



ISSUE TWENTY-FOUR | CENTERSTONE.ORG

# Reclaiming LIVES

A PUBLICATION OF CENTERSTONE



## A Lot to Give

How Angela Found  
Her Value through  
Psychosocial Recovery



# Reclaiming LIVES

ISSUE TWENTY-FOUR

## COVER FEATURE

- 2 | A Lot to Give:  
How Angela Found Her Value through Psychosocial Recovery

## SERVICE NEWS

- 5 | Improving Access to Mental Health Care in Tennessee
- 6 | Health Link Happenings

## HEALTH AND WELLNESS

- 7 | Provider Spotlight: Gilbert Raulston, M.D.
- 8 | Play the Long Game

## IN THE COMMUNITY

- 10 | News and Notes
- 12 | Philanthropy in Action
- 13 | Centerstone Expands Partnership with Cohen Veterans Network



centerstone.org



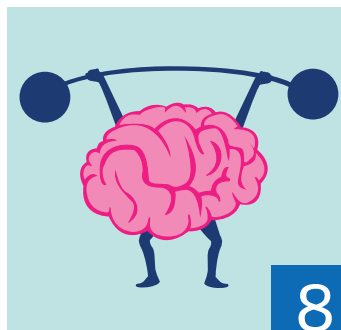
facebook.com/centerstone.org



twitter.com/centerstone



youtube.com/centerstonevideos



# Reclaiming LIVES

ISSUE TWENTY-FOUR

Editor in Chief Robert N. Vero, EdD

Managing Editor David Schrader

Graphic Design Michael Rivera  
Alex Cope

## Centerstone of Tennessee Board of Directors

Jim Sweeten – Chair

R. Parker Griffith – Immediate Past Chair

Dana Oman – Vice Chair

Kate Satz – Secretary

Jamie Arnett

Kathryn Berschback

Kelly Crockett Crook

Dr. Vince Durnan

Mark Faulkner

Tracy Frist

Dr. Kevin Hamilton

Dr. Jill Obremesky

Dr. Bob Vero – CEO

### ABOUT CENTERSTONE

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people's lives. We provide mental health and substance abuse treatment, education and support to communities in Florida, Illinois, Indiana, Kentucky, and Tennessee and additionally offer individuals with intellectual and developmental disabilities life skills development, employment and housing services. Nationally, we have specialized programs for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Our research institute improves behavioral healthcare through research and technology, and our foundation secures philanthropic resources to support our work.

For more information, visit [www.centerstone.org](http://www.centerstone.org).

## From the Editor in Chief



Welcome, and thanks for picking up this issue of Centerstone's *Reclaiming Lives* magazine!

It happens all the time: clients who come here for help and inspiration end up helping and inspiring us as well. Angela, who receives Psychosocial Recovery services and appears on our cover, is a great example. We all need to hear the positive self-talk she shares: "You're important and you matter in this world."

I see evidence of that throughout these pages. There are Centerstone Health Link providers helping clients see their value and move forward by effectively coordinating mental and physical care (page 6). One of our psychiatrists, Dr. Gilbert Raulston, speaks highly of the individuals he treats, struck by "the human capacity to love and persevere through what would seem insurmountable obstacles" (page 7).

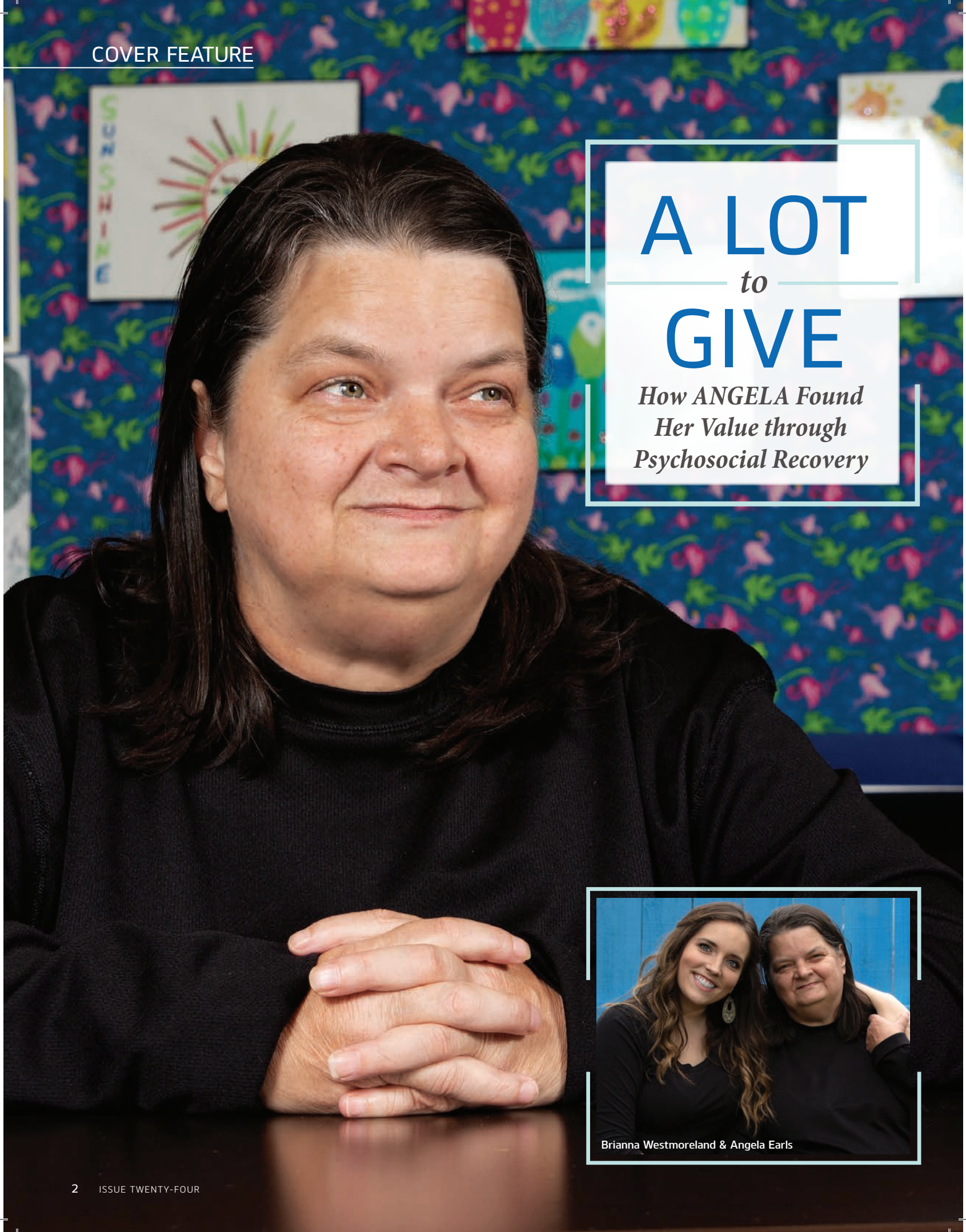
I see the importance of board members like Kate Satz who shares her personal experience with depression and anxiety (page 8) and of Centerstone staff whose generosity provided art supplies for our school-based therapy clients (page 12). I see the differences made for our nation's veterans and their families as we expand our partnership with the Cohen Veterans Network (page 13).

Like Angela, you and I are important, and we matter in this world. I'm so grateful that we're in this together, delivering care that changes people's lives.

Robert N. Vero, EdD

Regional Chief Executive Officer





# A LOT to GIVE

*How ANGELA Found  
Her Value through  
Psychosocial Recovery*



Brianna Westmoreland & Angela Earls



By her estimate, Angela Earls greets around 30 friends each weekday when she arrives at her local Centerstone to receive Psychosocial Recovery (PSR) services. Together, these men and women actively benefit from the clinical approach that provides a structured, supportive environment for individuals whose mental health symptoms have significantly affected their day-to-day living.

Monday through Friday, the place buzzes with excitement—therapy sessions, art programs, birthday celebrations, life skills development, singing and dancing. Centerstone’s PSR professionals lead activities focused on positive social interaction and community involvement. Angela and her friends learn practical skills that promote recovery and improved quality of life.

“We’re taught to care for ourselves,” says Angela. “We have counseling and talk about different subjects that we are working on. We have peer support—I’ve made a lot of friends. A lot of people are going through the same things as me, and we all talk about what’s going on. Someone might say, *‘Hey, so and so is having a hard time. Why don’t you go and give him a pat on the back, share how you’re doing.’*”

Before coming to Centerstone, Angela wasn’t doing so well. Raised in an abusive household, she was using marijuana by age 12 and then expelled from school for selling it to classmates. She bounced back, graduating high school and receiving an associate’s degree from Western Kentucky University, but at least two things kept her from keeping a job.

“I was probably about 20 years old when I started to self-harm,” Angela says. “I had a lot of problems with that. It was pretty difficult, and I don’t even remember why I started it or where I got the idea.”

Around the same time, Angela developed an unrelated health issue with excess fluid on her brain. The solution was to have several surgeries, with a permanent shunt implanted to regulate the condition. It was a stressful season followed by another tough chapter.

“I relapsed onto drugs again for years,” Angela says. “I smoked a lot of marijuana and used cocaine, just a lot of drugs—anything I could get my hands on actually.”

Her life became a repeating pattern of drug use, self-harm, social isolation, suicide attempts and emergency services.

“I was hospitalized a lot. I was suicidal—it went along with self-harm. I used a razor blade a lot . . .,” Angela says, bravely revealing the scars on her arm to drive home her next statement.

“I don’t do that anymore. I’m pleased that I’ve come here to Centerstone and received the help, because I quit doing all the destructive stuff.”

Instead of remaining stuck in the all-around taxing cycle of destructive habits that led to recurring attempts on her life, law enforcement and mobile crisis worker dispatches, emergency room visits and hospital stays, Angela arrived at Centerstone determined to make changes.

“I came here still using drugs a little bit and hurting myself,” she says. “I got to a place where I was sick and tired, and I just wanted to get well.”

Angela connected with a therapist and began taking medication to address her mental health symptoms. In time, a Centerstone case manager suggested her for Psychosocial Recovery. In one-on-one and group settings, PSR clients learn to understand their mental illness, develop a set of effective coping skills, set goals, improve social and family relationships and maintain independent living.

*continues on page 4*





Brianna Westmoreland, Angela Earls & Kay Card

## You're important and you matter in this world."

Kay Card, Centerstone program coordinator, explains, "These services offer clients who are struggling with loneliness and isolation a new and fresh beginning. Centerstone is fortunate to have seven Psychosocial Recovery centers throughout Tennessee—all of them welcoming places where individuals can come, participate and work to develop their full potential."

For Angela, that has meant learning alternatives to cutting and drug use and recognizing her value—making a positive shift from self-harm to self-worth that helps herself and others.

"I've learned about healthy distractions to get away from some of my own thoughts and habits—to start writing or coloring to get out of my own head," she says. "I'm taught on a daily basis what to do to be able to make it through the day. Self-talk is another way I can cope. If there's stress or anxiety, *'You're doing good. Just keep it up. You're important and you matter in this world. You've got a lot to give.'* I do that—for myself and my friends here—and it feels good."

Centerstone team leader Brianna Westmoreland says, "I've watched Angela step out of her comfort zone, connect with new faces, and implement the skills we teach here. She's become a great role model for our clients and developed meaningful friendships and a sense of purpose."

Indeed, Angela is a caring friend to others, helps take care of her brother, makes social connections outside of Centerstone and continues to think about ways to keep moving forward.

"I've learned how to make friends, how to cope and how to stay clean," concludes Angela. "I couldn't do that before. Now, I'm like, *'I don't want that. I don't want to get high. I don't want to drink. I don't want to harm myself. I don't want to lay around in bed and watch TV all day.'* I have a lot of hope now that I didn't have before." ▣

### Centerstone Psychosocial Recovery services are available in:

Chattanooga | (423) 309-3881

Clarksville | (931) 920-7289

Columbia | (931) 560-3064

Dickson | (615) 441-6178

Nashville | (615) 460-4190

Shelbyville | (931) 560-3066

Tullahoma | (931) 393-5940

[centerstone.org/psychosocial](http://centerstone.org/psychosocial)





## Improving Access to Mental Health Care in Tennessee

by Ben Middleton, MS

Thousands of Tennesseans are in a mental health care gap – which means they have barriers (such as cost and coverage) to accessing services they want and need. I have dedicated thirty years to providing mental health services and alcohol and substance use treatment, and I have seen the negative impacts of that gap in care too often.

There is a diverse population that has had challenges accessing mental health care. Perhaps they do not qualify for TennCare or Veterans Affairs benefits or cannot afford commercial insurance coverage. Maybe there are no grant funds that match their particular need, or they only have a care plan where mental health services are very limited, tied to a high deductible or are not included at all.

However, in a hopeful new development, Governor Bill Lee and Tennessee Department of Mental Health and Substance Abuse Services Commissioner Marie Williams have widened the Behavioral Health Safety Net of Tennessee (BHSN of TN). Income eligibility for these services has expanded from 100 percent up to 138 percent of the federal poverty level, while the required age has lowered from 19 to 18. I am excited and grateful for this positive step—it means our officials have heard the health community’s concerns, and now more people will get help.

For qualifying Tennessee residents, BHSN of TN services are accessed through a community behavioral health provider and may include mental health assessment, evaluation, diagnosis, therapeutic intervention, case management, transportation, peer support services, psychosocial rehabilitation, psychiatric medication medicine, pharmacy assistance and general care coordination.

Last year at Centerstone, my colleagues provided much-needed care to nearly 6,000 adults through the Behavioral Health Safety Net, helping individuals address issues like anxiety and mood disorders, substance use and relationship problems.

One example: Claudia, who did not have insurance, qualified for Safety Net funds. My colleagues provided mental health care services, arranged transportation to and from appointments, and coordinated care with her dialysis clinic, ensuring communication across all her health providers. After all, mental and physical health go hand in hand, and enhanced coordination leads to better outcomes.

When needed, BHSN of TN enables community mental health providers to visit an individual’s home and help them navigate other social services they may require, such as the Supplemental Nutrition Assistance Program, job searches and connection to other local supports. In Claudia’s case, Centerstone was ultimately able to help her receive TennCare benefits and pass along a donated heater that will help to keep her warm this winter.

State leaders have taken encouraging steps to expand accessibility to mental health care services, removing some of the previous barriers. There are resources to help individuals receive care that will change their lives.

For more information, visit: [tn.gov/behavioral-health/safety-net](https://tn.gov/behavioral-health/safety-net). ▣

---

*Ben Middleton is Chief Operating Officer in Tennessee for Centerstone.*



# Health Link Happenings

Centerstone's coordinated care for mental and physical health is a growing success

Health Link—free coordinated healthcare for eligible TennCare recipients who meet certain mental and physical health criteria—continues to gain success and improve the lives of Centerstone clients. In Tennessee, all three managed care organizations awarded quality stars ratings to Centerstone's Health Link services, while thousands of people have enjoyed the benefits of focused brain and body care.

Centerstone Health Link provides whole-person, integrated behavioral health and primary care coordination. Upon enrollment, a team of professionals helps the client access any needed medical care and mental health services to improve outcomes in both areas. Active goals include recovery, better quality of life, reaching full potential, reducing hospitalizations and the prevention, early detection and control of chronic conditions.

This approach to care made headlines recently when National Public Radio's "All Things Considered" reported on Health Link and visited Centerstone.

"We realize that if we're helping them improve their physical health then we're helping them improve their emotional health as well," Centerstone care coordinator Valerie Klein explained to the NPR program.

Clients agree! Centerstone Health Link providers have helped:

- Connie receive funds for dental work
- William secure affordable housing
- Cheryl connect with a new primary care physician
- Gary register for disability benefits
- Marcie receive Social Security income

Health Link client Rick adds, "My Centerstone therapist helps me get through the everyday struggles. Now that I'm in Health Link, they help me keep up with all my medical appointments, and that really helps a lot." ▣

*For more information about Centerstone Health Link:*  
[\(877\) 834-9848](tel:8778349848) | [healthlink@centerstone.org](mailto:healthlink@centerstone.org)



Centerstone's Pam Edmundson with Health Link client Donna



Rick with provider Kim Johnson



Connie with provider Sara Robison



John is interviewed by Nashville Public Radio's Blake Farmer





**Gilbert Raulston, M.D.**, is a psychiatrist who splits his time between Centerstone clinics in Nashville (The Frank Luton Center) and Dickson, Tennessee. He has an interest in multicultural aspects of psychiatric care as well as medication-assisted treatment for opioid use disorder. Dr. Raulston graduated from medical school at the University of Mississippi, then completed residency training in general psychiatry as well as fellowship training in child and adolescent psychiatry at Vanderbilt University. He sees a variety of different age groups and clinical presentations.

**Why do you choose to work at Centerstone?**

I've always had an interest in community mental health. The attraction of Centerstone was irresistible for me. I could see individuals across a wide economic spectrum, deliver services to individuals who might not be able to readily access care in the private sector, and work in an environment alongside competent clinicians from different disciplines. I particularly enjoy the collaborative relationships with therapists, case managers and nurse practitioners.

**What has been your favorite career moment so far?**

I do not believe there is a specific moment, rather a collection of experiences over the years. Probably the most satisfaction I've gathered is in getting to know a variety of individuals over time, to be a part of their lives, and to see growth and healthy change. I have been constantly struck by the human capacity to love and persevere through what would seem insurmountable obstacles.

**What is the most significant advancement you have witnessed in mental health?**

When I began practicing 35 years ago, psychiatry was in many respects an afterthought in conceptualizing the total needs of the individual patient. Over time, mental health evaluation and treatment have moved more toward a medical model and been at the forefront of understanding the body-brain continuum. Working relationships among different disciplines within mental health have also strengthened, producing a much more integrated health care approach.

**What would people be surprised to learn about you?**

I am one of nine children, and our family has always valued spending time together. Each year for the past 30 years, we have taken a big family trip, taking turns in organizing it and picking the location and activities. Our first trip was to the Amazon region in Peru, and subsequent adventures have included Croatia, Turkey, Venezuela, Ecuador and

Morocco. We have tried to go to places where no one has yet traveled and always to obtain good value for the dollar.

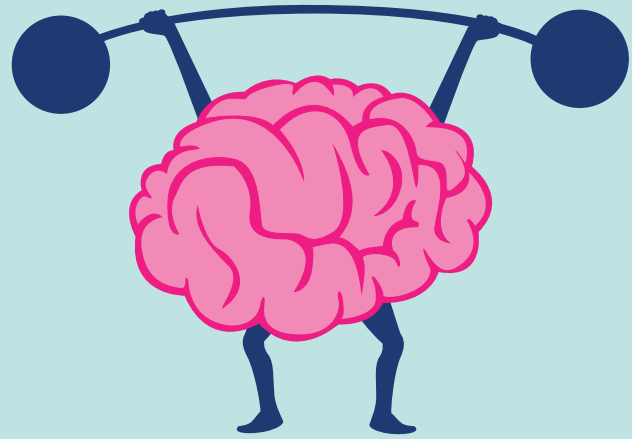
**Tell us about your family.**

I'm married, actually to another psychiatrist, and have been blessed with having two children. Our son and daughter are both away at college, so now my wife and I are officially empty nesters. People sometimes ask if we analyze each other, that is, my wife and I, to which I invariably respond "no."

**What's on your bucket list?**

I've been chipping away at hiking the Appalachian Trail over many years. Currently, I'm about two-thirds of the way completed, having hiked from Springer Mountain in northern Georgia to Wind Gap in northern Pennsylvania. My wife has been very supportive in letting me take off time to pursue my goal of completing it, and though our dog, Clyde, is no longer able to do much hiking, I plan to sojourn on the trail myself. ▣





## Play the Long Game

Mental fitness is like physical fitness. It requires time, commitment, repetition, and respect.

by *Kate Satz*

I have a chronic illness—depression and anxiety—for which I have been in treatment for 25 years. Managing stress levels is for me like monitoring blood sugar is for someone living with diabetes.

Mental illness—DNA-verified and witnessed in generations of artists, writers, activists and inventors in my family—is my birthright; I was born vulnerable to it. My mother was an alcoholic. Her addiction created a family environment steeped in constant stress—fertile ground for my vulnerability to emerge and thrive. While I know those circumstances were beyond my control, I still struggle not to blame myself for not being stronger, tougher and beyond the reach of that birthright.

When I realize I'm expecting this of myself—that inner voice berating me for causing any given difficulty—I now know that life stressors are surging the banks and getting the better of me.

Toxic stress pushes us to our default settings, and self-blame is mine. It's important to know yours. This requires self-awareness, which is not self-indulgent navel gazing. It's hard work, and it's the only way to recognize your stress triggers and tells before they land you in a world of hurt.

Imagine you're a child, and you look up to your caregiver and say, "I'm hungry. May I have something to eat?" And the caregiver says, "No. You're not hungry. Run along."

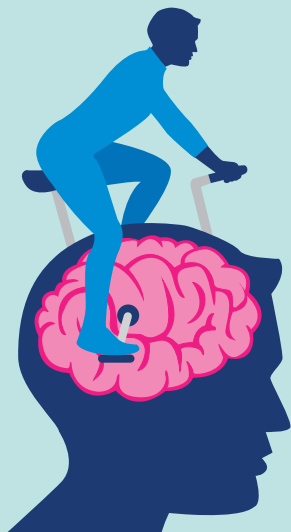
What do you feel? Hurt ("Why is she being mean to me?"). Anxious ("When will I get to eat?"). Angry ("I said something important! I even asked nicely, and she's ignoring me!").

It's a good bet that your child-self might then say, "Fine. I won't ask nicely anymore. I'll throw a 1000-watt tantrum, so maybe then you'll listen."

Similarly, when your mind and body—so profoundly synced—are stressed, they will team up to make your conscious mind listen and take action. When they are all working together, this is beautiful! You feel balanced and secure, capable of managing life's hurdles. When you don't feel this way, chances are you're not acknowledging a source of toxic stress, much less your own self's call for help. You've got a tantrum brewing.

Mental fitness is like physical fitness. It requires time, commitment, repetition, and respect. To lift heavy furniture, you build muscles and flexibility. To bear up under stress, you need to build mental strength and resilience.





If the mind can't articulate its distress, the body will tell: headaches, tight muscles, bad skin, upset stomach, cravings, you name it. Be aware—not just to fix the ailment, but to understand what your body is telling you that your mind cannot. Here's how:

### **Take time.**

Rushing is stressful. Telling yourself you don't have time to listen and protect yourself only compounds stress, not just by letting it run rampant but by validating the idea that you should be invulnerable to needs and wants. Stop.

### **Pay attention.**

Take a closer look. Examine your body, your thoughts and your feelings with compassion (remember the hungry child). Meditate. This doesn't necessarily mean sitting still and counting breaths. I meditate while walking, folding laundry or sweeping the porch—anything that provides a soothing, repetitive motion to which I can calibrate my breath and just be.

### **Take note.**

Journal, sketch, sing, even argue into your phone's voice recorder. Study your thoughts, feelings and symptoms as if you were learning new material in school. Imprint your findings in your mind and muscle memory. You'll soon be able to anticipate stressful situations, recognize your stress tells and take preventive care.

### **Sweat.**

Stress is toxic. Get it out. Blood pumping, lungs sucking, sweat rolling. Physical exertion expels the crud, activates rejuvenating hormones and promotes healing rest. Think of it like cleaning a wound or airing out a dark, moldy basement; if you don't, the crud will fester.

### **Make a change.**

Wherever your toxic stress comes from, use your awareness findings to make changes that reduce its source or limit its access to you. Support yourself: leave encouraging notes in strategic places and set calendar reminders for your mental fitness exercise. You know how it's easier to eat healthily if healthy snacks are available? And if they're not, and you're stressed, you default to unhealthy snacks and feel bad about it? It's the same principle: make sure your mental equivalent to healthy snacks is ready for you.

### **Recover.**

Learning to manage stress takes energy, and the Catch 22 is that energy is often in short supply when stress management is most necessary. It's as tough as any marathon. So, acknowledge and take care of your stressed self—with kindness, not coddling. Be firm, yet gentle. Take naps. Spend time with animals. Go slow and steady. Remember, you're playing the long game. ▣

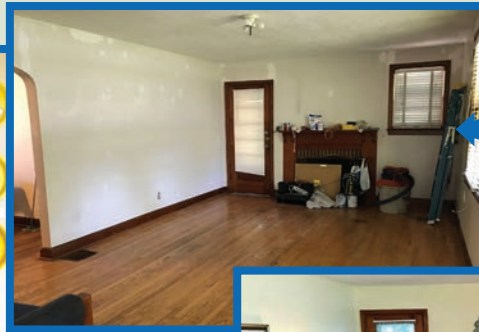


*Kate Satz serves on Centerstone's Tennessee Board of Directors and works as an associate vice president in the healthcare group at DVL Seigenthaler/Finn Partners. She and her husband, Eric, live in Nashville and are adjusting to having both their son and daughter away at college.*





Centerstone's Melanie Magliacano stands in front of her wall of emojis for youth clients.



Wow! A before-and-after look at one of the redesigned rooms in a Centerstone Housing Services independent living home.



Megan Williams (middle) accepts Centerstone's Regional Suicide Prevention Award from Tennessee Suicide Prevention Network representatives Scott Ridgway and Anne Stamps.



Centerstone suicide prevention efforts were hailed by TIME Magazine.



Centerstone's Lacy Monday, Bre Banks, Becky Stoll, David Guth, Mandi Ryan and Lisa Eggebeen at the "Stay in the Game" forum in New York City.

### Housing Services Redecorates

Centerstone Housing Services recently worked with the great team at Project Redesign to freshen up one of our independent living homes in Nashville. This before-and-after transformation looks great! Learn more at [centerstone.org/housing](http://centerstone.org/housing).

### Delivering Care with Creativity

Centerstone Youth & Child Therapy team leader Melanie Magliacano found a super creative way to help clients get in touch

with their feelings. She put her artistic skills to work and adorned her office wall with 28 homemade "feeling face" emojis that encourage kids to express their own emotions.

### Suicide Prevention Featured in TIME, Wins Award

Centerstone was featured in TIME Magazine. The story on "Solving Suicide" reported, "The new best practices emphasize putting people on the grid and not letting go. Few places do it as well as Centerstone." Our team also

recently won a Regional Suicide Prevention Award from Tennessee Suicide Prevention Network. If you or someone close is in crisis, call us 24/7 at (800) 681-7444.

### Centerstone Visits NYC for Beyond Sport

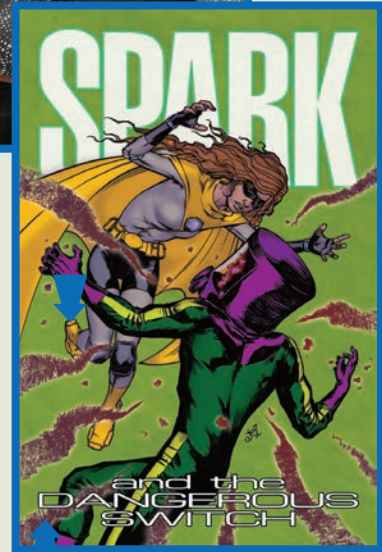
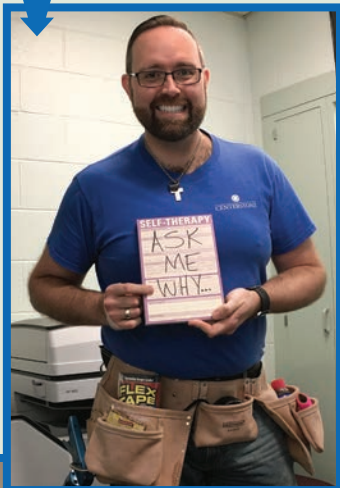
Centerstone visited New York for the first "Stay in the Game" forum presented by Beyond Sport. This international convening of sport, healthcare and social change leaders is exploring the potential of organized sports as a platform and catalyst to promote mental wellness around the world.



Centerstone Regional CEO Dr. Bob Vero, Dr. Alicia Batson and Dr. Howard Schubiner



Clinic manager Dan Mansfield sports his tool belt as renovations begin for a new Centerstone location in Tullahoma.



Centerstone Comics recently won an Aster Award and released *Spark and the Dangerous Switch*.



Peer Support Services clients and staff visit the Frist Art Museum.

### Peer Support Visits Museum

We love activities focused on positive social interaction and community involvement! Centerstone Peer Support Services clients and staff recently visited the Frist Art Museum in Nashville with help from our friends at Healing Arts Project, Inc.

### Combating Chronic Pain & Anxiety

Centerstone psychiatrist Dr. Alicia Batson has filmed a new

teaching series based on her work treating chronic pain and anxiety. The educational sessions also feature Dr. Howard Schubiner, popular author of *Unlearn Your Pain* and founder of the Mind-Body Medicine Center at Providence Hospital in Michigan.

### Expanding in Tullahoma

Plans are in motion for Centerstone to expand services in Tullahoma, Tennessee, moving from its facility on Jackson Street to a new location on Washington Street. We'll

soon have more room and resources for delivering care that changes people's lives in Coffee County!

### Centerstone Comics Wins Award

Centerstone Comics has won an Aster Award in the Healthcare Education category for *Spark: Rising through the Ashes*, which addresses suicide prevention. A new comic, *Spark and the Dangerous Switch*, looks at the opioid crisis and illegal drug tampering. Read both issues at [centerstonecomics.org](http://centerstonecomics.org)! ▣



# Philanthropy IN ACTION



## Action-Packed Mental Health Month

Biking, yoga and shopping! Centerstone collaborated with several community businesses for Mental Health Month to raise awareness and funds for delivering care that changes people's lives. Our thanks to Cyclebar, Studio Bank and Kendra Scott!

*Centerstone staff and supporters get fit for Mental Health Month.*

## Reclaiming Lives Society Inaugural Event

Centerstone donors gathered in Nashville to learn about the impact of their philanthropy at the first Reclaiming Lives Society event. Board member Kathryn Berschback shared her journey from friend to volunteer to donor; Regional CEO Bob Vero highlighted several projects receiving philanthropic support; and Charley Jordan, U.S. Army veteran and Cohen Clinic Advisory Board member, shared his personal story. Also, activist Sue Klebold was announced as the 2020 Reclaiming Lives Luncheon keynote speaker.

*Mary Wilson, Lucy Duvall, Dana Oman and Kelly Crockett Crook attend a Reclaiming Lives Society event.*



## The Art of Giving

As the new academic year began, our school-based therapists in Hamilton County bought art supplies to use with clients. Funding was provided through the annual Centerstone employee giving campaign!

*Hamilton County school-based therapists*

## A Brilliant Partnership

Centerstone sponsored a Nashville Repertory Theatre production of "Every Brilliant Thing," a play that addresses mental health topics of childhood trauma and suicide prevention. Becky Stoll (Crisis and Disaster Management) and April Scott (Early Childhood Services) joined a post-show talk back session with star Mark Cabus, director Lauren Shouse and Nashville Public Television's LaTonya Turner.

*LaTonya Turner, Becky Stoll, Mark Cabus, Lauren Shouse, and April Scott attend "Every Brilliant Thing."*



## Community Connection

HCA Healthcare employees used their 2019 Community Day to help Centerstone stuff gift bags for future events and create care packages for active U.S. military members. We love health care community connection! ☐





Cohen Clinic at Centerstone staff

## Centerstone & Cohen Veterans Network Expand Partnership

Centerstone and Cohen Veterans Network (CVN) recently held a one-year anniversary celebration for the Steven A. Cohen Military Family Clinic at Centerstone located in Clarksville, Tennessee. In its first twelve months, the outpatient facility provided mental health services to more than 700 military veterans and their family members and hosted 110 community events.

At the event, which featured a unique cross-generational conversation between World War II and Vietnam veteran Major Ray Roberts (ret.) and post-9/11 Medal of Honor recipient Staff Sergeant Ryan Pitts, Centerstone and CVN also announced plans to open another clinic together in Jacksonville, Florida.

“We are excited about growing our partnership with Cohen Veterans Network,” said Dr. Bob Vero, Centerstone Regional Chief Executive Officer, Tennessee and Georgia. “We have seen the positive impact of the Cohen Clinic at Centerstone and are pleased to broaden services to individuals in northeastern Florida, delivering care that changes people’s lives.”

Jacksonville is home to 42,000 post-9/11 veterans. The Steven A. Cohen Military Family Clinic at Centerstone in Jacksonville will offer high quality, comprehensive mental healthcare to veterans, regardless of discharge status or role, and their families as well as to families of active duty military, including spouses, partners, children, parents, siblings and caregivers.

“Centerstone has been an exceptional partner for the Cohen Veterans Network, and we are thrilled to work together to ensure that veterans and their families get the care they deserve,” said Dr. Anthony Hassan, CVN President & CEO.

The 7,500-square foot Cohen Clinic at Centerstone in Jacksonville will open in early 2020. For more information, please visit [centerstone.org/cohen](https://centerstone.org/cohen). □



Bob Vero, Ryan Pitts, Ray Roberts, Tracy Frist



Lisa Eggebeen, Allison Inman, Brooke Bernard, CF Callihan



Bill Frist, Ryan Pitts, Ray Roberts



CENTERSTONE  
44 Vantage Way  
Nashville, TN 37228

Non-Profit Org.  
U.S. Postage  
**PAID**  
Nashville, TN  
Permit # 2397

RETURN SERVICE REQUESTED

If you would like to be removed from our mailing list, please call (615) 460-4148.



## RECLAIMING LIVES **AFTERDARK**

Tuesday, February 4

*Join us in Nashville to dream big with  
New York Times bestselling author*

**Ben Nemtin**

[centerstone.org/events](http://centerstone.org/events)

# Save the Date

CENTERSTONE'S 2020 RECLAIMING LIVES LUNCHEON  
WEDNESDAY, APRIL 8

Special Guest **SUE KLEBOLD**  
Activist and Author of *A Mother's Reckoning*  
[centerstone.org/RLL20](http://centerstone.org/RLL20)

