



## In Loving Memory of Norman L. Kreisman 1925 - 2012

**If there was a man who could inspire others to action**, even when the cause was an unfashionable one laden with a heavy stigma... if there was a man who could touch others with compassion simply with his presence as he listened and turned his heart toward those who were suffering in silence... if Sarasota had such a man, his name unequivocally... was Norman Leonard Kreisman.

Those who had the privilege to know him and to be touched by his life lost a hero, a friend, a brave champion, and a loving husband and father. Norman passed away on December 26th, 2012 at his home in Sarasota, FL. His beloved wife, Dorothy and his children, Stuart and Diane Kreisman, were at his side. Over the span of 87 years, Norman honored his family and his community with an unmistakable legacy of courage, compassion, leadership, and humor even in the face of overwhelming adversity. He was born a premature baby weighing only 2 pounds and contracted polio at a young age. Yet, he bravely served his country in World War II and later became an early champion of mental health services in Sarasota, mobilizing influential others in his community to alleviate the suffering of individuals and families, across all races and socio-economic classes, who were faced with the challenges of living with serious mental illnesses without adequate community resources to turn to. His inspiration was nurtured by his love for his beautiful daughter whose life was forever altered one winter day in college when she began experiencing the effects of a severe psychiatric disorder. A 2-acre health care campus and inpatient crisis center at Coastal Behavioral Healthcare in Sarasota are named after him, not as a result of a large monetary contribution, but because of the gift of his extraordinary advocacy that led to the establishment of Sarasota's first and only publicly supported psychiatric emergency crisis center in the early 1990s.

This past year, his son, Stu Kreisman, author and Emmy-Award television producer responsible for such memorable shows as "Night Court," published an article in the Huffington Post entitled "Fanfare for an Uncommon Man," in which he told the story of his father's uncommon accomplishments... Stu wrote: My father is "one of those rare people that everyone gravitates to, collecting friends and admirers wherever he goes. ...That's just who he is. He's happiest when he's helping others. He's truly a giant among men. Humble as ever, when he's feeling down I remind him that he is that rare person whose life truly made a difference for the good. He shrugs it off, but deep down he knows."

On July 28, 2011, the Mayor of Sarasota declared it Norman and Dorothy Kreisman Day and honored them with a proclamation for their advocacy efforts on behalf of those with mental health disorders. That day, their deeds were recorded into the Congressional Record in Washington, D.C. and Sarasota's Kreisman Center campus was renamed the Kreisman Campus for Integrated Health Care.

Norman always said: "It is a labor of love, and I will continue..." Those who remember him know without a doubt that his legacy will carry on at Coastal Behavioral Healthcare because of the way he touched and inspired staff, volunteers, and patients alike to believe in his dream, that everyone facing a mental illness would be cared for with compassion, regardless of their ability to afford professional care and treatment.

In honor of Norman's legacy, donations may be made to benefit the Kreisman Center for Integrated Health Care. Please contact Kareen Ver Helst, Director of Development at (941) 927-8900 ext. 3328 or kverhelst@coastalbh.org.

## MEET JACK,

### Our new President & CEO

We are pleased to introduce John H. (Jack) Minge, III as our new President and Chief Executive Officer (CEO). Jack took office on March 11, 2013. Prior to his appointment to the CEO position at Coastal, Jack served 13 years as President of Benchmark Consulting



Services, Inc., a firm which he co-founded in Jacksonville, Florida, to provide a range of consulting services for not-for-profit corporations, health care organizations, and governmental agencies. As President of Benchmark Consulting, Jack assisted Coastal this past winter

in the development of a new 3-year strategic plan that includes enhancements to communications, access to and coordination of care with community partners, as well as expanded programs.

Jack also brings to the position more than 25 years of experience in the executive leadership of large, multi-faceted behavioral health organizations. He will be leading Coastal through its next phase of growth using his expertise in financial planning, donor development, and negotiating managed care and government contracts.

"The future of the behavioral healthcare industry is changing very rapidly, influenced by funding constraints, healthcare reform, and many other factors. The traditional model of service delivery will not be sustained in the competitive, complex, and demanding environment of the future. With the collective knowledge, skills and experience of Jack and all of Coastal's leadership team, the Board is confident that we are well positioned to face the competitive, complex, and demanding behavioral healthcare environment of the future with great success," said Jack Donoghue, Chair, Board of Directors.

Please join us in welcoming Jack to Southwest Florida and to the Coastal family!



## The Unexpected Gift

Picture this: An unexpected phone call from a stranger, who wants to give cash, and lots of it. They ask for nothing in return, except that you continue to care and bring healing to those most marginalized in our society: those who suffer from a serious mental health disorder. This is the kind of story we all dream of. And it came, courtesy of Ingrid and Tommy Green and the Green Family Foundation.

On December 28, 2012 we had the pleasure of meeting Ingrid and her niece who came to us, bearing a gift of \$10,000. This act of love for humankind brought sunshine to all of us working to fulfill our mission, at a time when we needed it most. Most importantly, along with this gift, came new friends bearing a deep and genuine compassion for those in our community who live with the challenges of mental health and/or addiction disorders.

The Green Family Foundation's generous gift will enhance Coastal's Primary and Behavioral Health Care Integration program for adults who suffer from both a serious mental health disorder and chronic physical health conditions. It will provide an opportunity for uninsured individuals to receive additional health care services, such as diagnostic laboratory tests and dental care, without which their quality of life would be compromised and true health and wellness could not be achieved. We cannot thank the Green family enough for their generosity!

## COMPEER FRIENDSHIP PROGRAM Begins At Coastal With Support of COMMUNITY FOUNDATION OF SARASOTA COUNTY

Coastal Behavioral Healthcare, Inc. is pleased to welcome the internationally recognized, evidence-based Compeer friendship program, originally housed at Senior Friendship Centers (SFC), to its State Street office in downtown Sarasota. Kathy Maybee, previously with SFC, is continuing in her role as Coordinator of the Compeer program at Coastal. Coastal's ability to provide a new home for Compeer was facilitated by a grant from the Community Foundation of Sarasota County in support of the program's operations. "We are tremendously grateful for the grant award from the Health Focus Team Special Project Fund of the Community Foundation of Sarasota County. The award, in the amount of \$4,999, will support the operations of the program in the initial first months of the transition," said Joanne Radcliffe, CFO of Coastal. "We appreciate the support and confidence of the Grant Advisory Team, the staff, and the Board of Directors of the Community Foundation in helping us extend the power of friendship to individuals recovering from mental health conditions throughout Sarasota and Manatee counties."

Compeer matches community volunteers with individuals who are receiving mental health services from community mental health providers or through private practitioners. Volunteers provide the gift of friendship for one hour per week by engaging individuals in fun, social and leisure activities. The program was founded by Sarasota winter resident, Bernice W. Skirboll, nearly 40 years ago in Rochester, New York.

To volunteer, contact Kathy Maybee at (941) 927-8900, ext. 3323. To learn more about the Compeer model, visit [www.compeer.org](http://www.compeer.org).



## Each Person is Unique



## THAT 'GUT FEELING' ...

### It May Be More Important Than You Think

When someone says, "I was so upset it made me sick," it's possible they mean it—literally. Research in medical and scientific laboratories world-wide are showing a very real connection between the mind and body, and the surprising role the gut plays in both physical and emotional health.

According to an article in the September 2012 edition of The American Psychological Association's (APA) Monitor on Psychology, the human gut has evolved into a complex network of more than 100 million neurons or specialized cells that transmit electrical signals over long distances in the body. The gut is also home to trillions of both beneficial and disease-causing bacteria which impact our body and our mind. Scientific studies in rodents have shown that adjusting the balance of these bacteria impacts brain chemistry and behavior, influencing anxiety, shyness, pain perception and response to stress. Even more surprising is evidence that bacteria in the human gut produce 95 percent of our body's supply of serotonin, a neurochemical which influences sleep and mood. In the past, this function was thought to be performed primarily by the brain. Scientists also know that the brain itself can influence the balance of "good" versus "bad" bacteria in the gut, especially in response to stress.

Although it may take many years for scientists to fully understand the role that bacteria in the gastro-intestinal (GI) tract play in the psychological well-being of humans, mounting scientific evidence of the intricate connections between mind and body underscore the importance of integrating both physical and behavioral health care in the treatment of mental health disorders. At Coastal Behavioral Healthcare, our Primary and Behavioral Healthcare Integration (PBHCI) program offered in both Sarasota and DeSoto counties to adults with serious and chronic mental health disorders, provides integrated primary care and mental health treatment, delivered on-site by the same team of professionals. "In many instances individuals with mental health issues may receive treatment for that condition, but have physical ailments like heart disease, diabetes, and even cancer that impact the success of behavioral treatment," says Les Stratford, Director of the program at Coastal Behavioral Healthcare. "Our goal is to treat the entire person so they can achieve the quality of life they deserve. In the future, we hope to offer integrated primary care to all age groups. It's that important." To learn more about our Primary and Behavioral Health Care Integration (PBHCI) program, you may contact Les Stratford at (941) 331-2530.