



# HENDERSON

## MENTAL HEALTH CENTER

*For our community*



Volume 53, Issue 1

A Newsletter for Friends, Supporters and the Community by Henderson Mental Health Center

Summer 2006

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*It is our Mission to be the premier provider of accessible, cost effective, and quality behavioral healthcare services to the people of South Florida, in order to promote their mental health and well-being.*

## HENDERSON MENTAL HEALTH CENTER PARTNERS WITH DARTMOUTH COLLEGE IN NATIONAL RESEARCH PROJECT

Henderson Mental Health Center has been selected as one of only 20 sites nationwide for a Mental Health Treatment Study sponsored by the Social Security Administration. Henderson was selected for the study on the basis of its historical performance with 'evidence-based,' services.

"It's a big honor to be recognized as one of the top mental health centers in the nation through the recommendation for this study," said Dr. Steve Ronik, Henderson Mental Health Center CEO. "Our selection for this study verifies our record of service to the mental health community in South Florida and we look forward to getting started on this important study."



The 24-month study, which began in July 2006, will examine the value of eliminating disincentives from the workplace, establishing an accurate diagnosis and delivering appropriate mental health and employment supports for study participants. Outcomes assessed include employment, health and mental status, quality of life, functioning and clinical recovery. Study participants will be

selected from Social Security Disability Insurance beneficiaries and must have a primary impairment of schizophrenia or affective disorder.

"People who get evidence-based services have a better chance of getting and keeping jobs," said Dr. Ronik. "When we provide evidence-based treatment, it makes a difference."

Westat, an employee-owned research corporation based in Rockville, MD, is facilitating the study along with Dartmouth College, the University of Texas, the University of Maryland at Baltimore County and Indiana University-Purdue University, Indianapolis.

HENDERSON MENTAL HEALTH CENTER

*Save the Date for:*



**HENDERSON MENTAL HEALTH CENTER'S 12TH ANNUAL PROFILES OF EXCELLENCE GALA SET SAIL TO THE GREEK ISLES • SATURDAY, MARCH 3, 2007 AT THE HYATT PIER SIXTY-SIX IN THE CRYSTAL BALLROOM**



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## LETTER FROM THE CEO

Dear Friends,

We are happy to bring you another edition of our newsletter. Communicating with our supporters is very important to us.

As usual, things are busy here at Henderson Mental Health Center. We are facing both opportunities and threats. As many of you know, Broward County has been selected as one of two Florida areas for the Medicaid Reform Pilot. This pilot essentially shifts all Medicaid funded behavioral healthcare service to Medicaid Reform Plans. These plans are primarily composed of HMO's. This presents a unique challenge, as services may not be as accessible as they previously were. We are working "fast and furious" to ensure our clients continue to receive the services they so desperately need. Some of these critical services are highlighted in this newsletter. We are especially proud of our new partnership with Dartmouth College and the Social Security Administration—through participating in the Mental Health Treatment Study—a research project that examines the impact of evidenced-based supported employment for people with mental illnesses.

Our organization also struggled this year from the consequences of Hurricane Wilma. While we had a brief interruption in some of our outpatient services, our emergency and residential services continued throughout the event and related power outage. Unfortunately, we sustained significant revenue losses and capital damage as a result of the storm. FEMA has provided some relief and our donors have also helped. We are still exploring ways of restoring some of our lost income so we can continue to provide and grow our services.

The demand for behavioral healthcare services continues to grow along with South Florida's population. It is our job to keep up with "the pace." We know that with our continuing partnerships and collaborative efforts – good things will come.

Sincerely,

**Dr. Steven Ronik**  
**Chief Executive**  
**Officer**



## MESSAGE FROM THE BOARD PRESIDENT

Just as it takes a village to raise a child ... it takes a community to provide a better lifestyle for its residents. So much of what we take for granted in our lives here is South Florida is provided by many incredible nonprofit organizations and philanthropy is an important key to their success!

As a long-time member and now President of Henderson Mental Health Center's board, I have seen how this organization has grown over the years. The quality services and programs that it provides are overwhelming:

- Providing mental health services to over 20,000 clients of all ages annually
- Offering support groups to their friends and family members who are, themselves, facing difficult and stressful situations
- Operating the Crisis Center (including mobile units) on a 24 / 7 basis – dealing with approximately 150,000 calls to the Crisis Line last year alone
- Offering residential housing that provides a warm "home-like"

atmosphere along with independent living skills and job coaching to foster a meaningful outlook for the future

- Reaching out to the homeless to build their support and trust, offering them food, clothing, shelter and the chance to help them get their lives back to normal
- Being family to foster children so they will receive the care and nurturing they need to grow and develop

The list seems endless! And the needs continue to grow at a staggering rate while federal, state, and local funding levels show little increases. Medicaid reform, too, will affect this population dramatically. So it is up to us, as members of the community, to help ensure that Henderson Mental Health Center continues to be a stellar example of a nonprofit that steps up to serve those who need their help rather than ignore the conditions facing the mentally ill.

Recently, Howard Dvorkin, through

Consolidated Credit Counseling Service, made a significant gift to Henderson's Family Support Group. Mr. Dvorkin and his family realize that it takes a great amount of support to ensure that the many needs of our community are addressed. We applaud his commitment to mental illness – an area that many donors shy away from because of the stigma associated with it. It is a fact that mental illness affects one in every five people, whether directly or indirectly. And as our population grows, so grows the need!

I am proud to be a part of this organization and as President of their board, it is my goal to spread the word about the important role Henderson Mental Health Center plays here. Please consider a charitable donation to Henderson to help those who are the most vulnerable – the mentally ill.

– **John Erik Gundlach**  
**Board President**



## GALA CHAIRS DEDICATED TO HENDERSON'S MISSION

*I*t was a crisis in her own family that demonstrated to local philanthropist Diáne Johnson the true value of Henderson Mental Health Center. "I had always believed in Henderson's approach to helping families through periods of stress," said Johnson, "but when a family member met with a Henderson counselor about their anxiety and finally opened up, I really understood how important their services were. They counseled my loved one and truly helped them through the crisis." Since that time, Johnson has been giving back to Henderson. She has chaired the organization's auxiliary, supported programs through donations, and co-chaired last year's gala event with Lorraine Thomas.

As an advocate for Henderson, Johnson has worked to change the stereotypes associated with mental health and to get information about their services to those who can make a difference in the lives of other south Floridians. The gala was one way she helped to get that done. "I feel strongly about Henderson, and I'm not going to stop talking about the comprehensive services they provide once this

event is over. Their outreach continues year round and our efforts must as well."

For Lorraine Thomas, helping those less fortunate sprung from her own humble beginnings. She was working as a waitress when she met her late husband, Dave, a short order cook who later founded the Wendy's restaurant chain. Thomas hasn't forgotten those days and her legacy of philanthropy has impacted millions of people throughout Broward County and across the nation. The Henderson mission is one that resonates with her. "They support children and adults with mental health issues, and in many ways, have removed the stigma associated with mental illness," said Thomas. She felt that Henderson's annual gala was a great way for the organization to make others aware of all that Henderson does in south Florida.

"We were so delighted to have two such distinguished women in our community host our gala. I am sure their involvement had a lot to do with the success of the event, and for that we are truly thankful to them for their efforts," said Dr. Steven Ronik, Henderson Mental Health Center's CEO.

*Many thanks to our 2006 Gala Sponsors!*

### GALA BENEFACTOR

*Lorraine Thomas*

### PREMIER BENEFACTOR

*Jack Kuhn*

### GRAND BENEFACTORS

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## 11<sup>TH</sup> ANNUAL PROFILES OF EXCELLENCE GALA

*RAISES OVER \$150,000 FOR HENDERSON MENTAL HEALTH CENTER*

*T*he theme of the evening was "Paris – The City of Lights," but the guests who danced by the twinkling lights of the Eiffel Tower were intent on raising money for south Florida residents who need behavioral health care. Henderson Mental Health Center's 11th Annual Profiles of Excellence Gala on March 25, 2006, raised over \$150,000 that will be used to provide vital behavioral health care services to children, adults and their families.

"The community really came together for us that night," said Dr. Steven Ronik, CEO of Henderson Mental Health Center, south Florida's oldest and largest not-for-profit, behavioral healthcare provider. "Our goal is to help our clients live healthy and productive lives, and the funds raised have helped to ensure that we can continue to supply essential services. We provide over 600,000 services to over 20,000 clients every year."



*Lorraine Thomas and friends*

# 11TH ANNUAL PROFILES OF EXCELLENCE GALA

*Continued from page 3*

The evening was an opportunity to honor two very special people, Jack Kuhn and Mary Porter, both long-time major donors to Henderson Mental Health Center who were presented with the Profile of Excellence Award by Dr. Steven Ronik, CEO and Board President, Jon Gundlach. Also recognized were gala chairs, Lorraine Thomas and Diáne Johnson, who are also past recipients of the Profiles of Excellence Award. Nearly 300 guests who attended the event had the opportunity to bid on silent auction items that included a VIP tour of the Miami Dolphins Training Camp, a week's stay in Vail, courtside Heat tickets, and an autographed basketball by Shaquille O'Neal.



*Diáne Johnson with Family and Friends*



*Honoree Mary Porter and Guests*



*Honoree Jack Kuhn with Event Emcee Howard Finkelstein*



*Ben and Carol Harrison and Guests*



*Shawn Oden and SunTrust Guests*

## CONSOLIDATED CREDIT DONATES \$50,000 TO FAMILY SUPPORT GROUP

A support area at Henderson Mental Health Center's New Vistas facility has a new name, thanks to a generous donation from Broward-based Consolidated Credit Counseling Services, Inc.

The Dvorkin Family Meeting Center, named in honor of Consolidated Credit's Founder Howard S. Dvorkin and his family, is where Broward County residents meet every other week with a trained facilitator to learn more about assisting family members of the mentally ill. Consolidated Credit recently pledged a gift of \$50,000 to underwrite the work of this support group.

"The Family Support Group is such an important concept. The group facilitator helps



family members better understand what clients are going through and what their needs are," said Dvorkin. "These families are faced with the huge challenge of how best to help their loved ones. They learn how to recognize stress

signals, even within themselves and other family members, and more importantly, what to do about it. Supporting each other is the key."

"Crisis outreach and family programs are just two of the areas where we have an impact, and it's gifts like these that enable us to maximize the number of people we reach," said Dr. Steve Ronik, CEO of Henderson Mental Health Center. "The Dvorkin Family Meeting Center is already making a difference at New Vistas and speaks volumes about the level of caring exhibited by Consolidated Credit Counseling Services."

## INCLUDE CHARITABLE ORGANIZATIONS IN YOUR ESTATE PLAN

A major part of any nonprofit's support comes from planned gifts. By creating a charitable legacy, individuals who have supported an organization during their lifetime can ensure their support will continue! You, too, can create a legacy that will make a difference to generations that follow.

Some people think that they must choose between leaving a gift to their family or to the charities they were involved. Not true! You can do both and actually have more to give to family members because of the favorable tax benefits of giving to nonprofits because of the decreases in estate taxes. It could be as simple as naming your favorite charity, such as Henderson Mental Health Center, as the beneficiary of a life insurance policy, an IRA, stock certificates, or bonds. Even items of appreciated value – real estate, vehicles, jewelry or artwork – can be meaningful gifts to a nonprofit, but could be costly to your estate.

The important thing is to have a plan. Discuss your intentions with your family and, if possible, inform the charities that you name in your will. This will ensure that your gift will be used as intended and also give them the opportunity to express their appreciation of your gift in advance. Above all, discuss your estate plan with your attorney or accountant to ensure that you will receive the maximized benefits possible under the current estate laws.

## WALK-IN CRISIS SERVICES MOVES TO HEADWAY OFFICE PARK ACCESSING SERVICES NEVER EASIER

After years in Downtown Fort Lauderdale, the "front door" for new Henderson clients, called "Walk-in Crisis Services" has moved to Building A, 4700 North State Road 7, Suite 202, in Lauderdale Lakes. Adults seeking service can come in between 8:00 am and midnight seven days a week, while mobile services remain available 24 hours every day. The new site has the advantage of being more centrally located for the Broward County population with easy access to I-95 or the Turnpike off Commercial Boulevard. **Adults looking for emergency service or new to Henderson will still call 954-463-0911.**

Youth Emergency Services or Y.E.S., has also moved to Building A, and is now co-located with other Youth programs. To improve access to Youth services, there is now one phone number to call. **If you know a child or family that needs Henderson Mental Health Center, we urge you to have them call 954-677-3113.**



On May 10th, 2006, Henderson FACT (or Florida Assertive Community Treatment) team members Michael Cox, MSW, and Jenny Hemmalin, RN,C, gave a presentation at the 22nd Annual Assertive Community Treatment Conference in Chicago, Illinois. The ACTA conference had over 800 attendees for the 3-day event, with some traveling from as far as Japan, England, The Netherlands, and Canada.

The topic presented was Emergency! Disaster Planning for ACT Teams. Based on their experience and expertise of preparing the Broward County FACT clients during Florida's hurricane seasons, Michael and Jenny developed a disaster-planning framework that can be adapted for any emergency. The presentation was well attended, and the participants rated Michael and Jenny's presentation as "excellent".

# Congratulations!

## EMPLOYEES OF THE YEAR ANNOUNCED AT CULTURAL DIVERSITY CELEBRATION

Henderson Mental Health Center's Cultural Competency & Employee Relations Committees held their 5th Annual "Around the World Without a Passport" celebration on May 18, 2006. We would like to thank Donna Hayes for coordinating this wonderful event. The entertainment was presented and performed by Ted Byers, Evette Diana, Maria Adorno, Judy Eda, Jose Hosein and the Lauderhill Steel Ensemble and Mayra Reimer and her entourage consisting of Norma Alicea, Betty Garcia, Tatiana Alicea. Thank you one and all. A special thanks goes out to the boys of Charlee House for their help.

Congratulations to the following "Employees of the Year 2005," awarded by Dr. Steven Ronik, CEO and Bob Hardison, Director of Human Resources:

*Evelyn Shell* - Administration, *Jenny Hemmalin* - Community Support, *Solange Innocent* - New Vistas, *Karen Strauss* - Connections, *Suzanne Sadowski* - Crisis Stabilization Unit, *Leslie Lazare* - Crisis, *Llyan Rambatchan* - South Branch, *Maureen Karol* - Youth and Family Services, *Alexander Graber* - Henderson Village & Adult Residential Services, and *Hilton Daniel* - Central Branch.

## MEDICAL DIRECTOR EARNS DISTINCTION

*D*r. Bhagirathy Sahasranaman has been elected to the status of Distinguished Fellow by the American Psychiatric Association (APA). The status, which is conferred to less than 100 psychiatrists each year, recognizes exemplary psychiatrists. The Distinguished Fellow is awarded to members of the APA who have made significant contributions to the psychiatric profession in 9 different areas, including clinical experience, community involvement, teaching and the administration of a psychiatric program.

Dr. Sahasranaman, a Coral Springs resident who has served as the medical director at Henderson since December 2000, also consults for two other youth organizations and serves as a clinical assistant professor in the psychiatry department at the Nova Southeastern University College of Osteopathic Medicine. In the early 1990s, Dr. Sahasranaman worked closely with the Florida Psychiatric Society on the issue of prescribing psychotropic medications to children in the foster care system, providing consultation on bills for consideration in the state legislature. She has lectured at seminars, lobbied on mental health issues in



Tallahassee, and served as a member of a statewide panel on best practices. She was also recently awarded the TIMES Award, which Targets Individuals with Meritorious and Exemplary Service, by the Broward County chapter of the National Alliance on Mental Illness.

The APA is a medical specialty society recognized world-wide, whose over 35,000 member physicians work together to ensure humane care and effective treatment for all persons with mental disorders.



One Community Partnership collaborative was nationally recognized for achievement in communications at the 2006 Excellence in Community Communications and Outreach (ECCO) Recognition Program, which took place on July 14 in Orlando, Fla. The ECCO Recognition Program highlights communications achievements that promote children's mental health. Henderson was proud to be an instrumental participant in this effort.

*Congratulations to the Youth and Family Services staff who helped earn this honor!*

Henderson Mental Health Center has been very successful at applying and receiving contracts from federal, state and local government funding sources. Last fiscal year, we had an 84% success rate. However, we are always looking for sources to expand our funding base. Our goal for the 2006-2007 fiscal year is to increase our financial support from foundations and corporations. Henderson sustained \$1 million in physical damages and revenue losses as a result of Hurricane Wilma. In addition, there is the potential that we will experience a decrease in income due to changes in Medicaid reform that is taking place. Consequently, we are focusing our efforts on developing partnerships with foundations and corporations as one means of offsetting these losses. The organization believes in being proactive and finding alternatives to funding changes before they happen so we remain fiscally sound and people served do not have to experience a disruption in services.

*We are very grateful and want to thank those who have supported the organization this fiscal year:*

- AD Johnson Foundation
- American Express Foundation
- Ben F. Harrison Foundation
- Blanch Buck Charitable Foundation
- Community Foundation of Broward
- Erwin M Vasquez, M.D. and Elaine Vasquez Family Foundation
- Leo Goodwin Foundation
- Marquis George MacDonald Foundation
- Mary N. Porter Foundation
- Publix Super Markets Charities
- R & S Weil Charitable Foundation Trust
- Sun-Sentinel Children's Fund
- Broward County Board of County Commissioners
- Broward Sheriff's Office
- ChildNet
- Children's Services Council of Broward County
- City of Sunrise
- State of Florida - Department of Children and Families
- Evidence Based Associates
- State of Florida Department of Labor and Employment Security
- The Department of Housing and Urban Development
- United Way of Broward County

## HENDERSON MENTAL HEALTH CENTER CELEBRATES "Take Our Children to Work Day"

Henderson Mental Health Center, Inc., participated once again in the Annual "Take Our Children to Work Day". This event is designed to focus on career and personal development, while providing an opportunity for our employees to share their work experience with their children.

An Educational Program was provided to the youth over lunch at Headway Office Park Administration Building, in the Training Room. Each child also received a personal development workbook to help them assess

their personal strengths, interests and goals in pursuit of a career.

Henderson's Leadership Staff provided an overview of the organization and the field of behavioral healthcare. After lunch, the children accompanied their parents back to their branches in order to explore where they work and their job responsibilities. The thirty children who participated reported how much they enjoyed the day and appreciated knowing what their parents do and how they help our community.



## PAMELA GALAN APPOINTED COO

Pamela Galan has been appointed Chief Operating Officer for Henderson Mental Health Center. In this position, Ms. Galan is responsible for all program operations, as well as for evaluating the needs of Henderson's system of care in the context of local, state and federal initiatives.

Ms. Galan, a Hollywood resident, has been with Henderson since 1988, when she joined the staff as a case manager. Since that time, she has served in various capacities including team leader and coordinator for the PATH Project and the Director of Community Support Services. Ms. Galan is a registered nurse, board certified in psychiatric and mental health. Ms. Galan received her Master of Public Administration (MPA) degree from Florida Atlantic University.

"Pam has been with Henderson for eighteen years and brings the knowledge of our organization and the experiences she has gained working with our clients, to the Chief Operating Officer position," said Dr. Steven Ronik, CEO of Henderson Mental Health Center. "Ms. Galan is an outstanding leader and is widely respected by our staff, clients and the community."



# 2006 PROFILES OF EXCELLENCE HONOREES

**B**oard Member Jack Kuhn and philanthropist Mary Porter were the Profiles of Excellence honorees at Henderson Mental Health Center's Annual Gala. The Profiles of Excellence Award embraces those who dedicate their lives to helping others and who foster healthy communities. The honorees demonstrate a deep and abiding concern for mental health issues that affect the quality of lives locally, statewide and nationally.

When Jack Kuhn moved to Florida in 1989, he took a job as a horticultural therapist at South Florida State Hospital. "I knew from the start that I had found a new career," said Kuhn. "I fell in love with the people I was working with from the get go." Kuhn spent more than five years working at Henderson and attributes his tenure there to its philosophy.

"Since his days serving clients, Jack has continued to focus his energies on finding creative ways to help people, and we're thrilled to be able to honor him for his

continued dedication to our mission," said Dr. Steven Ronik, Henderson Mental Health Center's CEO. Jack remains involved with the agency as a member of its Board of Directors and a major donor.

Mary Porter has been a strong supporter of Henderson over the years. The daughter of a prominent physician, Miss Porter was raised with the idea that giving back to the community was important, and she has never forgotten that lesson. In the 15 years she has lived in Broward County, she has engrained herself into the community through charitable giving with Henderson high on her list. "It

gives me a good feeling inside to help a great organization like Henderson," said Miss Porter. "They do good work that is very important to our community and they're always there for those who need their help." Porter's caring spirit has touched the lives of thousands across the county and she hopes to inspire others through her generous support. "More people need to get involved and I hope others will follow my example," said Porter. "I'm honored to be recognized by Henderson and hope it will help to educate everyone about the important causes such as mental health in the community."



*Honoree Jack Kuhn with CEO and Board President*



*Honoree Mary Porter with CEO, Board President and guests.*



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The printing of this publication was generously underwritten by...



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