

CENTERSTONE

**Annual Report to the Community
2008-2009**



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as of November 2009

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Centerstone's mission
is to prevent and cure
mental illness and
addiction.



CENTERSTONE



Robert N. Vero and Joan C. Sivley

“Your support of our mission makes it possible for us to serve thousands of children, adolescents, adults and older adults throughout Middle Tennessee.”

Dear Friends,

Imagine feeling overwhelmed because of a mental illness or debilitating addiction. Your untreated illness jeopardizing everything you value: relationships, career and even independence. The confusion and anguish consuming you like a wave.

Then imagine the extraordinary bravery it would require to take those first steps toward changing your life and building a new future for yourself and your family. At Centerstone, we applaud that courage and are grateful our clients choose us to be a part of their remarkable recovery journey. The honor is profoundly rewarding.

As a friend to Centerstone, you choose us too. Your support of our mission makes it possible for us to serve thousands of children, adolescents, adults and older adults throughout Middle Tennessee. We thank you for your dedication and offer this annual report to the community to illustrate how your support is making a difference in the lives of others who choose us as well.

Sincerely,

Joan C. Sivley

Chair

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Robert N. Vero, EdD

Chief Executive Officer

Centerstone of Tennessee

2008-2009 Highlights

Expanding Care

Centerstone expanded our integrated care initiative to include two additional Centennial Pediatric Clinic locations in Nashville: Southern Hills Hospital and Centennial Park.

We also expanded access and diversification of services for active and inactive military personnel and their families.

Centerstone opened its first Enhanced Supported Housing facility and added its seventh subcontracted Supported Housing facility. Centerstone now provides 88 supported housing beds in 11 Middle Tennessee facilities.

School-Based Services grew to include Cheatham and Stewart Counties. We now offer School-Based Services to 115 schools in eight counties.

Out Therapeutic Foster Care services opened in Jackson and Chattanooga.

In addition to countless daily responses, Centerstone's Crisis Management Strategies team members staffed eight American Red Cross shelters after Hurricane Gustav, responded to earthquakes in China, trained responders in Trinidad and Tobago and helped Federal Express employees rebound from trauma sustained when they experienced their first-ever flight fatality in Japan.

Improving Care

Through a redesign of our clinical services and administrative processes and the implementation of cost-saving improvements, including a reduction in clinical administrative overhead, we improved client access and saw marked improvements in overall efficiency and clinical productivity.

Four years ago, a grant from SAMHSA and a partnership with Tennessee Department of Mental Health and Developmental Disabilities, made possible the creation of a substance abuse treatment program in Coffee, Franklin, Grundy, Lincoln, Moore and Warren Counties. The program focused on treating addiction to methamphetamine and other emerging drugs through an evidence-based treatment modality called the Matrix Model. Outcomes were so great, that at this year's culmination of the grant, we incorporated this evidence-based practice into our ongoing treatment regimes. Outcomes showed that methamphetamine use and other drug use decreased substantially, as did involvement in the criminal justice system. Participants also reported improved emotional health, general health, physical functioning and engagement in daily activities.

We secured funding through the Humanitarian Assistance Program to train Centerstone staff in the treatment of PTSD using Eye Movement Desensitization and Reprocessing (EMDR). Centerstone is one of three organizations in the country providing this service to combat veterans.

Technology

We expanded and improved our mobile computing abilities by providing 300 new laptops to community-based therapists and case managers.

Medical Services

Centerstone's Chief Medical Officer, Karen Rhea, MD, was named a Fellow by the American Psychiatric Association.

We established a Vanderbilt Psychiatry residency rotation at Centerstone clinics.

System of Care

Centerstone's Mule Town Family Network in Maury County scored in the top national quartile of systems of care. Children with Serious Emotional Disorders are succeeding thanks to this partnership with Tennessee Department of Mental Health and Developmental Disabilities and Tennessee Voices for Children. Marked improvements have been seen in measures relating to anxiety, depression and behavior problems. For participants, fighting has decreased from 49% to 28%, truancy rates have decreased from 12% to 8%, alcohol use has decreased from 20% to 11% and marijuana use has decreased from 19% to 10%.

Centerstone helps children develop self-esteem, self-control and the skills necessary to cope with current and future challenges. Whether in our clinics, in schools and community locations, in our foster home and residential facilities or in our clients' family home, we provide the tools so children can thrive in school, develop positive social interactions, and expand their dreams and goals for their future. We work closely with families to build relationships through improved communication and emotional development.



The Kinzer Family

“God gave us our children. Centerstone made us a family,” Claudia Kinzer said.

Elliott and Claudia Kinzer both have years of experience with children. Elliott is a school principal, and Claudia was a teacher before becoming a stay-at-home mom.

Elliott and Claudia came to Centerstone when their four-year-old son McCauley began displaying behavioral problems. McCauley was acting out aggressively and wasn't responding to discipline. He was constantly fighting with his identical twin sisters, Alice and Audrey, who were two years old at the time. Elliott and Claudia knew the fighting, kicking and screaming had to stop.

The Kinzer family enrolled in Centerstone's Regional Intervention Program (RIP) in Columbia, Tennessee, a specialized program that provides assistance to parents with concerns about their child's behavior or development. This program provided the Kinzers with new skills and a richer understanding of their children's developmental needs.

The Kinzer children are now communicating with each other and their parents instead of fighting or throwing fits. Through Centerstone, Elliott and Claudia learned a lot too. They changed their parenting strategy to address the needs of each of their children. Now, the entire family works together, and their home is a happy and peaceful place.



Photos by Bryson Leach



With the help of Centerstone, teenagers with mental illness and addiction problems can mature into healthy, stable adults. As part of our approach, we teach resiliency skills that not only allow young people to cope with their challenges today, but help them plan and achieve life goals for the future.

The White Family

Tyree always struggled in school. He couldn't focus in class, and his grades plummeted. In middle school, Tyree began having social problems too. He didn't get along with teachers and fought with other students. Eventually, he was expelled for his behavior and spent his first year of high school at an alternative learning center.

Tyree's parents, Kevin and Denise, turned to Centerstone to help their son get back on track. Tyree was diagnosed with ADHD (Attention-Deficit/Hyperactivity Disorder). Through a regimen of medication and therapy, Tyree's parents now see positive changes in his behavior.

"His medication helps him focus in school, and therapy helps him talk about things. He is learning to handle his problems," Denise said.

Tyree has returned to traditional public school. He's met new friends, joined the high school football team and even started his own neighborhood lawn care business.

While Tyree was realizing his own potential, Denise and Kevin were learning skills to become better parents.

"There were times when I felt like I was a bad parent because of his behavior and the things he was going through. Centerstone helped me realize that I am a normal parent of a child with ADHD," Denise said.



Reaching true potential of emotional health and reclaiming pride in achievements comes through a successful recovery journey. Adults living with a mental illness, addiction disorder or combination of both are achieving positive recovery outcomes through the evidence-based treatment protocols available at Centerstone. It's not enough to learn the best treatments; we put them into practice everyday.

Mental illness can make the challenge of aging seem even tougher. An estimated 15-25% of older adults struggle with behavioral health problems that threaten their independence, family relationships and recovery from other illnesses. At Centerstone, we create and deliver individualized treatment plans designed to meet the goals of each person. We also educate older adult clients and their family members, empowering them to play an important role in treatment.

Wayne

After decades of battles with addiction and bipolar disorder, Wayne found Centerstone. In 2006, he began treatment at our office in Madison, Tennessee, which offers a specialty program for the treatment of co-occurring disorders. Through therapy, he finally accepted that he must treat his disorders together – with equal importance. Wayne soon began attending group therapy four times a week.

When he experienced a setback in 2007, Centerstone was able to extend our continuum of care to include residential treatment. While in one of our adult residential treatment homes, Wayne regulated his medication under supervision while engaging in crisis counseling.

Healthier and happier, Wayne now reaches out to others dealing with co-occurring disorders. For over a year, he has been living independently and even chairing AA meetings.

“I’m further in emotional and behavioral health than I’ve been in years. It’s amazing. It’s astonishing. I’m happier than I’ve been in I don’t know when—beyond what I would have ever dreamed possible.”



Centerstone's Ambassadors Circle

as of November 2009

Centerstone's Ambassadors Circle advances Centerstone's mission throughout Middle Tennessee communities. Members serve as emissaries, raising awareness of Centerstone's programs and key initiatives.

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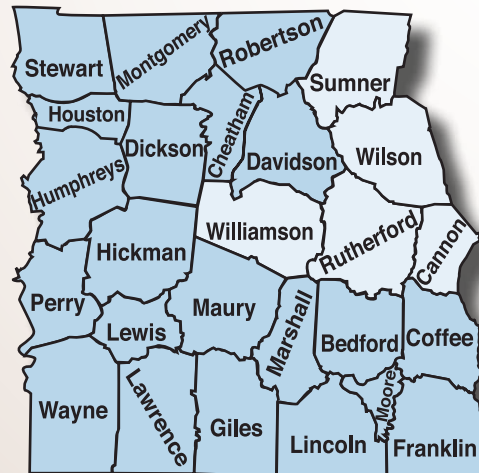
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Thank you for choosing Centerstone.



Centerstone has made every effort to ensure that the information presented in our 2008-2009 donor lists is accurate. In preparation of such reports, however, errors occasionally occur despite our best efforts. We welcome your corrections. If you have any question or would like to be added or removed from the mailing, please contact the Development Office at 615.463.6645 or e-mail development@centerstone.org.



Reclaiming Capital Campaign

Everyone is touched in some way, at some time, by a mental illness or addiction. The Reclaiming Capital Campaign exists to help thousands of Middle Tennesseans combat their illnesses and reclaim the fullest measure of their lives. Dollars raised in this campaign will increase service capacity, advance clinical care and research and provide for unmet need.

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Dede Wallace Society

The Dede Wallace Society was established in 2004. This special society was built upon the foundation of hope fostered by Louise “Dede” Bullard Wallace for those who struggle with mental illness and substance abuse. The Society recognizes individuals who have generously given back to the community by including Centerstone in their estate planning. The Dede Wallace Society members help secure the financial future of Centerstone for tens of thousands of individuals and families in Tennessee. By endowing the future of Centerstone, these individuals are helping to guarantee that vital services will continue to be provided to people from all walks of life, regardless of their ability to pay, now and in the days to come.

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Centerstone is grateful when a family or individual wishes to establish a permanent endowment in honor of a family member. Centerstone’s endowment currently has five designated funds that have been established over time. Named funds are considered fully funded with a gift of \$100,000 or more. A permanent fund may be established with a gift of \$10,000.

The Ella P. Hayes Fund, which supports all of Centerstone’s programs, is named in honor of a great humanitarian and friend of Centerstone. The lives touched by Ella Petway Bullard Hayes truly created a chain reaction of kindness. She instilled in everyone who was blessed to come across her path a deep respect for people from all walks of life.

The Dede Wallace Fund supports programs in Davidson and contiguous counties. It is named in honor of a woman who fostered hope. In the early 1960s, at a time when the stigma of mental illness was even stronger than it is today, Louise Bullard Wallace, affectionately known as Dede, reached out to those who were suffering in silence.

The Richard D. Sivley Fund supports programs benefitting children. As the former Tennessee Commissioner of Mental Health and Mental Retardation, and former President and CEO of the Dede Wallace Center, Rick worked tirelessly to improve Tennessee’s, and specifically Nashville’s, mental health programs for children. As commissioner, he established the first state-wide task force on children’s mental health. It was under Rick’s leadership that the state’s therapeutic nurseries/preschools were developed.

The George Spain Research Fund supports behavioral health research. Centerstone’s active involvement in research positions us to collaborate with and assist others in the behavioral healthcare community by finding workable treatments and creating innovative advances in helping the problems faced by so many. Centerstone’s co-founder, George Spain, helped launch these research efforts.

The Deborah Taylor Tate Endowment Fund, established in June 2007 is an unrestricted and permanent endowment to advance the mission of Centerstone for generations to come. In 2004, Debi agreed to take on the demanding role of Chairman of the Board of Directors of Centerstone. In early 2005, Debi was contacted by the White House and appointed as a Commissioner on the Federal Communications Commission (FCC). Honoring the request of board and management, Debi agreed to serve as board chair, even though this meant declining a strong request from the White House to dissolve all such commitments. Since 2005, Debi has diligently served both her country and the mission of Centerstone.

The Richard Fitzgerald Endowment Fund, established in 2008 is an unrestricted and permanent endowment to advance the mission of Centerstone for years to come. In 2008, Richard led Centerstone through the first interstate merger its kind. His courageous leadership established the largest community-based behavioral healthcare organization in the nation.

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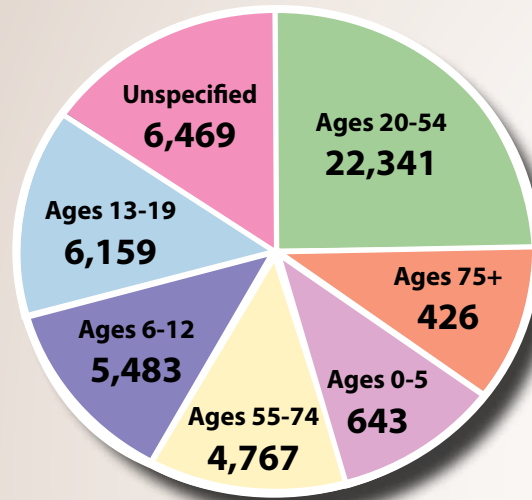
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About Centerstone

Centerstone is a not-for-profit organization, offering a full range of mental health services, substance abuse treatment and related educational programs to individuals of all ages and their families. With an operating budget of more than \$65 million, the Centerstone network includes 68 facilities and 170 school and community partnership locations throughout Middle Tennessee, serving more than 46,000 individuals each year.

Our commitment goes beyond diagnosis and treatment. Centerstone programs also help individuals rebound from adversity, build on their strengths, obtain employment and achieve their life goals. We seek to identify new treatments and even eliminate mental illness by participating in groundbreaking research studies with a number of leading universities. And we are committed to meeting unmet needs for mental healthcare in our community.

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Karen H. Rhea, MD
Chief Medical Officer

Ramona Rhodes
Vice President for Marketing and Public Relations

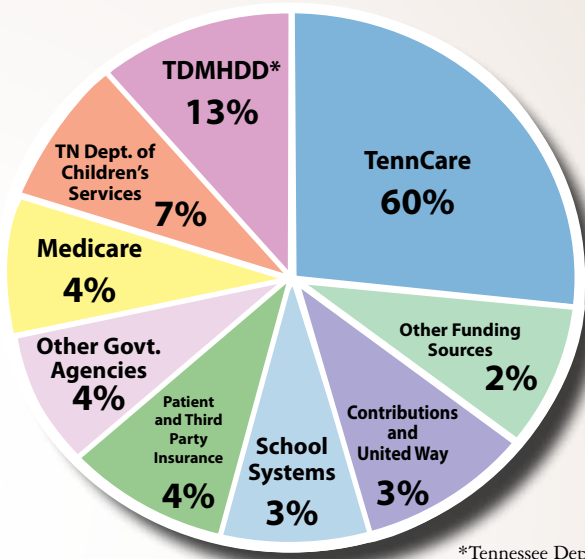
Julie Spears
Vice President for Finance

Gwen Watts
Administrative Chief of Staff

David C. Guth, Jr.
Chief Executive Officer, Centerstone of America

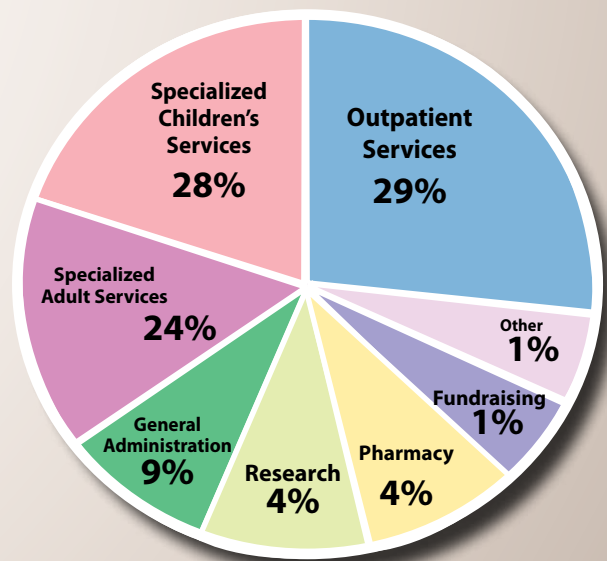
Financials

2008-2009 Budgeted Revenue



*Tennessee Department of Mental Health and Developmental Disabilities

2008-2009 Expenses





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