

2021 YEAR IN REVIEW

Letter from the Director



Beau Kirkwood

Another year of the pandemic has certainly taken its toll on nearly everyone's mental health. The physical distancing, social isolation, and uncertainty of the future has exacerbated the symptoms of those already experiencing poor mental health, while other people are beginning to experience conditions like anxiety and depression for the first time in their lives. A new study by the WHO states that in the first year of the pandemic, global prevalence of anxiety and depression has increased by 25%. The unprecedented amount of stress caused by the pandemic has disrupted people's ability to work, get support from loved ones, and engage in their communities.

I've had numerous people tell me that before the pandemic, they felt like they had the tools and ability to be "ok" when faced with hardships and challenging circumstances. But now, they feel like they are at a tipping point. If you have felt like your mental health is more fragile than ever, you are certainly not alone.

One thing I've recognized is that a lot of people that are experiencing poor mental health just need to know that there is someone that truly cares about them and their overall well-being. That, in itself, can help carry someone through those dark and scary times that we find ourselves in. We must continue caring for those people around us that we know are struggling and need guidance and support. It is also equally important that we support and nourish our own mind and

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Mental Illness Navigator & Support Program

The Mental Illness Navigator and Support Program is in its seventh year of connecting individuals, families, and caretakers to mental health services and resources in the Hampton Roads region. This program offers a unique and specialized service that utilizes a mental health navigator to support and find solutions for those that either don't know how, or are unable to access care. The continuation of the pandemic has undoubtedly taken a toll on the mental health of teachers, students, parents, hospital workers, front-line workers, and so many more.

Our tagline is "Mental Illness Family Support" because the whole family needs support and an advocate just as much as the person struggling with the mental illness. We provide support for the family (also friends/caretakers) because more than 60% of the calls we received this year were from the family member wanting to know how to help their loved one. We want to support the entire family unit because one out of six families we help and coordinate services for have multiple family members requiring mental health services.

Understanding and accessing the mental health system is challenging for people of all ages and backgrounds. Today, we have an even greater shortage of mental health providers to meet the increasing numbers and needs of those suffering from a mental illness due to the pandemic. Covid 19 and its variants have stressed our health system to a breaking point. We hear many accounts of people waiting months to see a psychiatrist or practices that are no

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Mental Illness Navigator & Support Program *(continued from page 1)*

longer accepting patients. The outcome in many cases is jail time, suicide, or homelessness because families don't know where to turn. The CHAS team assesses the desired goals and outcomes of program participants, develops an action plan, and assists in breaking down the various obstacles that prevent effective treatment and care. We continue assisting with transportation, connections to food, psychiatric intake and discharge, and much more.

In these turbulent times, it is critical that CHAS continues providing compassionate and judgment-free guidance to people that need support along their journey. The journey looks different for everyone and every family. One program participant includes Betty who is kind enough to share her story:

Betty didn't know where to turn. Her 46-year-old daughter was in crisis from her struggles with bipolar disorder. The police had been called numerous times. Although

her daughter had been experiencing psychosis and hearing voices, she was not showing signs of hurting herself or others, so law enforcement could not intervene.

"Where do you turn when a loved one suddenly loses touch with reality," said Betty. "It's a really tough question that leaves many families struggling to find answers."

Betty was ultimately referred to The CHAS Foundation and the Navigator and Support Program, a free program for the community of Hampton Roads. A peer-support specialist immediately assisted her, spending hours on the phone working to find solutions that will empower the entire family. Those hours have turned into months and now years. With Serious Mental Illness (SMI) being a chronic disease, the needs and type of support necessary for the family continually change and evolve. The Navigator and Support Program helped Betty change providers, secure housing opportunities, educate her on Emergency



Tucker Corprew & Betty

Custody Orders (ECO) and Temporary Detention Orders (TDO), and refer her to an estate planning law firm.

Perhaps the most important thing Betty learned was the difference between enabling and empowering. Betty calls the organization several times a week for continued guidance.

"Their expertise, resources, understanding and unwavering support have been priceless in helping us navigate the many complex issues we face daily."

Mental Illness Navigator & Support Program (MINS) STATS 2021

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



Family Member/
Friend Calling
63%



Individuals
Calling
33%



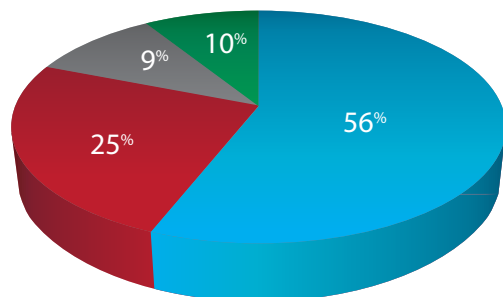
Health Provider
/ Agency
4%



30% struggle with alcohol or substance abuse

523+

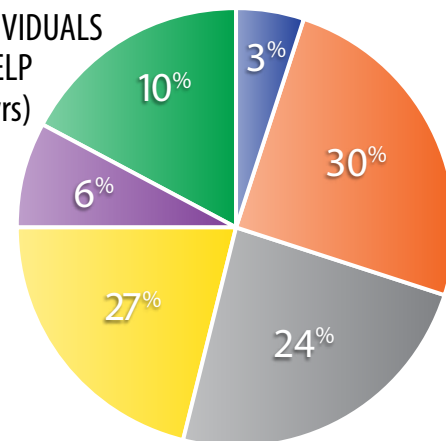
Peer-Support
Connections Provided
(35% increase in calls from 2020 to 2021)



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

AGE OF INDIVIDUALS NEEDING HELP (15yrs - 77yrs)

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



Location Where Families/Individuals Live



The CHAS Navigator and Support Program has made over 2500 connections to mental health services and provided Care Coordination to over 350 families.

Addressing the Stigma

When discussing stigma with community members and stakeholders, many people feel that there is less stigma associated with these diseases than ever before. While that may be true, we still have a long way to go. Time and time again, we continue to hear about someone taking their own life and no one saw it coming. They were a perfect student. They were an incredible athlete. They were such a well-rounded person who never showed any signs that they were in trouble. These missing “signs” are a clear example of how stigma still exists. People are still scared to ask for help and fear they will be judged because judgement-free zones don’t exist everywhere. They are worried they won’t be seen in the same “light” as they were before.

Members of CHAS still hear from program participants whom have been diagnosed with mental illness and family members tell them to “suck it up” or “get over it.” Stigma still exists and it is important we continue to educate and create awareness so that the citizens in our community never feel afraid to ask for help. In association with May being Mental Health Awareness Month, CHAS collaborated with WTKR Channel 3 and their affiliates to show the Hampton Roads region that compassionate caring support is available locally.

If you’d like to see how well our commercial turned out, you can see it here: <https://thechasfoundation.org/ad>



Mindfulness & Calming the Mind

With the increased prevalence of mental illness and the pressing need for effective treatments, there’s never been a more important moment for mindfulness – the ability to cultivate focused and non-judgmental awareness in the present moment. It helps us appreciate the good moments even more and handle the dark times in life with valor. Mindfulness helps to train individuals in bringing back the attention time and time again when it has wandered. That recognition that the attention has gone “off course” is a powerful tool and has been shown to be effective for treating conditions like anxiety and depression, post-traumatic stress disorder, bipolar disorder, attention-deficit/hyperactivity disorder, and obsessive-compulsive disorder.

These mindful self-help techniques and tools allow us to access the ability to lower stress, have better relationships, be kinder to ourselves, focus more, improve self-regulation, and have an overall improved quality of life. Anyone can stand to benefit from mindfulness, particularly in our busy modern lifestyles that are often characterized by stress, sleep deprivation, multitasking, and digital distractions.

2021 was spent continuing to educate students in the Global Health Fellows Program at Norfolk Academy via zoom. CHAS also began holding in-person workshops at local businesses so that employees can learn mindfulness skills that benefit their mental health. If there was ever a time for evoking self-awareness, self-regulation and self-kindness, that time is now. World-renowned mindfulness teacher Jack Kornfield states that mindfulness “quiets the mind and opens the heart”. In these chaotic times, calming the mind while opening our heart is something we can all benefit from.

Letter from the Director

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bodies while we help others. We all know that finding that balance is difficult but is also something to continue striving for.

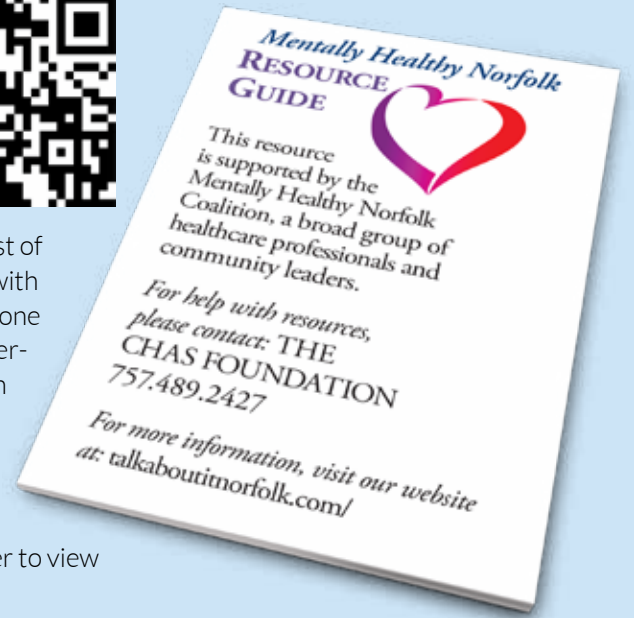
Since its inception, The CHAS Foundation has had a profound impact on the Hampton Roads region. Our Mental Illness Navigator and Support Program has been helping and connecting local citizens to resources and services over the last seven years, for free. The Mindfulness program has been offering mental health training to students and individuals at no cost to them. CHAS provides com-

munity outreach in the way of clothing and toiletries for the Norfolk Crisis Stabilization Center and advocates for improved community services such as CHKD’s new Behavioral Health Tower. We understand that improving mental health within our communities takes a multi-faceted approach. There is no one solution which is why we work tirelessly with individuals, families, providers, and others in collaboration to address various aspects of the mental health care system. Thank you for being part of the solution.

MENTAL HEALTH IN OUR COMMUNITY

Mentally Healthy Norfolk

The Mentally Healthy Norfolk Coalition is made up of local representatives from organizations such as Eastern Virginia Medical School, St. Andrews Episcopal Church, CHAS, Sarah Michelle Peterson Foundation, The UP Center, and others. One of the main objectives of the group is to make sure that local citizens are aware of the mental health resources available in their area and can easily access a comprehensive list of those services. To accomplish that, Talkaboutitnorfolk.com was created along with the Mentally Healthy Norfolk Resource Guide. This resource guide provides phone numbers and websites for crisis services, community services, child and family services, military and veteran support, substance abuse services, suicide prevention resources, human trafficking resources, and more. CHAS is proud to be the resource contact number for people that may need further assistance or help with local resources. Through collaboration, the Mentally Healthy Norfolk Coalition aims to reduce stigma, encourage conversation, and connect citizens to the help they need. Please use the phone on your camera to point at the QR code in order to view the resource guide.



“Just because no one can heal or do your inner work for you doesn’t mean you can, should, or need to do it alone.”

— Lisa Olivera

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CHKD Behavioral Health Tower

The CHAS Foundation is proud to be an early supporter of CHKD’s pediatric mental health initiative. This initiative includes a 60-bed inpatient mental health hospital and expanded outpatient mental health services for our community. Our partnership has allowed us to collaborate on early identification and prevention of mental health vulnerabilities and provide quick access to a growing number of mental health providers at CHKD for our callers. Today, it is estimated 1 in 4 children has a diagnosable mental health condition. When fully operational, CHKD expects more than 45,000 outpatient mental health visits and 2,500 children admitted for mental health treatment annually.

Pictured here is Tucker Corprew (CHAS) and Karen Gershman (CHKD) during a hard hat tour in August 2021 during construction of the pediatric mental health hospital. The new mental health children’s pavilion is scheduled to open inpatient mental health services in August 2022. Outpatient mental health services are currently available in Norfolk, Virginia Beach, Newport News and via telehealth.

SPECIAL EVENTS

9th Annual Spring Golf Classic

June 18, 2021 • Heron Ridge Golf Club, Virginia Beach, VA



**Raised
\$32,274**

THANK YOU TO OUR SPONSORS:

BEVERAGE CART SPONSOR \$2,000

Jane Webster

MEMORIAL/HONORARY HOLE SPONSOR \$1,250

In memory of Jackie Hill Wyche by Tucker Corprew

GOLD SPONSORS \$1,000

Coastal Pacific Food Distributors • Kellam Mechanical • Kempsville Behavioral Health • MedNet Partners • Merrill Lynch/Ian Holder Southern Trust Mortgage • Sun Title, Inc. Weichert Realty Inlet Properties • Sertoma Club of Norfolk

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7th Annual CHAS Foundation 5K Walk/Run

September 18, 2021 • Suffolk, VA

THANK YOU TO OUR SPONSORS AND OTHER DONORS:

PRESENTING SPONSOR \$8,000

Gastrointestinal & Liver Disease Specialists of Tidewater, PLLC

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Wardell Orthopaedics



**Raised
\$34,382**



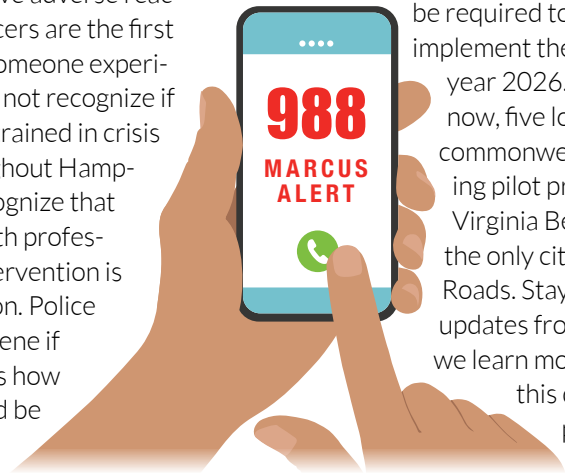
Crisis Intervention and the Emerging Marcus Alert

CHAS Executive Director Beau Kirkwood has been a member of the Norfolk Crisis Intervention Team (CIT) helping to train over 1500 individuals that includes Norfolk police, college campus police like ODU and NSU, Navy police, community service board service providers, dispatchers, and other first-responders that encounter mental health crises. The New River Valley CIT Program was the state's first of its kind and one reason for that was to put policies and trainings in place to prevent a tragedy like the one that occurred at VA Tech in 2007. Collaboration between all agencies when a mental health crisis occurs is imperative to creating better outcomes and saving lives. "Without crisis intervention, it can take law enforcement officers up to four hours to execute an Emergency Custody Order", says program coordinator Patrick Halpern. Data now shows it takes less than one hour when the CIT team is involved. In 2021, CHAS also began crisis training with the Norfolk Sheriff's Office which is important because unfortunately our local jails continue to be our largest mental health treatment centers in Hampton Roads and throughout the state of Virginia. Why is having sheriffs and correctional officers trained in CIT so important? It's only been six years since a man, who stopped taking his medication for

schizophrenia and stole five dollars in food, died in jail waiting for a psychiatric hospital bed. As a community, it's imperative we take the necessary steps to prevent another incident like the one that occurred with Jamycheal Mitchell in the Hampton Roads regional jail.

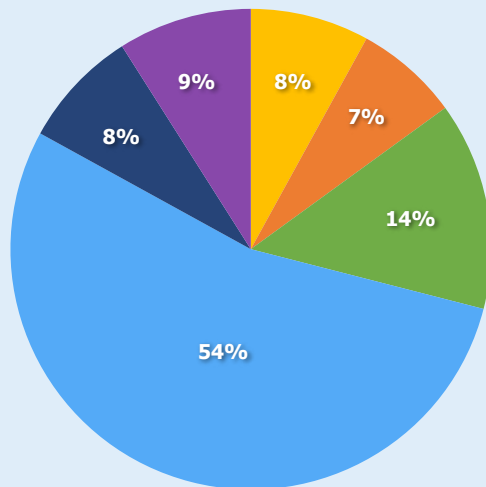
While the CIT Program helps to train first responders on the front lines and aims to build stronger relationships between law enforcement, mental health practitioners, consumers, families, and hospitals, the system is not without its flaws. We continue to have families calling CHAS experiencing crisis situations where the CIT program is not effective. We see over and over again, people that are experiencing psychosis, delusions, and paranoia have adverse reactions when uniformed officers are the first to show up. Additionally, someone experiencing mental distress will not recognize if a police officer is or is not trained in crisis intervention. Cities throughout Hampton Roads continue to recognize that having mobile mental health professionals trained in crisis intervention is the most effective intervention. Police will only be called to the scene if deemed necessary which is how mental health crises should be handled.

The Marcus Alert is a new state-wide program designed to ensure that behavioral health experts are involved in responding to individuals in crisis. The law is named in honor of Marcus David-Peters, a high school biology teacher who was killed by a police officer in Richmond while experiencing a behavioral health crisis in 2018. The Marcus David-Peters Act (Marcus Alert) is a law passed by the Virginia General Assembly in 2020 that directs localities throughout the Commonwealth to "develop and establish a mental health awareness response and community understanding services (Marcus) alert system." 988 will be the new 911 for mental health related emergencies with regional call centers providing triage. Every locality in the state will be required to develop and implement the plan by the year 2026. As of right now, five localities in the commonwealth are testing pilot programs with Virginia Beach being the only city in Hampton Roads. Stay tuned for updates from CHAS as we learn more info about this developing program.



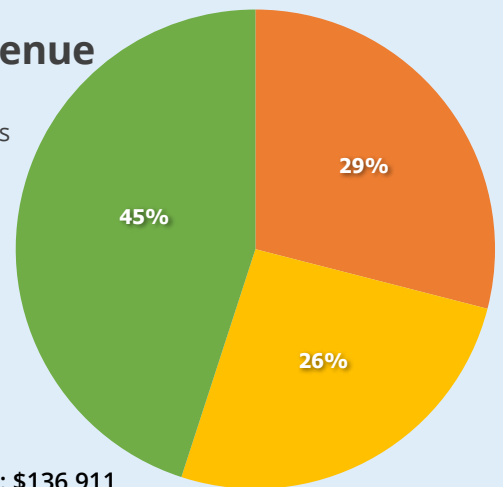
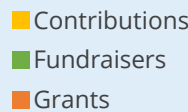
2020 INFORMATION

2020 Expenses



Total Expenses: \$137,410

2020 Revenue



Total Revenue: \$136,911

(See website for current financials.)

FINANCIALS

GRANTS

Charles Schwab Donor Advised Grant by Laurence Steinhold - \$500.00 • Enterprise Holdings Foundation Donor Advised Fund by Scott & Sarah Kellam - \$1000
 The Hall Family Fund (Allfirst, LLC) of the The Suffolk Foundation - \$3,000 • M. M Barrow Charitable Fund Grant - \$1000.00
 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
 Schwab Charitable Donor Advised Grant by Ken & Cathi Athaide - \$1000

GENERAL CONTRIBUTIONS

\$5,000 AND UP

Ann Nusbaum
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Jegit & Ashley Inciong
 The Sertoma Club of Norfolk

\$3,000 - \$4,999

Margaret Corprew
 I Need A Lighthouse

Institute of Real Estate Management of
 Hampton Roads (IREM) – Chapter #39

\$1,000 - \$2,999

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 George & Susan Lawson
 Mark & Elizabeth Lawson

Linda Long
 Josh Parker
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\$250 - \$499

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2021 MEMORIAL AND HONORARY GIFTS

In Memory of Joseph Graham Alley: Dr. Norman Miller
 Richard & Verna Miller
 Christina Robinson

In Memory of Henry Birch Ambrose: Aaron Ambrose

In Memory of Tex & Freeda Badkins: Jim & Mary Wade

In Honor of Mellisa Beerman & Bo Garner: Pauline Grehawick

In Honor of The Dawley Family: Pauline Grehawick

In Memory of Bryan E. Dugan: Edward S. Garcia, Jr.

In Honor of Mr. & Mrs. Gregory Grehawick
 & Family: Pauline Grehawick

In Memory of Greg Grehawick & Richard Roy: Pauline Grehawick

In Honor of Pauline Grehawick: Rosalyn Moger

In Memory of Jamie Hicken: Bill & Sandy Cohee

In Honor of Jesus & Ashley Inciong: Dr. Carl St. Remy

In Honor of Dr. Tom Harrington: Robert & Shirley Sondej

In Honor of Mr. & Mrs. Bill Keelan: Pauline Grehawick

In Honor of Scott & Sarah Kellam: Ken & Cathi Athaide

In Memory of Chas Kirkwood: Micheal Coughlin
 Randy & Natalie Gould
 Josh Parker
 Marian Upton
 Aaron Ambrose

In Memory of Chas Kirkwood & Hank Ambrose:
 In Memory of Ashley Lawson
 & In Honor of The Lawson Family:
 In Memory of Ashley Lawson: Alexandra Brooks
 Webster Bazemore
 Tina Burwell
 Noelle Camp
 Amelia Host-Buckman
 Donna Howard
 George, Jr. & Susan Lawson
 Terri Pond
 Ceci Shannon
 Matt & Mallory Tuttle
 Ginny Woods

In Honor of Mark Lawson: Dan Edwards

In Honor of Dr. Mark & Mrs. Elizabeth Lawson: Annette Brooks
 Lori Rutland

In Honor of The Lawson Family: Dr. Tom &
 Mrs. Michele Harrington
 Dr. Joseph Verdirame

In Memory of Joseph O'Keefe, III: Edward & Louise O'Keefe

In Honor of Dixie & Hattie Patterson: Mike & Ashley Schroeder

In Memory of Zach Patterson: Phyllis & Rick Dreist
 Jessica Egerton
 Adam Ferguson
 Jeremy McGee-BN Media/Radiant
 Mary Neal King
 Barbara Owens

In Memory of my daughter, Sonja: Sladjana Skrba-Turkovic

In Memory of Joshua Zvi Steinhorn: Valerie Warsof

In Memory of George Waite Walker: Charles & Margaret Walker

