CONTENTS

1  CEO and Board Chair Letter
2  About Centerstone
3  About Centerstone in Tennessee
4  Year in Review
7  Demographics
8  Financials
9  Donor List
15  Tennessee Leadership and Board of Directors
16  Centerstone America Leadership
Looking back at the 2013-14 fiscal year reveals an exciting time of transformation and growth at Centerstone. Across these twelve months we began changing the way healthcare is delivered in our community and even touched other parts of the world. From an integrated care initiative to advances in technology and research, our mission to prevent and cure mental illness and addiction has remained steadfast while embracing new opportunities to save, change and reclaim lives.

As a behavioral health provider, Centerstone first worked with clients “from the neck up,” while primary care worked “from the neck down.” Now we know the mind and body must align for a person’s whole health to improve. That’s happening through new integrated care solutions like Well-Connect Services and coaction Health that stand to increase the lifespan of someone with a mental illness by 20-25 years on average.

Elsewhere, Centerstone’s active role in the pioneering Zero Suicide in Healthcare Initiative led us to a landmark gathering of international behavioral healthcare providers in Oxford, England, while back in Tennessee, the suicide rate among clients decreased down to zero in four separate months. And in the crucial field of research, we collaborated with leading organizations on everything from genetic tests that guide psychotropic medication selection to next generation mental health assessment tools.

Amidst all this exciting transformation and growth, the leadership and Board of Directors at Centerstone of Tennessee wish to recognize the invaluable support of donors, community and state partners and employees uniting for someone else’s better health and brighter tomorrow. Together we look ahead to even greater possibilities!

Robert N. Vero, EdD
CHIEF EXECUTIVE OFFICER
CENTERSTONE OF TENNESSEE, INC.

Mark Faulkner
CHAIR
CENTERSTONE OF TENNESSEE, INC. BOARD OF DIRECTORS
One of the nation’s largest not-for-profit providers of behavioral healthcare.

Over 55 years of experience.

Serving 117,000 individuals of all ages and their families.

150+ locations in 4 states: Illinois, Indiana, Kentucky and Tennessee.

2,600 employees.

Accredited by CARF International.

1. Advantage

Advantage Behavioral Health offers a nationwide counseling network.

2. Centerstone Research Institute

Centerstone Research Institute is working to bridge the gap between science and service through research and technology.

3. Centerstone Health Partners

Centerstone Health Partners works to make integrated healthcare a reality.

4. Centerstone Foundation

Centerstone Foundation secures philanthropic resources to support Centerstone’s mission.

5. Centerstone Military Services

Centerstone Military Services offers programs and services to American service members, veterans and their loved ones.

We believe:

Everyone Matters.
About Centerstone in Tennessee

Who We Are
Founded six decades ago, Centerstone in Tennessee provides mental health and substance abuse services to 50,000 people of all ages annually. It operates more than 50 facilities and has more than 160 partnership locations across Middle Tennessee. We believe every person matters, and we are uniquely committed to bridging the gaps between mind and body health through integrated primary and behavioral healthcare. Centerstone is accredited by CARF International.

Key Programs and Services
Centerstone provides an incredible breadth of treatment services at the community-level, ensuring that the needed and best care is available close to home. Our reach is extended through numerous partner organizations and locations that regularly reach those in need of services. Dedicated programs further focus and enhance our services, making an impact on even more lives.

- **Zero Suicide**: This national initiative aims to eliminate suicide among all patients receiving physical or mental care. Centerstone joined in 2012 and has been instrumental in creating tools that are now used nationwide.

- **NFL Lifeline**: As a member organization, Centerstone provides support to this program, which is a free and confidential resource for NFL staff, players and their families working through personal or emotional crises.

Core mental health, substance abuse and counseling services include:
- Alcohol/Substance Abuse, Intervention
- Child & Family (Infant & Early Childhood, School-Based Counseling, Foster Care)
- Crisis Management Strategies (Business-Based, National Zero Suicide Initiative)
- Integrated Primary Care, Including Four Unity Medical Clinic Locations
- LifeSkills for Recovery / ReConnect Peer Support Centers / Older Adult Services
- School-Based Counseling and Support
- Youth Prevention Programs (Pregnancy, HIV, Bullying, Substance Abuse)

National Need for Services
- 1 in 4 U. S. adults will have a diagnosable mental illness in their lifetime.
- 1 in 5 children has an emotional or behavioral disorder.
- Mental disorders are the leading cause of disability in the U.S.
- The economic cost of untreated mental illness exceeds $100 billion each year in the U.S.
The Year in Review: 2013–2014 Highlights

• The grand opening of a new state-of-the-art outpatient facility on the historic Dede Wallace Campus in Nashville welcomed longtime Centerstone supporters along with guest speaker Mayor Karl Dean. Designed to serve all ages, the $6 million, 18,090 square foot building includes 37 clinician offices and a primary care wing to support Centerstone’s growing commitment to integrated healthcare plus group therapy and play therapy rooms, a community meeting room and a relaxing outdoor garden/park area.

• Research shows someone with mental health or substance abuse disorders is more likely to develop chronic physical illnesses that shorten a lifespan on average by 20-25 years. An alliance with Unity Physician Partners brought full-time medical doctors into four Centerstone of Tennessee locations for integrated care solutions, fostering the development of Well-Connect Services to coordinate behavioral health and primary care resources and improve overall health.

• The Crisis & Disaster Management team helped Centerstone extend its national and international reach through pioneering work on the Zero Suicide in Healthcare initiative. Employees traveled to conferences in Washington, D.C. and Oxford, England furthering the effort. In Tennessee, the clinical pathway for Zero Suicide Initiative was implemented at all outpatient locations with remarkable results: the suicide rate decreased from 3.1 (per 10,000) to 1.7 from July 2013 to July 2014, and in four separate months, zero clients took their lives.

• Centerstone received a $200,000 grant from the BlueCross BlueShield of Tennessee Health Foundation to create the “Crisis Services High-Risk Follow-Up Project,” an extended outreach to assist people in suicidal crisis by improving access to life-saving support, resources and treatment.

• A five-year, $2 million grant from the Metro Government of Nashville allowed Centerstone to provide case management services for homeless individuals who obtain housing through the Metropolitan Homelessness Commission’s “How’s Nashville” campaign. Centerstone assisted adults and children transitioning into stable housing by connecting them with appropriate community resources and teaching important life skills including money management.

• The National Football League renewed the contract with Centerstone’s Crisis Call Center as a partner for the NFL Life Line, a free, 24-hour confidential crisis counseling service available to current and former NFL players, coaches, team and league staff and their family members.

• The Substance Abuse and Mental Health Services Administration (SAMHSA) granted Centerstone $840,000 to develop e-ROSC (electronic Recovery-Oriented System of Care) to improve access to substance abuse treatment services for more than 150 individuals living in underserved rural areas in Tennessee and southern Kentucky.
The Year in Review: 2013–2014 Highlights

· Centerstone expanded its Mental Health First Aid USA training to include a curriculum identifying the unique behavioral health issues of youth, ages 12–25. The certification course for adults identifies the risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention and teaches individuals how to help an adolescent in crisis or experiencing expanding mental health challenges.

· Prevention Services’ Be in Charge program created the "A Night to Remember" campaign promoting responsible behavior among Middle Tennessee high school students during prom season. The team’s Be Aware program also provided HIV testing and prevention education at major community events around Nashville throughout the year.

· John Page, chief operating officer for Specialty Services, retired from Centerstone after 21 years of service and received the National Alliance on Mental Illness (NAMI) Tennessee’s 2014 Professional Award.

· Mental Health America of Middle Tennessee gave Centerstone its 2014 Collaborative Nonprofit Partner Award, an honor celebrating the “everyday mental health heroes” in the community.

· Centerstone Central Regional Director Beth Hail was named a member of Nashville Business Journal’s Women to Watch Class of 2014. The publication stated honorees “epitomize the original vision we had to honor those who make a difference in the healthcare industry . . . and more importantly to the patients the industry serves.”

· Karen H. Rhea, MD, Centerstone’s chief medical officer, was named a Life Fellow of the American Psychiatric Association (APA) at the Convocation of Distinguished Fellows during the APA annual meeting in San Francisco.

· Centerstone partnered with the Coffee County Anti-Drug Coalition to host the fourth annual Building Strong Families Conference and also expanded its Healthy Families services from Maury County into Coffee, Dickson and Lawrence counties.

· Foster Care services at Centerstone were expanded to include the entire Upper Cumberland region; residents of Cannon, Clay, Cumberland, DeKalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Van Buren, Warren and White counties are now able to serve as foster parents through Centerstone’s four-week PATH (Parents as Tender Healers) certification course.
The Year in Review: 2013–2014 Highlights

• The success of Centerstone’s Supportive Services for Veteran Families (SSVF) led to a two-year grant extension as well as the expansion of services from Tennessee into Kentucky, furthering the effort to prevent homelessness by helping qualifying veterans and their families gain access to the resources needed to successfully transition to or maintain permanent housing.

• Children & Youth community support specialists served nearly 3,000 families with less than 1% of the children served placed into state custody or residential placement (Managed Care Company standard is 5%). Similarly, less than 2% of children served received psychiatric hospitalization during our service time (MCC standard is 5%).

• School-Based Services exceeded financial targets by $786,000+ while expanding services to 660 new students and adding Franklin, Polk and Bradley counties to its reach.

• A new grant from the Tennessee Department of Health allowed Centerstone to expand the Healthy Families America home visiting programs into Hickman, Lewis and Giles counties.
### Demographics

#### Ages Served

- Ages 0-5: 1,452
- Ages 6-12: 10,613
- Ages 3-19: 10,062
- Ages 24-54: 23,510
- Ages 55-74: 5,422
- Ages 75+: 2,414
- Ages 75+ unspecified: 341

#### Primary Diagnosis

- Major Depressive Disorder: 35%
- Bipolar Disorder: 37%
- Substance Related Disorder: 2%
- General Anxiety and Panic Disorder: 3%
- Adjustment Disorder: 3%
- PTSD: 5%
- Schizophrenia and other Psychotic Disorder: 12%
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In Honor of David C. Guth, Jr.
  Mr. and Mrs. Steven Holman
  Dr. and Mrs. Stephen L. Rhodes
  Mr. and Mrs. Kenning G. Watts

In Honor of Robert and Christy Guth
  Mr. and Mrs. David C. Guth, Jr.

In Honor of Barry Hale
  Mr. and Mrs. David C. Guth, Jr.
  Mr. and Mrs. Steven Holman
  Dr. and Mrs. Stephen L. Rhodes
  Mr. and Mrs. Kenning G. Watts

In Honor of LeAnn Hayes
  Mr. and Mrs. David L. Grimes

In Honor of Kem, Marilyn and TJ Hinton
  Commissioner Deborah Tate and Mr. William H. Tate

In Honor of Steve Holman
  Mr. and Mrs. David C. Guth, Jr.
  Dr. and Mrs. Stephen L. Rhodes
  Mr. and Mrs. Kenning G. Watts

In Honor of Christy Hooper
  Mr. and Mrs. Steven Holman

In Honor of Lavinia Johnston
  Mrs. S. K. Johnston

In Honor of Mr. and Mrs. Donald R. King
  Mr. and Mrs. Stephen King

In Honor of Kim King
  Mr. and Mrs. Steven Holman
  Dr. and Mrs. Robert N. Vero
  Mr. and Mrs. Kenning G. Watts

In Honor of Amanda Lenoir
  Mr. and Mrs. John N. Page

In Honor of Ben Middleton
  Dr. and Mrs. Robert N. Vero

In Honor of Chieko Miyazaki
  Mr. and Mrs. David L. Grimes

In Honor of Joe Moore
  Mr. and Mrs. Steven Holman

In Honor of Dr. Brad Nunn
  Dr. and Mrs. Robert N. Vero

In Honor of John Page
  Dr. and Mrs. Robert N. Vero
Honorary Gifts 2013–2014

In Honor of Art Rebrovick  
Dan and Margaret Maddox Charitable Fund, Inc.

In Honor of Dr. Karen Rhea  
Dr. and Mrs. Robert N. Vero

In Honor of Ramona Rhodes  
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In Honor of Julie Spears  
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Dr. and Mrs. Robert N. Vero

In Honor of Becky Stoll  
Dr. and Mrs. Robert N. Vero

In Honor of Will, Taylor, Cacky Tate  
Commissioner Deborah Taylor Tate and  
Mr. William H. Tate

In Honor of William Tate Family  
Commissioner Deborah Taylor Tate and  
Mr. William H. Tate

In Honor of Will, Taylor and Carlton Tate  
Commissioner Deborah Taylor Tate and  
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Mrs. Linda Daniel Brooks

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In Memory of Heber Baldwin  
Mr. and Mrs. David C. Guth, Jr.

In Memory of Sam A. Brooks  
Mrs. Linda Daniel Brooks

In Memory of David C. Guth, Sr.  
Mr. and Mrs. David C. Guth, Jr.

In Memory of Gary Guth and Mike March  
Mr. and Mrs. David C. Guth, Jr.

In Memory of Christa Holleman  
Mr. and Mrs. John Palmer Campbell III

In Memory of “Sam”/In Honor of Lee Ann Ingram  
Mr. Guy B. Gengras

In Memory of Iris Kronk  
Mr. and Mrs. Orville W. Kronk

In Memory of Grady Ellis Martin  
Mr. and Mrs. Michael M. Butler

In Memory of Joe T. McBay  
Mr. Liam Barry

In Memory of Rosemary McPeake  
Mr. and Mrs. David C. Guth, Jr.

In Memory Of Ruth Ann Moran  
Ms. Denise Anderson

In Memory of Richard D. Sivley  
Ms. Bryn Toledano

In Memory of Mr. and Mrs. Frank Vero  
Dr. and Mrs. Robert N. Vero

In Memory of Kevin Cooper Zoccola  
Mr. and Mrs. Bobby G. Rogers

*deceased
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Chief Operating Officer for Clinic Services

Sallie Allen  
Vice President for Customer Care

Kris Blount, MA  
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Michelle Covington, MA  
Director of Community Based Services for Children

Gino DeSalvatore, MS  
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Rudy Gregory, MS, LPC  
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Beth Hail, MSSW, LCSW  
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