

Reclaiming Lives

A PUBLICATION OF CENTERSTONE

ISSUE TEN

**WHAT IS
INTERMITTENT
EXPLOSIVE DISORDER?**

**COMBATING . . .
OBSESSIVE-COMPULSIVE
DISORDER**

**A TRADITION OF SERVICE:
THE LEGACY OF
CONNIE SUMMERS**

**LEARNING TO
HEAL
MEET CRYSTAL**



CENTERSTONE

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CENTERSTONE

IN THIS ISSUE

COVER STORY

Learning to Heal 1

FEATURE

A Tradition of Service:
The Legacy of Connie Summers 4

PHILANTHROPY IN ACTION 6

PHYSICIAN SPOTLIGHT 8

WHAT IS

Intermittent Explosive Disorder? 9

COMBATING. . .

Obsessive-Compulsive Disorder (OCD) 10

HEALTH AND WELLNESS

Can your Life Be Full with an "Empty Nest"? 11

NEWS AND NOTES 12

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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 50 facilities and 160 partnership locations across Middle Tennessee, Centerstone serves nearly 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.



LEARNING TO *Heal* MEET *Crystal*

“**M**om, I can’t find my other shoe! It’s not where you said it was,” says Crystal, bouncing through the living room like any energetic 10-year-old girl.

Her bright pink and orange ruffled skirt swings around her, as she finally locates the matching neon-colored sneaker. She slides it on, relieved.

“See, right next to the couch – right where I said it was,” says Crystal’s mom, Dawn, entering the living room with her morning cup of coffee.

Crystal’s outfit now complete, the two settle in on the leather couch together. They are a close family – Dawn and her spirited daughter, living together in a quaint house near downtown Nashville.

A brood of neighborhood cats and dogs come in and out of the family’s front yard like it’s their own – Crystal acting as their neighborhood caregiver.

“It’s either Tiger or Smokey,” Crystal says, when a cat strolls by the front window. “During the summer I take care of them. They live across the street, but they come over and I take care of them.”

A NIGHT AND DAY DIFFERENCE

Enthusiastic about life and all its adventures, you would never guess that by the time Crystal McQueeney was nine years old, she’d had more run-ins with authorities than most adults could accumulate in a lifetime.

“The District Attorney’s office called me once and said they couldn’t believe her record belonged to a [then] nine-year-old,” says Dawn. Dawn said Crystal’s angry and erratic behavior began a few years ago and came on overnight. There were no warnings, no triggers.

continues on page 2



“IT WAS LIKE A LIGHT-SWITCH WENT OFF. ONE DAY SHE WAS FINE, AND THEN SHE JUST STARTED HAVING THESE OUTBURSTS.”

“It was like a light-switch went off,” she explains. “One day she was fine, and then she just started having these outbursts.”

A straight-A student, the explosive behavior followed Crystal to school. She eventually was expelled and asked to find another school. However, her behavior at the second public school was no better than the first.

“I always knew I wanted to be a good student,” says Crystal, adjusting the pink flower pin holding back her long, brown hair. “But I didn’t get along with those teachers there. They couldn’t give me what I needed. It made me so angry.”

Dawn was at a loss. Her honor student was suddenly being suspended every other week. She was left scrambling – searching for a solution to this new and confusing problem, and all the while watching her daughter struggle to control her emotions.

“I knew that it wasn’t doing Crystal any good to be suspended over and over again,” says Dawn. “It got Crystal temporarily away from the other students and stopped the distraction, but she was at home and missing out on her education. She needed to be treated, not punished.”

Dawn took Crystal to a family physician. There, she was told they didn’t know what was wrong with her, if anything. But the violence and outbursts continued.

After a particularly bad episode at school, a mobile crisis unit was called to de-escalate the situation. This spurred a trip to Monroe Carell Jr. Children’s Hospital at Vanderbilt for a full evaluation. The Tennessee Department of Children’s Services was even called because they feared Crystal could be suffering from abuse.

“It was ridiculous,” says Dawn, shaking her head. “I told them she isn’t being abused at home –

she’s being abused by her disease. As a mother, I knew something was wrong. I just had to convince everybody else of that.”

ANSWERS, CLARITY AND PROGRESS

After ten days at Vanderbilt Hospital, Dawn learned about a unique school in Davidson County – Murrell School.

Murrell School is a metro public school with a 100% Special Education population consisting of students with severe emotional and behavioral disabilities. The structure at Murrell demonstrates integrated care, providing counselors, therapists, nurse practitioners, psychiatrists and dedicated case managers, in addition to the teachers, for each student. There is a Centerstone counselor in every classroom.

“Murrell is unique because it allows us to provide the customized level of care that our kids need to thrive and

learn,” said Rhonda Jones, Centerstone School-Based coordinator at Murrell School. “All of our students are here because they need something they weren’t getting elsewhere. Working daily with Centerstone counselors and case managers allows them to grow and learn on so many levels, while giving them the skills they need to eventually transition back into mainstream public schools and be successful.”

It was the answer to Dawn’s long search for help.

“I knew there had to be somewhere like Murrell that could help Crystal,” says Dawn. “The classes are smaller, the teachers provide more attention to each student and Crystal can get the support she needs.”

Once enrolled in Murrell School, Crystal began working regularly with Centerstone counselors and case managers. She was officially diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), a mood disorder and Intermittent Explosive Disorder (IED).

“Centerstone and Murrell heard us,” says a thankful Dawn. “They understood what Crystal was going through. They didn’t look at me like I had ten heads when I told them we needed help, and why.”

“That would be funny,” says Crystal with a smirk. “If you had ten heads.”

Dawn smiles and shakes her head at her daughter – who laughs uncontrollably at the thought of her ten-headed mother.

A NEW BEGINNING

“It’s different at Murrell and working with Centerstone,” says Crystal, as she walks to the front door to see Lady Bird, the dog that is visiting from

“KEEP FIGHTING AND SEARCHING FOR THE BEST TREATMENT OPTIONS FOR YOUR KIDS. EDUCATE YOURSELF ON THE OPTIONS.”

across the street. “I have sessions with counselors that help me get the bad things out.”

The changes in Crystal have been gradual but steady since beginning her treatment with Centerstone and attending Murrell. Having fewer outbursts and behavioral problems these days, her mom hopes Crystal may be able to transition from Murrell to a preparatory school this school year.

“We’re still learning,” says Dawn, looking over at her daughter. “There are other parents out there struggling with the same things, and my advice to them is to not give up. Keep fighting and searching for the best

treatment options for your kids. Educate yourself on the options.”

Now outside in the front yard, Crystal twirls in her skirt and poses, when she’s not fussing at Lady Bird for pawing the fence open. She acts like every 10-year-old girl enjoying a summer day. As she strikes a pose, Crystal says she wants to sing and dance when she grows up. She already writes her own music.

“Well, sing, dance and be a vet,” she adds. “I’m not sure what I’ll do next year. All I know is I’m happy, right now!”

As her beaming mother looks on, Crystal giggles, throws her arms in the air and strikes another pose. ■



A Tradition of Service: The Legacy of Connie Summers

For many of us, our passion for the work we do is shaped by our early influences. These people instill values and traditions that live on through us, along with their legacies. This is certainly the case with Connie Summers and his daughter, Centerstone Board Chair, Lee Ann Ingram.

Connie Summers is an unassuming and soft spoken man. Equally quick to dismiss his own contributions to the advancements in mental healthcare as he is to elevate the roles of others, Summers is reticent to take credit for his achievements. What is certain is that Summers played a key role within a group of visionary community leaders who ultimately changed the Community Mental Health System in Tennessee. And, in doing so, gave hope to countless individuals and families who believed that a mental health diagnosis meant a life sentence in an asylum devoid of any possibilities for a successful life outside the institution walls.

In the 1950s and 60s behavioral healthcare looked very different than it does today. Mental illness was misunderstood, stigma was prevalent, and treatment options were extremely limited. Our healthcare system was ill-equipped and medical science was only in the early stages of discovering suitable pharmacological solutions. In addition, there was no groundswell of support for Community Mental Health. Although The Community Mental Health Act, an act to provide federal funding for the creation of community-based outpatient mental health centers in the United States, was passed in 1963, it still required community engagement and education before its adoption would be felt nationwide.

By 1963, Connie Summers had already earned his law degree from Vanderbilt University and had two years of service as the President of the Nashville Mental Health Association under his belt. His experience, coupled with the fact that as a child he actually lived on the campus of the Central State Hospital where his father was a resident physician in the forensics unit, made him ideal for the role of advocate.



Lee Ann Ingram with her father Connie Summers.

Armed with the belief that there had to be a better treatment for those living with a mental illness, other than chaining patients to beds and isolating them in state mental institutions, he hit the road to promote the Community Mental Health System. Talking to county commissions, health commissions, sheriff's departments, and anyone else who would hear him, Summers was on the ground and rallying Tennessee to change. By traveling all over the state and lobbying in Washington, D.C., he encouraged political, business and healthcare leaders to support the establishment of community-based mental health centers throughout the state.

"I knew we had to get these people out of the hospitals," says Summers. "Even when I was just a boy living at 'Central State,' I knew the patients were just like you and me; they just needed proper treatment."

His efforts worked. By 1964, Community Mental Health Centers were opening throughout the State, providing Tennesseans an outpatient alternative --all of this being accomplished outside of the State's regional mental health institute system and, moreover, at a reduced cost of care.

Summers' work was not done though. He went on to serve as board president of Tennessee Mental Health Association and chair the Governor's Advisory Committee for the Establishment of Community Mental Health Centers. Later, he served for 12 years on the board of directors for the Dede Wallace Center, which later became Centerstone. He helmed this board as its chair in 1970, 1971 and 1976.

While Summers worked tirelessly to advance behavioral healthcare, he and his wife were also raising their four young children. At least one of these children, Lee Ann, would grow to share her father's passion.

"My father instilled in me the inability to just accept that 'this is the way things are,'" says Lee Ann (Summers) Ingram. "He was never comfortable seeing people receive inadequate treatment. It just wasn't acceptable to him. His passion to affect change and advocate for humanity, no matter what the challenge, has always inspired me. My work today is a tribute to that."

"MY FATHER INSTILLED IN ME THE INABILITY TO JUST ACCEPT THAT 'THIS IS THE WAY THINGS ARE.' HE WAS NEVER COMFORTABLE SEEING PEOPLE RECEIVE INADEQUATE TREATMENT."

Today, Lee Ann carries on her father's legacy at Centerstone. She serves as Chair of the Centerstone of Tennessee Board of Directors. She works tirelessly in this leadership role and in her role as a financial supporter of Centerstone as well. Through her contributions, she's seeded Substance Use Intervention programs, Coaching4Teens, which helps teens find balance in their lives and map out their goals for a successful future, new buildings and even an outpatient office on Harding Pike to increase Centerstone's visibility in West Nashville.

Because the small moments in life can make the largest echoing differences, Summers recalls a time when he and his family were in Norfolk, Virginia and a simple moment between a father and daughter. He and a very young Lee Ann were walking through town, getting supplies for their temporary summer home where the family would reside while Summers served in the Navy Reserves. They came upon a blind man selling pencils. Summers led his daughter past the man, not slowing to buy a pencil or make a donation. She inquired about why they hadn't stopped to help the man, to which Summers responded that there are "state programs to do that." A confused Lee Ann responded, "But we have so much more than him. Shouldn't we stop and help him?" Summers, moved by his daughter's uncomplicated wisdom and kindness, turned back and made a donation in the man's cup.

Summers says this wisdom stuck with him throughout the years and that he often draws upon the simple philosophy today. As does his daughter, Lee Ann Ingram, who may have been an early inspiration for the man whose life's work, in turn, instilled unto his family a dedication to service and commitment to helping others "when you have so much more" to give. ■

philanthropy in action

Centerstone Ambassadors Circle Event Focuses on Cyberbullying

Recently, the Centerstone Ambassadors Circle convened at the home of Dana and Bond Oman. The event focused on a growing epidemic endangering our youth today – cyberbullying and online privacy. Nearly 80 Ambassadors and special guests, including Robert E. Cooper, Jr., Tennessee Attorney General and Lisa Quigley, Chief of Staff for Congressman Jim Cooper attended the event.

Deborah Taylor Tate, Former Commissioner of the Federal Communications Commission and Centerstone

Board Member, gave a presentation on the startling dangers our youth are facing online. To protect children, she encouraged parents to educate themselves and be diligent in monitoring their child's online habits.

Empowerment, awareness and education were overriding themes of the program. Dr. Bob Vero, Centerstone CEO, closed the evening by highlighting the significant ways Centerstone is leading the fight against what is becoming a digital public health crisis. For more information regarding the Ambassadors Circle, please contact foundation@centerstone.org.



l to r, Centerstone Board Members Dana Oman and Deborah Taylor Tate join Annette Eskind at the Ambassadors Circle event.



l to r, Dr. Bob Vero, Centerstone of Tennessee CEO; Jenny Hannon, Montgomery Bell Academy Director of Alumni and Development; Robin Hopp, Centerstone Ambassador Circle Guest; Bond Oman, Oman-Gibson Associates CEO; and David Guth, Centerstone CEO.

Join us at the Hillsboro Village Art Walk benefiting Centerstone!

December 5, 2011 5 p.m. – 8 p.m.

Please join us for this exciting event in Nashville's historic Hillsboro Village.
Each month, the Art Walk features artists, bands, authors, food and fun for the whole family.

Independence Day Events Benefiting Not Alone Prove to Be Huge Success

Hundreds of people attended the First Annual Not Alone Freedom Fest held on July 3 at Hall of Fame Park in downtown Nashville. Visitors enjoyed great music, vendors and food while local servicemen and women were honored throughout the day.

On July 4, Not Alone was the official not-for-profit partner for the Music City 10K/5K road race. The race brought over 1,000 runners together and raised more than \$6,200 in donations. In addition, soldiers in Kandahar, Afghanistan organized a race to coincide with the Music City event. ■

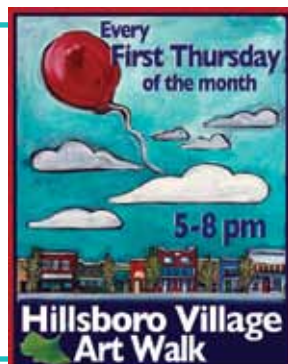


To find out how you can make a difference, contact the Centerstone Foundation at 615.463.6645 or foundation@centerstone.org

We invite you to join us at the December Art Walk, which will support Centerstone.

For more information visit www.hillsborovillage.com

or email alice.hudson@centerstone.org.



Why choose Centerstone as your philanthropy of choice?

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

At Centerstone, we provide our clients exemplary care for their conditions, but many cannot afford payment for their prescribed treatments. 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 provides individual and family counseling, serves our nation's returning warriors and their families, implements parenting, foster and adoption programs, helps families battle substance abuse and addiction, runs residential treatment facilities, provides school-based counseling programs and so much more.

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



Alicia Batson, MD

Dr. Alicia Batson has been a Centerstone psychiatrist since 2009. She works at Centerstone's Madison, Tennessee outpatient office.

Dr. Batson earned her undergraduate degree from Vanderbilt University and her medical degree from the University of Tennessee, College of Medicine in Memphis. She completed her residency in the Internal Medicine and Psychiatry Combined Residency Program at the University of Iowa Hospitals and Clinics in Iowa City.

Before working at Centerstone, Dr. Batson was Assistant Professor of Internal Medicine and Psychiatry at Vanderbilt University Medical Center.

■ Why do you choose to work at Centerstone?

Centerstone's patients really need us and often aren't in a position to help themselves. Therefore, I feel like Centerstone allows me to have the greatest impact on my patients' lives. Also, I'm so impressed with the quality of the organization and the staff here at Centerstone. They are natural problem-solvers and healers. Lastly, Centerstone allows me to teach others. Mental healthcare is hard to learn from a book -- you must experience it first-hand to have a full appreciation. Centerstone is unique as a community mental healthcare organization in its commitment to teaching and research and has allowed me to teach local medical residents and physician assistant students in the clinic. This is an invaluable and unique experience for those in training and says a lot about this organization.

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

Dr. Caroline Carney Doebbeling was my residency program director in Iowa City, IA. She helped me develop an appreciation for the affects that the mind has on the body and vice versa, through the Internal Medicine and Psychiatry Combined Residency Program.

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

The medical world is changing rapidly and has led to many significant advancements since I started medical school -- from the development of atypical antipsychotics to the Mental Health Parity and Addiction Equity Act of 2008, which has been instrumental in de-stigmatizing mental illness, to the hopes of personalized medicine, which will allow medications and dosages to be tailored to your specific patients' biomarkers and metabolism. They are already doing this with cancer treatments and research for mental health treatment is underway.

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

I'm very passionate about the benefits of fresh food and physical activity on overall health. We know that many chronic diseases, which are caused by lifestyle choices, can also adversely affect mental health. Currently, some insurance companies, as well as policymakers, are starting to recognize the connection and incentivize people to eat more fresh fruits, vegetables and whole grains, and stay active.

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

I have those experiences every day -- truly. Every single patient moves me either in a compassionate way, because of the great need they have for Centerstone's services, or in a rewarding way because of how we at Centerstone are able to help them. There are lots of specific, moving experiences in my career with Centerstone, but those everyday interactions are the best.

■ Tell me about your family.

I'm married to Bert Hartman, who also is a psychiatrist at Centerstone. We've been married since 1997, when we were in medical school together. Bert started at Centerstone as soon as we moved back to Nashville, while I worked at Vanderbilt. Now, we both enjoy working for Centerstone, but we are based at different clinic locations.

■ What would surprise people to find out about you?

When not at Centerstone, I spend a lot of time working on conservation issues and specifically, food and farming initiatives in Davidson County. I'm on the Nashville Farmer's Market Board of Directors and served on the Mayor's Green Ribbon Committee on Environmental Sustainability. Much of my passion for growing and eating fresh food comes from my husband, Bert. He was raised as one of six children on a farm, where his mother grew everything they ate. It's inspirational, and we grow much of our food year-round now. ■

what is intermittent explosive disorder?



Intermittent Explosive Disorder (IED) is an impulse-control disorder characterized by repeated episodes of aggressive or violent behaviors that seem to be unwarranted or out of proportion to the situation.

Intermittent Explosive Disorder is most common in people in their teens or 20s. In most cases, an IED diagnosis accompanies another mental health diagnosis.

More common than previously thought, studies show that IED affects as many as 7.3 percent of adults — 11.5-16 million Americans — in their lifetimes. According to a Harvard Medical School study, nearly 82 percent of people with Intermittent Explosive Disorder also had one another disorder, yet only 28.8 percent ever received treatment for their anger issues.

Displays of Intermittent Explosive Disorder may occur in clusters or be sporadic — occurring in between weeks or months of nonaggression. Despite the intense rage that often accompanies an explosive episode, people with the outbursts often feel remorseful or regretful after the fact.

Explosive episodes may be accompanied by:

- Rage
- Irritability
- Increased energy
- Tremors
- Palpitations or chest-tightness
- Headache or pressure in the head

It is suspected that a number of environmental and biological factors may contribute to the disorder. For example, exposure to violence or anger in the home can make it more likely for children to exhibit similar aggression. In addition, there may be a genetic component. Research shows there may be a difference in the way chemicals like serotonin and testosterone function in the body of someone with the disorder.

Treatment is effective and usually includes medication and individual or group therapy. If you are concerned about yourself, a patient or a loved one because of repeated emotional outbursts, Centerstone can help. Call us anytime at 888.291.4357. ■

Combating . . . Obsessive-Compulsive Disorder (OCD)

Obsessive-compulsive disorder (OCD) is an anxiety disorder that affects about 2.2 million American adults. The disorder can be accompanied by eating disorders, other anxiety disorders or depression.

OCD gets its name from its two main symptoms: obsessions and compulsions.

People with OCD have persistent, unreasonable and unwelcomed thoughts, images and fears – or obsessions. Although a person with OCD usually realizes these obsessions aren't reasonable, trying to ignore them only increases anxiety levels.

Compulsions are overwhelming impulses to perform acts that serve as a coping mechanism, or an outlet to ease stressful feelings. Compulsions are typically repetitive and involve themes such as washing or cleaning, counting and checking for reassurances and orderliness.

People with OCD may be obsessed with germs or dirt and wash their hands over and over. They may be filled with doubt and feel the need to check things repeatedly. They may feel an overwhelming need to have things in a particular order and may even exhibit aggressive impulses.

There are a variety of successful treatments for obsessive-compulsive disorder. Research is resulting in new, improved therapies that can help people with OCD lead productive, fulfilling lives.

Treatment for OCD involves psychotherapy, like cognitive-behavioral therapy, in conjunction with medication, if needed.

Through cognitive-behavioral therapy, people learn how to identify distorted or unhelpful thinking patterns and develop a more adaptive response to fears. To treat an anxiety disorder like OCD, therapists may also use exposure therapy to confront a specific fear or memory, while in a safe and supportive environment.

Many people with anxiety disorders benefit from joining a self-help or support group where they can share their stories and achievements. Other healthy outlets, such as practicing relaxation techniques and regular exercise, can also help with recovery. People with OCD should avoid caffeine, illicit drugs and some over-the-counter cold medications, as they can exacerbate symptoms.

OCD is considered a lifelong illness that can become so time-consuming it interferes with daily life. If obsessions and compulsions are taking over your life, see your doctor or mental health care provider. By working with your provider, you can determine the best course of treatment for your specific needs.

For help with OCD or any other mental health or addiction issue, call Centerstone at 888.291.4357. ■





Can your Life Be Full with an “Empty Nest”?

Your “Soccer Mom” hat has been banished to the Goodwill pile in the garage. The game room is as silent as a church chapel. You and your casserole-carry tote have rolled off the PTA party planning committee. It’s official – your kids have departed and you’re sitting in an empty nest.

For many, this time can bring about feelings of boredom, sadness and gloom, but it doesn’t have to. Turn your grief into greatness– for you and your entire family.

Mourn the loss

Be aware that this is a life event that may cause sadness or sorrow. It is OK, and even healthy, to acknowledge the pain of the transition and feeling of loss in this life chapter. Grieve it, express it, accept it and grow past it.

Rewrite your routine

Acknowledge your need to make changes in your life, too. This may mean radically altering your routine. Brainstorm some new goals and consider new opportunities. Schedule your own priorities into your routine first, for a change. Realize self-care is not selfish!

Become a tech geek

Long gone are the days of the once a week, long distance phone call to your kid’s campus. Instead, learn a few texting tools or check out the video camera on your phone or computer. Also, consider staying in touch through social media.

Cultivate and rekindle existing relationships

Look to the people that bring out the best in you. Reconnect with your spouse and rekindle that relationship. Schedule weekly date nights or finally go on that vacation you’ve been postponing. Find support in friends who are experiencing their own empty nest. See this not as a time of loss, but as an opportunity to deepen existing relationships.

You will always be your kid’s parent, but the joys, blessings and challenges may be a little different. That’s OK. Your empty nest could be overflowing with a new and full life! What will you do first? ■

Susan Gillpatrick, Med, LPC, CTS, is a Crisis Management 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

Three Centerstone Leaders Honored as Health Care Heroes

Each year the Nashville Business Journal names a prestigious group of area leaders as “Health Care Heroes.” The annual award acknowledges local innovators, strategists and caregivers whose contributions to healthcare help make the industry one of the top drivers of Nashville’s economy. Centerstone is honored to have three employees make the 2011 list.



Becky Stoll

Congratulations to: Becky Stoll, Director of Crisis Services and Crisis Management Strategies, winner in the Mentor category; Dr. Ralph Barr, Senior Regional Psychiatrist, winner in the Physician category; and Ramona Rhodes, Vice President of Marketing and Public Relations, winner in the Behind the Scenes category. The winners were recognized in the August edition of



Dr. Ralph Barr



Ramona Rhodes

the Nashville Business Journal and during a special awards luncheon held in their honor.

Olivia Evans Honored after 24 Years of Service – Ken Saefkow Named Director for Adult Case Management

Olivia Evans recently retired after 24 years of dedicated service to Centerstone. Replacing her as Director for Adult Case Management is Ken Saefkow. Prior to this new position, Saefkow served as Training Director for Centerstone. Previously, Saefkow also served as a Program Manager for Adult Case Management, working under Evans for five years. Ken holds two Masters Degrees (MSSW and MBA). He also is a Licensed Clinical Social Worker (LCSW).

Karen Rhea, MD, Honored as NAMI Exemplary Psychiatrist

The National Alliance on Mental Illness (NAMI) 21st Annual Exemplary Psychiatrist Awards honors 15 doctors this year, including Centerstone’s own Chief Medical Officer, Karen H. Rhea, M.D. The awards have special significance because honorees are nominated by individuals and families whose lives are directly affected by mental illness. According to NAMI, the “Exemplary Psychiatrists Awards” honor psychiatrists who have “gone the extra mile” in their commitment

to excellent care, reducing the stigma surrounding mental illness and working closely with NAMI members in their communities on public education and advocacy.

Ben Middleton Appointed to Middle Tennessee Mental Health Institute Board of Trustees

Centerstone’s Chief Operating Officer for Clinic Services, Ben Middleton, was recently appointed to serve on the Middle Tennessee Mental Health Institute (MTMHI) Board of Trustees.



Ben Middleton

Middleton was officially invited to serve on the board by Tennessee Department of Mental Health Commissioner Doug Varney. The Tennessee Department of Mental Health operates five regional Mental Health Institutes, which provide inpatient psychiatric services for adults. They provide psychiatric services based upon the demonstrated and emerging best practices of each clinical discipline and are fully accredited, certified and licensed. The MTMHI Board of Trustees was established to advise the Chief Officers of each facility on the formulations of general policies; recommend and advise on legislation; and to advise and advocate for the facility and its needs.

Centerstone of Tennessee Welcomes New Board Member

Centerstone recently welcomed its newest Tennessee board member, Kelly P. Crockett, an active member of the Nashville community. In



Kelly Crockett

addition to her new position on the Centerstone board of directors, Crockett also serves as a board member of One Life, the Nashville Zoo and Night of Jade. She also actively supports Youth Town of Tennessee, Nashville Rescue Mission and the Oasis Center. Crockett is a member of the Tiffany Circle Red Cross and the People's Church. She holds a bachelor's degree in psychology from Lambuth University and a master's degree in counseling from Oral Roberts University.

Mental Health First Aid Equips Area Leaders

During May and June, more than 100 Nashville area leaders attended Centerstone's Mental Health First Aid course. Taught by Centerstone's Crisis Management Specialist, Susan Gillpatrick, the certification course helps individuals in the community understand mental illnesses and substance abuse disorders, recognize warning signs and respond appropriately to crisis situations.

Centerstone Prevention Services Partners with Youth Speaks Nashville

Centerstone's Prevention Services recently partnered with Youth Speaks Nashville to produce several videos and public service announcements (PSAs) aimed at preventing teen pregnancy for its newest program, Be in Charge. Youth Speaks Nashville is a not-for-profit presenter of spoken word poetry, education and youth development programs. Several youth poets with Youth Speaks Nashville performed during the pieces, which are helping launch the Be in Charge program. The videos and PSAs are available on the prevention services for youth website at www.whoyouwant2be.org and on television during top teen-rated programs.



Cast and production crew on the set of the Be in Charge PSA video shoot – from left to right: Scott Hutcheson, Cabedge Content Developer; D.J. Goller, Zoe Creative Director; Kimani Jones, Youth Speaks Nashville Poet; Sebastian Jones, Youth Speaks Nashville Poet; and Jillian Neal, Centerstone Media Specialist.

Centerstone Board Member Deborah Taylor Tate Named Special Envoy by the International Telecommunication Union

Centerstone Board Member, Deborah Taylor Tate, was recently honored for her work in online protection



Deborah Taylor Tate

for children. Tate was appointed a Special Envoy for the Child Online Protection (COP) Initiative of the International Telecommunication Union (ITU). COP Special Envoys are prominent individuals who do their utmost to support children's safety online and are willing to contribute to ITU's efforts to raise awareness around protecting children online.

Tate, often referred to as the "children's commissioner," was a leading voice on issues affecting families and children during her tenure on the Federal Communications Commission. She joined Centerstone of Tennessee's board of directors in 2002 as Chairman of the Board. In 2010, she also began serving on the Centerstone Research Institute Board of Directors. ■

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Centerstone's Career Resource Center Celebrates Successful First Year

On July 1, 2010 Centerstone opened our Career Resource Center, thanks to a grant from the U.S. 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).

The Career Resource Center offers healthcare education opportunities, job training, employment placement assistance and support services, including resume' and interview preparation training to people in several Middle Tennessee counties.

With offices in Columbia and Tullahoma, Tenn., the Career Resource Center has had a banner first year. Through training and certifying unemployed and underemployed workers, many displaced by layoffs from area plant closures, the Center produced 108 well-qualified graduates in its first year.

Entering its second year, the Career Resource Center is continuing to take applicants, but is also now seeking to partner with employers in Middle Tennessee. By offering a well-trained, credentialed and certified pool of valuable employees available for immediate hire, the Center is a real resource for local employers – all at no charge.

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