

2019 YEAR IN REVIEW

Letter from the Director

When discussing The CHAS Foundation, I tell people that we spent the first couple of years trying to grasp a better understanding of the intricacies within the mental health care system. Is there a system? How does the system work? Who are the major players of this system? From a personal perspective of trying to help my brother Chas, I certainly learned firsthand the barriers to accessing treatment. The anosognosia, or inability to recognize his illness, constant self-medicating, a lack of integrated care once he did seek treatment, and the nonexistent continuum of care upon hospital discharge. With your support, The CHAS Foundation has undoubtedly made strides throughout the Hampton Roads community. We connect individuals to services and resources, provide care coordination, work with local police, run anti-stigma campaigns, and work with area providers to enhance and improve services. While things are getting better, we still have a lot more work to do. What I have found is that there is no real “system” for those with a severe mental illness. It’s more of a disoriented, “hope for the best”, labyrinth. We want to make sure people don’t get lost in that labyrinth.



Beau Kirkwood

It’s an old adage but if we can save a life or provide relief to one family, we are making a difference. We are doing that and more. It is because of all of the support we receive from you, our donors, our volunteers, and our stakeholders that help us to make this a mentally healthier community. For that, we are full of gratitude.



Mental Illness Navigator & Support (MINS) Program Expansion

The Mental Illness Navigator & Support (MINS) program started out of necessity when people began contacting our founder and president, Tucker Corprew, about how they could help a loved one who was struggling with mental illness. After losing her son Chas in 2011, Tucker made it her mission to provide personalized guidance to other families through peer support so they don’t have to experience what she went through alone. This goal is also supported by her youngest son, Beau Kirkwood, executive director of CHAS, to help navigate the journey from mental illness to mental wellness.

The MINS program aims to provide non-clinical, person-centered, and trauma-informed support to individuals and families in mental health crisis at no cost. Our vision is to create a mentally healthy Hampton Roads through support services, psychoeducation, and collaboration with treatment providers.

In November 2019, the Hampton Roads Community Foundation awarded CHAS a two-year grant totaling \$54,000. These funds are specifically designated for the hiring of two part-time MINS program employees who will work together in creating a goal-based action plan for our clients. The MINS program now has a dedicated Peer-Family-Support Specialist that is a parent or caregiver of someone



with a mental illness and is able to share their life experiences and advocate for services crucially needed. In addition, we have hired a Social Worker that can provide their clinical expertise while supporting and guiding clients to the proper and most effective treatment. Prior to the grant, The MINS program helped an average of nearly 50 families a year providing support and care coordination. With the additional staff, we will be able to double the amount of families we help over the next two years. We are excited and look forward to sharing our MINS program updates with you as we continue to roll out our expanded program.



PROGRAM UPDATES

Meet Our Staff



VICTORIA CARTAGENA

Program Director for MINS Program with clinical experience through her Masters of Social Work from Virginia Commonwealth University. Victoria also currently serves as the Hispanic Outreach Coordinator and Supervisee in Clinical Social Work at the Center for Child and Family Services. She is Bilingual (fluent in Spanish), allowing CHAS to serve more individuals and families in our community.



TUCKER CORPREW

President and founder of CHAS, Peer Family Support Specialist for the MINS Program. Tucker helps peers cultivate the ability to make informed and independent choices while gaining information and resources from the community to make their goals a reality. When not working, she loves spending time with her grandson and granddog.



CATHERINE HENDERSON

Assistant Director serving as the organizational and program administrator. As a dedicated volunteer since 2016, Catherine brings 20 years of business and event planning experience to The CHAS Foundation, along with a passionate appreciation for the importance of mental well-being in our community.

Mindfulness Program

Mindfulness continues to be a buzzword. From professional sports players to medical professionals to business executives, people from all walks of life are utilizing its benefits. One benefit that people are recognizing is the improvement of their overall mental health. The CHAS Mindfulness Program's goal is to briefly introduce individuals and groups to what mindfulness is, help them learn how to develop a practice, and teach tools and coping skills that can be used in everyday situations. The majority of other workshops are a minimum of ½ day long and can last upwards of 4 or 5 days in order to fully immerse oneself in the educational and practical components of mindfulness. Our program is a free and short introduction on how to exercise the mind and learn about the benefits of mindfulness and meditation.

In April of 2019, CHAS was honored by the Woman's Club of Norfolk for our work in the community and held a "Moonlight Mindfulness Affair" to introduce plans for the Mindfulness program. The event was also used to reveal the brand-new Mindfulness & Wellness Room created solely to provide a sanctuary for individuals wanting to learn and practice mindfulness as well as anyone just wanting a calm and quiet space to clear their mind. The program started out by having one on one instruction this past winter and will begin providing free in-house group workshops soon for those interested in attending. In 2020, the program will expand and begin to offer workshops specifically tailored to teachers and businesses.

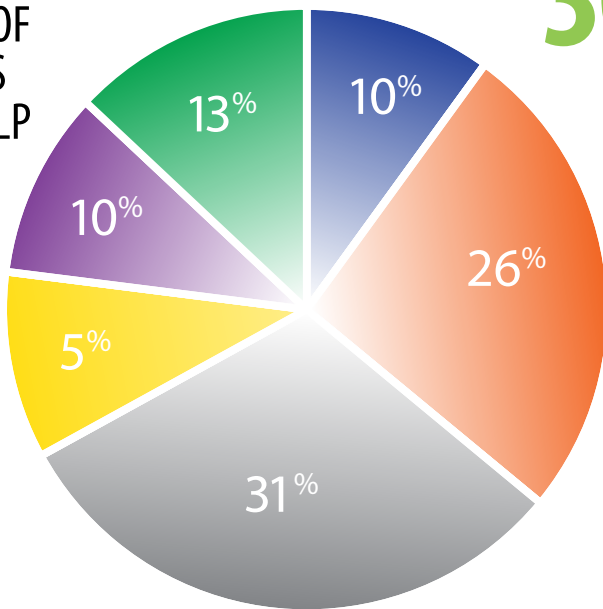


Mental Illness Navigator & Support Program (MINS) STATS 2019

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

AGE RANGE OF INDIVIDUALS NEEDING HELP (15 - 75)

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



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



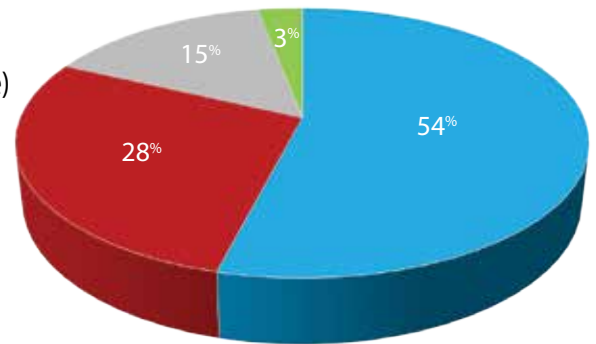
Family Member/
Friend Calling
79%



Individuals
Calling
21%

BREAKDOWN OF TYPE OF INSURANCE

(85% have some sort of insurance)



- Private Insurance 54%
- Medicare/Medicaid 28%
- No Insurance 15%
- Tri-Care 3%

38%

Individuals needing help have suicidal ideations or are chronically suicidal

31%

struggle with alcohol or substance abuse



Anti-Stigma Campaign



Year after year, CHAS continues to create public awareness regarding the stigma surrounding mental illness. Someone should never, under any circumstance, feel ashamed about asking for help. Billboards were placed around the southside of Hampton Roads to help remind people they are not alone and that hope is just around the corner.

A special thanks to Michael Orwig

SPECIAL EVENTS

7th Annual CHAS Golf Classic

May 10, 2019 • Heron Ridge Golf Club, Virginia Beach, VA



Raised
\$26,657

THANK YOU TO OUR SPONSORS:

TOURNAMENT SPONSOR \$3000

Mednet Partners

BEVERAGE CART SPONSOR \$2000

Coastal Pacific Food Distributors

GOLD SPONSORS \$1000

Tucker Corprew • Jane Webster • Weichert Realtors, Inlet Properties

SILVER & OTHER \$500 SPONSORS

Jegit & Ashley Inciong • Sun Title, Inc. • Mayo Insurance Agency, Inc.
John Hill • Randolph Studio, Jane Steinhilber

HOLE SPONSORS \$250

Body Logic Massage • Colley Ave Copies & Graphics
Friends of Festevents • Huffman & Huffman • In Loving Memory of Jimmy Allman & SFSL • Kellam Mechanical • Livingston International • Old Republic Title • NAI Carolantic Realty, Inc. • Rudee's On The Inlet Restaurant & Cabana Bar • Hill Construction Company • The Beach Bully Restaurant & Catering • The Virginia Beach Martini Club • Virginia Beach Printing • WAVY-TV

THANK YOU TO OUR SPONSORS:

PRESENTING SPONSOR \$5000

Gastrointestinal & Liver Disease Specialists of Tidewater, PLLC

PLATINUM SPONSORS \$3000

Courage Miller Partners • Franklin Lumber TowneBank

GOLD SPONSORS \$1000

AllFirst, LLC • Coxe-Family Properties, LLC
Suffolk Foundation • Tucker Corprew

BRONZE SPONSORS \$500

Troutman Sanders, P.C. • Wardell Orthopaedics, P.C.
Harbour View Pharmacy • Running, Etc. • 94.9 The Point
The Athaide Family in honor of Sarah Kellam • Harbour Sports Medicine
George & Susan Lawson in memory of Ashley Lawson
Doctors Morris and Taylor, LTD • Nansemond Insurance Agency, Inc.

FRIENDS OF CHAS: Tidewater Striders • The White Rabbit



Raised
\$31,961

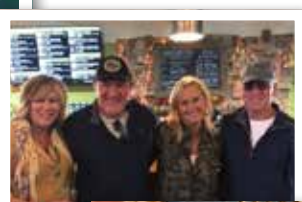
5th Annual CHAS Walk/Run

September 28, 2019 • TowneBank Campus, Suffolk, VA



7th Annual CHAS Celebration

November 3, 2019 • O'Connor Brewing Company, Norfolk, VA



Raised
\$23,358

THANK YOU TO OUR SPONSORS:

GOLD SPONSORS \$3000

Coastal Pacific Food Distributors • The Franklin Johnson Group

SILVER SPONSORS \$1000

Tucker Corprew • Mark & Elizabeth Lawson • The Hall Family • ReavesColey, PLLC
Merrill Lynch Wealth Management • Randolph Studio, Jane Steinhilber

BRONZE SPONSORS \$500

Margaret and Bill Ballard • Breakthru Beverage • Coastal Import and Repair
Kathie Moore • Lawrence Steingold • The Palace Shops and Station
Bruce and Nancy Wilcox • Cindy and Doug Wilson • Lauren Wolcott, CPA, P.C.
Women of the Moose Chapter 684

FRIENDS OF CHAS \$250

Sully & Missy Callahan • Stephen & Kim Hall • Jesus & Ashley Inciong
Beth Lloyd at Howard Hanna

SPECIAL THANKS

Capt'n Crabby • Colley Avenue Copies • Jacob Vanko • Scott Liam Walker, Artist

Letter to the Editor by CHAS Board Member, Margaret Ballard

As published in *The Virginian-Pilot* on October 6, 2019.

In a 1988 article in the Mobile, Ala. Press-Register, "Mother Cannot Make Son Well," my courageous mother, Irene Frazer, spoke out.

"It's such a tragedy. It's just a tragedy to see this beautiful personality that you adore dissolve into something you cannot fathom," she said.

Over the headline, Dr. John P. Callan, medical director of Family Services for McHenry County, Libertyville, IL, was also quoted: "The most important issue facing psychiatry today is the plight of the chronically mentally ill and funding their treatment."

My mother was talking about my amazing brother, John Frazer. The article went on to say: "The Frazers' son held the potential of joining the community leaders. Instead, as a teenager, he developed a serious mental illness, schizophrenia. Mrs. Frazer said minor symptoms of mental illness developed in her son during his junior year in high school."

Despite the changes in his personality, John was accepted at Tulane University and several other colleges. He chose Tulane and stayed one year. As my mother noted, he failed most of his work and came home. It took three months to get him to the appropriate psychiatrist.

The article goes on to state: "Mrs. Frazer said, 'schizophrenia is a no-fault brain disease and the onset of it comes at a very devastating age when a person is just developing from adolescence into maturity at about age 16 or 17 to 21.'"

Where is John today? At age 67, he lives in a senior community in an independent apartment. He is a gentle giant, overweight due to the side effects of his medications. Slow, withdrawn, catatonic and extremely quiet, he has never raised a violent word or attitude against himself or anyone else. He is described by the staff and residents of Somerby of West Mobile as a "blessing," an "angel" and a very "polite gentleman" with "excellent manners."

Every day, he slowly performs errands that the staff gives him, posing notices around the building and in the elevators. He delivers packages and mail to ill residents, takes art lessons and runs the bingo game on Saturday night. He has never once



complained about his illness or any other daily frustrations we all face. His apartment stays immaculately clean.

Where is our country today in treatment for the mentally ill? Not much has changed since 1988. The medications, though improved, have not advanced a lot since the 1950s. There is no cure for this lifetime disease. Although one in four families experience some form of mental illness in their loved ones, there is no protocol for treatment of the mentally ill like there is for other major diseases including cancer, heart diseases or stroke.

In fact, under the current leadership, instead of improving conditions for the mentally ill, it seems we are heading in the opposite direction.

I was deeply disturbed to read an article in the Sept. 10 *Virginian-Pilot* about a proposal from former NBC chairman Bob Wright to President Donald Trump. This idea would establish an agency, HARPA, the Health Advanced Research Projects Agency, that would tag the mentally ill with devices such as smartwatches to predict violence. The article noted the president has repeatedly pointed to mental illness as the cause of frequent mass shootings in the United States. It also noted that experts say those with severe mental illness are much more likely to be victims rather than perpetrators of gun violence.

How would smartwatch wrist band impact John, who has absolutely no history of violence? Artificial intelligence technology is not perfect. What if John fell or tripped and the violence predictor in the device was set off?

Would he be sent to a detention facility for the mentally ill? Or sterilized, as was the practice during the eugenics movement in Virginia in the 1920s and '30s?

Instead of funding HARPA, why not fund the research for a cure of mental illness; invest in improved medications; fund more hospital beds for those who are chronically ill instead of housing them in jails which is where most of the mentally ill live these days?

Where is our humanity? As far as the mentally ill are concerned, we can certainly do better.

BOARD OF DIRECTORS



THE CHAS FOUNDATION

Aaron Ambrose

Dr. Paul Aravich

Margaret Ballard

Ryan Bose

Missy Callahan

Margaret Corprew

David Faircloth

Fred Fitch

Ian Holder

Dr. J. Mark Lawson

Jane Steinhilber

MENTAL HEALTH UPDATE

CHAS in the Community

The CHAS Foundation is constantly looking for ways to improve the quality of life for individuals living in our community. Executive Director, Beau Kirkwood, is in his sixth year as an instructor for the Norfolk Crisis Intervention Team (CIT). This critical program is integral to every city in Hampton Roads & allows for collaboration between police, the court system, service providers, & community advocacy groups such as CHAS.

By participating in a coalition called Mentally Healthy Norfolk, CHAS has enhanced the lives of Norfolk citizens by providing educational resources and mental illness support to those in need. We believe this can and will serve as a template for our neighboring Seven Cities to ensure their community understands how to reach out for mental health assistance.

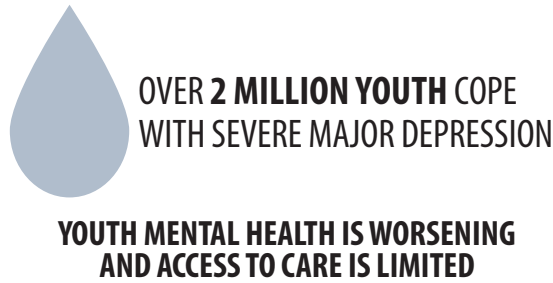
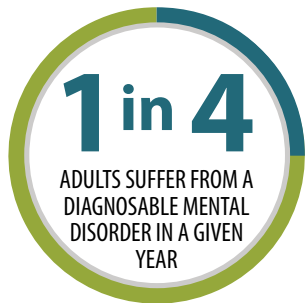
Our organization goes beyond community outreach. We do this by enriching and improving local services so that people have

increased access to treatment. Our projects have included the renovation of the Norfolk Crisis Stabilization Center waiting room, remodeling Maryview's Children's Behavioral Health Lockdown Unit, and funding behavioral health training for CHKD pediatricians. We also continue to provide clothing and toiletries to those recovering from a mental health crisis while working with community partners. These types of projects help some of our most vulnerable citizens and are essential to the well-being of our communities.

State of Mental Health in Virginia & America 2019

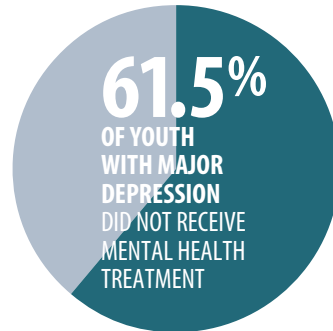
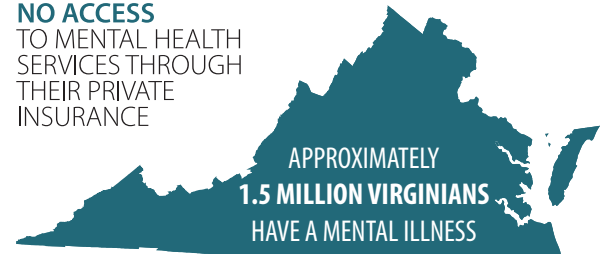
A collection of data across all 50 states and the District of Columbia. (Sources: SAMHSA, MHA, NIH)

Key Facts & Findings



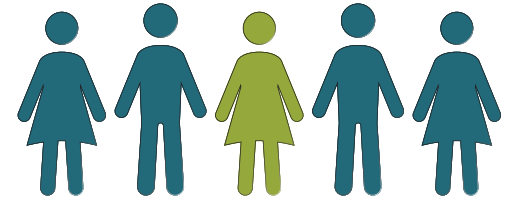
8.6%

OF YOUTH HAD **NO ACCESS** TO MENTAL HEALTH SERVICES THROUGH THEIR PRIVATE INSURANCE



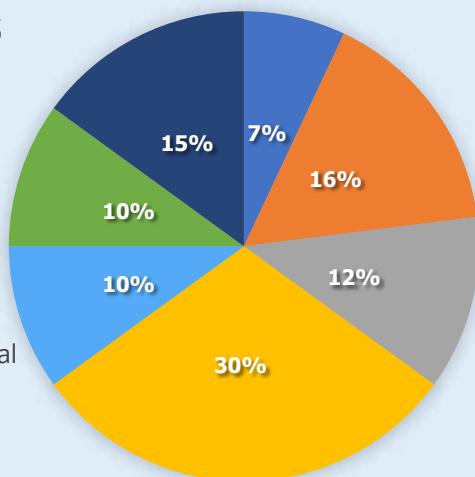
MOST AMERICANS LACK ACCESS TO CARE

1 in 5 ADULTS REPORTED THEY WERE **NOT ABLE TO RECEIVE THE TREATMENT THEY NEEDED**



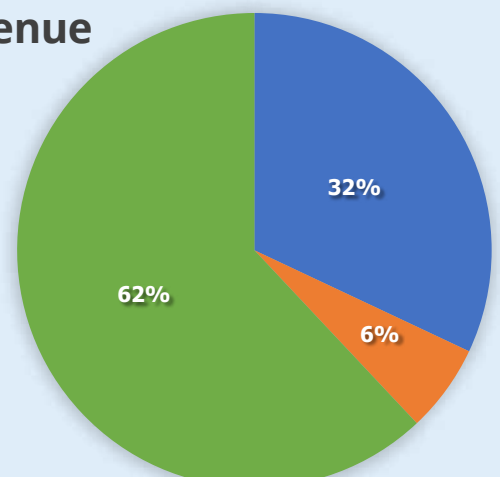
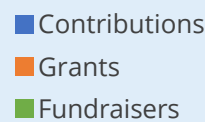
2018 INFORMATION

2018 Expenses



Total Expenses: \$85,191

2018 Revenue



Total Revenue: \$98,606

(See website for current financials.)

FINANCIALS

GRANTS

The Hall Family Fund (Allfirst, LLC) of the The Suffolk Foundation - \$1,500
 Hampton Roads Community Foundation - \$27,000
 Jewish Communal Fund - \$5,000
 Nancy N. Nusbaum & V. H. Nusbaum, Jr. Donor Advised Fund 2 of the Hampton Roads
 Community Foundation - \$5,000

GENERAL CONTRIBUTIONS

\$10,000 & ABOVE

William & Beth Brock

\$3,000 - \$4,999

Margaret Corprew Ann Nusbaum

\$2,000 - \$2,999

Jesus & Ashley Inciong Brad & Katherine Reaves
 Ambrose Dal Paull, Jr. Sertoma Club of Norfolk

\$1,000 - \$1,999

A. Dodson's Holly Pembroke
 Mark & Elizabeth Lawson Rudee's on the Inlet Restaurant &
 Elizabeth Newswanger Cabana Bar
 O'Connor Brewing Company Elizabeth Webster

\$500 - \$999

Ashley Alley Ronald & Sally Hartman
 Kaufman & Canoles, P.C. Ralph Mesisco
 Gastrointestinal & Liver Disease Runaway Free, LLC
 Specialists of Tidewater Staff

\$250 - \$499

William & Margaret Ballard Rebecca Kilduff
 James & Suzanne Baur Richard Miller
 John & Kary Decandido Joseph, G. Parcels
 John & Carole Duckett Jim & Amy Rhodes
 Cynthia Fisher Jane Steinhilber
 Edwin U. Harris Harriett S. Wills
 Margaret Kemp

\$100 - \$249

Aaron Ambrose Lauren Grimes Christina Robinson
 Paul & Michele Aravich Christine Hall Stephanie Springarn
 Merrill Lynch Ian Holder Mary Seawell Smith
 Bay Metals & Fabrication Jim & Amy Homesley Christopher Stolle
 Arthur Jr. & Mary Brandriff Kristin Inglis James & Lin Tomlinson
 Joan P. Buckle Nancy King Southern Trust Mortgage
 Ralph & Bonnie Carmines Story Levy Sladjana Skrba & Medin
 Daniel & Eleanor Cullen Margaret McCabe Turkovic
 Susan Dewey Norman Miller Barbara Vidarte
 Joseph & Linda Gaspeny Carrie Moore J. M. Weckerly
 Gene Gerloff Chris & Kate Moring James & Mary Wade
 Edward & Anna Billy & Patty O'Connor Lisa Weedman
 Goldenberg Dr. David & Sharon Pate Demaris Wheeler
 Randy & Natalie Gould Ray & Terrilynn Pond Jeremiah Wilkinson



2019 MEMORIAL AND HONORARY GIFTS

In Memory of Joseph Graham Alley:

Ashley Alley	Robert Kane
Ralph & Bonnie Carmines	Beau & Jennie Kirkwood
Keith Carroll	Mac & Charlene Knight
Mr. & Mrs. William Church	William McCabe
Matthew & Laurie Cooper	Dr. Norman Miller
Tucker Corprew	Steve & Katherine Patterson
Katherine Dooley	Jerry & Susan Phillips
John & Carole Duckett	Dr. & Mrs. Richard Miller
Barbara & Gene Gerloff	Christina Robinson
Neal Goldstein	Bob & Mary Smith
Lauren Grimes	Christopher Stolle
Christine Hall	Melissa Stroke
Debra Harrison-Youngs	Valerie Warsof
Kristin Inglis	Jane Webster
Jewish Communal Fund	Lisa Weedman

In Memory of Evelyn Emmanuel: Anne Klein

In Memory of Jamal Esfahani: Vic & Linda Gaspeny

In Memory of Arion John Harris: Nancy King

In Honor of Sarah Kellam: Cathi and Ken Athaide

In Honor of Nancy King: Amy Rhodes

Amy and Jim Rhodes

Lin Tomlinson

In Memory of Chas Kirkwood: Randolph & Natalie Gould

In Memory of Ashley Lawson: John & Carole Duckett

Margaret Kemp/Big Blue Excursions

George & Susan Lawson

Dennis & Movane Smith

In Honor of The Lawson Family: John G. and Carole Duckett

In Honor of Beth Lloyd: Amy and Jim Rhodes

In Honor of Amy Rhodes: Lin Tomlinson

Nancy King

In Memory of Jordan Samuel: Stewart and Joan Buckle

In Memory of Tom & Gary Schutz: Elizabeth Newswanger

In Honor of Lin Tomlinson: Nancy King

Amy Rhodes

Amy and Jim Rhodes

In Memory of the Virginia Beach

Municipal Center Victims: Kaufman and Canoles

In Memory of Betty Jean Wills: Harriet Wills

“Never doubt that a small group of thoughtful committed citizens can change the world. indeed, it's the only thing that ever has.”

— Margaret Mead

