

# CENTERED



*The Newsletter of David Lawrence Center & Foundation*

## TOURS HELP EDUCATE THE COMMUNITY



**Lisa Merritt** Welcoming individuals to tour the David Lawrence Center main campus on Golden Gate Parkway has always been an extremely effective tool in educating our community on the breadth and depth of the Center's great work. In fact, it was the tour I took of Bridges, the Children's Residential Psychiatric Treatment Program, that actually convinced me to join the Board.

Each year, the effectiveness of community tours is reiterated when we host the Greater Naples Leadership Class, a group of community advocates, for a tour and to hear directly from our clients how they were helped by the Center's programs. We always receive excellent feedback and guests show amazement at how much the Center does for our community. Through the tours, we hope to be able to encourage these leaders to assist us in our efforts to garner support for the Center's programs.

As a result of this success, the Board wants to make a more concerted effort to open these tours up to additional people in our community. As a result, we now have a set schedule for community tours. Please plan to join us for a "Third Thursday Tour" which will be given regularly on the third Thursday of every month at 10 a.m.

## DAVID LAWRENCE CUP WORTH THE WAIT

After a one year hiatus and a reinvention of sorts, the David Lawrence Cup Pro-Am Golf Tournament was a huge success and well worth the wait. Golfers and supporters joined us for a fun filled day of friendly competition at the beautiful and pristine setting of the Golf Club at Fiddler's Creek. Honorary Chairman Aubrey Ferrao and the golf committee which included Ben Bryant, John Henry, Dick Lynch, Bill Jensen, Charles Krause, Kim Minarich, Jeff Raimer and KJ Tenreiro delivered a spectacular day and evening with the first ever awards dinner which was open to non-golfing guests.

We would like to extend a sincere thank you to this year's sponsors which included: The Golf Club at Fiddler's Creek, FoxFire Country Club Bigham Jewelers, Mercedes Benz of Naples, A.G. Edwards, Publix Supermarket Charities, Gulfshore Insurance, Comerica Bank, DeVoe Family Automotive, Charles Goodman Foundation and the many local businesses that gave in-kind gifts towards the event.

We are already planning for next year's event. If you are interested in serving on the committee, call 304-3505.



*The 1st David Lawrence Cup Champions from Grey Oaks: Mike Marsh, Gary Baker, Rick Blossom & Steve Yasko (not pictured).*



*Ray Gerloff, George Pinckney, Dan Heaslip & David Benson from Windstar admire the prize on the Mercedes Benz Hole in One Hole.*



*Golfers hear the rules from Ben Bryant, Fiddler's Creek Golf Professional, before the shotgun start.*

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*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 BIPOLAR DISORDER TREATMENT

Bipolar disorder is a real illness just like heart disease. A person diagnosed with bipolar disorder will probably have to manage the illness for their entire life. Fortunately, today's treatment options help people live healthy lives with fewer symptoms or episodes of the disorder.

### Seeking treatment for bipolar disorder can help avoid:

- *Suicide:* Nearly one in five people with bipolar disorder commits suicide with the risk for suicide being the highest during the early years.
- *Alcohol and street drug abuse problems:* Over half of the people with bipolar disorder abuse drugs or alcohol. Some use drugs or alcohol to self-medicate making the condition worse.
- *Treatment Problems:* In some people with bipolar disorder, episodes become more frequent over time and can become harder to treat.

### Bipolar treatment has two goals:

1. *Acute treatment:* Getting the mood stable by managing the effects of a bipolar episode of mania, hypomania, depression, or mixed symptoms.
2. *Maintenance treatment:* Keeping symptoms under control to prevent the return of episodes.

### Bipolar treatment is likely to include three ongoing parts:

1. *Medication:* Needed by nearly all people with bipolar disorder
2. *Talk therapy:* So you can discuss your illness with a trained professional
3. *Support and education:* Helps individuals and families manage the disorder and prevent problems

Accepting that bipolar disorder is a lifelong illness is critical to the success of any treatment plan. Bipolar disorder is not cured when an episode ends. It can, and often does, come back if the illness isn't managed consistently and according to the recommendations of a trained professional.

## COME TAKE A TOUR

### Monthly Community Tours Are Now Open to the Public

Concerned citizens looking to learn more about the great work of the David Lawrence Center and Foundation are invited to tour the Golden Gate Campus. Monthly tours include visits to the Crisis Stabilization Unit, Bridges, Crossroads and Outpatient Services and conclude with a brief question & answer session.

**Third Thursday of Every Month**

**10 - 11 a.m.**

**Call 354-1434 to Reserve Your Spot**

*Hope to see you at our next tour on May 18, 2006.*

## *Featured Donor:* STRANAHANS SUPPORT PROGRAMS FOR TROUBLED TEENS



*Pat & Robin Stranahan*

Pat and Robin Stranahan first heard about David Lawrence Center nearly five years ago through a close friend who spoke very highly of the work that was being done at the Center. They quickly began supporting the mission by sponsoring and attending events, making annual contributions and eventually by volunteering. Robin put her managerial skills to work and marshaled the support of the community when she served as the co-chair for the 2005 Beautiful Mind – Beautiful Heart – one the event's highest grossing years.

The Stranahans were drawn to the mission because they were keen on helping young people who had gotten into trouble get back on the right path so they can make a positive contribution to society. They share, "We are aware the teenage years can be confusing with many temptations and it is difficult to get through without strain." Admittedly through various vantage points in their lives whether it was a business associate or a family member, they have seen how unmanageable a life can become through alcohol abuse. After getting involved and learning more about the Center's programs, they realized that having a safety net like DLC is critical to the well-being of our community and for the future of many young people who have gone astray.

The Stranahans encourage others in our community to get engaged in the Center's work by realizing the critical need. As proud parents of a focused, well-adjusted teenager, they want to see other, less fortunate children succeed. Pat shares, "We have to look after our seed crop – the children in our community. If we help them through difficult times, give them a solid upbringing and a good education, then as young adults then can try to make the world a better place than when we started."



## *A Success Story:* LIVING HAPPILY WITH BIPOLAR DISORDER

When Michelle reflects on the 25 years she spent tormented by what she now knows were severe bipolar episodes, she regrets not acting sooner. Her life is much less volatile now and the quality of the time she spends with her children is healthier, happier and more rewarding for them both.

She has to fight back tears as she reflects on some of her worst memories growing up. She shares, "On more than one occasion, I remember screaming at my reflection in the mirror and smashing it to pieces trying to stop the voices in my head from telling me, 'I wish you would die. Why don't you just kill yourself?' " During a 14 year period, the voices won and she attempted suicide five times before being Baker Acted to David Lawrence Center's Crisis Stabilization Unit where she was finally diagnosed with bipolar disorder.

Upon discharge, Michelle was referred to Outpatient & Medical Services and regular Bipolar Support Groups. She takes Lithium daily and works closely with her psychiatrist monitoring and reporting on the status of her moods so they can adjust her medications appropriately. She has learned to understand her disorder and now knows that her episode cycle is every five months - useful knowledge when adjusting to living with bipolar disorder. She uses group therapy to help cope with the daily pressures and relies on them for support during her episodes.

Today, Michelle holds down a steady job and is working towards a management promotion. She says, "For the first time in my life, I can actually see what is going on around me and I am parenting my children much better now." She is living proof that a bipolar diagnosis isn't the end of the world. For her it was the beginning - one filled with stability and happiness rather than the torment of untreated episodes.



# David Lawrence Foundation Annual Contributions & Gifts

Fiscal Year 2005-2006 Mid-Year Report For Donations Made Between June 1, 2005 and March 15, 2006\*

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We sincerely apologize for any errors or omissions.

\*Mid Year Donor Report does not include Endowment Campaign pledge payments or donations made to the Encore Resale Shops.



## *Special Events:*

### BEAUTIFUL MIND - BEAUTIFUL HEART



*Lynn Adams, Ruth Downs,  
Beautiful Mind Keynote Speaker Hugh Downs & Donna Haijtun*



*Beautiful Heart Honoree Dudley Goodlette & Barbara Goodlette*



*Dick Lynch, Jean Ann Lynch, Molly Hobgood, Christie Van Horn,  
Bill Hobgood & Charles Krause*



*Debra Schimmel, David Schimmel, Barbara Burkett & James Burkett*

### FRIENDRAISER PARTIES



*Rodney Shuckhart, Clay Cone, Alma Shuckhart & Mary Cone at the  
Friendraiser Party co-hosted by the Cones and Bill & Patricia Jensen.*



*John Ottina, Mollie Ottina, Molly Hobgood & Bill Hobgood at the  
Friendraiser Party they co-hosted at the Ottina residence.*

## *Donor Dollars At Work:* WINE FESTIVAL PROCEEDS TO BENEFIT CHILDREN IN CRISIS



*NCEF Trustees JD & Mary Susan Clinton Tour the Crisis Unit*

The Naples Children and Education Foundation (NCEF) has come through in a time of financial need for David Lawrence Center's Children's Crisis Stabilization Unit (CCSU), an underfunded, six bed inpatient facility for children in mental, emotional and drug related crisis. NCEF raises money through the now world famous Naples Winter Wine Festival and announced in April that David Lawrence Foundation would receive \$150,000 – the cost to fund one bed for one year.

During times of crisis, children admitted to the unit may exhibit suicidal thoughts, the hearing of voices, bizarre or threatening behavior, extreme emotional outbursts or other breaks with reality. This critical program provides 24 hour-a-day, seven day-a-week intense, short term residential intervention (two to four days on average) in a safe, secure facility.

After diagnosing and stabilizing the youth, they and their families are discharged to less restrictive, community-based care. A child's comprehensive treatment plan can include anything from residential treatment and case management to outpatient counseling and other community-based referrals such as foster parenting, housing assistance and educational testing. The CCSU is the only facility of its kind for children in crisis in Collier County. Without this program, children could go undiagnosed, untreated or worse could commit suicide or cause serious harm to a family member, guardian or teacher.

David Lawrence Foundation is extremely grateful to the NCEF Trustees and all of their supporters for believing in the Center's mission. Their continued financial support has had a significant impact on Collier County's most vulnerable souls.



## *Foundation Update:* BURKETT JOINS BOARD



*James Burkett*

James W. Burkett joined the David Lawrence Foundation Board of Trustees in February. He brings a wealth of qualified experience and enthusiasm to his new position. Wishing to

give back to his community, Jim has already hit the ground running putting his leadership skills to work as a member of the Board of Trustees.

Jim is a retired insurance executive. Most recently, he served as President of Unitrin Property & Casualty Group in Dallas, Texas. Prior to that, he was Senior Vice President of Safeco Insurance. He spent most of his professional career focused on general management, operations, marketing and acquisitions.

In addition to his professional career, Jim served in the United States Navy. He is also a graduate of the Greater Naples Leadership Class IX.

Jim and his wife, Barbara, have lived in Naples since 2003 and reside in Quail West Country Club.

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# GIVING CAN BE GOOD FOR YOUR SOUL

By Dr. Robert Boxly, As published in The Bradenton Herald



I have too much stuff. Everyone I know has too much stuff.

These two revelations, discovered during the past holiday season, caused some angst around the household because we did not want to contribute to the “stuff” crisis. Accordingly, we sent friends and families notice that we loved them, and rather than buying them a gift, we contributed money in their names - perhaps to buy goats in Africa, houses in Asia, or vaccinations in South America.

Surprise! Nobody minded our “stuff-avoidance” strategy.

*“Many of us are one serious injury, one bankrupted company or one divorce... away from needing services beyond our ability to pay.”*

Why would people give their hard-earned money to total strangers? What psychological

mechanism leads one person to lock up her possessions and another to open his wallet? Various studies have looked for answers, and psychologists Gil Clary and Mark Snyder have identified the top reasons why people donate time or money to charities.

Foremost, these people highly value helping others and believe giving is a core quality in one’s sense of self. It is no coincidence that giving freely is a virtue discussed regularly in mosques, synagogues, churches, temples, covens and ministries throughout the world. There is some universality to the idea that it is good for one person to help another. Sharing is one of the first things we teach our children; this lesson does not lose its power as we mature.

It is often difficult to share in person, even though this method is the most intimate and rewarding. We can’t all open our homes to a Hurricane Katrina victim, help a neighbor raise a barn, or feed the hungry in the bowels of Calcutta. Sometimes we need to use a proxy, even though this moves us one step away from the people we help. We may not be able to give our literal sweat, but we can donate monetary fruits of our labor toward this core value.

Many belief systems are convinced that helping others sows good vibes into the cosmos, to the eventual benefit of the giver. Karma, the Golden Rule, and the ethic of reciprocity all expound such values. To the believers, this is a genuine observation and not simply a rationalization.

The concept that “You catch more flies with honey than vinegar” spills into many disciplines. Medical doctors have

noticed that people with the most negative attitudes recover more slowly. They’ve also witnessed miraculous remissions in those who are steadfast in their good humor. In fact, an entire field is devoted to positive psychology and its healthy effects. Famous physician Patch Adams works on just these principles.

We also have a common-sense reason for giving. Even if it is not foremost in our minds, we know that life circumstances may someday place us on the other side of the charity fence. Many of us are one serious injury, one bankrupted company, one divorce or one chemical imbalance away from needing services beyond our ability to pay. If we give when we can, we may lessen our misgivings about seeking help when we need it.

While we cannot all be Mother Teresa, we can find that part of ourselves that awards validation for assisting those less fortunate.

## *Center Update:* GRANT HELPS FUND JUVENILE SUBSTANCE ABUSE PROGRAMS

Youth in Collier County who need treatment for substance abuse now have additional treatment options available to them thanks to a generous \$100,000 grant recently awarded by a private family foundation. The money will be used to expand DLC’s juvenile substance abuse continuum for youth whose substance abuse problems have not yet escalated to substance dependence.

A portion of the money will fund a new track in the Center’s Juvenile Drug Court program which is a collaboration with the Judiciary and Department of Juvenile Justice. The voluntary, one year program is targeted towards children ages 13-17 and provides enrolled youth with an opportunity to proactively deal with their substance abuse problems while providing rehabilitation and reintegration into the community rather than facing punitive alternatives. The remainder of the grant will fund traditional substance abuse outpatient counseling for youth who have not yet encountered problems with law enforcement as a result of their substance abuse.

These new programs complete the Center’s juvenile substance abuse continuum which in addition to Drug Court and outpatient counseling also includes prevention outreach programs, drug testing, assessments, deferred prosecution psychoeducational group classes and a substance abuse intervention program.

239.455.8500  
[www.davidlawrencecenter.org](http://www.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

3105 Davis Boulevard

Naples, FL 34104  
239.775.0032

IMPORTANT PHONE NUMBERS:

*Juvenile Assessment Center*

239.417.6277 (#2)

24/7 Juvenile Information Help Line

239.417.1966

*Save the Date!*

DLC COMMUNITY TOUR

May 18, 2006

6075 Golden Gate Parkway

REAL SEAFOOD COMPANY BENEFIT

October, 2006

Galleria on Vanderbilt Beach Road

*Encore Resale Shops:*

**AFTER ALL THESE YEARS, ENCORE STILL STRONG**



Since opening its first location more than 25 years ago in downtown Naples on Fifth Avenue South, the Encore Resale Shops have remained an extremely important source of revenue for the Foundation. And this year, as the Foundation celebrates 30 years of philanthropic support for David Lawrence Center, we are reminded just how far the shops have come since then.

Despite increased competition in the resale market with more and more local not-for-profits opening stores every year – Encore has proven to the community that they have earned their good reputation for being professional, customer oriented, friendly and most importantly an excellent resource for finding beautiful treasures for the home at affordable prices. Repeat customers, excellent volunteers, generous donors and consignors, a good reputation and a great cause have proven to be a recipe for success for Encore. For that we are extremely thankful and would like to wish Encore a Happy Anniversary.