

2017 YEAR IN REVIEW

Letter from the Director

In the 1840's, activist Dorothea Dix persuaded the U.S. government to fund the building of 32 state psychiatric hospitals. Many families and communities welcomed these hospitals because they provided short and long-term inpatient care for the mentally ill. Even though these institutions increased access to mental health services, they were underfunded and understaffed resulting in human rights violations and deplorable living conditions. As a result of harsh criticism, deinstitutionalization efforts in the 1960's began by transferring patients from an institutional inpatient care model toward community-oriented care, predicated on the belief that individuals would have a higher quality of life if treated in their communities rather than in "asylums". Many reports have shown positive outcomes from properly funded and managed community-based mental healthcare programs such as increased social inclusion, access to public services, and improvements in adaptive behaviors. Meanwhile, others have argued that isolation, poverty, a lack of resources, and bad living conditions are prevalent among mentally ill patients living in their communities.



Beau Kirkwood

As we have drastically reduced beds and transition to this model of care, one thing that is undeniable is that we have more individuals with mental disorders living in our communities than ever before.

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CHAS Funds Training of Local Pediatricians

The CHAS Foundation presented CHKD with a \$40,000 check designated specifically for the REACH Program. Statistics show that 50% of adults with psychiatric disorders had symptoms when they were less than 14 years old. The REACH Institute (The Resource for Advancing Children's Health) provides the opportunity for pediatricians to learn the skills to manage their patient's care and reduce the amount of specialty care needed. This is especially important with the considerable shortage of board certified child and adolescent psychiatrists nationwide. The CHAS Foundation is always on the lookout for innovative ways to increase access to effective treatment and this program does exactly that.



12/4/17 From left to right: Missy Ungerman, Jane Steinhilber, Stephanie Osler, Beau Kirkwood, Tucker Corprew

Special thanks to Billy & Beth Brock for their additional support

Hampton Roads Transit - Mental Illness Campaign

During the summer of 2017, The CHAS Foundation partnered with the Hampton Roads Transit Authority (HRT) to provide Mental Illness Awareness posters inside the trolleys and major artwork on the sides of their buses. The primary goal was to promote our ongoing Anti-Stigma Campaign, thereby continuing The CHAS Foundation's efforts to raise awareness for the need of more mental illness family support in our region.



Individualized Family Support (IFS)

When Stanley called over a year ago, he asked, “What do you do and what services do you provide?” I explained The CHAS Foundation provides support to families and helps connect individuals to resources in the Hampton Roads region. Stanley, whose real name is being protected for privacy reasons, stated he was not doing well and needed some help in which I offered to meet him at his local coffee shop to see how we could assist. He agreed to meet and then called back 10 minutes later to ask if “this is a scam?” See, Stanley has paranoid schizophrenia so it is hard for him to earn someone’s trust. He lives alone on a fixed income with no family support and no psychiatrist providing treatment or managing his medication. “The voices in my head won’t stop talking,” he told me on our first encounter. His previous Dr. had found him non-compliant for reasons I could never uncover. He is also scared and unwilling to go back to the Community Services Board where he received services for some time. Since that first meeting almost two years ago, the IFS Program has helped to connect him with a psychiatrist, provide transportation to appointments, acquire a disability ID card for reduced bus fares,

supplement medication costs and provide general support and compassion. This is just one of the stories showcasing how the IFS Program improves the lives of those suffering from mental illness.

The CHAS Foundation’s IFS Program not only helps to connect families to services that are available throughout Hampton Roads, but also provides peer support and guidance when families feel they are all alone. Individuals inquiring about assistance range from those at the early stages of seeking treatment to those that feel they have utilized every community resource available and don’t know what else to do. Unfortunately most of our calls fall in the second category. As of December 31, 2017, we have received 509 calls and spent countless hours working and meeting with individuals that need our assistance. Components of this program include:

- Peer Crisis Support
- Peer Family Support
- Individual Care Coordination
- Support Navigating Court System
- Transportation Assistance



Anti-Stigma Campaign

After a highly successful inaugural anti-stigma campaign in 2016, The CHAS Foundation again embarked on another anti-stigma campaign in the fall of 2017 to coincide with Mental Illness Awareness Month (October). In an effort to promote mental health throughout the entire region, The CHAS Foundation worked with Adams Outdoor Advertising to develop multiple sites and graphics for billboards throughout the region at key, heavily traveled locations. In addition to raising awareness surrounding the stigma of mental illness, the billboard campaign also helped promote two CHAS Foundation fall events (An 8k Walk/Run and a Fall Fundraiser/Auction).

2017 IFS PROGRAM STATISTICS

- Assisted 112 individuals and family members seek treatment through research, referrals and support
- 68% of calls are from family members/friends and came from all over the region
- Ages of individuals needing treatment range from 13 to 70
- 84% of individuals had health insurance
 - 52% Private Insurance
 - 23% Medicaid/Medicare
 - 7% Tricare
 - 16% Uninsured
- 30% of individuals have been or are currently suicidal
- 58% had alcohol/substance abuse issues
- 64% were willing to receive treatment

“The family or individual facing a mental health crisis does not have time for a learning curve.”

—Tucker Corprew, Founder, The CHAS Foundation

Mindfulness Program

The practice of mindfulness is linked to wide-ranging health benefits and has gained tremendous popularity in recent years as a strategy for self-care. A great deal of research has documented physical health benefits of mindfulness, such as an improved immune system, lower blood pressure, and better sleep. Mindfulness has also been linked to mental health benefits, such as reduced stress and anxiety, improved concentration and focus, and less emotional reactivity. Mindfulness-based approaches are also increasingly being explored and used along with other therapies to treat a variety of mental health conditions. The CHAS Foundation



is in the process of developing a local initiative that incorporates mindfulness techniques in both schools and the community at large.

Other research has looked broadly at the use of mindfulness-based group therapy compared to individual cognitive-behavioral therapy for patients with various conditions including depression, anxiety and stress, and adjustment disorders. They found that the mindfulness group therapy can be as effective as the individual therapy. If you are curious and haven’t yet given mindfulness a try, there are numerous online resources and apps to help you get started, such as Mindfulness Coach developed by the U.S. Department of Veterans Affairs.

The State of Mental Health in Children

by: Stephanie Osler, LCSW, Director of Integrated Behavioral and Social Support Services at Children's Hospital of The Kings Daughters

The young people of our nation are facing a public health crisis. According to data out of the CDC, one in five children has a diagnosable mental health condition. Only about 25 percent of them will receive treatment. It is not uncommon for signs and symptoms to be present long before treatment is accessed. On average, it takes eight to 10 years from the time symptoms appear to recognition and treatment. Untreated mental health issues lead to a cascade of potential consequences including, but not limited to, poor school performance, poor self-worth, addiction, self-harm, suicide, homelessness, considerable societal costs, & astronomical health care cost.

Today, according to the CDC, suicide is the second-leading cause of death in young

people ages 15 to 24. More young people die by suicide than cancer, heart disease, stroke, influenza, pneumonia, cardiac dis-



ease, and infectious diseases combined. The Children's Hospital Association reports that admissions related to suicide and self-harm have more than doubled in the last decade.

There is much speculation on why our children today suffer more than in years

past. Genes, environment, awareness, better recognition, and technology are at the top of my list. There is a litany of research looking at all of these topics of interest. Regardless of the cause, however, the question remains ... how do we effect change? What can we do as mental health providers? As parents and families? As advocates? As a community?

We can improve access to care. We can develop skill-building programs for our children to learn how to manage distress, how to cope with disappointment, and how to communicate with others in a technology driven world. We can speak about mental health issues and eradicate the stigma associated with asking for help. We can advocate

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Norfolk Portsmouth Bar Training

During the Summer of 2017, the CHAS Foundation met with representatives of the Norfolk Portsmouth Bar Association's Continuing Legal Education Committee to develop a training course on Mental Health and the Law. The training was held on October 11, 2017 in Dominion Towers. The very informative and interactive session was delivered in a panel format including speakers from the CHAS Foundation (Executive Director Beau Kirkwood) and representatives from the Judicial System: Richard Hallenback, Jr., Chief Magistrate City of Portsmouth and Judge Bruce Wilcox, Norfolk General District Court. The session was moderated by Attorney Kerry Whayland (Firm of Stackhouse, Nexsen & Turietta, PLLC). The primary goal of the program was to assist attorneys to better understand the confusing and often difficult process by which individuals may be involuntarily committed by Emergency Custody Order or Temporary Detention Order, the Civil Commitment Hearing Process in Virginia, as well as identify resources for families in crisis and those dealing with a mental illness.

**Special thanks to Donna Bausch, Executive Director of the Norfolk & Portsmouth Bar Association*



Kerry Whayland, Richard Hallenback, Jr., Beau Kirkwood, Judge Bruce Wilcox

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fore. Deinstitutionalization has undoubtedly shifted the burden of care to the families even though they often lack the financial resources and are unequipped to meet the needs of their loved ones. As a result, constant turmoil, denial, substance abuse, incarceration and homelessness become common themes. Families are being torn apart by these illnesses unlike any other disease.

In 2017, The Virginia Joint Legislative Subcommittee backed efforts to expand access to care for the people in community settings and is exploring closing state hospitals. With in-

creased community care the direction we are headed, it is absolutely imperative funding for programs and support is expanded. Tidewater Cove, a new facility that provides housing along with intensive services and case management, will soon open in Suffolk helping to fill a void in the lack of housing and long-term care needed by many families and individuals. We need more. More resources have to be implemented such as mental health and emotional self-care programs, more training for pediatricians and primary care physicians, more psychosocial and educational programs, more accessibility to detox and rehab centers,

more intensive case management, and more housing and long-term care options.

This list of needs is seemingly daunting, however, even with improved community resources and programs, some families will still feel as if they are scouring a mental health wasteland trying to find the right doctors, the right medication, or just get their loved one to accept they actually need help. I support the decision for us to continue transitioning to a community-based model but let's make sure to actually deliver effective programs and services that can provide relief to our communities and families in particular.

SPECIAL EVENTS



5th ANNUAL CHAS FOUNDATION CELEBRATION

RAISED \$30,008⁰⁰

SATURDAY OCTOBER 28th :: 4pm-8pm

O'CONNOR BREWING CO.
211 West 24th Street :: Norfolk, VA

Another great night of friends, businesses, families and community supporters coming together for the milestone fifth year annual fundraiser at O'Connor Brewing Company. Along with great food and a fantastic auction, this year included an interactive booth on the brain.



- Thank you to our sponsors:*
- **PRESENTING SPONSOR \$3000** —
Christian Psychotherapy Services
 - **COMMUNITY SPONSOR \$3000** —
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 - **GOLD SPONSORS \$2000** —
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 - **BRONZE SPONSORS \$500** —
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 - **FRIENDS OF CHAS \$250** —
Beth Lloyd at Howard Hanna • Glass Corporation LifeNet Health • The White Rabbit



The CHAS Foundation Run/Walk

Through the tireless efforts of board member Dr. Mark Lawson and countless volunteers, the CHAS Foundation Run/Walk was able to take place this year thanks to clear, albeit cold weather which was perfect for runners. Entertainment was provided by 94.9 recognizing that although mental illness can be a challenging health condition for many, there is a network of compassionate individuals that have either been there themselves or have been side-by-side with loved ones in their mental health struggles and wish to give hope to others.

RAISED \$25,236⁶¹

A Go Fund Me page was also set up for those individuals that were unable to walk or run in this year's event. Overall, it was a great day to raise awareness for the residents of Western Tidewater.

SPECIAL EVENTS

Spring Golf Tournament

The CHAS Foundation held their 5th annual golf tournament on May 11, 2017 at Heron Ridge Golf Club in Virginia Beach. CHAS Kirkwood was an avid outdoorsman and enjoyed golfing, skiing and surfing to name a few. Each year, many of his childhood friends come together along with new friends and supporters of the CHAS Foundation to unite together for a fun day of golf and comradery. In addition to the tournament, the program included a great auction with donations from local vendors and a celebration party.



Raised
\$20,002⁰⁰



Thank you to our sponsors:

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CPFD

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Virginia Beach Printing

Thank you to our sponsors:

— **PRESENTING SPONSOR \$5000** —
Gastrointestinal & Liver Specialists of Tidewater, PLLC

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— **SILVER SPONSORS \$1000** —
Tom & Nan Coxe • Tucker Corprew

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Inc. • George & Susan Lawson • Running
Etc. • Bennett's Creek Pharmacy • Griffin Oil &
Propane • Nansemond-Suffolk Academy Saints

Legislative Update

This past year, the CHAS Foundation continued meeting with and educating legislatures throughout the Commonwealth of Virginia at quarterly meetings in Richmond and local meetings with council members and state representatives.

At the state level, the Joint Subcommittee to Study Mental Health Services in the 21st Century continued meeting to further explore systems and procedures for an improved mental health system. They are tasked to make recommendations to the General Assembly on how to best realign the way Virginia pays for services for people

with mental illness and other behavioral health disorders. The proposed solution is a major increase in state spending to expand options to care for people in community settings.

Looking ahead to the upcoming year, the commission proposes several initiatives as follows:

- ✓ Discharge planning to provide mental health care to inmates after they leave jail
- ✓ Alternative transportation for those with mental illness to free law enforcement time



- ✓ Allowing psychologists to treat patients remotely through technology
- ✓ A realignment plan that integrates community service boards with institutions

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at our state and national levels to provide equal reimbursement for medical and mental health care. At CHKD we are building solid clinical programs and collaborating with other like-minded organizations that are providing quality care.

We can also intervene earlier by educating our pediatricians and our schools to identify problems, respond, and guide children and families to help. We can make good use of technology like telemedicine platforms to extend our reach. Community-based care accessible to all children where they live and in their schools is critical. Partnerships with The CHAS Foundation have provided CHKD Behavioral Health with funding for evidence based training of our clinicians. In addition, The CHAS Foundation has provided partial funding for a second REACH course, a mini-fellowship in psychopharmacology for 35 of our pediatricians who will learn over a 3-day period how to better recognize, respond, and treat mental health issues in children. Partnerships like these lead to better care for our community's children, our most valuable asset. Together, we can create hope for the future.

CHAS FOUNDATION OUT IN THE COMMUNITY

Whether it's having an educational booth at mental health fairs or attending community mental health forums, CHAS is getting out in the community. Educating the public and working with other non-profits, hospitals, private providers, CSB's, police departments, and jails continues to be a priority for our organization. It is imperative we improve the effectiveness of services in our area. Executive Director, Beau Kirkwood, is in his 4th year as an instructor covering the community and family perspective from someone that has experienced first hand what it's like to call the police during a mental health crisis. About 350 of the 450 officers that have been trained are from NPD. Others include ODU PD, NSU PD, Sheriff's, and CSB Staff.



Stigma & Mental Illness (by Tucker Corprew, Founder)

Stigma affect all aspects of mental illness. Many people who have mental illness and addiction don't seek treatment because of the negative stigma. Their families and support groups also struggle with addressing the fact that their loved one has a disorder. Both conditions are treatable and I hope society will realize that early intervention and quality treatment CAN make a difference just like treatment for physical conditions such as diabetes or heart disease.



The community should push for more acceptance and treatment for mental illness. Aside from the pain and suffering of the individual who has struggled often for years and the often accompanying self-medication that leads to addiction, there are a host of other co-occurring problems that take place if the mental illness is left untreated. Additionally, the lost wages and toll it takes on not just the individual but their families is profound.

Mental Illness is one of the last medical issues that lacks a true protocol to follow when treating a patient throughout the mental health spectrum. I urge everyone to work with their legislatures, community advocates and behavioral health providers to develop long-term, effective strategies for identifying and developing proactive steps and procedures to successfully treat individuals in the beginning stages of dealing with mental illness.

FINANCIALS

General Contributions

\$5,000 and above

Nancy N. Nusbaum and V.H. Nusbaum, Jr.
Donor Advised Fund 2 of the Hampton Roads Community Foundation

\$1,000 - \$2,000

Ann Nusbaum
O'Connor Brewing Company
Sertoma Club of Norfolk

\$500 - \$999

Rad & Lindsay Davenport	Lisa Johnson
Claire & Tim Ficker	Aashish Matani
Bruce Harlow	Andrew Nusbaum
The John Hitch Family	Dennis & Susan Rowley
Ian Holder	Ceci Shannon

\$250 - \$499

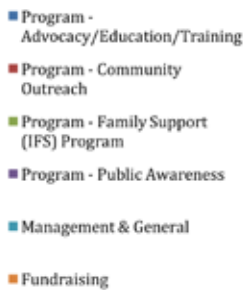
Emily & Jono Dahl	Sladjana Skrba-Turkovic
Annette S. Field	St. Andrew's Episcopal Church
Staff at GLS of Tidewater (Suffolk)	James and Mary Wade
Nancy King	Charles & Ann Wright
Carole B. Pierson	

\$100 - \$249

Charles & D. Robin Bichy	Donna Howard
Kelly M. Borkman	Allene A. Hull
Raymond & Patricia Bozman	Ryan King
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Mark & Blair Brinkley	Annette Moring
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Candy Brown	Josh & Natalie Parker
Susan Canedy	Evans Poston
Bonnie & Ralph Carmines	Amy E. Rhodes
Cedarwood Chiropractic	Kelsey Sarcone
John Corliss	Joey Shannon
Michael & Katherine Coughlin	Kevin Shannon
Daniel Cullen	Dennis & Movane Smith
Timothy Davidson	Astor & Ned Taylor
Susan Dewey	James & Lin Tomlinson
Margee Downs	Sladjana Skrba & Medin Turkovic
Thomas & Kathryn Duntemann	Charles and Margaret Walker
Christopher L Durkin	Demaris Wheeler
Colleen Fennerty & Kyle Floberg	Cindy and David Wofford
Edward & Anna Goldenberg	Women of the Moose Chapter 684
Randy Gould	Bill & Ginny Woods
Ron and Dot Hefton	

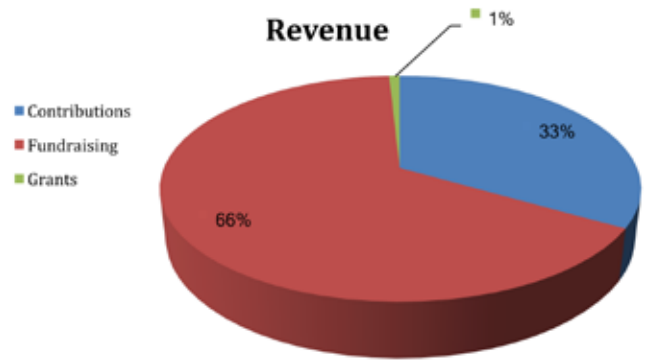
2016 Information

Expenses



Total Expenses: \$117,934.00

Revenue



Total Revenue: \$101,997.00

(See website for current financials.)

MEMORIAL AND HONORARY GIFTS

Margaret & William Ballard: In Honor of Linda & John Patton
Susan Bernard: In Honor of Mary Hall
DELTA KAPPA GAMMA BETA IOTA CHAPTER: In Memory of Dennis Smith
Raymond & Patricia Bozeman: In Honor of the Lawson Family
Arthur V Brandriff Jr: In Memory of Dennis Smith
Mark & Blair Brinkley: In Memory of Ashley Lawson
Cedarwood Chiropractic: In Memory of Dakota Chacon
Cristan Connito: In Memory of Ashley Lawson
Robert & Catherine Craft: In Memory of Dakota Chacon
Danny Cullen: In Memory of CHAS, In Honor of Chuck and Beau Kirkwood
Tim Davidson: In Memory of CHAS Kirkwood
Susan Dewey : In Honor of Mary Hall
Dr. Norman Goldin (GLST): In Memory of Jeffrey Fultz
Tom & Kathy Duntemann: In Memory of Colonel George A. Lawson, USAF/RET
Gerald Guess: In Memory of Dorothy Corprew
Dorothy (Dot) Hefton: In Memory of Alfie
Donna Howard: In Memory of Ashley Lawson
Allene & Bill Hull: In Memory of Dakota Chacon
Lisa Johnson: In Memory of Ashley Lawson

Nancy King: In Honor of Amy Rhodes and Lin Tomlinson
Anne Klein: In Memory of Dennis Smith
Mary Sue Kretsch: In Memory of Dennis J. Smith
George & Susan Lawson: In Memory of Ashley Lawson
Nancy MacPhail: In Memory of George Lawson
Nancy Macphail: In Memory of Bruce Woods
Rexanne Metzger: In Memory of Grey Kiger
Julie & Paul Morgan: In Memory of Dakota Chacon
Carole Peirson: In Memory of Dakota Anne Chacon
Lynne Rabil: In Memory of Ashley Lawson
Amy Rhodes: In Honor of Lin Tomlinson, Nancy King, & Beth Lloyd
Lori Rutland: In Memory of Ashley Lawson
Noelle Rutland: In Memory of Ashley Lawson
Ceci Shannon: In Memory of Ashley Lawson
Kevin Shannon: In Memory of Ashley Lawson
Kimberly Sinclair: In Loving Memory of Jimmy Allman and SFSL
Lin Tomlinson: In Honor of Amy Rhodes and Nancy King
Barbara Vidarte: In Memory of Ashley Lawson
Cindy & David Wofford: In Honor of the Lawson Family



The CHAS Foundation
5426 Powhatan Avenue
Norfolk VA 23508

PLEASE CUT AT DOTTED LINE AND RETURN VIA POSTAL MAIL



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(757) 489 2427

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I would like to show my support with a gift of:

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Enclosed is my **check** made payable to The CHAS Foundation

Donate online at: theCHASfoundation.org/donate

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Total Gift

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