



The Newsletter of David Lawrence Center
CENTERED

● **MEET MENTAL HEALTH HEROES AT OUR KID-FRIENDLY GRAND OPENING CELEBRATION**



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Friday
May 12, 2017
3:30 - 6PM



Inside

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From the CEO
Scott Burgess

May is National Mental Health Month, a key time for us to raise awareness of mental health and addiction challenges. We have a wonderful celebration planned to get the message out that these are very serious conditions, yet very treatable conditions, and that DLC is a beacon of hope where new lives start.

Please join us! On **May 12, from 3:30 to 6 pm**, we'll host an exciting Open House on campus. We've planned a welcoming activity-filled day to help you learn more about health, understand what we do, and have a great time in the process.

You'll enjoy Grand Opening tours of our expanded Children's Outpatient Building, the new Genoa pharmacy and the new Healthcare Network primary care clinic. Ribbon-cuttings will take place as you watch!

"It takes a group of super-heroes in our community to bring exceptional health to everybody who needs it. Our Open House celebrates hero organizations that support mental health care."

– SCOTT BURGESS, PRESIDENT AND CEO

It takes a group of super-heroes in our community to bring exceptional health to everybody who needs it. Our Open House celebrates hero organizations that support mental health care. Meet their staff and get to know wonderful DLC partners guided by the same mission to provide amazing care to every person in our community.

You'll have a chance to meet a therapy dog and therapy horse, make art at the art therapy craft station, and watch a psychosis simulation. Through these experiences, you'll see how DLC tailors our therapeutic approaches to each unique client. Using a wide range of therapies – including music and spiritual therapy – we help each person find their unique pathway to hope and recovery.

I'll be there to share information and to listen to your insights in order to align our collective vision to ensure we meet our community's needs. In my view, our community members – you – are the best source of information on the care our community needs. Together we can and will expand world-class care that's available to everyone in need.

Visit our website for the schedule of events, activities and a complete list of hero organizations who will be present. I look forward to meeting you at the Open House – a day of fun and discovery for all!



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MISSION

Restoring and rebuilding lives by providing compassionate, advanced and exceptional mental health, substance abuse and integrated healthcare solutions, available to all.

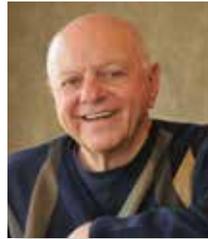
VISION

To lead the way in transformational care so every individual assisted can achieve what is possible.

David Lawrence Center is a not-for-profit, 501(c)(3) organization and is accredited by the Joint Commission on Accreditation of Healthcare Organizations. The Center is funded in part by the State of Florida Department of Children and Families (DCF) and the Department of Housing and Urban Development (HUD), Collier County Department of Housing, Human and Veteran Services, and private donations made through fundraising efforts.

DONOR NEWS

DLC Receives Major Gift from the Foglia Family Foundation



*By Vince Foglia,
Founder, Sage Products*

Our Foglia Family Foundation has donated a substantial amount to David Lawrence Center. We are happy to be able to help this terrific organization do work that is needed urgently.

My name is Vince Foglia. I'm retired from leading Sage, a medical supply company based in the Chicago area that was started in 1971 by myself and two others. Sage develops and manufactures healthcare products, marketing these mainly to hospitals throughout the U.S.

Ours is a private foundation; it accepts no outside money. We use it as a vehicle for charitable contributions. I like the feeling of helping people who are less fortunate. As Sage became more profitable, it allowed me to grow the Foundation.

Our board's two major areas of interest are education and health care. As part of our interest in health care, we've always supported high-quality behavioral health care, which includes mental health and addiction treatment.

We're aware of the behavioral health needs of young people, and that these are growing, with addiction rates and suicide rates soaring. There are all the conditions that go along with behavioral health problems – kids cutting themselves, anorexia and bulimia, to name a few. All require psychiatric help and a lot of it. And often this isn't even funded. People are stuck paying the costs themselves. It is charitable giving that saves them. Much of this care relies on donors. Yet even with charitable gifts, behavioral health organizations are still only able to scratch the surface of the need.

We at the Foglia Family Foundation see the need. We've also met young people who are back from the abyss and leading good lives. That is very encouraging. We know the Foundation is making a difference.

David Lawrence Center's efforts are very worthwhile. I came down to Naples



with my wife and son, and we were impressed by the people we met and the wonderful job DLC is doing. Everyone we met had the same mission of caring dedication. We were very pleased with what we saw. And so we granted DLC's request for support to expand their emergency services.

Most immediately, our gift will support the expansion of DLC's emergency assessment center and admission services, and make one bed in the expanded Children's Crisis Stabilization Unit operational."

- VINCE FOGLIA, DLC DONOR

Most immediately, our gift will support the expansion of DLC's emergency assessment center and admissions services, and make one bed in the expanded Children's Crisis Stabilization Unit operational.

The need is huge. And I find it very satisfying to be able to help. I'm having more fun giving my money away than I did making it – and I had fun making it! At the age of 81, I think about how my money will be used. I want to direct it where I want it to go, so I can rest in peace.



VINCE & PAT FOGLIA

SUCCESS STORY

Making a Difficult Journey with My Daughter

By Adrienne W.

My daughter, Carol, probably started self-harming at age 10. She was falling out of trees on purpose, and running into the corners of walls really hard. She was an agile child, so this seemed odd. But I knew nothing about self-harming. I figured she was trying to make us laugh, or going through an awkward period.

We moved from Ohio to Florida and Carol started 8th grade. I soon learned that Carol was cutting – splitting her thigh with a shaving razor. I learned in a chilling way. Casually looking at Carol's iPad, I saw an 800 number sent by her pediatrician. When I called the number, a man answered with the words, "Suicide Hotline."

I had no idea my daughter was in such pain. I immediately called her pediatrician to find out why she gave my daughter this number. I had a hunch Carol might be cutting. I'd seen gashes on her legs that required stitches. But she always claimed she'd gotten them stacking wood at her dad's house.

"I had no idea my daughter was in such pain. I didn't know what to do. We're blessed to have David Lawrence Center here in Naples. Now she has ways to deal with her feelings of shame, anger and sadness."

– ADRIANNA W., CAROL'S MOM

You see, my daughter had been this ball of light and energy as a child. And I still saw that little girl. So when I asked the pediatrician's nurse pointedly about cutting, her words stunned me: "Yes, I see a history of cutting."

I jumped on the computer to get information on self-harming. But a lot of the information either didn't make sense, or the studies contradicted each other. One site advised parents: "Don't take away their razor blades...it's a ritual for them..."

My thoughts screamed: *Don't take away their razor blades? She has razor blades?* One piece of advice was consistent: Start the conversation and be calm.

When Carol got home from school, I told her what I'd found out, and how. I said I'd do everything to help her. But despite seeing a series of therapists, Carol continued cutting. In her room – yes, I was searching it regularly – I found stashes of razor blades. Some blades were dirty. I found X-Acto knives from the school art room. I found pencil sharpeners taken apart.

Half-healed gashes and angry red scars covered my daughter's body. She'd started on her wrists, then progressed to her hips, shoulders, upper thighs, and calves. When she was in great pain, she cut her wrists lengthwise, deliberately slicing along arteries. I felt helpless. I'd say, "I'm going to stand

in the bathroom while you're showering." But she'd cut at two in the morning while I slept. There's only so much you can do...I repeatedly threw out her stashes, and let her know.

Carol kept saying, "I need tools." She felt sad and numb. Then I learned about her trauma. Between the ages of six and seven, Carol was repeatedly molested at her babysitter's home by the sitter's seven-year-old daughter and 12-year-old son. She felt guilt and shame. She felt violated.

Carol was Baker Acted after making a severe lengthwise cut on her arm – deep, long, bleeding. The doctor who admitted her to David Lawrence Center's Children's Crisis Stabilization Unit did so not for self-harm, but for being suicidal. I learned that Carol had tried to overdose on Tylenol. I'd never suspected. *You don't think your daughter will try to kill herself.*

When Carol came home, I didn't know what to do. She was on antidepressants. I was told to keep safety-checking her room. And she had weekly counseling. But it wasn't enough. She self-harmed in the middle of the night. It wasn't until a month later, when we entered the Community Action Team program at DLC, that we started receiving the services we both needed.

Since then, Carol has been using an arsenal of skills she learned there and in ongoing outpatient services at DLC. She has individual therapy and we're both in family group therapy that uses Dialectical Behavioral Therapy. Now she has ways to deal with her feelings of shame, anger and sadness.

Thanks to family therapy at DLC, Carol and I have a common language: "Mom, I'm going to use my 'stop' skill," she'll say. Or, "Mom, I need validation."

We're blessed to have David Lawrence Center here in Naples. The therapists are so invested in Carol. When the therapist comes to our house and knocks on the door, I say, "You don't have to knock. You're part of our family."

Carol, now 15 and a high school freshman, has dreams: Writing is a passion. So is music.

I know that whatever my daughter does is going to be outside-the-box and amazing. She will change lives. Perhaps by retelling her journey and helping people through this difficult path.



David Lawrence Center SPECIAL EVENTS

Sound Minds Mental Health Symposium

In March, David Lawrence Center along with our education partner Naples Children & Education Foundation were honored to host renowned psychologist, educator and author Kay Redfield Jamison, PhD as the keynote speaker for our third annual Sound Minds Mental Health Symposium. More than 300 people turned out to hear her incredibly personal journey to brain health after suffering a psychotic break and being diagnosed with bipolar disorder. The crowd was given an opportunity to submit questions to Dr. Jamison in an in-depth Q&A with board member L. Patt Schneider, PhD and they had a chance to meet her during the book signing and reception. The event raised \$20,000 thanks to the generosity of our sponsors and VIP guests who were treated to an intimate wine dinner and autographed book the evening prior to the symposium.



L. PATT SCHNEIDER, KAY REDFIELD JAMISON



CHRIS VOTOLATO, KATIE PTASZEK



BRIANNA ANDERSON, JILL CICCARELLI RAPPS, GAYNELL ANDERSON



DEBBIE WHITE, ANDREW PORIO, NANCY DAUPHINAIS, DARCY TAYLOR



BEN MARTIN, PATT SCHNEIDER, KAY REDFIELD JAMISON, POLLY KELLER, TOM SCHNEIDER, SUZI MARTIN



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NAMI of Collier County
Publix Supermarket Charities

St. Patrick's Day Parade

This March, David Lawrence Center partnered with Fidelity Investments and PBS Contractors to spread our #BeHappy message to more 40,000 parade goers at the 41st Annual St. Patrick's Day Parade. DLC's Blueman mascot was there along with many volunteers, staff members and their families who joined in on the fun of encouraging everyone to "mind their mental health".



ROB WILKINSON, MELODI AND RHYS GAIDE, AMANDA BEIGHTS



DLC BLUE MAN



ISABELLA KLEIN, RYAN MEISTER, DLC BLUE MAN



FIDELITY INVESTMENTS, PBS CONTRACTORS

David Lawrence Center SPECIAL EVENTS



JENNIFER DENIKE, NANCY DAUPHINAIS



AUDIENCE MEMBERS ENJOY SPELLIFE



AUDIENCE MEMBERS ENJOY SPELLIFE



GLENNON DOYLE MELTON



AUDIENCE



CRYSTAL ANDRUS MORISSETTE



DARCY TAYLOR

SpellIFE Women's Wellness Summit

In April, DLC was honored to be the recipient of the proceeds from the SpellIFE annual women's wellness summit. Bestselling authors and keynote speakers Glennon Doyle Melton and Crystal Andrus Morissette joined other local and national presenters as well as resource exhibitors to help women live physically, emotionally and financially richer lives. This year's "Be {YOU} tiful: Inside and Out" theme offered the more than 350 attendees the insights and resources needed to pursue a wellness-focused lifestyle. We are grateful to the SpellIFE hosts, A Euphoric Living Foundation, Inc., and eBella magazine, for the generous \$4,000 donation and wonderful opportunity to share our mission.

.....SAVE THE DATE.....

YOUNG EXECUTIVES FRIENDRAISER MAY 11, 2017

Twice a year the DLC Young Executives gather to introduce new friends to our mission. For the upcoming spring event, we are mixing it up with a chance to learn more about our new partnership with Nearly New Thrift Store where 40% of proceeds from the sale of select items benefit David Lawrence Center. The networking event is being held in conjunction with Mental Health Awareness Month at the store located at 2397 Davis Blvd from 5:00 – 7:00 pm. Enjoy beer, wine and light appetizers at this casual networking event. The event is free to attend, however you are encouraged to bring donations of gently used clothing, shoes, home décor and household items and plan to shop til you drop!



YOUNG EXECUTIVES SUNSET CRUISE JUNE 15, 2017

Climb aboard the Naples Princess with the David Lawrence Center Young Executives for a fun-filled evening of networking, fundraising and philanthropy. The two-hour cruise along Naples Bay will feature a fun, festive atmosphere, music, hors d'oeuvres, drinks and a priceless encore performance of a beautiful Naples sunset. Casual red, white and "nautical" blue attire is encouraged. Price includes one drink ticket and a two hour sunset cruise. Boarding begins at 6:00 p.m.



Tickets are \$45 until June 2nd and \$50 thereafter until the day of the event. Don't miss the boat! This wildly popular annual event sells out every year.

For sponsorship or ticket information, visit DavidLawrenceCenter.org or call (239) 304-3505.

ISSUES & ANSWERS

New, Advanced Therapy Helps DLC Clients Suffering from Trauma



By *Natalie Garcia, LMHC, Director of Admission Services and Outpatient Therapy Services*

David Lawrence Center has added the evidence-based treatment tool called Trauma Incident Reduction (TIR) to our arsenal of outpatient therapies. Several of our therapists are already trained in the therapy and are using this effective technique to help clients suffering a wide range of aftereffects of trauma.

Traumatic Incident Reduction is a short-term, memory-based therapeutic intervention for children, adolescents, and adults traumatized by any severe and shocking event. These include accidents, injuries, childhood traumas, bereavement, violent crime, or any sort of loss.

“Traumatic Incident Reduction is a short-term, memory-based therapeutic intervention for children, adolescents, and adults traumatized by any severe and shocking event. The approach is designed to resolve symptoms of posttraumatic stress disorder, depression, anxiety, and low expectancy of personal success.”

– NATALIA GARCIA, DIRECTOR OF ADMISSION AND OUTPATIENT THERAPY SERVICES

The approach is designed to resolve symptoms of posttraumatic stress disorder (PTSD), depression, anxiety, and low expectancy of personal success. It does this by integrating or bringing into harmony aspects of the traumatic memory that have become detached from the person’s awareness.

TIR involves repeated viewing of a traumatic memory under conditions designed to enhance safety and minimize distractions. The clinician provides direction to the client to walk through the processing of the traumatic memory from

beginning to end. During the Trauma Incident Reduction, the clinician does not interrupt the processing of the incident by providing therapeutic evaluation.

TIR has been recognized by the Substance Abuse and Mental Health Services Center’s National Registry of Evidenced-Based Practice and Programs. It can also address unwanted, persistent emotions, sensations, attitudes and pains, even if a person has no conscious memory of traumatic incidents connected to that feeling.

TIR is a highly effective therapy. In most cases, it completely and permanently eliminates the symptoms of PTSD. It also provides valuable insights into how the traumatic incident has impacted the client which the viewer arrives at spontaneously, without any prompting from the facilitator and hence “owns” entirely as his own.

Resolution of symptoms can sometimes occur in as few as one or two sessions. However, a condition that has been in existence for a while, or that has many aspects, usually takes longer to completely resolve. A single incident, such as a car accident, is typically resolved for the client in a few hours. Larger issues, such as a lack of self-esteem or self-confidence, or ongoing relationship problems, which may have a number of contributing factors, can take several sessions to resolve.



FACT:

In the United States, 61 percent of men and 51 percent of women report exposure to at least one lifetime traumatic event, and 90 percent of clients in public behavioral health care settings have experienced trauma.

Source: National Council for Behavioral Health

HOLISTIC CARE

New On-Site Pharmacy Means One-Stop Shopping for DLC Clients

Now DLC clients can enjoy all the benefits of a one-stop-shopping experience that includes medications. That's because a new full-service Genoa pharmacy is open on the main David Lawrence Center campus.

"Having a Genoa pharmacy specializing in behavioral health medications on our campus is another important step in achieving integrated care," says Scott Burgess, President and CEO of David Lawrence Center. "By integrating Genoa's specialized pharmacists and pharmacy staff into our treatment team, we're able to

"As partners on our integrated care team, these specialized pharmacists are uniquely qualified to help our clients reach their health goals."

– SCOTT BURGESS, PRESIDENT AND CEO

provide a higher level of service to clients. We believe that the convenience of having this pharmacy on campus will improve our clients' medication adherence."

Burgess adds, "As partners on our integrated care team,



these specialized pharmacists are uniquely qualified to help our clients reach their health goals. We're very excited to welcome Genoa to our care team!"

The Genoa pharmacy offers many other advantages to clients and staff, notes Burgess. "Our clients will benefit from the interaction they have with the expert pharmacist. And being on-site lets their pharmacists and technicians work closely with prescribers, nurses, and caseworkers to provide the best possible care for each person."

While the new pharmacy specializes in behavioral health, they have the capacity to fill all medication prescriptions. "We are pleased that Genoa offers several packaging options that can be tailored to fit the needs of our clients," adds Burgess. "These options include specially-designed adherence packaging."



INNOVATION

DLC Now Using Pharmacogenetic Testing to Help Save Lives



Dr. Elena Zerpa,
*Child & Adolescent
Staff Psychiatrist*

David Lawrence Center has recently added pharmacogenetic testing for our clients, and this innovative tool is already proving extremely helpful.

You probably know that each of us has a unique genetic makeup. The genes we inherit from our parents determine characteristics like eye and hair color. What you may not know is that some genes determine how our bodies process medications.

"Using a pharmacogenetic test – based on saliva or a small amount of blood – DLC clinicians can tell if your genetic makeup will cause you to respond to a medication and if so, at what dosage."

**– DR. ELENA ZERPA, CHILD & ADOLESCENT
STAFF PSYCHIATRIST**

Now, using a pharmacogenetic test – based on saliva or a small amount of blood – DLC clinicians can tell if your genetic makeup will cause you to respond to a medication and if so, at

what dosage. We can also gather information about potential side effects.

This test is very helpful with clients for whom our normal procedure for prescribing medications isn't working; or for clients with complex conditions. We can now determine with greater certainty which medications may work best.

One of my clients, an eight-year-old boy with attention-deficit/hyperactivity disorder (ADHD), was not responding to the medications we commonly use for his condition. This test identified two medications that would work for him, and also revealed that he needed a higher dosage of one. He's now on medications tailored to his genetic makeup and age, and is responding very well.

As a child psychiatrist, I've seen children and parents get stressed by the often lengthy, trial-and-error process used to determine which medications to prescribe. Over time, some people stop trying, lose hope, and even discontinue treatment. This usually results in the child's condition getting worse, and in many cases can be life-threatening.

Advanced pharmacogenetic testing will not only help save time by minimizing the trial-and-error process of finding the right medications; we know it will help us save lives.



PARTNER FEATURE

Healthcare Network Moves In Launching a New Collaboration to treat the Whole Person



By *Michael Ellis,*
CEO, Healthcare
Network of Southwest
Florida

We are excited about the new collaboration that starts this month between David Lawrence Center and Healthcare Network of Southwest Florida. This alliance of two longstanding healthcare providers will benefit the clients and patients of both organizations, as it creates a new model for holistic care in our community.

Healthcare Network's focus on primary care – including family practice, pediatrics, internal medicine, women's

health, and dental care – combined with David Lawrence Center's wide range of mental health services, means that all the physical and mental healthcare needs of every client can now be met under one roof.

"Healthcare Network's focus on primary care – including family practice, pediatrics, internal medicine, women's health, and dental care – combined with David Lawrence Center's wide range of mental health services, means that all the physical and mental healthcare needs of every client can now be met under one roof."

– MICHAEL ELLIS, CEO, HEALTHCARE
NETWORK OF SOUTHWEST FLORIDA

Healthcare Network will place a family and internal medicine physician, nurses, and clinical staff on the DLC campus, so many DLC clients will be able to access the primary care they may have been missing. And since many Healthcare Network patients also need mental health services, this perfect marriage will let us care for the whole person, while serving a significant segment of Florida's population.

Healthcare Network of Southwest Florida is a federally-qualified health provider, which means we serve everybody who comes to us, regardless of insurance coverage or ability to pay, just as David Lawrence Center does.

Because we are a federally-qualified healthcare provider, our clients have access to the federal government's 340B Drug Discount Program, which provides deeply-discounted pharmaceuticals. That means our clients get the medications



SCOTT BURGESS, KAREN BUCKNER, MIKE ELLIS, STEPHEN WHEELER,
LOURDES ARAUJO



FIRST ROW: BONNIE FREDEEN, ELENA REYES, MARIBEL RIVERA, EMILY PTASZEK, KATHRYN HUNTER, DOUG JOHNSON, ALMA LITTLES. SECOND ROW: LARRY PHILLIPS, DANIEL MENDOZA, JAVIER ROSADO, LT. GEORGE WELCH, MIKE ELLIS, SCOTT BURGESS

they need at affordable prices.

Healthcare Network began partnering with David Lawrence Center on the Naples Children & Education Foundation's Beautiful Minds initiative, which greatly advances behavioral health for children, in 2011. Through that collaboration, we discovered our many shared goals. With a great deal of mutual respect and a collaborative spirit, we decided to deepen our relationship and embark on this new project.

In addition to serving children, our new collaboration will focus on adults who need holistic care. This will enable both organizations to create complete life-changing wellness for every person.

LOCATION & CONTACT INFO



MAIN CAMPUS 6075 Bathey Lane, Naples, FL 34116 | Admissions/24-Hour Emergency Services | 239.455.8500

IMMOKALEE SATELLITE SERVICES 425 North First Street, Immokalee, FL 34142 | 239.657.4434

HORSESHOE DRIVE SATELLITE SERVICES 2806 South Horseshoe Drive, Naples, FL 34104 | 239.263.4013



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