

For fifty years, Henderson has been helping men, women and children regain control of their lives, reintegrate into their community and reconnect with friends and family.

Henderson Mental Health Center is Broward County's oldest and largest provider of behavioral healthcare services and is accredited by CARF.



At Henderson Mental Health Center it is our mission to be the premier provider of accessible, cost-effective and quality behavioral healthcare services to the people of Broward County in order to promote their mental health and well-being.

*...touching our community...*

## CHILDRENS' MENTAL HEALTH ISSUES BECOME A NATIONAL FOCUS

Each year 20.9 percent of all children in the US, aged nine through 17 will suffer from some type of mental disorder. With the increasing numbers of cases being diagnosed in children, lead articles in both *Time* magazine and *Newsweek* magazine illustrate just how strongly adolescent mental health issues have been brought into national focus.

"Nearly three million adolescents will struggle with depression," (*Newsweek* magazine, "Young and Depressed," October 7, 2002) while nearly "one million preteens and children in the US... may suffer from the early stages of bipolar disorder." (*Time* magazine, "Young and Bipolar," cover story, August 11, 2002). *Newsweek's* article also suggests that



"depressed teens usually suffer for years before they are identified, and fewer than one in five (who need treatment) get it." In addition, nationally, there are only about 7,000 child and adolescent psychiatrists to meet the needs of these adolescents.

In *Time* magazine's "Young and Bipolar," writers Jeff Kluger and Sora Song revealed that "bipolar disorder... seems to be showing up in children at an increasing rate, and has taken mental-health professionals by surprise."

Kluger and Song follow a Miami mother and daughter as they navigate through the diagnosis of bipolar disorder, which is commonly defined as a combination of severe depression and manic or extremely-agitated, elated moods, coupled with the inability to control the mood swings of behavior.

However, both articles suggest that children's mental health issues are not something brand new; just that mental illness was for so long thought to be exclusively an adult disease – often one that was hidden and left untreated. For example, until recently a child exhibiting symptoms of bipolar disorder was often presumed to have Attention Deficit Hyperactivity Disorder (ADHD),

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## HENDERSON PARTICIPATES IN KRESGE CHALLENGE

The Kresge Foundation entrusted the Community Foundation of Broward to challenge local nonprofits to create endowment funds. Henderson Mental Health Center was chosen as one of eighteen organizations to receive the incentive. For every \$3 raised, we will receive \$1 in matching endowment funds when they reach their three-year goal. Henderson's goal was established at \$125,000. Meeting this goal will stabilize and strengthen the efforts of the organization for years to come. In addition to financial benefits of this challenge, the goal is to raise the professionalism of the staff and their fund-raising abilities.

Why establish an endowment?

An endowment is a permanent fund in which the principal is never touched. A portion of the income is directed back to the organization annually to provide a guaranteed source of income. Donors to endowment funds can be assured that their gift is in perpetuity and will provide a dependable stream of income for the organization.

If you would like further information on the Kresge Challenge, please call Judi Long at (954) 777-1624.

**BOARD OF DIRECTORS**

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- John Shahady
- Gloria Stuart
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- Dr. Steven Ronik –  
Chief Executive Officer



**...NOTES FROM THE  
CEO...  
DR. STEVEN RONIK**

Dear Friends,

As we begin the year 2003, it is time to celebrate our golden anniversary.

Henderson Mental Health Center has been serving our community for 50 years. As the community and its needs have grown, so has Henderson.

We started as a small mental health organization with seven employees in 1953, and have grown to a comprehensive behavioral healthcare system, offering a continuum of care to more than 18,000 people in eighteen different locations. Henderson Mental Health Center is now the largest, accredited, non-profit, behavioral healthcare system in South Florida.

It is important to note, that in addition to organizational growth we have also continued our commitment to “best practices.” We continue to open new services for children and adults that receive national recognition for their outcomes and innovation.

As the year progresses, you will hear more about our “year of celebration,” and how you can participate. We deeply understand and appreciate how much all of our clients, funders and other stakeholders have contributed to our success.

I look forward to spending time with many of you over the coming year...

With my deepest respect,  
Steven Ronik, Ed.D.  
Chief Executive Officer  
Henderson Mental Health Center

**SPHERION EMPLOYEES  
VOLUNTEER FOR YOUTH AND FAMILIES**

Henderson is fortunate to receive the services of Spherion Corporation Employees. Spherion encourages its employees to volunteer four hours each quarter (at company expense) for a United Way agency. Spherion’s Law Department employees have been volunteering time for the Youth and Family Services Department at Henderson. With the help of Lucretia Rouse, Spherion employees have made a significant impact in supporting the children and families by organizing a Thanksgiving Day Food Drive, preparing a year end mailing to 5,000 community members and assisting in the Adopt-an-Angel holiday toy drive and party.



*Spherion Staff*



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**ABOVE AND BEYOND AWARD  
HONORS TWO BROWARD PHILANTHROPISTS**

The south Florida Charity Season had a glittering launch recently when the Thomas K. Buchanan Society honored the Henderson Auxiliary’s Diáne Johnson and Henderson Board Member, Jack Kuhn. The honorees were each presented an award for their efforts and contributions to improve services and reduce stigma for children and adults recovering from emotional, behavioral or mental disorders.

Auxiliary President Ande Bellvue presented Ms. Johnson with her award and shared some of the many generous acts Ms. Johnson and the Johnson Foundation have contributed to the Auxiliary and the Center over the years. After gratefully accepting her award, Ms. Johnson thanked the attendees for their support and promised to continue her diligent efforts to those less fortunate.

Judge Ginger Lerner-Wren presented Mr. Kuhn with his award after relating the lessons of compassion and generosity she witnessed firsthand while shadowing



*L-R, Dr. Steven Ronik, Chief Executive Officer Henderson Mental Health Center, Award Recipients: Jack Kuhn, Diáne Johnson, and Robert Field, President, Henderson Board of Directors*

Mr. Kuhn in his former career as a service provider. She came to understand the unique needs of people with mental illness and Jack’s special way of caring. Among Mr. Kuhn’s past achievements was his selection as “National Case Manager of the Year.” In his acceptance speech Mr. Kuhn discussed the obstacles and joys experienced by people in recovery and challenged the audience to



*Auxiliary members with Dr. Steven Ronik, Henderson’s CEO*

work harder. He pledged his ongoing support for the disenfranchised and often forgotten people behind the diagnoses of mental illness.

This 2<sup>nd</sup> year event featured a scrumptious luncheon at the 17<sup>th</sup> Street Renaissance

Hotel and an art show by 9 Muses Arts Center, an arts organization sponsored by the Mental Health Association of Broward County and composed of people in recovery from mental illness. Guests were able to purchase paintings, ceramics, and other notable works from these local, talented artists.

The Thomas K. Buchanan Society was created by Henderson Mental Health Center as an annual membership group to support the work of the Center, provide a forum to showcase the latest, best practices in behavioral health care and to honor those who have made noteworthy contributions to the cause of mental health. The society is named for Henderson’s former Executive Director of 25 years as a memorial to the growth and vision he brought to Henderson, the Broward County community and the State of Florida.

If you would like to become a member of the Society with its many benefits and educational purpose, we urge you to call Judi Long at (954) 777-1624.



*Mrs. Donna Buchanan and Family*

**ON THE EDGE:**

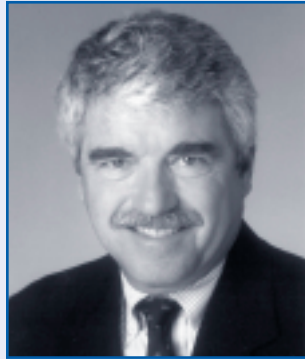
**Henderson’s YES Program Hailed as Innovation of the Week by Drucker Foundation**

The Peter F. Drucker Foundation for Nonprofit Management selected Henderson’s “Youth Emergency Services” (or YES Team) as the Innovation of the Week, Vol. 4 - No. 18, for the week of October 29, 2002. To view the profile and learn more about this 24/7 therapeutic intervention program for youth, visit [http://www.drucker.org/innovation/innov\\_of\\_week/archives.html](http://www.drucker.org/innovation/innov_of_week/archives.html)

The Drucker Foundation mission is to lead social sector organizations toward excellence in performance and is named for and inspired by the acknowledged father of modern management.

**Advocates Mourn Passing of Champion Senator**

Those familiar with mental health parity legislation were stunned and deeply saddened by the tragic death of Sen. Paul Wellstone (D-MN), his wife, daughter and members of his staff in a small plane crash October 25<sup>th</sup>. Wellstone and fellow Senator Pete Domenici (R-NM) co-sponsored the much heralded and strongly supported bill that would provide equal insurance coverage for behavioral treatment as for other health concerns. His juvenile justice legislation was the sole vehicle to focus on rehabilitation, and most importantly, to call for treatment for youths with severe emotional disorders and addictions, as opposed to incarcerating them. We can only hope his memory will inspire further healthcare reform, as the profound loss of his passing will be felt for some time.



## PRESIDENT'S MESSAGE TOUCHING LIVES EVERY DAY

*Robert A. Field President, Board of Directors*

The caring staff at Henderson Mental Health Center treat each and every child, teen and adult with the patience and caring they deserve. Henderson

is dedicated to providing quality care to all members of our community, regardless of their ability to pay.

Chances are we have touched your life in some way or provide a program to our community that touches your heart. Henderson offers a full array of services that include programs in Youth and Family Services, Foster Care, Community Support Services, Homeless Outreach, Emergency Shelter, Scattered-Site Housing, a Homeless Drop-in Center, Psychosocial Rehabilitation, Prevention and Education,

Outpatient Services, Residential Services, Psychiatry, Assertive Community Treatment, Mobile Crisis and Crisis Stabilization, Day Treatment, Supported Employment, Outpatient and Forensic Services, and Case Management.

With millions of uninsured people in our country, healthcare costs steadily rising and community healthcare systems operating marginally, health issues face each and every one of us...personally. There is something we all can do to meet these challenges in our own community...that is to make an investment in quality, behavioral healthcare right here in our own backyards.

As a not-for-profit system, Henderson relies on community support. As donors and volunteers your generosity helps us maintain our high quality of care, and guarantees that it remains accessible to all who need it. Thank you!

### Childrens' Mental Health – Continued from page 1

which is commonly treated with a stimulant drug, such as Ritalin. Unfortunately, giving Ritalin to children with bipolar disorder has adverse effects and often triggers a new mood cycle or deepens an existing one.

Without treatment for depression, adolescents are at high risk for social and academic isolation and failure, for drug use, for promiscuity, and for suicide, now the third leading cause of death nationally among 10- to 24-year-olds. In the past, adolescent depression was thought to be a "stage" and not truly recognized as a very, potentially dangerous illness.

Are cases of mental illnesses such as depression and bipolar disorder rising in this country's children or have they just previously been left undiagnosed? That's exactly what doctors and scientists are trying to discover.

While children of one or more parents having bipolar disorder have a genetic predisposition for developing the disease, both doctors and scientists believe that stress (especially at school), hormonal changes during puberty, and environmental factors are very strong catalysts for both the onset of bipolar disorder and depression in children. Another major risk factor is drugs. Drug

usage is thought to play a significant part in lowering the age of the onset of symptoms of both mental illnesses. For many adolescents suffering from an undiagnosed or untreated mental illness, drugs are a form of self-medication, a way to escape pain. So, many teens now receiving assessment are found to have a dual diagnosis of mental illness and drug abuse.

*Newsweek* reports, "Doctors hope that new research will ultimately result in specific guidelines for adolescents." These guidelines not only refer to drugs that are safe to administer to children – currently many drugs used to combat depression are not recommended for children under 18 – but also therapy and other programs tailored specifically for children: to teach children and families to cope, and to educate parents as to how to deal with children suffering from a mental illness.

Based on the 2,000 Broward County Census, 12,000 children in Broward will suffer from a mood disorder. Just recently in Broward, three new programs – two funded by the county and one by the state – were initiated under the auspices of Henderson Mental Health Center to deal specifically with adolescents: The BRIDGE Project, Rap Zone, and Alternatives to Residential Treatment, or ART (see article on page 12).

"For so long people felt as if mental illness only affected adults," says Julie Radlauer-Doerfler, Henderson's Director of Youth and Family Services. "Yet, bipolar disease and depression can hit at any time, at any age, and unfortunately, can often go undiagnosed."

Radlauer-Doerfler further explains that often parents, especially with bipolar children, come in and say, "Just fix my child." We prefer to try therapy first and see if bipolar symptoms can be controlled without medication. If not, medication is used in combination with therapy. Caseworkers and therapists work with the child and the family as well, to change the structure in the home so the child can better function.

"Environment plays a big part," sums up Radlauer-Doerfler. "It's nature versus nurture. If the environment is unstable, everyone, even children, have a predisposition to mental illness. The more attention this topic receives the more comfortable adolescents and parents will be at confronting symptoms as they surface."

*National statistics provided by MECA, methodology epidemiology of mental disorders in children and adolescents, 1999.*

## VOLUNTEER SPOTLIGHT

Why would a new grandmother with a lifelong career as a legal secretary, a loving husband, two wonderful children, not to mention having friends and hobbies to spare, give every Monday night to "another" family?

In a word, love! Irma Doerfler, our Volunteer in the Spotlight, has found another family with whom she generously shares her abundance of warmth, personal values, and love. Her "other family" is six teenage boys in Henderson's foster care program, and the caring staff that she seems to have adopted as well, at Henderson's "Charlee House."

The boys beam as Grandma Irma (their own affectionate nickname for this energetic and youthful looking woman) enters their home. Tonight is a night for cookie baking, and while they might rather wait until the cookies are done, they all take a role in the baking operation with only a few kind words of encouragement from Grandma Irma. "It's not always easy and fun," Irma confides, "every house has its bad days, but somehow



we get through it and then there's next week." It is difficult to imagine a warmer, more genuine person than Irma; in fact, rumor has it she never has anything even slightly negative to say, about anyone. So much for grandma's gossip. A reliable source, Henderson's very own Director of Youth and Family Services, Julie Radlauer-Doerfler should know, she is Irma's daughter-in-law.

House-parent Bob Berman confirms that Irma is an exceptional person to have around their home, not to mention a huge savings for his budget because as he says, "She is always bringing kitchen or house gadgets, toys or

clothes for the boys, and anything useful she might find or that her friends and co-workers give her for the boys." For each boy's birthday, Grandma Irma takes him out for the only real one-on-one time she has with the boys. She lets them select the meal of their choice and their own present after dinner.

As a testament to the impact she has had on the boys over the last few years, Irma will often get check-in phone calls from the boys after they have been reunited with their families. They call just to say hello and inform Irma how they are doing. For Irma this is priceless and yet another reason why she suggests others might want to spend time with foster children. As she puts it, "There are a lot of children out there looking for love, especially from us grandparent types. The time and hugs go a long way to making the children feel they have a family member there to listen and encourage without being judgmental." We couldn't agree more, Irma.

In her private life, Irma has been married to Ron for 38 years. He specializes in home improvements, and she works for U.S. District Court Judge, Jose A Gonzalez, Jr. Their two children are Kim, a 35-year-old RN, and Todd, a 32-year-old Fireman-Paramedic.

Thank you, Irma, for all that you do!

## WORTHY WEBSITES

### A Toolkit for Hispanic/Latino Community Groups

A useful resource that addresses a major problem facing Hispanic/Latino youth – alcohol and drug use. The site is well organized with easy to understand references, including detailed appendices to help individuals and communities effect positive changes with Latino youth in their family and community.

<http://www.soyunica.gov/adults/rallies/toolkit.aspx>

### The Reference Guide to Counseling Children & Adolescents: Prevention, Treatment, Outcomes

This comprehensive 400-page, loose-leaf binder has been designed to include information on the latest trends in behavior, risk factors, successful treatment models, and new prevention initiatives. You'll find a wealth of information on attention-deficit/hyperactivity disorder; conduct disorder, violence and juvenile delinquency, substance abuse and risky behavior, depression and suicide, anxiety, child abuse and neglect, and eating disorders. To view the complete Table of Contents, visit [http://www.bhrpress.com/bookstore/write-ups/RGCCA\\_prev\\_treat\\_outc.htm](http://www.bhrpress.com/bookstore/write-ups/RGCCA_prev_treat_outc.htm)

### Mental Health in Troubled Times

In honor of Mental Health Week in October (6-12), the award-winning public radio series, "The Infinite Mind," broadcasted this three part

series to examine the public state-of-mind that has been shaped by the September 11<sup>th</sup> attacks, ethics scandals involving corporations and churches, and people's changing relationships to work over the last year. This series and previous shows are available at [www.theinfinitemind.com](http://www.theinfinitemind.com)

### NIH Senior Health

The National Institute on Aging and the National Library of Medicine have compiled a host of specialty topics such as "Alzheimer's Disease" or "Caring for Someone with Alzheimer's" as well as other subjects focusing on seniors in an informative and useful manner. Links to MEDLINEplus address many more topics for interested seniors, or those interested in helping seniors. Go to <http://nihseniorhealth.gov/listoftopics.html>

### Interim Report Available from "New Freedom Commission on Mental Health"

President Bush's workgroup for developing recommendations on improving the nation's mental health service delivery system has published its initial findings (final report due in 2003) at [www.MentalHealthCommission.gov](http://www.MentalHealthCommission.gov). Broward's Judge, Ginger Lerner-Wren, is a member of the Commission and presides over the nation's first mental health court here in Broward County, FL.

## HENDERSON PROVIDES ASSISTANCE DURING THE ANNIVERSARY OF 9/11

From individuals and families to large groups including school classrooms and the workplace, most Americans were affected by, and/or participated in remembrances of the anniversary of September 11, 2001.

For those who needed help with coping, Henderson was there to offer advice as well as counseling for those who were overwhelmed with the emotions of this national tragedy:

- Henderson prepared a press kit of information, including coping mechanisms for school children and those in the workplace, as well as families and individuals. The kit was distributed to all of the local media.
- A phone bank was staffed at Channel 10, *WPLG* by Henderson volunteers, which fielded hundreds of calls.

- Henderson's Crisis Unit was open for walk-ins – anyone experiencing depression or other emotions with which they needed immediate assistance. We remain available during the Iraq war to help anyone in need.



*Dr. Sean Kenniff, Channel 4, WFOR Health Reporter and Dr. Steven Ronik, Henderson's Chief Executive Officer*

- Channel 4, *WFOR* reporter, Lynn Cameron, did a feature interview with Myra Reimer, Administrator of Henderson's Central Branch.
- Channel 4, *WFOR* Health Reporter, Dr. Sean Kenniff, did a feature interview with Dr. Steven Ronik, Henderson's Chief Executive Officer, and staff psychiatrist, Dr. Kahane, about what possible effects to expect during the 9/11 anniversary.

Says Dr. Ronik, "The world has changed. However, the key to adjusting to this is perspective. That is what we as a mental health provider did, and continue to do, offer help. We tried to help people cope within the new context we were presented. Everyone copes differently, and has different needs. You have to be very thoughtful and considerate in how you approach helping someone."

## INNOVATION IN RECOVERY & REHABILITATION: THE DECADE OF THE PERSON

Such was the theme for The Center for Psychiatric Rehabilitation at Boston University's Fall Conference. Among the notable speakers who weighed in on a variety of useful and informative topics was Henderson's own, Director of Community Support, Ms. Pamela Galan. Addressing a full room on the subject of "Merging Approaches: Club House, PACT, Social Skills Training and Psychiatric Rehabilitation Approach," Ms. Galan explained the intricacies and notable outcomes experienced by Henderson Mental Health Center's implementation of PACT, a full-service,

assertive, community, treatment team which employs the Psychiatric Rehabilitation approach as the basis for a person's care and recovery. In this model, an individual works with a multi-disciplinary team of psychiatrist, nurse, mental health, vocational and substance abuse specialists, to improve functioning in all areas of their life (living, learning, working and socializing) by focusing on mutually-agreed-upon goals that foster success and recovery. If you would like to learn more about this dramatic and effective technique, please call Ms. Galan at (954) 730-7284 or visit the BU web site at <http://www.bu.edu/cpr/>

Under Ms. Galan's leadership, Henderson was selected as one of six nationwide sites to implement "Intentional Care Employee Standards" which bridge the gap between principles of recovery and personal empowerment. Look for more news on this honor in our next issue and visit [www.intentionalcare.org](http://www.intentionalcare.org) to learn about this innovative method for enhancing consumer success.

## STAFF PICNIC – LARGEST SUCCESS YET!

More than 350 staff and their families came out to enjoy a picture-perfect day at the Annual Henderson Staff Picnic held at Quiet Waters Park. Organized by the Employee Relations Committee and Chair Shari Thomas, Connections Administrator, a Country Carnival theme was selected complete with plenty of games and dancing for young and old alike and great food provided by Party Station. Special thanks to James Wagner and Evette Diana who contributed greatly to the resounding success!



## BROWARD COUNTY – A LEADER IN MENTAL HEALTH PROGRAMS FOR CHILDREN

Adolescent mental health issues have recently been targeted in Broward County (see article on page 12) with grants to Henderson Mental Health Center from both the county and the state for new, progressive programs of care.

Michael Elwell, Director of Broward County Children's Services Administration Division, explains that last year the county set goals for children's issues in all health-related areas including: mental health, substance abuse and behavioral issues. "We conducted research as to best practices, and where the

greatest needs were at both a national and local level. We then asked Henderson Mental Health Center to develop The BRIDGE Project model (see article on page 12), by partnering with other county service providers that we could take to a national level, because Henderson was already in touch with the approach we wanted to take."

Elwell continues, "Mental health issues have been recognized for quite a while in the adult system, but an opportunity came with the establishment of the Children's Services Council to dedicate dollars just toward children's issues."

Cindy Arenberg, CEO of the Children's Services Council, adds, "By creating Rap Zone (see article on page 12), we are maximizing the out-of-school opportunity for targeting a very needy population. We're happy to be able to fill a gap; fulfill a need for a continuum of care for our children with mental health needs."

Dr. Sean Kenniff, Health Reporter/Producer for *WFOR*, Channel 4, has covered various mental health issues over the past year. "Childhood today is devoid of that carefree attitude many kids of the '50s enjoyed. There are a lot more pressures, as well as extraordinary adult issues that they have to face at an extremely early age. Also, Attention Deficit Hyperactivity Disorder (ADHD), is more prevalent because we are better educated about recognizing the disorder, but I think it has been over diagnosed, and misdiagnosed which are critical concerns."

Elwell adds that recognizing mental health issues in children – not labeling everything ADHD or isolating illnesses, is a phenomenal step to take. "If you look at all the programs the county funds, especially children's substance abuse and mental health programs, our goal is to not have separate categories, but one behavioral approach to both. This is a frontline step nationally. We are very progressive in our approach to care."


# THANKS CAMP HENDERSON !!



I had a really nice summer and appreciate all you did for us.



you

Danny Cage  
  
Thank You  
Childrens  
Service  
Council



*Thanks to a grant from the Children's Services Council, the Youth and Family Services Program was able to provide a summer camp for nine weeks to youths between 11 and 17. These severely, emotionally disturbed kids had the opportunity to participate in a variety of social education and athletic activities designed to involve and inspire. Every child was a winner, but some did manage to win a few more medals than others (see photo above).*

## 4<sup>TH</sup> ANNUAL COUNTYWIDE CONFERENCE ON MENTAL ILLNESS – A RESOUNDING SUCCESS



Tommy and Steve enjoy refreshments between speakers

Henderson Mental Health Center and National Alliance for the Mentally Ill (NAMI), “The Nation’s Voice on Mental Illness,” recently cosponsored this annual summit at our New Vistas facility. In the morning, over two-hundred attendees were treated to panel discussions on Crisis Intervention Teams and Steps to Successful Recovery. Howard Finkelstein delivered an inspirational speech that moved the audience. In the afternoon, three workshops were presented, each with four different tracks for 12 specialty discussions from which attendees could choose. Thank you, Eli Lilly, for donating the fabulous food and a special thanks to Evelyn Miller and Phil Ketchum for their hard work in organizing the conference. If you would like to be a part of next year’s exciting forum, please call Donna Hayes at (954) 777-1613, or visit <http://www.namifl.org/county.htm>



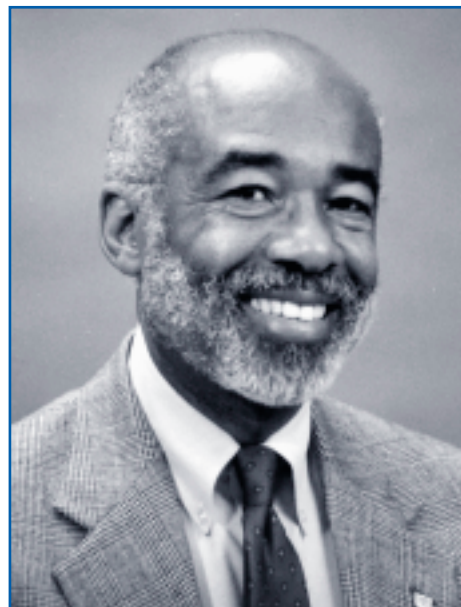
Speaker William Schneider at the First Annual Consumer Conference

### BOARD MEMBER PROFILE

Samuel F. Morrison, Director of Broward County’s award-winning and one of the nation’s top ten library systems, has been a Board Member for nearly three years. First approached by Henderson CEO, Dr. Steven Ronik, Morrison relates that he has long appreciated Henderson’s impeccable service history, particularly with respect to the number of minorities served by the Center.

Born in Flagstaff with time spent in Phoenix and then Los Angeles, Sam would join the Air Force and be stationed in Morocco. After serving his nation, he would be hired by a supermarket chain and learn the long hours of retail. After being passed over for advancement during his last two years of a 12-year tenure, Sam decided to complete his education with a HEW scholarship obtaining his Master of Library Science in Champaign, IL. Morrison never really started with the goal of heading a library system, but has always appreciated reading and academia.

Upon graduation, he discovered that Coca-Cola wanted to create a library for migrant farmers and their children in the town of Frostproof, Florida. The demonstration project would be the start of many great things to come and will always hold a special sense of accomplishment for Morrison who recalls his oversight of the conversion from mail barracks to successful library. Sam would learn of a vacancy for the Assistant to the Director of Broward County Libraries, where he was hired and became one of the 100 or so employees at the two libraries



in 1974. Today, the library employs nearly 900 personnel among 37 libraries, with five additional in planning.

Sam would also spend a few years in Chicago, heading the nation’s largest municipal library system before returning to guide the growth of the Broward County system. Among his many notable accomplishments: Morrison can count two successful bond issues to promote the system’s enormous growth; the creation of Free-Net during his presidency of SEFLIN (Southeast Florida Libraries & Information Network); and most recently, the creation of an authentic African-American Library and Cultural Center, one of only three in our nation.

Soon to retire from his successful career, Morrison plans to do some traveling and, of course, catch up on his reading. As for mental illness, the reserved and unflappable Morrison

will continue to work to reduce the stigma associated with the illness, noting that, “At certain levels it is fashionable to be in therapy, but for lower incomes or seriously ill people, it is as if they are at fault. Yes, we need more resources, but the attitude of society, at large, needs to value and have a more positive image of people with a mental illness.”

Thank you, Sam. Your presence and keen advice on the Board are greatly appreciated.

## HENDERSON MENTAL HEALTH CENTER 50<sup>TH</sup> ANNIVERSARY GALA CELEBRATION – MAY 17, 2003 HONOREES: HENDERSON AUXILIARY

### 2002 - 2003 Executive Board

- Ande Mayhue, *President*
- Gina Stelnik, *First Vice President*
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### 2002 - 2003 General Board

- |                     |                         |
|---------------------|-------------------------|
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| Diáne Johnson       | Carola Woodworth        |
| Dorothy Kone        |                         |

### Director’s Club Members

- |                                |                                     |
|--------------------------------|-------------------------------------|
| Mr. and Mrs. Michael Bienes    | Ms. Patricia Glass Justus           |
| Mr. and Mrs. Michael A. Cordes | Mr. and Mrs. Michael F. Katzin      |
| Dr. Adeline Gertz              | Mrs. Christina Kelly                |
| Ms. Linda Gill                 | Mr. and Mrs. George Levin           |
| Mr. and Mrs. Charles Horas     | Mr. and Mrs. Jeffrey Smith          |
| Mrs. Deborah Hvide             | Mrs. Lorraine Thomas                |
| Mr. and Mrs. Hyman Indowsky    | Mr. and Mrs. Antonio de Camp-Ultimo |
| Ms. Diáne Johnson              |                                     |

*General Members will be recognized as well.*



Henderson’s friends, Hal Booth, Senior Vice President of First Fleet and Sandra Booth, professional meeting planner, are chairing the 50<sup>th</sup> Anniversary celebration.

## HENDERSON’S GOLDEN GALA HONORS AUXILIARY

You are invited to attend Henderson’s 50<sup>th</sup> Anniversary Gala which will be held at the Hyatt Pier 66 Resort & Marina on Saturday, May 17, 2003. This annual black-tie event, attended by almost 500 friends and corporate supporters, is our most significant fundraising event.

As we celebrate our fifty years of service, to Broward County families and individuals, we are privileged to honor the members of the Henderson Auxiliary. Over the last forty-five years, hundreds of exceptional women and men have advocated, volunteered and raised money for Henderson’s Youth and Family Services program. Their efforts and generosity have helped to support the Henderson staff members who work every day with children that are experiencing emotional or behavioral problems and their families.

### Matching Funds

This year we have a unique opportunity to collect matching funds on the net proceeds of the event. When we reach our \$125,000 the Kresge Foundation will provide a \$45,000 matching grant for our endowment fund.

### Tickets and Sponsorship Opportunities

- \$10,000 Grand Benefactor
- \$5,000 Benefactor
- \$2,500 Major Sponsor
- \$1,000 Sponsor

Please call (954) 486-4005 for sponsor benefits.  
Individual Tickets \$150

## HENDERSON MENTAL HEALTH CENTER PILOTS THREE NEW PROGRAMS FOR CHILDREN

The State of Florida and Broward County have awarded grants to Henderson Mental Health Center to initiate three new programs targeting mental health issues for children: Rap Zone, ART and The BRIDGE Project.

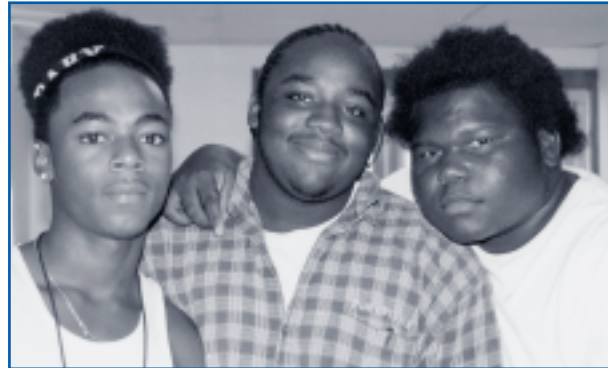
### RAP Zone

On September 1<sup>st</sup>, Henderson Mental Health Center opened the RAP Zone, a new after-school program for emotionally and severely, emotionally disturbed children ages 11 to 17. RAP, an acronym for "Rise Above Perceptions," will serve 50 youths Monday through Friday, who are currently attending public school exceptional student education (ESE) classes throughout Broward County.

The RAP Zone program provides the children with snacks, tutoring, recreation, therapy groups, and lessons in independent living skills. "These are children who have trouble just getting through the day," explains Julie Radlauer-Doerfler, Director of Youth and Family Services for Henderson Mental Health Center, Inc. "With this program, we can further enhance their ability to perform, and lead their lives at the highest level possible."

RAP Zone is held in Henderson's newly-leased facility, near the central branch at 200 SW 27<sup>th</sup> Avenue in Fort Lauderdale. Children are grouped according to age and developmental functioning. Also on-site, one afternoon a week, the Parent Advocacy Coalition holds support groups for parents of emotionally-disturbed children.

The Children Services Council funds the RAP Zone.



Tour Guides and Program Participants

### ART

On October 1<sup>st</sup>, 2002, Henderson Mental Health Center initiated ART, or Alternatives to Residential Treatment, which will serve 65 children from ages 10 to 17 who are at risk of being removed from their homes (due to their behavior) or are currently in residential treatment and in the process of being reunited with their families. The ART team will work both with the children and

their families to establish viable home environment guidelines, which accommodate special-needs children.

Also, working in conjunction with ART is

the Parent Advocacy Coalition (PAC) which is a support group for parents. "Through education, we will help foster the PAC's efforts to establish their own infrastructure of people who have faced these challenges and can support other parents," says Radlauer-Doerfler.

Considered a form of Assertive Community Treatment (ACT), the ART program is the first ACT team to be established in Broward County and only the second in the state that is designed specifically for children.

Funded by a \$500,000 grant from Broward County, ART is intensive wraparound services managed by a team of professionals including a therapist, two case managers, a behavior technician, a psychiatrist, and a parent support coordinator. The team was established, based on a prospective caseload of seven children.

### The BRIDGE Project

On October 14, 2002, The BRIDGE Project was launched. Tailored specifically for teens, The BRIDGE Project is a system of care for children who are dually-diagnosed, suffering from some form of mental illness coupled with drug abuse. The BRIDGE Project system of care encompasses everything from assessment, case management, psychiatric care, in-home therapy, outpatient care, day treatment programs, residential services, and inpatient hospitalization.

"We're targeting teens who not only have a diagnosed mental illness but have substance-abuse problems," explains Radlauer-Doerfler. "These children are using drugs and alcohol instead of prescribed medications to self medicate."

Funded by a \$1 million grant from Broward County, Henderson will incorporate two best practice models, "Integrated Behavioral Family Therapy" and "Motivational Interviewing." Both models were designed to work specifically with dually-diagnosed teens. "Motivational Interviewing" was developed by Nova Southeastern University, and both FIU and the University of Mexico are contributing models for "Integrated Behavioral Family Therapy."

All of the different services offered by The BRIDGE Project are provided through partnerships with Henderson as the lead agency. Participating partners include the Starting Place, Spectrum, and Memorial Healthcare System.

"This is a very exciting program," sums up Radlauer-Doerfler. "It enables the major agencies in Broward County to work together to provide the very best services to children 'in need' in our community."



Henderson Mental Health Center Staff at RAP Zone Open House

## WORKING THROUGH THE SYSTEM: ONE YOUNG WOMAN'S INCREDIBLE JOURNEY

For Tammy Workman, life began on a rocky path. Her mother struggled with depression (Workman *now* realizes) and her mother was jealous of the attention her husband gave to their daughter. "It was not a good relationship," she states matter-of-factly.

By age 11, Workman says her father began to display inappropriate behavior toward her. As in the case of many young children who are sexually-abused, Workman was afraid to tell anyone. "I felt that it was my fault, and I was even afraid to tell my grandmother because I loved her and she loved me," she explains. "I was afraid she wouldn't love me anymore, like my mom." Eventually the abuse went on long enough that Workman was planning to run away. "Even though I would tell my dad, 'No,' he didn't care. One morning my mom caught him coming into the bathroom with a camera while I was in the shower. She called a friend who convinced her to call the police. My dad took me to school that morning and when he returned home, the police arrested him."

Workman explains that the following year was the worst of her life because she and her two younger brothers and sister were left home alone with their mom. "She kept asking me why I didn't tell her, but she also blamed me."

Eventually, because her mother didn't have a job and couldn't support the family, the children were placed in foster homes. Tammy Workman was 14 at the time.

"I still carry some guilt because my brothers and sister were removed from their home too, because of me. And they were all so very young."



In her first foster home, where she was placed with her sister, Workman was regularly taken to therapy and she admits that the consistency really helped her work through tough emotional issues. "I wasn't a bad kid, just very quiet and isolated. I did what I was told." Workman credits therapist Mandy Wells with giving her the tools to help her take a good look at herself. "She helped to adjust my mind set. Instead of holding my head down, she taught me to hold my head up and make eye contact with people. She changed the way I saw myself." Workman also says that The Forum Class she took gave her new life coping skills. "When you're a child you make up reasons that you end up using for the rest of your life. This therapy program taught me to let go."

Workman was eventually assigned a Guardian Ad Litem (GAL), who she says is still her best friend today. "Almost every weekend she would pick up my brothers, my sister and me so we could all be together."

After stays in two more foster homes – one where she was taken to church on a regular basis – Workman went through Henderson's independent living program when she turned 18. She received on-the-job training through a school program and became an airplane parts mechanical assistant. Then she worked for five years at a doctor's office where she kept medical records and eventually assisted the doctor, until new management bought the practice.

"My brothers were in therapy at Henderson at that time, so my GAL said she would put in a good word for me – that I was looking for another job." Workman was hired as a Targeted Case Manager, which she describes as being "an advocate for everything a kid needs."

Although, at age 26, she says she's still working on herself, Workman feels confident about her progress and her future. She recently worked through her relationship with her mother – "We're friends," Workman says – and she spoke to her father about two years ago for the first time.

"I'm a work in progress," says Workman who is excited about her future. "I like developing the skills that God has given me because I can see how he works through me now to help other people."

## STAFF ACHIEVEMENTS

### Supervisor of the Year

At an awards luncheon marking the close of the National Association of Case Management (NACM) Conference in Washington, D.C., on November 13, Henderson's Director of Case Management, Dean Mynks, was awarded the National Association of Case Management XCEL Award as "Case Management Supervisor of the Year." Mr. Mynks was also a speaker at the conference and for his prize received an all-expense-paid trip to the conference.

### Advocate of the Year

On October 22<sup>nd</sup>, 2002, the Broward County Board of Commissioners presented Henderson CEO, Dr. Steven Ronik with the Disability Awareness Award for the category of "Advocate of the Year." The Broward County Advisory Board selected Dr. Ronik for Individuals with Disabilities as the 2002 recipient, an honor bestowed upon individuals who have worked hard toward improving the lives of persons with disabilities living in Broward County, Florida.

### Homeless Advocate of the Year

The Broward Coalition for the Homeless presented Henderson's Homeless Case Manager, Lisa Aiello, with its "Homeless Advocate of the Year" award at a recent luncheon. The selection committee awards the honor to those who have made exemplary contributions to improving the lives of homeless individuals and families in Broward County. Organizations who nominated Lisa for the prestigious award include Legal Aid, Foundations, and the Broward Coalition for the Homeless.

### NOW National Board Member

Bertha Smith, Mental Health Court Monitor, was elected to the National Board of the National Organization for Women (NOW) and will serve a two-year term. Among her duties is setting national policy for the organization. NOW is dedicated to making legal, political, social, and economic changes in our society in order to eliminate sexism and end all oppression. Ms. Smith was also appointed as vice chair for fund-raising.



## HENDERSON'S 5<sup>TH</sup> ANNUAL RUN/WALK FOR HOPE

Hundreds of runners and walkers participated in Henderson's 5<sup>th</sup> Annual 5K Run/Walk for Hope that was held on Sunday, March 2<sup>nd</sup> at Beach Place. The event helped raise more than \$11,000 for foster children served by Henderson Youth and Family Services. This annual event inspires hope for children and teens with emotional or behavioral problems, while remembering the remarkable work of Dr. Christine Smith, an avid runner and psychiatrist whose life was taken while on duty at a North Miami hospital.

The event featured a 5K course along Fort Lauderdale Beach which was championship timed by Split Second Timing. The beautiful weather made for a great day and all winners received gold, silver and bronze medals for their accomplishments.

A fundraising competition was held between the Henderson Branches. The employee teams raised approximately \$5,000 for the event. The winning team was the A-Team and was led by Susan Crapo. Not only was Susan the Top Individual Fundraiser, she rallied the team to raise more than \$2,000 by collecting donations, holding bake sales, conducting a raffle for donated handyman services and preparing an Italian Fest Luncheon to raise money for Henderson.



## 2003 RUN/WALK FOR HOPE SPONSORS

Sharon Roseman / Possibilities Consulting  
Aqua Springs  
Beach Place  
Einstein Bros. Bagels  
Home Depot, North Lauderdale  
KB Truffles  
Publix  
Party Station

Pios & Sons, Miami  
Henderson Auxiliary  
Runner's Depot  
Running Wild  
Runner's World  
Broward County  
Dr. Kenneth and Elfriede Smith  
Gold's Gym  
World Gym

## HENDERSON AUXILIARY SUPPORTS YOUTH AND FAMILIES

The Henderson Auxiliary supports the programs provided by Youth and Family Services at Henderson Mental Health Center.

A child with emotional or behavioral problems can affect everyone in the family. An overwhelming feeling of helplessness, of not knowing where to go or what to do, can devastate a family. A traumatic experience, divorce or domestic violence, may have a strong impact on the life of a child. Drug and alcohol abuse, often from peer pressure or hidden depression, may lead to trouble in the future. Henderson can help.

The close-working relationship with the school system and other social service organizations helps Henderson reach these



New member, Debra Kuhn, presents hostess, Lorraine Thomas, with one of her award-winning and handmade porcelain dolls

children before a problem is out-of-control. By working with families, Henderson establishes a network of support and trust, somewhere for a child to turn in a moment of need.

The Youth and Family Services Program provides services to more than 5,000 children and families dealing with problematic behavior and psychiatric issues such as depression, truancy, destructiveness, substance abuse or behavior problems.

The Henderson Auxiliary supports the Youth and Family Services Program through fundraising and special events. For information on membership, contact Kim Collette at (954) 772-5553.

## JOIN THE AUXILIARY! ...AND GIVE HOPE TO OUR COMMUNITY

The Henderson Auxiliary plays an important part in educating our community about behavioral healthcare issues and to advocate for children with emotional and behavioral problems.

- Regular Membership . . . . . \$35
  - Supporting Membership . . . . . \$50
  - Life Membership . . . . . \$750
  - Director's Club . . . . . \$1,500\*
- \*includes Life Membership*

Member Name: \_\_\_\_\_

Spouse: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Home: \_\_\_\_\_

Office: \_\_\_\_\_

FAX: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please make checks payable to **Henderson Auxiliary** and mail in the enclosed envelope to  
4740 North State Road 7, Suite 201, Fort Lauderdale, Florida 33319.  
For additional membership information, please contact Kim Collette at (954) 772-5553.



# 50 Years

## Touching our community...



Henderson Mental Health Center is touching lives: helping children, strengthening families, and inspiring hope for a better life.

Fifty years ago we began with a staff of seven. Today six-hundred, dedicated professionals help more than 18,000 people of all ages, every year. Nationally recognized as a leader, fully-accredited at the highest levels, Henderson is South Florida's largest provider of behavioral healthcare.

We want to recognize and sincerely thank you - our community and friends - for your confidence in our commitment to excellence and quality of service. We pledge to work toward new levels of excellence for the next 50 years, pursuing a better quality of life for all people in need.

[www.hendersonmhc.org](http://www.hendersonmhc.org)  
24/7 Crisis Line: 954-463-0911



**HENDERSON**  
**MENTAL HEALTH CENTER**

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