

2018 YEAR IN REVIEW

Letter from the Director

One problem I see with the complexity of treating mental illness (MI) and why stigma is so prevalent lies in the fact that the term itself covers such a large spectrum. There are



Beau Kirkwood

over 200 classified types of MI ranging from mild to severe. Someone with mild ADHD can be considered mentally ill meanwhile a person with schizoaffective disorder, experiencing psychosis, is also considered mentally ill. By definition, those with a severe mental illness (SMI) have significant functional impairment, which substantially limits major life activities. These individuals need more care and support from our community, but as a community, we are still trying to figure out how to provide that. One of the biggest challenges of treating people with MI, especially those with a SMI, is that many lack the insight to actually acknowledge they are "sick." This is where the family members and friends suffer. Compared to physical illnesses, where if you break your arm, throw out your back or have an epileptic seizure, it is obvious and apparent you need treatment. You may not get it treated right away, but you know it needs to be fixed. There are individuals and families in the community that are waving an invisible "white flag" saying, "We need help but we don't know what to do." We must continue to advocate not only for these individuals with a MI or SMI, but especially for these families as a unit.



The CHAS Foundation Walk/Run

The 5th Annual Chas Foundation Walk/Run was held this year on October 27th on the campus of Towne University in Suffolk. This annual fundraiser is a safe environment where people can come together and discuss mental health issues they are dealing with so they don't feel alone. By realizing they have common passions (running) and challenges (mental illness), participants and their families feel they are part of a connected community.

It also provides a forum for The CHAS Foundation to expand their reach and offer their services to Western Tidewater and those who may not have easy access to more heavily populated urban areas.

Read more about this event on page 5 inside

Mindfulness Program

In the mental illness field, one needs to not look far to see the repeated headlines of what isn't working. The CHAS Foundation's very existence is to research and develop effective and proactive mental health programming in order to assist families and individuals in need. One such promising field of study is Mindfulness. Once considered "touchy-feely" or "new age", it is becoming a well-respected and proven method to combat mental health issues. Mindfulness is now recommended as an alternative or supplemental treatment for individuals whom experience common mental health problems such as anxiety, depression, and even bipolar disorder.

Continued page 2 inside



MINDFULNESS
THE POWER OF THINKING

PROGRAM UPDATES

Infrastructure Updates

2018 was a significant milestone for the organization. What began as a grassroots organization with its location a backyard studio has now grown to an office space with fellow nonprofits located in the administrative building of the Church of the Good Shepherd on Hampton Blvd. In addition, the organization has hired a part-time program administrator to assist in both the increase of calls for support and the build-out of programming noted below and on the following page.



New Location

Mindfulness Program: continued from page 1

Mindfulness has also proven to help people sleep better, improve focus and attention, decrease loneliness, and manage chronic pain. Most importantly, Mindfulness helps develop equanimity, or the ability to be mentally calm, composed, and even-tempered, especially in difficult situations.

Mindfulness: Phase I

Leading into 2019, The CHAS Foundation is in the process of creating a Mindfulness/Wellness Room. Below you will see how we are in the process of taking a stark and empty space and turning it into a place to hold mindfulness classes as well as a place of refuge for those individuals and families that may need a quiet, reflective place to meet with CHAS representatives.

Our Mindfulness Program will launch in May of 2019, where shortly after, CHAS will begin offering "A Soft Introduction To Mindfulness" later in the spring. The course will be free and offered to adults of all ages.



Before

In Progress!

Community Room Buildout



End Goal

How you can help with the buildout of our new community room:

- | | |
|---|--|
| <input type="checkbox"/> Mindfulness Program Literature Display Cases | <input type="checkbox"/> Soothing Lighting |
| <input type="checkbox"/> Room Dividers | <input type="checkbox"/> SAD Lamps |
| <input type="checkbox"/> Flooring/Mats | <input type="checkbox"/> Videography & Audio Sound Systems |
| <input type="checkbox"/> Tools: Cushions, Pillows, Blocks, Journals | <input type="checkbox"/> Instructor(s) |

PROGRAM UPDATES

Mental Illness Navigator & Support Program (MINS)

Over the past five years, The CHAS Foundation has been helping families throughout Hampton Roads navigate the broken mental health system. In addition to the Tidewater region, we have seen more calls coming from northeast North Carolina because of the absence of specific mental health services and an overall scarcity of resources. This includes mobile crisis services, care coordination, intensive case management, same day assessments, psychiatric rehabilitation, and outpatient services to name a few.

According to the National Institute of Mental Health, the state of Virginia ranks near the bottom, at 42nd, when it comes to access to mental healthcare. Individuals and families are still unsure where to turn and continue having difficulty getting connected to effective treatment. The CHAS Foundation is here to provide hope when families feel hopeless. With the MINS program, we are undoubtedly saving lives and providing relief to families.



MINS STATS 2018

52%
struggle with alcohol or substance abuse

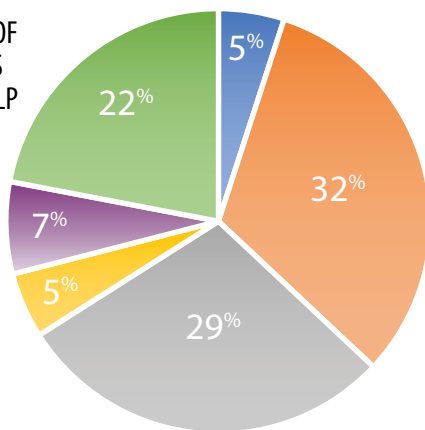
Diagnosis: Borderline Personality Disorder, Bipolar Disorder, Schizophrenia, Paranoid Schizophrenia, Major Depressive Disorder, Severe Anxiety Disorder, Depression, Anxiety, Eating Disorder, Psychosis, Need of Assessment

230 Calls/Meetings Directly Assisting Family or Individual to connect to services or provide support

35% Individuals needing help have suicidal ideations or are chronically suicidal

AGE RANGE OF INDIVIDUALS NEEDING HELP (14 – 75)

- Under 17
- 18-28
- 29-39
- 40-50
- 51-61
- 62+

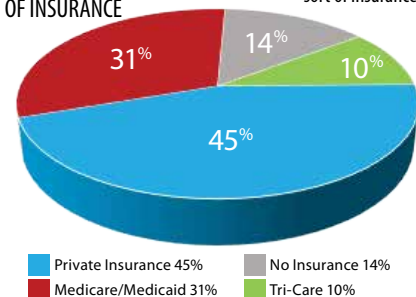


Family Member/
Friend Calling
83%



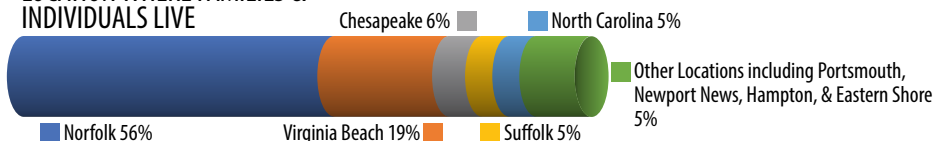
Individuals
Calling
17%

BREAKDOWN OF TYPE OF INSURANCE



(86% have some sort of insurance)

LOCATION WHERE FAMILIES & INDIVIDUALS LIVE



Quote from an individual helped through the MINS Program

“Yeah, I’m doing good Beau. I feel a lot better and more in control of myself. Getting connected to this place has helped me immensely and basically saved my life. It’s the best thing that’s ever happened to me and it gives me hope for the future. Thanks for getting the ball rolling on that! I’m grateful today.”

NEED HELP?

If you or a family member are struggling with your mental health, The CHAS Foundation is here to support and help.

757-489-CHAS

www.thechasfoundation.org

CHAS OUT IN THE COMMUNITY

Letter from Judge Wilcox



A recent article in the Wall Street Journal warned about taking off mental health days at work. It stated that nearly 20% of Americans report having a mental illness. That is more common than heart disease or cancer. The largest providers of mental health treatment in the country are all jails. Why is our most common medical ailment being treated in our criminal justice system? Something is terribly wrong. This is a national problem.

As a society, we need to establish a way so that sufferers of mental health illnesses can get medical treatment and hopefully avoid the criminal justice system. Most people don't want to talk about family mental health problems and stigma often prevents progress. Public education and awareness are slowly changing negative attitudes. People are not mentally ill by choice - they need medical treatment. Hiding it only delays addressing the problem.

I work as a judge and preside over the mental health docket at the Norfolk General District Court. One of the key things we do is prevent people from getting lost in the system. Getting defendants that may not be competent to stand trial evaluated as soon as possible is a top priority. The practice of having a social place on court dockets for people that have mental illness is expanding in the Commonwealth of Virginia. Norfolk was one of the first cities to establish some of these dockets.

Improving mental health services is like peeling an onion. Where do we start? Each of us can do something. Share your stories that can be repeated. Squeaky wheels get attention. We're all in this together.

Community Training

Beginning in 2018, The CHAS Foundation began offering Community Mental Health Training to area groups. The program is designed to provide an overview of mental illness and to assist individuals in their desire to reach out to others who may be suffering from a mental illness.

The program can be delivered in a convenient two hour segment and covers the following components:

I. Mental Illness Overview

II. Action Steps to Take

III. Treatment Options

IV. Self Help Tools



CIT Training

The CHAS Foundation continues to be involved in Norfolk's Crisis Intervention Team (CIT) training with Beau Kirkwood serving in his 5th year as an instructor. It is extremely important we continue the CIT program for both existing officers as well as new cadets. All new cadets going through police academy training are now required to take the weeklong, 40-hour course that educates them on how to handle encounters with the mentally ill as well as their families. With a growing number of severely mentally ill individuals living within our community, it is imperative we strive to build better relations amongst the police and the citizens they serve in order to accomplish one goal—getting effective treatment for those in need rather than just putting them in jail.



Mental Illness Awareness Campaign

For the second year, The CHAS Foundation partnered with Hampton Roads Transit (HRT) on a Mental Illness Awareness Campaign by providing artwork on the sides of their buses with the goal of increasing awareness of mental illness and to lessen the stigma so individuals and families feel more comfortable in seeking out help.

PARTNERSHIPS



SPECIAL EVENTS

Spring Golf Tournament

May 11, 2018 • Heron Ridge Golf Club, Virginia Beach, VA



Raised
\$16,226⁴⁵



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Wardell Orthopaedics, P.C.
Griffin Oil & Propane

The CHAS Foundation Walk/Run

October 27th, 2018 • Town Bank University, Suffolk, VA



Raised
\$25,611⁷²

The CHAS Foundation CELEBRATION

September 29, 2018 • O'Connor Brewing Company, Norfolk, VA



Raised
\$19,905³⁰



Thank you to our sponsors:

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The White Rabbitt • LifeNet Health

Youth and Mental Health Crisis

From a mental perspective, young adults aged 18 to 29 are still experiencing cognitive development. For that very reason, mental illness can often present itself at this time. What most people don't realize is that brain development does not stop at age 18. In fact, the part of the brain that controls impulses and plans and organizes behavior to reach a desired goal will continue to develop into the mid-twenties.

Brains of adolescents have heightened reward systems and such increased sensitivity is what often drives adolescents to be highly emotional. Mental Illness has various causes and triggers. Young adults are at a particularly vulnerable time. This may explain why one of out every five is affected by mental illness. Common youth mental issues can be as follows: Addiction, Anxiety, Attention Deficit Disorder and Depression.

The good news is that mental illness in young adults can often be treated more effectively if it is identified early. Since young adults are still developing parts of their brains, diagnosing mental illness early and developing an effective treatment plan can improve the chances of a good outcome. However, diseases like addiction and depression can compound over time and don't usually resolve on their own. A combination of behavior therapy and medication can work for many youth.

The message we would like to share the most is not to be ashamed or ignore the warning signs. Mental Illness does not usually go away on its own. It is not a phase your child will outgrow. As a family caregiver, pay close attention to the warning signs and ask questions. Don't be afraid to talk to your teen or young adult about their recent



changes in behavior. Youth suicide rates have increased dramatically. In fact, suicide is the second leading cause of death among youth 10-24. Reach out for assistance before your loved one heads into a mental health crisis stage. Just as in any major physical illness, early detection is key.

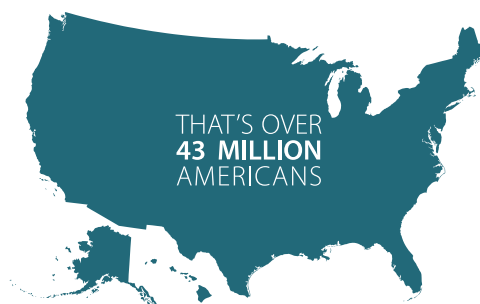
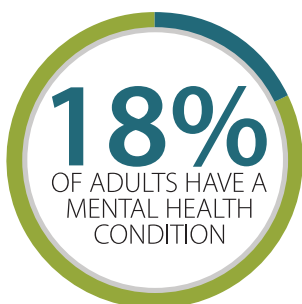
State of Mental Health in America 2018

The report is a collection of data across all 50 states and the District of Columbia. (Source: *Mental Health of America*)

- ✓ To provide a snapshot of mental health status among youth and adults for policy and program planning, analysis, and evaluation;
- ✓ To track changes in prevalence of mental health issues and access to mental health care;
- ✓ To understand how changes in national data reflect the impact of legislation and policies; and
- ✓ To increase dialogue and improve outcomes for individuals and families with mental health needs.

Key Facts & Findings

MENTAL HEALTH AND SUBSTANCE USE CONDITIONS ARE COMMON



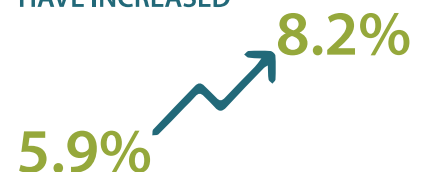
**NEARLY HALF
HAVE A
CO-OCCURRING
SUBSTANCE
ABUSE
DISORDER**



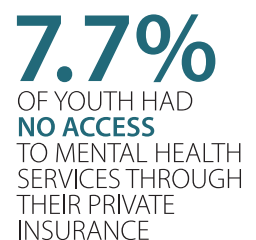
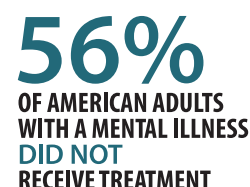
YOUTH MENTAL HEALTH IS WORSENING AND ACCESS TO CARE IS LIMITED



IN A FIVE YEAR PERIOD, **RATES OF SEVERE YOUTH DEPRESSION** HAVE INCREASED



MOST AMERICANS LACK ACCESS TO CARE



FINANCIALS

2018 General Contributions

\$5,000 and above

Harvey Lindsay, Jr.
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Billy & Jill White

“When we give cheerfully and accept gratefully, everyone is blessed.”

— Maya Angelou

2018 MEMORIAL AND HONORARY GIFTS

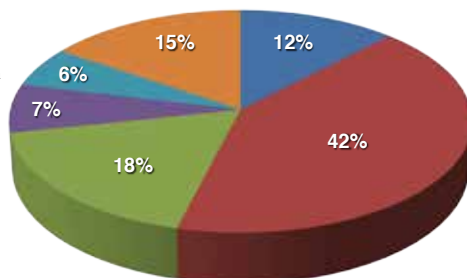
Arthur Bandriff: In Memory of Ashley Lawson
Ralph & Bonnie Carmines: In Memory of Chas Kirkwood
Tucker Corprew: In Memory of Waite Walker
Tucker Corprew: In Honor of Waite Walker
Michael Coughlin: In Memory of Chas Kirkwood
Danny & Ellie Cullen: In Honor of Chuck Kirkwood
Carole Duckett: In Honor of Mark, Elizabeth, Ashley, & Emily Lawson
Donald & Jeannette Friedman: In Memory of Chas Kirkwood
Randy Howard: In Memory of Ashley Lawson
Nancy King: In Honor of Amy Rhodes
Beau & Jennie Kirkwood: In Memory of Waite Walker
George & Susan Lawson: In Memory of Ashley Lawson
Mark & Elizabeth Lawson : In Memory of Wayland T. Pond, III
Eleanor Lewis: In Memory of Waite Walker
Reginald & Tucker McLelland: In Memory of Waite Walker
Nancy Minguez: In Honor of Nancy Minguez
Joyce Polega: In Memory of George Waite Walker
Amy Rhodes: In Honor of Nancy King
Amy Rhodes: In Honor of Beth Lloyd
Amy Rhodes : In Honor of Lin Tomlinson & Nancy King
Dennis & Susan Rowley Rowley: In Memory of Ashley Lawson
Leila Rutland: In Memory of Ashley Lawson
Kristina Somers: In Honor of The CHAS Foundation
Jane Steinhilber: In Honor of Margaret & Charlie Walker
The Mah Jongg Ladies: In Memory of Ashley Lawson; In Honor of Dr. & Mrs. Mark Lawson
Lin Tomlinson: In Honor of Nancy King & Amy Rhodes
Tracey Trimyer: In Honor of Tucker Corprew
Charles & Margaret Walker: In Memory of George Waite Walker
Jill & Billy White: In Memory of Waite Walker

2017 Information

Expenses

- Program: Advocacy/Education/Training
- Program: Community Outreach – CHKD REACH Program
- Program: Mental Illness Navigator & Support (MINS)
- Program: Public Awareness
- Management & General
- Fundraising

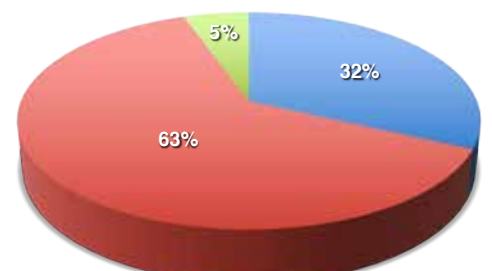
Total Expenses: \$ 104,386.00



Revenue

- Contributions
- Fundraisers
- Grants

Total Revenue: \$100,470.00



(See website for current financials.)



The CHAS Foundation
7400 Hampton Blvd.
Norfolk, VA 23505

----- 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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