



A personal note from Linda McKinnon, CEO.

E-News This Week
March 11, 2013



Well, Daylight Savings Time arrived promptly at 2:00 AM this past Sunday, March 10. Did you remember to set your clocks ahead? It will not end until it "falls back" on November 3 this year, but I am sure you will enjoy the extra daylight provided by this switch during our "Fabulous Florida" spring and summer weather!

We continue our E-Meet of Board Membership this issue by profiling David J. Beesley. The complete Board Membership is on our website under a new tab at the top of our home page. All Board Member profiles will be housed there and you can also navigate to read the minutes of previous board meetings.

As always this week's E-News features timely information on special events that recognize people and issues we are passionate about. I hope you will have the opportunity to participate in some of these. Here's hoping your week goes well!

David J. Beesley is a CFBHN Board Member

[E-Meet David](#)



David J. Beesley was born in Brooklyn, New York. He is the current President/CEO of First Step of Sarasota, Inc. having been named to that position in March of 2001. David Beesley has more than 25 years' experience in health care management and a Masters in Public Health from the University of Minnesota. Mr. Beesley has dedicated his career to working for not-for-profit healthcare organizations. He has previously held senior management positions at a federally qualified health center and a 400-bed private hospital. Currently, Mr. Beesley serves on the board of FADAA; previously, he was a member of the Suncoast Partnership to End Homelessness board. CFBHN Board service provides an opportunity to continue work on creating integrated behavioral health systems for the neediest populations in the community.

50th Anniversary of the 1963 Community Mental Health Act

[JFK's final act worth remembering, repeating](#)

Fifty years ago this year in a speech to Congress, President John F. Kennedy proposed "...a national mental health program to assist in the inauguration of a wholly new emphasis and approach to care for the mentally ill... Central to a new mental health program is comprehensive community care." Later that year in 1963, Congress passed the Community Mental Health Act to provide federal funding for community mental health centers and research facilities devoted to research in and treatment of mental retardation. It was the last legislation President Kennedy signed into law before his assassination. For people all across the nation with mental illness, JFK's final legislation ended the nightmare of being "warehoused" in secluded hospitals and forgotten institutions. The law opened the door to a new era of recovery and the hope of moving back into their communities. Since then community organizations have been helping people recover from mental illness and live full lives. As legislators today look for ways to strengthen the nation's mental health system in the wake of Newtown and other tragedies, they should remember this landmark law passed half a century ago. The legislation set the stage for an entirely new approach to recovery in the community, one marked by continually evolving care and treatment for Americans with mental illnesses and addictions. Sadly, even with the renewed energy in the U.S. Congress to bolster mental health services, the opposite is happening. More than \$4.3 billion has been cut from state mental health budgets nationwide since 2009, according to the National Association of State Mental Health Program Directors. Most state budgets have been cut and the need for services has skyrocketed in the last three years – spiking by over 56% nationally. People who need mental health services do not magically disappear if there is no funding. Without adequate treatment, people with mental illness end up homeless, in jail, or in hospital emergency rooms, all of which costs taxpayers more eventually. Today all legislators can do something this year to live up to the legacy of JFK's final bill. Our Congressmen and Senators can support the Excellence in Mental Health Act (S. 264), legislation that would establish national standards of care and increased accountability for mental health and addictions services provided by qualified organizations, to be designated as Federally Qualified Behavioral Health Centers. The act would help these centers acquire the resources and skilled staff that people with mental illness and addictions deserve and need to get better. Members of today's 113th Congress searching for ways to improve our nation's mental health services can learn from members of the 88th Congress who passed JFK's historic mental health legislation. With a stronger community behavioral health safety net, people in need of services will have access to care and we will see healthier communities. (sponsored by The National Council for Community Behavioral Healthcare. Visit them at www.TheNationalCouncil.org).

Manatee Glens Wins Challenge

Best overall campaign in 36-hours of giving

The "Step Up and Walk in My Shoes" Sexual Assault Awareness campaign was part of the 36-Hour Giving Challenge, March 5 and 6, 2013. The independent panel of judges, comprised of members of the local media, was unanimous in their decision to give Manatee Glens a \$5,000 grant. The judges stated, "The strength of the awareness campaign was significant — prior to engaging through the Giving Challenge, none of the committee was even aware that the organization handled rape crisis treatment, only knew of the substance abuse treatment. We think that the opportunities they utilized to shore up their staff engagement, to ensure their board participation and to reinforce their important partnership with the Sheriff's office stood out to not only raise the value of the organization in the eyes of their community but also to bolster this organization from this day forward. We were impressed with their social media engagement as well. We think the strength of this campaign shows every sign of motivating this team to be one of your top contenders financially next year." Manatee Glens Chief Development Officer Janet Ginn expressed gratitude to all those involved in the Challenge. Because of the donations and grant Manatee Glens will be able to better serve more men, women, teens, and children as they step through their journey from victims to survivors. The campaign featured photos of community leaders sporting tennis shoes with teal laces (the Sexual Assault Awareness ribbon color). Participants include Manatee Sheriff Brad Steube and Major Connie Shingledecker; Retired NBA Referee, author and speaker Bob Delaney and his wife, Billie; BB&T Area Executive David Brooks, CFA; Realtor® Craig Cerreta; United Way Vice President Community Impact Bronwyn Beightol; Lakewood Ranch Community Activist Don O'Leary, Bright House staff members Leah Brown and Ken Followell; *On A Shoestring* Staff, Southeast High School Key Club; the Manatee Young Professionals; and the Manatee Glens Board of Directors, President/CEO Mary Ruiz and staff. *On A Shoestring* donated hundreds of teal laces and hosted a pre-event Fun Run/Walk on March 4. The campaign also included a Zumba class in the Manatee Glens Rape Crisis parking lot. Staff dropped off cookies with teal ribbons to the Manatee Sheriff's Office to thank them for their continued work with the Rape Crisis program. There was also an ongoing Facebook, Twitter, and e-mail campaign to showcase the photos and statistics. Manatee Glens finished the 36-Hour Giving Challenge by posting a celebratory video of staff members dancing to "Walking On Sunshine." While the 36-Hour Giving Challenge is over, the Awareness Campaign continues. April 1 is Sexual Assault Awareness Day, and Manatee Glens will host Lauren Book, founder of Lauren's Kids and Walk in My Shoes 2013 for an educational panel discussion and a public rally. On April 4, 2013 Manatee Glens hosts its annual Champions For Children breakfast which will feature a teen survivor of sexual assault. For more information contact Sondra Guffey, Director of Public Relations, Manatee Glens, Sondra.guffey@manateeglens.org, Phone Number: 941-782-4299 Direct: 782-4320, NEW Cell: 941-720-4923

Walk A Mile For A Child

May 18th at Cotanchobee Fort Brook Park Tampa

Riverwalk in Downtown Tampa at 601 Old Water Street will be the starting point for a walk dedicated to helping children in foster care. Registration and packet pickup begins at 6:30 am and opening ceremonies start at 9:00 am. Eckerd, the community based child care agency, has 67 days remaining (10 weeks) to secure "walkers" to come out on May 18th and walk a mile on behalf of a child involved in the system. They would like to thank everyone for support of this initiative and continued commitment to the children of Hillsborough County. Every day they tally the # of walkers and it is imperative they secure a minimum of 185 walkers per week to ensure every child is represented on May 18th. The agency or civic organization that registers the most walkers will receive special recognition and an award during the opening press conference. They would like to thank you in advance for support. It only costs \$25 to register to walk or sponsor a youth. To get registered today, please log onto www.eckerdcbc.org/walk or visit the website "[Walk A Mile For A Child](#)".

SAMHSA's Technical Assistance Center Sponsors Vet Webinar

Topic is Fostering and Expanding Peer Support Services for Service Members, Veterans, and their Families

Register for the Wednesday, March 27, 2013, webinar to be held from 1:00–2:30 p.m. (EDT). The Moderator's are *Nicholas Meyer*, Assistant Director, Substance Abuse and Mental Health Services Administration's Service Members, Veterans, and their Families (SMVF) Technical Assistance Center, *Daniel O'Brien-Mazza, M.S.*, Director of Peer Support Services, U.S. Department of Veterans Affairs (VA) *William L. White, M.A.*, Senior Emeritus Senior Research Consultant at Chestnut Health Systems/Lighthouse Institute, *John Harris, M.S.W.*, Q.M.H.P., Military and Veterans Program Manager, North Carolina Department of Health and Human Services. Peer support has been recognized as an important strategy in supporting the behavioral health needs of SMVF. Individuals with lived experience provide a bridge to services and help ease SMVF transition to their communities. Peers with military experience and experience with recovery from trauma, mental health, or addiction issues offer valuable knowledge and skills to assist others. This support can be provided through a variety of established peer models. Many states have already begun to bring their peer initiatives together across systems and now stakeholders must assess how best to work together. Coordinated systems of peer support services for SMVF can succeed with collaboration and consensus. This webinar will include discussions related to best practice resources and tools, how communities can build on commonalities, and the many roles peers play. The presentation will be followed by a question and answer session. [To register in advance of the event, please click here.](#)

LearnIt! LiveFree! Spring Break Necessities: Swimsuit, Sunblock & Safety

2013 Florida's Kids and Alcohol Town Hall Meeting Thursday March 21 at the Palladium in St Petersburg

4 p.m. Youth Talent & Coalition Expo & 6 p.m. Town Hall Meeting [RSVP HERE](#)

With Spring Break right around the corner, students all across the state are gearing up for a welcomed week off from school. While some opt to celebrate the time off at home, many others will plan trips to popular Spring Break destinations where exposure to unsafe behaviors like underage drinking and drug use is often unavoidable. To help keep teens safe, Jackie Griffin, executive director of LiveFree!, shares the following tips:



- **Remember that the legal drinking age is 21 years of age.** Study up on the alcohol laws and understand the reasons behind why they exist. The brain is still developing into the mid-20s and underage drinking hinders cognitive development. Also, look into laws related to open containers and public intoxication and discuss the very real repercussions of poor decisions with your teen.
- **Make sure they have a buddy.** When in an unfamiliar location it is important to stick together. Encourage your teen to partner up with one person whom they trust and whom you know. Using the buddy system ensures no one is left alone or with strangers.
- **Discuss their itinerary.** Make sure you know exactly where your teen will be vacationing. Take down phone numbers, hotel rooms, and addresses and compile a timeline of activities planned. Know departure and arrival times and establish times to check in. Reinforce the idea that your teen is expected to call you to let you know they have arrived and returned safely every day.
- **Talk about the statistics:** The facts are out there and, unfortunately, they can be alarming. Before seeing your child off, discuss the statistics related to Spring Break and underage drinking and drug use. Excessive drinking impairs your judgment which can make you more susceptible to accidents, crime, violence and sexual assault. Make sure your teen is aware.
- **Discuss alternative spring break ideas.** Many universities and youth groups offer opportunities for students to spend their time off from school making a difference. Whether it is building homes or assisting in clean-up efforts, there are many trip options that offer the opportunity to serve others far from the party.

Under the Love Addiction Umbrella

[Workshop for Counselors offers 4 CEU's on Friday March 22 8:30 am - 12:30 pm](#)

Addressing and treating the insane world of romance, relationships, and sexual dependencies is the topic being presented by Ken Donaldson, LMHC, CAP and CEO/Founder of The Empowerment Networks, Inc. Training will be at Turning Point of Tampa, 6311 Sheldon Road. Registration is \$47 online advance and \$67 at the door. Fee includes snacks and drinks. Register at www.wearealladdicts.com. Register online and receive a free copy of *50 Ways to Love Your Lover*. Limited to 50 people. Approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling and the Florida Certification Board.

Call for Nominations Now Open

[FADAA Awards of Excellence wants to identify potential recipients at Conference](#)

Submit a nomination from the membership of the Florida Alcohol and Drug Abuse Association. Every organization undoubtedly has individuals who are outstanding professionals and community leaders. FADAA encourages you to review and complete the [online nomination form](#) to let us know who should be recognized for their dedication and professionalism in the field of substance abuse treatment and prevention. Act now so you don't miss this opportunity to recognize high performers in your agency. Visit [FADAA's Awards of Excellence](#) to view the criteria and submit a nomination [online](#) today. **Nominations are requested by May 14, 2013.** Contact Michelle Burdick via [email](#), or call 850-878-2196 with questions about submitting a nomination.

Prepared for Immediate Release:

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