

Reclaiming Lives

A PUBLICATION OF CENTERSTONE

ISSUE NINE

**SPOTLIGHT ON
CHILDREN AND
ADOLESCENT SERVICES**

**NOT ALONE BECOMES
A PART OF CENTERSTONE**

COMBATING . . . BULLYING

**BEAUTIFUL
AGAIN**
MEET MARIANNE



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 CARF International. For more information about Centerstone, please call 888-291-4357 or visit www.centerstone.org.



Beautiful again

MEET

MARIANNE

The afternoon sun lightens her face as Marianne looks out the bay window in the front room of her childhood home. Warm rays filter through the wooden blinds, and shadows dance on her cheeks. She brushes her fingers across her forehead, sweeping her long auburn hair away from her face. As light catches the corners of her green eyes, tears begin to well.

“I was just existing then,” Marianne whispers, her voice a bit shaky. “I used to look outside, and nothing seemed real. Now, everything is real. The world is beautiful again. I am not just existing anymore. I am living now,” she says, grinning through tears.

By all appearances, 37-year-old Marianne Cripps is a typical American woman. She grew up on a

small farm in McMinnville, Tenn., surrounded by a loving family. Her dad is a retired state trooper. Her mom plays the organ at the family’s church. She recalls a fun, active childhood with her older brother and younger sister; their days filled with school and sports activities.

“We were just a normal family,” she says. “We loved each other and supported each other, like families should. But somewhere along the way, I got lost.”

At 14, Marianne tried her first drink of alcohol. At 15, she began smoking marijuana. She dropped out of sports and barely graduated high school. By 18, she was using methamphetamine daily.

“Getting high became a way of life,” Marianne recalls. “It’s just what I did.”

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**“CENTERSTONE
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CENTERSTONE.”**

Over the next 15 years of her life, Marianne used –and often abused– a combination of dangerous substances, including: alcohol, marijuana, methamphetamine, cocaine and prescription pills. Even in the midst of her spiraling addiction and depression, life went on. She married, divorced and remarried. She welcomed four children into the world—two boys and twin girls. After a debilitating accident at the factory where she worked, Marianne entered nursing school, earning her Licensed Practical Nurse (LPN) degree. She continued to exist –as she describes it– all while secretly struggling with sobriety and depression.

“I used to say I was a functional addict,” Marianne says, describing her past. “I managed to work, go to school and take care of my family, but drugs and alcohol were always in the picture too. Now I know that there’s no such thing as a functional addict, because I couldn’t function without drugs and alcohol.”

Her dependency and depression was a private problem; something Marianne hid from even her closest family and friends.

“My family had no idea what was going on,” Marianne remembers. “I was really good at pretending everything was OK. But in reality, I was drowning in my problems. Every day was chaos. I was on a rollercoaster, and I couldn’t get off.”

Feeling helpless, hopeless and alone, Marianne’s alcohol and drug abuse worsened. Her depression deepened. Convinced the world would be better off without her, she decided to take her own life.

“I had nothing. I had nowhere to turn. And I thought I had no reason to live.”

Marianne survived two suicide attempts. Hospitalized after each, she collectively spent five weeks in a hospital bed.

“I was mad. I was mad that I survived,” Marianne remembers. “I couldn’t do anything right. I couldn’t even kill myself.”

While hospitalized, Marianne received treatment for depression, but she continued to deny her dependency on alcohol and drugs.

“I knew I was depressed,” she says. “But I refused to face my addiction. I continued to abuse drugs and alcohol, even after those darkest days of depression.”

Shortly after her suicide attempts and depression treatment, Marianne’s life seemed to get better, and she made plans to have another child. But two months after her fifth child –a daughter– was born, Marianne was arrested in an undercover drug operation. She would soon spend 29 days in jail. For the first time in her life, Marianne was forced to face the consequences of her addiction.

FINDING FREEDOM FROM DRUGS, ALCOHOL AND DEPRESSION

When she heard the bars to her jail cell close and lock, Marianne asked aloud, “Is this it?”

“This is it,” a voice replied. “You’ll either walk away from your sentence still living in the dark, or you’ll leave jail and see the light. It’s up to you.”

That night, Marianne asked for a Bible. She spent the next 29 days behind bars, studying a 12-step recovery Bible. When her jail sentence was complete, she entered

inpatient alcohol and drug treatment, where she spent 28 days facing the reality of her addiction. Afterward, Marianne came to Centerstone for outpatient treatment.

“Centerstone came into my life when there was nothing left. I had been stripped of everything, and for the first time in my life, my options were clear: hospitalization, jail or death. All I had left was death – until Centerstone.”

Marianne enrolled in Centerstone’s Project For Recovery, Encouragement and Empowerment (Project FREE), a 16-week intensive program to help individuals who are part of the criminal justice population overcome alcohol, drug and mental health problems. Marianne spent several days a week at Centerstone, participating in group therapy sessions, anger management counseling and substance abuse education classes.

“Knowledge is power,” Marianne says. “I learned a lot while I was in jail. And I learned a lot while I was in inpatient treatment. But, ultimately, Centerstone taught me the most about myself, my addiction and my depression.”

Marianne graduated from drug court in June 2010 – an accomplishment she credits to the treatment and education she received through Project FREE.

“Graduating drug court was like a second chance for me,” Marianne says. “I did everything that was asked of me. I completed treatment. I stayed clean and sober. I learned everything I could about addiction and depression. I became a law-abiding citizen again. I’m very proud of these accomplishments, and I’m very thankful for the staff at Centerstone for helping me achieve my goals.”

For Marianne, Centerstone offered the opportunity to live her life free from dependency on alcohol and drugs.

“RECOVERY IS LOT OF WORK. AND WHILE I MAY NOT BE EXACTLY WHERE I WANT TO BE IN THE PROCESS, I’M WHERE I AM SUPPOSED TO BE. AND IT CAN ONLY GET BETTER FROM HERE.”

BEAUTIFUL AGAIN

Today, Marianne is nearly two years sober. Her darkest days of addiction and depression are behind her, and for the first time, Marianne feels like she is truly living. She works full-time at a nearby factory, with hopes of returning to nursing someday. She leads a local faith-based recovery group and attends peer meetings for nurses in recovery.

Once broken, the relationships with her family, friends and children are better than ever. She even decided to relive her favorite childhood activity and joined a softball league at her church. She’s not just existing anymore; Marianne is living.

“I’m not where I want to be yet,” Marianne says, stepping away from the sunlight that now saturates the

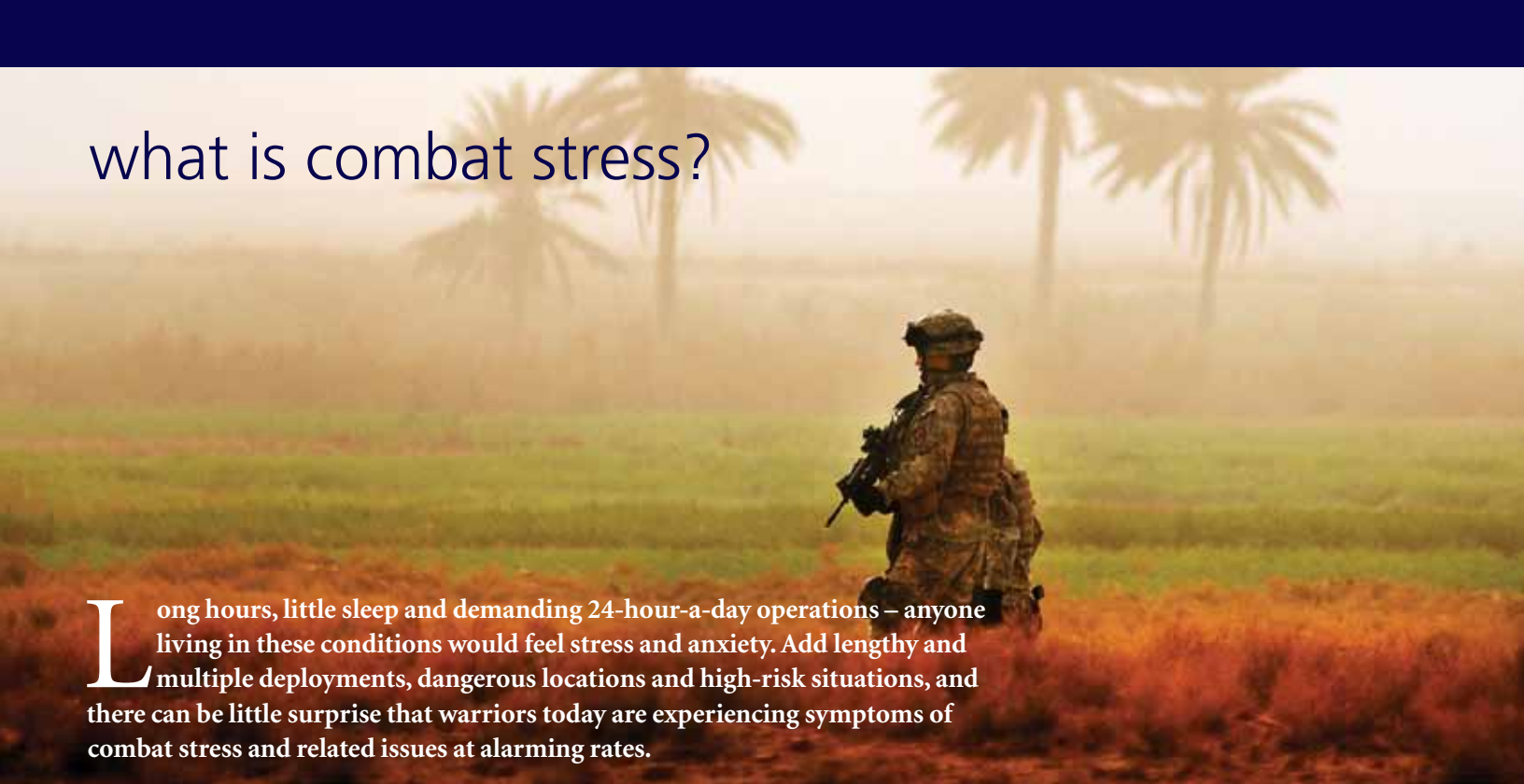
room. She takes a seat on the nearby sofa, shifting her body toward the window, her eyes still scanning the scene outside.

The seasons of her life have been much like the sky on this early spring day; brief moments of sunshine, quickly clouded by her alcohol abuse, drug abuse and depression. But just before the sun sets on this particular afternoon, the clouds clear. Warm, bright rays light the world outside and inside the house too. Marianne closes her eyes briefly and breathes a deep breath.

“Recovery is lot of work. And while I may not be exactly where I want to be in the process, I’m where I am supposed to be. And it can only get better from here.” ■



what is combat stress?



Long hours, little sleep and demanding 24-hour-a-day operations – anyone living in these conditions would feel stress and anxiety. Add lengthy and multiple deployments, dangerous locations and high-risk situations, and there can be little surprise that warriors today are experiencing symptoms of combat stress and related issues at alarming rates.

Combat stress, a normal reaction to uncertain or dangerous situations, can affect any serviceman or woman. Warriors experience high levels of pressure during training and deployment, and this pressure can result in combat stress. Unfortunately, these feelings of stress can persist even after service and deployment.

Once home, some people experiencing combat stress may engage in an array of high-risk behaviors such as drug abuse, drunk driving and domestic violence. In the past ten years, more warriors have lost their lives to drug overdose, accident, murder and suicide than in combat. If left untreated, Posttraumatic Stress Disorder (PTSD) can develop.

Combat stress can affect thought processes, emotions and behaviors. It can manifest as physical symptoms as well. Signs and symptoms may include:

- Confusion
- Troubling memories or nightmares
- Depression
- Guilt or shame
- Numbness – physical or emotional
- Mood swings
- Feelings of isolation
- Outbursts of anger
- Being overly watchful or overly concerned for safety
- Hallucinations or delusions

While combat veterans often notice these signs soon after returning home, symptoms could take months or even years to appear. If symptoms persist for weeks or months, worsen over time or include behavior that is violent or self-destructive, help should be sought. Early detection and treatment is important to long term health. ■

Not Alone and Vanderbilt DesignShop®

On May 16 and 17, Not Alone was part of a DesignShop® at the Vanderbilt Center for Better Health. DesignShop® is a process designed to help organizations innovate and create strategic solutions and action plans to solve complex problems. Among the team assembled were: Dr. Harry Jacobsen of Healthcare Investment Group, Tom Cigarran of Healthways, Inc., Rear Admiral Sonny Masso, US Navy (retired), Dr. Jonathan Perlin of HCA, Dr. Richard Shelton of Vanderbilt School of Medicine, Lt. General Hugh Smith, US Army (retired), Mike Jones and Carter Andrews of Not Alone, Linda Garceau of the Centerstone Foundation and Centerstone board members Janet Ayers, Lee Ann Ingram and Albert Menefee. The group discussed systems to improve access to the vital services of Not Alone and identify potential partnerships to help serve more military men, women and their families. ■

Not Alone Becomes Part of Centerstone



An estimated 300,000 veterans of Iraq and Afghanistan suffer from combat trauma, and more than 225,000 will not receive adequate treatment. What's more – for every combat veteran, there are parents, siblings, significant others and children who may suffer as a result of the trauma. Since 2001, an estimated 1.5 million people have been affected by the aftermath.

Founded in 2008 by former members of the U.S. military, Not Alone provides confidential, no-cost resources and services to help combat veterans and their families deal with life after war. The national not-for-profit organization offers information and a range of support services, including self-assessment tools, a supportive online community, anonymous forums, eGroups, face-to-face counseling and a 24-hour crisis line.

Since 2009, Centerstone and Not Alone have been partners in providing mental health services to members of the military and their families. This

spring, that relationship strengthened as Not Alone officially became a company of Centerstone. As a combined organization, Centerstone and Not Alone have an enhanced ability to reach military families and individuals in need across the nation, raising awareness of the far-reaching impact of combat stress, depression and Posttraumatic Stress Disorder (PTSD).

Not Alone currently has a network of more than 300 providers in 17 states for individuals desiring face-to-face counseling. That network continues to grow.

To find out if you or a loved one qualifies for services through Not Alone, call 866.781.8010 or visit NotAlone.com for more information. To find out how you can support Not Alone, call the Centerstone Foundation at 615.463.6648. ■

Centerstone Receives National Science and Service Award

Centerstone recently received a prestigious Science and Service Award from the Substance Abuse and Mental Health Services Administration (SAMHSA). Centerstone's Methamphetamine Evidence-based Treatment and Healing (METH) program received the national recognition in the category of "Treatment of Substance Abuse and Recovery Support Services" for its consistent, positive treatment outcomes.

In 2004, Centerstone launched the METH program in Tullahoma, Tenn. Using the Matrix Model of Intensive Outpatient Treatment, the program served six high-need rural Tennessee counties until 2009. Program success prompted Centerstone to implement Project For Recovery, Encouragement and Empowerment (Project FREE), an outpatient substance abuse and mental health treatment program serving Bedford, Coffee, Franklin, Grundy, Lincoln, Moore and Warren counties through a grant from the Tennessee Department of Mental Health (TDMH).

Selected and evaluated by Centerstone Research Institute, the Matrix Model consistently shows positive outcomes for program enrollees. After six months, patients showed a 50 percent reduction in drug use and at six and 12-month follow-ups, all program clients reported improvements in all eight areas of physical and mental health.

SAMHSA's Science and Service Awards recognize community-based organizations and coalitions around the country that have successfully implemented evidence-based interventions.

For more information about Project FREE, call 931.461.1360. ■



Regional Director, Ken Stewart with his program's SAMHSA Award.

philanthropy in action

Ambassadors Circle Annual Dinner Highlights Centerstone's Services for Military Families

More than 100 guests attended Centerstone's Ambassadors Circle annual dinner highlighting Centerstone's services for military families. Held at the home of Theresa and Albert Menefee, the event featured special presentations from Lieutenant General Hubert G. Smith, United States Army (retired) and Rear Admiral Sonny Masso, United States Navy (retired). The evening included information about Not Alone, an organization of Centerstone dedicated to empowering warriors and families by providing free, confidential support, programs and

resources that help them face the challenges of life after war. As a national not-for-profit organization, Not Alone offers information and a range of support services including self-assessment tools, a supportive online community, anonymous forums, eGroups, face-to-face counseling and a 24-hour crisis line. For more information about Not Alone, call 888.454.0950 or visit notalone.com.

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.

Albert Menefee, Host; Valerie Lavay; Orrin Ingram; Ansel Davis, Esq.



Debbie Cagle, Advantage Behavioral Health Chief Executive Officer; Lt. Gen. Hugh Smith (ret.), Karen Rhea, MD, Centerstone Chief Medical Officer; Ann Campbell, wife of 101st Airborne Division Commander Maj. Gen. John Campbell; Linda Garceau, Centerstone Foundation Chief Executive Officer.

Valerie Lavay and Theresa Menefee, Hostess.



*Front row: Debbie Cagle, Advantage Behavioral Health Chief Executive Officer; Sonny Masso, Rear Admiral, United States Navy (retired); Linda Garceau, Centerstone Foundation Chief Executive Officer; David Guth, Centerstone of America Chief Executive Officer; Bob Williams, Centerstone Chief Strategy Officer and CEO Emeritus
Back row: Albert Menefee, Host; Ann Campbell; Lt. Gen. Hugh Smith (ret.); Dennis Morrison, Centerstone Research Institute Chief Executive Officer.*



Coaching4Teens Launches Services at Battle Ground Academy in Nashville and Provides Free Life Coaching Services for Teens and Parents During Special Event Series in Wellington, Fla.

Centerstone's innovative Coaching4Teens (C4T) program has expanded its school-based services to Franklin, Tenn.-based Battle Ground Academy (BGA). The program offers free coaching sessions for high school students, empowering young adults to discover a healthy balance in their lives, gain confidence, prioritize goals and improve relationships. In addition to new services at BGA, Centerstone's Coaching4Teens program is available at Pope John Paul II High School in Hendersonville and University School of Nashville.

Additionally, C4T recently hosted a free coaching event series for young people and parents in Wellington, Fla. Held each Monday throughout the month of March, the series allowed teens and parents to receive life coaching from a Licensed Clinical Social Worker. The sessions helped participants assess eight different areas of their lives, identify personal goals and become empowered to pursue those goals. The free series was provided to the community through the generosity of Lee Ann Ingram, philanthropist and Chair of Centerstone of Tennessee's Board of Directors.

Established in 2007 through private funding, the Coaching4Teens (C4T) program helps teens find balance in their lives by guiding them 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, all the while enforcing that it's OK not to be perfect.

To learn more about Centerstone's Coaching4Teens program, visit coaching4teens.org. ■

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

Why choose Centerstone as your philanthropy of choice?

To make a meaningful investment in the lives of people in your community.

Every year, 33 million Americans seek help for behavioral health and addiction disorders. Unfortunately, over 70% of these Americans receive less than adequate care for their conditions.

We provide our clients exemplary care for their conditions, but many cannot afford payment for their prescribed care. Many more individuals in our community who need our help are unable to receive the services they need because their provider does not cover mental health or addiction treatment.

Centerstone is committed to individuals—and to cures. Centerstone enables families to help their children grow up strong and happy, to teach people to stay healthy and to live meaningful lives, to help families care for aging parents, and to support the elderly when they have no family. Centerstone also helps our nation's warriors readjust to civilian life after long and multiple deployments.

We need your philanthropic commitment to:

- help ensure that costs will not prohibit treatment for individuals in need
- equip Centerstone therapists and staff with technology to provide the best care available
- demonstrate your commitment to our mission, our organization, and our community

Please consider a gift to Centerstone today and discover how you can join us in making a difference.

Give online at www.centerstone.org/make-a-donation or contact us at 615.463.6648. ■

physician spotlight



John Koomen, MD

Dr. John Koomen is a board certified psychiatrist, providing direct patient care at Centerstone's outpatient office locations in Brentwood and Columbia, Tenn., He has been employed by Centerstone since 1998.

Dr. Koomen was born in Rochester, N.Y., but he grew up in Raleigh, N.C. He attended medical school at the University of North Carolina and completed his residency in psychiatry at Vanderbilt University in Nashville, Tenn. in 1984.

■ Why do you choose to work at Centerstone?

Centerstone offers an environment where professionalism and dedication to patient care is at the forefront of everything we do. My colleagues are simply the best in the field. The opportunity to work alongside Centerstone's team of doctors, nurses, therapists and case managers to help bring positive change to our patients' lives is truly an honor.

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

In 1979, when I was new to the field, I worked for psychiatrist, Dr. Ralph Barr. Today, Dr. Barr, a Centerstone Psychiatrist and Regional Medical Authority for Centerstone's

Southwest Region, is my supervisor. He has taught me so much through the years, and I continue to learn from him every day.

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

There have been many important advancements in the mental health field over the last 30 years. As a psychiatrist, perhaps the most significant advancement I've seen is the innovation of medicines available for patients. The medications available today are much more progressive and effective than those offered in the 1980s and 1990s. I am excited to see where science takes us in the years to come.

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

I look forward to the day when the utilization of algorithms becomes standardized practice in the mental health field. While there is certainly no substitute for the doctor/patient relationship, the development and utilization of computerized diagnostic tools will aid that alliance and allow doctors to better understand the medical needs of our patients while more accurately prescribing treatment medications appropriate for each unique patient.

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

I was working part-time for Centerstone when my other place of employment closed suddenly in 2005, leaving my family without benefits. Centerstone took me in as a full-time employee when my family and I most needed help. I no longer had to go to sleep at night and wake up afraid the next day. I remember every day who saved us.

■ Tell me about your family.

I have been married to my wife Betsy for 40 years. We have four children; Van (an attorney), TJ (a senior at the University of Tennessee) and David (a freshman at UT). Our son Ben (1975-2009) died after an accidental fall. I am the oldest of four children, my wife Betsy is the youngest of four, and we have four.

■ What do you do in your spare time?

I enjoy listening to all kinds of music, reading and spending time with my family and pets.

■ What would surprise people to find out about you?

That not much can surprise me anymore. ■

spotlight on *New Services for Children and Adolescents*



Centerstone offers services for individuals at every stage of their lives. Recently, Centerstone received two grants that will provide free services for some of our youngest clients.

Early Connections Network

The Tennessee Department of Mental Health (TDMH) received a \$9 million grant from the U.S. Substance Abuse and Mental Health Services Administration to implement the Early Connections Network – a coordinated system of care for young children in Middle Tennessee. Over the next six years, Early Connections Network will serve children from birth to age five and their families in Cheatham, Dickson, Montgomery, Robertson and Sumner counties.

Centerstone, Centerstone Research Institute, the Department of Mental Health's Division of Special Population and Tennessee Voices for Children all will work together so Early Connections Network can serve children with social, emotional and behavioral needs.

The system of care approach strives for early identification and treatment to deliver the most effective response. To do this, Early Connections Network encourages caregivers, state and local agencies, childcare centers, primary care providers and schools to work together to provide services and supports for young children and their families.

Be In Charge

Centerstone Research Institute secured a five-year, \$5 million grant from the U.S. Department of Health and Human Services, Office of Public Health, Office of Adolescent Health, to provide teen pregnancy prevention services in 26 Middle Tennessee counties. The new program, Be in Charge, will provide pregnancy prevention education to adolescents ages 12-19.

In addition to providing services directly to adolescents, Be in Charge also will conduct outreach and education. Throughout the five years, Centerstone staff will work with schools and school staff, local health departments/councils and healthcare providers to reach students, parents and those who work with youth. The program also will use social media marketing tools like Facebook and Twitter to engage and educate. ■

For more information about Centerstone's services for children and adolescents, visit centerstone.org.

Combating . . . Bullying

Bullying – for many, the word conjures up visions from our school days: the bigger kid who pushed you down or the mean girl who spread rumors. But kids today must confront not only the traditional bully, but also a new breed – the “cyberbully.” He’s just as abusive, but his weapons of choice are texts, email and social networking sites – all available 24 hours a day. Cyberbullying can have a serious, long-lasting impact. Content posted to the internet is often permanent, much like the emotional scars that plague the victims of bullying.

Those who escape bullying with emotional scars may be the lucky ones. Victims of bullying are two to nine times more likely to report suicidal thoughts. In fact, suicide is the fifth leading cause of death among kids ages 5-14 and third among kids ages 15-24.

So with reports revealing that half of U.S. high school students say they’ve bullied, what can you do?

- **Monitor your child’s use of technology.**
 - Even if you don’t suspect your child is being bullied, be aware of how they use technology. Monitor their reactions and emotions when they are online. If your child is on Facebook or another social networking site, get an account and stay up-to-date with his or her profile. Look for signs of bullying, depression or other issues. As a parent, your presence is powerful, and you may be able to prevent bullying.
- **Report bullying behaviors to appropriate officials.**
 - Don’t confront the bully or his parents. Instead, report any unlawful or harassing behaviors to law enforcement.
 - If incidents happen at school, report them to school officials.
 - If your child receives cruel texts, don’t respond. Instead, make copies to use as evidence when you report the incident to school officials or law enforcement.
 - Set up online filters to block the bully’s messages on Facebook or Twitter.
- **Educate kids about bullying at an early age.**
 - Teach them what bullying means, what to expect as they get older and ask them to promise to talk to you if someone is harassing them. Also, talk to your kids about social pressures that could prompt them to become bullies and teach them why it’s wrong. When you have these conversations early, you may prevent the emotional impact of bullying.
 - Look for signs of anxiety, depression or suicidal thoughts. Caring conversations with your child can have a positive impact on their emotional health.
- **Ask for help.**
 - If the torment of bullying becomes too much for your child, contact a mental health professional. Because bullying can have devastating effects, we must remain committed to reporting bullying from the first sign and offering help when our children need it most. ■



If you or someone you love needs help, call 888.291.4357. Centerstone’s mental health experts are available 24 hours a day, connecting families to services they need. For online resources specifically for adolescents, visit WhoYouWant2Be.org

Six Good Habits to Enrich Your Life

Habits can be healthy and habits can be harmful. Here are six good habits that will enhance your health, relationships and happiness.

Tell the Truth

Problems don't exist if we don't think about them, right? Wrong! Denial only delays solutions. Ask yourself: what negative aspects of my life can I change? Then, answer yourself truthfully. Admitting that change is necessary will help you discover new solutions to your problems and allow you to foster success in your life. As you begin moving toward that success, you'll be amazed by how much time was wasted by not facing the truth.

Be Proactive

Making proactive decisions puts you in the driver's seat. You can't control the traffic or the weather when driving your car, but you can make decisions that navigate your life to exciting places. Just as there are hazards on the highway, there are dangers and scary situations in our lives. Don't let fear keep you parked! Being proactive is a good habit that reduces stress while increasing personal wellness and happiness. What can you change or rearrange to steer your life in a positive direction?

Finish What You Start

Starting new projects is fun and exciting, while finishing them is often a different story. We tend to have a great start but a sad finish (or no finish at all). What is more irritating than a half complete home remodeling project? Perhaps the project leader became disinterested in finishing the task, and you have to live in the middle of the mess. Living halfway is a harmful habit for yourself and for those around you. Broken promises have the potential to damage relationships, while following through with commitments demonstrates integrity and responsibility. Honor commitments to ourselves and to others.

Be Grateful

Focusing on things to be grateful for is a habit that will greatly enrich your life. When someone asks, "How are you?" do you immediately think of your aches, pains and problems? Or do you share the joys and fortunes in your life? Being grateful means more than just feeling and saying you are "too blessed to be stressed." You must live gratefully too! Demonstrate it in your words, your smile, your attitude and your openness. Don't become consumed in your trials and troubles. Let the goodness in your life guide you instead.

Keep Learning

Learning enhances our minds, our health and our outlook for the future. Learning about our interests is a challenge that allows us to stretch our capabilities and equip us to lead and inspire others. Learning is exciting, and learning adds life to our quality of life. What skill, hobby, family or work task can you learn more about today?

Always Have a "Plan B"

Having a "Plan B" demonstrates acceptance to change and adversity. When our "A" plans do work, it is like icing on the cake. But sometimes our ideal solutions simply don't succeed. Being open to other ideas and options is a helpful habit to cultivate. When we are able to cruise through obstacles and changes, we alleviate much stress and are also more enjoyable to be around. Do work toward your ideal plans and solutions, but also be ready for an acceptable "Plan B" solution. It may be better than your initial idea!

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.

news & notes

Robertson County Mayor Howard Bradley Named Chair of Centerstone's Advisory Board of Trustees



John Page, Centerstone Chief Operating Officer for Specialty Services; Bill Orange, former Cheatham County Mayor and Human Resources Director for the Greater Nashville Regional Council; Ben Middleton, Centerstone Chief Operating Officer for Clinic Services; Howard Bradley, Robertson County Mayor and Chair of Centerstone's Advisory Board of Trustees; and Mackenzie Carter, Centerstone Government Relations Manager.

Howard Bradley of Robertson County has been elected as the new chair of Centerstone's Advisory Board of Trustees. Comprised of county mayors throughout Tennessee, the Advisory Board of Trustees advises Centerstone on local issues and concerns, offers recommendations and assists in solutions. Members collaborate on identifying new programs and initiatives relevant to their counties and work to enhance community support for behavioral health issues. Mayor Bradley, an Advisory Board of Trustees member since 2002, replaced Mayor Bill Orange of Cheatham County, who had served as chair since 2006.

Centerstone Staff Member Receives Child Advocacy Award

Centerstone Training Manager, Tom Murdock received the Child Advocacy Award from the Mid-

Cumberland Council on Children and Youth (MCCY). The award recognizes Murdock's advocacy work to improve the quality of life for Tennessee children and families. Murdock has been an active member of MCCY for five years, serving three terms as the organization's president. He has also served as MCCY's vice president. As Centerstone's Training Manager, Murdock provides training and quality oversight for Centerstone's programs for children and youth. He has been employed by Centerstone for 20 years.

Centerstone Named Best Recovery Center by ClarksvilleNow.Com



Rebecca Gibbs, Centerstone intern from Austin Peay State University; Stacey Coulter, Centerstone Clinic Manager; Yvette McCutchen, Centerstone Community Liaison; Menzo Faassen, Centerstone Therapist; and Vicki Burnette-Bailey, Centerstone Therapist accept the 2010 Community Choice Award for Best Recovery Center.

Centerstone was named Best Recovery Center by the website, ClarksvilleNow.com. Centerstone received the distinction during the website's 2010 Community Choice Awards. ClarksvilleNow.com's Community Choice Awards recognize local businesses and professionals in a variety of categories by allowing readers to nominate and vote for their top choices.

Two Centerstone Programs Recognized by Tennessee Association of Mental Health Organizations



Bob Vero, Centerstone CEO and Camille Lashlee, Centerstone Program Manager for Prevention Services accept the 2010 TAMHO Program of Excellence Award for the Violence and Bullying Prevention Program alongside Dick Blackburn, Executive Director for TAMHO.

Two Centerstone programs were recognized by the Tennessee Association of Mental Health Organizations (TAMHO) during the organization's annual Awards and Recognition ceremony. Centerstone's Violence and Bullying Prevention Program was named the 2010 Program of Excellence. The program, which is funded by the Tennessee Department of Mental Health, educates fourth and fifth grade students about conflict resolution strategies and skills to reduce incidents of violence and bullying.

The Tennessee Recovery Project was also honored by TAMHO for its role in providing counseling and support to those who were impacted by the 2010 historic floods.

Centerstone Research Institute Secures \$1.5 Million Federal Grant to Implement Substance Abuse and HIV Prevention Services in Tennessee

Centerstone Research Institute (CRI) secured a five-year, \$1.5 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Prevention (CSAP) to provide substance abuse and HIV prevention services to at-risk young adults, ages 18-24, in six Tennessee counties. The focus area of Montgomery, Cheatham, Dickson, Houston, Robertson and Stewart counties was chosen for its high concentrations of young active duty military members and college students.

Centerstone Expands Mental Health Services in Humphreys County and Coffee County Schools

Centerstone is partnering with the Humphreys County School System's Office of Coordinated School Health to implement school-based counseling services in McEwen Junior High School, McEwen High School, Waverly Junior High School and Waverly Central High School. Funding for the program is provided by the Tennessee Department of Mental Health and the Tennessee Department of Education. Additionally, Centerstone's school-based services expanded to Coffee County, with teacher/counselors now serving students and families at Hillsboro Elementary School and North Coffee Elementary School.

Centerstone's Tennessee Recovery Project Team Partners with Middle Tennessee Girl Scout Troops to Provide Holiday Ornaments for Flood Victims



(L to R, front row) Girl Scouts from troop 674, Ilah Waals, Claire Rohledler and Grace Sullivan present handmade ornaments to Tennessee Recovery Project staff members (L to R, back row) Barbara Polidura and Mary Spurlin.

Centerstone partnered with Middle Tennessee Girl Scout troops to provide holiday ornaments to individuals and families impacted by floods that devastated the Middle Tennessee region in May 2010. Created and donated by more than 100 Middle Tennessee Girl Scout troops, nearly 2,500 ornaments were delivered to flood victims by Centerstone's Tennessee Recovery Project staff members.

The Tennessee Recovery Project is a grant awarded to the Tennessee Department of Mental Health (TDMH) from the Substance Abuse and Mental Health Services Administration (SAMHSA) in conjunction with the Federal Emergency Management Agency (FEMA). The grant provides free crisis counseling and educational information to individuals impacted by the severe storms, historic flooding and tornados. Centerstone is one of five behavioral healthcare providers that received grant funding to implement the Tennessee Recovery Project.

Centerstone Expert Begins "Wellness Wednesdays" Series 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 bi-weekly guest on the popular program. Appearing every other Wednesday during the 7:00 a.m. hour, Gillpatrick offers wellness tips for viewers on a variety of topics. "Tennessee Mornings" airs weekdays from 5:00 a.m. – 9:00 a.m. on Fox 17. ■

Centerstone leaders attend ICISF 11th World Congress on Stress, Trauma and Coping in Baltimore, MD.



Bob Vero, Centerstone CEO; Richard Serino, FEMA Deputy Administrator; and Becky Stoll, Centerstone Crisis Services Director.



Becky Stoll and Bob Vero join Sheila Dail, US Airways "Miracle on the Hudson" Flight Attendant and Jeff Skiles, "Miracle on the Hudson" Co-Pilot.

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Centerstone offers Mental Health First Aid training

Mental Health First Aid USA is a groundbreaking public education program that helps the public identify, understand and respond to signs of mental illnesses and substance use disorders. It is offered in the form of an interactive two-day course that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments. Courses are led by Susan Gillpatrick, Centerstone Crisis Management Specialist and are open to the public. To register, or for more information, please visit www.centerstone.org/training or call Susan at 615.202.2580 ■

