

Reclaiming Lives

A PUBLICATION OF CENTERSTONE


ISSUE SEVEN

**SPOTLIGHT ON
INTERVENTION
SERVICES**

**CENTERSTONE
WELCOMES NEW
FOUNDATION CEO**

COMBATING . . . STIGMA

**TODAY
MY LIFE
IS GOOD
MEET STEVE**

 **MAY IS
MENTAL HEALTH MONTH**



CENTERSTONE

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www.centerstone.org



CENTERSTONE

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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.



Today, my life is good...

“**W**hat a beautiful day,” Steve Turner says as he sits on a park bench outside Centerstone’s Columbia, Tenn. ReConnect Center, a peer support program for people with mental illness.

He looks at the scene around him. Signs of spring are everywhere. The grass is thick with new growth. There isn’t a cloud in the sky. A breeze whisks through the warm air, causing a nearby Bradford Pear tree to dance, its big white blooms bouncing to the rhythm of the wind.

“I have more joy in my life now than ever before,” he says, with a gentle smile.

At 51 years old, Turner is a quiet, humble man with kind eyes and a giving heart. He visits this ReConnect Center a few times a week, where he works closely with the staff members, who help him sharpen his computer skills.

The ReConnect Center also gives him an opportunity to socialize with peers and take part in educational classes and activities.

“Today, my life is good,” Turner says. “It hasn’t always been good. But, right now, at this moment, I am actually happy.”

A LIFETIME OF MENTAL ILLNESS SYMPTOMS

Thirty years ago, as a high school senior, Turner seemed like most adolescent boys. He liked sports, watching TV and was looking forward to college.

“But I just felt like something wasn’t right,” he said. “My mind felt different. I suspected I had a mental illness, but at the time, I didn’t really know what that meant.”

He had a hard time focusing and struggled to be around his peers.

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“TODAY, MY LIFE IS GOOD. I AM STABLE. I HAVE A JOB. I FINALLY HAVE MY COLLEGE DEGREE. I AM CONTINUING MY JOURNEY WITH CENTERSTONE. NOW MY BIGGEST DREAM IS TO MAKE A DIFFERENCE IN OTHER PEOPLE’S LIVES; PEOPLE WHO ARE JUST LIKE ME.”

“My sister was a great athlete,” he said. “I remember staying home while my family attended her high school basketball games. I really wanted to go too, but I just couldn’t be around people.”

Despite his social struggles and inability to concentrate, Turner graduated high school with good grades and enrolled at Western Kentucky University. His freshman year was very successful, landing him a spot on the dean’s list. But during his sophomore year, Turner’s mental illness symptoms worsened.

“I still had trouble focusing, and my mind was always racing,” Turner said. “But other things started happening too. I became obsessive and paranoid.”

As his symptoms became more frequent, attending class was nearly impossible.

“I couldn’t stand going to class, because I thought everyone was staring at me. I was convinced that everyone was against me. I would sit at my desk and sweat, like I was having a panic

attack. I would just put my head on the desk with my arms wrapped around my face. It’s the only way I could cope.”

Consumed by paranoia and paralyzed by panic, Turner left school after his sophomore year. He returned to his parents’ home in Hendersonville, Tenn., but his mental illness symptoms continued to plague him.

Over the next few years, he transferred in and out of several local colleges, but was unable to complete his course work at any of them.

“I failed at every attempt,” he said. “I became very depressed, and my paranoia got worse. I thought my own family was against me. I was convinced they didn’t want me to succeed at life.”

Despite strained relationships with his parents and sisters, Turner’s family continued to support him.

“They stood by me through everything,” he said. “My family never gave up on me. No matter how

badly I treated them, they never gave up.”

Turner realized he needed treatment after a confrontation during a family argument.

“I blew up at everyone for no reason,” Turner explained. “I was yelling, as usual. But this time, my family stood up to me, saying they refused to live that way anymore. Next thing I knew, I was in therapy.”

Turner began talk therapy sessions at a private practice, but his obsessive thoughts, paranoia and delusions continued. Desperate to reclaim his life, he spent the next decade trying to remedy his mental illness. He tried everything he could think of – from traditional models of therapy and medication to more controversial treatments, including electroconvulsive therapy, insulin shock therapy and even an invasive brain surgery.

Despite his efforts to get better, for the first half of his life, Turner was controlled by the illness that controlled his mind.

DIAGNOSIS TREATMENT AND RECOVERY

In his mid-thirties, Turner was introduced to Centerstone.

After a particularly bad crisis situation, he was admitted to Jackson Hall, one of Centerstone's residential treatment facilities located in Columbia, Tenn. He also began individual therapy at a Centerstone outpatient facility where he was diagnosed with schizoaffective disorder, a mental illness characterized by a combination of symptoms of schizophrenia and mood disorders.

"I had a hard time accepting my diagnosis," Turner said. "schizoaffective – it sounds really scary."

"At first, I refused to take my medication. I was combative with doctors, nurses and therapists, who only wanted to help me. But paranoia and delusions controlled my mind, so I couldn't understand that they were trying to help."

"I eventually broke down," Turner said. "I finally realized that the paranoia and delusions weren't real, and I realized that I needed Centerstone to help me get better."

Turner's psychiatrist, nurse, therapist and case manager worked with him to find the right combination of medicine and therapy to stabilize his symptoms.

He has been stable for eight years.

"It has been both a challenge and a pleasure to work with Steve over the years," Centerstone Psychiatrist, Ralph Barr, MD said. "He has suffered a great deal, but he has always been willing to work with his treatment team to improve and progress. Steve's personal commitment and the collaboration of his Centerstone treatment team allowed us to find a successful plan for him; a true partnership

"THE PEOPLE AT CENTERSTONE STOOD BY ME AND SUPPORTED ME THROUGH EVERYTHING. LIKE FAMILY, THEY NEVER GAVE UP ON ME, EVEN WHEN I WANTED TO GIVE UP ON MYSELF."

between provider and patient. I am very proud of his courage and persistence."

Once unable to interact with people or keep a job, Turner now socializes every day as a greeter at Wal-Mart, where he has been employed for seven years. Once unable to complete his college course work, Turner recently graduated from Middle Tennessee State University with a degree in psychology. Once ashamed by his mental illness, Turner now speaks openly about the disease that used to control him.

"Now, the word 'schizoaffective' doesn't sound so scary," Turner said. "I have an illness. Some people have illnesses in their bodies, like cancer or diabetes. I just happen to have an illness in my brain."

He also talks openly and passionately about the people who helped him along the way.

"I really believe that God works through the people who work for Centerstone," Turner said. "The people at Centerstone stood by me and supported me through

everything. Like family, they never gave up on me, even when I wanted to give up on myself."

A FUTURE RECLAIMED

Spring sunlight filters through the branches of a nearby tree, the rays bouncing off his glasses. Like the warmth of this bright new season, Turner feels renewed. He feels strong. He feels happy.

"I'm excited about the future," Turner says, with a thoughtful smile.

He turns toward the Centerstone building to the left of the table where he sits.

"My biggest hope?" he asks of himself. "I hope that someday I can give back to Centerstone what it has given to me – my life."

He pauses, in thought.

"Today, my life is good. I am stable. I have a job. I finally have my college degree. I am continuing my journey with Centerstone. Now my biggest dream is to make a difference in other people's lives; people who are just like me." ■



Centerstone Psychiatrist, Ralph Barr, MD and Centerstone Nurse Liz Cooley attended Turner's recent graduation from Middle Tennessee State University where he earned a degree in psychology.

what is schizoaffective disorder?

Schizoaffective disorder is an illness which causes psychotic symptoms — such as hallucinations, disorganized thinking and paranoid thoughts — in addition to a mood disturbance such as depression or mania.

Psychotic symptoms and mood disturbances may occur at the same time or may appear on and off interchangeably. The course of the schizoaffective disorder features cycles of severe symptoms followed by improved functioning. To establish a diagnosis, a person must have demonstrated, at some point, delusions or hallucinations for at least two weeks without evidence of mood disorder symptoms.

Signs and symptoms of schizoaffective disorder may include:

- Paranoid thoughts and ideas
- Delusions and hallucinations
- Unclear or confused thoughts (disorganized thinking)
- Bouts of depression, irritability and poor temper control
- Manic mood or an uncharacteristic increase in energy
- Thoughts of suicide or homicide
- Irrelevant or incoherent speech
- Catatonic behavior
- Deficits in attention and memory
- Lack of concern about hygiene and physical appearance
- Sleep disturbances, such as difficulty falling asleep or staying asleep

There are two subtypes of schizoaffective disorder: depressive-type, characterized by psychosis with major depressive episodes only, and bipolar-type, characterized by psychosis along with manic episodes with or without depressive symptoms or depressive episodes. ■



Treating Schizoaffective Disorder

People with schizoaffective disorder generally respond best to a combination of medications, counseling and skill development. The exact regimen varies, depending on the type and severity of symptoms and whether the disorder is depressive-type or bipolar-type.

In general, psychiatrists at Centerstone will prescribe medications to alleviate psychotic symptoms and stabilize mood. Therapists provide psychotherapy, including cognitive behavior therapy, to help curb distorted thoughts and emotions. Centerstone's Psychosocial Lifeskills Development and ReConnect peer support centers teach social skills and diminish social isolation.

It's unknown exactly what causes the disorder, but experts believe it involves brain chemistry with an imbalance of serotonin and dopamine. Serotonin and dopamine are neurotransmitters — chemicals that relay signals in the brain — and help regulate mood.

Although most people with schizoaffective disorder require long-term therapy with a combination of medications and psychosocial interventions in order to avoid relapses, treatment does work, and Centerstone can help. ■

Centerstone welcomes Linda Garceau-Luis as CEO of the Centerstone Foundation



Linda Garceau-Luis

Linda Garceau-Luis has joined Centerstone as Chief Executive Officer of the Centerstone Foundation. Through the management of endowed gifts, the Centerstone Foundation supports Centerstone’s mission to prevent and cure mental illness and addiction. As Foundation CEO, Linda ensures the protective and purposeful investment of endowed gifts so they are available today and for generations to come while making certain the annual allocation of these gifts matches the explicit and implied intent of the donor.

Linda also manages the development efforts for Centerstone’s operations in Tennessee and Indiana and the Centerstone Research Institute. Together with her Indiana and Tennessee staff members, she helps philanthropists to partner with Centerstone in the creation of transformational opportunities for recovery and healing.

“With her tremendous experience in development across the healthcare sector, Linda is the ideal person to lead the Centerstone Foundation, directing our organizational efforts to manage current endowments and donations while broadening our base of philanthropic support,” said David C. Guth, Jr., CEO of Centerstone of America. “Her work is integral to expanding Centerstone’s programs in Tennessee and Indiana and to securing additional support for our research work across the nation. We are delighted to welcome Linda to our executive team.”

Prior to joining Centerstone, Linda was Vice Chancellor for Development and Alumni Affairs for the University of Tennessee Health Science Center (UTHSC). In this role, she served as the senior development officer across UTHSC’s three campuses and was based in Memphis. Before her tenure at UTHSC, Ms. Garceau-Luis worked as an independent development consultant, providing services to not-for-profit organizations of all sizes. Prior to starting her consultancy, she served in a variety of roles including Director of Major and Planned Giving for Vanderbilt University Medical Center, Director of Major Gifts at the State University of New York at Binghamton, and Director of Capital Gifts at Dartmouth Medical School.

Linda holds a Master of Business Administration degree from the Owen Graduate School of Management at Vanderbilt University, a Master of Arts degree from Dartmouth College, and a Bachelor of Science degree from Plymouth State College of the University of New Hampshire.

She has published several articles on planned giving and endowment, and is active in the National Committee on Planned Giving, and the Downtown Rotary Club. She formerly served as a board member for the Senior Citizens Foundation and the Monroe Harding Children’s Home, and participates in the Middle Tennessee Planned Giving Council and the Leave A Legacy organization.

Linda is based in Nashville, Tenn. and can be reached at 615.463.6644.

In her role as CEO of the Centerstone Foundation, Linda Garceau-Luis works with the Centerstone Foundation’s board of directors to establish and support effective management of Centerstone’s endowments, ensure adherence to all donor-defined funding parameters, and expand Centerstone’s planned giving program. ■

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spotlight on *Intervention Services*

Benita Calvert's eyes light up at any mention of Centerstone Interventionist Sheila Nickell. Her demeanor softens, as she describes the woman she proclaims saved her life.

"I consider Sheila a trusted friend," Calvert said. "She believed in me when I didn't believe in myself."

For years, Calvert struggled with drug and alcohol addiction. Personal tragedy only fueled her behavior. Within a decade, she lost her mother, brother and sister. Calvert turned drugs and alcohol to numb her pain. She lost hope. She lost control. She nearly lost her life.

Determined to help, Calvert's family turned to Centerstone Interventionist Sheila Nickell. With the family, Nickell reached out to Calvert, but she initially refused treatment. Nickell refused to give up.

"Sheila called me every day," Calvert said. "She talked with me about rehabilitation. She even went to doctor appointments with me. She wasn't just doing her job. Sheila went above and beyond because she truly cared about me."

Nickell's persistence paid off when Calvert entered rehabilitation. Today she is sober.

"I am so proud of her progress," Nickell said. "Benita has taken responsibility for her own recovery. It is extremely rewarding to see her live a happy life."

Calvert's story of addiction, treatment and recovery is one of many told by Centerstone's Interventionists. Every day, they help individuals, like Calvert, face their destructive behaviors and recognize their impact on those around them.

Working closely with family members and friends, Centerstone's Interventionists provide guidance and coordination for a successful intervention. Their qualifications and experience help families avoid mistakes that can derail change for months or even years. Interventionists help families effectively communicate with their loved one, delivering a message of hope for life-changing treatment.

Centerstone's Intervention Services include:

- Consultation
- Coaching
- Intervention
- Transportation
- Referral and coordination of treatment
- Follow-up/aftercare coordination

Centerstone's Masters-level Interventionists are skilled in the assessment and treatment of alcohol abuse, substance abuse and other addiction disorders.

Today, Calvert greets each morning with a walk through her neighborhood. Her walks are much like her recovery process; one step at a time, constantly moving forward. ■

If someone you love is struggling with addiction, Centerstone can help. Call 615.714.9240 to speak with an Interventionist.

**"I CONSIDER SHEILA
A TRUSTED FRIEND,"
CALVERT SAID. "SHE
BELIEVED IN ME
WHEN I DIDN'T
BELIEVE IN MYSELF?"**



l to r, Sheila Nickell, Benita Calvert

The Freedom of Forgiveness

Everyone has been hurt by the actions or words of others, and these disappointments often lead to feelings of resentment, bitterness, grief and anger. The people most likely to hurt us are those closest to us, like our partners, friends, siblings and parents. When we're hurt by someone we love and trust – whether it's a lie, rejection, betrayal, insult or abuse – forgiveness can seem impossible.

But carrying a grudge is a heavy weight to bear. Forgiveness can set us free from negative emotions that make our lives miserable.

The choice to forgive is often misunderstood. Forgiveness doesn't mean forgetting or accepting the unfair actions of others. Forgiveness isn't about the other person at all. Forgiveness is really about allowing yourself to move past your pain and move on with your life.

If you are ready to release resentment and free yourself from grudges against others, then it's time to embrace the benefits of forgiveness. Use the following tips to discover freedom of forgiveness.

Forgiveness does not mean agreement

A common misconception is that forgiving someone is the same as condoning their actions. But forgiveness does not mean you accept unfair or destructive behavior. It is not about saying something is OK when it isn't. You do not have to agree with the other person in order to forgive them.

Forgiveness does not depend on the other person

The good news is you don't have to wait on another person to change before you can make your own change for the better. You don't have to wait for an apology that may never come. Forgiveness means acknowledging a wrong and choosing to look past it – whether the other person admits fault or not. Forgiveness is a choice only you can make. It means facing your feelings directly and honestly. And it is done on your time and on your terms.

Forgiveness does not erase the past

Forgiveness does not undo past pain, but it does loosen the grip pain may have on you and help you focus on positive parts of your life. It doesn't mean you forget what happened or pretend it didn't happen. Instead, forgiveness allows you to come to terms with what cannot be undone so you can move forward and focus on the future, not the past.

Forgiveness is difficult

If you have been hurt by harsh words or betrayed by unjust acts, it can be very difficult to move forward and trust again. If we feel that another person doesn't understand or accept the pain they've caused, it can be especially hard to let that pain go. Forgiveness is a journey that begins only when you are completely ready to release the pain caused by someone else.

Forgiveness can improve your health

Negativity is depressing – physically, mentally, spiritually and emotionally. Forgiveness relieves stress and even strengthens your immune system. It is good for your body, your mind and your relationships! Refusing to forgive can cause bigger problems like anxiety, grief, depression, sleepless nights, anger and vengefulness. Forgiveness will help you reduce the hostility and stress you feel, while also lowering your risk of heart problems, cancer and other diseases.

Forgiveness is a gift to yourself

When you don't practice forgiveness, you are the one who suffers most. Forgiveness is a gift, allowing you to regain power over your emotions. It is not something you do for someone else. Through forgiveness, you will discover freedom from past pain. Dedicate your energy to healing rather than hurting. It's the best gift you can give yourself! ■

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



Zia Wahid, MD

Dr. Zia Wahid is a board certified adult psychiatrist with specialties in addiction psychiatry, geriatric psychiatry, forensic psychiatry and psychosomatic medicine. He works at Centerstone's Older Adult Specialty Clinic, located on Thompson Lane in Nashville.

Dr. Wahid serves as a Geriatric Psychiatrist for Centerstone's Specialized Older Adult Services, Attending Psychiatrist for the Partial Hospitalization Program, Team Psychiatrist for the Continuous Treatment Team (an intensive case management program) and Supervisory Psychiatrist for Vanderbilt's psychiatry residents at Centerstone's Older Adult Specialty Clinic. Additionally, Dr. Wahid provides remote psychiatric services to clients at various Centerstone clinics using telemedicine technology.

Dr. Wahid graduated from King Edward Medical College in Pakistan. He completed his residency training at Meharry Medical College and at Vanderbilt University in Nashville, Tenn.

■ What is the most satisfying aspect of your position at Centerstone?

I love taking care of our patients. I also love teaching and training residents. I especially enjoy being part of Centerstone's Continuous Treatment Team (CTT), an intensive case management service we offer our clients. My work with CTT allows me to be part of our patients' wrap-around continuum of care.

■ Why did you choose to work at Centerstone?

As a premier community mental healthcare provider, Centerstone offers me the opportunity to work with patients who have complex mental illnesses. I believe in the bio-psycho-social model of treating psychiatric illness, and Centerstone provides the resources to effectively utilize this model. Most importantly, the Centerstone staff is second to none, and I consider them my second family.

■ Tell me about your family.

I have been married for 18 years. My wife and I have two beautiful daughters, Iqra (16) and Naba (10), who are truly our pride and joy. My mother lives in Fremont, Calif. and my siblings live in California, Texas and Florida.

■ What initially interested you in mental health?

I was initially interested in surgery. But, by luck, I discovered psychiatry. Looking back, it's the best thing that could have happened to me, because psychiatry truly fits my personality, natural talent and personal ambitions as a physician.

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

I look forward to the availability of biological markers that will allow doctors to accurately diagnose psychiatric illnesses, choose the most appropriate treatment and help monitor progress of care that is being provided.

■ What other health care professionals do you see as mentors in your career?

Two larger than life personalities have deeply influenced my training and growth. From Dr. Lloyd Elam at Meharry Medical College, I learned the psychodynamic aspects of psychiatry and the bio-psycho-social-spiritual model of psychiatric care. Dr. Barry Nurcombe at Vanderbilt taught me the importance of understanding patients by understanding their personal growth and development. He also introduced me to and invoked my interest in Forensic Psychiatry.

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

Each and every patient I treat at Centerstone reaffirms my belief that with empathy, diligence and a little extra effort, 80-90 percent of patients can be treated to a point of remission. I enjoy seeing clients transform from hopelessness to hopefulness.

■ What do you do in your spare time?

I have varied interests. I like to work in our garden. When time permits, I also like to go fishing. I enjoy watching movies and surfing the internet. I also enjoy painting. And, yes, I do sing in the shower.

■ What would surprise people to find out about you?

People may be surprised to know that sometimes I go deer hunting. ■

Combating... Stigma



What does mental illness look like? Who is the person you picture? Do you imagine an individual who is poor? Weak? Uneducated? Unfortunately, these are characteristics many people associate with mental illness. It's an all too common perspective that is far from the truth; a painful and unfair stereotype that perpetuates discrimination, prejudice and intolerance against people living with a mental illness.

The truth is, mental illness affects 25 percent of the U.S. adult population. One in five children has a mental, emotional or behavioral disorder. Mental illness is personified in children, teens, adults and seniors. It exists everywhere.

It's your spouse, whose alcohol addiction once prevented him from holding a job. It's your daughter, whose Attention-Deficit/Hyperactivity Disorder (ADHD) once kept her from succeeding at school. It's your mother, whose bipolar disorder prevented her from experiencing the joys of life. It's your best friend, whose anxiety disorder caused him to avoid social gatherings. It's your cousin, whose anorexia nearly took her life. It's your neighbor, who suffered a childhood of abuse and neglect. It's your co-worker, whose depression once inhibited him from thriving in the workplace. It's the stranger in line at the grocery store, the teller at the bank, the family at the park. It's your family, your friends, your neighbors.

Each year, an estimated 50 million Americans experience a mental disorder, but almost half do not seek treatment. Stigma and discrimination are barriers for these individuals and their families, discouraging them from getting the help they need.

With education, personal commitment and persistence, everyone can combat stigma and help change the way people view mental illness. May is Mental Health Month, so there's no better time to start.

- Start with yourself. Choose your words carefully when describing people with mental illness. Negative words like “crazy” or “psycho” only propagate stereotypes and stigma associated with mental illness. Instead, use accurate and sensitive language. Your proactive behavior will inspire positivity in those around you.
- Pay attention to the words and actions of others. When you hear people make statements that stereotype mental illness, offer constructive influence. Chances are, the other person simply has a skewed understanding of mental illness. Use the opportunity to have a candid conversation about the topic and offer information and education about mental illness.
- Get involved. Volunteer your time or donate to Centerstone. Or participate in local awareness events. There are dozens of advocacy groups devoted specifically to mental illness. Your involvement may encourage others to get involved too.
- Take action. Sometimes you may see public messages, like advertisements, newspaper articles, television shows, movies or even books that trigger negative stereotypes of people with mental illnesses. Speak up! Call or write the creator of the message, and explain why the message is harmful. Your voice may help someone else realize and remedy their own negative misconceptions about mental illness.

Every day, Centerstone clients, philanthropists, research partners, volunteers and staff members work to combat the painful stigma often associated with mental illness. And every day, little by little, the stereotype is chipped away to reveal the true faces of mental illness – individuals and families who are simply in need of support and treatment to help them reclaim their lives. ■

If you or someone you know needs help, call Centerstone anytime at 888.291.4357. If you are interested in becoming a volunteer or donor, contact Centerstone's Development Department at 615.463.6645 or development@centerstone.org

philanthropy in action

Centerstone's Ambassadors Circle, Vanderbilt University and the Tennessee Repertory Theatre Host Reception, Panel Discussion

Centerstone's Ambassadors Circle, in collaboration with Vanderbilt University's Master of Liberal Arts and Science Program and the Tennessee Repertory Theatre, recently co-hosted a complimentary reception and panel discussion about the mental health theme of the Tony Award and Pulitzer Prize-winning play, "Proof." Held Jan. 28 at Vanderbilt's Wilson Hall Auditorium, the event included a panel discussion featuring "Proof" playwright, David Auburn; Centerstone CEO, Dr. Bob Vero; and James G. Blakemore Chair of Psychiatry and Professor of Radiology at Vanderbilt, Dr. Stephan Heckers. The panel discussion was moderated by Professor Kate Daniels, Associate Director of Vanderbilt's MFA Writing Program. Prior to the panel discussion, guests enjoyed feature scenes from "Proof," performed by actors from the Tennessee Rep's production of the play.

A few weeks later, Centerstone Ambassadors and staff members attended the Feb. 18 performance of "Proof." Following the performance, The Rep featured a special "TalkBack" session, allowing audience members to

discuss the play with the director and actors. Centerstone CEO, Bob Vero took part in the session, offering expert analysis of the play's mental health theme.

Centerstone Experts Offer ADHD Education at Ambassadors Circle Meeting

During the Feb. 16 Ambassadors Circle meeting, Centerstone Ambassadors learned more about Attention-Deficit/Hyperactivity Disorder (ADHD), a common behavioral disorder that affects thousands of children, adolescents and even adults. During the event, Ambassadors Circle members and Centerstone experts examined the symptoms, causes and treatment of ADHD. Karen Rhea, MD, Centerstone's Chief Medical Officer; Lynna Hollis, MD, Centerstone Child Psychiatrist; and Beth Hail, Centerstone's Director for School-Based Services served as panelists for the evening, offering information about ADHD and answering questions from Ambassadors Circle members and guests.

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.



Alan Cartee, Dr. Bob Vero and Diana Day-Cartee.



Centerstone CEO, Dr. Bob Vero; Giving Card Chair, Laura Roberts; and Ambassadors Circle Chair, Mark Faulkner.



Professor Kate Daniels, René D. Copeland, David Auburn, Dr. Stephan Heckers and Dr. Bob Vero.



Ambassadors Circle Chair, Mark Faulkner; Centerstone Psychiatrist, Lynna Hollis, MD; Centerstone's Chief Medical Officer, Karen Rhea, MD; and Centerstone's Director of School-based services, Beth Hail.

Estel Gallery Hosts Kick-Off Event for Spring Giving Card

Cynthia Bullinger, owner of Estel Gallery, located in downtown Nashville, recently hosted an event to kick off Centerstone's spring Giving Card season. Estel Gallery is one of 80 Middle Tennessee retailers and restaurants that participated in the Centerstone Giving Card spring fundraiser.

The Centerstone Giving Card allows people to help children and families throughout Middle Tennessee while saving 20 percent at top retailers and restaurants in Nashville, Cool Springs and Franklin. All proceeds from the sale of the \$50 Giving Card provides mental health services for children and families in Middle Tennessee. In its fifth year, 2010 was the first time Centerstone offered the Giving Card in the spring. Thanks to 80 participating stores and our generous sponsors, the Centerstone Giving Card had its best year ever! ■

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



Centerstone Giving Card Chair, Margo Hall; Owner of Estel Gallery, Cynthia Bullinger; and Centerstone Giving Card Chair Laura Roberts celebrate the kick-off of spring shopping week.

Fashion for a Cause: Meredith Griffith Represents Centerstone at Model Behavior Event

Each year, nFocus magazine celebrates fashion and philanthropy by honoring women who give their time and talents to local non-profit organizations. The women are featured in an issue of nFocus magazine and during an event where they model the latest high fashion designs.

This year, Ambassador Circle member, Meredith Griffith, represented Centerstone, gorgeously gracing the pages of nFocus' March issue and walking the runway in designs by NIMA. The March 5 event was a huge success!



Photo by Christy Chasseveau Bryan with Waldorf Photographic Art

Meredith Griffith gorgeously graced the pages of nFocus magazine, representing Centerstone for the 2010 Model Behavior event.

news & notes

David Guth Honored with National Award for Visionary Leadership



l to r, William Kyles, MA, MPA, NCCBH Board of Directors Chair; Centerstone CEO, David C. Guth, Jr.; and Linda Rosenberg, MSW, President and CEO of NCCBH

David C. Guth, Jr., CEO of Centerstone of America, was recognized by the National Council for Community Behavioral Healthcare (NCCBH) as the winner of the 2010 Award of Excellence in Visionary Leadership. The award acknowledges Guth for his exemplary leadership and commitment to a high quality behavioral healthcare system that addresses the needs of clients and their families. Guth has been with Centerstone since 1987. As CEO of Centerstone of America, he oversees four companies: Centerstone of Tennessee, Inc., Centerstone of Indiana, Inc., Centerstone Research Institute and Advantage Behavioral Health.

Centerstone Launches New Program for Ft. Campbell Youth

Centerstone's Prevention Services team now provides a substance abuse prevention education program for youth in Ft. Campbell, Ky. The program, titled Be Sharp, helps youth ages 10-16 make healthy decisions

and avoid risky behaviors such as drug and alcohol use. The program is being offered at Taylor Youth Center, located on the military base at Ft. Campbell. Centerstone's Be Sharp program is also available in Dickson, Giles, Houston, Lawrence, Maury, Montgomery and Robertson Counties in Middle Tennessee.

Centerstone Expands Foster Parent Program

Centerstone's Foster Parent Program recently expanded to serve residents of Hamilton County and Southeast Tennessee areas. The program provides foster care, case management and therapy for children and teenagers, ages 12-18, who are in state custody. Centerstone now provides foster care services in 49 Tennessee counties.

Matt Hardy Named Regional Director

Matthew Hardy, PsyD, was named Regional Director for Centerstone's Northern Region in Tennessee.

In this role, Dr. Hardy provides clinical oversight for outpatient operations in Cheatham, Dickson, Montgomery, Robertson and Sumner Counties in Tennessee. He also oversees the development and implementation of new programs in this service area and the hiring and management of clinical staff to serve individuals



Matt Hardy, PsyD

of all ages. Previously, Dr. Hardy served as interim Regional Director at Centerstone. Prior to this position, he was Clinic Manager for Centerstone's outpatient facility in Madison, Tenn. He has been with Centerstone for nine years.

Deborah Taylor Tate Joins Centerstone Research Institute Board of Directors

Former FCC Commissioner, Deborah Taylor Tate recently joined Centerstone Research Institute's Board of Directors.



Deborah Taylor Tate

As a board member, Tate helps guide the operations and policies of the organization and supports its efforts to improve behavioral healthcare through pioneering research. Tate has been closely involved with Centerstone for nearly a decade and served as Chairman of the Board for Centerstone of Tennessee. An attorney, Tate served as Commissioner of the Federal Communications Commission (FCC) from 2006-2009. She is referred to by many as the "Children's Commissioner," and is a champion of mental health causes and a noted advocate for issues including telemedicine, child online safety, child obesity and the prevention of cyber bullying. Tate is a 2009 World Telecommunication and Information Society Day Laureate.

Alicia Batson, MD Named Regional Medical Authority

Alicia Batson, MD was named Regional Medical Authority for Centerstone's adult psychiatric services in Davidson County. As Regional Medical



Alicia Batson, MD

Authority, Dr. Batson provides leadership to Centerstone's adult services medical teams throughout Centerstone's Davidson County clinics. Previously, Dr. Batson served as Assistant Professor of Internal Medicine and Psychiatry at Vanderbilt University Medical Center. She has been with Centerstone for nearly two years.

Centerstone Expands Adult Residential Services

Federal Home Loan Bank of Atlanta recently awarded Centerstone a grant for \$475,000. In conjunction with funding from Tennessee Housing Development Agency (TDHA), Centerstone will use the grant to develop a new independent housing facility in Dickson. Dickson Place will offer eight one-bedroom apartments for individuals with low income and a mental illness diagnosis.

Additionally, Centerstone's Adult Supported Housing services recently expanded from seven to 11 subcontracted homes. And Centerstone now operates Safe Entry,

an Enhanced Supported Housing facility in Davidson County.

Centerstone Expert Becomes Regular Guest on "Tennessee Mornings"

The producers of "Tennessee Mornings," WZTV Fox 17's morning show, have invited Susan Gillpatrick, Centerstone Crisis Management Specialist, to be a regular guest on the popular program. Gillpatrick recently appeared on "Tennessee Mornings" for a five-week series about the link between emotional wellness and weight loss. Incredibly successful, the series prompted record viewer



Susan Gillpatrick

responses on the "Tennessee Mornings" Facebook page. "Tennessee Mornings" airs weekdays from 5:00 a.m. – 9:00 a.m. on Fox 17. Gillpatrick will appear regularly on Fridays during the 7:00 a.m. hour.

Centerstone Expands Intensive In-Home Treatment Services

Centerstone recently launched Intensive In-Home Treatment Services in Hamilton and surrounding counties to help children and adolescents with serious emotional and behavioral problems. Serving children and teenagers ages 3-17, Centerstone's Intensive In-Home Treatment Services provide in-home individual and family counseling and case management services for children, teens and their families. ■

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CENTERSTONE

Centerstone Opens Career Resource Center

Centerstone will open doors for its Career Resource Center this summer, thanks to a grant from the Department of Labor. The three-year, \$5 million grant is part of the American Recovery and Reinvestment Act and was secured by Centerstone Research Institute (CRI).

Centerstone's Career Resource Center will offer healthcare education opportunities, job training, employment placement assistance and support services, including child care assistance and interview preparation training to people in Maury, Bedford, Coffee, Marshall and Lawrence counties.

Offices will be located in Columbia, Tenn. and Tullahoma, Tenn. and staff will begin interviewing interested participants on June 1.

The program is open to any unemployed and underemployed workers, such as individuals displaced by layoffs or recent plant closures, those in low-wage or part-time jobs, or those who need new skills to retain employment. Young adults, including recent graduates, high school dropouts, and individuals transitioning from foster care, also will be eligible to participate.

Many studies have proven the link between depression or anxiety and unemployment. As an organization built on caring for the behavioral health needs of our communities, Centerstone welcomes the opportunity to provide these important services supporting employment, independence and self reliance.

Information about Centerstone's Career Resource Center is available at www.centerstone.org/careerresourcecenter or by calling 888.519.5190. ■