



COMPASSPOINTS

A Publication of Directions for Mental Health, Inc., Clearwater, Florida

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IN THIS ISSUE...

- Research-supported Services Expand
- Creative Family Services
- Foundation Grants
- Save the Date...

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Research-supported Services Expand



Directions for Mental Health places high priority on the provisions of research supported practices to help our clients in the most effective, efficient manner we can.

Over the years, the non-profit organization has implemented several such therapies for children exposed to trauma, and has trained clinicians in other organizations in these therapies, not just Directions staff. Currently, that expertise is being expanded to include both an effective approach to persons with substance abuse and mental health problems and for persons struggling with high risk of self-harm and repeated dangerous episodes requiring hospitalization.

Motivation Enhancement Therapy, combined with Cognitive Behavioral Treatment, is being used for persons with co-occurring substance abuse and mental health problems. This approach takes into consideration a person's readiness for change and will further improve treatment for persons with both problems.

In addition, with the hiring of Nancy Gordon, LCSW as Clinical Director in 2007, the organization added clinical leadership to implement another "best practices" model – Dialectical Behavioral Therapy (DBT). Ms. Gordon has extensive training and experience in DBT and is now training and

implementing DBT in both the adult and child/adolescent programs. "When I was Clinical Director of an adolescent residential program, offering DBT enabled us to attract referrals at a national level," reports Ms. Gordon. "It is refreshing to be able to implement this care in an outpatient setting to prevent the need for residential treatment."

Dialectical Behavioral Therapy is the first psychotherapy shown via controlled clinical trials to be effective with clients who have repetitive self-harming and suicidal attempts. These clients present with characteristics and behaviors that are not only the dangerous to them and most difficult to treat, but they are also the most costly within the mental health care systems throughout the country due to their need for repeated hospitalizations or emergency room visits. Since its inception in the early 1990's DBT has been adapted to other populations such as geriatric depressed clients, substance abuse, eating disorders and adolescents. Research on the effectiveness of this treatment has mushroomed during that same time.

DIRECTIONS

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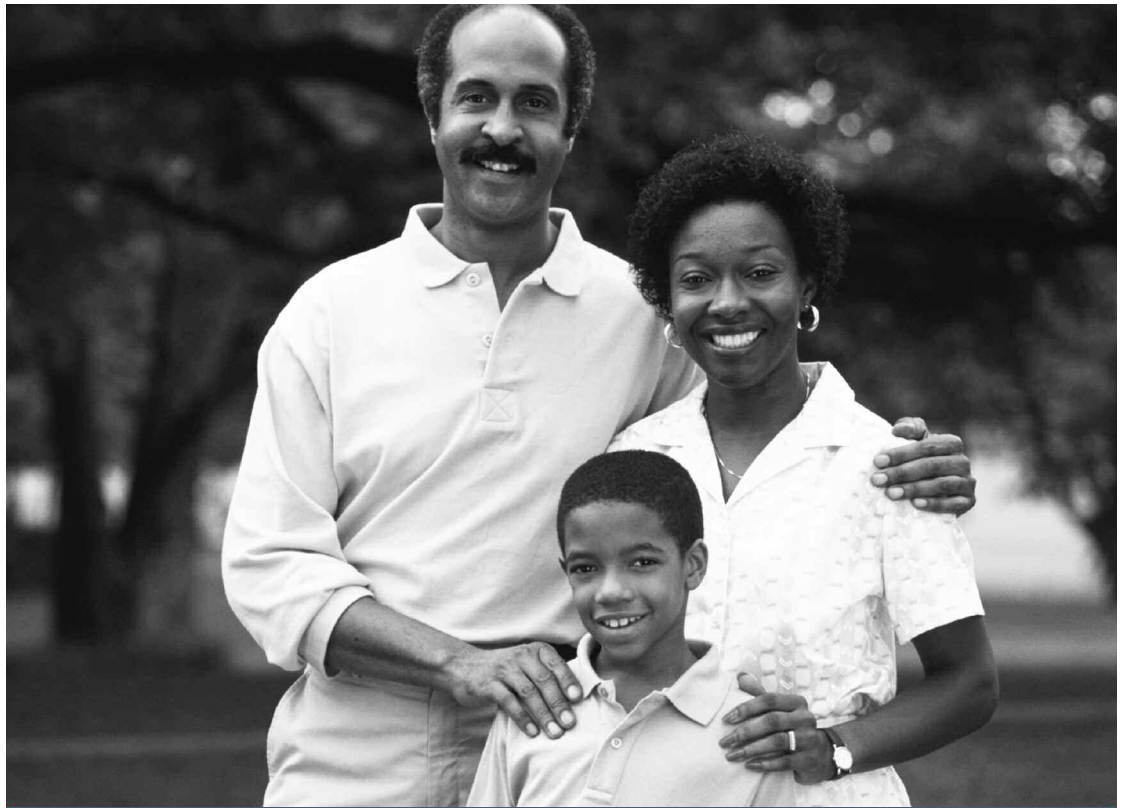
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CARF has awarded accreditation to the following Directions programs:

- Case Management/Services Coordination for Children and Adults
- Outpatient Treatment for Children and Adults
- Prevention/Diversion Services for Children and Adults
- Crisis Intervention for Adults
- Day Treatment for Adults
- Supported Living for Adults.

COMPASS POINTS is a quarterly publication of Directions for Mental Health, Inc., a private nonprofit community mental health organization serving Pinellas County.



Announcing Creative Family Services

In August of 2007, the Department of Children and Families provided Directions with additional funding with the goal of developing services for children and their families who don't qualify for Medicaid and/or have no other mental health insurance yet are in need of mental health services that go beyond traditional therapy. There is a significant gap in services for this population. The Creative Family Services program provides these families with a Family Specialist who will provide case management and wraparound

services and link the family to services in order to prevent further problems that could potentially lead to residential treatment. This program is designed to meet family needs in a creative and family-centered manner with the family choosing the types of services they determine will be most helpful. Services aim to develop or strengthen existing resources or relationships in the family and the wider community. It also empowers families to achieve their goals and work towards self-sufficiency.

Foundation Grants

Directions is very grateful to the following foundations for their generous grants and contributions in 2007:

The Glazer Family Foundation supported our children's Outpatient Department with a grant for play therapy materials.

The Oaklawn Foundation supported children's programs with an unrestricted grant.

The Alvah H. & Wylene P. Chapman Foundation supported the Safe Children Coalition with a grant for children in child welfare to attend summer camp and other activities.

Save the Date...

HELP US CELEBRATE 25 YEARS OF SERVICE

Directions will celebrate 25 years of service to the community at our annual event

HEAL THE HURT GALA

SATURDAY, APRIL 19, 2008

Join us for a fabulous evening at the Hilton, Carillon Park in St. Petersburg. Dress is black tie optional and semi-formal. Representative Bill Heller has agreed to serve as our Honorary Chair, and Dr. David Shern will be the keynote speaker. Skip Mahaffey will serve as Emcee. Community awards will also be presented. This gala is our largest fundraiser and it will support the establishment of an endowment for our programs that help children exposed to violence.

For 25 years, Directions has developed many groundbreaking programs, helping children, adults and families to heal the hurt in their lives. Over 90% of every dollar we receive goes directly to programs.

We hope you can attend this year's gala and also support us with sponsorship or the donation of auction items. Individual tickets are \$125 or you can purchase a "friends table" of 10 for \$1,000. Sponsorship benefits are available on our new website. Reservations and entree selection are required.

Please call (727) 524-4464, ext. 1700 or visit our website at www.directionsmh.org or www.HealTheHurt.org.

Directions for Mental Health, Inc. presents various community classes throughout Pinellas County.



These include early childhood workshops, parenting classes and ACT (*Adults and Children Against Violence Training Program for parents/caregivers.*)

Please call 547-4566, ext. 121 to register for ACT or ext. 122 for more information.

For information on **teen anger management sessions**, please call 524-4464, ext. 1303.

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Special thanks to the growing number of Business Sponsors for their generous support!

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Please send more information about: *(check choices)*

- All of Directions' Programs Children & Family Services Elderly Services Homeless Services
 Adult Day Treatment Employment/Training Opportunities Volunteer Opportunities Planned Giving Ideas

Yes, I want to make a difference at Directions. Visa - MasterCard - Discover accepted for donations.

Individual \$25 \$50 \$100 \$250 \$500 \$1,000 \$_____ Other _____

Business \$100 \$300 \$500 \$500 \$1,000 \$_____ Other _____

Or, make a difference at Directions online at www.directionsmh.org.

Detach and mail to:

Making a Difference, Directions for Mental Health, Inc. 1437 S. Belcher Road, Clearwater, FL 33764

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