modality. A change in meds, an individualized education program in school, and in-home therapy have combined to make a huge difference in Caleb’s life.

Caleb aspires to be a mechanical engineer. He plays lacrosse and the drums in his high school’s marching band, and finally feels he belongs to a community of people who care about him.

PREVENTION CORNER

Free Parenting Prevention Classes Start in May

Some children are hardwired to disturb the peace at home or school, but their unusual energies can serve them well later in life when nurtured effectively. Whether a child has difficult behavior because of ADHD, a creative personality, a highly sensitive nature, oppositional defiant disorder,



a learning disability or a mood disorder, the diagnosis is less important than customizing a remedy for each child and family. DLC's Prevention and Education services offer two age-specific, free parenting classes to help improve parenting skills.

Parenting Today helps parents of children 5 -12 years of age find better ways to handle daily parenting issues. In six two-hour sessions, parents receive guidance and support while learning how to cope with problems, address difficult topics, manage power struggles and encourage children to be their best. This class teaches parents effective ways to improve communication, guide safer choices, gain cooperation and discipline.

Parenting Teens is a six session psycho-educational series that provides tools for parents who are experiencing behavioral difficulties with strong willed or out of control adolescent children. This class teaches parents how to prevent and intervene in the child's negative choices, address problematic behavior and change destructive behavior. It also provides education on drug use, violence and sexuality. The goal of these tactics are to help rebuild effective family relationships.

Classes are held multiple times a year. Parents interested in the May parenting classes can call 239-263-4013 or register in person at the Horseshoe Drive Satellite Office.

ISSUES & ANSWERS

About Cyberbullying

Cyberbullying is the use of electronic communication to bully a person. This is usually done by sending mean messages or even threats to someone through a website, email, social media, phone or text message. With over 80% of teens having access to cell phones on a regular basis, it has become the most common medium and most frequent form of cyberbullying.

"Studies show that 88% of social media using teens have witnessed people being mean or cruel on social media."

72% of high school students nationwide report being cyberbullied once or twice a school year, 20% reported once or twice a month, and 5.3% reported it once or twice a week.

Youth that have been a victim of cyberbullying are more prone to:

- alcohol or drug abuse
- experience bullying in person
- skip school and get poor grades
- lower self-esteem
- health problems
- thoughts of suicide

Unfortunately, over 81% of young people think that bullying online is easier to get away with than bullying in



person and more than half of cyberbullying victims never tell their parents or an authority figure.

To help prevent cyberbullying among adolescents in the Collier County Public Schools, David Lawrence Center collaborated with the school district to create a cyberbullying video as part of the "We Care Campaign" – a mental health awareness initiative targeted toward middle school and high school students. The underlying message in the campaign is simple... "if you see something say something". The video explained how to text anonymously to report bullying of any kind to "don't hate" at DNTH8 or 274637.

To help someone struggling with the harmful effects of cyberbullying, call David Lawrence Center at 239-455-8500.

David Lawrence Center SPECIAL EVENTS



PATT SCHNEIDER, RUSSELL BUDD, KATIE PASCHALL



APRIL AND PETER KNIZE



MARY MORTON, CARMEN BLANCO



JOHN AND JANIE PAPPAS, SHERIFF KEVIN RAMBOSK



BRANDON AND SHARI STAGLIN



VI AND JOHN STEFFAN



CARLOS AND LYNN CABRERA, LINEA AND CINDA JOHNSON



DAWN AND LUC VEZINA



LINDA RICHARDS MALONE, MARIA JIMINEZ - LARA

Sound Minds

Nearly 100 people attended the Sound Minds Mental Health Symposium and Wine Dinner held in April. The VIP Wine Dinner featured harmonious couplings of Staglin Family Vineyards wine and provided sponsors and VIP guests an intimate setting to get to know our speakers and panelists, while the symposium served as a platform to bring heartfelt inspiration and education around the topic of mental health and the care taker. Thanks to our education partner Naples Children and Education Foundation and sponsors, the event raised \$11,000 for mental health research and services for the David Lawrence Center and IMHRO.



ELIZABETH SCHILLER, CARLY SCHNEIDER, COLETTE GAY, LUCY PILARSKI



COLLEEN BUNNER DENA GOVEIA



JOHN AND ALEX BREAUULT



CAITLIN AND CARLEEN EDWARDS, MARIA BEASLEY, VANESSA TABOADA, MARCEL JOHNSON, LORRAINE GARCIA, ROLANDO JOHNSON

NAMI Walk

More than 100 employees and their family members, board members and supporters joined the David Lawrence Center walking team in support of our community partner National Alliance on Mental Illness (NAMI) at their annual fundraising and awareness walk in February. Special thanks to all who joined us in our march for mental health.

David Lawrence Center SPECIAL EVENTS



KATE AND ROB EDWARDS, RYAN JOBE



WEDDING PARTY ENJOYS A FRIENDLY COMPETITION



FAMILY PARTICIPATION FOR DLC



CINDY CAMPOS, KRISTI VAUGHN



BEACH BUM RUNNERS



ANDY BEIGHTS, STEVEN AND SARA IANNAACONE



GREEN MONKEY YOGA SUNSET BEACH YOGA

Young Executives Beach Bum

Nearly 200 walkers, runners and yogis joined us for the Young Executives Beach Bum 5K run and walk at Lowdermilk Park in April. The event, now in its third year, was in held in conjunction with Gulf Coast Runners and included a new evening format and sunset beach yoga provided by our community partner Green Monkey Yoga. The event raised nearly \$3,200 for DLC programs and Gulf Coast Runners youth development fund.

.....SAVE THE DATE.....

YOUNG EXECUTIVES SUNSET CRUISE

JUNE 16, 2016

Climb aboard the Naples Princess with the David Lawrence Center Young Executives for a fun-filled evening of networking, fundraising and philanthropy. The two-hour cruise along Naples Bay will feature a fun, festive atmosphere, music, hors d'oeuvres, drinks and a priceless encore performance of a beautiful Naples sunset. Casual red, white and "nautical" blue attire is encouraged. Price includes one drink ticket and a two hour sunset cruise. Boarding begins at 6:00 p.m. Tickets are \$45 until June 3rd and \$50 thereafter until the day of the event. Don't miss the boat! This wildly popular annual event sells out every year.



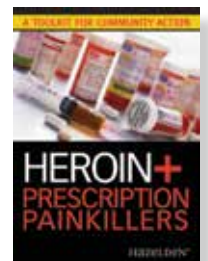
For sponsorship or ticket information, visit DavidLawrenceCenter.org or call (239) 304-3505.

HEROIN AND PRESCRIPTION PAINKILLERS COMMUNITY ACTION FORUM

JUNE 17, 2016

David Lawrence Center and local treatment providers are joining Drug Free Collier to educate the public about heroin and prescription drug abuse in our community. Keynote speaker Andrew Kolodny, M.D., Chief Medical Officer, Phoenix House Foundation Inc. along with addiction professionals, community leaders, law enforcement and health care providers will share their expertise on this serious issue. Attendees will get information about the history and current impact of opioid addiction and available community resources.

This unique, educational opportunity will be held at Hodges University from 8:30 a.m. - 2:30 p.m. This event is free to attend and includes lunch. For more information visit DrugFreeCollier.org or call (239) 302-6717.



Center News

Fundraising Efforts Underway to Expand Children's Services

In May, construction will begin on the expansion of the Children's Crisis Stabilization Unit. The project will add four additional beds to our campus bringing the total bed capacity to eight for children and adolescents in need of emergency mental health care. The renovation will also allow for an expanded dining area. The cost of the project will be \$250,000.

"This expansion is critical to meet the demand, prevent adolescent suicide and adequately care for children experiencing a mental health crisis in our community."

— SCOTT BURGESS, CEO

The Adult Crisis Unit was expanded in 2012, at which time the children's unit was also renovated. Later that same year, the tragic Sandy Hook school shooting occurred. Since that time there has been a consistent vigilant focus on children's mental health and an increased awareness of the benefits of early intervention. As a result, DLC has seen a dramatic increase in referrals

for admission to the children's unit. Since fiscal year 2011, the average daily census has increased by 207% and 48% in the last year alone.

Several projects are planned to expand the children's services continuum as spelled out in the 2020 Vision strategic plan. In order to be the leader in pediatric behavioral health in Southwest Florida, the plan calls for a focus on early identification, screening and assessment through the implementation of additional evidence-based practices, technologies, holistic treatments and new children's intensive services as well as an expansion of facilities.

Fundraising is critical to support these initiatives. For more information, contact Director of Constituent Relations, Darcy Taylor at 239-354-1419 or you can make a donation online at DavidLawrenceCenter.org.



GRANT NEWS

League Club Grant Helps Expand Children's Inpatient Art Therapy Program

More children on the Crisis Stabilization Unit will benefit from the highly effective, evidence-based holistic art therapy service thanks to a \$10,800 grant from the Community Trust Fund of The League Club, Inc. The Crisis Stabilization Unit is an inpatient mental health unit where children experiencing a psychiatric crisis receive brief voluntary and involuntary evaluation and treatment. Children stay an average of three days on the unit.

"Artistic self-expression helps children resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, achieve insight, elevate mood and increase self-esteem and self-awareness."

— MARY ANN GUERRA,
DIRECTOR OF ACUTE CARE AND EMERGENCY SERVICES

The grant will allow for the art therapy sessions to be held twice a week rather than just twice a month, nearly quadrupling the number of children who will be exposed to the healing benefits of art.

Art therapy sessions are conducted by an independent registered art therapist and mental health counselor and

utilize the therapeutic use of art making to help children who experience illness, trauma or life challenges.

The goal of the Children's Crisis Stabilization Unit art therapy program is to improve the child's ability to communicate emotional distress, rebuild a sense of trust, decrease sense of isolation, increase self-expression, provide and reinforce emotional regulation skills and increase the child's sense of well-being while on the unit.

Partnering with The League Club on this program expansion will advance our strategic priorities to enhance community collaborations, grow children's services, expand development efforts, as well as utilize innovative clinical programming to help more children.



Planned Giving

ON YOUR OWN TERMS HOW TO TAKE CARE OF FAMILY FIRST

Demands on your time and wallet increase daily, and it's easy to become overwhelmed with all the obligations that come up. Perhaps one of the items on your to-do list is to send a donation to help support David Lawrence Center, but because you are already stretching your funds in many directions, you may not be sure you can be as charitable as you would like at this time.

Bequests allow you to retain full control of your assets without depleting them now, while helping ensure that David Lawrence Center continues to grow and thrive in the future.



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FACT:

In 2014, over 47,000 people died of drug overdoses in our country. Opioids, including prescription drugs and heroin, were involved in 28,647 of those accounting for 61% of all overdose deaths. Opioids are now the deadliest drug in America after tobacco and alcohol.

MARY BETH CRAWFORD, ESQ.

PLANNED GIVING
COMMITTEE CHAIR



KEEP YOUR CASH FLOW

Adding a bequest provision to your will or living trust could be the answer. By making a gift of your assets at death – be it cash, stocks, real estate or other property –there is no need to affect your current cash flow. And since the bequest doesn't go into effect until after your lifetime, you can change the provisions in your will or trust at any time.

If you wish to give us a percentage of what is left of your estate after other beneficiaries have received their share, you can. By making a gift of a percentage of your estate, your gift will remain proportionate to the size of your estate, no matter how it fluctuates. Plus, there are no estate taxes owed on amounts left through a charitable bequest.

PLEDGE YOUR FUTURE SUPPORT

In many cases, bequests offer the best of both worlds. You retain full control of your assets without depleting them now, while helping ensure that David Lawrence Center continues to grow and thrive in the future.

For more information about supporting David Lawrence Center through a bequest, contact Director of Constituent Relations Darcy Taylor at 239-354-1419.

FY 2015 Annual Report Now Available

The FY 2015 Annual Report is now available on our website at DavidLawrenceCenter.org. The report theme "Feeling Great" focuses on how getting people to feel their best and empowering them to reach for the stars is what DLC is all about. It is a nod to our many super stars: donors, partners, volunteers and staff who are helping our organization be the greatest it can be. The report gives an update on the strategic initiatives accomplished in the first year of our five-year 2020 Vision Plan, shares success stories and lists our donor honor roll. If you would like to receive a printed copy, call 239-354-1434.



REGISTER ONLINE TO RECEIVE OUR E-NEWSLETTER:

DavidLawrenceCenter.org

LOCATION & CONTACT INFO



239.455.8500

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

ENCORE RESALE SHOP

3105 Davis Boulevard
Naples, FL 34104
239.775.0032
EncoreResale.org

ENCORE NEWS

Your Encore Donations Can Be Someone's Next DIY Upcycle Project

Upcycling old furniture and finds has become one of the hottest trends around the world. More and more DIY (do it yourself) and craft enthusiasts are discovering the fun in transforming someone else's throw-away furniture into practical pieces for a home. Not only is it fun, but when you plan to upcycle old furniture by shopping for pieces at Encore, you are supporting David Lawrence Center's mission.

Your gently used donated items are now finding their way back into homes, as Encore's customers look for options to become more eco-friendly and cut down on spending. They are finding ways to improve the beauty of their home, condo or rental without the price tag by upcycling your donated items into something new. Whether turning an armoire into a "barmoir" or converting a vintage suitcase into a dog bed, creative customers

can see purpose in what you no longer need. Your furniture and home accessory donations will not only support David Lawrence Center, but with the new owner's vision, elbow grease and TLC, it can also give them new meaning.

Remember, any donation made to the Encore Resale Shop can be claimed as a charitable contribution on your tax return to the fullest extent of the law and they can be picked up at no charge by calling (239) 775-0032.

If you are interested in getting tips for your next DIY project, visit our blog or sign up for our e-newsletter at EncoreResale.org for ideas on how to recycle, reclaim, repurpose, distress and refinish old furniture. To get started you'll want to shop wisely, take into consideration the costs involved to upcycle a piece, invest in quality tools and research the products you'll need.

