



# The Newsletter of David Lawrence Center CENTERED

*50 Years of Mental Health & Addiction Recovery*

## ● #STANDUP: A MOVEMENT TO PROTECT OUR KIDS

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### From the CEO *Scott Burgess*

Teenage depression and suicide attempts are on the rise. In a five-year span from 2010 to 2015, the number of 13- to-18-year-olds who took their own lives jumped 31 percent. A recent paper in *Clinical Psychological Science* noted that Generation Z kids—those born since 1995—are “much more likely to experience mental health issues than their millennial predecessors.”

It’s never easy to go through the angst of adolescence, but there’s no question that it’s now harder than ever. And students aren’t just turning their troubles inward; the Parkland school shooting in February, which killed 17 people, shows the tragedy that can occur when problems are turned outward.

Mental health struggles have reached nearly epidemic proportions among our young people, and studies show that the struggles are beginning earlier and earlier.

That’s why during Mental Health Month in May, David Lawrence Center launched #StandUp, an ongoing initiative that will continue into the new school year.

#StandUp is a community-wide campaign to help keep children safe by shining a light on mental health and addiction issues that affect us all. Our tagline for the campaign—“Healthy Minds, Safe Kids”—is a simple but vital truth. When children’s minds are healthier, they’re safer.

We hope #StandUp not only raises awareness, but also helps decrease the heavy stigma our culture has around mental health versus other types of health care. People aren’t ashamed to seek help if they’re having a problem with any other organ of the body, but if it’s the organ of the brain, they feel guilt and shame—and unfortunately, they silently suffer rather than get help.

We’re encouraging people to seek care sooner rather than later, because we’re dealing with literally life-threatening healthcare conditions if they’re not attended to.

We’re also partnering with local public schools. This school year, schools will hand out pamphlets to students and parents, and mental health education is now part of the curricula for all ages, K-12. In the tragic aftermath of Parkland, the state passed legislation requiring school districts to partner with local mental health providers and train school staff to recognize symptoms in troubled kids. (A special shout-out to State Senator Kathleen Passidomo from right here in Collier County, who has worked with us to champion this legislation.)

All of these things are converging together to give our children the help and hope they need. Please join us in spreading the word. Go to [www.StandUpDLC.org](http://www.StandUpDLC.org) to learn more.



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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.

# AWARENESS



## Young Executives Catch the Vision

*DLC's Young Executives bring the Center's mission and message to a younger generation through advocacy, awareness, and fundraising.*

Allison Durian says she thinks she was born with philanthropy in her blood.

"I was fortunate to grow up in Naples," she says, "and my parents always reminded me how lucky I was—and how important it is to give back."

A life of volunteering—through church youth group, at school, and in college, with organizations like Habitat for Humanity and St. Matthew's House—eventually resulted in Durian becoming one of the first leaders of David Lawrence Center's Young Executives program.

"When I became a professional, I wanted to continue doing charity work and volunteerism," says Durian, who adds that her "words to live by" come from Micah 6:8: "Do justice. Love kindness. Walk humbly."

The Young Executives (YE) are a group of young professionals who advocate for mental health and substance misuse awareness. They are dedicated to supporting the mission and vision of David Lawrence Center, and are active in fundraising for the Center. Last year alone, they raised \$27,000 through a variety of events throughout the year.

The idea for YE came from DLC's forward-thinking leadership; they were concerned that their message and mission weren't reaching the next generation. They recruited Durian and a few other young executives in their 20s and 30s, and the program was born in 2010.

"DLC was the first non-profit in our community to recognize the need for a next-generation advocacy group," says Durian. "Now just about every charity in town has one."

Durian, Naples Winter Wine Festival Associate Director, chaired YE's board for three years before passing the torch to Priscylla Oliva in July 2018.

Oliva, an Executive Administrative Assistant at Barron Collier Companies, says she first became aware of DLC's "tremendous impact" at a **GAIN** presentation in 2016.

"I was immediately intrigued and joined the board a few months later," she says. "I'm so glad I got involved. I think DLC's work is as important as ever—just turn on the news or look at social media. Mental illness and substance abuse is everywhere."

"I have family members who battle mental illness and substance abuse. As I grew older, I realized it wasn't just my family fighting these battles. It was my friends and their families, and their friends and their families. Mental illness and substance abuse do not discriminate."

**"DLC was the first non-profit in our community to recognize the need for a next-generation advocacy group," says Durian. "Now just about every charity in town has one."**

— ALLISON DURIAN, DLC YOUNG EXECUTIVE

The group's next major event is its annual "Chip in for DLC" golf fundraiser, which will be held on October 26.

Other YE events held throughout the year include:

- An annual Sunset Cruise in June aboard the Naples Princess.
- An "Elevate Wellness Series," which include themed events around fitness and health activities and are held once each quarter. Examples of Elevate events include yoga on the beach, fitness boot camp, and cooking classes.
- "Friendraiser" get-togethers.
  - The next Friendraiser, "Trivia Night: Through the Decades" will be held on September 13th from 6 to 9 p.m. and will feature trivia on mental health and pop culture.

The YE board includes seven young professionals and a DLC staff advisor, all under the age of 40. They represent a variety of professions, including law, finance, real estate, non-profit, fitness, and more. The board is currently looking for additional members; go to [www.DLCYoungExecutives.com](http://www.DLCYoungExecutives.com) to learn more.

## SUCCESS STORY

### Back from the Dead

*I was depressed and even suicidal throughout much of my childhood. But DLC gave me hope and showed me what it means to be alive.*

*By Brianna*

Throughout much of my childhood and my teens, I didn't like life very much. I wanted to be dead. Even as early as 7 years old, I was haunted by suicidal thoughts.

My home life didn't make things any easier. It was always chaotic. And I lost a sister to cerebral palsy; she was 13 when she died, and I was 10.

On top of all that, I have clinical depression. I didn't know that until recently, so it went unchecked and untreated for years.

As a teenager, I was self-medicating through substance abuse. Things had gotten so bad by the time I was 17, my mom took me to David Lawrence Center. All I can say is that they brought me back from the brink, especially Dr. Emily Williams, a psychiatrist. She literally saved my life.

That's when I learned that I had a chemical imbalance that was contributing to my depression and anxiety. It was actually a relief, like someone said, "Hey, it's not your fault you're feeling this way." From then on, I've been on the right medications, and that's helped a lot in my journey back to enjoying life.

Over the next few years, I worked closely with my therapist, Molly Modzelewski, and that's made all the difference. She taught me that I had more control over my feelings than I thought.

She introduced me to different types of meditation, where I learned to let go of some of my sadness. It was hard at first, but practice is everything. So I stuck to the meditations, and I got better at it. I started to feel good when I'd meditate. And when I ate well. And when I got exercise. It was like a chain reaction.

They gave me tools, but I had to put them to use, or else gain nothing. You can't just go sit in the gym and say,

"I went to the gym today." You've got to get on the treadmill; you've got to lift some weights. You've still got to work. But it's so worth it!

I've been able to work through a lot of my pain, and I've let go of all that negative energy. I finally reached a point where I was like, "Okay, where do I go from here?"

Now I'm 20 and a sophomore at Florida Gulf Coast University, majoring in communications with a focus in public relations.

In one of my classes, we had a little contest to see who could make the best original short film on the theme of a zombie apocalypse. I really poured myself into that project. I wrote the script, did the story board, directed, and acted. Some friends were in it too, and they totally got into it.



**"I've been able to work through a lot of my pain, and I've let go of all that negative energy. I finally reached a point where I was like, 'Okay, where do I go from here?'"**

**— BRIANNA, FORMER DLC PATIENT**

We all had so much fun, and it made me feel like a new person, better than I'd ever felt. I was so grateful. And guess what? Our little film—a nine-minute movie called *Lawless*—won first prize in a film festival at school. I have to laugh at the irony that a project about the undead played a role in my own coming back to life!

When I was introduced to give my winning speech, I was smiling cheek to cheek.

I just stood up there and said, "What's up? I'm Brianna. Thank you so much. This is awesome!"

That's pretty much how I feel about life these days. Thank you, David Lawrence Center!

***Supporters like you make success stories like Brianna's possible. Thank you for your support!***

"God can do supernatural things," she told DLC this spring. "But with several mental illness and addictions, we need to do more than just pray. We need professionals. We need David Lawrence Center."

Zellers and Motivated by Love recently donated \$2,000 to help with Mindful Compassion, a DLC initiative that partners with 35 local churches (and counting) to provide love, support, and hope to those needing care. DLC helps faith organizations better understand the issues so they can combine compassion and education to provide the best care possible.

## DONOR NEWS

### Gift of Compassion

*Local evangelist makes generous contribution to Mindful Compassion Initiative.*

Reverend Sheila Zellers of Motivated by Love Ministries is well aware of the toll that mental illness and addictions can take on a family—because she's seen it in her own.

And though she believes God can work miracles with such people, she also knows the importance of excellent mental health care.

# ISSUES & ANSWERS

## DLC's Experts Respond to Your Questions

**Q.** My 17-year-old son has Asperger's and is obsessed with video games. He's much larger than me, and if I try to take away his computer or phone, he can go into a rage. Any advice?

**A.** We recommend that you seek professional help. We can teach you how to systematically desensitize him to electronics, weaning him off slowly and adding new activities, little by little.

Use a visual plan to let him know some changes are coming, and tell him you have confidence in his ability to self-regulate. Set limits for his behaviors; make it clear that if he becomes aggressive, there will be consequences.

Most teens do well with structure and consistency in their environment. Be firm; say, "This is what will be happening," and then let him choose appropriate activities for reaching maximum growth and potential—activities that will enhance his reading, problem solving, and intellectual skills. Encourage exercise for physical growth and chores to promote helping family. Help him feel pride in his accomplishments.

Once he completes his assigned tasks, reward him with up to 1.5 hours of video time . . . and he'll feel pretty good about himself, because he will have *earned* it. After all, he'll need to conquer that obsession to be ready for success in the workplace.

— Susan White, MA, Children's Outpatient Clinician

### Q. What are some treatment approaches for Internet/computer addictions?

**A.** In addition to traditional cognitive-behavioral approaches, other therapeutic methods are being explored, such as:

- **Cognitive Behavioral Therapy**, which provides step-by-step ways to stop compulsive behaviors and change your perceptions about your Internet use. One technique is to explore one's specific usage patterns and then introduce new schedules and activities to interrupt those patterns. Therapy can also help you learn healthier ways of coping with uncomfortable emotions—such as stress, anxiety, or depression—that may be fueling your internet use.
- **Group support** from organizations such as Internet and Tech Addiction Anonymous® (ITAA) and On-Line Gamers Anonymous, which offer online support and face-to-face meetings to curb excessive technology use. You also need real-life people to benefit fully from any addiction support group. Online groups can help you find sources of assistance, but face-to-face support groups may also help treat Internet addiction by compensating for the lack of social support the individual is seeking online.



6-YEAR-OLD SEBASTIAN RECENTLY DEMONSTRATED WHAT IT MEANS TO BE A #STANDUP KID! HE RECENTLY AUCTIONED OFF HIS ART AND DONATED THE FUNDS RAISED TOWARD DAVID LAWRENCE CENTER. FOR MORE INFORMATION ABOUT OUR #STANDUP CAMPAIGN, PLEASE VISIT [STANDUPDLC.ORG](http://STANDUPDLC.ORG).

- **Medications.** There are no over-the-counter medications known to help treat Internet addictions, which can be highly personal and may involve co-occurring disorders such as anxiety and depression. When this is the case, some patients may benefit from the use of prescription medications that are relevant to their diagnosis and symptoms.

— Karen Buckner, LCSW, Director of Children's Community Services

### Q. I'm concerned about pornography and my children. How do we protect them?

**A.** Limiting use and being more informed of what our children are exposed to online is one of our greatest defenses. Establishing boundaries is vital. We also recommend having a common and open area in the house where the computer is only used; it's a good idea to start this practice when they're young, so they'll be used to it when they're older and are tempted to do more online "exploring."

There are also specific apps and other technologies—Internet filters, parental controls on TV and for smartphones, and so on—to help parents have more control over what and how long their children are exposed to the Internet.

— Angela Lopez, LCSW, Outpatient Services Clinical Supervisor

## PARTNER FEATURE

### It Runs in the Family

Shaun Kelly, son of longtime DLC supporter Polly Keller, has followed in his mother's footsteps in dedicating most of his adult life to serving the organization.



Polly Keller has devoted almost her entire adult life, nearly half a century, to the support of David Lawrence Center—as a volunteer, as an activist and advocate, as a fundraiser, and as a co-founder.

So when her son, Shaun Kelly, is asked if he even had a choice whether or not to follow in his mother's footsteps, he laughs.

"Well, I have watched her give her life to DLC pretty much my whole life," he says. "But I wouldn't have done it if I didn't want to do it. I wanted to do it."

By "it," Kelly is referring to his own three decades faithfully serving DLC as a volunteer—on their Center board (including a couple years as board president), on their Finance Committee, and as chair of their two supportive housing programs.

Among his favorite memories of volunteering with DLC are the few years they held a marathon golf tournament fundraiser back in the early 1990s. Participants would ask donors to sponsor them per hole played, and they would play as many holes as possible in 10 hours.

"Most of them thought we might get in 36, maybe 54 holes," Kelly says, laughing. "But by the time our third

marathon came around, in 1994 at the old South Hampton Golf Club, I played 228 holes. It was crazy out there. We'd hit the ball, drive the cart to it, jump out, hit without even thinking about it, drive to the next one, hit it again, then run to the green and putt with whatever club we had in our hand at the time. It was just run and hit, run and hit, all day. There was one stretch where I played nine holes in like 18 minutes. It was a lot of fun."

Kelly says he's enjoyed every minute of working with DLC.

"My time spent helping David Lawrence Center has really been a family affair from way back," he says. "We really need DLC in our community. Out of any two or three families here, someone has been helped by David Lawrence Center. If you're at a social gathering, there's probably three or four people who've needed their services."

"I just wanted to help out however I could," he says. "But I haven't done anywhere near what my mom has done."

—SHAUN KELLY

"If you've ever got a mental health or substance abuse need, David Lawrence Center will be there for you. Hopefully you'll never need it, but someday, someone in your family, or someone you know, will need it, and they'll take care of you. They'll get you on the right path to becoming functional and thriving again."

CEO Scott Burgess calls Kelly "one of our most dedicated and amazing volunteers. He has served with us for decades, and he has been integral in our success. We celebrate his passion and support of our mission."

Kelly is pretty aw-shucks humble about it.

"I just wanted to help out however I could," he says. "But I haven't done anywhere near what my mom has done."

**JOIN THE VOICES FOR RECOVERY**  
invest in **health**, **home**, **purpose**, and **community**

**National Recovery Month**  
Prevention Works • Treatment is Effective • People Recover  
**September 2018**

**SAVE THE DATE**  
**RECOVERY MONTH AWARDS CEREMONY**  
Thursday, September 20, 2018 | 5:00 p.m.  
New Hope Event Center | 7675 Davis Boulevard  
Educational Tables • Dinner • Awards Presentation

# STAFF PROFILE

## Leaving Trauma Behind

Maureen Carmody helps clients work through traumatic experiences to find hope on the other side.



People say all sorts of things in their high-school yearbooks about what they want to be in the future. A doctor. A great artist. A senator. A pro athlete. A veterinarian. And so on.

Maureen Carmody was very specific.

"I said I was going to have the best rehab center for kids in the world," says Carmody, a clinician

at David Lawrence Center. She had been molested as a child by a family member, and decided at an early age that "I'm going to do everything I can to protect children from these kinds of people."

These days, she's offering one kind of protection through a process called Traumatic Incident Reduction, or TIR, a clinical technique that is basically a desensitization process for victims. Carmody, DLC's first trauma specialist, says TIR is a vital step for anyone with PTSD to help control paralyzing emotions associated with an event.

"With the human brain, as long as there are strong emotions connected with something, the logical center of the brain shuts down," she explains. And when that logical center shuts down, victims often live as if the incident were their own fault, even if it wasn't.

In TIR, a client will name a traumatic event "and we'll talk about it over and over and over until they can view the event without emotion," says Carmody. "As long as their emotions are connected with that event, they'll never be able to fully understand that it's not their fault.

"Unresolved trauma is emotionally and physically crippling. It affects every decision and every path we take."

Carmody cites Adverse Childhood Experiences (ACEs) studies indicating that children who have experienced trauma are three times more likely to suffer from addiction or have mental health and/or cardiac problems.

She gives an example of a 5-year-old child who loves a kindergarten teacher. If that teacher one day "gets in my face, and says, 'You're never going to amount to anything,' that can scar a child for life. It's an assault on their integrity,

and the wires are put in: *I'm never going to amount to anything.* They may forget it ever happened, but fast forward and they're going to be sitting at the kitchen table when they're 55, holding their heads and nursing a bottle and wondering why they have zero self-image."

In the last year, Carmody's TIR knowledge and skills have been spreading around the DLC campus. She became a Certified TIR Trainer in 2017, and she has since trained 16 DLC colleagues in the technique. Each trainee participates in a four-day workshop that includes 20 hours of going through TIR—first as a recipient of the counseling, and then as a counselor—before becoming certified.

**"With the human brain, as long as there are strong emotions connected with something, the logical center of the brain shuts down," she explains.**

– MAUREEN CARMODY CLINICIAN

Last fall, Carmody was recognized by the Florida Council for Community Mental Health, winning their Statewide Direct Service Provider of the Year Award. Scott Burgess, CEO of DLC, said at the time that Carmody's "commitment and passion for assisting individuals recovering from trauma and achieving life-changing wellness is inspiring! We're blessed to have such a dedicated, compassionate advocate and expert clinician."

Carmody finds deep satisfaction in helping victims work through their trauma.

"Once they've resolved it, they're ready to go back to school or work with a brand new outlook," she says. "It's really a life-changing technique. All I do is be a witness to the story and guide them through the process. That's all I do."

## SAVE THE DATE

**SEPT. 13**

**YOUNG EXECUTIVES TRIVIA NIGHT  
AT SOUTH STREET**

**SEPT. 20**

**DLC'S RECOVERY MONTH AWARDS CEREMONY**

**OCT. 26**

**5<sup>th</sup> ANNUAL CHIP IN FOR DLC GOLF TOURNAMENT**

## LOCATION & CONTACT INFO



**MAIN CAMPUS** 6075 Bathey Lane, Naples, FL 34116 | Access Center / 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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