



Bert Nash 2016 ANNUAL REPORT

MIND YOUR HEALTH



David Johnson will retire as CEO at Bert Nash in July 2017. The staff and board members thank Dave for all he has done for the Center and to promote mental health awareness and services in Kansas. Happy trails.

Good morning, and in case I don't see ya, good afternoon, good evening, and **good night!**

Look ahead, not behind.

Like any real Kansan in my situation, I see myself riding into the sunset singing, "Driftin' Along with the Tumbling Tumbleweeds."

After a career stretching back to pioneer days, it's hard not to do a retrospective on years of bucking broncos, stampedes, and prairie fires in community mental health. But that is looking in the wrong direction. I choose not to look back, but to look forward.

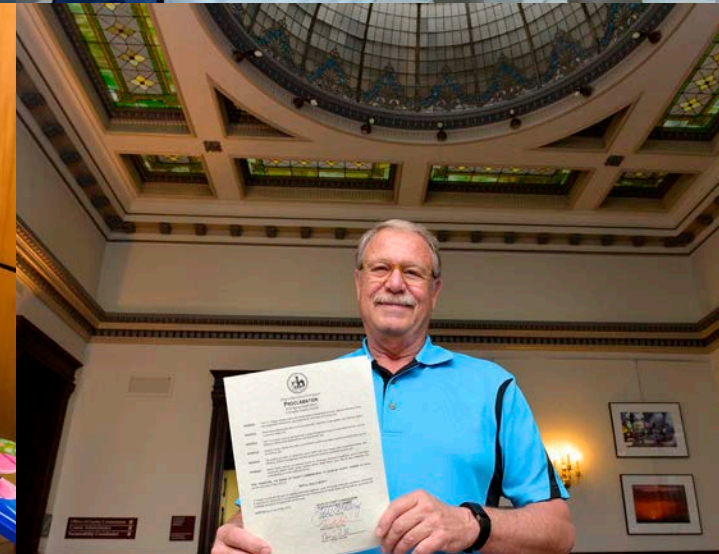
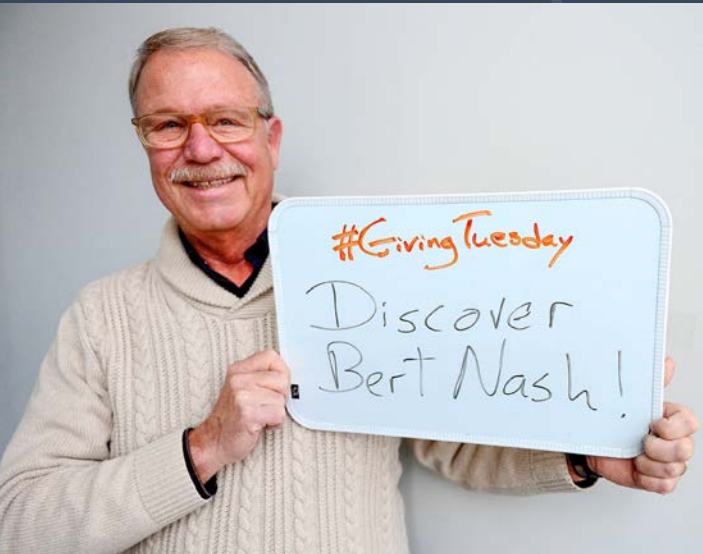
The mental health needs of people in Douglas County will not diminish because of federal changes in healthcare financing or finally dealing with the state's budget hole. The Bert Nash Center is positioned to advance mental health services through our expertise and growing community partnerships. Our theme of Mind Your Health reflects our network with Heartland Community

Health Center, Lawrence Memorial Hospital, University of Kansas, and even primary care practices. Even more gratifying to me are the individuals who join the Celebrate Bert Nash Society to sustain our programs and the almost 2000 Mental Health First Aiders who help people mind their mental health.

I have no doubt that the new leader at Bert Nash will continue to build on our community strengths. As for me ...

*Cares of the past are behind,
Nowhere to go, but I'll find,
Just where the trail will wind,
Drifting along with the
tumblin' tumbleweeds.*

David Johnson



For Maggie Crowder, forgetting the past wasn't the hard part. Remembering was.

She wished she could forget. But she couldn't. Years of abuse had left her with memories — more like nightmares — she couldn't shake.

But thanks to a treatment she went through at the Bert Nash Community Mental Health Center called exposure therapy, as well as individual and group therapy, Crowder was finally able to confront her past and move forward without those painful memories haunting her every step of the way.

"I came from a self-abusive background along with major abuses all my life," Crowder said. "I had become a cutter. I had gotten further into feeling like I didn't really care whether I lived or died. The prolonged exposure therapy was really huge for me. There were times I wasn't sure I was up for it. But it was definitely life-changing."

Exposure therapy attempts to reduce the fear and anxiety people experience when they are reminded of their traumas. Avoidance of traumatic events can adversely affect a person's quality of life and prevent healing and recovery.

"I had never done anything like this before," Crowder, 59, said of the treatment. "I was really skeptical at first and afraid. It was scary to relive those horrible moments. But if you can get to the point where you become desensitized to the trauma, you finally get to where it's a piece of history about you, a piece of information, but it's not something that controls you. The memories will always be there, but they don't control me like they did before."

Tanner Edwards, the Bert Nash therapist who worked with Crowder during the trauma therapy, was proud of Crowder for the courage she showed in confronting her painful memories.

"It's a tough therapy, but Maggie has a lot of grit," Edwards said. "She was determined. If there's healing out there to be found out she will find it. She got incredible results through prolonged exposure therapy. And a lot of it had to do with her sticking with it, even though it was hard."

Crowder began coming to Bert Nash two years ago when she moved from Wyandotte County. She has been seeing Edwards for about a year and a half.

"I learned about Bert Nash from my daughter who lived in the area," Crowder said. "I had some pretty extreme needs. I connected with Tanner when I was going through IOP (intensive outpatient program). We're a perfect fit."

Crowder was diagnosed as bipolar in 2006. She was living at a battered women's shelter at the time.

"Looking back on my life, I think it's been there for a lot longer than that but nobody knew what it was," Crowder said. "Being bipolar affects about every area of my life; it's always there. I probably live the biggest share of my life in the manic side of bipolar but also suffer from depression."

Besides doing individual therapy, Crowder also participates in a dialectical behavior therapy group, though she wasn't too keen on the idea of group at first.

"Group is something I didn't want to come to, but I'm really glad that I did," Crowder said. "There are still some days that I don't want to come to group, when I'm struggling, but when I hear what is going on with other people in the group that is really helpful to me."

Edwards said Crowder, who used to think about suicide and didn't care if she lived or died, has come a long way in the last year and a half.

"Those things are virtually gone now," Edwards said. "We haven't had to worry about suicide ideation at all. Maggie has done really well to own her feelings and not feel ashamed of them anymore."

Crowder has three children and five grandchildren, and her family has been supportive of her throughout her therapy. She also gets support from her therapy dog, Belle.

"There are going to be rough times," Crowder said. "But it's important to reach out and press on."





Images

I used to often look into a mirror and notice the fullness of the image. Oh, it wasn't the kind of mirror like we look into each morning as we prepare to meet the day. It was a different kind of mirror; a different kind of image. So often I was disappointed in the image I saw. Sometimes I liked what I saw. I always questioned whether the image I was observing was real or a very good forgery. No matter. I was always careful about the image everyone else saw. After years and years of worrying about the images, I've come to realize this possibility; maybe it wasn't the images that were ugly. Maybe as I looked into the mirror of the deepest part of me the glass was cloudy. Maybe there were distortions, imperfections in the glass or maybe the glass was cracked or broken. Maybe, just maybe, it wasn't the images. Maybe it was the mirror.

Maggie Crowder

Aug. 31, 2015

BRADLEY D. BURNSIDE



Brad Burnside considers himself an introvert.

“I think some people are surprised by that,” said Burnside, who is the market president of US Bank in Lawrence and the incoming chair of the Bert Nash Governing Board of Directors.

The demands of his job and the associated civic responsibilities often put him in public positions that are not necessarily a comfort zone for someone who has built business relationships by getting to know people.

“I am in those positions by virtue of what I do, but it’s not natural for me,” Burnside said. “I accept them as part of my role, but also welcome the opportunities I have to connect with people as individuals while in that role.”

A third-generation graduate of the University of Kansas and a second-generation banker, Burnside loves his job, and he is proud of his bank’s involvement with community groups, including the Bert Nash Mental Health Center.

“I was originally the banker for Bert Nash,” said Burnside, who was a commercial team leader before becoming market president. “Bert Nash is a longtime client of US Bank, and a valued relationship.”

Burnside originally was appointed to the Bert Nash Endowment Board, before joining the Governing Board as treasurer. He will assume his duties as chair of the Bert Nash Governing Board in April 2017 at the organization’s annual Pioneer Celebration.

Not only has Burnside been involved with Bert Nash as a volunteer board member, he has also been a client.

“I became a client of Bert Nash about two years ago, after the board members participated in an educational training curriculum on mental health issues,” Burnside said. “My mother had mental health challenges, and my dad probably did, too, but he didn’t do anything about it. I was disappointed he wouldn’t try to get some help. Being on the Bert Nash board helped me understand that everyone can benefit from some professional insight into even the most everyday situations and interactions.”

When Burnside was dealing with some issues, he wasn’t afraid to seek help. His reasons for coming to Bert Nash as a client involved his children.

“My relationship with my boys is what got me into therapy,” Burnside said. “I went through a difficult divorce and my relationship with them was altered and not in a good way. I had an unsatisfying relationship with all three of them. I wasn’t willing to accept that.

“I think a lot of people find it shocking that I am willing to admit that I’ve gone to Bert Nash,” Burnside said. “I’ve had people say, ‘Aren’t you afraid someone will see you there or recognize you?’ I believe there should be no stigma associated with mental illness. I haven’t felt embarrassed about it or any shame about wanting to improve my mental health.”

At Bert Nash, Burnside was connected with a therapist who helped him work through those issues.

“She got me to think about things in a different way,” Burnside said. “I learned a lot of things. We would just talk, but she knew what she was doing. It got to the point where I was really looking



forward to the sessions, and I missed them when they were over with. But I haven’t felt the inclination to do it again. It doesn’t mean I wouldn’t go back for other issues.”

Bert Nash CEO David Johnson commended Burnside for his leadership example and for not being afraid to ask for help.

“I have always believed strong leaders know when they need help and are not afraid to get it,” Johnson said. “Brad’s story shows that trait can carry over into your personal life. His leadership at Bert Nash is an example of the strength of the Center in our community and in mental health.”

Burnside hopes by sharing his story it will encourage others and let them know help is available.

“One of the things I wish we could do a better job of is to let the community know this is where you can go to get help,” Burnside said. “It was probably one of the most important things I’ve ever done, to acknowledge that I needed help.”

Eleven years ago, **Danny Henderson** was home alone when he suffered a debilitating stroke. He was 36.

Three days later, a friend came to the house and found him. Doctors told him later he was hours away from dying.

Today, Henderson still feels lingering effects of the stroke, and he had knee replacement last October, but he's feeling better all the time. And, he's never been happier.

"It's a beautiful life," Henderson said. "I'm improving every day."



Life wasn't always beautiful for Henderson. He's been a patient at Osawatamie State Hospital more than a dozen times. He's suffered loss — his parents and his sister all died within six months of each other. He spent two months in jail over a housing dispute. There was the stroke, which left him feeling "scrambled." And there were times he didn't know whether life was worth living.

When Henderson first came to Bert Nash in 2007, he had just been released from Osawatamie State Hospital. He had nowhere to go.

"The first person I saw was Mathew Faulk (homeless outreach specialist)," Henderson said. "He asked me what I was here for. I said I have no place to turn. He said I'm going to take care of you."

Henderson will tell you there have been "quite a few trials and tribulations along the way." He would use drugs to forget about the pain. But with the help of case managers at Bert Nash and the individual and group therapy he received, he stopped using drugs and learned skills to help deal with the pain in his life.

"He's been sober for two years," said Kathy Hunt, a Bert Nash psychosocial worker who works closely with Henderson.

"I choose not to do any drugs now," Henderson said. "The people at Bert Nash stuck by my side through the drug abuse and everything. I got sober and I know I will be drug-free for the rest of my life. It's a bad cliché, but I get high off life now."

Because of his stroke, Hunt said Henderson's "filter is broken." So, she works with him on basic things such as manners. She also reads printed materials for him; Henderson hasn't been able to read since the stroke. He also has limited use of his right hand, so he has learned to sign documents using his left hand.

"If he says something he shouldn't, I tell him about it," said Hunt, who also managed his use of pain meds following his knee replacement. "We worked together so he wouldn't get addicted to his pain meds. I'm the pill Nazi."

Henderson is grateful for the help. He will tell anyone who will listen about how Bert Nash has helped him.

"He's not ashamed that he goes to Bert Nash," Hunt said. "So he tells everybody. We're just glad to be there for him. He's a changed man."

"I changed, and I owe it all to Bert Nash," Henderson said. "I want to say thanks to all of the people at Bert Nash. It takes a village, and I couldn't do it without them."



Suicide is something Lisa Doffing had thought about for a long time. Since she was 9, in fact. She's now 49.

"I remember telling my step-mother and her boyfriend that I didn't want to live anymore," Doffing said. "I never engaged in self-harm, like cutting or anything, but the desire to be at peace was very much present in my life."

Today, Doffing is finally at peace with her life.

With the help of her therapist at the Bert Nash Center and the dialectical behavior therapy program, where she learned mindfulness and coping skills, she is at a far better place.

"Because of the skills that DBT has taught me, my level of anxiety has gone way down," Doffing said. "It has accomplished the goal of what it is supposed to do for people, which is to learn to self-regulate and to build a life worth living."

For years, Doffing didn't think life was worth living.

"By the time I was 9, I had already witnessed a lot of domestic violence," Doffing said. "I had been sexually traumatized and I had witnessed my six older siblings be violated in numerous ways. It was pretty much sustained trauma on all levels, sexual, mental and emotional."

Doffing grew up in an upper-middle class neighborhood in Wichita. By outside appearances, she said everything looked normal.

"All of this was going on at home but then we had to act as if nothing was going on," Doffing said.

After her parents divorced, Doffing changed schools 10 times. She still managed to earn good grades and go to college. She made the Dean's List as a student at the University of Kansas. But, emotionally, she was struggling.

"By the time I reached KU, I pretty much broke down," Doffing said.

She was in her early 20s when she came to the Bert Nash Center for the first time. She was suffering from anorexia and post-traumatic stress disorder and had dropped out of school.

It took her 15 years, but she eventually managed to earn a degree in Human Development

and Family Life. Doffing was divorced in 2013 and started coming to Bert Nash again.

"My experience at Bert Nash has been excellent," she said. "My thinking is clearer. I'm able to make better decisions and I just feel more at ease in the world."

Doffing is a florist and a painter. Art is therapy for her. So are animals. She volunteers at a horse farm, where she works with children. And she hopes to become certified with a therapy dog.

"Bert Nash has really helped me break down the barrier and all the stigma that came with my story," Doffing said. "I can't even put into words how valuable that is."

As traumatic as her past was, Doffing is excited about the future.

"I've always believed there was hope," Doffing said. "But now, with the help from Bert Nash, I really truly know I have a solid future. I took suicide off the table. It doesn't plague me in my daily life anymore. I'm very thankful for that. By sharing my story, I hope it will help others know that they are not alone."

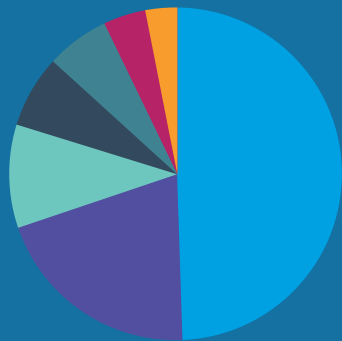




Bert Nash by the numbers (for Jan. 1-Dec. 31, 2016)

Operating Revenues

\$11,566,200



- 49%** Fees for service
- 20%** County funds
- 10%** State funds
- 7%** Grants
- 7%** Other
- 4%** Fundraising
- 3%** Contracts

\$4,563,130

Cost of uncompensated services (write-offs for sliding-fee scale and insurance write-offs) Bert Nash provided in 2016.

Responding to needs



- 33%** 18 & Under
- 16%** 19-25 Years old
- 25%** 26-40 Years old
- 20%** 41-59 Years old
- 7%** 60 And over

* The most common diagnoses were major depressive disorder and anxiety.

5,070 People Served

3,414 Adults

1,656 Children

Restoring lives

1,884 new admissions in 2016. We see clients of all ages, ethnicity and income levels.

52% Female

48% Male

Building a healthy community

162 people were trained in Mental Health First Aid.

316 people attended one of 23 Discover Bert Nash presentations provided to the community.

LaRisa Chambers understands the importance of planned giving. She does it for a living.

She also practices what she preaches.

Chambers is a senior development director for KU Endowment, the fundraising organization for the University of Kansas. She handles major gifts and planned gifts for the College of Liberal Arts and Sciences and its 54 departments.

Before joining KU Endowment, Chambers helped raise money for the American Cancer Society in Austin,

Texas, for 11 years, the last seven in the planned giving department. Planned giving is the process of designating a charitable gift that will be allocated at a future date, commonly after the donor has died.

“I’m very familiar with planned giving, so when I was looking at my own bequests and the different causes I want to support, Bert Nash was definitely at the top,” Chambers said. “I don’t have a family, so philanthropy is my family. Planned giving is a very underutilized way to support organizations when maybe you can’t write a check now but you can after you pass.”

Bert Nash Community Mental Health Center and its mission of advancing the mental health of Douglas County residents is a cause near and dear to Chambers’ heart. And her mind.

“I am currently fighting mental illness — anxiety and depression — and I have been for about five years now,” Chambers said. “It hit its peak when my mother passed away five years ago.”

Chambers knows from firsthand experience how vital it is to offer mental health services to the residents of Douglas County.

“I am very familiar with what people who have mental illness go through,” she said. “I was lucky enough to have people around me, supporting me, encouraging me to get help, and I had the resources to do that, but not everybody does. So, it’s extremely important to me to bring awareness of Bert Nash and the services it provides.”

Chambers shares her personal experience with mental illness in the hopes it will encourage others.

“There is still a stigma associated with mental illness,” she said. “For me, I didn’t want to admit I was weak or had problems. But others around me saw it and encouraged me to get help. I wish I had listened to them sooner. I will tell anybody my story to help let people know they don’t have to be afraid of the stigma.”

Besides including Bert Nash in her planned giving, Chambers serves on the Bert Nash Endowment Board (which oversees the fundraising efforts of the Center) and is an Ambassador for Bert Nash. Bert Nash Ambassadors invite people from the community to attend a Discover Bert Nash event and learn more about the Center and the range of services it offers.

Chambers is happy to support Bert Nash. With her time, her story and most importantly her planned giving.

“It’s important, I feel, to support Bert Nash financially so others can take advantage of the services,” Chambers said. “People don’t like to think about their own passing, but it is so easy to do a bequest. And it’s a gift that will outlive you.”

To learn how you can make a planned gift to Bert Nash, please contact Cindy Hart, development director, at 785-830-1701 or chart@bertnash.org.



Bert Nash Leadership



Governing Board

Front row, from left, Lucia Orth, Cindy Maude and Kathy Brown.
Back row, from left, Gene Bauer, Don Grosdidier, David Johnson, Matt Brown, Steve Glass and Ken McGovern. Not pictured: Barbara Ballard, Elizabeth Sheils and Reed Dillon.

Seated, from left, David Johnson and Jane Fevurly (Chair). Standing, Brad Burnside (Chair-Elect).

Investment Committee: (No photo) Chris Anderson, Marilyn Dobski, Chuck Warner, Kelly Welch (Chair), and Jide Wintoki.

Endowment Board

Front row, from left, Karen Cochran, Beverly Billings, Linda Robinson and Jane Fevurly. Back row, from left, John Hampton, Gary Sollars, Kelly Welch and Michael McGrew. Not pictured: Brad Burnside, LaRisa Chambers, Carol Hatton, Sheryl Jacobs and Rachel Monger.

Judy Wright, left, (Chair), and Alice Ann Johnston (Emeritus).



It used to be, **Matt and Kathy Brown** didn't talk about mental illness and how it impacted their children.

"We hid it from everybody at first, because of the stigma," Matt said.

Eventually, they opened up about things with Matt's mom.

"She is the only one who knew about it for a long time," Matt said.

Today, the Browns talk openly about the mental illness in their family. Matt even proudly displays a mental health awareness ribbon that he had tattooed on his back.

"We finally got to the place where we didn't care what people thought," he said.

"We're pretty much an open book now," Kathy said.

The Browns share a seat on the Bert Nash Governing Board. Their youngest child has received services at Bert Nash. Their two oldest children have received mental health services from other providers.

"I knew about Bert Nash through work," said Kathy, who is a first-grade teacher at Broken Arrow Elementary School. "But while I was aware of Bert Nash, I didn't know about the range of services, until we started utilizing them. That's the biggest thing for us, the range of services."

The Browns' youngest child, Marissa, who is 19, started receiving services at Bert Nash when she was 16. Those services included Adolescent Dialectical Behavior Therapy (DBT) and med management. Matt and Kathy also joined DBT group sessions.

"It was especially validating to us as parents," Kathy said. "It helped to meet people who were going through the same things we were."

Matt, before becoming an audiologist was a former police officer in Leawood and Branson, Mo., and saw a lot of mental illness in people he encountered on the job.

Her own children's struggles have also made Kathy a mental health advocate in the classroom. She shared the story about a student she had when she taught at Deerfield Elementary School.

"His parents were recently divorced and he was having a hard time. He was really aggressive and his mom was at her wit's end, so we talked about Bert Nash," Kathy said. "Before he went to Bert Nash he was undoing paperclips and using them to cut himself; he was talking about hurting himself and others. But within a month or two of getting services and med management, he was a totally different kid. He keeps in contact with me. He's a great kid."

The student's mom was grateful for Kathy's help and concern and nominated her for Teacher of the Year.

"I didn't win, but that was OK," said Kathy, who frequently refers troubled students and parents to Bert Nash. "A lot of times people don't know where to go for help. But I can be advocate for the parents of my students, because I've been there. Mental illness is not isolated to certain groups of

people. It's everywhere. I think the one thing out of all of this is it's an opportunity to raise awareness. We would have never gotten to where we are without the help we received."



Thank you to our donors

The Bert Nash Center is grateful to these donors who have made a remarkable investment in the work we do and the health of our entire community. Thank you to these donors who contributed \$391,124 in the 2016 calendar year.

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Celebrate Bert Nash Society

To build a stronger foundation for expanding our programs and provide a stable future for the Bert Nash Center, we established the Celebrate Bert Nash Society in 2012. In 2016, the Society grew to 88 donors who pledged at least \$1,000 a year for five years toward the Center's ongoing operations. Despite facing significant state budget cuts – \$1 million in 2016 alone – we have been able to maintain programs and services our community depends on because of these contributions. Pledges like these allow for financial sustainability and future budgeting in an incredibly volatile funding atmosphere and we are extremely grateful to these friends of Bert Nash for their ongoing support.

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Anonymous Becki & Gary Dick Betsy & Maurice Joy

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Shari & Chris Anderson	Emprise Bank	Sheryl & Bud Jacobs	Jennifer Shaw & Tim Peltier	Myra Strother
Jean & Justin Anderson	Jane & Chris Fevurly	Michele & David Johnson	Mary Ruth Petefish Trust	Stephanie & Philip Struble
Beth & Rich Ankerholz	Martha & Ralph Gage	Peggy & Larry Johnson	Tandy & Lee Reussner	Sidney & Tod Sutton
Judy & Gene Bauer	Terese Gorman & Steve Glass	Pauline & Robert Johnson	Jane & Reggie Robinson	Nancy & Scott Thellman
Marci Francisco & Joe Bickford	Joan & Webster Golden	Isabel & Russ Johnson	Linda & Scott Robinson	Elinor & Michael Tourtellot
Beverly Smith Billings	Michael Hammond	Helen & John Kiefer	Cathy & John Ross	Treanor Architects
Kathy & Charles Branson	Carol & John Hampton	Tracy & Ted Kihm	Eunice & Steve Ruttinger	Teresa & Mike Treanor
Carol & Jim Buchheister	Beth Harrison	Judy & Carl Kurt	Dru & Bill Sampson	Kevan & Gail Vick
Jeff Burkhead	Cindy Hart	Cindy Maude	Sally Hare-Schriner & Dan Schriner	Karen & Chuck Warner
Bradley Burnside	Carol & Donald Hatton	Chris & Michael McGrew	Carolyn & Steven Schroeder	Phyllis & Dan Watkins
LaRisa Chambers	Lucia Orth & John Head	Carol & Gene Meyer	Catherine Shenoy	Beverly & George Wilson
Michelle Derousseau	Arthur A. & Frieda L. Heck	Mary Lou & Elias Michaelis	Pam & Dolph Simons	Judy & Jack Wright
Frank DeSalvo	Memorial Fund	Durand Reiber & Martin Moore	Patricia Roach Smith & Eric Smith	Susan & Takeshi Yoshida
Stacey & Reed Dillon	Marilyn Bittenbender &	Mary Margaret & Jeffrey Morrison	Marsha Smith	
Greg DiVilbiss	Kelvin Heck	Laurie & Chris Muder	Robin & Shirley Martin Smith	* deceased

Tributes

In Honor of David Johnson

Alice Ann & Don Johnston
Tim & Jerrye Van Leer

In Memory of Robert Nash

Ann E. & William R. McCort
Anna Byrnes
Connie & Sam Perkins
Don & Peggy Vrana
Donna Ashlock
James Barger & Ann Bingham
Corinth Counseling Center
Laura & Scott Fitzgerald
Linda Riley
Marie Wilkie
Mark & Nancy Davis

Mary Kate & David Ambler

Mitch Ashlock
Nanette & Ford Bohl
Natalie & Bob Byrnes
Pamela & Gary Gradinger
Pennie Von Achen
Peter & Eva Wilkin
Richard G Rossman Rev. Trust
Sally Wollen
Terry & Phillip Punswick
Terry Karnaze
Tracy Ashlock Barton

In Memory of Sarah Saling Terrazas

Brandon & Stephanie Perkins
& family

Brandy Glass

Carol Kirkpatrick
Chuck & Janeen Masters
Danny Koehn, Kim Koehn,
Anna Koehn, Sean Sandell
Mary Kindlesparger
Stanley Smith

In Memory of Scott John Carlson

Gina & Vito Picicci
Jan & Glynn Sheridan, Sheridan
Investment Group
Jose Leanos
Kay & Tom Carmody
Kevin & Kim Krannawitter

Kevin & Lisa Hoppe

Linda & Ross Randall
Loretta Lauinger
Marjorie Etzig
Mark & Laura Meyer
Mike Grosdidier State Farm
Insurance
Raffaele & Myrna Devito
Suzanne Anderson
Velda & Jimmy Dick

In Memory of Steve Smelser

Deanna Bisel

In Honor of Doug Stephens

Ray & LaVerne Hiner

In Honor of Charlie Kuzmaul's Retirement

Orley & Toni Taylor

In Memory of George W. Woodyard

Eleanor A. Woodyard
In Memory of Paul Pinter
Deborah & Brian Norwood

In Memory of Paul Pinter

Deborah & Brian Norwood

Healthy Bodies Healthy Minds

The Bert Nash summer program for kids

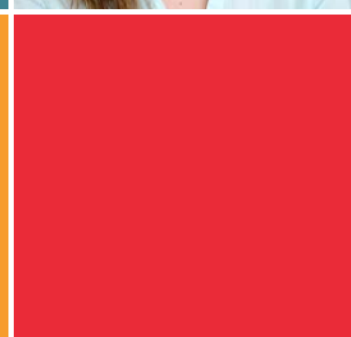
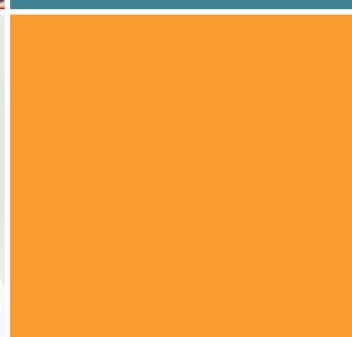
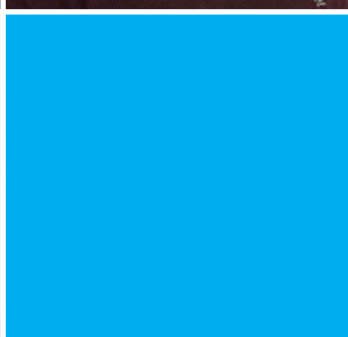
The Bert Nash summer program for kids — called Healthy Bodies Healthy Minds — is a holistic approach to being mentally and physically healthy. And, it's fun.

“The goal of the summer program is to provide positive interactions with other kids in the community,” said Rhonda Stubbs, who oversees the program and leads the group for elementary-age kids. “We teach them social skills, interpersonal skills, coping skills. We encourage healthy daily living and finding ways to manage symptoms in a positive environment.”

There are also summer program groups for middle school and high school youth. The groups meet three days a week from around the first of June through about the end of July.

“I always love to see the growth of the children and how they interact together,” Stubbs said. “Just being able to have the kids feel good about themselves, you always love to see that.”





The mission of the Bert Nash Center is to advance the mental health of the Douglas County community through comprehensive behavioral health services responsive to evolving needs and changing environments.



200 Maine St., Suite A, Lawrence, KS 66044 • (785) 843-9192