

## PINE KNOLL WINS AWARD

Iowa Governor Terry Branstad will visit Pine Knoll this fall to give the 2013 Governor's Award for Quality Care in Health Care Facilities. Selected from 28 nominations, only two facilities in the state received the prestigious award. "The staff seems to know and understand the needs, personalities, and moods of each resident," one nominator wrote.

## PEER-TO-PEER COUNSELING

Vera French is proud to be the first provider in the region to offer Peer-to-Peer Counseling for individuals diagnosed with mental illness.

After intense training, three individuals who have suffered from mental illness themselves are now helping others with mental illness. Visits take place in client's homes or in the community where the counselors help set goals for recovery.

Donations  
to Vera French  
are always  
welcome - and  
tax-deductible.

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**Forward**

## The Carol Center Now Open

A place to feel comfortable, to hang out with friends, and be safe. We can all relate. The Carol Center is just the place for those diagnosed with a mental illness.



The Carol Center naming ceremony and ribbon cutting was held May 22, 2013.

**N**amed for Carol Lujack, it's a place she would love.

Now open at 423 East 32nd Street in Davenport, The Carol Center offers a variety of services and programs aimed at assisting individuals diagnosed with mental illness to regain control over their lives and work toward recovery.

The Frontier Community Outreach Program started in 1986 in downtown Davenport. However, the location became inefficient to operate, was not handicapped accessible, and had public safety concerns. It was time to move. After a successful fundraising campaign raised \$300,000, the program was ready for a change.

The renovated building has a new kitchen, dining and activity area, laundry facilities, and television room. In addition, there is a conference room for private meetings, a medication management area, and private offices for staff.

"Thank you for naming the center for my sister Carol. Carol would have loved this facility. She and her friends would have used all the resources you provide here," commented Mary Lujack-Pohlmann during the naming ceremony. "She talked about the center, went to the center, and did all the games and activities. She just

loved it, and the Vera French staff was very good to her."

The Carol Center is open Monday through Friday and is a safe and supportive place for individuals coping with chronic mental illness. Staff teach and assist clients with coping skills, socialization, medication management, community integration, money management, and provide nutritional meals.

We're helping an average of 122 individuals monthly with 26 new clients since the start of the year. As interest has increased in the program, more activities are being offered and more than 500 meals are served monthly.

**A heartfelt thank you to our many donors!  
A sign at The Carol Center recognizes 150+ donors**

**\$10,000+ Donors**  
Dr. & Mrs. Thomas Garside  
The Hubbell-Waterman Foundation  
Lujack-Pohlmann Family  
Mrs. Vickie Palmer Pruter & Mr. Don Pruter  
Scott County Regional Authority  
Riverboat Development Authority  
Vera French Board Members & Employees  
William Organ Bequest

# ONE TEAM

Vera French has a consortium of three non-profit organizations working together to better our community while helping individuals and families cope with mental illness



Jeff Lockwood, Board President of the Community Mental Health Center, states, **"I became involved in Vera French because of the people we help.** Dealing with mental illness is not easy. Everyone at Vera French, from staff to Board members, share the common goal of helping those who need it."

It can't be done without everyone working together.



As Max Ewalt, Board President of the Housing Corp. says, **"The stigma of mental illness has not gone away completely.** It is getting better, but we still need all the resources we can get. Vera French is here for those who need it."

With one in four adults diagnosed with mental illness nationwide, the need is great.



**"As a nurse practitioner I see how Vera French helps every day.** It's one of the reasons I volunteered to help raise money for the organization," comments Connie Stecker, Board President of the Foundation.

One team, one Vera French.  
Battling mental illness every day.

## NEW HOUSING OPPORTUNITIES

Two separate homes located in Davenport are offering a new style of living for individuals who have chronic mental illness. The homes have 24/7 professional staff on-site to assist as needed. It's a middle ground of sorts – a place for individuals who aren't able to live on their own but who do not need the additional support of a residential facility such as Pine Knoll.

The five-bedroom homes have been updated with furnishings and decorations graciously donated by members of the St. John Vianney congregation.



## OUR GOALS

**DONORS LIKE YOU** have provided significant financial support to Vera French throughout the years. It's this funding that helps keep us strong and growing – and most importantly, helps us serve our mission of providing quality, accessible, and comprehensive mental health care.

This year the Foundation's fundraising efforts are focused on the long-standing and successful Vera French programs including:

- ▶ **\$180,000** for School-Based Therapy in 20 schools in Scott County
- ▶ **\$17,000** for housing scholarships / rent assistance
- ▶ **\$17,000** for client emergency needs
- ▶ **\$7,000** to send kids to summer camps such as Camp Abe Lincoln

Fundraising efforts are well underway for Fiscal Year 2014. Thanks to several multi-year grants and long-term supporters, **we have approximately \$130,000 committed to date.**

## MARK YOUR CALENDAR

### A Better Way to Treat Teen Anxiety

Monday, November 4, 2013  
7:00 PM  
Rogalski Center, St. Ambrose University

**FREE** Event for parents, guardians and family members.

# School-Based Therapy Starts 12<sup>th</sup> Year

**"I am so grateful for the help all these years. Thank you." - Parent**

**O**ne of Vera French's biggest success stories is the number of children who have been helped through the School-Based Therapy Program. This program was developed to provide better access to mental health services for kids. The belief was that if the services came to where the kids are located, the most people could be helped. Vera French determined the best solution was to place therapists in the schools.

**Mental health problems affect 1 in 5 young people at any given time.**

Therapists work one-on-one with children to help with challenges such as: anxiety, depression, trauma, grief, abuse, and ADD-ADHD. Therapists provide information to parents on how to help their children. They also work with teachers, guidance counselors, and principals on best practices and how to handle difficult situations.

**The results have been positive with 90% of children showing a decline in symptoms. This means:**

- improved grades
- increased classroom attentiveness
- reduction in office referrals and time spent out of class due to disruptive behaviors
- overall increased success for children at home, in school, and in the community

**"School-based therapy has helped numerous students make more efficient use of class time because they have been able to work through issues created externally from school.**

**Many times students gained an outlet when they had no one else."**

**- Teacher**

**400**  
children served annually

**12**  
Master's level therapists in schools every day

**19**  
elementary schools

**1**  
alternative high school

**4**  
School districts in Scott County (Bettendorf, Davenport, North Scott & Pleasant Valley)