

Reclaiming Lives

A PUBLICATION OF CENTERSTONE

ISSUE SIX

**SPOTLIGHT ON
CHILD AND YOUTH
RESIDENTIAL
TREATMENT SERVICES**

WHAT IS ODD?

COMBATING . . . ADHD

**HEALTH AND WELLNESS
SEVEN LESSONS TO
LEARN FROM CHILDREN**

**ONE STEP
AT A TIME
MEET DRAVEN**



CENTERSTONE

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www.centerstone.org



CENTERSTONE

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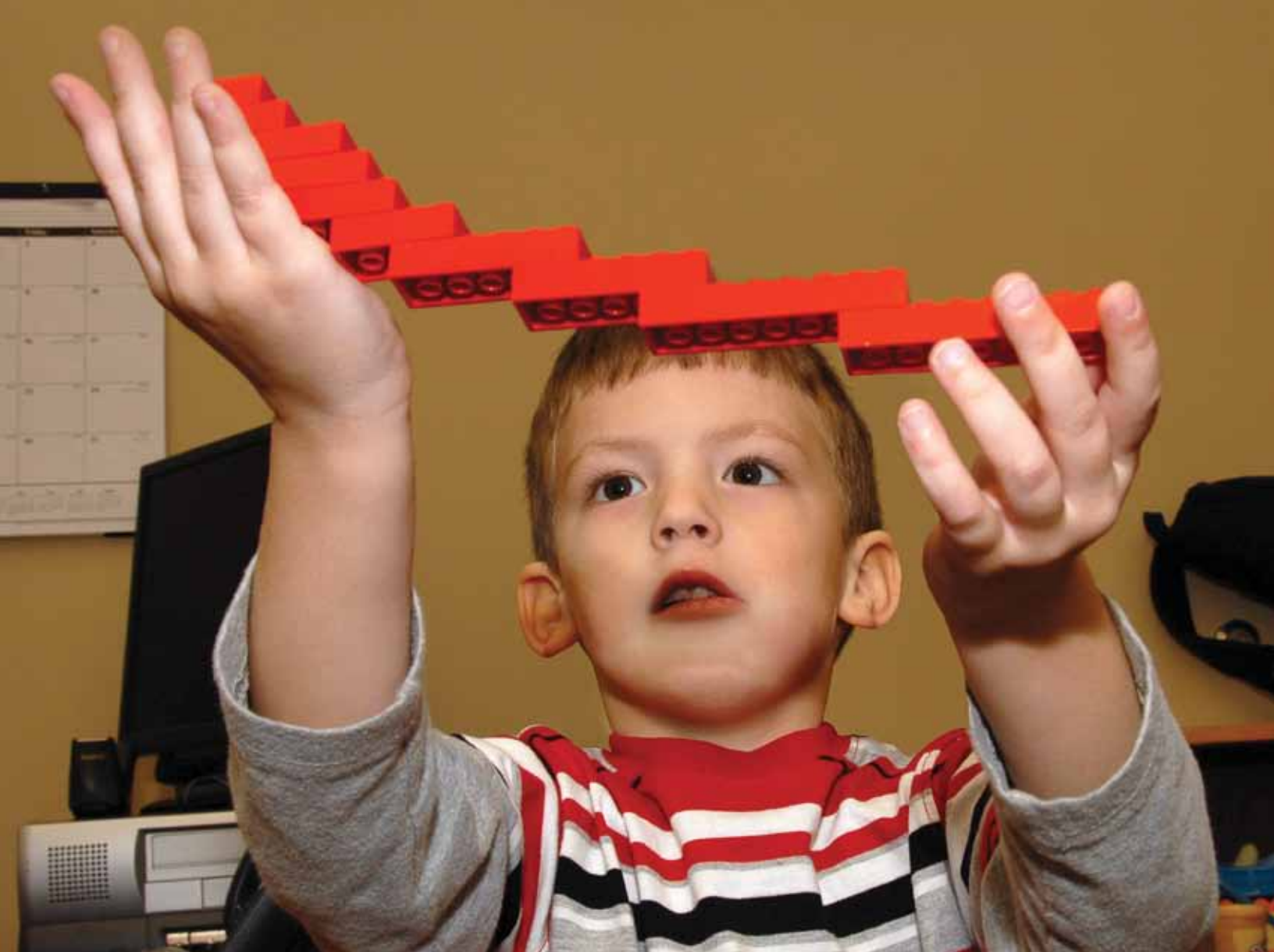
Reclaiming Lives is winner of the 2009 Gold Hermes Creative Award.



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ABOUT CENTERSTONE

Centerstone, a not-for-profit organization, has provided a wide range of mental health and addiction services to people of all ages for more than 50 years. Through more than 60 facilities and 170 partnership locations across Middle Tennessee, Centerstone serves more than 50,000 children, adolescents, adults and seniors each year. Centerstone is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). For more information about Centerstone, please call 888.291.4357 or visit www.centerstone.org.



One Step at a Time

Like most four-year-old boys, Draven Irvin is full of energy. In a play therapy room at Centerstone's Child and Adolescent Clinic, he bounces back and forth, scouring bins of blocks, cars and crayons. He chooses a box of Legos, finds a place on the floor and begins building, using only the red blocks.

"Oh, he loves red," Draven's mom, Telia, says with a smile.

"Everything has to be red," his grandmother Debra echoes. "His clothes, his shoes, practically everything he owns!"

Draven's little sister, 19-month-old Kira, slides off her mom's lap and joins her big brother on the floor. Aunt Erin is close by, helping the children build and create with their Legos.

The family is extremely close, all living in the same home and working as a team to raise Draven and Kira.

After only a few minutes of playtime, Draven has completed his first creation: a bright red staircase.

"Draven, where do those steps lead?" Telia asks.

"Up, up, up, up," Draven screeches, the sound of his voice pitching higher and higher as he speaks. "All the way to the Batmobile!" he exclaims, giggling incessantly.

Everyone bursts into laughter, as Draven beams with delight then falls to the floor and continues adding blocks to his staircase.

Meanwhile, Kira quietly plays alongside her brother, constructing a Lego masterpiece of her own.

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“WE BOTH WANT OUR FAMILY TO BE HAPPY AND HEALTHY. CENTERSTONE IS HELPING US ACHIEVE THOSE GOALS.”

“Sometimes Draven and Kira get along great,” Debra says, watching her grandchildren play. “Sometimes they cannot stand each other. Their relationship fluctuates.”

The happy mood quickly breaks when Draven erupts after arguing with Kira over a toy. In an outburst of anger, he yells at Kira and violently kicks at Telia, who tries to calm him down. Aunt Erin holds Kira while Telia and Debra work together to convince Draven to sit on Debra’s lap for a minute.

“Look at MiMi,” Debra says, cupping Draven’s face in her hands while rocking back and forth. “Let’s go to our happy place,” she says.

Draven nods, his big brown eyes welling with tears.

“I want to be a good boy,” Draven says as he rests his head on Debra’s shoulder.

“I know you do, sweetie,” Debra replies, holding him close, combing his sandy blonde hair with her fingers. “I know you do.”

THE FIRST STEP

Draven’s aggressive outbursts began when he was two years old. He was temperamental, regularly acting out at home and at preschool. His behavior was so disruptive, that he was no longer able to attend preschool.

“We didn’t know what to do or where to turn, so we asked our pediatrician for advice,” Telia said. “He told us Centerstone could help, so we called and made an appointment. That was the first step.”

Draven began receiving therapy and medication management services at Centerstone’s Child and Adolescent Clinic in Nashville. A Centerstone case manager also visits him at his home each week. Draven’s treatment team diagnosed him with Oppositional Defiant Disorder (ODD), with a secondary diagnosis of Attention-Deficit/Hyperactivity Disorder (ADHD). Most recently, he was diagnosed with Bipolar II Disorder.

“The diagnoses were heartbreaking,” Debra said. “But Draven’s mental and behavioral issues were even more heartbreaking.”

“His worst episode happened about a year ago,” Telia said. “My mom was at work, and I was home with Draven and Kira. I was in the kitchen fixing peanut butter sandwiches for lunch. I cut Draven’s sandwich in half, and turned around to hand it to him. I couldn’t believe what I saw. Draven had taken off his belt and tightened it around Kira’s neck. I didn’t know what to do, so I immediately called Centerstone.”

Centerstone staff members offered constant support through the incident, helping the family during and after the episode.

“We still don’t know what triggered Draven’s behavior that day, but I am so thankful we knew who to call for help,” Debra said. “Centerstone helped us through it. Centerstone is still helping us through it.”

With a combination of therapy and medication, Telia and Debra have noticed remarkable changes in Draven.



Draven Irvin pretends to shoot spider webs with his fingertips while imitating his favorite superhero, Spiderman.

**“WE’RE BUILDING
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TIME.”**

His mom and grandmother laugh. Aunt Erin can’t stop smiling. Even little Kira thinks her big brother is amusing.

A few minutes later, everyone is quiet again. Draven isn’t Spiderman anymore, but just a little boy sitting on the floor playing with toys.

“Some days it’s tough,” Debra says, her own eyes now welling with tears. “But I know God is with us, and he will help us. He led our family to the great people at Centerstone, and they are helping us help Draven. For that, we are forever grateful.” ■

“He is back in preschool, attending a few days each week,” Telia said. “And his teachers say his behavior has improved a lot.”

“Instead of acting out, he is learning to deal with his emotions and control his behavior,” Debra said. “He has come a long way. He still has a long way to go. But I’m so proud of him.”

Telia and Debra have noticed remarkable changes in each other too.

“We’re both calmer and more patient,” Telia said. “We’ve learned to talk more and tell each other how we’re feeling instead of arguing.”

“We have big differences,” Debra said. “But we’re working toward the same goals. We both want our family to be happy and healthy. Centerstone is helping us achieve those goals. We’re building a healthy foundation for our family: one day, one lesson, one step at a time.”

In the playroom, Draven’s outburst has passed. He is giggly again, as he entertains his mom, grandmother and aunt by imitating his hero, Spiderman.

“Pshhh! Pshhh!” Draven spits noisily, thrusting his hands out in front of him. He pretends to shoot spider webs all over the room.



spotlight on

Child and Youth Residential Treatment Services

Parenting children and teens with emotional and behavioral disorders can seem overwhelming, particularly when a child has a history of aggression, self-destructive tendencies, extreme fear, anxiety, impulsivity and withdrawal. Children who exhibit these behaviors may even be a danger to themselves or others. In some cases, it may be difficult for parents to keep their child safely at home. Centerstone offers help for these children and families.

Centerstone's Child and Youth Residential Treatment Services provides a complete continuum of care for families and children in need, including therapeutic foster care, adoption services, youth group homes and mentoring. These specialized, family-centered services include behavioral health interventions, individual assessments, treatment planning, highly structured group living and active learning environments, individual and family therapy and 24-hour support and aftercare services for children and families in need.

Staffed by a multidisciplinary team of clinically-licensed professionals, Centerstone's Child and Youth Residential Treatment staff includes psychiatrists, psychologists, therapists, case managers and associate teacher counselors. These skilled experts are committed to working with children and families, helping them achieve happier, healthier lives.

Therapeutic Foster Care

Centerstone provides safe, supportive and culturally sensitive foster homes which meet the emotional, physical and social needs of children and adolescents. At Centerstone, foster care is viewed as a temporary, stepping-stone solution to help a child reach permanency. Permanency is accomplished when children are reunified with birth families, adopted or are prepared for the transition to adult living.

Centerstone's Therapeutic Foster Care services support, not only to the youth that are in the program, but also the families that care for them. Case Managers and In-Home Therapists are available to children and foster parents 24/7. Additionally, all Centerstone foster parents receive extensive training and continuing education.

Adoption Services

Some children are placed in Centerstone programs through government agencies. For these children, finding

a forever family is often one of their deepest desires. Centerstone's Adoption Services find permanent homes for these children and facilitate the adoption process.

Centerstone locates adoptive parents, helps families navigate the legal process of adoption and prepares children and families for the emotional and legal changes they will experience after adoption.

Youth Group Homes

Centerstone's Youth Group Homes provide a structured, safe environment where adolescents are able to address emotional problems or behaviors that prevent them from being successful. These facilities are staffed 24/7 by counselors who provide individual and group therapy, family counseling, educational support and community involvement opportunities. While living in Centerstone's Youth Group Homes, children attend public schools, participate in community recreation and learn independent living skills, such as food preparation, laundry and shopping.

Mentoring Program

Centerstone offers mentoring services for children in Therapeutic Foster Care and Youth Group Homes. Mentoring is ideal for individuals who want to have a positive impact on children, but are not ready to become a foster parent.

Centerstone mentors are positive role models and have the power to impact a child's behavior at school, at home and in the community. Mentors develop trusting relationships with children and challenge them to overcome the circumstances that led to their situation.

All of Centerstone's Child and Youth Residential Treatment Services receive the highest level of accreditation from CARF. CARF (the Commission on Accreditation for Rehabilitation Facilities) is an independent, nonprofit organization that reviews and grants accreditation services nationally and internationally. Their standards are rigorous so services that meet them are among the best available.

For more information about Child and Youth Residential Treatment Services, contact Centerstone at 888.291.4357. ■

Innovative Services for Warriors and Their Families Begin



In 2009, more active-duty U.S. military personnel took their own lives than were killed in either the Iraq or Afghanistan wars. The number: at least 301. It's the highest suicide rate the military has seen since the Pentagon began keeping track in 1980, and the statistic doesn't include veterans or family members. It is estimated that 18 veterans take their own lives each day. And although suicides and suicide attempts by military spouses or other family members are not tracked, mental health experts and military officials believe there is a disturbing trend of rising suicide rates and attempts among family members of military personnel and veterans.

Now, more than ever, military members, veterans and their families need to know that help is available for common issues like depression, acute anxiety, Posttraumatic Stress Disorder (PTSD) and alcohol and drug abuse. They need to know the importance of treating the often unseen, emotional wounds of combat. They need to know that a happy, healthy life is possible, even after war. They need to

know that it's OK to ask for help. They need to know they are not alone.

Centerstone is responding to the mental health needs of military members, veterans and their families, with services beginning this month. Through a partnership with NA Technologies, Centerstone connects active-duty military, veterans and their families to mental health services through the website, NotAlone.com.



Launched in 2008, NotAlone.com is an emerging national leader in online efforts to reach out and find help for combat veterans and their families. Through the website, those in need have access to a 24-hour help line, professionally facilitated online support groups, free in-person therapy services and a social media network that connects members with other individuals who are facing similar challenges.



If you or someone you know needs help, log on to NotAlone.com or contact Centerstone at 888.291.4357. ■



Centerstone and Not Alone leaders work together to design and implement services for warriors and their families.

what is oppositional defiant disorder?

Every young child throws a tantrum from time to time, and teens are often temperamental. But if a child or adolescent demonstrates a persistent pattern of disobedient, hostile and defiant behavior toward parents, teachers or other authority figures, then they may be experiencing Oppositional Defiant Disorder (ODD).

ODD is typically diagnosed in infancy, childhood or adolescence and is characterized by prolonged patterns of misbehavior. It is often difficult for parents and guardians to differentiate ODD from normal rebellious behavior of children and teens. If one or more of the following symptoms are persistent (lasting six months or more) and the behavior causes significant disruptions at home and at school, then the child may have ODD.

Children and adolescents with ODD:

- Lose their temper
- Argue with adults
- Refuse to comply with rules
- Deliberately annoy people
- Blame others for their own mistakes or misbehavior
- Are easily annoyed by others
- Are often angry and resentful
- Are often spiteful or vindictive

It is estimated that one in ten youth will experience ODD, with the disorder being more common in boys than in girls. While there is no clear cause, natural disposition, parenting style, genetics and biochemical or neurological factors may contribute to the development of the disorder.

ODD is treated through individual and family therapy, offering children and their caregivers the tools to manage and treat the disorder.

It is common for children and teens with ODD to also experience other mental health problems, like Attention-Deficit/Hyperactivity Disorder (ADHD), anxiety or depression. Medication may be helpful in these situations.

*Treatment for ODD is effective, and Centerstone can help.
Call us anytime at 888.291.4357. ■*

**“IT IS ESTIMATED
THAT ONE IN
TEN YOUTH WILL
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WITH THE DISORDER
BEING MORE
COMMON IN BOYS
THAN IN GIRLS.”**



Seven Lessons to Learn from Children

If life today were as effortless for adults as it is for some children, I am sure we would have better health, less stress and improved relationships. Think about it: adults don't get regular afternoon naps, rarely eat cookies without feeling guilty and get no spring break from work and responsibilities.

Children can teach adults valuable lessons about living more enjoyable lives. Try these tips today!

Laugh more

Laughter is nature's stress buster. It makes us feel good! It releases a combination of hormones and chemicals that have positive effects on our system. Laughter reduces stress, lowers blood pressure, lifts depression, boosts our immune systems and more. Laughter and smiles are enjoyed best when shared with others. Spending time with children is one way to increase our playfulness and enjoy our lives.

Live in the moment

Have you ever noticed how kids don't get stressed about their future? They don't worry about what is yet to come. They live in the moment. They enjoy life today and soak in all that it has to offer. Children aren't consumed by the past, unlike many adults. Adults carry guilt, sorrow and stressors from yesterday and yesteryear into our present lives. This robs us of the gifts within the present.

Have fun friends

Remember your best buddies from your school days? You would wake up in anticipation of seeing them and being with them. Adults must also have core friendships that encourage, support and contribute to a healthy and fun life. Seek fun friendships that will add enjoyment to your life.

Go with the flow

Many adults need to tone down our super-serious minds and learn the calming benefits of simply going with the flow. Everything doesn't have to be planned in minute-by-minute detail. There are many surprises to be discovered when we open ourselves up to them by being flexible and less serious. Go with the flow and enjoy the breather!

See the good in people

Children are not critics of others, but rather tend to see the good in people. Sadly many adults have pessimistic views of others and have a keen eye for the faults in others. Try to focus on the good in people, and don't become distracted by the people and things you can't control. Share with others the good you see!

Bounce back after setbacks

Children are amazingly resilient! They only stay distraught from mistakes temporarily, whereas some adults remain down and defeated long after a disappointment. It's important to learn lessons during tough times, but remember to bounce back and keep your eyes on the positive possibilities tomorrow may bring.

Write your own story

The choices you make today will write your story for the future. If you were to paint a picture of your ideal life, who and what would be in it? You can start moving that way simply by making decisions about what story you want your life to tell. Paint it with brilliant colors and learn some lessons from children along the way. ■

*Susan Gillpatrick, MEd, LPC, CTS, is a Crisis Specialist for Centerstone. She may be reached at susan.gillpatrick@centerstone.org
For more of Susan's expert advice, visit centerstone.org/health-and-wellness*

physician spotlight



James Graves, MD

Dr. James “Mike” Graves is a psychiatrist for Centerstone. He works at Centerstone’s Giles, Lawrence and Wayne County clinic locations.

Dr. Graves grew up near Parsons, Tenn., where he graduated from Parsons Riverside High School in 1969. After high school, he attended the University of Tennessee at Martin, and then attended the University of Tennessee College of Medicine in Memphis. He completed his residency in family medicine through the University of Tennessee Family Residency Program in Jackson.

Dr. Graves began his career in family medicine, practicing independently from 1980–1994. He began working part-time at Columbia Area Mental Health Center in 1986, and joined the team full-time in 1995 before Columbia Area Mental Health Center became Centerstone in 1997.

■ Why do you choose to work for Centerstone?

Centerstone allows me to help people reach their goals. Whether I am helping a client overcome mental illness in order to discover a healthy, happy lifestyle, or working together with co-workers to become a better health care team, Centerstone affords me the opportunity to make a difference.

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

I often see patients with severe mental illness, taking multiple psychotropic medications. I find it particularly rewarding when I am able to help a patient find the right dosage of an appropriate medication, ultimately helping them improve their quality of life.

■ What are your day-to-day responsibilities?

My day-to-day responsibilities include psychiatric evaluation, treatment and medication management for patients. I work in conjunction with our therapists and nurses to ensure that each patient receives complete, wrap-around care.

■ What initially interested you in the mental health field?

I was interested in learning how mental health treatment, whether counseling, medication or a combination of both, improves the lives of people with mental illness.

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

I’ve always admired Dr. George Shannon, an internist and director of the family residency program I attended at the University of Tennessee. He emphasized that patients’ mood and anxiety often exacerbate not only their mental health issues, but physical health problems too.

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

The most significant advancement I’ve witnessed is the gravitation away from traditional psychotropic medication, like benzodiazepams and tricyclics, to Selective Serotonin Reuptake Inhibitors (SSRIs)— medications that affect serotonin levels in the brain for the treatment of depression, anxiety disorders and some personality disorders. The introduction of atypical antipsychotics, which treat psychosis and other disorders, is also an extremely significant advance in psychiatric care.

■ What future advances in the delivery of care excite you most?

Utilizing technology to better serve our patients is exciting. For example, Centerstone’s telemedicine technology allows doctors to have face-to-face interaction with clients remotely, through video equipment. This technology allows greater access for clients and helps doctors ensure that clients receive the appropriate levels of care.

Integrated care is also very exciting, as I look forward to the day when patients will receive primary medical care and mental healthcare within the same clinic. Centerstone already partners with several pediatric clinics throughout Middle Tennessee. Pioneering these integrated care opportunities is yet another way to increase access for patients, ensuring they receive needed care.

■ Tell me about your family.

I live with my wife, Grace, and I have two sons and two stepsons. My son Chris (30) is a dentist near Paris, Tenn., and my son, Jon (27), is a dental technician, who practices alongside his brother. My stepson, Logan (22), attends the University of North Alabama as a pre-med major. My other stepson, Dylan (19), plans to become a nurse.

■ What do you do in your spare time?

I enjoy reading and listening to music. Like many baby boomers, I have nearly all the Beatles albums. I am a couch potato, although I strive to keep the yard mowed and weeded. I also enjoy fishing and tennis. Most recently, I’ve become interested in playing Wii. ■

Combating... ADHD

A **DHD** (Attention-Deficit/Hyperactivity Disorder) is a neurobehavioral condition with symptoms that include excessive restlessness, poor attention and impulsive acts. Estimates show that 3-7 percent of school-aged children and about 4 percent of adults have ADHD.

“ADHD is the most common childhood diagnosis that I see,” said Lynna Hollis, MD, a Child Psychiatrist at Centerstone’s Child and Adolescent Clinic in Nashville. “Parents and children both can be frustrated by its symptoms. Getting the right diagnosis is definitely the first critical step.”

Proper diagnosis includes ruling out the other disorders that can present with similar symptoms such as learning disabilities, which can cause disruptive behaviors. Mood disorders, trauma and even depression may mimic symptoms of ADHD.

The treatment of ADHD includes medication in conjunction with education and counseling. “Treatment must be personalized. Every child I see is unique, and their treatment reflects that. What we don’t want to see is a disorder like ADHD left untreated because there can be so many other complications for the children if they don’t receive intervention. Children with ADHD are at higher risk for substance abuse, teen pregnancy, severe and multiple car wrecks and truancy. The drop out rate for these young people is 30 percent,” added Dr. Hollis.

Stimulants, such as Ritalin, Adderall and Dexedrine are the most common type of medication prescribed for ADHD. These affect the part of the brain responsible for attention span, judgment, organization and impulse control. Stimulants also release dopamine, a neurotransmitter found lacking in children and adults with ADHD.

“What it does is improve the function of the prefrontal cortex which performs executive functions. It does stimulate the brain, but it stimulates the part of the brain that’s not working right,” explained Dr. Hollis.

In addition to the traditional stimulant drugs, there are several other medications useful in controlling symptoms of ADHD. Strattera boosts the levels of norepinephrine instead of dopamine, therefore there is

less exacerbation of anxiety, tics or Tourette’s Syndrome and less effect on appetite. Other options include Wellbutrin, which also works through norepinephrine, and alpha blockers such as guanfacine and clonidine.

Therapy to change destructive behavioral patterns is also important. Centerstone counselors teach relaxation techniques, stress-management, organizational skills, anger management, socialization, self-control and coping skills, while also providing education for parents. Case managers also interact with the child’s school to help teachers and other faculty understand what the child is experiencing and to engage support at school.

“I always remind parents that a diagnosis of ADHD or other behavioral disorder is not always a bad thing. There really are some positives to it. People with ADHD are highly motivated, creative - I envy their energy, that’s for sure,” said Dr. Hollis. “The most important thing is we know that the treatment of ADHD works. Kids bring their report cards with them for their appointments so they can show off their A’s. They tell me about their new friends, and I can see their overall happiness. It’s incredibly rewarding. My goal is to see these types of positive changes in all the children in my care. It’s never about medicating a child so they are less of a challenge to their parents or teachers and all about getting their functioning where it should be so they get better.” She added, “We don’t try to change who that child is, we just give them the tools they need to be successful.” ■



Lynna Hollis, MD, with a young patient.

philanthropy in action

O'Charley's Annual Thanksgiving with Therapeutic Preschool Program

For over 10 years, O'Charley's has celebrated Thanksgiving with a special luncheon for Centerstone's Therapeutic Preschoolers and their families.

O'Charley's provided Thanksgiving turkey and all the traditional trimmings for this year's event. Attendees included O'Charley's staff, members of Centerstone's Ambassadors Circle, Centerstone staff and volunteers.

Centerstone's innovative Therapeutic Preschool program has provided comprehensive evaluation and intensive treatment for children for over 20 years. Based in participating Metro Nashville Preschools, the Therapeutic Preschool program provides a safe, stable, structured and nurturing environment for children who have experienced abuse, neglect or other traumatic events. Children are taught the early-life skills necessary to overcome adversity and grow into happy, productive members of their homes, schools and communities.

A Gingerbread World Celebrates 25 Years

A Nashville family holiday tradition for 25 years, Loews Vanderbilt Hotel's annual A Gingerbread World once again featured two special events: the Children's Gingerbread Workshop and Ginger's Night Out.

The Children's Gingerbread Workshop brought together more than 200 children and teens to ring in the holidays as they decorated their own gingerbread houses.

A warm evening gathering of grown-up girlfriends, Ginger's Night Out was complete with lively conversation, refreshments and appetizers. Attendees created gingerbread houses and enjoyed wine, hors d'oeuvres and a silent auction.

All proceeds from the events benefit Centerstone's services for children and families.

To find out how you can make a difference, contact Centerstone's Development Department at 615.463.6645 or development@centerstone.org.

Sperry and Blake Stadler at Ginger's Night Out



Megan Smith and Katie Ward at Ginger's Night Out



Children enjoy decorating gingerbread houses during the Children's Gingerbread Workshop



Women who attend Ginger's Night Out create gingerbread houses while socializing with friends

FedEx Presents with Crisis Management Strategies Team at Ambassadors Circle Meeting

Centerstone's Ambassadors Circle recently gathered to learn more about Crisis Management Strategies (CMS) services, which provides critical incident preparation and response for businesses and organizations experiencing workplace violence, robberies, natural disasters, school shootings and other traumatic events.

Hosted by Reverend Fred Dettwiller and DET Distributing and sponsored by HCA, Inc., the Ambassadors Circle event featured several guest speakers who discussed their relationships with Centerstone and its CMS team.

Special guests included FedEx Captain Valerie Thal-Slocum, Chair of FedEx's Critical Incident Response Program

(CIRP) and Pete Dillenbeck, Director of CIRP, who shared their personal stories of the fatal crash of FedEx Flight 80 and the critical incident assistance they received from Centerstone during and after the tragedy.

Reverend Fred Dettwiller, Chaplain for the Nashville International Airport, also spoke, recounting the skills and expertise he has learned through critical incident training offered by Centerstone's CMS team.

Established in 2005, Centerstone's Ambassadors Circle advances Centerstone's mission throughout Middle Tennessee communities. Members serve as emissaries, raising awareness of Centerstone's programs and key initiatives. ■

Ambassadors Circle Chair, Mark Faulkner and CFO of Not Alone, Mike Jones



Dr. John Volker, Dr. Carmen Reagan and Dick Fitzgerald



FedEx Director of Critical Incident Response Program, Pete Dillenbeck; FedEx Captain, Valerie Thal-Slocum; Centerstone's Director for Crisis Management Strategies, Becky Stoll; Reverend Fred Dettwiller and Centerstone CEO, Dr. Bob Vero

A Therapeutic Preschooler and his mom enjoy the O'Charley's Thanksgiving luncheon with Centerstone's Ambassadors Circle Chair, Mark Faulkner



Therapeutic Preschoolers enjoyed Thanksgiving turkey and all the traditional trimmings during the luncheon



Elizabeth Callis, Melissa Bartolomei, Amanda Hartberger and Chef Rick Kahre serve Thanksgiving trimmings to attendees

news & notes

Lee Ann Ingram Named Unsung Hero



Lee Ann Ingram

Lee Ann Ingram, Vice-Chair for the Centerstone Board of Directors and visionary force behind the successful Coaching4Teens

program, has been recognized as an Unsung Hero by Nashville Lifestyles magazine. The award celebrates the generosity of spirit that thrives in the Nashville community. Ingram was featured in the November issue of Nashville Lifestyles.

TAMHO Awards



L to R: Centerstone Senior Vice President for Clinic Services, Ben Middleton; Regional Director, Rebecca Marshall; Lloyd Wayne Barber; Gerald Taylor; Centerstone CEO, Dr. Bob Vero

The Tennessee Association of Mental Health Organizations (TAMHO) recently held its annual awards ceremony and luncheon where Centerstone was part of three awards.

Centerstone client Lloyd Wayne Barber received the Personal Courage Award, which acknowledges his courageousness in facing and overcoming the personal challenges presented by his mental illness. After years of battling alcoholism and bipolar disorder alone, Barber began

treatment at Centerstone and now lives a happy, healthy life. Today, Barber is an active community leader, helping others dealing with co-occurring disorders by chairing local Alcoholics Anonymous (AA) meetings.



Charlie Chase

Charlie Chase, veteran media personality and former news anchor for WZTV Fox 17, received the Media Award. Nominated by Centerstone,

Chase was recognized for raising awareness of mental illness and addiction through his consistent coverage of behavioral health issues in Tennessee.

Centerstone's Dual Diagnosis Program received the Program of

Excellence Award. The program works within Room in the Inn's Odyssey program to help homeless individuals who are struggling with co-occurring mental illness and substance abuse.

School-Based Services and Mule Town Family Network Partner to Win Grant, Expand Campaign

Centerstone's School-Based Services and Mule Town Family Network staff members recently teamed up to win the \$1,000 Rico Pallotta Innovation Grant. The grant will allow the teams to expand the youth-driven, mental health awareness campaign, RAISE Your Voice.

Created and implemented in a Maury County high school during the 2008-2009 school year, RAISE Your Voice is a peer-based, anti-stigma campaign led by Centerstone School-Based Program Manager,

COACHING4TEENS
A PROGRAM OF CENTERSTONE
WWW.COACHING4TEENS.ORG

Centerstone's **Coaching4Teens** is a free program for teens who want to discover a healthier balance in their lives, gain confidence, prioritize goals and improve relationships.

Log on to
www.coaching4teens.org
to learn more.

Jennifer Burger and Social Marketing Manager for Mule Town Family Network, Sonya Beasley. The four-week campaign allowed students to learn about mental illness and discover ways to overcome stigma through peer support.

With the \$1,000 Rico Pallotta Innovation Grant, Burger and Beasley will expand the RAISE Your Voice campaign to another Maury County high school.

Beverly Little Honored for Service to Centerstone

Centerstone's Board of Directors recently recognized exiting board member, Beverly Little, for her years of service to the organization. Little has been part of Centerstone's leadership for nearly 20 years, serving on the Board of Directors from 1990-2009. Centerstone CEO, Bob Vero, and Centerstone Board of Directors Chair, Joan Sivley, presented Little with a plaque in appreciation of the leadership and vision she provided during her tenure as a board member. Little's husband, Rankin Little, stood alongside his wife as she received the honor.



L to R: Centerstone CEO, Dr. Bob Vero; Centerstone Board of Directors Chair, Joan Sivley; Beverly Little and Rankin Little

Vince Young Celebrates the Holiday Season with Centerstone



L to R: Centerstone Director for Residential and Academy Services, Gino DeSalvatore; Vince Young and Centerstone Program Manager, Ronnie Russell celebrate the holiday season.

Tennessee Titans quarterback Vince Young celebrated the holiday season with clients and staff members from Centerstone's Hart Lane youth group home for boys. In December, Young took the boys shoe shopping at Reebok. He also hosted dinner for the boys and took them to a local arcade.

Centerstone Expands Integrated Care Partnerships

In an effort to combine physical healthcare and mental healthcare, Centerstone recently expanded its integrated partnership with Centennial Pediatrics to include two locations in Nashville – at Centennial Park and Southern Hills Medical Center. Centerstone's integrated partnerships with pediatric clinics began four years ago with Columbia Pediatrics in Columbia, Tenn. and Centennial Pediatrics in Clarksville, Tenn.

Centerstone Expands Residential Services to Wilson County

Centerstone recently expanded its residential services for adults to include an enhanced supported housing facility in Wilson County. Located in Lebanon, Carver Care Home is a transitional housing facility, offering a structured, recovery-oriented residential environment for individuals with mental illness who previously had difficulty living on their own.

Local Girl Scouts Donate Art and Supplies to Centerstone

Four Middle Tennessee Girl Scouts recently earned the Girl Scout Gold Award through their volunteer work with Centerstone. Mary Elizabeth Colton, Katie Warne, Anne Gray Thornburg and Kristie Okimoto recently visited Centerstone's Child and Adolescent Clinic, where they presented artwork to decorate the halls of the facility and art supplies for Centerstone clients.

Prior to the Dec. 21 presentation, the four Girl Scouts spent weekends at the Nashville clinic, repairing and painting hallways in preparation for displaying the artwork they created. ■



L to R: Mary Elizabeth Colton, Katie Warne, Anne Gray Thornburg and Kristie Okimoto present their artwork at Centerstone's Child and Adolescent Clinic

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