

## 2020 YEAR IN REVIEW

### Letter from the Director



Beau Kirkwood

Perilous. Scary. Isolating. Terrible. Without being profane, these are some terms we could use to describe this past year. I think we can all agree that the year 2020 turned each and every one of our relatively routine lives inside out and upside down. As if we all weren't under enough stress already, a pandemic descended upon us, uprooting normalcy and creating a state of constant uncertainty and perpetual change. Our children weren't in school; businesses and restaurants struggled to stay open; unemployment rates skyrocketed; and the workplace became the kitchen or living room.

This abrupt and sudden change to our "normal" lives has led to a spike in both anxiety and depression. It seems that was inevitable. Very few of us handle drastic change well. A study conducted by the CDC in June of 2020 showed that 41% of respondents reported at least one adverse mental or behavioral condition, including symptoms of anxiety and depression, symptoms of trauma related to the pandemic, or having started or increased drug and alcohol abuse to cope with stress or emotions related to Covid-19. Frankly, I'm surprised that number isn't higher.

It is well known amongst mental health professionals that the psychological impacts of large-scale disasters are typically larger and longer lasting than the physical and medical impacts. From the Great Depression, to 9/11, to hurricanes and mass shootings, these disasters

*continued on page 2*



### Mindfulness & Mental Health

The onset of the pandemic left us all with a sense that life is out of our control. That instability and unpredictability has led to heightened emotions, feeling disengaged, scatterbrained, fearful, and just flat out overwhelmed.

Mindfulness is a stress-reduction tool and therapeutic technique that helps us become grounded and regain stability. It helps us with anxiety, pain, fatigue, depression, maintaining focus, and with chronic illnesses such as fibromyalgia, arthritis, or crohn's disease. Why is mindfulness so useful? It's a tool that can be utilized anytime, anywhere, and for free with little to no side effects.

Mindfulness is a form of mental exercise that takes discipline, dedication, and work to see the benefits. Yes, it takes practice and time to get results. Similar to physical exercise, the more you train your brain, the easier it gets. We are all taught physical education early in our childhood. Emotional and mindful education is imperative now more than ever.

The CHAS Foundation Mindfulness Program began by creating a mindfulness and wellness space that is open to the public and available to the community at no cost. Mindfulness instruction has been provided to individuals on a one-on-one basis and in group workshops held in person and virtually. The Mindfulness program complements the Navigator and Support Program because the majority of people needing assistance from CHAS are family members of someone with a serious mental illness. These caretakers are especially in need of coping skills and tools.

In 2020, CHAS began utilizing the mindfulness room by teaching basic mindfulness skills. These exercises and coping skills help with stressful thoughts, emotions, and feelings when they arise. With social distancing and the small size of the CHAS mindfulness room, group classes have been postponed due to the pandemic. However, we continued providing one-on-one mindfulness instruction while also beginning to work with local schools in Hampton Roads to introduce Mindfulness to students and teachers. In December of 2020, CHAS

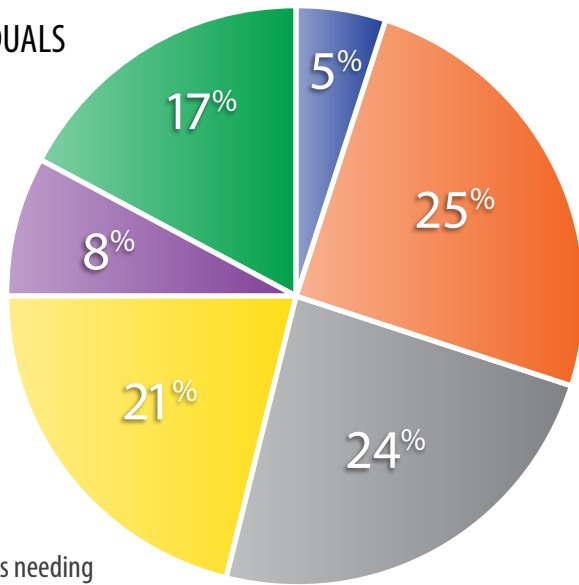
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## Mental Illness Navigator & Support Program (MINS) STATS 2020

**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 (8 - 76)

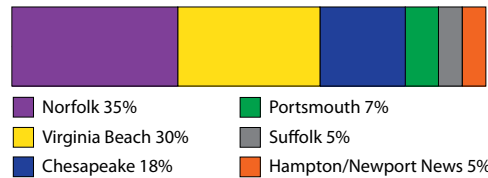
- Under 17
- 18-28
- 29-39
- 40-50
- 51-61
- 62+



**16%** Individuals needing help have suicidal ideations

**35%** struggle with alcohol or substance abuse

### Location where Families/Individuals Live



**350+**

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



Family Member/  
Friend Calling  
51%



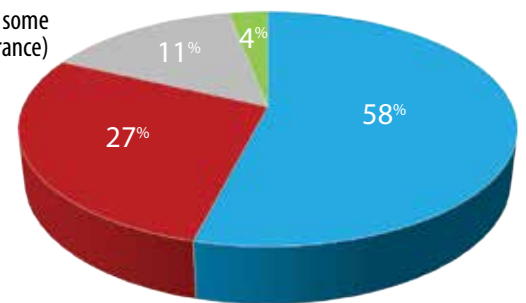
Individuals  
Calling  
39%



Health Provider  
/ Agency  
11%

### BREAKDOWN OF TYPE OF INSURANCE

(89% have some form of insurance)



- Private Insurance 58%
- Medicare/Medicaid 27%
- No Insurance 11%
- Tri-Care 4%

## Letter from the Director

*(continued from page 1)*

are directly linked to a surge in mental illness and results in the impacted population seeing increased PTSD, anxiety, depression, substance abuse and suicidality. In the case of Covid-19, the impacted population is the entire world. With a mental health crisis upon us, what can we do as a society, as a community? How do we address the fact that nearly everyone is struggling with their mental health to some degree right now? We'll need to throw the entire kitchen sink at it. Yes, this means prioritizing and increasing funding for community mental health services. Let's also start with these first steps.

We have to continue supporting and checking in on each other. This pandemic has socially distanced all of us meaning more and more people are experiencing feelings of isolation. More than ever support one another. Be kind, especially to yourself.

We need private insurers along with Medicare and Medicaid to reimburse telehealth services. Technology has allowed for an expansion of services and clinicians and telehealth needs to be reimbursed the same as in-person visits. Before the pandemic, government and private policies denied these reimbursements,

but those policies changed because of Covid-19. With the demand for mental health professionals greater than the supply, it is vital these policies stay intact.

Lastly, comes self-care and unfortunately, our self-care often does come last. Self-care has become such a big word recently with the pandemic. Why? Because it's more important than ever to protect, preserve, and ideally improve our mental health during these unprecedented and stressful times.

For some people, self-care means going to the gym, doing some yoga, or practicing mindfulness. Caring for oneself can be going on a walk, taking a relaxing bath, or eating a healthy meal. It can be making that doctor's appointment that they've been putting off. And yet, for others, self-care means just getting out of bed for the day when it feels impossible, taking a shower, or feeding yourself. The basics of life. The point being that self-care means something different to everyone and is essential to not only our well-being but the well-being of those closest to us. We all must prioritize our self-care now more than ever.

## Mental Illness Navigator & Support Program

The Mental Illness Navigator & Support program is free for the communities of Hampton Roads. It enables an individual or family to navigate the maze of mental health services and the laws that often present barriers to supporting someone with severe mental illness. It affects the entire family and can impact their finances, ability to work, and overall mood. With mental illness, each case and story are different.

The term mental illness, for a variety of reasons, has a negative connotation to it. At times, it can be scary and uncomfortable. There are people who will never recover because their mental illness is so severe and/or chronic. We have to remember that, other than jails, there are little to no long-term facilities. The long-term facilities are

a house where an 82-year-old grandmother is taking care of her 30-year-old grandson diagnosed with schizophrenia. The long-term facilities are a house a mother buys for her daughter who has bipolar disorder and the police are called over and over again to prevent her from completely destroying the home. The long-term facilities are a house where the son doesn't want to get treatment for his schizoaffective disorder and the parents don't know what to do. They don't want him to be homeless. These are the families we are helping.



*“I am a 77 yr old widow who was responsible for taking care of my grandson who struggles with mental illness. Serious legal issues arose. The Chas Foundation supported me when I hit rock bottom. They followed through all the time and connected me to resources I didn’t know existed. The CHAS Foundation saved not only my life but my grandsons. It was life changing for both of us.”*

— Pauline

But this is what we have to continue to remember. The majority of people, with appropriate diagnosis and treatment, can find relief from their symptoms and discover new ways to cope effectively. No matter what category a person falls in, CHAS is able to establish an action plan with the help of a clinician and peer-family support specialist to establish a network of care.

Many individuals and families were struggling or had the feeling of just getting by before the pandemic hit. We felt it was critical to help make sure their basic necessities were met in these times of uncertainty by helping to provide pandemic relief to the families we have worked with throughout the past. That relief came in the form of gift cards for grocery stores & Walmart so that individuals could buy supplies such as food, toiletries, and that ever elusive toilet paper. We helped to bridge the gap for those underserved & in need.

## Mindfulness Program

(continued from page 1)

held a virtual mindfulness workshop with Norfolk Academy’s Global Health Fellow Program. Additional workshops and classes are lined up for 2021. In today’s age, we have to educate ourselves in emotional and social intelligence, not just academic intelligence. Looking forward, we aim to add additional mindfulness teachers that can help to expand our footprint throughout the community.

- ✓ It’s estimated that 200–500 million people meditate worldwide.
- ✓ Meditation improves anxiety levels 60% of the time.
- ✓ Meditation can reduce the risk of being hospitalized for coronary disease by 87%.
- ✓ Mindfulness & meditation can reduce the wake time of people with insomnia by 50%.
- ✓ Almost 10 times more children used meditation in 2017 than they did in 2012.
- ✓ 52% of employers provided mindfulness training to their employees in 2018.
- ✓ Meditation can increase employees’ productivity by 120%.
- ✓ School suspensions were reduced by 45% thanks to meditation.



## Social Media and Mental Health

2020 is a year that will be recorded in history books for generations to come. Daunting news updates consistently flooded the internet during this year: The Coronavirus pandemic, riots, social upheaval, and political turmoil. One thing I discovered during the year 2020 was the love and hate relationship that I have with social media. While I was inspired to search social media outlets for current news updates and connect with my friends, I cannot deny the deep sadness, anxiety, and disconnectedness I felt when I logged in to my social media accounts.

I would log on in hopes of some sort of relief from the stressors of the world. Maybe social media would show me hopeful images and provide words of encouragement? Instead, I was confronted with various opinions and harsh realities. Recently, I have learned the art of setting a limit to the amount of time I spend on social media. I notice that when I am on social media, I am either comparing my life to someone else's life or I am being inundated with information that I do not have time to process fully before receiving more information.

Here are a few ideas I have incorporated into my daily schedule to help me to have a better relationship with social media. Instead of picking up my phone to check my social media accounts as soon

as I wake up, I take a few minutes to sit in silence in my bed, and then I start to schedule my day mentally. I also try to avoid getting on social media until I have at least taken care of myself. Taking care of myself could include performing my daily hygiene regimen or eating something. I also try to avoid scrolling social media applications when I am in a sad mood or not feeling well. Additionally, I try to delete my social media apps from time to time to take a break and spend time engaging in other activities. When I practice these habits, I feel in control of my social media accounts rather than feeling controlled by my social media accounts. My mental health is valuable to me and I take care of my mental health by managing my social media usage.



Quaneisha Rochelle

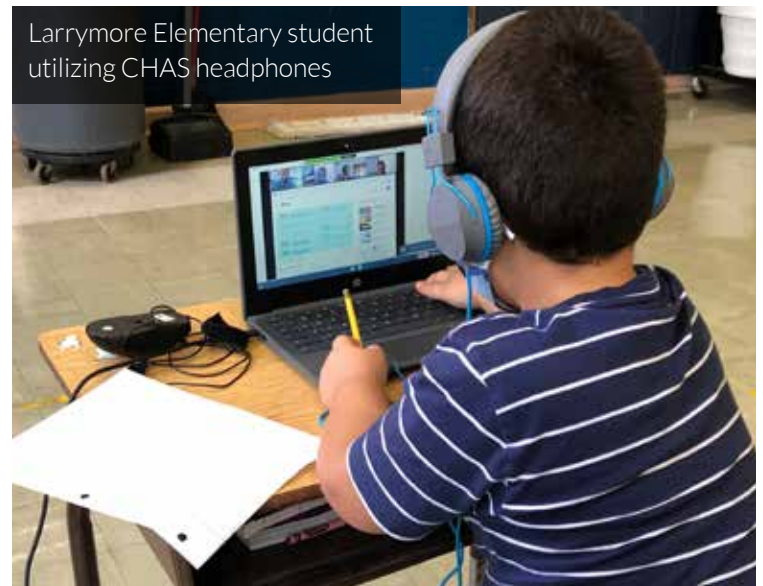


## Sheriff Stolle Award

Sheriff Ken Stolle of Virginia Beach has taken numerous steps toward improving mental health care within his jails as well as advocating for improved care at a state level. As a result of his leadership in mental health prison reform, The CHAS Foundation presented Sheriff Stolle the 2020 Mental Health Champion Award for his dedication and commitment to helping those living with a mental illness. The award, presented on July 23, 2020, was given for his outstanding achievements in law enforcement and the community as it relates to the assessment and treatment of the mentally ill in Hampton Roads. Sheriff Stolle achieves this through innovation and comprehensive solutions in our jail systems, legislation, and employee training that has dramatically improved treatment of those suffering from mental illness. Thank you Sheriff Stolle!

## Headphones for Students in Need

At a time when schools were struggling to keep up with virtual learning, CHAS was able to gift 200 specialty headphones with microphones to support students and families. In times of greatest need, we provided the headphones to all pre-kindergarteners, kindergarteners, and first graders at Larrymore Elementary School. Over 200 students in all! Providing this technology resource goes a long way to making a child's learning experience rewarding, as well as supporting the family when stress and financial burdens were at their peak. This proactive approach benefits the mental health of all involved including students, parents, and teachers.



# SPECIAL EVENTS

## 8th Annual Spring Golf Classic in remembrance of Graham Alley

June 24, 2020  
Heron Ridge Golf Club, Virginia Beach, VA



Raised  
**\$18,776**

### THANK YOU TO OUR SPONSORS:

#### BEVERAGE CART SPONSOR \$2000

Jane Webster

#### GOLD SPONSORS \$1000

Greg Alley • Jerry and Deborah Alley  
Coastal Pacific Food Distributors (CPFD) • Tucker Corprew  
Kellam Mechanical • Mednet Partners • Ocean Construction  
Sertoma Club of Norfolk • Weichert Realtors - Inlet Properties

#### SILVER SPONSORS \$500

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

#### HOLE SPONSORS \$250

The Ambrose Family • Hill Construction Company  
Kimberly Sinclair, *In Loving Memory of Jimmy Allman and SFSL*  
Old Republic Title • Tri Properties • Virginia Air Distributors  
Virginia Beach Printing • Weichert Realtors – KBL Properties

## 6th Annual CHAS Foundation 5K Walk/Run

In Lieu of Cancelled Event

### THANK YOU TO OUR DONORS:

**TOP DONOR** Mark & Elizabeth Lawson

**\$4000-\$5000** Gastrointestinal & Liver Disease Specialists of Tidewater

**\$2500-\$4000** The Suffolk Foundation - The Hall Family Fund donor advised Grant (AllFirst, LLC)

**\$1000-\$2500** Coxe-Lewis Properties

**\$500-\$1000** Wardell Orthopaedics, P.C • Willis & Georgia Lee Taylor Charitable Fund  
Dennis & Susie Rowley • George & Susan Lawson • Sun Title – Kristina Somers

**\$200-\$500** Mr. & Mrs. Art and Ginny Brandriff, Jr. • Thomas and Kathryn Duntemann • Ceci Shannon

**\$100-\$200** Lori & Leila Rutland • Kelly Borkman • Lynne Tabil • Michael & Rebecca Sifen • Noell & William Camp

Raised  
**\$24,932**



## 8th Annual CHAS Foundation Celebration Virtual Concert

November 14, 2020



Raised  
**\$16,119<sup>17</sup>**

### THANK YOU TO OUR SPONSORS:

#### PRESENTING SPONSOR \$5000

Randolph Studio, Jane Steinhilber

#### GOLD SPONSORS \$3000

The Franklin Johnson Group *in Memory of Grayson Goodove*

#### SILVER SPONSORS \$1000

Coastal Pacific Food Distributors (CPFD) • ReavesColey, PLLC

#### BRONZE SPONSORS \$500

Margaret and Bill Ballard • Coastal Import and Repair • Merrill Lynch • Kathie Moore  
Lawrence Steingold • The Hall Family • Lauren Wolcott, CPA, P.C. • Women of the Moose Chapter 684

#### FRIENDS OF CHAS \$250

Ryan and Virginia Bose • Beth Lloyd at Howard Hanna • Total Wine & More

#### SPECIAL THANKS

Anne Curtis • Susan F. Dewey • John & Dianne Eppler • Pauline Grehawick • Billy & Chuck Jay • Lewis McGehee • Paper Aliens



## The Rev. John Rohrs, St. Andrew's Episcopal Church

In October of 2017, a new Mentally Healthy Norfolk coalition formed to spark community conversations about reducing stigma and improving access to mental health care. The Chas Foundation was part of those early efforts, and the coalition grew to include health care professionals from EVMS, CHKD, and Sentara, as well as representatives of the Community Services Board, the Norfolk Health Department, the Up Center, the Sarah Michelle Peterson Foundation, and others. We sponsored a number of programs; among them was a series of suicide awareness and prevention trainings for bartenders, hair stylists, clergy, and other community members who are often unwittingly on the "front lines" of crisis conversations.

Two and a half years later, we were ready to embark on a new phase of this work. In March of 2020, we were prepared to launch a renewed stigma-reduction and public awareness campaign, this time working with the business community. Starting first in the Ghent area and expanding to other neighborhoods and business districts, we

were in the process of recruiting businesses, schools, churches, and other organizations to participate in the Talk About It Norfolk initiative. Our goal was for each participating business or organization to commit to displaying our comprehensive mental health resource guide and self-help flyer – in bank lobbies, business counters, restaurant bars, etc. The intent was for people to find resources and support everywhere they go, so that when they need help it is available to them. We also planned to ask participating businesses and organizations to point employees toward entry-level training, available in-person or through our website, [www.talkaboutitnorfolk.com](http://www.talkaboutitnorfolk.com).

Alas, the very week of our planned launch events at the Chrysler Museum, O' Connor Brewing Company, and The Muse, everything shut down because of Covid-19. Of course, this past year has only further highlighted the critical importance of mental health care. I have heard practitioners predict that even as we emerge from the pandemic in the months ahead, there still will be significant lingering mental health



impacts, and for many life may never be the same again. Clearly, this work of normalizing conversations about mental health remains as important as ever. In the months ahead, we hope to reschedule the launch of our Talk About It initiative, and I'm so grateful to Tucker and Beau and The Chas Foundation for being a big part of this effort from the beginning. If you are reading this and would like to be involved, please let them know and we'll be glad to keep you in the loop as we move forward!

### BOARD OF DIRECTORS



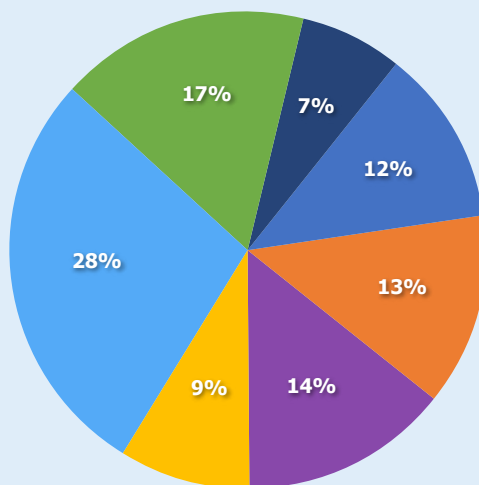
Aaron Ambrose  
Dr. Paul Aravich  
Margaret Ballard  
Ryan Bose

Missy Callahan  
Margaret Corprew  
David Faircloth  
Fred Fitch

Ian Holder  
Dr. J. Mark Lawson  
Jane Steinhilber

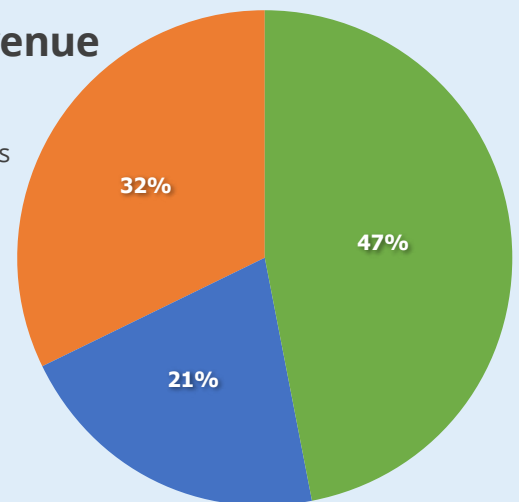
## 2019 INFORMATION

### 2019 Expenses



**Total Expenses: \$102,165**

### 2019 Revenue



**Total Revenue: \$184,888**

*(See website for current financials.)*

# FINANCIALS

## GENERAL CONTRIBUTIONS

### \$5,000 & ABOVE

Margaret Corprew Mark & Elizabeth Lawson

### \$3,000 - \$4,999

Jegit & Ashley Inciong I Need A Lighthouse  
Ann Nusbaum

### \$2,000 - \$2,999

Mary Barrow Sertoma Club of Norfolk  
Ambrose Dal Paull, Jr.

### \$1,000 - \$1,999

Thomas & Nan Coxé IREM Hampton Roads VA CH. 39

### \$500 - \$999

Ashley Alley George & Susan Lawson  
Aaron Ambrose Josh and Natalie Parker  
Jared Brooks Dennis & Susie Rowley  
Whitney Brooks Kristina Somers  
Price Hall Westover Garden Club  
Robert, Jr. & Nancy King

### \$250 - \$499

James & Suzanne Baur Merrill Lynch  
Ann Curtis Edward & Louise O'Keefe  
Thomas & Kathryn Duntemann Amy Rhodes  
Annette Field Ceci Shannon  
Gastrointestinal & Liver Disease Rebecca Sifen  
Specialists (GSLT) Staff Kimberly Sinclair  
Ian Holder The Franklin Family Foundation  
Scott & Sarah Kellam Weichert Realtors - Inlet Properties Staff

### \$100 - \$249

Aaron Ambrose	The Hall Family	Michael & Rebecca Sifen
Marie Ambrose	Tom & Michele	Kimberly Sinclair
Paul & Michele Aravich	Harrington	Mary Seawell Smith
Catherine Athaide	Ronald & Sally Hartman	Movane Smith
Bay Metals and	Ian Holder & Natalie	Stephanie Springarn
Fabrication	Barrett	Christopher Stolle
Kelly Borkman	Jim & Amy Homesley	Lynn Tabil
Arthur, Jr. & Mary	Kristin Inglis	Terry Tillery
Brandriff	Billy and Chuck Jay	James & Lin Tomlinson
Annette Brooks	Lois Kessman	Tracey Trimyer
Joan P. Buckle	Kitsch Handmade, LLC	Southern Trust Mortgage
Perry & Clifford Bussard	Story Levy	Sladjana Skrba & Medin
William & Noelle Camp	Mayo D. Lindt	Turkovic
Ralph & Bonnie Carmines	Nancy S. Martone	Marian Upton
Michael Coughlin	Margaret McCabe	Barbara Vidarte
David Crouch	Norman Miller	James & Mary Wade
Daniel & Eleanor Cullen	Rosalyn Moger	Arthur & Ann Walker
Michelle DeVerse	Carrie Moore	Campbell Ware
Susan Dewey	Chris & Kate Moring	J. M. Weckerly
Brandon Elliott	Billy & Patty O'Connor	Lisa Weedman
Joseph & Linda Gaspeny	Dr. David & Sharon Pate	Demi Wheeler
Gene Gerloff	Ray & Terrilynn Pond	Jeremiah Wilkinson
Edward & Anna	Carmela (Lyn) Reid	Harriet S. Wills
Goldenberg	Amy E. Rhodes	Anna Wogen
Randy & Natalie Gould	Christina Robinson	Lauren V. Wolcott, CPA, P.C.
Lauren Grimes	Lori Rutland	Alyssa Wright
Christine Hall	Sheri Sanchez	Charles & Ann Wright
	Dossie Shea	

## GRANTS

The Hall Family Fund (Allfirst, LLC) of the The Suffolk Foundation - \$2,500  
Hampton Roads Community Foundation - \$27,000  
Norfolk Rotary Charities - \$2,000  
Nancy N. Nusbaum and V. H. Nusbaum, Jr. Donor Advised Fund 2 of the  
Hampton Roads Community Foundation - \$5,000  
The Stanley Blaxton Foundation - \$5,000  
Willis & Georgia Lee Taylor Charitable Fund - \$2,500



## 2020 MEMORIAL AND HONORARY GIFTS

### In Memory of Joseph Graham Alley:

Ashley Alley • Kelly Borkman • Eugene Gerloff • Rebecca & Michael Sifen

### In Memory of Henry Birch Ambrose:

Aaron Ambrose • Marie Ambrose • Tucker Corprew & Beau and Jennie Kirkwood  
Byron Harrell • Betty Hart • Josh Parker • Susan and Neil Parker  
Debra A. Russo • Sheri Sanchez • Charles and Rose Septer • Anna Wogan

### In Honor of Margaret Ballard:

Carolyn Barner

### In Honor of Esther Brydges:

Jegit and Ashley Inciong

### In Memory of Nancy Chandler:

Tucker Corprew

### In Honor of Laura Cornell:

Jegit and Ashley Inciong

### In Memory of Jeff Corprew:

Jacqueline Bloxom

### In Memory of Jamal Esfahani:

Vic and Linda Gaspeny

### In Memory of Sylvia Konstance Foster:

Connie Burford

### In Honor of the Fusco Family:

Jegit and Ashley Inciong

### In Memory of Grayson Goodove:

The Franklin Johnson Group

### In Honor of Pauline Grehawick's Birthday:

Roselyn Moger

### In Honor of Anne and Barry Hodges:

Jegit and Ashley Inciong

### In Memory of Sean Jay:

The Hall Family

### In Memory Sean Jay

Billie and Chuck Jay

### & in Honor of Mary Hall:

### In Honor of Beth Lloyd,

Amy E. Rhodes

### Lin Tomlinson, Nancy King:

Michael Coughlin

### In Honor of Chas Kirkwood:

Marian Upton

### In Memory of Chas Kirkwood:

Randolph and Natalie Gould

### In Honor of Linwood "Chip" Lacy:

Sarah and Scott Kellam

### In Memory of Ashley Lawson:

Noelle and William Camp • Thomas & Katherine Duntemann  
Gastrointestinal & Liver Disease Specialists of Tidewater • Eugene Gerloff  
Mark & Elizabeth Lawson • George and Susan Lawson  
Westbrook and Anne Parker • Dennis and Susie Rowley • Leila Rutland  
Ceci Shannon • Movane Smith

### In Honor of The Lawson Family:

Raymond and Patricia Bozman • Annette Brooks

Lori Rutland • Joseph Veridirame

### In Memory of Ashley Lawson & In Honor of The Lawson Family:

Tom and Michelle Harrington

### In Honor of Matthew:

Nancy Minguez

### In Honor of Laura O'Keefe Redlin:

Edward & Louise O'Keefe

### In Memory of Jason Snyder:

Jeanne Capistran

### In Honor of Lilly Warriner:

Jegit and Ashley Inciong

### In Memory of Betty Jean Wills:

Harriet S. Wills

