

2016 YEAR IN REVIEW

Letter from the Director

It only takes a second of exposure to today's news headlines and social media to recognize the growing number of mental illness-related stories trending throughout these various platforms. Often unreported are just how significant the long-term effects are for both the victims and their loved ones, many of whom call the Hampton Roads community their home. Whether it is a shortage of long-term inpatient facilities leading to incarceration or a lack of accessible outpatient treatment, the systemic problems with our mental health system are escalating. Tensions have also increased between police officers and the citizens to whom they serve as a result of inadequate mental healthcare services.

One strategy used to help overcome these issues is through the Crisis Intervention Training (CIT) program. This two-day course provides police officers and safety personnel the necessary skills to identify mental health cases over criminal cases and the correct protocol for handling those in crisis. As an instructor representing The Chas Foundation, and a CIT-certified trainee, I have witnessed first-hand how this program has impacted the outcomes of recent events in the community, one of which took place recently in my own neighborhood in Norfolk. I often wonder how a program such as this could have impacted the outcome of my own story.

continued on page 2 - CIT



Fall Celebration at O'Connor's

The weather was warm but fantastic for this year's annual Chas Celebration held September 10 at O'Connor Brewing Company. Beginning in the fall of 2013, The Chas Foundation brought together friends and supporters to highlight the important work of bringing more awareness to mental illness. The event is a coming home of sorts for many who attend. Kevin O'Connor was a long-time friend of Chas and is delighted to host this event in memory of his buddy. Filled with fun entertainment, food and fellowship, Chas would have been in his element among so many friends and colleagues.



Photo courtesy of Veer Magazine.

continued on page 4

Mental Health Awareness Campaign



The month of May is **Mental Health Awareness Month**. This past May, The Chas Foundation embarked on their first successful anti-stigma campaign. Unlike many physical conditions and/or diseases, individuals often hide their systems or mask emotional problems which leads too often to failing to identify problems early on. Treatment by early mental illness diagnosis can many times increase the chances of recovery. Their message was blanketed across billboards throughout Norfolk to reach out to those who may be struggling with the acknowledgement of a mental illness. With the depiction of all types of shoes, the goal of the campaign was to show that mental illness can effect anyone and for individuals and families not to be ashamed to come forward to ask for help.

The More You Know is NBC Universal's long-standing cross-company public service initiative focused on education, diversity, health, civic engagement and the environment. For more than 25 years, **The**



More You Know has addressed the nation's most pressing social issues and remains a trusted voice for sharing knowledge to improve lives. This past summer, The Chas Foundation partnered with the local NBC Affiliate, WAVY TV 10 and Dan Banister, Managing Partner of Nissan, Chesapeake/Norfolk. The local PSA featured our Executive Director Beau Kirkwood along with Dan Banister spotlighting Mental Health.



In a partnership with the local ABC Affiliate, 13 NEWS NOW, The Chas Foundation produced and aired a Public Service Announcement in May in conjunction with the billboards. The video portrayed varying individuals who suffer from mental illness and served as a catalyst to let individuals know that they are not alone and that there is hope for those struggling with mental illness.



FAMILY SUPPORT

Martha's Personal Story

by Martha Armstrong

In the fall of 1999, I matriculated The College of William and Mary. Let me be crystal clear here, if you



cut me open you'll see that I bleed the green and gold of the Tribe. My Mom accurately says that college fit me like a glove. My final semester was different than the others. Nothing really changed circumstantially, but my moods sure did. One day I'd be 'up' having long philosophical talks with friends, the next I was tearful and uninterested in eating. I graduated in the spring of 2003.

Once I came home from the cocoon of college, things got worse fast. The August following graduation, I was diagnosed with Bipolar I Disorder and began seeing a therapist and taking a 'cocktail' of meds. I was and am a very compliant patient to use the clinical term. I don't skip my medications because I know how I'll feel if I do. I also know that without my medications I won't be able to function "normally" in society.

Since I was maybe four years old, I've had an interest in both psychology ("Mommy why did that lady do that?") and helping others ("Mommy, that lady is hungry, can we help her?") After a year working at a law firm, I applied and was accepted to the Masters in Social Work Program at Norfolk State. Graduate school had its ups and downs, which ebbed and flowed with my moods as it took my psychiatrist and I some time to hone in on the best cocktail for me. I was fortunate during this time to have the support of my Mom, friends, and church. It takes a village to support someone with Bipolar I Disorder.

In 2010, I sat for my state boards and became a Licensed Clinical Social Worker. I have the privilege of helping others in a way that I find intellectually stimulating.

Since my diagnosis 13 years ago, I've lived as "normal" a life as I believe anybody does.

I've made and kept friends, stayed close to my family, dated though not as much as I'd like, lived alone in a cool apartment in Ghent, held a fulltime job, and been active in my church. I've also spent way more than I'd like on pharmaceuticals, sat on a therapist's couch to deal with the depressions and manias when they do come, and had three short term psychiatric hospitalizations. I believe it takes real courage to check yourself in to a psychiatric unit, admitting that you need 'that kind' of help.

Does Bipolar Disorder have a significant impact on one's life? Unequivocally yes! Is a diagnosis of a mental illness a death sentence to a normal, productive, happy life? No! My humble advice to anyone with a mental illness is fairly simple; take your meds as prescribed, see a therapist if needed, build the "village" of people that will care for you when you need it and whom you can care for in return, and don't listen to the stigmatizing voices that say you aren't "normal". Who are they to judge?!

Tips To Prevent Holiday Stress and Depression

1. Acknowledge Your Feelings
2. Reach Out
3. Be Realistic
4. Stick To A Budget
5. Plan Ahead
6. Don't Abandon Healthy Habits
7. Take A Breather
8. Seek Professional Help If You Need It

CIT - continued from page 1

CIT can be effective; however, it is just a start. In order to yield the most effective response, an integrated approach is needed to reduce trauma, unnecessary hospitalizations and detentions. This includes offering community-based alternatives to jail when a mentally ill individual needs to be removed from emergency situations, providing respite for both consumers and their families with varying intensities of services,

and by avoiding police involvement unless it is truly a last resort. Mental illness operates on a continuum, not just one episode resolved and move on. These three needs are at the heart of the development of a community crisis care continuum. In order to see lasting improvement, we need everyone to do their part and speak up for better resources.

What to do In a Crisis

- Respond to delusions by talking about the person's feelings not about the delusions – say, "This must be frightening," not "You shouldn't be frightened – nobody's going to hurt you."
- Don't stare – direct eye contact may be perceived as confrontational or threatening.
- Don't touch unless absolutely necessary – touch may be perceived as a threat and trigger a violent reaction.
- Don't stand over the person – if the person is seated, seat yourself to avoid being perceived as trying to control or intimidate.
- Don't give multiple choices or ask multi-part questions – choices will increase confusion. Say, "Would you like me to call your psychiatrist?" not "Would you rather I called your psychiatrist or your therapist?"
- Don't threaten or criticize – acute mental illness is a medical emergency. Suggesting that the person has chosen to be in this condition won't help and may escalate tension.
- Don't argue with others on the scene – conduct all discussion of the situation with third parties quietly and out of the person's hearing.
- Don't whisper, joke or laugh – this may increase agitation and/or trigger paranoia.
- Print a copy of this list to keep with your list of essential telephone numbers.

Source: Treatment Advocacy Center

PARTNERSHIPS

Chas Foundation Reaches Out to Help CHKD



The Chas Foundation recently began a philanthropic partnership with Children's Hospital of The King's Daughters by making a \$40,000 gift to fund education and training for their behavioral/mental health staff members.

This significant commitment was made as the result of our team meeting several times with CHKD's leadership throughout 2016 to learn about their dedicated pediatric behavioral/mental health program, which was formalized in 2014. We learned of our shared desire for our community to have a program and place where children can be cared for and receive early intervention for behavioral health issues.

We are proud that The Chas Foundation has provided CHKD's dedicated staff the opportunity to receive training in the areas of parent/child interaction therapy; cognitive behavioral therapy; dialectal behavioral therapy and family based therapy for anorexia nervosa. It has been wonderful for our organizations to get to know each other and share our passion for helping children and families who need mental health service.

**Special thanks to Billy and Beth Brock for their additional support*

Bon Secours Maryview Health Gets a Makeover



Also in 2016, the Chas Foundation partnered with Bon Secours Health System. The Chas Foundation provided funding for furniture and supplies to improve the surroundings for the patients in the Maryview Behavioral Health Center Inpatient Wing that houses mentally ill patients and serves as a therapeutic center individual patients may utilize while receiving inpatient care.

Prior to their assistance, the multipurpose room was a sterile environment, not optimal to creating a warm and positive setting for individuals suffering from a mental illness. Patients who are able to experience a more calm, nurturing environment increase their opportunities to be more open to treatment and therapy and feel less isolated from their "creatures of comfort" afforded by more home-like surroundings.

The Chas Foundation worked with a state certified interior designer from Design Elements, toured the current multipurpose room and made an assessment and plan for improvements. Additions included providing more comfortable seating for lounging, chairs, artwork, curtains and supplies for patients to do arts and crafts. Specific research was conducted for items that would meet safety regulations to prevent any potential behavior that would be harmful to the patients.

**Special thanks to Davis Interiors and the Norfolk Rotary for their additional support*

Are you or a loved one in need of a connection to local mental healthcare providers?

If so, please visit our website at thechasfoundation.org



Support Groups

The Chas Foundation is exploring the formation of a support group for individuals and families that are dealing with the effects of mental illness. Similar to addiction and physical illness support groups, the goal is to provide a safe environment for individuals to feel secure in sharing both the challenges and also successful coping strategies for managing a mental illness.

If you are interested in participating or providing meeting space please call (757) 489-2427

SPECIAL EVENTS



Thank you to our sponsors:

— GOLD SPONSORS —



— SILVER SPONSORS —



REAVESCOLEY^{LLC}

Mark & Elizabeth Lawson
The Hall Family
Tucker Corpew

— BRONZE SPONSORS —



Bay Diesel & Generator
Cindy & Doug Wilson
Colley Avenue Copies & Graphics
Kathie Moore
Margaret & Bill Ballard
miRoMA Fund
Ryan "Mango" McHale

— FRIENDS OF CHAS —

Beth Lloyd at Howard Hanna
Evans Poston, Commissioner of the Revenue
Hon. Bruce and Nancy Wilcox
LifeNet Health
Linda Daniel
Nancy Chandler Associates
The Palace Shops + Station LLC's
The White Rabbit
Tom & Patti Host (T. Parker Host)

— OTHER DONATIONS —

Divine Healing by Carol Russel
Women of the Moose Chapter
John Corliss

SPECIAL THANKS: Davis Interiors, Ltd. • Dan Bannister of Nissan Norfolk/Chesapeake • Decker & Associates • Design Elements
Michael Farrell • The Governor's School for the Arts • VEER Magazine • Woo Woo (94.9 The Point)

SPECIAL EVENTS

Spring Golf Tournament

The Chas Foundation held their annual golf tournament on June 1, 2016 at NAS Oceana Aeoropines Golf Club in Virginia Beach. In addition to a great round of golf on the picturesque course, the program included a great auction with donations from local vendors and a celebration party at Rudees Inlet in Virginia Beach. Chas was an avid sports enthusiast, including golf, and many of his childhood friends come out each year as a tradition to honor their friend.



Raised
\$16,698⁰⁰



Thank you to our sponsors:

— GOLD SPONSORS —



Sun Title Inc.

Jane Webster

— HOLE SPONSORS —

Center for Restorative, Cosmetic & Implant Dentistry
Fuller Construction

In Loving Memory of Christian Carden
In Loving Memory of Jimmy Allman and SFSL

Jerry & Deborah Alley
John Hill

Kellam Mechanical INC.
Mannino's Italian Bistro
NAI Carolantic Realty, Inc.

Palladium Investment Advisors
Randolph Studio, Jane Steinhilber
Rudee's Restaurant & Cabana Bar
Tidewater Mortgage Services, Inc.

Tucker Corprew
Virginia Beach Martini Club
Virginia Beach Printing

— SPECIAL THANKS —

Norfolk Sertoma Club

The Chas Foundation Run/Walk

The Second Annual 8K Walk/Run was to be held on Sunday, October 9. Unfortunately, Hurricane Matthew did not cooperate and caught everyone in the Hampton Roads community off guard. To err on the side of caution, The Chas Foundation made the difficult decision to cancel the event immediately preceding. As many avid runners know, rescheduling was not an option given the amount of scheduled races on the calendar each weekend in our region.



The Chas Foundation would like to thank all that had volunteered countless hours right up to the day before the event and the runners and sponsors who pre-registered. The idea of the race/walk partnering with a major nonprofit health organization, Bon Secours, was the brainchild and labor of love of Board Member, Dr. Mark Lawson in memory of his daughter, Ashley Lawson.



Raised
\$27,298⁷⁰



The Olivia Waddell Epilepsy Endowment Fund • The Bozman Family • Delegate Chris Jones • Lisa Johnson • George Lawson • Susan Lawson

Legislative Update

The Chas Foundation has continued their important work in educating legislators in the Commonwealth of Virginia through quarterly meetings in Richmond. As a participate in Senator Creigh Deeds Subcommittee on Mental Health Services in the 21st Century, representatives have advocated for better access to mental healthcare through examining the many challenges within the current system. Additional meetings to discuss improving the mental healthcare system, in particular families finding themselves in a crisis situation, have been held with the following representatives: Senator Emmett Hanger, Delegate Peter Farrell, Delegate Chris Jones and Delegate Scott Garrett.

In addition, through our partnership with the Treatment Advocacy Center, we continue to push for more effective laws and emergency protocol that will better assist those experiencing a mental health crisis.



Photo by By Anderskev - Own work, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=7770383>

Facts About Types Of Mental Illness Disorders

ANXIETY. Over 21% of American Adults 18-64 will have a diagnosable anxiety disorder in a given year. *(That is more than the number of people in the U.S. who subscribed to Netflix in 2015)*

21%

DEPRESSION. Nearly 7% of American Adults had a major depressive episode in 2014 = 15.7 million people. *(That is enough to fill every major league baseball and football team in the U.S.)*

7%

BIPOLAR. Over 3,300,000 American Adults will have bipolar disorder in a given year. *(That is more than the populations of Indianapolis, Nashville, New Orleans, San Francisco, & Seattle combined)*

3.3 million

PSYCHOSIS. Nearly 3.5% of all people will experience psychosis in their lifetime. *(That is over 11,300,000 people – more than the entire population of Greece)*

3.5%

Source: *Life With A Mental Illness Outreach Toolkit, 2016, Mental Health America*

The Epidemic of Behavioral Health Disorders

Paul F. Aravich, Ph.D.
Neuroscientist & Behavioral Health Advocate
CHAS Board Member



At a summer presentation sponsored by the Congressional Public Health Caucus it was noted that there is an epidemic of behavioral health disorders causing enormous suffering that will bankrupt our country. According to the World Health Organization, depression is the most disabling condition on earth. Others report that the years of lost life associated with serious mental disorders exceed those associated with ethnic, gender and geographic disparities, an issue relevant to the second overarching goal of Healthy People 2020: the elimination of health disparities. According to a recent CDC report, many more persons died from dementia (93,541) and suicide (42,773) than from motor vehicle accidents (35,398) in 2014, making dementia and suicide the number 6 and number 10 leading causes of death. Compared to homicides (15,809) there were 2.7 times more suicides: If the number of homicides increased 2.7 times the public outcry would be deafening. There were also 30,722 alcohol deaths and 28,647 opioid deaths. Sadly, death rates from addiction, suicide and dementia are rising in contrast to falling rates for heart disease, most cancers and stroke. While 75+ year old men have the highest suicide rate (38.8 per 100,000) and the peak age for suicide risk in women is 45-64 years of age (9.8 per 100,000), the CDC recently reported alarming increases in overall suicide death rates, especially in 10-14 year old girls.

It is time for advocates to come out of their silos to speak with one voice against the terrorism of these disorders. They can be compared to traumatic brain injury, which causes a metabolic response cascade involving some of the same neurochemicals linked to them. It is our duty to reduce stigma and speak up for persons like my friend Ms. K: She was a fiercely independent person with the dual diagnosis of a schizoaffective disorder and an acquired brain injury; and, she was a kind and gentle person. One day she surprised me with hundreds of poems, including some for my medical students. One of her lines based on the children's book, *The Giving Tree*, touched me when she said, "Oh Giving Tree oh Giving Tree let me be me." I did not realize she was saying good bye. Shortly thereafter she died by suicide and broke my heart.

America, we can do better.



CONTRIBUTIONS FOR 2016

CONTRIBUTIONS FOR 2016

\$5,000 and above

GLST

The Olivia Wadell Endowment Fund

\$2,500 - \$4,999

Towne Bank

Bon Secours

Fraim Family Foundation

\$1,000 - \$2,499

Norfolk Rotary Charities

O'Connor Brewing Company

Scott & Lori Rutland

\$500 - \$999

Thomas & Nan Cox

Jesus & Ashley Inciong

Ann Nusbaum

Harriett Wills

Hampton Roads Community Foundation

\$250 - \$499

Edwin Harris

Joseph Parcels

\$100 - \$249

Judy Barnes

George & Susan Lawson

Arthur Jr & Mary Brandriff

Patrice Lilly

Mary Beth Chapman-Cardon

Peem & Amy Lorvidhaya

Ralph & Bonnie Carmines

Annette Moring

Nam Couch

Amy Rhodes

Thelma Drake

Cecil Riddick

Sandra Higerson

Lynn Roth Taylor

Lisa Johnson

James & Lin Tomlinson

Dave & Chrissy Johnson

Caroline Ungerman

Jeffrey & Beverly Karr

James & Mary Wade

Youth and Mental Health

Some staggering new numbers related to depression were recently released as part of Mental Illness Awareness Week. The data was drawn from one of the most ambitious mental health screening programs ever launched. The depression screen is one of 9 screens available within Mental Health America's (MHA), which began in 2014 and has already been used by over 1.7 million people. The results of the screens illuminate the current depression epidemic in America and serve as a wake-up call to our country.

- ✓ Almost 1,400 people screen for depression every day
- ✓ 66% of screeners are under 25; 32% are under 18
- ✓ 59% are found to have serious depression
- ✓ The youngest screeners have the highest scores compared to any other age group - 37% of 11-17 year olds score in the range for severe depression
- ✓ 32% of all screeners report that they have significant thoughts of suicide or self-harm
- ✓ Among screeners who self-identify as youth and LGBT, 41% score for severe depression

Source: Mental Health America, October 3, 2016 Release

IFS PROGRAM

The Chas Foundation has spent the last several years providing support to families and referring individuals seeking treatment to effective resources in the Hampton Roads Community. Out of necessity, The Chas Foundation began developing an Individualized Family Support (IFS) Program that addresses the challenges faced when a family or individual is in a mental health crisis.

Advantages of this Program: Provide individualized support that was previously unavailable, Community mental health navigator, Address stigma associated with these diseases, Decrease the number of Suicides

STATISTICS FROM JAN 1, 2016

- Taken just over 285 Calls from Individuals & Family Members seeking assistance
- Directly helped 84 Individuals & Family Members Seek Treatment through research, contacts, referrals and support
- 11 Individuals Were Suicidal and All Received Treatment

ASSISTANCE PROVIDED

- Provide Personalized Peer Family Support
- Connect Individuals To Mental Health Court
- Attend Court With Families and Assist In Getting Important Medication to Individuals In Jail
- Go With Individual to Mental Health Appointments
- Assist Individuals In Getting Committed To Psychiatric Hospital
- Mental Health Navigator

PLACES OF REFERRAL

- Private Practices, CSB (no insurance), Day/Step-down Programs, Up Center, EVMS Specialists, Barry Robinson Center (Adolescents), Urgent Care, CHKD, and numerous others.



Chas and Beau Kirkwood Christmas Morning (1984)



The Chas Foundation
5426 Powhatan Avenue
Norfolk VA 23508

----- PLEASE CUT AT DOTTED LINE AND RETURN VIA POSTAL MAIL -----



5426 Powhatan Avenue
Norfolk VA 23508
thechasfoundation.org
(757) 489 2427

Gift Amount

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

☐ \$250 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other _____

Gift Options

☐ Enclosed is my **check** made payable to The Chas Foundation

☐ Donate online at: **thechasfoundation.org/donate**

☐ Please charge my **credit card** for:

☐ Total Gift

☐ Payment(s) of \$_____ in each circled month

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Donor Information

NAME _____

ADDRESS _____

CITY, STATE ZIP _____

PHONE NUMBER _____

☐ American Express ☐ Visa ☐ MasterCard ☐ Discover

Credit Card Number _____

Exp. Date _____

CSV _____

Signature _____

Printed Name _____

☐ I would like to make my gift in memory of this person:

Please print person's name