

Reclaiming Lives

A PUBLICATION OF CENTERSTONE

ISSUE FIVE

**SPOTLIGHT ON
CRISIS MANAGEMENT
STRATEGIES**

**SERVICES FOR THE
MILITARY**

**HEALTH AND WELLNESS
HOW TO MANAGE
JOB LOSS GRIEF**

**READY FOR
ANYTHING
MEET THE
COLUMBIA FIRE
DEPARTMENT**



CENTERSTONE

Reclaiming Lives

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www.centerstone.org

ISSUE FIVE
volume one

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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 Commission on Accreditation of Rehabilitation Facilities (CARF). For more information about Centerstone, please call toll free at 888-291-4357.

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Even the strongest people need **help** sometimes...

There is no such thing as a typical day at the Columbia, Tenn. Fire Department.

“We have to be ready for anything,” Deputy Fire Chief, Steve Cross said. “We respond to fires, car accidents, work accidents, rescue operations, hazardous material spills and even medical emergencies. If it’s a life-threatening situation, we’re on the scene.”

“Our priorities can change very quickly around here,” Shift Commander, Tommy Hemphill said. “So we have to be flexible.”

With nearly 50 years of combined experience, Cross and Hemphill are leaders for 91 staff members at five fire stations.

The two men tell many stories of triumph. Whether

they are describing a successful fire rescue or saving someone’s life in a medical crisis, they beam with pride when they talk about the countless times they made a difference in others’ lives. But they also tell stories of tragedy, revealing the grief that is often an unfortunate part of their jobs.

“I was called to a bad car accident, and when I arrived I found a young girl in the grass, thrown through the windshield,” Hemphill recalled. “She reminded me of my daughter. Her hair was the same color, her clothing and shoes the same style as my daughter’s. This girl’s body was crushed, and I knew she wouldn’t survive.”

Hemphill paused, as he covered his face with his hand, visibly emotional. Then he spoke quietly.

“It’s hard to relive some of the things we’ve seen.”

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l to r, Shift Commander, Tommy Hemphill, Deputy Fire Chief, Steve Cross

“WE CAN HAVE THE BEST FIRE TRUCK AND THE BEST EQUIPMENT, BUT IF OUR FIREFIGHTERS AREN’T MENTALLY AND EMOTIONALLY HEALTHY, THEN THOSE THINGS ARE WORTHLESS.”

Hemphill’s memory of the crash is one of many tragedies he and his colleagues have witnessed in years past. Cross and Hemphill are acutely aware of how emergency situations affect their firefighters.

“When you’re in a situation like that, you have to act fast and do the best you can to save lives,” Cross added. “But afterward, when you are back at the station and it’s quiet, you find yourself reflecting on what you’ve witnessed. You wonder what you could have done to change the outcome. What if we had gotten to the scene just a few minutes faster? What if we had pulled the fire hose quicker? What if we had done *something* differently?”

“There is no doubt that the men and women who work here are strong. Of course they are strong. But we have to remember that first and foremost they are human beings, and even the strongest people need help sometimes,” Cross said.

Helping their staff deal with the emotional toll of their jobs is a top priority for Cross and Hemphill. That’s why they work with Centerstone.

“Fire trucks don’t put out fires. Medical bags don’t save lives. People do,” Hemphill said. “We can have the best fire truck and the best equipment, but if our firefighters aren’t mentally and emotionally healthy, then those things are worthless. That’s why we asked Centerstone for help.”

For the past eight years, the Columbia Fire Department has called on Centerstone to provide Critical Incident Stress Management (CISM) services for their team.

“I remember the first time we called Centerstone,” Hemphill said. “We had had a very bad day. On Friday morning a man died in a house fire. That afternoon a young man died of a heart attack. Later that night an infant died in a house fire. We responded to all of those calls, and by the end of the

day we were all numb,” Hemphill said. “On Monday, people were still shaken by the events that occurred Friday. We called Centerstone, and they came right away.”

Centerstone’s Crisis Management Strategies team worked with firefighters in groups and individually, offering support to help them deal with their emotions.

“Those of us who work in emergency services see ourselves as problem solvers. We’re not used to people helping us,” Cross said. “But the first time we worked with Centerstone, I was sold. Their services made such a difference in the lives of our firefighters.”

Centerstone’s involvement helped shape a new approach for fire department operations.

“Before our partnership with Centerstone, we were reactive. We only sought help after an incident, because we didn’t know any better,” Cross said. “Thanks to Centerstone, we are now proactive. Now, we help our people on the front end.”

Today, leaders at the Columbia Fire Department emphasize the importance of mental health. Cross and Hemphill work with Centerstone professionals to not only provide post-incident response, but they also work with Centerstone to provide stress management and wellness trainings for their employees.

“Centerstone has taught us so much,” Hemphill said. “Now we know that if someone isn’t emotionally healthy, then every area of their life suffers. If people don’t talk things out, then their problems will eventually come out in a negative way through their behavior, like eating, drinking or sleeping problems or even drug abuse.

We want to help prevent our employees from experiencing those issues.”

Cross and Hemphill believe Centerstone gives them the tools they need to handle tough situations.

“The services Centerstone offers are priceless,” Cross said. “It’s at the top of my list of programs we offer our employees. Of course we offer medical coverage and yearly physicals, but I take pride in the fact that we give the same attention to our employees’ mental health needs. The gift Centerstone has given us—the knowledge and resources to help our people—makes us want to give that gift to someone else,” Cross said.

“To me, Centerstone is like a big brother or big sister,” Hemphill said with a grin. “You know you can call them. You know they will be there. You know you can trust them. They don’t judge us. They just come.” ■



Centerstone Expands Services for Veterans through Partnership with Not Alone

Every year, thousands of soldiers return home from war with painful physical wounds, visible to the doctors, nurses and family members who care for them. For most, the physical injuries of combat eventually heal, leaving only scars. Yet, for thousands of soldiers, the mental and emotional wounds of combat may never heal, often going undiagnosed and untreated for years. Today’s warriors and their families are experiencing an epidemic of invisible wounds as unprecedented deployments and lengthy stints on the battlefield take their toll. For these soldiers, the invisible wounds of war are producing record suicides, suicide attempts, family separations and divorce rates. Posttraumatic Stress Disorder (PTSD), acute anxiety, depression and alcohol and drug abuse are among the disorders that are not being treated as access to treatment and stigma remain significant barriers.



Centerstone and Advantage Behavioral Health are responding to these warriors and their families through a new partnership with NA Technologies, a national company focused on technology solutions as means to addressing the barriers to mental health and substance abuse treatment. Launched in late 2008, the Not Alone website and program is an emerging national leader in online efforts to reach out and find help for combat veterans and their families across the country.

Through this partnership, Centerstone and Advantage will provide administrative support to facilitate timely access to services and a comprehensive treatment approach for combat veterans returning from Iraq and Afghanistan and their families at no cost to the soldier or their families. Centerstone’s counselors will provide in-person outpatient services aimed specifically at the treatment of combat trauma for veterans and their families and facilitate online group sessions at www.notalone.com. In the outpatient setting, treatment protocols such as Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR) therapy will be employed.

The program kicks-off October 2009 with implementation activities. Treatment services provided through Centerstone’s partnership with Not Alone will be phased in with full implementation by January 2010. If you or someone you know needs help, log on to www.notalone.com or contact Centerstone at (888) 291-4357. ■

spotlight on *Crisis Management Strategies*

Fires. Auto accidents. Plane crashes. Natural disasters. Bank Robberies. School shootings. Workplace violence.

“If you see it on the news, chances are Centerstone is there,” said Becky Stoll, Centerstone’s Director of Crisis Management Strategies (CMS).

Whether working with firefighters at the Columbia Fire Department, school administrators at a local school or CEOs of a large company, Centerstone’s CMS team helps people before, during and after a crisis. Before an incident, Centerstone’s CMS team offers pre-crisis preparation providing expertise and insight for crisis response planning. During an incident, CMS staff members facilitate on-site crisis interventions either individually or in group settings. After an incident, Centerstone’s CMS team offers follow-up services, connecting people with additional resources.

“Almost every day, we are somewhere helping someone in a crisis,” Stoll said.

Using the Critical Incident Stress Management (CISM) model, Centerstone has offered CMS services for 10 years, providing local, state, national and international assistance for businesses and organizations in need.

“Without a crisis response plan, a single incident can cost a company up to \$250,000,” Stoll said. “The costs of lost work time, medical bills, legal expenses, worker’s compensation and training can be enormous, both financially and psychologically. Centerstone helps businesses to be proactive by developing crisis response strategies before an incident occurs. By having a plan, business leaders can minimize the financial and psychological toll that workplace incidents could cause their employees and their company.”

**“IF YOU SEE IT ON THE NEWS,
CHANCES ARE
CENTERSTONE IS THERE . . .”**

The bottom line: when something bad happens in the workplace, Centerstone can help.

“One day we may be at a bank, helping employees recover after a robbery. The next day we may be at the scene of a plane crash. Later that week we might be at a school working with children and educators,” Stoll said. “We have the knowledge, skills and experience to go into any situation and provide people with relief. We have the ability to make a positive difference in people’s lives, and that is truly an honor.”

In their own words...

Centerstone’s Crisis Management team recalls the stories that touched their lives

CRITICAL INCIDENT ASSISTANCE FOR BUSINESSES



**Susan
Gillpatrick, LPC**
*Crisis Management
Strategies Team Leader*
BOARD CERTIFIED EXPERT IN
TRAUMATIC STRESS

“When I got a call from an international airline, I could only imagine what had gone wrong. I quickly learned that the airline had experienced the first crew fatality in company history, and their employees needed my help. From pilots to employees working in the corporate office, the airline’s entire workforce was devastated. Suddenly, the company’s priority shifted from business as usual to helping their employees deal with the emotions triggered by the death of their co-worker. In the midst of maintaining day-to-day operations and conducting a lengthy investigation, Centerstone helped airline leaders provide a supportive environment where employees were able to process the pain of the incident and begin to heal. I worked on-site for two weeks to help facilitate internal debriefings. I became deeply engaged in the situation, and it was very clear to me just how much the company truly values the health and well-being of its employees. After days of feeling shocked and heartbroken, employees began showing a renewed sense of hope. When I left, I knew that the airline and its employees had the tools they needed to minimize the consequences of the crash and maximize recovery.”

CRISIS TRAINING



Becky Stoll, LCSW

Director of Crisis

Management Strategies

*BOARD CERTIFIED EXPERT IN
TRAUMATIC STRESS*

“In the fall of 2008, I was in Buffalo, N.Y. teaching individual and group crisis intervention courses for the International Critical Incident Stress Foundation (ICISF). The introductory courses teach skills needed to provide interventions for people exposed to traumatic events.

In April of 2009, I read that an armed man walked into an English as a Second Language (ESL) class in Binghamton, N.Y. and killed 13 people. I knew that it would be an extremely challenging case for responders; not only was it a mass murder but the language barriers were going to pose huge challenges.

Several months after the incident, I received an e-mail from a mental health professional who lives in Binghamton and attended my class in Buffalo. She was called to provide services to those who had been involved in the ESL shooting. In the e-mail, she expressed her gratitude for the invaluable training she received in my class. She said the course helped prepare her for handling the case and that she often contemplated what I would have said or done in the given situation.

The e-mail made me realize that Centerstone is not only touching lives when we provide direct consultation and interventions after a traumatic event but also when we teach others. While Centerstone did not work directly with the individuals involved in the Binghamton shooting, I know that we played a significant role in helping people of Binghamton begin to recover from the tragic event.”

INCIDENT RESPONSE FOR SCHOOLS



Jonathan

McElhaney, LPC

*Crisis Management
Specialist*

“The morning after a local elementary school teacher died in a fire, I found myself standing in a second grade classroom. After the tragedy, the school administration contacted Centerstone for support. It was my job to tell the students the terrible news. As I spoke, it was incredibly difficult to see children impacted by such tragedy. But as I looked into their faces, I knew that even in the midst of heartbreak I could make a positive difference in their young lives. I worked with the children throughout the day, using art as a coping tool. I allowed them to draw and express their thoughts and feelings on paper. As they processed the loss of their beloved teacher, changes in their demeanor became evident. They were beginning to deal with the loss. Teachers and administrators thanked me again and again. But as I left the school that day, I was the one who felt truly grateful. It is an extraordinary privilege to help people heal, and I felt honored to help those students and teachers begin the process.”

NATIONAL AND INTERNATIONAL RESPONSE



Bob Vero, EdD

Centerstone CEO

“Our Crisis Management team helps our neighbors here at home everyday, but throughout the years we have also responded to unimaginable tragedies throughout our country and beyond our national borders. When tremendous crises have tested the courage and fortitude of thousands, Centerstone has been there. When terrorists struck the World Trade Center, Centerstone responded. When the winds of Hurricanes Katrina and Rita brought the tides rushing over the great city of New Orleans and other coastal communities, Centerstone responded. And even when tens of thousands of people were killed and millions left homeless from the unbelievable might of the Sichuan Province of China earthquake, Centerstone responded. I take great pride in knowing our professional staff will be there to help when we get the call to mobilize.” ■

what is grief?

The death of a loved one, divorce or separation, death of a pet, miscarriage, learning you have a disability or serious illness – these life events can all contribute to grief. Grief is a natural reaction to loss and a necessary part of healing. Grief can bring a wide range of emotions, from deep sadness to anger.

Grief may be especially hard when the loss is the death of a child, parent, spouse or life partner. Sudden or violent deaths or death due to suicide can also be extremely traumatizing.

Deep sadness and feelings of depression are part of the grieving process, but lasting and severe reactions that inhibit ability to work and cause feelings of worthlessness, detachment or insecurity are cause for serious concern. Symptoms like these are attributed to what is known as Prolonged Grief, a serious health problem.

A person with Prolonged Grief may feel numb or experience intense yearning accompanied by disruptive thoughts about the person who has died. They may also take on the personality traits of the deceased or have suicidal ideation and behavior. Some research shows symptoms of Prolonged Grief can lead to increased, immunological dysfunction, hypertension, cardiac events, functional impairments, hospitalization and even cancer.

While not currently recognized as a mental health disorder by the Diagnostic Statistical Manual of Mental Disorders (DSM), some researchers are pushing for Prolonged Grief Disorder to be validated as a diagnosis. Prolonged Grief may ultimately meet criteria for depression or an adjustment disorder.

As with any behavioral issue, accurate diagnosis is crucial to successful treatment. If you have experienced a traumatic loss and have symptoms such as the ones below, seek help from a mental health professional.

- Emotional numbness
- A stunned, dazed or shocked feeling
- A feeling that life is meaningless
- Bitterness or anger over the loss
- Mistrust of others
- Difficulty accepting the loss
- Avoidance of reminders of the deceased
- Difficulty moving on with life
- A feeling that part of oneself has died

Whether symptoms are delayed or immediate, randomized clinical trials have shown that Prolonged Grief can be treated successfully with specific psychotherapy and medications similar to ones used in the treatment of major depressive disorder.

Treatment is possible, and Centerstone can help. Call us anytime at (888) 291-4357. ■



“... SYMPTOMS OF PROLONGED GRIEF CAN LEAD TO INCREASED, IMMUNOLOGICAL DYSFUNCTION, HYPERTENSION, CARDIAC EVENTS, FUNCTIONAL IMPAIRMENTS, HOSPITALIZATION, AND EVEN CANCER.”

How to Manage Job Loss Grief

Many hard working adults are noticing that good jobs seem to be going, going, gone - including their own. According to the U.S. Labor Department, 2008 was the worst year for lost jobs in more than six decades. If you or someone you know has been affected by this startling statistic, here are six suggestions to help manage job loss grief.

Acknowledge the Loss

Being downsized can be a major blow to self esteem. Getting over any type of loss takes time. Immediately following any personal crisis, many supportive people tend to jump in offering advice and encouragement without first acknowledging the fears, frustrations and disappointments associated with job loss. For the person affected there is a true loss of identity, structure, routine, sense of control and ideas about the future. There is also a loss of family-like relationships with former co-workers. When a job is lost, part of the individual's sense of self may be lost as well. As a spouse, family member or friend, offer honesty and patience. Expect some tension in the relationship, and try to be flexible.

Be an Encourager

This is an opportunity to be their cheerleader! Build them up. Remind your spouse, family member or friend of their greatness, awesome skills, strengths and abilities to overcome this personal challenge. Avoid cliché advice that minimizes the loss. Self blame is likely when facing sudden losses, so be an encourager. Talk openly with them. They may be so beaten up that they can't see beyond the present. You can offer emotional strength and support.

Be on the Same Team

If your spouse, family member or friend is experiencing job loss grief, let them know you are their biggest supporter, and that you will do what it takes to help them get through this transitional time. It may mean agreeing to cut back on spending or freezing funds for non-essentials. Communicate that you are open to lifestyle changes in order minimize burdens on your family. You are in this together. You are on the same team. Try to balance sensitivity of his or her concerns with your own financial and emotional fears of failure.

Join in the Journey

Be another set of eyes and ears during your friend or family member's job search. Learn more about other industries, job outlets and career possibilities. Acknowledge that this could happen again, and help each other think broader. Learn a new skill, or consider a new direction. Join them in the journey, and know that it is a journey. This time will pass. In the meantime, organize your finances and conduct research through newspapers, the internet or networking.

Take a Break

It is imperative to take care of yourself so that your entire life doesn't unravel. Your body and your spirits will be stressed. It is vital to keep balance in times of turmoil and change. Also, be attentive to other parts of life that were booted to the back burner during this career crisis. Build fun and relaxation into your plans! Just as you are being intentional in being an active supporter and team member through this tough time, it is equally essential to take a break and a breather from your intense efforts.

“ . . . 2008 WAS THE WORST YEAR FOR LOST JOBS IN MORE THAN SIX DECADES.”

Just Ask

If all else fails, just ask your spouse, family member or friend how you can help. Ask them what they need. Ask how you can be a source of motivation and strength, and how you can help them manage this time of shock and grief. The person may not ask for help for fear of imposing. When you lend your hand, it will help your friend focus on the task of finding a new job. Also, give them space to refocus, regroup and begin making tough choices to uncover the thick, mud-like blanket thrown over their life.

If you are the person affected by this devastating economic and workforce crisis, know that others care. Ask for help. You are not alone. There are resources in every community to help you manage and even excel in all areas of your life. You can begin today! Handling job loss is not easy, but it can be a new beginning. ■

physician spotlight



Allen Craig, MD

Dr. Allen Craig is a board certified psychiatrist and the Regional Medical Authority for Centerstone's Southeastern Region. He works at Centerstone's Tullahoma and Shelbyville clinic locations.

Dr. Craig was born in Nashville, but grew up in Kentucky. As a child, he lived in Russellville, Leitchfield and Paducah. He attended King College in Bristol, Tenn. and then attended Vanderbilt University School of Medicine in Nashville. He completed his residency in psychiatry at Vanderbilt. Dr. Craig began working at Highland Rim Mental Health Center 23 years ago, which later became Centerstone.

■ Why do you choose to work at Centerstone?

I enjoy working in community mental health because it affords me the chance to work with a variety of patients and mental health professionals. In order to provide the best comprehensive care, Centerstone offers our patients a treatment team. These teams consist of several mental health professionals, including doctors, nurses, therapists and caseworkers. Each member of each team is essential to the overall treatment and recovery of patients.

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

My day-to-day responsibilities include direct patient care, supervising nurse practitioners and some administration, including oversight of the medical providers in Centerstone's Southeastern Region.

■ Tell me about your family.

I am the oldest of three children. I have

one grown son, John Craig, and one granddaughter, Savannah Ruth Craig. I should also add my two dogs (Rascal and Belvedere) as family members.

■ What initially interested you in the mental health field?

While in medical school, I became interested in psychiatry. I found the information interesting and challenging. I'm so glad I took this path, because I believe that in psychiatry we can genuinely make a difference in our patients' lives.

■ What other healthcare professional do you see as a mentor in your career?

Dr. Charles Webb was the Vice-Chairman for the Department of Psychiatry when I was a resident at Vanderbilt. He was a mentor for me and played a critical role in helping me understand the importance of being thorough when working with patients. He taught me to pay attention to even the smallest details. In addition, Dr. Pauline Rabin was a source of inspiration. As an attending psychiatrist at Vanderbilt, Dr. Rabin helped me understand that psychiatry is more than simply devising an appropriate medication regimen. At present, I would have to commend our own Chief Medical Officer, Dr. Karen Rhea for the oversight and tremendous support she gives.

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

I'd have to say that the introduction of Selective Serotonin Reuptake Inhibitors (SSRIs)—antidepressants that affect serotonin levels in the

brain for the treatment of depression, anxiety disorders and some personality disorders—and the introduction of atypical antipsychotics, which treat psychosis and other disorders, are the most significant advances in psychiatric care.

■ What do you do in your spare time?

In my spare time I enjoy participating in our local community theatre, both acting on stage and directing. I'm also active in my local church as well as the Tennessee Christian Church (Disciples for Christ). I serve on the Youth Cabinet for the state-wide church organization.

■ What would surprise people to find out about you?

Well, the least surprising fact about me is that fact that I have a great need for order and structure. My friends and co-workers often reference my OCD (Obsessive-Compulsive Disorder). Most people would probably be surprised to learn that I can actually tolerate spending weeks at church camp in a cabin of decidedly unorganized and messy adolescent males.

■ Have you experienced a significantly moving or rewarding experience in your practice at Centerstone?

To see any patient improve, or have a remission of symptoms, is moving. One recent example that comes to mind is a 16-year-old young man who suffered significant lability of his mood with outbursts of irritability and anger over the past two years. We finally found a medication regimen that resulted in significant improvement – so much so that his mother said “You’ve given me my son back.” How could anyone not be moved by a statement like this? ■

Combating... Posttraumatic Stress Disorder (PTSD)

Posttraumatic Stress Disorder (PTSD) is an emotional and psychological reaction to a shocking or painful experience. PTSD is commonly associated with war, terrorist attacks or violent crimes, such as murder or other traumatic death of a loved one, assault, rape or other sexual crimes. PTSD can also occur after natural disasters, fires or vehicle crashes or after the diagnosis of serious illness like cancer. PTSD can affect anyone at any age, including children. Children may experience PTSD after physical abuse, sexual abuse or the death of a parent.

The most commonly recognized symptoms of PTSD are recurrent memories, flashbacks or nightmares associated with the trauma. Often, survivors relive painful events over and over in their minds. Survivors may experience emotional numbing, causing them to feel disconnected or detached from family and friends.

Anxiety is also common in individuals with PTSD. Insomnia, irritability, outbursts of anger and difficulty concentrating are all symptoms of anxiety associated with the disorder. Physical symptoms such as headaches, nausea, stomach pain and chest pain can also be attributed to PTSD, though many survivors don't realize they are related.

Today, there are good pharmacologic treatments available for PTSD. Medications such as Selective Serotonin Reuptake Inhibitors (SSRIs), which are also used for depression, are generally prescribed to help with symptoms.

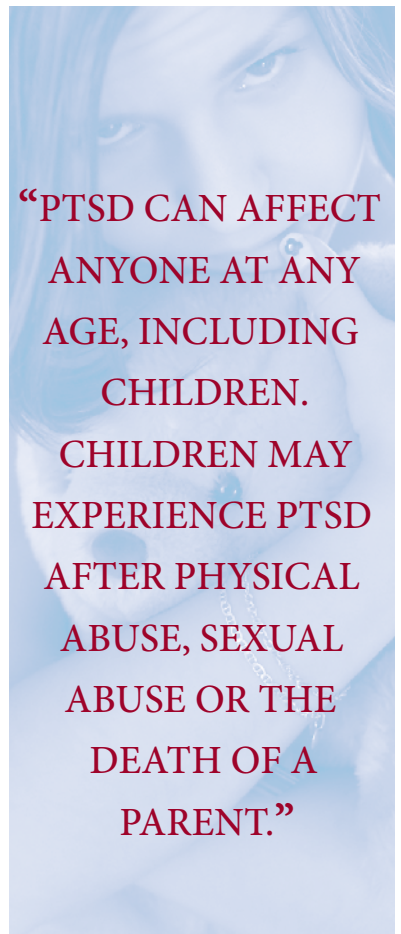
Cognitive-behavioral therapy (CBT) is widely felt to be the most effective type of counseling for PTSD. There are different types of cognitive behavioral therapies such as cognitive therapy and exposure therapy.

In cognitive therapy, a therapist helps the individual understand and change the cognitive process behind the trauma by identifying the thoughts that trigger symptoms and replacing them with less distressing thoughts. Soldiers often feel guilty about decisions made during war. Cognitive therapy helps with understanding and alleviating culpability for unavoidable circumstances. Group and family counseling may also be suggested.

Exposure therapy, based on the theory that people learn to fear thoughts, feelings and situations that remind them of a past traumatic event, is also effective. By repeatedly discussing the traumatic memories, their importance is diminished and control is restored.

Eye movement desensitization and reprocessing (EMDR) can also be successful in treating PTSD. Like other kinds of counseling, it can help change the reaction to memories of the trauma. In EMDR, the individual focuses on distractions such as eye movements, hand taps or sounds while reliving the traumatic event.

Treatment for PTSD can be brief (three to six months) or last one to two years or longer depending on individual and severity of symptoms. It is very common to have PTSD in conjunction with another mental health or substance abuse diagnosis. The best treatment results occur when both PTSD and the other problems are treated together. Because of the great variety of treatments available today, recovery from Posttraumatic Stress Disorder is achievable. ■



“PTSD CAN AFFECT ANYONE AT ANY AGE, INCLUDING CHILDREN. CHILDREN MAY EXPERIENCE PTSD AFTER PHYSICAL ABUSE, SEXUAL ABUSE OR THE DEATH OF A PARENT.”

philanthropy in action

VY for Kids Golf Scramble

Tennessee Titans quarterback Vince Young and the Vince Young Foundation recently hosted the VY 4 Kids Golf Scramble at The Governors Club in Brentwood. The fun-filled day helped raise money for Centerstone's Hart Lane youth group home for boys.

Located in Nashville, Hart Lane is a residential facility for boys, ages 11-17 with 24-hour supervision and a highly structured environment where the boys can address problems or behaviors that keep them from being successful in school, home and the community. While living in Centerstone's youth homes, children attend public schools and participate in community recreation activities while working through their emotional problems.

Madhukar Trivedi, MD, Meets with Centerstone's Ambassadors Circle

Centerstone's Ambassadors Circle recently hosted a luncheon featuring a discussion led by Madhukar Trivedi, MD, Professor of Psychiatry at the University of Texas Southwestern Medical School.

During the event, Dr. Trivedi discussed his work with Centerstone to revolutionize mental health treatment in the United States through his latest research study, Project IMPACTS (Implementation of Algorithms using Computerized Treatment Systems). The study integrates an advanced decision-support system into Centerstone's electronic health record which enhances the quality of patient care by providing the latest evidence-based

depression treatment to clinicians at the point of care. During his presentation, he discussed the challenges of diagnosing and treating Major Depressive Disorder (MDD), citing Centerstone as pursuing a cutting-edge solution.

Dr. Trivedi is Director of the Mood Disorders Research Program and Clinic at University of Texas Southwestern and Co-Principal Investigator for the National Institute on Mental Health Depression Trials Network which led STAR*D, the nation's largest and longest study of its kind on depression. The study included 4,000 participants nationwide, two-thirds of whom reached full remission.

Established in 2005, Centerstone's Ambassadors Circle works to advance Centerstone's mission by serving as representatives to the community, creating awareness of behavioral health issues.

For more information about Centerstone's Ambassadors Circle or other volunteer opportunities, contact Centerstone's Development Department at (615) 463-6645 or development@centerstone.org.

CVS Caremark Provides Grant for Clarksville RIP

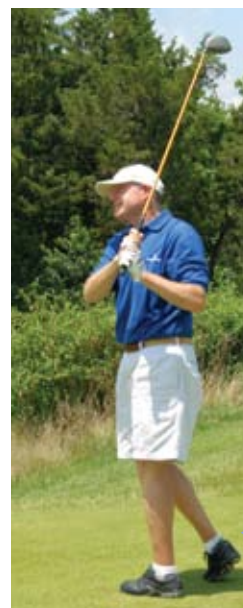
"I had no answers for Danny's behavior," said a mother of one child at Centerstone's Regional Intervention Program (RIP) in Clarksville. "I couldn't take him anywhere. Even trips to the grocery would turn into nightmares. He would scream, shake the cart, roll around on the floor, and there was nothing I could

Junior League Volunteers, Cheryl Nitch and Natalie Buckley helped manage the registration table during the VY for Kids Golf Scramble.



Centerstone leadership, John Page, Ronnie Russell and Gino DeSalvatore with Vince Young at the VY for Kids Golf Scramble.

Centerstone CEO, Bob Vero and Vince Young.



Centerstone CEO, Bob Vero keeps his eye on the ball.

Centerstone of America Board Chair, Dick Fitzgerald tees off for the Centerstone team.

do to stop him. It was frustrating and devastating as a mother; I felt like I should know what to do, how to appease whatever was agitating him so badly. But then I came to Clarksville RIP and everything has changed; Danny still acts out on occasion, but he's more controlled now. He's developed a sense of safety and confidence."

This is just one of the many testimonies to the drastic changes made in lives of Montgomery County youth because of Clarksville RIP. Through RIP, parents learn ways to vastly improve behavioral difficulties in preschool-age children by utilizing positive interventions. RIP is designed to work with a wide variety of aggressive and oppositional behaviors such as autism, learning disabilities, peer conflict, continual opposition to parental commands, aggressive behavior, inability to pay attention and sleeping problems.

Mark Faulkner, Ambassadors Circle Chair, Karen Rhea, MD, Centerstone's Chief Medical Officer and Madhukar Trivedi, MD.



Centerstone Ambassadors Circle members Angie Emerson, David Paine, Mary Rolando and Bethany Ezell Cernoch

Thanks to a grant from CVS Caremark, Centerstone will be able to help more youth like Danny.

Regions Bank, Impact of a Gift

Regions Bank is committed to the communities in Middle Tennessee, supporting organizations that embrace children and families. Recently, Centerstone received a \$5,000 gift from Regions Bank. This gift will help provide vital services for Centerstone clients.

Donated dollars support services such as counseling for families who are struggling to stay together; in-home visits from case managers, helping the elderly navigate a complex Medicaid system; and crisis respite for people who have all but lost hope. To find out how you can make a difference, contact Centerstone's Development Department at (615) 463-6645 or development@centerstone.org. ■

Centerstone Tennessee Board Chair Joan Sivley with Beth Alexander, Margo Fort Hall and Mark Faulkner



Laura Allen, Ben Middleton and Regions Bank Representative Latrisha Stewart.

news & notes

Susan Gillpatrick Celebrates 75th Appearance on More at Midday



Susan Gillpatrick, Centerstone Crisis Management Specialist, recently celebrated her 75th appearance on More at Midday. Gillpatrick has been a recurring guest on the popular local news program for several years, offering expertise on personal wellness. More at Midday airs daily at 12:30 p.m. on WSMV-TV, Channel 4 News. Gillpatrick appears on the program every other Wednesday.

Centerstone Offers Free Services for Unemployed Perry County Residents

In response to soaring unemployment rates in Perry County, Centerstone is now providing free mental health assistance to the community. At a peak of 23.9 percent, Perry County recently had the highest unemployment rate in Tennessee and fourth-highest in the nation. Centerstone is offering three complimentary group counseling sessions to unemployed Perry County residents who are in need of behavioral health services through its neighboring Lewis County clinic in Hohenwald. To take advantage of the free service, residents need to show proof of Perry County residency and proof of unemployment. Individuals who qualify for free services may call (931) 796-5916 for more information or to schedule an appointment.

Thomasa Bean Chosen as 2009 Health Care Hero

Centerstone occupational health nurse, Thomasa Bean has been chosen as one of Nashville Business Journal's 2009 Health Care Heroes. The annual award acknowledges local innovators, strategists and caregivers whose contributions to health care help make the industry one of the top drivers of Nashville's economy. Recognized in the "Physician or Nurse" category, Thomasa was featured in the September 25 issue of the Nashville Business Journal. Additionally, Thomasa was recognized during a luncheon on September 25.

Co-Occurring Disorders Treatment Program Hosts Mental Health Awareness Fair

Saturday, July 11, Centerstone's Co-Occurring Disorders Treatment Program hosted a free Mental Health Awareness Fair. Centerstone clients, staff members and partners from Clarksville and surrounding Montgomery County communities attended the event. Over 100 people attended the two hour event.



Pam Wilson, Centerstone Area Office Manager, and Dr. Carmen Reagan, a member of Centerstone's Board of Directors, during the Mental Health Awareness Fair.

Staff Members Recognized by SAMHSA for Community Communications Outreach

Centerstone staff members, E. Ann Ingram and Sonya Beasley were



E. Ann Ingram

recently recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) for their community outreach efforts

in Maury County. Ingram and Beasley utilize Mule Town Family Network's Network of Care for Behavioral Health website to connect individuals and families with needed resources. SAMHSA awarded their work with its prestigious Silver ECCO (Excellence in Community Communications and Outreach) Award. The

award celebrates innovation and creativity in social marketing. The Mule Town Family Network, a system of care located

in Maury County, Tenn., is a partnership between the Tennessee Department of Mental Health and Developmental Disabilities, Centerstone, Tennessee Voices for Children and other community stakeholders. For more information, visit www.muletownfamily.org.



Sonya Beasley

Centerstone Public Service Announcements Air During Thursday Night Lights



WhoYouWant2Be.org
A SERVICE OF CENTERSTONE

For the second year, Centerstone's Prevention Services Department is airing 30-second ads on MyTV30's Thursday Night Lights. Centerstone's message about methamphetamine awareness and prevention is reaching thousands of youth and families through these public service announcements, airing during live broadcasts of Tennessee high school football games. The award-winning methamphetamine awareness and prevention PSAs were created in 2008 by Centerstone's Prevention Services and Marketing and Public Relations Departments. To view the PSAs online, visit www.WhoYouWant2Be.org.

Loews Vanderbilt Hotel Honored as Corporate Philanthropy Program of the Year

The Association of Fundraising Professionals (AFP) named Loews Vanderbilt Hotel its Corporate Philanthropy Program of the year for their financial and in-kind support of many Nashville nonprofit organizations, including Centerstone. Loews Vanderbilt Hotel hosts A Gingerbread World and Ginger's Night Out, annual fundraising events that benefit Centerstone's services for youth and families.

Centerstone Interventionists and Therapists Team Up to Facilitate Specialized Alcohol and Drug Group Sessions

Centerstone interventionists are working alongside Centerstone therapists to facilitate specialized alcohol and drug group sessions for Middle Tennesseans in need. The collaboration allows interventionists and therapists to pool expertise and resources, maximizing client recovery from addiction. The specialized groups meet once each week for 12 weeks. For more information contact Interventionist, Shelton Barley, at (615) 714-8920 or Interventionist, Sheila Nickell, at (615) 714-9240.

Centerstone Receives Grant to Prevent Homelessness

Centerstone recently received an \$8,840 grant from the City of Clarksville to provide housing and transportation assistance for individuals with mental illness who are homeless or at-risk of homelessness. Housing assistance includes rental fees, house payments and utility deposits. Transportation assistance includes bus vouchers

for transportation to employment interviews, employment training and the first 60 days of work. The one-year grant will serve approximately 115 individuals and families in the City of Clarksville.

CRI Launches New Website



Centerstone Research Institute recently launched its new website, centerstoneresearch.org. The new site features information about current and past studies, the Institutional Review Board, work in the public policy realm and a host of other resources. The website will serve as a valuable tool for researchers, clients and the general public, increasing awareness about research and mental health. ■



People need Centerstone's mental health and addiction services now more than ever. You can help by shopping for a cause.

Shop for a cause and save 20% at all participating merchants during two shopping weeks:

October 23-31, 2009 and March 3-14, 2010

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CENTERSTONE

Celebrating 25 Years *Celebrating 25 Years* *Celebrating 25 Years*

A Gingerbread World

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Children's Workshop

Design and take home
the Gingerbread House
of your dreams!

Sunday, December 6th
2:00 to 4:00 p.m.

Loews Vanderbilt Hotel

Special Appearances by
Cinderella and Spiderman!

Complimentary Self Parking

Benefiting



CENTERSTONE

Ginger's Night Out

A Very Special
Ladies Night Out!

Create and take home a
Gingerbread house, enjoy
wine, hors d'oeuvres and a
fabulous silent auction

Tuesday, December 15th
7:00 p.m.

Loews Vanderbilt Hotel
Complimentary Self Parking

For reservations:
centerstone.org/gingerbread
development@centerstone.org
615.463.6646

