

# Reclaiming Lives

A PUBLICATION OF CENTERSTONE

ISSUE TWO

## CARF

Three-Year  
Accreditation Awarded

## Combating Depression

in Older Adults

## What is ADHD?

Signs and Symptoms



CENTERSTONE

# Provider of Choice for any age

The Stories of Kathy and Zoey

# Reclaiming Lives

A PUBLICATION OF CENTERSTONE  
www.centerstone.org

ISSUE TWO  
volume one

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Centerstone (www.centerstone.org), a not-for-profit organization, is the largest behavioral healthcare provider in Tennessee and the ninth largest in the nation. Serving the community for more than fifty years, Centerstone provides a full range of behavioral health and related educational services to individuals of all ages and their families. Centerstone is devoted to research that seeks to identify, treat and eliminate mental illness. Centerstone provides services to more than 50,000 individuals annually. Children, adolescents, adults, seniors, and families all receive help from a multitude of different programs at more than 75 facilities and 150 partnership locations throughout the region. For more information about Centerstone, please call (615) 460-4357 or toll free at (888) 291-4357.

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## Combating Depression in Older Adults

Depression is one of the most common mental disorders experienced by older adults. Depression is also closely associated with suicide and older adults have the highest rate of suicide of any age group.

All too frequently, the signs and symptoms of depression are overlooked or attributed to “normal aging.” While depression is common in older adults, it is not a natural part of aging. Depression is the result of an imbalance of chemicals (neurotransmitters) in the brain. Life stressors, hereditary factors and medical problems can affect the levels of these chemicals.

Older adults are less likely to report symptoms such as dysphoria and worthlessness— hallmarks of the diagnosis— and many symptoms are simply overlooked. More than 15% of adults over the age of 65 suffer from depression. But, because of the lack of diagnosis, as many as 75% of them are not getting the help they need.

Centerstone recognizes that older adults can possess unique behavioral healthcare needs. Centerstone provides treatment and counseling for older adults (age 55 and older) which encourage independence and increase overall well-being.

**In addition, we have several specialized location areas and programs.**

Our outpatient clinic at **633 Thompson Lane** in Nashville is completely devoted to the behavioral healthcare and recovery needs of adults over the age of 50. Services include: assessment, psychiatric evaluation, medication evaluation and management, individual, group and family counseling, substance abuse treatment, and case management services.

Centerstone at the **Vanderbilt Medical Group** provides depression treatment for older adults who see their primary care physician at this Williamson County medical practice. The **IMPACT** care model, which research has shown can double the effectiveness of depression treatment for adults, is used.

A new grant from **West End Home Foundation** is providing **in-home nursing services** for older adults within Davidson County for a two-year period. The grant is expected to serve 150 older adults each year. This grant allows for a registered nurse to complete regular wellness checks, administer treatment and medication education to older adults and their families, assess and assist with individual treatment regimens, provide follow-up care and coordination during inpatient stays, and assist in education and coordination of prescription programs. The nurses work in conjunction with the individual's primary healthcare providers. This service encourages the maintenance of good physical health while also providing a means to check for neglect, abuse or abandonment. Our in-home nurses also attend to individuals who are housed in hospitals, nursing homes and rehabilitation facilities. ■

# Provider of Choice for Any

At Centerstone, we recognize that an individual's age can be an important factor in the creation of their treatment plan. Therefore, we've created a multitude of specialized programs to serve our consumers at any stage of their lives. Just look at Zoey and Kathy.

At age four, Zoey has seen more tragedy than most should in a lifetime. She found the help she needed to overcome and flourish at Centerstone's Therapeutic Preschool.

Kathy, at age 62, finds herself dealing with very different challenges and needs. She sees her therapist at Centerstone's Outpatient Clinic on Thompson Lane in Nashville. This clinic, in particular, serves the unique needs of our older adult community. Before Kathy was well enough to receive treatment in an outpatient setting, she required in-home visits that were also provided by therapists from this location.

Kathy and Zoey are thriving today because Centerstone's specialized services are offered throughout the lifespan.

**Z**oey was first taken into protective custody by California's Department of Child Protective Services (CPS) when she was born addicted to methamphetamine. At two months old, she transitioned back to her family only to be removed 12 months later. She was discovered severely malnourished and in extremely poor health. Painful sores, scabies and lice covered her small frame. She suffered from pink eye and multiple staph infections. The terrible neglect she had experienced left her without the ability to show emotion or to interact with others. In frustration, she began hurting herself. She pulled out her hair, scratched at her arms and threw herself violently against the walls and floor.

Zoey's biological mother was a methamphetamine addict who had taken drugs throughout her pregnancy and continued to use after Zoey's birth. She left Zoey alone for long periods of time and the lack of human interaction had taken a toll. Her biological father was almost completely absent from Zoey's life, but he did leave her one gift. He was the person who called CPS.

Zoey was placed in three different foster homes within the first month of custody. Finally she came to live with Dana Donaldson. Dana had once run a group home for delinquent and severely troubled youth so she was no stranger to behavioral disorders. She also had two small children with myotonic dystrophy, a serious form of muscular dystrophy that affects muscles and other organs of the body. Only a year later, Dana officially adopted Zoey. "I knew it was going to be a long road for Zoey but we were starting to bond and I honestly felt it was the best thing for her emotional well-being. I loved her so much," says Dana.

*continues on page 4*

## Zoey's Story



# Age

**K**athy Tupper is a gifted artist. She lives in a charming apartment in Nashville's West End. She's surrounded by her handmade treasures—her ornate mobiles made from handcrafted beads, her watercolors and tiles. Outside, her garden patio is abuzz with the friendly birds and squirrels who visit her each day. Life is peaceful and fulfilling.

Born in 1945 to an affluent Nashville family, Kathy grew up attending the best private schools before going to the prestigious College of William and Mary in Virginia, where she studied art and English. "In the 50s and 60s, the thing to do was to grow up, meet someone and marry. I knew I wanted to be an artist, though. My talents were going to take me down another path," says Kathy.

And they did. Her skills landed her jobs with top ad agencies and even as the official artist of the Nashville Mayor's office. Her paintings and clay sculptures found their way into the finest homes and galleries in the state. Kathy even created artwork for the popular eatery, Pargo's, and designed posters for some of Nashville's biggest festivals.

All was not perfect, however. Even through the brightest times of her adulthood, Kathy experienced symptoms of depression. After a series of overwhelming events, her symptoms worsened severely.

First, a pulmonary disease diagnosis forced her to quit working with the clay and oil paints she so loved. Then a painful and disabling car accident left her unable to work and without transportation. With her independence stripped, she was thrust into a downward spiral of despair.

Family members supplemented her financially, but still she routinely rationed groceries and other household items. Art supplies became an unaffordable extravagance. Life lacked the familiar and vibrant colors of her once crowded palette.

Kathy sought help from several psychiatrists and even tried the anti-depressants they prescribed, but the medicines became too expensive and she continued to deteriorate.

In August of 2004, Kathy began receiving in-home services from Centerstone. "When I first met Kathy she was overwhelmed by life," says Amy Willis, Centerstone's Clinical Program Manager and Kathy's first in-home counselor. "She was destitute, severely depressed and unable to leave her couch, much less her home. I was very concerned." Amy developed a treatment plan with Kathy and helped her successfully file for disability. Still unable to buy costly canvases and paints, Kathy began creating detailed drawings in journals to quench her need for expression while still staying within her limited budget.

*continues on page 5*

## Kathy's Story



Art by Kathy Tupper

## Zoey's Story *continued from page 2*

Although Zoey was finally in a comfortable home, complete with a loving and attentive mother and two siblings, she continued to exhibit intense mood fluctuations and temper-tantrums. She underwent specialized therapy to desensitize her nerve endings and allow human touch, but there was much work to do. "If you put your hand on her, it would tickle so much that it was painful," explains Dana.

Dana knew the situation was more than she could handle on her own. She also recognized Zoey's slowed development and worried that she wouldn't have the social and coping skills required to thrive in kindergarten. When Dana moved her family from northern California to Nashville to be near the M. D. specialists at Vanderbilt Children's Hospital, she found an equally perfect answer for Zoey in Centerstone's Therapeutic Preschool. "I had no clue that there was this type of service available. I never expected anyone to be able to work with her in a preschool setting. There was nothing like this back home," says Dana.

In December of 2006, Zoey began attending Centerstone's Therapeutic Preschool, where she was introduced to Crystle Steffens, one of Centerstone's Masters level therapists.

"When Zoey first came to our preschool, she functioned mainly in her own world. The escape was her way of coping. Because she couldn't verbally express her needs or emotions, she would become frustrated and throw tantrums or hurt herself," says Crystle. "A lot of what Zoey did say was nonsensical, so one of the first things we taught her was how to verbalize what she was feeling—how to tell us if she was hungry, angry, sad or tired."

Zoey also had trouble making appropriate facial expressions to match how she was feeling and recognizing those expressions in other people. "Zoey had a lack of social skills with her peers. She didn't know how to play with other kids her age so she would often participate in parallel play and would imitate the other children. But she couldn't engage with them in activities. We got her involved socially with the other kids and did a lot of work on her coping skills," says Crystle.

"We also focused on Zoey's physical abilities and cognitive skills," she continues. "It's important for young children to have confidence and master something. Everyone needs to be good at something whether it's coloring in the lines or making your own bed. That's how we're wired. Our lives are spent trying to master one thing after another. For a child it's crucially important. Finding things they're good at builds skills and self-confidence."

"I saw progress within the first week," shares Zoey's mom, Dana. "She began being able to actually tell me what she was feeling instead of throwing a tantrum. She also began recognizing emotions in other people and reacting to that. The change is incredible. She's amazing with her brother and sister. Her little brother is two and on a ventilator. If he's upset, she goes in his room and climbs in his crib to rub his hair and share her toys with him. She's protective of her sister too. She walks her to the bus in the morning and helps her down the stairs. Finding Centerstone has been the key to all of this."

Today Zoey is a spirited four-year-old with a head full of gorgeous dark curls and a smile that could melt the Polar Caps. The child that couldn't express happiness finds joy in nearly everything she does.

"A new world has seemed to open up for Zoey," glows Crystle. "She now has the ability to enjoy new people, new experiences and to express her needs and wants. She has learned to verbally express herself by identifying her feelings. For me, that's the bottom line. She couldn't enjoy life because she didn't have the skills. Now, the sky's the limit." ■



## Kathy's Story *continued from page 3*

Kathy's outlook improved but she was reluctant to restart medication. She worried it would cause a decrease in her creativity and that she might lose what had always been a refuge and delight in her life. The one thing that defined her: her art.

"One day I shared my assessment with her and how I thought she was progressing," remembers Amy. "I told her that I detected severely disorganized thought patterns that were likely a symptom of a mood disorder known as bipolar disorder. Up until that point, I think she honestly believed she was successfully hiding her symptoms from everyone— that no one, not even I, noticed."

The diagnosis was a catalyst for Kathy. She took the chance and began a regimen of mood stabilizers that helped control her symptoms. "I take my medications faithfully and I feel less panicky and more focused. If they're affecting my creativity, I don't feel it. I'm as prolific as ever," says Kathy.

She later successfully transitioned to outpatient care at Centerstone's Thompson Lane office that specializes in older adult services. A painting, donated by Kathy, hangs in the office. "I'm so proud of her," says Amy Willis. "She is truly a recovery success story."

As with many who have been on the receiving end of care for an extended time, Kathy is eager to give back. She regularly volunteers with the Frist Center for the Visual Arts in their upstairs ArtQuest Gallery. There she helps the visitors understand the basic principles of art through hands-on activities. She sometimes even helps their moods.

"One day I was volunteering at the Frist, and a very upset woman came into ArtQuest with her children," relays Kathy. "She complained that her kids wanted to touch all the things they saw in the exhibit downstairs and, of course, they couldn't. I told her that she could touch anything she wanted in my area. She sat down and began to paint with her children. By the time she left, she was all smiles. That's what art does for me too."

Kathy's even gone back to work and has just finished the first of a succession of classes at the Centennial Art Center in Nashville's Centennial Park, where she teaches drawing and watercolor classes.

It's a perfect fit. "Art is what I do, and it's what carries me through," explains Kathy. "Being in the studio with other artists keeps me involved and creative. I know now that I have a lot to give. If it wasn't for Centerstone's help, I wouldn't be in a place to share it." ■

To register for Kathy's classes at Centennial Art Center, call 615.862.8442 or email [brenda.mcsurley@nashville.gov](mailto:brenda.mcsurley@nashville.gov)



Art by Kathy Tupper

*"Art is a magical gift  
I've been given  
and the joyful one  
I give to you."  
— Kathy Tupper*



Art by Kathy Tupper



Art by Kathy Tupper

# physician spotlight



## Ralph Barr, MD

Dr. Ralph Barr is a psychiatrist and Regional Medical Authority for the Southwest region (Columbia Area) of Centerstone. He was born in Hopkinsville, KY as the seventh of eight children and was the first in his family to graduate college, attending Vanderbilt University on a full-tuition scholarship. He went on to Vanderbilt Medical School, then an internship at the University of Virginia in Charlottesville and three years of residency in psychiatry at Vanderbilt. He then served on active duty as a Major in the United States Army Medical Corps in Ft. Sill, OK. Dr. Barr has been with Centerstone for 27 years.

### ■ What initially interested you in the mental health field?

In medical school I thought I would be most interested in internal medicine and pediatrics, but, to my surprise, my psychiatry rotation was my favorite. I enjoyed being able to really get to know the patients and to learn about their lives by interacting directly with them rather than depending so much on blood tests, X-rays, etc., for diagnosis.

### ■ What brought you to Centerstone?

George Spain, who is one of the co-founders of Centerstone, recruited me to come to Columbia and accept the position of Clinical Director of the Columbia Area Mental Health Center (a precursor of Centerstone). It was 1980 and I was a full-time faculty member at

Vanderbilt University. My wife had just recovered from a very serious life-threatening illness, and we felt it was a good decision to relocate from Nashville and raise our children in a smaller town— a move we have never regretted because of our wonderful experiences in Maury County.

Even as I held a private practice for nine years, I still worked at the Mental Health Center one day a week. When I closed my practice, I sought an increased association with Centerstone.

### ■ Tell me about your family.

I have been married for 31 years and have two children, ages 28 and 25. My wife attended Peabody and is a musician and a librarian, although she has mainly worked as a mother and volunteer for the last 26 years. My son is a percussionist with the Arkansas Symphony and my daughter is a Reference Librarian with the Williamson County Public Library.

### ■ What do you do in your spare time?

My wife and I are both very involved in the First Presbyterian Church. I've served as Elder, my wife as leader of the bell choir and we both sing in the choir. I also play the recorder and have a strong interest in music from the 13th –17th centuries. I enjoy reading, gardening, cooking, and collecting art glass and recorders. I'm also an ardent

Vanderbilt men's basketball fan and attend all the home games.

### ■ What are your day-to-day duties and responsibilities at Centerstone?

I work in three different offices in Centerstone and serve three different roles. I see an average of 15-25 patients per clinical day. I also have the role of Centerstone's Regional Medical Authority for the Columbia region and I supervise three nurse practitioners and work with the Continuous Treatment Team (CTT) in Columbia.

### ■ What do you find to be the most rewarding aspect of your work?

I find my work at Centerstone rewarding because of the great staff— at all levels of the organization. Many of the people here in Columbia have worked with me for years and we work very smoothly as a team.

It is immensely satisfying to have been able to remain in the same town and to see patients over a long period of time. I've witnessed many go through long and difficult struggles to make major positive changes in their lives. I have even seen patients grow up, graduate high school and go off to college. It's remarkable for me when I hear from patients and their relatives who share things like, "You saved my life," or "I do not know what we would have done without you." I'm gratified to have been a part of their growth and recovery. ■

# New Adolescent Alcohol and Drug Program Opens in Maury County

Centerstone has launched a new alcohol and drug treatment program for youth in Maury County. Project SELF (Students Experiencing Life Free) is a community-based treatment program for adolescents with Substance Use Disorders and/or co-occurring mental health disorders. Before Project SELF, there were no specialty substance abuse programs in Maury County specifically for adolescents. This new program fills a desperate need in the community.

Sadly, many teenagers see substance use or drug experimentation as a cultural norm. They are surrounded by friends, and even parents, who may be using drugs and alcohol. With a grant provided by the United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (HHS-SAMHSA), Center for Substance Abuse Prevention, Project SELF gets young people off drugs and alcohol and shows them other options for their life.

Our team of therapists and outreach staff utilize the components of two evidence-based substance abuse treatment models— Adolescent Community Reinforcement Approach (ACRA) and Assertive Continuing Care (ACC)— to achieve sobriety and prevent relapse. These research-based interventions seek to replace substance use behaviors/patterns with positive life experiences such as playing sports, forming a group of positive and sober friends, having a job and restoring family relationships. The program helps youth with these disorders to improve their lives in school and at home, while reducing criminal activities. Our staff also creates community awareness of the dangers of substance use by educating school personnel, law enforcement, judges, physicians and other community members.

The Centerstone Research Institute is collecting, assessing and submitting the findings from this program to the federal government. The success of Project SELF could lead to the development of a new service model for replication in areas across the state and the nation. ■



# Centerstone Earns Three-Year Accreditation from CARF



Centerstone has received a full three-year accreditation from CARF, the Commission on Accreditation of Rehabilitation Facilities. This accreditation is the highest designation offered by the organization.

CARF is an independent, international, nonprofit accreditor of human service providers. Having our CARF accreditation affirms to our consumers, and to the community at large, our commitment to providing quality value and optimal clinical outcomes, enhancing the lives of the persons we serve.

Centerstone received extraordinarily high marks over the course of the two-and-a-half-day audit of our programs and facilities by seven surveyors. We received a score of “exemplary” for our initiative to shorten the time frame between the discovery of research findings and the implementation of those proven treatments.

In preparation for our audit, Centerstone underwent a year-long preparedness process to make sure we could prove our organization conforms to the high standards set by CARF regulators.

In the process we also updated all of our lobbies and hung new narrative art installations and state-of-the-art flat screen televisions for the delivery of an orientation video and other informative information. ■

# spotlight on *School-Based Services*

For over 20 years, Centerstone's School-Based Services have been delivering services to help students learn to overcome the emotional, social or behavioral problems that keep them from achieving success in their school and home lives. Our award-winning program can be found in over 100 schools within our service area.

School-Based Services are just as they sound: behavioral health services provided in the comfort and ease of the school setting. The program allows students to easily access the therapy, counseling and case management they need without the stigma of having to leave school to do so. Because students receive services in school, they have less interruption to their academic schedule. This integrated approach is extremely effective in reducing disruptive behavior while allowing school personnel crucial access to trained professionals in the event of a negative situation or crisis.

School-Based Services include individual therapy, group counseling, family therapy and case management. Our School-Based staff works with the student, teachers, family members and other community professionals in coordination of services and treatment planning.

## Our philosophy

Centerstone staff is trained in the American Re-Education Association philosophy. It is the foundation of our work in the School-Based program and in all our child, adolescent and family services. For more information about Re-Ed, go to [www.re-ed.org](http://www.re-ed.org)

## How to reach us

For more information on our School-Based Services program, contact Beth Hail, Director of School-Based Services at 615.460.4149. For appointments and referrals, call 888.291.4357 ■

## 12 Principles of Re-Ed

1. Life is to be lived now, not in the past, and lived in the future only as a present challenge.
2. Trust between child and adult is essential.
3. Competence makes a difference, and young people should be helped to be good at something, and especially at schoolwork.
4. Time is an ally, working on the side of growth in a period of development when life has a tremendous forward thrust.
5. Self-control can be taught and children and adolescents helped to manage their behavior.
6. Intelligence can be taught. Intelligence is a dynamic, evolving and malleable capacity for making good choices in living.
7. Feelings should be nurtured, shared spontaneously, controlled when necessary, expressed when too long repressed, and explored with trusted others.
8. The group is very important to young people, and it can become a major source of instruction in growing up.
9. Ceremony and ritual give order, stability and confidence to troubled children and adolescents, whose lives are often in considerable disarray.
10. The body is the armature of the self, the physical self around which the psychological self is constructed.
11. Communities are important for children and youth. The uses and benefits of community should be learned through experience.
12. A child should know some joy in each day and look forward to some joyous event for the morrow. ■



# what is ADHD?



Attention-deficit/hyperactivity disorder, or ADHD, is a condition related to brain chemistry and can affect both children and adults. People with ADHD may seem immature, squirm, have trouble paying attention or interrupt others too often. The basic symptoms for ADHD are divided into three categories: inattention, hyperactivity and impulsivity. These symptoms can exhibit differently, depending on a person's age. A diagnosis of ADHD is based on age and the severity of symptoms. The impairments caused by the behaviors as well as the frequency and location of the behaviors may also come into play.

ADHD is usually recognized in childhood, but many people receive the diagnosis in adolescence. Teens with ADHD may exhibit less hyperactivity but still show signs of inattentiveness and impulsivity that can cause problems in school. They can become easily overwhelmed by the greater demands and expectations of high school. Teens with ADHD are at a higher risk for alcohol and substance abuse, motor vehicle accidents, inter-personal conflicts and low self-esteem, among other pressures.

ADHD is not just a childhood disorder. Studies show that up to 4% of adults have ADHD and six in ten children with ADHD continue to have some form of the disorder as they reach maturity. Adults may have symptoms for years without knowing they have ADHD. They may have trouble with organization, forget meetings and deadlines, put off projects that require a lot of attention to detail, appear restless or fidgety or often lose or misplace things. While everyone is occasionally stressed, disorganized and unfocused, an adult with ADHD will have had these general feelings since childhood.

ADHD is treatable. There have been many advanced breakthroughs in the understanding of the disorder and increased evidence-based practices for treating it. Pharmacological solutions in conjunction with behavior modification therapy and parental or partner participation, is often very successful at helping people of all ages live successfully with ADHD. ■

## ADHD symptoms are divided into three categories:

### Inattentive

- Inability to pay close attention to detail
- Making careless mistakes in schoolwork or work
- Lacking follow through on instruction
- Inability to finish tasks
- Difficulty organizing
- Dislike or avoidance of things that require sustained mental effort
- Losing things needed to complete tasks or activities
- Easily distracted
- Forgetfulness

### Hyperactive-Impulsive

- Fidgeting with hands or feet or squirming in seat
- Getting up from a seat in classroom or other inappropriate setting
- General restlessness
- Problems remaining quiet during leisure activities
- Talking too much
- Blurting out answers before questions have been completed
- Difficulty waiting for a turn
- Interrupting others

### Combined

- Having six or more symptoms of inattention and six or more symptoms of hyperactivity or impulsiveness. ■

## Coping with Crisis

### Six Steps for Caring for Yourself in Times of Crisis

Tragedies happen in our world everyday. While some befall us directly, simply witnessing horrors like the recent violent tragedy at Virginia Tech, the fatal wreck at the car show in Selmer, or the recent Wal-Mart shooting in Clarksville can also deeply affect us. The startling realities we see through pervasive news reports on television and the Internet can cause “secondary trauma.” Secondary trauma is the negative and sometimes debilitating emotional response we experience when affected by the losses of others.

No one can ever be fully prepared for every crisis or exposure to crisis. We can, however, make choices that will mitigate the impact of trauma.

### Below are important suggestions that can help in times of crisis:

#### **Understand normal reactions**

It is not simple to wrap our minds around reasons for sudden death or perpetrated violence like the ones we commonly see on television and the Internet. Therefore, feelings of shock and disbelief, as well as fear and sadness, can affect all areas of our lives and drown our spirits. Our emotions are often normal reactions to abnormal situations.

#### **Recognize the effects of past experiences**

There are two major issues that can affect how you cope with crisis: your past and your present. Any past experiences you may have had with crisis or trauma can affect how you approach crisis today. If you’ve been affected by painful past events, you may find yourself consumed with flashbacks and memories of these times. Your present condition will affect how well you deal with stress. Life’s everyday stressors may seem magnified when experiencing another trauma.

#### **Consider past healing**

Most likely, you have survived one or more losses or traumas in your lifetime. Consider what helped you most and seek similar solutions or supports. What activities, actions or involvements led you through healing in past stressful times? Also consider what did not help and try to not repeat those failed coping attempts— such as indulging in unhealthy behaviors or not addressing your feelings at all.

#### **Talk with children**

If you are a parent, a key concern may be how to address crisis events with your children. Research has shown that “man-made” traumatic events are more psychologically distressing to individuals than natural disasters. If your children are at an age where they are exposed to the news, talk to them about what they see. Allow them to express their fears and feelings about these events. Remember to use their level of development as a guide. Do not give too much information to very young children.

#### **Be intentional in self-care**

Take care of yourself! Be patient, but also be deliberate in daily choices that bring health and healing. Spend time with friends and family. Go for a walk. Read a good book. These, and other activities of self-care, can go a long way to balance the trauma of events outside of our control. They bring emotional, as well as physical, relief and are necessary in preventing further strife and turmoil.

#### **Recognize need for help**

If your stress is getting in the way of your daily life, talk with someone. You can start with a trusted friend, relative or minister. If there are ongoing debilitating consequences resulting from any crisis or critical incident, this posttraumatic stress can be dealt with, and you can regain your life again. You may want to talk with a mental health professional. Seek help early, before the impact of trauma causes more long-term emotional or physical problems. ■

# philanthropy in action

## The Martha and Bronson Ingram Foundation Awards Grant to Community Kitchen

For the third year, **The Martha and Bronson Ingram Foundation** has granted funds to support Centerstone's **Community Kitchen** program. Past contributions have helped to assist over 100 students who receive services and hope for a successful future and this year's grant will assist another 50. Their generosity continues to positively impact local, at-risk youth who benefit from the vocational and life skills training they receive through this program. The Community Kitchen provides culinary skills training while giving back to the community through the delivery of meals to those less fortunate.

## HCA Foundation Supports Centerstone's Therapeutic Preschool

The **HCA Foundation** has awarded a gift in the amount of \$25,000 to Centerstone's Therapeutic Preschool to support student and family enhancement activities, as well as fund student scholarships. "These much needed dollars will replace older equipment, incorporate new tools to support enhanced learning, as well as help parents to learn appropriate methods of caring for, protecting and supporting their children," says Laura Allen, Centerstone's Vice President for Development.

## Memorial Foundation Funds Renovations

Centerstone is finishing the final phase of renovations for its largest outpatient facility thanks to a \$100,000 grant from the **Memorial Foundation**. This gift will help expand parking and lighting for the Madison practice which provides behavioral health services, including substance abuse and dual diagnosis treatment, outpatient services, child sexual abuse treatment, case management, medical care and pharmacy services to over 4,000 individuals and families each year.

## Frist Foundation Funds Technological Advancements

The Frist Foundation has awarded a grant to Centerstone's **Immigrant and Refugee Program** to pioneer the creation of educational DVDs on Post Traumatic Stress Disorder for Nashville's rapidly expanding Somali, Sudanese and Iraqi populations. "The videos will be produced in English, Arabic and Somali and will reach men and women who have experienced unimaginable atrocities and torture," says Meryl Taylor, Centerstone's Program Coordinator. In addition, the **Frist Foundation** has awarded Centerstone's **Child and Youth Case Management** program a grant to purchase tablet personal computers for case managers to use while working in the community. With the provision of these PCs, case managers will be able to remotely enter and retrieve "real time" progress notes, service plans and other vital information through Centerstone's electronic health record. Case Managers provide in-home intervention and child advocacy service, assisting children and their families. ■

## UPCOMING EVENTS

### The Giving Card

Cards go on sale September 17!

Shopping Dates are

November 1-11.

Call 615.463.6643

or log on to

[www.centerstone.org](http://www.centerstone.org)

to purchase your card.

Centerstone's Giving Card fundraiser is back for the 3rd consecutive year! Purchase your card for only \$50 and receive a 20% discount from over 100 of Nashville and Franklin's most popular specialty merchants. All of the proceeds fund counseling services for children and their families.



### A Gingerbread World

A Holiday Tradition for 23 Years.

### Ginger's Night Out

Thursday, December 6th, 7-9 PM,

Loews Vanderbilt Hotel Skylight Foyer,

Tickets are \$85.

Call 615.463.6643 for reservations.

This ladies-only evening includes a warm gathering with lively conversation over drinks and appetizers. Create and take home your own gingerbread house as a keepsake decoration for years of holiday fun.

### Children's Workshop

Sunday, December 16th, 2-4 PM,

Loews Vanderbilt Hotel Symphony Ballroom,

Tickets are \$70.

Call 615.463.6643 for reservations.

Welcome the holiday season with a delightful and exciting gingerbread house workshop that includes hundreds of children and families. ■

## ICISF Conference Hosted by Centerstone

Centerstone will host a regional conference on crisis intervention, presented by The International Critical Incident Stress Foundation, Inc. (ICISF) on September 27-30, 2007, at the Radisson Hotel in Nashville, TN.

Highlights of the conference include classes on Comprehensive Crisis Intervention Systems for Groups and Individuals, Suicide Prevention, and Substance Abuse Prevention. Other course topics include: Emotional and Spiritual Care in Disasters, Line of Duty Death and Post Combat Recovery and Reintegration. Additional classes are offered specializing in Building Skills for Crisis Intervention Teams, as well as TEAM: Team Evolution and Management.

## Goodson Honored as Health Care Hero

Jan Goodson, Centerstone's Grant Writing Coordinator, has been



named as a Nashville Business Journal Health Care

Hero in the category of "Behind the Scenes." Jan will be featured in the Nashville Business Journal's "Health Care Heroes" special edition which hits stands on September 21. On the same day, she will pick up her award at a luncheon held at the Renaissance Hotel. These awards recognize innovators, strategists and pioneers who make a significant contribution to the healthcare industry in Nashville. The new "Behind the Scenes" category has been created to pay tribute to those whose work allows others to provide quality healthcare. Jan's tireless commitment to Centerstone's Research Department has resulted in the procurement of over \$25 million in grants for Centerstone programs.



Jan Goodson

## TAMHO Prevention Congress

Centerstone proudly sponsored the Tennessee Association of Mental Health Organizations' Tennessee Prevention Congress. The convention was held on August 20-22, 2007, at the

Montgomery Bell State Park in Burns, TN. In addition to our sponsorship, several Centerstone staff members spoke on a variety of prevention topics. **Brad Nunn, PhD**, Vice President of QA/UM/QI, **Amy J. Willis, LCSW**, Clinical Program Manager, **Camille L. Lashlee, MA**, Manager Prevention Services, and **Dasahn Sardine**, Prevention Specialist, presented.



Brad Nunn

## Centerstone Recognized as One of the Best in Business

Centerstone was named as a finalist in the Nashville Business Journal's 19th Annual Best in Business Awards. CEO **David Guth** was also named a finalist as Entrepreneur of the Year. The awards dinner took place in May at the Nashville Renaissance Hotel.

## NAMI Nashville Ambassador of Hope Awards

At an awards ceremony on May 30, 2007, Centerstone's staff members

and programs were recognized by the Nashville Chapter of the National Alliance on Mental Illness (NAMI) for their contributions to the field of behavioral healthcare. NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families.



*Karen Rhea*

**Awards were presented to:**

**Karen H. Rhea, MD** – Psychiatrist of the Year Award

**Centerstone's Community Kitchen** – Business Community Partner of the Year Award

**Tom Murdock** – Educator of the Year Award

**Sarah Burnett, RN** with Centerstone and Vanderbilt's psychiatric hospital - Spirit Award

**37th Annual National Council for Community Behavioral Healthcare**

**David Guth**, Centerstone's CEO;  
**Bob Vero**, Centerstone's President

and COO; **Karen H. Rhea, MD**, Centerstone's Vice President for Medical Services; **Thomas W. Doub, PhD**, Centerstone's Vice President for Research; **Laura Allen**, Centerstone's Vice President for Development and **Lisa Campbell**, a member of Centerstone's Board of Directors, recently participated in various continuing education presentations during the National Council for Community Behavioral Healthcare Conference recently held in Las Vegas.

**Vero Receives Award from ICISF**

Centerstone President and COO **Bob Vero, EdD** recently received the International Critical Incident Stress Foundation's (ICISF) Community Service Award. This award recognizes Vero as an individual whose work supports the foundation's mission of preventing and mitigating disabling stress through crisis response.

The award was officially presented at ICISF's 9th World Congress



*Bob Vero*

on Stress, Trauma and Coping in Baltimore, MD, February 14-18, 2007.

**Stoll Appointed to Board of Directors of the ICISF**

**Becky Stoll, LCSW**, Centerstone's Director of Crisis Management Strategies, has been appointed to the board of directors of the International Critical Incident Stress Foundation, Inc. (ICISF). The announcement was made before representatives from over 18 countries on the opening day of the ICISF's 9th World Congress on Stress, Trauma and Coping, held recently in Baltimore, MD, February 14-18, 2007. Joining members from across the country, Becky is the first to be chosen from the southern portion of the United States.

**Mary Catherine Strobel Awards**

Congratulations to Centerstone board member **Carmen Reagan, PhD** on her nomination for this year's Mary Catherine Strobel Awards. The Strobel Awards recognize individuals and groups who have selflessly given their time and talents to improve the lives of others in Middle Tennessee. ■

# New Facility in Shelbyville Nearly Complete

Centerstone's new facility in Shelbyville, TN is nearly complete. In recent weeks, the brick has been mortared, windows and elevator installed, roof finished and antimicrobial wall board put into place. The new facility boasts 12,000 square feet of space, complete with special technological features including kiosks for clients to complete treatment outcome questionnaires and access online healthcare information, including their Centerstone electronic health record.



Space has also been designated for Centerstone's telepsychiatry service, which allows video conferencing between Centerstone clients and Centerstone medical staff members. Under the direction of Nashville-based Dennis-Barton Architecture LLC and Hawkins Development, our new state-of-the-art facility will be finished by September and ready to open its doors to serve children and adults in Bedford County. ■

# Centerstone Salutes Our 2007-2008 Board of Directors

The Centerstone Board of Directors serves as the governing board and establishes fiscal policies for our organization.

Their generous participation as board members is crucial to our success, and we are ever grateful for their leadership.

Janet Ayers	David Guth	Steve Saliba
Kenneth Baines	Christa Holleman	Jean Sivley
Richard Baxter	Lee Ann Ingram	Patti Hart Smallwood
Linda Brooks	Trish Lindler	Hugh Smith
Martin Brown	Beverly Little	George Stadler
Jessie Campbell	Tom Mahler	Sperry Stadler
Lisa Campbell	Albert Menefee III	Jim Sweeten
Tom Cox	Nedda Pollack	Deborah Taylor Tate
Dick Fitzgerald	Carmen Reagan	Jack Wallace

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