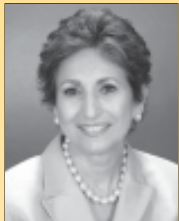


CENTERED



The Newsletter of David Lawrence Center & Foundation

Foundation Update: **SEASON IN FULL SWING**



Carol Shaw

Season is here and our Trustees are back in action and full of energy.

The Board accepted the Development Committee's creative fundraising plan that will lead us to financial success and help build a broader volunteer base. We intend to host a series of cocktail parties where guests will learn more about the Center's services and become engaged in our mission.

Board recruitment is a top priority. Having identified the needs of our Board composition, the Trustees are seeking community members who will complement the talents of those already involved.

The Beautiful Mind-Beautiful Heart cochairmen Elizabeth Star, Robin Stranahan and Sue Lennane are proving to be a powerhouse. Given our list of sponsors, patrons and guests to date, we are positioned to reach our goals.

The Encore resale shops are also showing record sales due to a variety of new marketing initiatives, investments in the stores and a great team of volunteers led by our new management team, Lynn and Charlene, who have worked magic in the last year.

We thank you for your continued support and for helping make this season a success.

Donor Feature:

LISA MERRITT: A WOMAN EXTRAORDINAIRE

All of our donors and supporters are extraordinary to us. In this issue of *Centered*, we feature one of those supporters whose irreplaceable and extraordinary support of our organization has recently been recognized by *N Magazine*. Lisa Merritt has been chosen as one of this year's Women of Style and will be honored at a luncheon in March.

In addition to managing an extremely successful, 18 year career with JP Morgan Private Bank as the Region Head for Southwest Florida, Lisa Merritt manages a busy home life with her husband and two children. This multi-talented woman also finds time to devote her talents and expertise to our organization.

Since the day she joined the David Lawrence Foundation Board of Trustees, Lisa has been an extremely active member. She currently serves as Treasurer, Chairman of the Finance Committee, a member of the Development Committee and chairman of one of our ad hoc committees. Her devotion to our cause is tireless.

Carol Shaw, Executive Director offers, "To call her an engaged member of the board is underestimating the contribution she makes to this organization. Her advice and support is always appropriate. Lisa is a genuine individual who is never too busy to help."



Lisa Merritt

In addition to her personal time and financial commitment, Lisa has helped secure major funding from JP Morgan Private Bank for the Foundation's initiatives. She is also taking an active role in helping to recruit

new board members.

Lisa offers, "If you're thinking about getting involved on a board, consider David Lawrence Foundation. This organization's success is all of our responsibility. Volunteering your time to help people in our community recover from a mental illness or substance abuse problem is so rewarding. As board members, we hear success stories all the time and are touched by how far people can come when the cost for treatment is not a barrier for getting the help they need."

2004-2005 BOARD OF TRUSTEES

Carol Shaw
Executive Director

Carol Ann May
Chairperson

Jean Ackerman
Clay W. Cone
Charles Denny
Elynor Flegel
Jan M. Goldsmith
Linda R. Malone
Lisa Merritt
Michael Morris
John Mueller
Jaynie Whitcomb
Joanne S. Wyss

2004-2005 BOARD OF DIRECTORS

Dave Schimmel
Chief Executive Officer

Linda Pezeshkan, CPA
Board President

Ken Abernathy, Esq.
Jackie Bennett
Mary Beth Forrester, Esq.
Justyna Cox, Ph.D.
Howard Crown, Esq.
Patricia Davis
John Gast, Esq.
Shaun Kelly, CPA
William P. Lascheid, M.D.
Thomas W. Morgan, M.D.
Richard Rice
Jon Staiger
Gail Webster
Reverend Albert Wingate

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 supported in part by private donations, the fundraising efforts of David Lawrence Foundation for Mental Health, the State of Florida Department of Children and Families, and Department of Juvenile Justice.

Editor Trista G. Meister

Issues and Answers: **ABOUT HOLIDAY PRESSURES**

The holiday season is a time full of joy, cheer, parties and family gatherings. However, for many people, it is a time of self-evaluation, loneliness, reflection on past failures, and anxiety about the future.

Factors that can cause holiday blues:

- Stress
- Fatigue
- Unrealistic expectations
- Over-commercialization
- Financial constraints
- Inability to be with one's family and friends

Demands of shopping, parties, family reunions and house guests also contribute to feelings of tension. People who do not become depressed may develop other stress responses such as: headaches, excessive drinking, overeating, and difficulty sleeping.

Even more people experience post-holiday let down after January 1, which can result from disappointments during the preceding months compounded with the excess fatigue and stress.

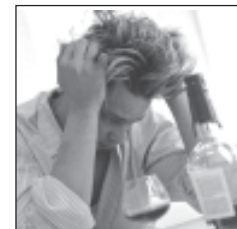
Coping with Stress and Depression During the Holidays:

- Keep expectations manageable

- It is okay to let yourself express sad or lonely feelings
- Be aware that excessive drinking will increase your feelings of depression
- Leave "yesteryear" in the past and look toward the future
- Do something for someone else
- Enjoy activities that are free
- Try something new
- Spend time with supportive and caring people
- Save time for yourself

At David Lawrence Center, after the holidays we often see an increase in admissions of people willing to take the first step in their road to recovery and wanting to start making changes in their life at the start of the new year.

If you or a loved one is thinking about getting help for a drinking problem or for holiday blues, anxiety or stress, call David Lawrence Center at 455-8500 for an assessment.



DLC TO LAUNCH NEW COMPREHENSIVE JUVENILE ASSESSMENT CENTER

In November, David Lawrence Center (DLC) entered into a \$100,000 annual contract with the Collier County Clerk of Courts to serve as the lead agency for a new, comprehensive Juvenile Assessment Center colocated at the Juvenile Detention Center. Currently, the Assessment Center serves children ages 7-17 who have been arrested and/or detained. In March 2005, the Center will begin accepting referrals from the community, including the school system and parents.

These youth and their families will receive the most efficient and cost effective way to access, intervene and collaborate on solutions that will help them become productive members of our community. DLC will provide a clinical assessment for each youth if indicated by an initial screening. A suicide risk assessment and comprehensive mental health and substance abuse assessment will be given. Treatment planning, case management and follow up services are also provided under the contract.

Special Events:

BEAUTIFUL MIND ~ BEAUTIFUL HEART SPONSORS HELP MEET GOALS

Our generous community has pulled together once again to support the Foundation's efforts by sponsoring our signature fundraiser, Beautiful Mind -Beautiful Heart. Below is a list of some of the individuals and businesses who are proudly taking part in this event:

Patron Party Sponsor:
FIFTH THIRD BANK

Corporate Sponsors:
JP MORGAN PRIVATE BANK
JIM AND SUE LENNANE
PAT AND ROBIN STRANAHAN
KERMIT AND JENNY SUTTON
COX AND NICI ATTORNEY'S AT LAW
RELLEUM, INC.
PREMIER PROPERTIES/LUTGERT COMPANIES
LUTGERT SMITH LESHER INSURANCE
SUNTRUST BANK
FIDDLER'S CREEK
KRAFT CONSTRUCTION
ANTARAMIAM DEVELOPMENT CORPORATION
WCI
FOX 4 NEWS
NAPLES ILLUSTRATED

Our sponsor's generous contributions will help fund the cost of bringing keynote speaker Ben Stein, economist, author, comedic actor, gameshow host and teacher. Guests will also take part in honoring Michael Morris as our Beautiful Heart for his decade of involvement in the Center and Foundation mission. Having served as the President of both Boards, Chairman of the Foundation's first ever Endowment Campaign and lending his time and talents has made him the perfect choice for this year's honoree.

The event is scheduled for January 27, 2005 at The Registry Resort. Invitations have gone out, but it isn't too late to purchase a ticket. The cost to attend the dinner is \$400 per person/\$4,000 per table of ten. The cost to be a patron and attend the exclusive cocktail and hors d'oeuvres reception with Ben Stein is \$1,000 per person. Call the Foundation at 354-1434 for more information.



Client Success Story: CROSSROADS OFFERS A NEW WAY OF LIFE FOR THE NEW YEAR



Jimmy Roberts abused drugs and alcohol for more than 20 years. Until 2003, he never really thought he had a problem. He had a beautiful new house and country club membership in West Palm Beach and a great job, but none of that success could prevent him from using. He eventually lost his job and his "life went down hill from there." In one year, he lost everything he owned and, for a short time, was driven to live on the streets. Things began to look up for Jimmy when a dear friend helped him begin to mend his relationship with his parents, who resided in Naples, and got him accepted into David Lawrence Center.

Jimmy was admitted into Crossroads, the Center's residential substance abuse treatment program, after receiving financial assistance through our sliding fee scale. The program taught Jimmy a lot about himself and his problem. He states, "My first day was scary, but the staff made me feel so welcomed. I came in thinking I only had a problem with drugs, but came out knowing it was with both."

Jimmy currently attends weekly meetings in our Aftercare Program and attends daily Alcoholics Anonymous meetings. He is proud of how far he has come and how happy and strong he feels. He adds, "Everything in my life has changed since I left Crossroads. My sobriety is #1. I just keep thinking about what DLC taught me."

Jimmy believes in his heart that if it weren't for David Lawrence Center & Foundation, he wouldn't be here today. Just in time for the new year, Jimmy now feels he has a new lease on life and he counts his blessings everyday.

239.455.8500
 davidlawrencecenter.org

LOCATIONS:

Main Campus

6075 Golden Gate Parkway
Naples, FL 34116
239.455.8500

Immokalee Satellite Services

425 North First Street
Immokalee, FL 34142
239.657.4434

Adult Substance Abuse Services

2806 South Horseshoe Drive
Naples, FL 34104
239.643.6101

Adult Community Services

209-219 Airport Road South
239.261.5148

Children's Community Services

239 Airport Road South
239.263.4013

Employee Assistance Services

Life Works of Naples

3400 Tamiami Trail North, Suite #204
Naples, FL 34103
239.435.0400/239.435.0202

Child's Path Preschool

3144 Santa Barbara Boulevard
Naples, FL 34116
239.353.4144

Encore

28 10th Street South
Naples, FL 34102
239.262.5558

Encore Once More

3105 Davis Boulevard
Naples, FL 34104
239.775.0032

For information on volunteer opportunities available at the Center and Foundation please call 354-1484.



Encore Resale Shops:

VOLUNTEER SEASON KICK OFF RECEPTION

To welcome back many of our seasonal volunteers and kick off the season, Encore Managers, Lynn Bond and Charlene Dailey, held a volunteer wine and cheese reception. Volunteers got reacquainted, new introductions were made and volunteers signed up for their new schedules.

Encore would not be successful if it wasn't for the dedication of our volunteers and we thank each and every one of them for their time. To become a volunteer, call 775-0032 or 262-5558.

Welcome to the following new volunteers:

- Peggy Cermak**
- Mandy Dailey**
- Marnie Detheridge**
- Mindy Fitzpatrick**
- Judy Heathcote**
- Mary Uhl**



Mandy Dailey and Janet Geniusz



Ingrid Messner, Helen Krone and Lynn Bond