Focus on Recovery

Located in Parkland, Greater Lakes’ sixteen-bed Recovery Center is a place where people in acute stages of mental illness can receive compassionate, effective treatment. People like Jordan.

When he arrived at the Emergency Room, Jordan was suffering from psychosis brought on by Schizophrenia. Unable to care for himself or meet his daily needs, the young man was committed to Greater Lakes Recovery Center. There, he received physical and mental health assessments, was prescribed medication to relieve his symptoms and began therapy. Soon he was stable enough to transition to a voluntary status.

“Confining someone against their will may be necessary at first,” explains Director Heather Marsh. “But we are committed to a Recovery Model of treatment, which is based on respect, partnership and minimizing further trauma. As soon as someone is able to choose voluntary treatment, they start to control their own recovery. That’s when we can really make strides.”

During Jordan’s stay at the Recovery Center, he participated in support groups, creative arts sessions and exercise programs. He partnered with therapists

See “Focus on Recovery,” continued on page 2...
“Focus on Recovery” continued from page 1...

and Peers to learn how to manage his symptoms, and he built the tools and resources he needed to rebuild his life.

“It’s really about helping people find their own skills and abilities,” Heather added. “It doesn’t matter who you are, everyone has the ability to overcome mental illness. It’s empowering when people discover that, and tap into their own strengths.”

Because the Recovery Center is for acute treatment, clients stay only a short time before transitioning to another facility, moving to supported housing, or returning home to their family.

“We want to get people back to their social supports as quickly as possible,” Heather explained. “Back to their life.”

Winter Warmth

For the second year in a row, staff member Kathy Sweeney and volunteer Joan Eisenhardt organized a Winter Warmth Giveaway for Greater Lakes clients in need. They joined forces with local businesses, churches, service clubs, board members and other staff and volunteers to make sure no one went without warm clothing this winter.

During the fall months, Kathy and Joan recruited people to help.

Lakewood Rotary, Christ Lutheran Church, and dozens of individuals donated funds. Kathy and Joan shopped for sales, and a crew of volunteers sewed, crocheted and knit items, then packaged more than 1,000 sets of hats and gloves, and several hundred scarves.

On December 1st, clients were invited to choose hats, scarves, and gloves for themselves and family members.

Kathy and Joan also delivered items to Greater Lakes’ residential facilities, for clients who were unable to come to the main building.

Soon after the event, the temperature dropped to freezing levels and Greater Lakes staff were glad to see clients — especially children — arriving for appointments wearing their warm new hats and gloves.

Left: Volunteer Barbara Myers was delighted when Valerie chose a hat and scarf set that Barb herself had knit.

Below: Dylan carefully considered all his choices before finally selecting a Seahawks-themed hat and scarf.
Untreated mental illness places a heavy burden on our community. It is prevalent in our jails, emergency rooms, businesses and neighborhoods. And of course, in our families. It often seems like the rising crisis of mental illness and homelessness is too large to overcome. But at Greater Lakes, we know there is hope.

Last year, Greater Lakes provided treatment for more than 12,000 people, and within that number there are many success stories. Stories not always seen when you look at the headlines: A young girl who recovers from trauma and finds the strength and stability she needs. A young mother who receives treatment for addiction and is reunited with her children. A teenage boy who recovers from debilitating depression and begins to feel hope for the future.

With each person we help, a ripple-effect is created across our community. When individuals recover, families are strengthened, cycles of abuse and neglect are disrupted, and the next generation has a chance to thrive. Yes, the scope of the problems we face can seem daunting. But we are making a difference, one person at a time.

The board of directors is proud to be a part of this compassionate, effective agency. We are honored to work with our amazing staff and volunteers, and to partner with local businesses and organizations to improve our community. And we are very grateful to you, our loyal and generous supporters, for making our work possible. Thank you!
Report from the President & CEO
Tomorrow’s Challenge: Clinical Integration

We live in fully integrated bodies, so we know that physical health, mental health and addiction are all closely connected. It just makes sense. But somehow, these three fields have developed along separate lines, with separate facilities, funding and administration. Fortunately, however, leaders and practitioners in all three fields are now working to pull these three fields back together, and provide truly integrated, whole-person health care.

Full integration will be challenging, but fortunately, Greater Lakes has been moving in this direction for some time. We collaborate with Multicare Health Systems to have their Mobile Medical Van at our building five days a month, so clients in need can receive primary medical care. We have added a Substance Use Disorder program so that clients can receive treatment for addiction as well as mental health care. We are exploring ways to embed mental health clinicians in local medical clinics, and we are preparing to transition to a new “Electronic Health Record” product which will communicate seamlessly with health records at hospitals and medical clinics.

Our Emergency Needs Fund is also critical in promoting integrated health. We strive to provide safety and stability to those we serve regardless of whether it impacts their physical health, mental health, or addiction recovery. We may help an elderly woman pay for diabetic supplies, provide a young man with a month’s rent in clean and sober housing, or purchase a bus pass for a teenager so she can make her therapy appointments. Whatever the need, this fund is essential in keeping our clients healthy.

Full integration will be challenging, but we will continue to explore ways to merge the old boundaries that have separated mind and body, and provide the best, most complete healthcare possible

Terri Card, President & CEO

Little Free Library

Greater Lakes has started a “Little Free Library” in the Child and Family lobby. Stocked with new and gently used books, it provides reading material for kids and teens as they wait for their appointment and encourages parents to read to their young children. It also allows children to select a book to keep if they wish.

Initially, the library was stocked with new books donated by the local nonprofit Caring for Kids, but Greater Lakes is relying on donations of new and used books to keep the library stocked. Books that reflect and empower people of color, girls and women, and minorities are especially welcome, as well as books that address self-esteem, poverty, alienation, bullying and other social issues.

Anyone interested in donating books can contact Marguerite Richmond at Margueriter@glmhc.org or 253-620-5184.
Dede and John R. Winters
David M. and Barbara Young
Randall and Donna Zahnow

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**ADVOCATES ($250 - $499)**

Jeff and Kim Albers
Anonymous (4)
Askesis Development Group
John Bailey
Paul and Holly Bocchi
Mary L. Bohn
Ruth Briehl
John F. Butler
John J. Caulfield
Christ Lutheran Church
Glenn and Amy Czerwinski
Bruce Dammeier
Darlene and Paul Davies
Clayton DeNault
Richard and Clare DeVeine
Bea Dixon
Cheri and Jerry Dolezal
F. Talmage and Cheri and Jerry Dolezal
Richard and Clare DeVeine
Bea Dixon
Cheri and Jerry Dolezal
F. Talmage and Cheri and Jerry Dolezal

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**FRIENDS ($100 - $249)**

Patrick and Rebecca Ahearn
Amazon Smile Program
Anonymous (5)
Daniel and Amber Barni
William G. Barsanti
Joseph & Kjeri Boyle
John L. and Lani Briehl
Nelsa Brodie
Karen Cantu
Diane H. Chicc
Carrie Ching
Gloria R Churchill
Joe Contris
Anne W. and Jeffrey D. Cook
Lisa Cramer
Adelina Dana
Germaine Dart
Jay and Verna DeBoer
Michael W. and Mary Dolan
Ryan Edington
Ted G. and Kellen Eisenhardt
Sandy Ellingsoe
Victoria Evans
Robert Flomer
Joann Freimund
Steven M. and Kathleen Gano
Raymond L. Gardner
Gene Pankey Motor Company
Bernadette A. Gilroy
Mary T. Gust
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Hamilton-Wisser
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Milton D. and Julie R. Hempel
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Barbara Myers
Kate Naeseth
Angie Naylor
Christine Noll
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Steve and Laurel O’Ban
Jessica and Steven Ober
Barbara J. Okey
Pacific One Construction, Inc.
Nelly Pease
David J. and Linda Perry
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Teresa Seling
Joethel Smith
Leonard and Carol Starr
William and Barbara Street
Martha M. Strom
John and Marti Sutton
Tacoa Lakewood Coin Club
Target Corporation
Linda A. Tatlock
Muriel K. and John C. Taylor
Tamara Tissue
Richard J. and Shelia Towell
Barbara Trimble
Kathryn Van Wagenen
Donald R. and Wanda M. Wentworth
Jason Whalen
Marsha J. Williams and Russell S. Hayden
Constance Willmann
Craig Wilson
A.R. and Katherine Winslow
Christopher Wolfe
Ann Wolken
Michael and Deborah J. Zaro

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**SUSTAINING ($5 - $99)**

Meredith Allen
Anonymous (4)
Marlene A. Beggin
Robert F. and Kevin K. Brooks
Paul S. and Lisa H. Chatterton
Ursula D. Clark
Robert B. and Doris Claypool
Christine Coleman
Nancy L. Cook
Carolyn Cyr
Raetta Daws
Grace T. Eubanks
Andrew Fagan
Samantha Farrar
Bob Firth
Molly Fredrickson
Lillian Gebert
Donald J. and Berenice Hardy
Kenyacktie Hartshorn
Dr. Sam Huber
Noelle Hunter
Renee Johnson
Heather Jolley
Nicole B. Jones
Lia Kamitsis
Nancy Kramer
Mark Lindquist
Jay R. and Stella Mayer
Helen McNeely
Erling A. and Susan Molter
Don S. and Janet G. Monroe
Ronald A. Morrison
Network for Good
Debra Petersen and Frank Trutman
Shayne Plantz
Del and Roberta Poppelreiter
Jane Ranson
Michael and Judith Rash
Alyssa Rieckman
Daelynn Roach
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Gerald and Patricia Stevenson
Henrietta (Hank) Stowell
Doug and Catherine M. Swank
Linda G. and Donald B. Swier
Dorothy Thordarson
Connie L. Velasquez
Betty Veon
Margaret Woodlock
Bobbie and Beatty Wyley
Doris J. Zetterstrom

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**GIFTS GIVEN IN MEMORY**

IN MEMORY

Toby and Laurie Murray
L.T. Murray, II
Toby and Laurie Murray
Cathy Murray
Toby and Laurie Murray
Mark Seleng
Teresa Seling

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**GIFTS GIVEN IN HONOR**

Annette Arriola
Natalie Humphrey
Dr. Les Becker
Jerry and Barbara Moore
Mary Bohn
Milton D. and Julie R. Hempel
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Donna A. Card
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Taylor Carman
Donna A. Card
Joan Eisenhardt
Don and Janet Monroe
Ted and Kellen Eisenhardt
John Govig
Philip and Helen Nordquist
Bill Harrison
Don S. and Janet G. Monroe
Dana Merkel
Jeanine Merkel

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**Non-Cash Donations**

Caring for Kids
Gene Pankey Motor Company
Candy Smith
North Star Glove Company
Lynn Mackey Design

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Greater Lakes Mental Healthcare is proud to partner with Lakewood’s Promise in efforts to strengthen our community.

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www glmhc.org

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*Note: The Annual Report issue of Connections has moved from November to February, so for this year only, the donor list covers a range of fifteen months. In the future, the donor list will include those who gave in the preceding calendar year. If you have any questions or corrections, please contact Margarette Richmond at 253-620-5184 or marguerite@glmhc.org.*
Make a Difference!
Greater Lakes relies on generous donations from our compassionate community to support our programs and provide hope, relief and recovery to those impacted by mental illness. Please consider making a gift to Greater Lakes — a gift that could change a life.

Mail your check to the address below, or make your gift online at www(glmhc.org).

For information about monthly giving, planned giving, or other ways to support Greater Lakes, call Marguerite Richmond at 253-620-5184.

Greater Lakes Mental Health Foundation
9330 59th Ave. SW • Lakewood, WA 98499-6600
24-HR. CRISIS: 1-800-576-7764

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OUR MISSION
Greater Lakes Mental Healthcare:
• Empowers hope through compassion, engagement and connection with those we serve.
• Empowers relief through effective evidence based practices that promote skills and resilience.
• Empowers recovery by building upon strengths and supporting individuals in their goals.

OUR VALUES
• Do the right things for the right reasons.
• Provide great customer service with high quality outcomes.
• Communicate openly, honestly, and respectfully.
• Problem solve collaboratively with clients, staff, and the community.
• Promote healthy options for clients and staff.
• Be nimble and responsive in creating solutions.

Adopted July 23, 2015