

Reclaiming Lives

A PUBLICATION OF CENTERSTONE

ISSUE EIGHT

**SPOTLIGHT ON
TN RECOVERY PROJECT**

**COMBATING . . .
DEPRESSION**

**LEADING BY EXAMPLE
DAVID GRIMES' LEGACY**

**SPIRITS
RISING
MEET VALERIE**



CENTERSTONE

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www.centerstone.org

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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.

Spirits Rising...



“I am so happy to see you!” Valerie Pearson exclaims, opening the door to her Nashville home. As she steps onto the porch to greet her visitors, the warm August sun spotlights her face. The apples of her cheeks are bursting, because she is smiling ear to ear.

“We’ve been thinking about you,” DeWayne Parker says. Pearson reaches out to hug him, the sleeves of her vibrant crimson and auburn dress extending outward with her open arms.

“We wanted come by today and make sure you’re doing alright,” Megan Bird explains, as she, too, receives a hug from Pearson.

“Now that you’re here, I am wonderful!” Pearson says, motioning for them to come inside the house.

The three take seats in the cozy living room, and light conversation ensues. Pearson tells stories about her sister’s recent birthday party and the newest additions to her family; a litter of puppies.

Then, suddenly, her smile fades, her cheeks relax and tears well in the corners of her eyes. Her neck falls forward,

and she buries her face in the palms of her hands as she begins to cry.

“Don’t let these bright colors fool you,” she says, referencing the vibrant pattern of her dress. She sighs deeply, while wiping the streams from her face. “I’ve been drowning in these tears for months. I don’t know when I’ll stop crying.”

Silence fills every corner of the room. Pearson knows that her visitors are listening. The quiet comfort of Parker and Bird is often felt, not heard.

As she brushes away her tears and lifts her face, she whispers, “Please don’t leave me. I need you.”

“We aren’t going anywhere,” Parker replies.

A FLOODED HOME, A FLOODED HEART

Pearson is one of thousands of Middle Tennessee residents affected by floods that devastated the region in May 2010. Months later, she is one of thousands still dealing with the emotional toll the flood left behind.

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Valerie Pearson, Megan Bird and DeWayne Parker.

“It was so swift,” she recalls. “I was completely overwhelmed.”

From her window that May morning, Pearson saw the creek that surrounds two sides of her home rise; inches, then feet. The creek became a river, and she watched debris float by; storage buildings, a gazebo, street signs, childrens’ yard toys.

“Then, I could hear the water underneath me,” she describes, pointing toward the hardwood floor below. “The current was strong, and I was scared.”

Alone and afraid, Pearson walked to a nearby neighbor’s house in search of higher ground; in search of safety. But safety was nowhere.

With concern for other neighbors, the women walked to the home of an elderly couple.

“All of a sudden, we were wading in waist-deep water,” Pearson says urgently, the pace of her words quickening. “It happened fast, but we made it to their house. We woke them up, helped them get dressed and got them out.”

Pearson believes her neighbors got out just in time.

“An elderly couple died not far from here,” Pearson remembers. “I wish there was something I could have done to save them.”

She spent that entire day outside, in the flood water, walking through her neighborhood.

“I didn’t know what else to do. I just walked and cried,” she said. “I never thought I would see a day like that, and I hope I never do again. I just thank God I am alive.”

In the days and weeks following the flood, Pearson focused on others. With minimal damage to the interior of her home, she gave her time to friends, neighbors and strangers. She volunteered at a local church, working with flood victims every day. She listened to others’ stories; she helped them find answers to questions. She kept herself busy.

“I believe in helping people,” Pearson says. “If that flood didn’t teach us anything else – it taught us that we really need each other. That flood brought us closer together as a community.”

Months later, the need for immediate, emergency support has declined. Families once displaced by the floods

“I DIDN’T KNOW WHAT ELSE TO DO. I JUST WALKED AND CRIED,” SHE SAID. “I NEVER THOUGHT I WOULD SEE A DAY LIKE THAT, AND I HOPE I NEVER DO AGAIN. I JUST THANK GOD I AM ALIVE.”

are busy rebuilding or found new homes altogether.

“Eventually, things started getting better for everyone, and I was left to face myself,” Pearson says. “I was afraid to face myself. I cried a lot. I wondered a lot. Everything that happened was so bad; I wanted to forget about it. I felt like –well, I don’t want to say that word– but I really wanted to give up.”

Pearson didn’t give up, and she credits her determination to the people who knocked on her door one afternoon.

A QUIET RESCUE

The day Valerie Pearson met DeWayne Parker and Megan Bird, she wasn’t in the mood for visitors. She had spent most of the day crying or sitting in her living room doing nothing. It had been weeks since the flood, but Pearson was still submerged in sadness.

“They knocked on my door and saved me from myself,” Pearson says assertively. “I didn’t want to answer the door that day, but I did. I thought ‘Lord! Help has arrived!’”

She was right. Help was at her doorstep.

Parker and Bird are part of the Tennessee Recovery Project, a program implemented after the floods to provide mental health assistance and resources to flood victims. After the flood waters receded and the emergency assistance ceased, dozens of Tennessee Recovery Project staff members began walking the streets of heavily damaged communities. They walked door to door, meeting people, offering compassion, information, sometimes just a listening ear. They didn't arrive in helicopters or canoes, ambulances or police cars; they simply walked, knocking on doors along the way. One by one, they quietly rescued people—not from the imminent danger of rising flood waters—but saving people from drowning in the depths of their own thoughts and emotions.

“The first time I met them, I sobbed,” Pearson said. “They made me feel so comfortable. I was full of emotions and issues; things I didn't know how to deal with on my own. They allowed me to be myself. They allowed me to cry. It was my own personal flood!”

SPIRITS RISING

As Pearson sits in the living room with her visitors, she is reminded of that first knock on her door.

“This feels just like the day we met,” Pearson says to Parker and Bird. “I don't know why I cried like that today. I didn't expect to cry today! One minute I am having a good conversation, and then I burst into tears. I don't know how to fix this,” she says.

Parker and Bird listen intently, allowing Pearson to air her thoughts.

“I need help,” she states. “I need to see a counselor.”

Pearson is startled by her own words. It's the first time she has asked for help; the first time she's admitted to herself and others that she needs it.

“SINCERELY FROM MY HEART, I AM SO THANKFUL FOR YOU ALL. YOU HAVE GIVEN ME THE STRENGTH TO STOP MAKING EXCUSES. YOU'VE EMPOWERED ME TO GET HELP.”

“We can connect you with a counselor today if you are ready for that,” Bird says.

“OK. I'm ready,” Pearson says. “I would love to talk with someone. I just want someone to listen to me. Sometimes it's good to talk to strangers.”

Within minutes, the Tennessee Recovery Project team is on the phone, contacting Centerstone's Customer Care and Crisis Call Center staff. They help make arrangements for Pearson to receive outpatient counseling services at a local Centerstone clinic.

“Sincerely from my heart, I am so thankful for you all,” Pearson says as she stands on the front porch bidding farewell to Parker and Bird. “You

have given me the strength to stop making excuses. You've empowered me to get help.”

Like the rise and fall of the flood waters, Pearson's emotions may continue to rise and fall; maybe for weeks or even months. But on this particular day, her spirits are rising. The weight she's carried through the muddy waters of her mind feels lighter already. She feels as though she is on the highest ground because today is the day she asked for help.

She smiles and waves as Parker and Bird back their vehicle out of the driveway. They follow the gravel road out onto the main street and turn right. They are on their way to a nearby neighborhood to knock on another door. ■



Valerie Pearson thanks Tennessee Recovery Project team members for helping her after flood waters ravaged her home.

spotlight on *Tennessee Recovery Project*

After many Tennessee communities were devastated by historic flooding in May 2010, the Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD) received a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to provide crisis counseling services to individuals and families impacted by the storms. The grant was used to create the Tennessee Recovery Project.

Through the Tennessee Recovery Project, five area mental health providers are providing basic mental health services in communities affected by flooding. Services include; individual and group crisis counseling, public education, community networking and support, needs assessments for adults and children and referral to needed services and programs.

“As the traumatic event of the storms and flooding and their destructive aftermath continue to unfold in our community, the need for helpful, fundamental and timely mental health services and materials is essential,” stated [Tennessee Department of Mental Health and Developmental Disabilities] Commissioner Virginia Trotter Betts. “It is important for everyone to know they are not alone in times like this and needed resources and strategies are available across the state.”



Virginia Trotter Betts

“IT IS IMPORTANT FOR EVERYONE TO KNOW THEY ARE NOT ALONE IN TIMES LIKE THIS, AND NEEDED RESOURCES AND STRATEGIES ARE AVAILABLE ACROSS THE STATE.”

COMMISSIONER
VIRGINIA TROTTER BETTS

Centerstone, along with Mental Health Cooperative, Behavioral Health Initiative, Volunteer Behavioral Health Services and Southeast Mental Health Center provides services to individuals and families in dozens of Tennessee counties.

If you or someone you love needs help, call 800-681-7444. Centerstone’s mental health experts are available 24 hours a day, connecting families to the services they need. ■



Centerstone’s Recovery Project Team serves families in Cheatham, Davidson County (South of the Cumberland River), Dickson, Giles, Hickman, Houston, Humphreys, Lawrence, Lewis, Marshall, Maury, Montgomery, Perry, Robertson, Stewart and Wayne Counties.



Combating . . . Depression

Clinical Depression is a very common emotional illness that affects more than 19 million Americans each year (according to the National Institute on Mental Health). While women are more likely to experience Depression than men, it can affect anyone, regardless of gender, age, ethnicity or health situation. There is no single known cause of Depression. Rather, it likely results from a combination of genetic, biochemical, environmental and psychological factors. Trauma, loss of a loved one, a difficult relationship or other stressful situation can trigger depressive episodes as well.

Depression causes people to lose pleasure from daily life and can even be serious enough to lead to suicide. The disorder is highly treatable, however. The most commonly used treatments are medication, psychotherapy or a combination of the two. The choice of treatment depends on the pattern, severity, persistence of depressive symptoms and history of the illness.

As with many illnesses, early detection results in greater effectiveness of treatment and may prevent the chance of recurrence. If you experience four or more of the following symptoms for more than two weeks, consider professional help.

- Sleeping too much or too little
- Eating too much or too little
- Inability to function at work or school
- Headaches, digestive disorders, nausea, pain with no medical basis
- Tearfulness, excessive crying
- Thoughts of death or suicide
- Lack of energy, constant fatigue
- Slowed thinking
- Loss of interest in daily activities
- Loss of sex drive
- Persistent feelings of sadness, anxiety, hopelessness
- Restlessness, agitation, irritability
- Feelings of inappropriate worthlessness
- Withdrawal

For help with Depression or any other mental health or addiction issue, call 888.291.4357. ■

physician spotlight



Kirby Pate, MD

Dr. Kirby Pate has been a Centerstone psychiatrist for nearly six years. He works at Centerstone's Ella Hayes Center in downtown Nashville, Tenn.

Dr. Pate grew up in Middle Tennessee. He earned his undergraduate degree at Vanderbilt University and attended the University of Tennessee for medical school. After returning to Vanderbilt University to complete his internship and residency, Dr. Pate practiced general, geriatric and addiction psychiatry for more than 25 years. Five years ago, he expanded his medical expertise, completing a clinical fellowship in sleep medicine.

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

For me, the most satisfying aspect of being a psychiatrist is the opportunity to work closely with patients and their families. I enjoy following a patient's progress over time and being part of their journey. I also enjoy working with my Centerstone colleagues. They are amongst the best and brightest professionals in the field!

■ What initially interested you in the mental health field?

That's easy. My father was a psychologist and professor of psychiatry at Vanderbilt. Psychiatry was a natural fit for me.

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

There are several professionals I consider mentors. My father's wit, patience and skepticism for pat answers still informs me. He believed that there is always more than one satisfactory explanation for anything you observe. Pauline Rabin, MD, at Vanderbilt taught me to focus on the client's immediate emotional needs rather than the "trajectory" of their illness. My closest friend, Harold Jordon, MD, inspires me by his refusal to judge or take offense. Finally, I wish I were more like Melvin Ferguson and Shirley McAdoo. Melvin is the clinic manager at Centerstone's Ella Hayes Center, and Shirley is the nurse. They are the best listeners I know, and nothing seems to cloud their countenance.

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

Mental health professionals have a renewed focus on finding the right balance of psychotherapy, case management, social support and medication to help patients reach recovery. It's exciting, because we're able to individualize treatment to best suit the unique needs of each patient we serve.

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

There have been many, but one particular moment comes to mind. I was meeting with a chronically

ill crack cocaine addict, who had more than once shared with me his sense of sadness and failure. I don't recall what was said this particular day, but we both became so tickled that neither of us could talk. It was a wonderful moment and truly a gift for both of us.

■ Tell me about your family.

Just about everyone knows my wife, Cathy Link. She is a psychiatric nurse who serves as the program coordinator for Rooftop, a faith-based initiative that provides housing assistance for people in need. I have two grown sons. Newt is an investment banker in New York. Charlie is a singer, songwriter and studio musician.

■ What do you do in your spare time?

My wife and I are very active in our church. I'm on the grounds crew, teach catechism and tend bar following our jazz concerts. I also serve as a psychiatric examiner for the Episcopal Church. I have passions for tomatoes (growing them, that is), the St. Louis Cardinals, art deco architecture, tango, Puccini and bluegrass music.

■ What would surprise people to find out about you?

I was once a cheerleader at Vanderbilt, I umpire Australian rules football, and I can usually hold my own on a double bass. ■



Four Facts of Functional and Fun Relationships

Is it possible to have a satisfying relationship that excels the esteem and delight of both partners? Relationships that endure and even thrive in hard times are not successful simply because there is love between the couple. Some relationships can provide great fun, yet be very dysfunctional. Some relationships seem to work like a booming business, yet are stale and flat in the fun department.

In times of emotional stress and financial turmoil, relationships can still be functional and fun! Here are some key qualities of functional and fun relationships and specific actions you can take today to make positive changes in your relationship.

Nurturance: Love and Respect

Nurturance in relationships includes ongoing endorsements of the other person, rather than attempts to fix or change them. Individuals involved in lasting relationships love each other even when their partner doesn't seem too lovable. Partners in successful relationships believe in each other and find ways to demonstrate that confidence. Take every opportunity to congratulate each other on even the smallest achievements. Demonstrating love and respect toward your partner will create a strong core for a lasting connection.

Honesty: Trust and Communication

Relationships that really work endorse open communication and mirror complete trust. Trust that your partner will hold your interests in the same regard as they hold their own. Successful partners find great comfort in being honest about their wants, desires and disappointments. Listening well is a gift that encourages

honesty and trust. When personal interests and feelings are withheld from each other, there is no glue to bind the relationship. Trust and communication go hand-in-hand. A lack of honesty guarantees weak communication and minimal trust, which are ingredients for a relationship lacking in function and fun.

Resolution: Conflict and Resiliency

All relationships experience times of crisis and challenge. Surviving times of transition means change and growth. Without a mutual resolution and a plan to handle tough times, marriages and relationships can self-destruct. It is helpful to have a method for problem-solving together. Have a “can do” approach to conflict, and talk through disagreements. Learn to replace hurtful words with words that build and strengthen the relationship. Having a forward-looking attitude, minus a critical spirit, promotes a resilient and successful relationship.

Maintenance: Participation and Responsibility

Some couples believe once they tie the knot, the fun begins and responsibility ends. Functional and fun relationships need maintenance, just like your house, car and body. Both partners should take daily ownership and actively participate in the joint success of being a couple. Partners should continually ask themselves what they can do to better the relationship. Individuals who only look to each other for sources of happiness will be disappointed. Be active and responsible partners, and the fun times will follow! ■

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

Leading by Example

Centerstone honors David Grimes on his retirement



David Grimes

In 1969, people with mental illness had few options for successful treatment. Medications were inadequate, and the limited treatment methodologies were woefully short-sided. Misunderstood and often persecuted, most patients were placed in mental institutions with little hope for ever returning to their homes or experiencing any real independence.

It was at this time that David Grimes, a Middle Tennessee State University sophomore, began his career in mental healthcare – a career that would eventually span over three decades with leadership that would go on to help define the comprehensive mental healthcare system we know today.

David's first employment was with the Regional Mental Health Institute for Middle Tennessee— Central State Mental Hospital. There he worked with individuals with severe mental illness and witnessed firsthand the unfortunate limitations of resources for mental health patients and their families. After earning his degree of Master of Science in Social Work in 1976, he went on to join the staff of Columbia Area Mental Health Center, which, in 1997, became part of Centerstone.



David Grimes, seated right, in earlier days.

“DAVID HAS ALWAYS BELIEVED THAT EVERYONE, NO MATTER WHAT THEIR PHYSICAL OR MENTAL STATE, DESERVES TO BE TREATED WITH DIGNITY AND RESPECT.”

Though the system remained mostly unchanged, he nonetheless, set off to make a difference. “I thought I would be able to change the world, and I knew I could be a part of that change. In my naïve youth, I didn’t realize it would actually be a marathon, not a sprint though,” remarked David Grimes.

David Grimes went on to spend 34 years with Centerstone. He dedicated his life’s work to seeing that the change he dreamed of early in his career came to fruition. In his role as Senior Vice President for Adult Services, David Grimes not only served as a talented leader, but an inspirational and driving force behind the expansion and improvement of many specialized adult mental health services such as case management, residential treatment, permanent housing, peer support and crisis response services.

Among his storied achievements is the opening of Centerstone’s first residential home, Jackson Hall in Columbia, Tenn. Today, it remains one of the longest running adult mental health residential treatment facilities in Tennessee. He also oversaw the opening of Centerstone’s first independent living apartment complex, Marshall Place, and the procurement of funds which are building our second in Dickson. This expansion of residential services at Centerstone has given people with mental illness and/or addiction disorders an alternative to hospitalization and, more importantly, a safe, affordable and permanent place to call their “home.”

A legacy of leadership

“David has consistently shown a genuine concern for clients, families, employees and Centerstone as a whole. He has shown great integrity in his supervision and guidance of me and my programs. David has always been supportive and encouraging, showing optimism with a consistent focus on problem solving and not dwelling on the problems. I appreciate the freedom he has given me to define my programs along with the perseverance and high standards he has endorsed and modeled. He has guided with a sense of humor, professionalism and a strong spirit of caring and expecting the best.”

Kris Blount

DIRECTOR OF ADULT RESIDENTIAL SERVICES

David has always believed that everyone, no matter what their physical or mental state, deserves to be treated with dignity and respect.

In 2004, when David led a major initiative in changing Centerstone’s approach to patient care through the creation and adoption of our Recovery and Resiliency philosophy, he reflected on the early days of his career when patients were left without voice or choice in their recovery goals. The client-centered treatment initiative he led with other members of Centerstone’s clinical leadership, would empower clients to be an active participant in their treatment, setting their own goals of recovery and plans for achieving them. It defined his lifelong personal approach to his work and his dedication to ensuring access to life-changing treatments.

After 34 years of dedicated service and heartfelt commitment, David Grimes, Centerstone of Tennessee’s Senior Vice-President for Adult Services, retired at the end of August 2010. Throughout his three decades with Centerstone, David has exemplified leadership by example. His thoughtfulness, compassion, patience and capacity to dream of a better healthcare system for people with mental illness and addictions will be felt by the countless people he treated, mentored and led. ■

“I have been privileged to work for, and with, David for many years. He has always had the ability to balance supporting the job that is presently being done with looking for ways to improve. He is a genuinely nice person who treats everyone with respect and appreciation for the job he or she does. But the quality that I have most admired about David over the years is his ability to always find the positive in situations and people. David is someone who exemplifies leading by example.”

Olivia Evans

DIRECTOR OF ADULT CASE MANAGEMENT SERVICES

“There are many things about David that I’ve appreciated throughout the years, including his support, kindness, encouragement and professionalism. He sets high standards for himself and those he respects. David is also a dedicated consumer advocate. Whether he’s fighting for our Peer Support Centers or supporting our clients’ involvement in decision-making, David is a true advocate and champion for recovery. I’m incredibly proud to have worked with him.”

Mary Moran

DIRECTOR OF COMMUNITY-BASED SERVICES FOR ADULTS

“Working under David's supervision truly has been a wonderful experience. He enters all situations keeping the well-being of not only our clients, but also Centerstone staff as the top priority. He has the highest integrity, is compassionate, and leads by example.”

Becky Stoll

DIRECTOR OF CRISIS SERVICES



I to r, Olivia Evans, Mary Moran, David Grimes, Becky Stoll and Kris Blount.

philanthropy in action

Centerstone Experts Offer Intervention Services Education at Ambassadors Circle Meeting

During the May 25 Ambassadors Circle meeting, Centerstone Ambassadors learned how Centerstone Interventionists help individuals and families overcome addiction.

Ambassadors and Centerstone staff members staged a mock intervention to show the roles family, friends and employers play in an actual intervention. Throughout the role-play, Ambassadors read mock letters to an individual in need of treatment for her addiction. The raw and emotional letters allowed Ambassadors to gain a better understanding of how drug and alcohol interventions work.

For more information about Centerstone's Intervention Services, call 615.714.9240 or visit centerstone.org/intervention-services.

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.

Coaching4Teens Program Launches New Website

Centerstone's innovative Coaching4Teens program recently launched a new website.

Established in 2007 through funding from a private grant, the Coaching4Teens (C4T) program helps teens find balance in their lives. Guiding teens as they set their own priorities and goals and discover their own solutions to problems, Centerstone coaches help teens get from where they are to where they want to be. Through the new C4T website, it's easier than ever for Middle Tennessee teens to connect with a Centerstone coach.

The new website allows visitors to connect with C4T on the new sites' blog, on Facebook or through their RSS feed. In addition, the website features a contact form for fast, easy communication with a Centerstone coach. The new site even allows teens to get started with C4T right away by visiting a new section titled "Get Started."

To view the new website and learn more about the Coaching4Teens program, visit Coaching4Teens.org.



l to r, Member of Centerstone's Board of Directors and Ambassadors Circle Chair, Mark Faulkner; Centerstone Interventionist, Shelton Barley; Centerstone Interventionist, Sheila Nickell; Ambassadors Circle member, Kelly Ann Chidsey; Ambassadors Circle member, Darin Rowell; and Ambassadors Circle member, Courtney Rowell.



l to r, Member of Centerstone's Board of Directors and Ambassadors Circle: member, Dr. Richard Baxter; Ambassadors Circle member, Elizabeth Papel; and Member of Centerstone's Board of Directors and Ambassadors Circle Chair, Mark Faulkner.

Hope for the Silent War: Centerstone Board Members Host Luncheon to Support Service Men and Women

Members of Centerstone of Tennessee's Board of Directors recently hosted a luncheon in support of our brave military service men and women. Hosted by Christa Holleman and Carmen Reagan the "Hope for the Silent War" event brought community members from the Fort Campbell, Ky. and Clarksville, Tenn. areas together to learn how Centerstone and its partner, Not Alone, are helping soldiers and their families fight the silent war of combat stress and Posttraumatic Stress Disorder (PTSD).

Centerstone partners with Not Alone to expand support services available to veterans, active members of the armed forces and military families. The organizations provide online support through NotAlone.com as well as in-person mental health services to veterans and their loved ones. In participating locations, Centerstone offers free face-to-face therapy services to soldiers returning from Afghanistan and Iraq and their families. If you or someone you know needs help, log on to NotAlone.com or contact Centerstone at 888.291.4357.

To find out how you can make a difference, contact the Centerstone Foundation at 615.463.6645 or foundation@centerstone.org



l to r, Member of Centerstone's Board of Directors and luncheon host, Christa Holleman; Ginna Holleman; and Member of Centerstone's Board of Directors and luncheon host, Dr. Carmen Reagan.



l to r, Centerstone Foundation CEO, Linda Garceau-Luis; Chairman and Co-Founder of Not Alone, Carter Andrews; and Centerstone's Chief Medical Officer, Karen Rhea, MD.

COACHING4TEENS

A PROGRAM OF CENTERSTONE

Find Balance in Your Life

WWW.COACHING4TEENS.ORG FACEBOOK: COACHING4TEENS
615.279.6790

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.

news & notes

Centerstone Launches Career Resource Center with Public Announcement



Susan Cowden, Tennessee Department of Labor and Workforce Development Administrator and Centerstone CEO, Bob Vero

On June 2, Centerstone publicly announced the launch of its new Career Resource Center with a reception and press conference at Legislative Plaza in downtown Nashville. Through a \$5 million grant from the U.S. Department of Labor and the American Recovery and Reinvestment Act, Centerstone's Career Resource Center offers healthcare education opportunities, job training, employment placement assistance and support services to unemployed or underemployed people in Bedford, Coffee, Lawrence, Marshall and Maury Counties.

Many local, state and national lawmakers attended the event, including representatives from



Russell Riebeling, Field Representative for United States Congressman Lincoln Davis; Dennis Morrison, CEO of Centerstone Research Institute; Dick Blackburn, Executive Director for the Tennessee Association of Mental Health Organizations (TAMHO); and Tom Hayden, Press Secretary for United States Congressman Lincoln Davis

the offices of U.S. Senator Lamar Alexander, U.S. Senator Bob Corker and U.S. Representative Lincoln Davis. Tennessee State Senators in attendance included, Doug Jackson, and Eric Stewart. Tennessee State Representatives in attendance included Eddie Bass, Ty Cobb and Judd Matheny.

During the press conference, Centerstone CEO, Bob Vero offered information about Centerstone's Career Resource Center and acknowledged the hard work of the CRI staff members who wrote the \$5 million grant. Representing the Tennessee Department of Labor and Workforce Development, Susan Cowden offered congratulations on behalf of the U.S. Department of Labor. Marshall County Mayor, Joe B. Liggett also spoke on behalf of the five counties Centerstone's Career Resource Center will serve.

Centerstone's School-Based Staff Participate in Local Relay for Life Event

Recently, Centerstone's School-Based staff members walked with students, teachers and faculty during Stewart County Middle School's Relay for Life event. Each event participant was given a T-shirt adorning the Centerstone and Relay for Life logos.

A program of the American Cancer Society, Relay for Life brings community members together to celebrate the lives of people who battled cancer, remember loved ones lost and fight back against the disease. During Relay for Life events, teams take turns walking or running around a track or path. Each team has a representative on the track at all times during the event. Because cancer never sleeps, many Relay for Life events are held overnight, up to 24 hours in length.

Centerstone Partners with Cross Country Education and United Way to Offer Help for Flood Victims

Centerstone recently partnered with Cross Country Education and United Way of Williamson County to host two free community workshops for flood victims. The workshops helped local residents cope with grief caused by the recent floods. Participants learned how to deal with and overcome the emotional toll, including feelings of fear, depression and anxiety caused by May's flooding.

Jan Goodson Named One of 10 "Women to Watch" by Nashville Medical News

Centerstone Research Institute's Director of Grant Writing, Jan Goodson, was chosen as one of 10 Women to Watch in 2010 by Nashville



Jan Goodson

Medical News. Each year Nashville Medical News profiles 10 women in Middle Tennessee who are making a difference in the healthcare landscape of our community, state or nation. These women are clinicians, public health officials or advocates or administrators. Goodson was recognized at an awards breakfast in May. She was also featured in the May issue of Nashville Medical News.

This is not the first time a Centerstone employee has been honored as a Nashville Medical News Woman to Watch. Centerstone's Chief Medical Officer, Karen Rhea, MD, was a 2009 honoree. Advantage Behavioral Health CEO, Debbie Cagle, was a 2008 recipient.

Centerstone Partners with Episcopal Diocese of Tennessee to Provide Post-Flood Crisis Management Services



Susan Gillpatrick, Centerstone Crisis Specialist, alongside Bishop John C. Bauerschmidt

Centerstone's Crisis Management Strategies team is partnering with the Episcopal Diocese of Tennessee to provide training for clergy, church staff members and church volunteers who are helping their congregation members overcome the emotional and mental impacts of historic floods in Middle Tennessee.

Centerstone Crisis Specialist, Susan Gillpatrick recently led a training seminar at Christ Church Cathedral in downtown Nashville. During the event, Gillpatrick offered information and insight on how to recognize the warning signs and symptoms of mental health issues. Additional topics included an overview of the psychological impact of disasters, short and long-term recovery, spiritual care and pastoral roles in crisis, posttraumatic stress and compassion fatigue.

CRI Recognized as 2010 Best Practices Award Winner by The Data Warehousing Institute

Centerstone Research Institute (CRI) has been recognized as a 2010 Best Practices Award Winner by The Data Warehousing Institute (TDWI). Honored for its innovative data warehouse, CRI is the first behavioral health organization ever

to be recognized by TDWI. TDWI's Best Practices Awards program honors companies that demonstrate excellence in developing, deploying and maintaining business intelligence (BI) and data warehousing (DW) applications. CRI was selected as one of two winners in the Government and Non-Profit category.

NAMI Hosts Art Show at Centerstone ReConnect Center



Coffee County Mayor, David Pennington; Artist, Carla Bolin; and Marshall County Mayor, Joe Boyd Liggett

The National Alliance on Mental Illness (NAMI) of Coffee and Franklin Counties recently hosted an art show and reception at Centerstone's Tullahoma ReConnect Center. The event featured artwork created by Centerstone clients and members of NAMI.

Centerstone's ReConnect Centers provide a safe and supportive environment where individuals diagnosed with mental illness can gain confidence, build social skills, develop new friendships and engage in learning activities with peers. As a peer-operated program, members are involved in all aspects of ReConnect. Activities include: educational classes promoting independence, support groups, meals and dining out, arts and crafts, field trips and sporting events.

Coaching4Teens Partners with The Ayers Foundation for Special Event



Janet Ayers, Ayers Foundation President and member of the Centerstone of Tennessee and Centerstone Research Institute Board of Directors with Kerry Loy, Senior Clinician for Centerstone's School-Based Services.

Centerstone's Coaching4Teens program recently partnered with The Ayers Foundation during its half-day educational summit for young women. The "More to This Life" summit is part of The Ayers Foundation's ongoing "Be Your Own Hero" series of events designed to promote self-esteem, resiliency and goal-setting in young people.

During the event, Centerstone's Coaching4Teens staff led interactive and entertaining activities to help young women find balance in the different areas of their lives. Kerry Loy, Senior Clinician for School-Based Services, helped students create personal life balance wheels and dream boards. The projects allowed the young women to celebrate their strengths and set goals for the future.

Janet Ayers, Ayers Foundation President and member of the Centerstone of Tennessee and Centerstone Research Institute Board of Directors, kicked off the event by sharing words of inspiration to the over 200 sophomore girls in attendance from three area high schools. ■

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Centerstone Awarded Three-Year Accreditation from CARF International

Centerstone recently received re-accreditation from The Commission on Accreditation of Rehabilitation Facilities (CARF) International. The three-year accreditation is the highest level that an organization can receive, and it renews Centerstone's previous three-year CARF accreditation.

To receive CARF's three-year accreditation, Centerstone of Tennessee, Centerstone of Indiana and the Centerstone Research Institute participated in a rigorous peer-review process and demonstrated to a team of surveyors during on-site visits that its programs and services are of the highest quality as well as measurable, and accountable.

In addition to the reaccreditation, Centerstone garnered several special commendations which recognize its exemplary practices in the behavioral health care field. Centerstone of Tennessee's Child and Youth Residential Treatment Services received an exemplary commendation from CARF for its work in creatively integrating Circle of Courage and the Principles of Re-Education into the programming of its residential treatment services.

Centerstone Research Institute's (CRI) Analytics Department was recognized for its Qlik-View software application which measures and manages comprehensive information, improving performance activities, and supporting administrative and clinical functions.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. ■

