

Reclaiming Lives

A PUBLICATION OF CENTERSTONE

ISSUE THREE

CENTERSTONE
AFFILIATES WITH TWO
INDIANA ORGANIZATIONS

PHILANTHROPY
IN ACTION

WHAT IS
BIPOLAR DISORDER?

FINDING
SAFE ANCHORAGE
MEET WAYNE



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www.centerstone.org

ISSUE THREE
volume one

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Reclaiming Lives is winner of the 2008 APEX Award for Publication Excellence.



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Centerstone (www.centerstone.org), a not-for-profit organization, is the nation's largest provider of community-based behavioral healthcare. With a history that spans over fifty years, Centerstone provides a full range of behavioral health and related educational services to more than 69,000 individuals of all ages and their families annually. Children, adolescents, adults, seniors, and families all receive help from a multitude of different programs in more than 120 facilities and 150 partnership locations in Indiana and Tennessee. Centerstone is accredited by The Joint Commission in Indiana and the Commission on Accreditation of Rehabilitation Facilities (CARF) in Tennessee. For more information about Centerstone, please call toll free at 888.291.4357.

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Centerstone Affiliates with Two Indiana-Based Behavioral Healthcare Providers



L TO R, DEBBIE CAGLE CEO ADVANTAGE BEHAVIORAL HEALTH, ROBERT WILLIAMS CEO CENTERSTONE IN, DENNIS MORRISON CEO CENTERSTONE RESEARCH INSTITUTE, DAVID GUTH CEO CENTERSTONE, ROBERT VERO CEO CENTERSTONE TN

Centerstone is excited to announce that our affiliation with the Center for Behavioral Health (Bloomington, IN) and Quinco Behavioral Health Systems (Columbus, IN) is complete. On May 1, we officially expanded and blended the highly acclaimed services and research-based practices of all three companies. Our combined organization, which retains the name Centerstone, will now reach more than 69,000 individuals and their families in Tennessee and Indiana, making us the largest provider of community-based behavioral healthcare in the nation.

“Our collective organizational strength gives us an even greater ability to provide the best possible treatment and outreach,” said David Guth, CEO of Centerstone. “Our increased size allows us to significantly affect public policy and advocacy efforts, giving our clients a stronger voice in local, state and federal legislation. And through cutting-edge research, we are uniquely

positioned to advance the delivery of behavioral healthcare, both in the communities we serve and throughout the world.”

Affiliations like this are a part of Centerstone’s more than 50 year history. The original company in Tennessee was formed from a merger of five companies throughout Middle Tennessee. And, according to an

“OUR GOAL IS TO HAVE OPERATIONS IN FOUR DIFFERENT STATES... WITH A REVENUE TARGET BETWEEN \$200 MILLION TO \$250 MILLION ANNUALLY.”

interview with Guth in the Nashville Business Journal, this affiliation will not be the last. “Our goal is to have operations in four different states... with a revenue target between \$200 million to \$250 million annually,” Guth said.

Along with this affiliation comes the official launch of the Centerstone

Research Institute, a not-for-profit behavioral health research company, which works with all areas of the larger Centerstone organization. The Centerstone Research Institute led by Denny Morrison, PhD, formerly CEO of Center for Behavioral Health in Bloomington, Ind., employs more than 75 individuals in clinical research and information technology, ensuring that Centerstone stays at the forefront of modern health care advances.

The affiliation brings a wealth of talent and skills to the Centerstone organization, which continues to be led by Guth. Additionally, Robert N. Vero, EdD, formerly President and COO of Centerstone, has taken over as CEO of operations in Tennessee. In Indiana, Robert J. Williams, PhD, the former CEO of Quinco Behavioral Health Systems, has taken leadership as CEO over operations there. Debbie Cagle remains CEO of Advantage Behavioral Health, Centerstone’s managed care company.

In a Nashville Business Journal article about the joined organizations, Virginia Betts, Commissioner of the

Tennessee Department of Mental Health and Developmental Disabilities, declared, “This merger is an example of how behavioral health services are advancing in our society and becoming more research-focused, but at the same time still keeping the personal needs of the client front and center by making available more specialized programs and services.” ■



Lloyd Wayne Barber sits on a stool with the afternoon sun shining over his papers. His face reflects the peace of a scene he sketches from memory. Wayne has many memories, many not as lovely as the picture before him.

Speaking with Wayne, you'd guess him a poet or philosopher. His story-telling takes on the rhythmic and eloquent cadence of Wordsworth with the gritty content of Faulkner. His words paint a picture so rich you're inside his world in moments.

Wayne was born to missionaries in north central California, in a little hospital overlooking Napa Valley. When only a year old, he moved with his family to the mission fields of Indonesia, where he lived until age 17. Throughout his life, Wayne battled alcoholism and a bipolar disorder that wasn't diagnosed or treated until nine years ago. At age 60, having succeeded and regained control over his co-occurring disorders, Wayne now reflects on his life with a victor's wisdom.

Wayne grew up in Indonesia, the fourth most populous country in the world, but his own world was much smaller. "Our grammar school in the Orient was a one-room converted garage with one teacher for the first through eighth grades," he explains. For high school, he was sent to

a boarding school in Singapore. In 1966, Wayne returned to the United States to study pre-med at Pacific Union College. "Even though I was an American, I didn't feel it," he shares. After a brief stint with the hippie movement in San Francisco, Wayne decided to move back to Indonesia.

This time, when Wayne returned as an adult, he immersed himself in the culture, language, people and food. He studied art as an apprentice to a local artist for two years, learning a gift that continues to profit him.

Unfortunately, this is also where he learned to drink. "Indonesia is the largest Muslim country in the world. To begin drinking in a Muslim country is a little unusual. But I sure did. And in nothing flat I was addicted," Wayne relates unassumingly. "It became a god. And little did I know at the time that it would be 36 years from then until I finally found relief?"

The addiction to alcohol followed Wayne when he returned to the states with his parents in late 1970. Working as an illustrator for major publishing houses

in Nashville, Wayne met his future wife, a nursing student. With his own pre-med background, it wasn't long before he joined her in nursing school. In 1972, they married; and two years later, they graduated together from UT Nashville and had their son.

Reflecting on his marriage and early family life, Wayne explains that they were both addicted to alcohol. "We were drinking buddies. We actually enabled each other for our entire marriage, or virtually our entire marriage," he says with a half smile.

Wayne's addiction to alcohol refused to dissipate despite the couple's resolution in 1988 to give up alcohol. After six years of sobriety, Wayne returned to the bottle and the couple's nearly 25-year marriage slowly dissolved. "Her parting words to me were, 'I love you and I'll always love you, but I can't stay here and watch you kill yourself. But for me, from '94 on, it was just a downward spiral—a death spiral.'"

As he continued to sink, Wayne sought help. In 1996 he was diagnosed with clinical depression, a common diagnosis, and continued to be treated for it off and on over the course of three years. Then in 1999, his psychiatrist changed the diagnosis to bipolar disorder, which was harder for Wayne to acknowledge.

"To be honest with you, I have accepted the fact that I am an alcoholic since the mid-80s. But accepting a mental illness was very difficult for me," Wayne explains, sitting back in his chair. "I still had that lingering notion that mental illness was a moral deficiency on my part. I refused to treat it seriously. I'd take meds for a little bit and quit taking them. I had violent, emotional upheavals, between extreme mania and profound depression. That led

me into some really sordid places and doing things that society would consider pretty off-the-wall. I was just sinking into this quicksand. There was no joy in my life at all."

For years, Wayne sank lower into his co-occurring illness and addiction. By January of 2006, Wayne reached his lowest point: he moved into an apartment and attempted to drink himself to death.

"I closed all the blinds and pulled the curtains and went off on this odyssey. Every day had a vile sameness. I was trapped alone with my disease. I wasn't seeing anybody for mental health treatment. I had run out of my psychoactive medicines. I was there

"I WALKED INTO THE CENTERSTONE FACILITY AND IT WAS LIKE I WALKED INTO A DIFFERENT COUNTRY."

alone with the horror of my existence rolling over me like a poisonous fog. It's a kind of despair that's hard to describe to someone who hasn't been there."

Wayne survived like this for six months, despite attempts to kill himself by other means. His mother and his only remaining friend had keys to his apartment; one would always come in, find him barely breathing and take him to the emergency room.

"Alcohol, this once sublime, soothing agent, had turned on me," Wayne shares, leaning forward to clarify. "I was drinking a half gallon of vodka a day. 64 ounces. About the equivalent of 40 to 45 drinks. I could maybe get three hours of oblivion a day, that's all. And I would be seized with terrible nausea, shaking so badly I couldn't light a cigarette. And then I'd start drinking. After I could get a

few drinks down, the nausea would go away and I'd light my first cigarette of the day and face the reruns of Bonanza. And that's how it went."

The afternoon of June 22, 2006, something changed. Not even Wayne can explain exactly what occurred.

"Something happened to me that had never happened in 36 years of drinking: I was suddenly struck sober. A moment of clarity, I guess you could call it. And I became instantly aware of my surroundings: the floor was covered with empty half gallon bottles of vodka. Death was all around me. I suddenly thought: Is this how I want to meet my contemptible end?"

Wayne quickly found a phone and called a man from his mother's church, a recovering alcoholic, who had visited a couple of months before. "I heard myself say those words that had been 37 years coming: 'I've had enough. Totally.'"

Wayne was rushed to the ICU at Vanderbilt Hospital, where he was told he had a first degree heart blockage and a blood alcohol level of .56. Most drinkers die at .35. But this time, when he was released, Wayne did something different—he joined Alcoholics Anonymous. He also confronted his bipolar disorder and sought out better treatment. Wayne was referred to Centerstone.

"I walked into the Centerstone facility and it was like I walked into a different country," Wayne eagerly outlines. "It had comfortable chairs and paintings on the walls. The receptionists were interested

continues on page 4

MEET WAYNE *continued from page 3*

in me. The staff was on time. There was none of the herd mentality I had previously experienced. I went for my intake with a gal named Claire Moon. I loved her before I met her because of her name. Clare de Lune—moonlight—how cool is that? She was very patient and took as long as we needed. And she started me right out with therapy and an appointment to see Katherine Crocker, a nurse practitioner. They were all just intensely interested in me. I was astonished. Working with Katherine, I quickly got on a new program of medication.”

“I THINK OF CENTERSTONE AS AN ISLAND OF SANITY IN AN OCEAN OF CHAOS, AND HARBOR HOUSE IS SAFE ANCHORAGE ON THAT ISLAND.”

Wayne settled in at Centerstone’s Madison office, where they specialize in treating individuals with co-occurring disorders. Research shows that treating individuals with co-occurring disorders for both the addiction and the behavioral health diagnosis at the same time significantly increases recovery. Wayne soon began seeing Marsha Wright for his counseling and going to group therapy four times a week.

“Wayne is such a joy to work with,” exclaims Wright. “He is very engaged in his treatment with Centerstone. He’s not only open to suggestions on how to make recovery work, he puts these suggestions into action. Because of this, he’s made remarkable progress in the Dialectical Behavioral Therapy group at Centerstone and in weekly individual therapy where he learns emotion regulation skills that help him be aware of the thoughts and feelings that could potentially trigger a relapse. His engagement in his recovery is inspiring. Over the last year, he’s come so far.”

This therapy has made the essential difference in Wayne’s successful recovery. “When I first started going to Centerstone, I felt like I was grasping for security. After a year at Centerstone, I have moved up to love and even self-esteem. I’m actually beginning to suspect that self-actualization may be possible and not just a myth. They provide a safe environment, and I hadn’t felt like I was safe in decades. Feeling safe is the essential prerequisite to trust. If you don’t feel safe, you aren’t going to trust.”

In July 2007, Wayne experienced an 11-day relapse when his mother, his support through the worst years of his alcoholism, passed away. “I was devastated because in that year living with her, I’d been granted a wonderful gift—unconditional love. During those 11 days, I didn’t go to AA, but I did go to Centerstone because I felt safe. They were invaluable in not judging me and supporting me.”

That support extended to residential treatment. Wayne recognized he needed additional help to get him through this crisis. His therapist placed him at Harbor House, a quiet residential facility on a tree-lined street. “Harbor House represents a really beautiful extension of Centerstone, with the same standards and the same mission. I couldn’t be happier here,” Wayne relates while looking around. It’s this peaceful scene he was sketching when the interview began. He smiles and adds, “I think of Centerstone as an island of sanity in an ocean of chaos, and Harbor House is safe anchorage on that island.”

Wayne has recovered enough now to reach out to others dealing with co-occurring disorders. He has been working for over a year chairing AA meetings for patients in detox at Skyline Medical Center in Madison.

“At this point, I want to dedicate my life to helping others. This is what brings me my greatest joy,” Wayne said. “I’ve finally come to accept my mental illness for what it is, no more, no less; and I’m willing to treat it with the same seriousness, enthusiasm and degree of commitment as I do my alcoholism. I’m sober and I’m further in emotional and behavioral health than I’ve been in years. It’s amazing. It’s astonishing. I’m happier than I’ve been in I don’t know when—beyond what I would have ever dreamed possible.” ■



Centerstone Answers the Call



“**N**obody cares about me,” said the shaky woman on the other end of the line. “I just want to hear a caring voice as I die today, and it’s you.”

Thankfully Anne Jackson, a Crisis Specialist for Centerstone was prepared. Even after the woman told Anne that she intended to shoot her husband before she overdosed on pills, she kept her calm demeanor.

With the imminent threat of a murder/suicide, she knew she needed the involvement of the police. So while Anne talked with the distraught woman, she used instant messaging to alert her crisis partner, Greg Sporer, who contacted authorities.

For a long hour, Anne counseled the caller while trying to get an address for the police. When the woman’s voice began to slur, Anne worried the pills were taking effect. Her mind raced for a way to find any identifying information, knowing time was of the essence and lives were at stake. A trace on the call provided a false address. Anne had a first name and a county, but it wasn’t enough. She had to try a different approach.

“Hey girl,” Anne said using the rapport she had built over the phone. “I need something. I’ve got to have your last name or I’m going to get fired.”

It worked.

Greg quickly worked with police to track down an address. Within minutes, the police arrived at the woman’s home and confirmed her safety.

The woman was taken to a hospital, where Centerstone’s Mobile Crisis unit staff were waiting to take the next necessary steps to provide the care the woman needed.

This dramatic instance is just one example of the impact Centerstone staff members have on lives in our community. When people reach out, Centerstone answers the call. ■

“I JUST WANT
TO HEAR
A CARING VOICE
AS I DIE TODAY,
AND IT’S YOU.”

physician spotlight



Lynna Hollis, MD

Dr. Lynna Hollis is a board certified child and adolescent psychiatrist and the Regional Medical Authority for Centerstone's Davidson County clinics. She has also worked in Centerstone's Clarksville and Columbia clinics. Her office is currently located at the Venture Circle clinic where she works with Centerstone's youngest clients – the children in the Therapeutic Preschool. Dr. Hollis was born and raised in a small town on the Cumberland Plateau, 30 miles from Chattanooga. She graduated from David Lipscomb College, before attending the James Quillen College of Medicine at East Tennessee State University. She completed her residency in psychiatry at the University of Florida in Gainesville. Dr. Hollis came to Centerstone in June 2000.

■ What initially interested you in the mental health field?

I was planning to go into family medicine when I started medical school. During my clerkships, I developed an interest in psychiatry and recognized that this was where I could best use my strengths. After completing my residency, I worked in both community and private practice in Florida and knew my heart lay in community mental health. When I moved back home to Tennessee, I was looking for a community mental health position and found Centerstone.

■ What are your day-to-day duties and responsibilities?

I evaluate children and adolescents with emotional and behavioral problems and prescribe medication treatment, if needed. I also supervise a great team of nurse practitioners. My Regional Medical Authority position involves administrative duties and opportunities to influence clinical services in Davidson County and throughout Centerstone.

■ What do you find to be the most satisfying aspect of your position at Centerstone?

Helping children become successful and happy – that's what makes it all worthwhile. I love having the opportunities to help the community. These opportunities give me a chance to grow also, as a person. I am very pleased with the role Centerstone has in research, and the continuous effort put into improving services. I am always thinking of how I can impact the children's lives to help them grow up to be successful adults and better parents.

■ Tell me about your family.

My parents recently celebrated their 59th wedding anniversary. I have a sister 11 years my senior who was always encouraging me, but graduated from high school when I finished first grade, so most of my memories are of growing up with an older and a younger brother. I can always count on them if I need anything. I am also

close to my extended family. I have been widowed 10 years with no children of my own – unless I count my dogs and horses!

■ What do you do in your spare time?

I am outdoors most of the time, when I'm not working or sleeping. Caring for and playing with my horses takes a lot of time. I also love hiking, kayaking, scuba diving, gardening, concerts, dining out with friends, reading, painting, and a large number of hobbies that come and go because I love to learn new things. I find peace with woods, streams and mountains.

■ What is the most significant advancement that you've witnessed in mental health since you began practicing?

Technology. The relationship between doctor and patient is still the most important part of treatment; however, the things we have learned about brain functions are not only improving treatments, but de-stigmatizing psychiatry by helping people understand there are biological causes for mental illness. Today there is a greater focus on preventative care and treating illnesses early to minimize disability. Working with children, I have the opportunity to daily see the success of these exciting advancements and know that these children are better today than they could have been years ago. ■

Recognizing the Wellness Needs of Older Adults

Retirement should be a time of relaxation, a well-deserved break from the years of hard work. But many times, financial, physical and emotional complications interrupt this period of life and steal away the long-anticipated rest. For those diagnosed with a mental health disorder, simple changes can be overwhelming and frustrating, making it more difficult—and necessary—to provide them with supportive and compassionate care.

Caregivers to older adults typically face four major emotional difficulties. Understanding these obstacles and how to overcome them can help people reach their golden years with the peace and happiness their lives earned.

Loss of Independence

Older adults begin to experience a loss of independence as age forces them to rely more heavily on family and friends, often to assist with tasks they once did for themselves. This can lead to feelings of isolation, exclusion and worthlessness.

Physical Limitations

This isolation only increases as the progressive deterioration of health leads to physical limitations. Besides any actual complications, older adults are often worried by fears of ongoing pain, falling and other safety concerns. Unreported health concerns are more prevalent among this age group.

Feeling Unappreciated

Frequently, aging brings about a loss of appreciation and consideration by others when older adults are no longer able to care for themselves as well as they once did. Often, well-intentioned family and friends make decisions for older adults without their input or consent, increasing the feeling of worthlessness.

Loss of Spouse and Others

The loss of a spouse or significant other can be heartbreaking and unmanageable for many. The survivor needs time to grieve, mourn and vent his or her feelings, which requires patience and acceptance. The loss of same-age friends is difficult at any age. With the elderly, these events are magnified because it brings them face-to-face with their own mortality.

While it can be difficult to assist older individuals during this changing and challenging time, it is important to remember ways to help. Be sure to include the elderly in as many family activities as possible; seek community resources for support and activity ideas, such as day centers or church facilities. Let them handle as much of their own care as they possibly and naturally can—even if they can't do it fully—never forgetting to acknowledge their contribution and its value. Most importantly, always give older adults the respect that you would extend to any other person. ■

Centerstone Services for Older Adults

Older Adults are the fastest growing segment of our population in Tennessee. An estimated 15-25% of older adults experience mental health problems which interfere with their independence, recovery from other illnesses, relationships with their families and overall enjoyment of life.

Centerstone provides specialized services for adults, age 50 and over at our outpatient clinic at *633 Thompson Lane in Nashville*. Addressing the distinct needs of older adults requires expertise in diagnosis and treatment. The professional staff members at this office are completely devoted to the behavioral healthcare and recovery needs of this population. They are trained to recognize symptoms and develop individualized treatment plans by coordinating mental healthcare with physical healthcare and social services. Services include: assessment, psychiatric evaluation, medication evaluation and management, individual, group, and family counseling, substance abuse treatment, and case management services. For more information about our specialized services for older adults or to make an appointment, call us at 615.460.4451. ■

spotlight on *Residential Services*

Centerstone's care for clients extends beyond their emotional well-being. For more than 25 years, Centerstone has offered residential services to help meet the physical needs of clients by providing short-term housing for adults and youth and long-term housing adults. Centerstone provides more than 150 beds at its 13 warm and welcoming homes throughout Middle Tennessee.

Homes in adult residential services range anywhere from four to 15 beds. Marshall Place, Centerstone's apartment complex, has 18 units for self-sufficient individuals. Altogether, Centerstone has 10 adult residential facilities, which provide for residents at various levels of care and independence.

Community Living Center, Harbor House, Jackson Hall, and Oak Hill: These four facilities, located in Coffee, Davidson, Maury and Montgomery counties, provide adult supported housing services, assisting people in transitioning from an unstable living situation to a stable and more independent home environment. The friendly and compassionate staff ensures residents receive personal attention and help through the transition.

Dabbs House, Kingview, Pembroke House, Marshall Place, and Vivian House: These independent living facilities provide a long-term housing solution for adults with a mental health diagnosis who are looking for a warm, comfortable situation. Residents in these homes and apartments are responsible for the activities of daily living with regular support from case management. Dabbs House, Centerstone's newest residential facility, opened in April, providing for four more residents.

Ridgeview Residential: This active, long-term facility allows residents to live as independently as possible, but primarily accommodates those who require extra attention. Staff at the facility work daily with residents on self-sufficiency skills, symptom management and medication management, as well as providing daily socialization and recreational activities.

These residential options for adults allow Centerstone to reach out to clients and provide at the most basic level of need. These services are not limited to adults, but for youth the emphasis lies in returning them to their homes and community. These structured group homes have highly trained staff who assists in resolving the problems or behaviors preventing youth from being successful in the community. While living in these homes, youth attend public school, participate in community recreation and learn life skills, such as food preparation, banking, laundry and shopping. The emphasis is to teach residents how to become independent and thrive throughout the rest of their lives.

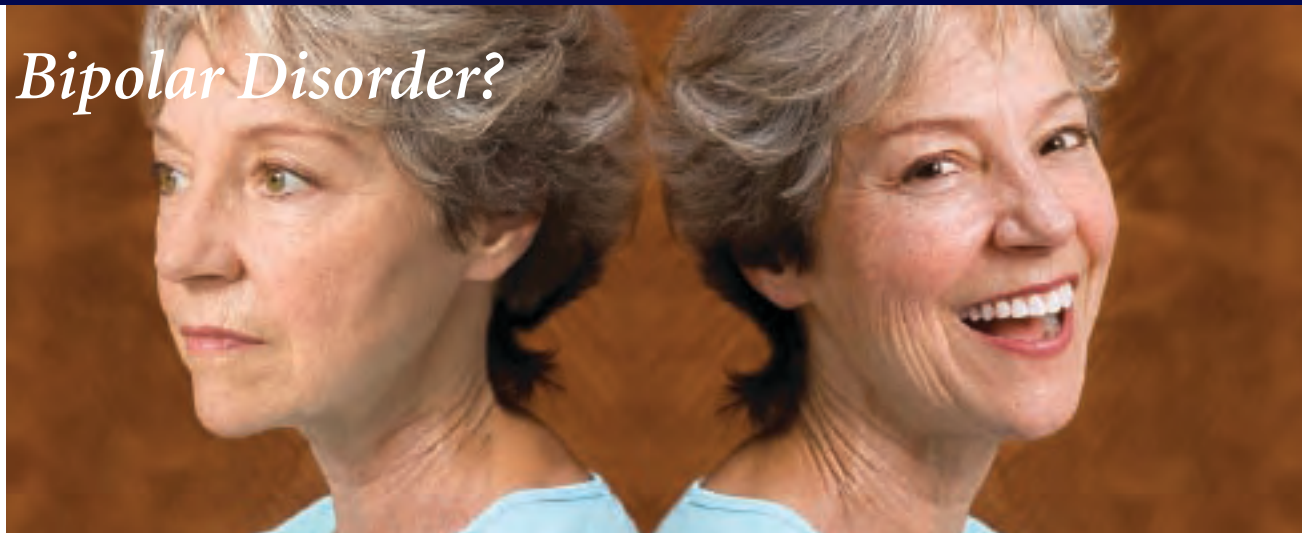
Hart Lane: As a boys group home, Hart Lane provides a highly structured program for boys ages 11-17 in Davidson County who are in danger of being removed to state custody. The boys in this 7-bed facility usually stay two to three months before being successfully returned to their homes and community.

Hayesboro House: This 4-bed group home works with girls ages 12-18 in Davidson County. These girls come to Hayesboro because of behaviors that require more constant and professional attention, but leave better equipped to handle themselves in the adult world.

The Lodge: The girls in this 4-bed group home for females ages 11 to 18 in Montgomery County stay anywhere from one to three months. The staff at The Lodge focus on rapid stabilization and a quick transition back to the home and community. The girls are also linked to mental health treatment and other supports to help prevent a future crisis.

Centerstone's Residential Services fills a need in Middle Tennessee for compassionate solutions to everyday problems for those diagnosed with a behavioral health disorder or for youth having a hard time handling the transition to adulthood. Centerstone will continue to expand this program, offering clients homes of warmth and safety with those who understand their disorders, free of judgment. ■

what is *Bipolar Disorder*?



Life brings with it lots of ups and downs. Reacting to these with feelings of elation and disappointment is expected. In bipolar disorder, a common mood disorder affecting millions, these mood changes are irregular and dramatic.

People with bipolar disorder experience extreme highs and lows in between symptom-free periods of time.

Mania is the high point of bipolar disorder and is characterized by elevated mood, irritability, lots of energy, restlessness, insomnia, feelings of overconfidence and self-importance. With mind racing and attention easily lost, normal function at work and social situations is extremely difficult.

Hypomania is a less extreme form of mania with similar symptoms, but at a lesser level that usually doesn't affect daily functioning as much.

Depression is the low point of bipolar disorder. With a major depressive episode comes feelings of sadness and worthlessness. Ongoing thoughts of death or suicide as well as decreases or increases in appetite and overall sluggishness is also common.

Like manic episodes, major depressive episodes interfere with work and social situations.

The length of each phase may vary from days to months.

Experts are not certain of what causes bipolar disorder, but most believe that people with the illness have an imbalance in certain brain chemicals. The imbalance may be caused by a combination of abnormal genes and stressful life events. Heredity may also be a factor.

Without the necessary treatment, episodes can become more frequent and substantial. Unmanaged episodes of mania and depression can even lead to loss of work, relationships, other health problems and suicide.

The good news is that bipolar disorder is treatable with mood stabilizers that work by affecting certain messengers in the brain. Psychotherapy can also be helpful in understanding the disorder, as well as group therapy and peer support or other recovery-based interventions. ■

**BIPOLAR
DISORDER
IS TREATABLE.**

philanthropy in action

Junior League of Nashville

The Junior League of Nashville recently selected Centerstone as one of eight not-for-profit agencies to receive its 2008-2009 Junior League Pillar Grant. In addition to a generous monetary donation, the Junior League provides volunteers who spend time with the youth in Centerstone's group homes, work with the Therapeutic Preschool and assist with fundraisers.

Recently, volunteers from The Junior League planted a vegetable and flower garden in the backyard of one of Centerstone's girls group homes. "The youth benefit from the outstanding volunteers the Junior League provides," said John Page, Senior Vice President for Children and Adolescent Services. "We're grateful for their many years of support."

The Nashville Ballet Visits the Therapeutic Preschool

The children at Centerstone's Therapeutic Preschool received a special treat when Whitney Edwards of the Nashville Ballet came to demonstrate ballet techniques. Whitney began by reading the book, *Honk! The Story of a Prima Swanerina*. When she finished, she performed a few dance moves, and then helped the children try. The children loved her. A photographer from the Tennessean captured their enthusiasm; one photo was chosen by the MSNBC website for its Top Ten Photos of the Week.

Baptist Healing Trust Grant to Help the Homeless

Centerstone has received a transforming grant from Baptist Healing Trust to support the expansion of the Dual Diagnosis Program. This funding will enable Centerstone to place a full-time therapist on-site at the Campus for Human Development, giving many homeless individuals in Nashville access to behavioral health services. The partnership between the Campus for Human Development and Centerstone demonstrates the importance of organizations joining together to make a far-reaching impact on our community.

Frederick and Margaret L. Weyerhaeuser Foundation

Centerstone recently received a significant gift supporting adolescent mental health from the Frederick and Margaret L. Weyerhaeuser Foundation. This grant will enable Centerstone to produce two *kNOw Depression* educational videos about adolescent depression.

The videos will respond to the overwhelming need to identify and treat depression in adolescents: approximately 7,000 teens in the U.S. die by suicide each year. Locally, Tennessee is ranked 18th in the nation for young adult suicide attempts. The Frederick and Margaret L. Weyerhaeuser Foundation and Centerstone believe it is time to educate people about the symptoms of depression in adolescents. These videos will define depression, explain

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Whitney Edwards of the Nashville Ballet with Preschoolers



Gray Thornburg with Preschooler



Miles Kirkland with Preschooler



Ann Roberts with Preschooler

continued from previous page

symptoms and warning signs, and present helpful community resources.

Centerstone's Ambassadors Circle
Centerstone's Ambassadors Circle brings together members of the community who are interested in learning more about Centerstone and our services. Members of the Ambassador's Circle meet quarterly and are introduced to various programs; they then go back out into the community and share our message of hope and recovery.

In January, the Ambassadors Circle spent time at Centerstone's Therapeutic Preschool drawing and playing with students while learning about the program. In April, the Ambassadors Circle met again, this time with youth from Centerstone's girls and boys group homes. The ambassadors learned about the Circle of Courage philosophy used in the group homes, then worked with the teens to put together backpacks for the Therapeutic Preschool students who will graduate and go to kindergarten in the fall.

For more information about Centerstone's Ambassadors Circle please contact Laura Allen at 463-6644 or edie.simpkins@centerstone.org

2008 Centerstone Giving Card

SAVE THE DATE . . .
The shopping days for Giving Card 2008 are November 6 to 16. For more information please contact edie.simpkins@centerstone.org ■



Combating Addiction Disorders through Interventions



No family wants to see a loved one hurt. Whether it's facing drug addiction, alcoholism or some other dangerous habit, most families simply don't have the tools or training to confront someone with an addiction disorder and succeed. The moment of confrontation is naturally highly emotional, and these confrontations escalate quickly, leaving the person in the middle feeling attacked rather than loved.

Centerstone's new Intervention Services program changes this critical situation to an environment of strength, hope and recovery, giving families the tools to stay firm and giving the addict access to valuable resources. "People just need some guidance," said Ben Middleton, Centerstone's Senior Vice President for Core Services. "Often times the family has been manipulated so long that they can no longer see the forest from the trees." Leading the new Intervention Services program are two Intervention Specialists: William Hobbs and Sheila C. Nickell. They use their expertise to assist families and friends in their efforts to obtain help for an individual with an addiction disorder by empowering them to present a unified message, usually through letters drafted ahead of time with the help of the Interventionist. They will even run a practice intervention to help the family prepare. The Interventionist teaches the family and friends the best tactics for approaching the individual in a way that encourages action and relieves conflict. When successful, the client is immediately taken to a treatment center the Interventionist prearranged. The Interventionist will also work out the details for follow-up care and transportation.

"By effectively addressing our client's substance use issues, we greatly enhance their mental health treatment and improve their chances of a successful recovery," explains Hobbs.

For more information or to refer to this program, please contact Sheila Nickell at 615.714.9240 or William Hobbs at 615.714.8920. ■

news & notes



Debbie Cagle

Debbie Cagle Named in the Top 10 Women to Watch

Debbie Cagle, CEO of Advantage Behavioral Health was named as one

of the top 10 Women to Watch in the Nashville Medical News on May 12, 2008. This special issue recognizes remarkable women who are changing outcomes for individuals, institutions and for the larger population through hands-on care, diligent research, efficient and compassionate administration, intuitive leadership and effective policymaking. The “Women to Watch” issue is one of the most anticipated of the year.

Centerstone Prevention Services Campaign Wins Addy Award

Centerstone’s abstinence PSA campaign has won an ADDY. The ADDY Awards is the advertising industry’s largest and most representative competition, attracting over 60,000 entries annually. Conducted by the American Advertising Federation (AAF), the ADDYs recognize and reward creative excellence in all forms of advertising. Centerstone’s PSAs, produced by Kent Creative, won locally in the category of campaign series.

Bob Vero Receives TAMHO Service Award

On Dec. 13, 2007, Centerstone CEO Bob Vero received the Tennessee Association for Mental Health Organization’s Service Award. The

Service Award recognizes members of the TAMHO board of directors who have served for ten or more years and is awarded every five years. Bob has served on the Board for 15 years. Others receiving the honor were: Robert J. Benning, CEO of Ridgeview in Oak Ridge, Tenn., and Gene Lawrence, Executive Director of Southeast Mental Health in Memphis, Tenn.

Centerstone Receives \$2.5 Million Grant for Building Strong Families Program

Through a \$2.5 million grant from HHS/ACF to TDMHDD, Division of Alcohol and Drug Abuse Services, Centerstone is providing a program for children, ages 0-18, who are in or at-risk of out-of-home placement as a result of a parent’s or caretaker’s meth or other substance abuse. The program, named Building Strong Families, gives clients access to intensive therapy, in-home crisis intervention, counseling, life-skills education and other support services in eight counties in Tennessee: Bedford, Cannon, Coffee, Franklin, Grundy, Lincoln, Moore and Warren.

Karen H. Rhea, MD Receives “Champions in Health” Leadership Award

Dr. Karen H. Rhea, Centerstone’s Vice President for Medical Services, received Community Health Charities’ “Champions in Health” Leadership Award at an awards ceremony on Feb. 26. The Leadership award is given to only one individual, nominated by their peers, who contributed significantly to the advancement of the health industry in 2007. Karen was nominated for her commitment to research and the implementation of effective treatments for all mental health consumers.

Erin Bergner Receives National Certification

Erin M. Bergner, MPH, recently earned her certification as a Certified Institutional Review Board (IRB) Manager. The certification process involves an examination in over 18 subject areas related to Human Subjects Research Protections. Erin scored in the top 10% on this exam. It also represents a step forward in Centerstone’s continuing commitment not only to conducting high quality research, but to ensuring the ethical treatment of our Centerstone consumers who choose to participate in research.



Stephen McCoy

Centerstone Appoints Stephen McCoy Compliance Officer

Stephen McCoy was hired as Compliance Officer for

Centerstone and Advantage Behavioral Health in August. As Compliance Officer, Stephen is responsible for the development, management, coordination and continual improvement of Advantage’s and Centerstone’s compliance policies.

Centerstone’s Project SELF Receives \$1.5 Million Grant to Serve Davidson County

Centerstone’s Project SELF (Students Experiencing Life Free) has received a SAMHSA, Center for Substance Abuse Treatment grant of \$500,000 per year for three years to expand their service area. Originally serving youth in Maury County, the program has expanded to serve Davidson County youth, as well. Project SELF is

for youth, ages 12-18, with substance abuse and/or co-occurring mental disorders and their families. The program provides case management, continuing care and therapy sessions in school and at home for participants.

Centerstone Awarded \$2.5 Million TCE/HIV Grant

Centerstone has received a \$2.5 million grant from SAMHSA, Center for Substance Abuse Treatment. The grant of \$500,000 per year over five years will fund rapid HIV testing and pre- and post-test counseling for individuals and their partners, intensive outpatient therapy (including individual and group counseling), intensive case management, community outreach, education and supportive services, transportation and aftercare for adults who are using drugs and are at high risk for contracting HIV/AIDS. The grant expands Centerstone's current Co-Occurring Disorders Treatment in nine counties: Cheatham, Dickson, Davidson, Montgomery, Robertson, Rutherford, Sumner, Williamson and Wilson.

Centerstone Wins at the Annual NAMI Awards

At this year's NAMI Nashville Ambassador of Hope awards held April 15, Centerstone and its affiliates brought home six awards. Chris Dull, MD, received Psychiatrist of the Year. Zia Wahid, MD, was awarded Advocate of the Year. Dick Fitzgerald, board chair of Centerstone, won the award for Volunteer of the Year. Debbie Cagle, CEO of Advantage Behavioral Health, received the Ambassadors of NAMI Nashville award. Consumer of the Year went to Kathy Tupper, who was nominated by Centerstone. Centerstone also received

the award for Business Community Partner of the Year for its integrated care partnership with the Columbia Pediatric Clinic.



Susan Gillpatrick

Susan Gillpatrick Receives National Recognition as Board Certified Expert in Traumatic Stress

Susan Gillpatrick, Centerstone's Team Leader for Crisis

Management Strategies, has received Board Certification in Traumatic Stress from the American Academy of Experts on Traumatic Stress (AAETS). Susan is one of only 63 professionals to receive this certification in 2007. AAETS is a network of professionals committed to the advancement of intervention for survivors of trauma.

CRI Named Excellence in Innovation Award Winner

The National Council for Community Behavioral Healthcare has named Centerstone Research Institute as their 2008 Excellence in Innovation Award Winner. The National Council

Awards of Excellence recognize organizations that are implementing innovative and effective programs to serve their communities. The awards dinner took place in May at the John F. Kennedy Presidential Library in Boston, Mass.

Gino DeSalvatore and E. Ann Ingram Publish Chapters in Book

Gino DeSalvatore, Centerstone's Director of Residential Treatment and Academy Services and E. Ann Ingram, MuleTown Family Network Project Director recently published chapters in the book *Helping Troubled Children and Youth*. DeSalvatore wrote "Creating or Fine Tuning a RE-ED Focused Program," while Ingram wrote, "Teacher-Parents: The Heart of Regional Intervention Program." The book was published in 2007 by the American Re-Education Association.

Reclaiming Lives Earns APEX Recognition

Reclaiming Lives, the newsmagazine of Centerstone, has been recognized as a 2008 APEX Awards for Excellence Winner in the category of Magazines and Journals. ■



THE NATIONAL COUNCIL FOR COMMUNITY BEHAVIORAL HEALTHCARE HAS NAMED THE CENTERSTONE RESEARCH INSTITUTE AS THE 2008 EXCELLENCE IN INNOVATION AWARD WINNER. THE AWARDS DINNER TOOK PLACE ON FRIDAY, MAY 2, 2008 AT THE JOHN F. KENNEDY PRESIDENTIAL LIBRARY IN BOSTON, MASSACHUSETTS DURING THE 2008 NATIONAL COUNCIL ANNUAL CONFERENCE.

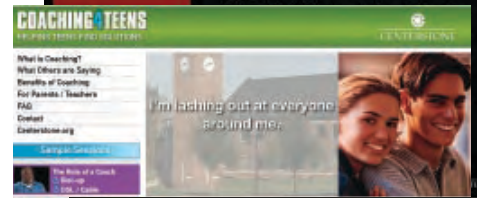
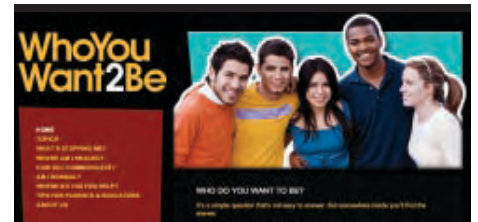
WhoYouWant2Be.org Launches!

The Child, Adolescent and Family Services division of Centerstone has launched a new website: WhoYouWant2Be.org is a new resource for teens, offering advice and information on a variety of topics, from setting personal goals to recognizing signs of mental illness.

The new website speaks to teenagers in a simple, non-threatening or judging way. It provides the information and the access to resources that teenagers often feel uncomfortable seeking on their own. Information is also provided for parents and educators.

“Teens can be very secretive about their problems. It is absolutely essential to find new ways to engage teens about their everyday lives, feelings and concerns,” says Susan Gillpatrick, Team Leader with Centerstone’s Crisis Management Strategies and the host of a video series found on the site. Susan’s video topics include: bullying, communication, goal setting, diversity and avoiding risky behaviors.

This new website is the third launched by Centerstone to assist teenagers while they figure out their lives and futures. The other two websites—mychoice2wait.org, a website that promotes abstinence, and coaching4teens.org, which connects teens to stress-management resources—also encourage teens toward healthy life choices. ■



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