

CENTERED

THE NEWSLETTER OF DAVID LAWRENCE CENTERS

Fall 2022



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From the CEO
Scott Burgess

“HALFTIME” PEP TALK



Now that we are into fall and football season, I want to talk about “halftime adjustments.” During a football game, this gives coaches and players the opportunity to pause amidst the action to discuss strategy and go over what’s working, what isn’t, and what changes should be made.

Right now, David Lawrence Centers for Behavioral Health (DLC) is coming out of a “halftime” of our own — we are just beyond the midpoint of our **five-year strategic plan** to improve mental health care in our community. The plan is a joint effort between DLC, Collier County, and many partners, including law enforcement, judiciary, schools, healthcare systems, homeless shelters, and more. There are a lot of players on this team!

I am pleased to announce that as we head into the second half — starting this fall and beyond — we have not had to make many “halftime adjustments.” We are **right on track with our top priorities**, particularly our Central Receiving Facility. This new building, estimated to open in late 2024, will not only increase our bed capacity — a dire need for both children and adults — but will serve as a safe, centralized place where individuals and families can find the help they need, regardless of their specific struggle.

Since this facility is still a couple of years away, we have had to address, in real-time, our urgent need for more beds for children, who are increasingly facing mental health challenges. We have often been over capacity for kids in crisis, sometimes having to send them to oth-

er counties for help. However, soon we will open a **new 15-bed expansion**, increasing beds for children and adults in urgent need.

Ideally, we want to reach children before they are in crisis. That is why we are ramping up our **outreach programs to schools** and parents, focusing on mental health wellness, including early intervention and suicide prevention. We will have a presence at school assemblies and events for parents to share this message.

Our focus on students, parents, and schools is just part of DLC’s ongoing efforts to spread awareness about mental health, wellness, prevention, and pro-action. Our **Mind Your Mind Campaign**, which launched in January, is well beyond halftime and will soon enter the fourth quarter. In the coming months, the campaign will focus on community needs (October), Veteran’s mental health (November), and family wellness (December). Learn more at DLCMindYourMind.org.

Finally, all these exciting initiatives are happening as DLC prepares to celebrate its 55th Anniversary. We could not have made it this far without the support of a caring community and generous donors like you. In the history of DLC, we are not anywhere near “halftime.” We plan to be here for a very long time and will drive toward our goals — expanding to meet the needs of our neighbors, growing our all-star team and services, and doing so with dignity, compassion, and excellence.

Thank you for cheering us on!

Scott Burgess
Scott Burgess
CEO



Youth mental health: A reality check

A time to pay attention, get involved, offer hope

By **Jessica Liria, M.S.**, Community Outreach Specialist for David Lawrence Centers for Behavioral Health (DLC)



Childhood, a period of simpler times . . . right? For many adults, the first two decades of existence are associated with memories of being carefree and adventurous. It was a time to play, have fun and focus only on the present.

As we grow into adulthood, life gets busier and more stressful; there are careers to build, families to raise, bills to pay and so little time to do it all.

Sadly, the reality is that our youth today often do not feel the same positive thoughts about their upbringing. The mental health of children and adolescents is suffering. Anxiety, depression, and thoughts of suicide are far too common among younger generations.

This is a time for everyone to pay attention, get involved, and offer hope. As a society, we must work together to ensure the wellness and resilience of our future leaders and community members.

A growing crisis

While COVID-19 has certainly placed a strain on youth mental health, the increase in related concerns was apparent long before 2020. David Lawrence Centers operates

the only Crisis Stabilization Unit in Collier County. This facility provides immediate access to a safe place for anyone who is experiencing thoughts of harming themselves or in a mental health crisis.

Admissions to DLC's Children's Crisis Stabilization Unit (CCSU), which provides these emergency services to individuals under the age of 18, have increased steadily since 2013. During 2020, there were 550 admissions to the CCSU; that represents 500 instances of a young person experiencing a crisis related to their mental health. And in 2021, that number increased to 885, or an increase of 61%.

The Emergency Services Center at DLC is available 24/7/365. DLC also offers a special program for children that can help prevent crises from happening. The Children's Partial Hospitalization Program (PHP) is a voluntary, short-term day treatment program that offers a safe environment for adolescents ages 13 to 17 to learn healthy coping skills without the need for 24-hour inpatient or residential support.

(continued on page 10)



A recent Leadership Collier Mental Health First Aid Training hosted at Naples Botanical Garden.

Register for Mental Health First Aid Training

DLC offers Youth & Adult Mental Health First Aid trainings to recognize the signs and symptoms of adult & children experiencing a mental health crisis, and how to respond. The program introduces participants to risk factors and their impact, overviews common treatments and teaches how to safely de-escalate a crisis. Take action and create meaningful change in our community's mental health crisis response by registering for an upcoming training today. Visit [DLCCenters.org/MHFA](https://www.dlccenters.org/MHFA) to learn more, view upcoming dates, and register.



Second Chances

How DLC, with a little help from a canine friend, saved this man's life.

About six years ago, someone in West Palm Beach abandoned a vivacious Labrador/German Shepherd mix, a friendly dog who ended up at the local animal shelter. When nobody claimed him, he was scheduled for euthanasia.

At about the same time, a middle-aged man named Elier, wrestling with depression and self-medicating with alcohol, dropped by the shelter, looking to adopt a canine friend. When he came to the cage with the Lab/Shepherd mix, Elier took one look and said, "He's the one."

Above the cage was a tag with the dog's name: *Chance*.

"I'm going to give him a second chance," said Elier, and he brought the dog home.

Fast forward to a few years later. Elier's drinking was out of control. He had lost everything, including his job and his home. He went to a treatment center and established sobriety, but when he was released, he had no place to go. He and Chance spent three weeks homeless, living out of his car.

A friend in Fort Myers offered Elier a place to stay for free, but on one condition: he couldn't bring his dog. Elier gave Chance to a friend so he could focus on getting his life in better order.

"It was the hardest decision in my life," says Elier. "I don't have kids, and Chance was my family. But I wasn't in any shape to take care of a dog, much less myself."

The plan backfired. Without Chance, Elier felt hopeless. His depression spiraled and he crashed hard, literally drinking himself nearly to death.

It was time for someone to take a chance on Elier.

That's how he ended up at DLC.

"I was a wreck when I got there," says Elier. "I was broke, broke from the floor up."

But his second chance had begun . . .

"They saved my life."



Elier started drinking at 15, and it steadily worsened over the next 40 years. He says he was a "functioning alcoholic," holding a steady job and even winning awards for his work. But his drinking continued to increase until he lost everything, eventually leading him to DLC.

Elier spent his first 10 days going through detox in DLC's Crisis Stabilization Unit, where a counselor asked him if he had been having any suicidal thoughts.

"No," replied Elier. But then it hit him: he had actually been slowly killing himself for years with alcohol, and he didn't care if he lived or died.

He spent the next 28 days in DLC's Crossroads residential recovery program, where he began to learn a lot more about himself, and even experienced animal-assisted therapy through equine and pet therapy services.

While in Crossroads, Elier was diagnosed with bipolar disorder, which helped explain his lifelong bouts with depression. It also dawned on him that his mother, who

also struggled with alcohol use, also likely had bipolar disorder.

“I just thought I was sad all of the time,” he says. “But now I know it was clinical depression. My manic stages never lasted very long, but I would be in a depressed state for months, and it was debilitating.”

Now on medication for bipolar disorder, Elier says he’s “seeing the world in a different light.” He was also put on medication to help with arthritis and neuropathy, so he’s feeling better physically, too.

“Alcoholism and mental illnesses are diseases,” he says. “I come from a Latino, ‘macho’ culture where you just don’t talk about that kind of stuff.”

He says that being honest with himself has helped with healing — healing that wouldn’t have been possible without DLC.

“Without DLC, I wouldn’t be here,” says Elier. “They saved my life. Now, I can function. I find joy in life again.”

His goals are to continue recovery, to live independently again, and to help others, perhaps as a sponsor in a substance use recovery program.

And, of course, to get a dog again. Maybe he’ll even be reunited with Chance.

“You just can’t beat the unconditional love of a dog,” he says.

Supporters like you make success stories like this possible.

Thank you for your support!

“Without DLC, I wouldn’t be here. They saved my life. Now, I can function. I find joy in life again.”

— Elier



Elier walking the grounds at the DLC main campus

Tips to Help Children Develop Emotional Intelligence Skills for Mental Well-being and Resilience

By DLC Community Partner, **Lisa Gruenloh, MPAP, CPC,** Founder and President of Purpose Journey®

For children, mental health largely involves the development of emotional and social skills that directly impact their ability to cope with challenge, have healthy interactions with others and cultivate self-esteem. As adults, we each have an opportunity to consider how we can support the children in our lives and ensure a safe environment that fosters learning and growth.

Emotional Intelligence (EI) is a deeply researched set of social and emotional competencies that can provide a helpful framework for adults to support children in this way. While there are dozens of excellent strategies to cultivate Emotional Quotient (EQ), the following information can help get you started, organized in the four domains of EI popularized by psychologist and New York Times bestselling author Daniel Goleman, Ph.D.: self-awareness, self-management, social awareness, and relationship management.

1. Self-Awareness: Understanding emotions and cultivating a positive sense of self

Self-awareness refers to our ability to perceive and identify our emotions, understand our values and motivations, and accurately and honestly assess our strengths and weaknesses, including our impact on others. If you're thinking,



“Wow, that’s a lot for a kid!”, you are correct. It is. Here are a few ideas to help children develop self-awareness in a way that also builds confidence and resilience.

Tip: Explore strengths, “weaknesses,” and feelings. Be on the lookout for what your children are doing “right” or what makes them unique as individuals. Acknowledge not only their talents and skills, but also their personality traits and character strengths. A fun way to do this and build their confidence is to ask them to teach you something they enjoy and are good at. On the flip side, helping children acknowledge mistakes and disappointments, when done with empathy and kindness, can also boost a child’s self-regard over the long term. Normalizing the idea that we all fail or fall short at times encourages self-acceptance and reduces perfectionist tendencies that can be counter-productive to a healthy achievement orientation and commitment to excellence. These interactions can also provide fertile ground for the exploration and processing of emotions that accompany life’s highs and lows – a key factor in becoming more resilient. Help them learn to become aware of and name their emotions – starting with the basics: mad, glad, sad, scared.

Thank you to our Community Mental Health Partners

Make a strategic investment in mental health and become a **Community Mental Health Partner.**



For more information, please contact:

Emily Budd-Schepperly

Director of Development

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2. Self-Management: Matching intention and impact

Self-management involves our ability to make more conscious choices about our behavior, even when (especially when) we are triggered by stress. Our hardwired “fight, flight, or freeze” responses can cause us to feel “hijacked” by intense emotions and act out impulsively (or not act when we should) in ways we might regret. With EI, we can learn to become more aware of our thoughts, feelings, and automatic reactions and then choose deliberate responses that align with our values and how we want to show up.

 **Tip: Teach and discuss the “ripple effect.”** Each of us creates a “ripple effect” and an impact on others with our words and actions. One of the most effective times to explore this idea with children is when they have been personally affected by someone else’s negative reactions. Reflect together about how it feels. Building on the character strengths you identified in the self-awareness work, invite the child to express the kind of impact they wish to have on others. Depending on their age, you can help them start making connections between their thoughts and feelings and their actions. Allow them to notice when they are not having the impact they want to have. What might they do differently with that knowledge? For young children, stick with simply helping them identify their feelings and practice techniques to calm their minds during intense moments. For example, this could include simple breathing techniques, physical activity, going outdoors, or engaging in a creative activity. There’s no one size fits all. Emotions can be overwhelming for all of us, especially children. Tailor these ideas in ways that are age- and situation-appropriate.

3. Social Awareness: Put yourself in their little shoes

While self-awareness is about identifying our own emotions, social awareness relates to our capacity to empathize – to understand the feelings and perceptions of others and respond to them in appropriate and productive ways. Social awareness also involves a broader notion of organizational awareness, which is the skill to pick up on and relate to group- or community-level dynamics

 **Tip: Demonstrate active listening and empathy.** All of the EI skills are best taught through role modeling from adults. However, this is the one area where the learning must start with the child experiencing it from someone else. There is a natural power dynamic in the adult-child relationship and so often children feel talked to, not talked with—or told, not asked. Empathetic listening is one of the quickest ways to build trust when done consistently. Validate the child’s feelings and show compassion. You

also teach empathy by demonstrating care and concern for others. Be mindful about showing kindness, patience, and understanding to others in the presence of children. You might also decide to take time as a family to learn about a community need and volunteer to serve others as a way of expanding their worldview and demonstrating empathy in action.

4. Relationship Management: Putting all the skills together

Relationship management incorporates all of the other three domains to develop healthy interactions with others, leveraging effective communication and conflict management skills. It’s also about being able to inspire and influence others and to work collaboratively. The result of mastering this domain is authentic, meaningful, and trust-based relationships that have creative power and positive impact.

 **Tip: Practice healthy ways of resolving conflict.** This is a great way to show how all the EI skills build on one another. To effectively resolve conflict, we must be aware of our feelings, values, and perspectives and those of others. We can use these skills to open dialogue that respectfully uncovers what the specific issue is – often an unmet need or hurt feelings. Use your empathy skills and emotional language to better understand. Suggest playing detective, getting curious, and exploring where there might be middle ground. Consider actions that one or more people involved might take. Examples might be asking for help, apologizing, compromising, discovering a new way of looking at the problem, or coming up with creative solutions. Ask what feels fair and kind. When you reach a resolution, recognize and celebrate the positive qualities and thoughtful ideas the child contributed to create a successful outcome.

Final Thoughts

The final tip is about **YOU** – your commitment to developing EI competencies so that you can model them effectively for the special children in your life, while reaping the benefits for yourself! EI is among the most in-demand competencies in the workplace today and can have a profoundly positive impact on every area of life. Consider how you can cultivate these skills in your work and life and take one step within the next week to implement your learnings.

Lisa Gruenloh is an International Coaching Federation (ICF)-certified executive and emotional intelligence coach and purpose-driven entrepreneur. She’s Founder and President of Purpose Journey®, a consulting, training and coaching company that helps individuals and organizations harness their unique values, strengths and purpose with bold action to optimize their well-being and impact. Learn more at www.purposejourney.com and www.purposejournal.com.



DLC Names Mary Ann Guerra Chief Clinical Officer



Mary Ann Guerra

David Lawrence Centers recently announced that 30-year DLC veteran clinical leader, Mary Ann Guerra, will serve as its Chief Clinical Officer. The newly created position is part of the Executive Management Team. This new executive organizational structure will aid in ensuring DLC continues to provide the highest of quality care in current practices while advancing new evidence-based programming.

Mary Ann has more than 35 years of experience as a psychiatric nurse and as a behavioral health administrative and clinical expert in a variety of treatment settings including hospitals, inpatient, residential and outpatient services. She joined DLC in 1993 and has served in numerous leadership roles during her tenure, including Director of Acute Care Services, Director of Nursing Services, Infection Control Officer, Director of Quality Improvement & Organizational Performance (QI), and

most recently as a QI Consultant. Prior to joining DLC, she served as the Nurse Manager of Psychiatric Services at Victoria Hospital Partnership in Miami, Florida.

As the newest member of the Executive Leadership team, Mary Ann will provide oversight to the Clinical Directors who manage the Acute Care, Crossroads Addiction Recovery, Access and Outpatient Therapy, and Community Services divisions. She will work closely with the Chief Operating Officer on development of the new Collier County Central Receiving Facility to be managed by DLC, as well as other important strategic initiatives in DLC's future. The new behavioral health center is expected to open in 2024 and will more than double the capacity of DLC's inpatient crisis stabilization services.

Mary Ann earned a bachelor of science degree in nursing with a minor in psychology from the University of Miami. She is affiliated with the American Nurses Association, Florida Nurses Association, and Collier Nursing Association. She is also fluent in Spanish.

DLC mind your mind Speaker SERIES

For more information or sponsorship opportunities, please contact DLC Fundraising Coordinator Briana Shipe Karaszi at donorcare@dlcenters.org or 239-354-1419

DLC has launched a new **Mind Your Mind Speaker Series** that provides in-person, educational talks focused on important and relevant topics related to behavioral healthcare.

Attendees will hear from industry experts, share best practices, and learn more information about how to address behavioral healthcare needs as well as access resources and services. This speaker series is open to anyone who wants to learn more about the topic and who has an interest in investing in and supporting behavioral healthcare for all.

At the start of 2022, DLC launched the community initiative, Mind Your Mind, which invites individuals to prioritize their wellbeing, while also addressing the wellbeing of their family, friends, neighbors, and community. The Mind Your Mind campaign features a monthly e-mail and curated website content from clinical experts and community partners. Each month focuses on an important topic related to mental wellness, and includes articles, educational resources, stories, and videos. The Mind Your Mind Speaker Series furthers the initiative and upcoming talks will include:

Children's Mental Health: Wednesday, February 15, 2023
from 11:30 a.m. to 1:30 p.m. at Naples Therapeutic Riding Center

Veteran's Mental Health: Thursday, April 20, 2023
from 11:30 a.m. to 1:30 p.m. at Community Foundation of Collier County

Personal Wellbeing: Thursday, June 22, 2023
from 7:30 a.m. to 9:30 a.m. at Avow Hospice Community Room

Individual tickets are \$20 and can be purchased at [DLCenters.org/events](https://www.DLCenters.org/events)
Breakfast or lunch is included in the ticket price.

Richard M. Schulze Family Foundation Awards David Lawrence Centers a \$250,000 Grant to Expand Behavioral Health Access to Children and Families

David Lawrence Centers has received a \$250,000 social and human services grant from the Richard M. Schulze Family Foundation (RMSFF) Board of Directors.

The goal of the funding is to expand access to behavioral health services for children and families. The grant will help eliminate the risk of crisis situations through enhanced assessment and linkage to services and will also increase awareness of mental health challenges and resources through community outreach.

The grant will specifically fund two designated Access Center clinicians who provide prompt assessments as well as linkage to services after being discharged from inpatient crisis stabilization services to ensure children and families are guided into appropriate treatment programs.

“Through this generous grant, Collier County children and families will have enhanced navigation support and improved access to life-saving, life-changing care.”

— Scott Burgess, DLC CEO

A portion of the funds will support in-person, video, and telephone translation and interpretation services for clients who have language barriers. The ability to provide treatment in a preferred language optimizes treatment outcomes. These services are typically not covered by private insurance, Medicaid, or other funders.

Through the community outreach funding, families will have enhanced access to information, resources, trainings, and screenings to address community mental health needs, including the impacts of the COVID-19 pandemic on mental health.

“Through this generous grant, Collier County children and families will have enhanced navigation support and improved access to life-saving, life-changing care,” said Scott Burgess, DLC Chief Executive Officer. “The RMSFF funding and other private donations from the community



are critical to ensure DLC can carry out its vital mission. We are honored and blessed to continue our partnership with RMSFF to help children and families in great need.”

RMSFF human and social services grants assist families with a variety of needs, including food and nutrition, housing or shelter, skill training and development, and serious medical challenges. These grants offer opportunities that help people lead self-sufficient, productive lives.

“The Richard M. Schulze Family Foundation cares about the health and wellbeing of children and families and is aware of the increased mental health needs in our community,” said Mary Beth Geier, RMSFF Florida Director. “The timing of this award allows DLC to more promptly assess pediatric patients and improve access to high-quality mental healthcare services. We hold the team of professionals at DLC in high regard and are confident that our investment will have a positive impact in our community and help coordinate the necessary therapeutic supports to meet the growing demand in services for children and families in Collier County.”



Youth mental health: A reality check

(continued from page 3)

KNOW THE NUMBERS

Here are some quick facts to understand what young people are experiencing:

According to the CDC, **26% of high school students** experienced feelings of persistent sadness and hopelessness in 2009; this grew to **37% in 2019**, and **44% in 2021**.

The Mental Health Association estimates **60% of youth who experience major depression do not receive any treatment.**

By 2018, **suicide became the second leading cause of death for young people aged 10-24.** This stands true today and led to the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry and the Children's Hospital Association declaring a **youth mental health a national emergency in 2021.**

3 million young people across the U.S. experienced serious thoughts of suicide in 2020, according to the National Institute of Mental Health (NAMI).

6,663 young lives were lost to suicide in 2020 according to the U.S. Population Reference Bureau.

50% of all lifelong mental illnesses begin by age 14 and **75% by age 24**, according to the National Institute of Mental Health.

What YOU can do

Whether you are a parent, grandparent, family member, neighbor, church member, coach, teacher or even a stranger, there are actions you can take to support the young people around you.

Raising awareness and breaking the stigma around mental health is a great place to start. By acknowledging challenges and looking for solutions, we can all take part in changing the staggering statistics. Encourage those around you to talk about their feelings to someone they trust and to seek professional support early on. When signs and symptoms are recognized and acted upon early, the outcomes are improved.

Anyone in the community can take a Mental Health First Aid training, which provides an understanding of common challenges, how to identify warning signs, and how to develop an action plan to feel confident when addressing concerns. Check out upcoming training dates at: DLCenters.org/MHFA.

It is also important to know what resources are available in our area so that you, or those around you, can link with care when it is needed. DLC's Children and Young Adult Services Center offers a variety of treatment opportunities to meet individual needs.

Additionally, DLC's year-long Mind Your Mind initiative, available at DLCMindYourMind.org, offers a variety of free resources, positive content, tips and activities for enhanced mindfulness and wellbeing for individuals of all ages, along with opportunities to support community mental health, whether at home, school or workplace.



Break the Myth, Break the Stigma

Myths and Facts about Suicide & Addiction By Jessica Liria, M.S.



Myths and Facts about Suicide

- MYTH:** *People who threaten suicide just want attention.*
- FACT:** The attention a person receives from expressing thoughts of suicide may save their life. When a person hasn't felt heard, understood, or acknowledged, providing them with comfort and connection allows them to feel noticed and important.
- MYTH:** *Asking someone if they have thoughts of suicide will put that idea in their mind and encourage them to make a suicide attempt.*
- FACT:** The opposite is true. Asking a person directly about their thoughts and feelings provides an opportunity for communication and can be a big relief for them to finally express their challenges and find support.
- MYTH:** *Suicide happens without warning.*
- FACT:** There are generally many clues and warning signs in the weeks and days leading up to a person's suicide attempt. Unfortunately, these may go undetected without the knowledge and awareness of what to look for. Educating ourselves on the warning signs may help save lives. It is important to note that we can only be responsible for what we knew at the time it needed to be done.



Myths and Facts about Addiction

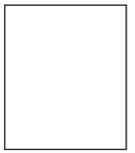
- MYTH:** *People with substance use challenges have an "addictive personality."*
- FACT:** Everyone has the potential for habit-forming behaviors that can lead to an addiction. Some have a higher level of risk for alcohol or drug addiction based on biological and environmental factors. Risk factors include: family history of addiction; biological response to a substance; long periods of high stress, sadness, or worry; and influence from society, peers, and self.
- MYTH:** *Individuals with an addiction are making the choice to continue to use and they should be able to stop on their own.*
- FACT:** The continued use of alcohol and/or drugs over time leads to physical changes in the brain and body. Addiction is a complex disease that is difficult to treat without professional interventions.
- MYTH:** *Only certain types of people have addictions, like those that are homeless or have a mental illness.*
- FACT:** Individuals with substance use challenges come from all types of backgrounds and upbringings. The societal stigma and the stereotypical image of someone with addiction contributes to this misconception. No matter our socioeconomic status, our education level, our race, religion, gender, etc., we are vulnerable to addiction if we engage in high-risk behaviors related to drugs and/or alcohol.

Warning Signs of Suicide:

- Talking or writing about suicide, death and/or dying
- Perception that they are a burden to others, or things would be better off if they were gone
- Feeling helpless and hopeless, or that they are stuck or trapped in their situation
- Giving away prized possessions
- Extreme changes in mood, often a noticeable increase in feelings of anxiety, sadness, or anger
- Withdrawing from loved ones and friends; saying goodbye as if it is the final time
- Increased use of drugs and/or alcohol
- Engaging in high-risk behaviors that put life at risk (such as driving recklessly)
- Overwhelming emotional and/or physical pain
- Stopping psychiatric treatment, medications and/or therapy
- Upcoming anniversary of a major loss or traumatic event
- Experiencing a situation that they feel there is no way out of, such as legal problems, an abusive relationship, financial pressure, severe impact to reputation
- Changes in sleeping and/or eating habits
- Previous suicide attempts

Warning Signs of Addiction:

- Increased frequency and duration of use of alcohol and/or drugs
- Increased tolerance to the substance that leads to increasing the amount of the substance used to get the same effect as before
- Use of substances at inappropriate times, or inappropriate places (eg. at work, while driving, immediately after waking up in the morning)
- Loss of control with use of the substance
- Continued use regardless of consequences (eg. legal challenges, physical and mental health concerns, relationship difficulties)
- Preoccupation with the thought and need to use
- Seeking means to get the substance regardless of how high-risk or dangerous it would be
- Periods of blackout (ie. not remembering events that happened while awake)
- Sudden mood swings and increased irritability, paranoia, and/or anger
- Changes in eating habits (ie. weight loss, weight gain, appetite changes)
- Changes in sleeping habits (ie. sleeping too much, sleeping too little)
- Withdrawal signs and symptoms when not using: nausea/vomiting, tremors/shaking, headaches, blood pressure changes, flu-like symptoms



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JOIN US TO CELEBRATE 55 YEARS OF DAVID LAWRENCE CENTERS



GUEST SPEAKER:
**Goldie
Hawn**



THURSDAY, MARCH 23, 2023

AT THE RITZ-CARLTON GOLF RESORT

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HONORARY CHAIR: **POLLY KELLER**

For tickets and sponsorship information visit:

DLCSoundMinds.org

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