

Committed to accountability and ethical practices, Jackson-Feild Behavioral Health Services is accredited and endorsed by these organizations.



Jackson-Field Behavioral Health Services
546 Walnut Grove Dr.
Jarratt, Virginia 23867



For our financial information, please visit
www.jacksonfeild.org

Chair

Mr. Robert B. Wynne

Vice Chair

Ms. Beverley A. Coleman

Treasurer

Mr. John Mason L. Antrim

Secretary

Dr. Leslie W. Rose, III

Director

Mr. T. Darnley Adamson, III

Ms. Patricia H. Delano

Ms. Anne W. Hill

Dr. Michael McIntosh

Hon. Robert G. O'Hara

The Rev. Rhonda E. Wheeler

Col. Steven Riethmiller

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
RICHMOND, VA
PERMIT NO. 388

Fall 2023



Evidence-Based Trauma Therapies Make A Difference



In this Issue:

- CEO & Dr. McIntosh pg. 2
- A Call to Service pg. 3
- Campus Happenings pg. 4
- Golf Tournament pg. 5
- Giving Myths pg. 6
- New Building pg. 7
- Board Members pg. 8

TRAUMA-INFORMED SERVICES

A trauma-informed framework of practices are utilized to acknowledge the past traumatic histories of each child and integrate this knowledge into all aspects of services. Therapy sessions directly address the impact of trauma in an effort to facilitate recovery and healing.

NEUROTHERAPY (NT) AND BIOFEEDBACK

NT is used in conjunction with other therapies to facilitate substance use recovery, and is especially effective in adolescents because of the adaptability of the brain. Neurotherapy sessions can improve attention, lessen depression, and improve self-regulation. Which in turn, raises one's ability to resist the urge to use substances. Neuro-feedback, in an intervention utilized by the clinical team and is uniquely characteristic for clinical services at JFBHS.

INDIVIDUAL THERAPY AND ADDICTION TREATMENT

JFBHS acknowledges that substance use issues are connected to many concurrent mental health problems including PTSD, anxiety, and depression. Because of the significant overlap among mental health diagnoses and substance use disorders, JFBHS utilizes an integrated treatment model in which therapists seek to explore and heal underlying causes of addiction, such as trauma, poor self-esteem, low self-worth, and unresolved pain.

EYE MOVEMENT DESENSITIZATION AND REPROCESSING

Eye Movement Desensitization and Reprocessing (EMDR) is a treatment protocol that addresses traumatic experiences of individuals and the psychological disruption that these experiences cause. EMDR was created primarily to treat PTSD and trauma related issues, but its use is expanding. Because substance use disorders often derive from past trauma, EMDR is an appropriate treatment for some individuals with substance use issues and is available by certified professionals.

SELF-REGULATION AND COPING SKILL BUILDING

JFBHS utilizes the Systems Training for Emotional Predictability and Problem Solving (STEPPS). The process to provide individual and group therapy sessions on self-regulation and coping skill building. STEPPS is an evidenced based program that utilizes dialectical behavioural therapy techniques to educate adolescents on healthy and adaptive emotional regulation skills.

A WORD FROM THE CEO

Fiscal year 2023 is complete, and I'm pleased to tell you that it was one of the most successful years in our 168-year history. Not only did our children achieve positive outcomes, but we are in a strong financial position thanks to our donors and supporters.



Patricia H. Delano

People and families are complicated. Boundaries in relationships and the law are blurred by varying viewpoints of what is – or is not – in the best interest of society. Put all that together, and mental health issues abound and are evident in just about every aspect of our world.

As you read in the cover story of this newsletter, we provide a variety of highly-successful treatment interventions to our residents. We also provide our staff with an intensive training program designed to improve their knowledge and skills in these interventions.

We employ experts in the fields of psychiatry, psychology, social work, nursing, education and residential services. We, like most employers, face challenges in hiring and retaining good staff, but we offer employment and retention incentives that have been somewhat successful.

For 168 years, Jackson-Feild has persevered. We have survived wars and economic depressions. We have navigated social reform and regulation revisions. We have observed and adapted to funding shifts and changing donor trends. At the same time, society has changed. The needs of the children we serve have changed. We do our absolute best to meet the ever-changing challenges as they occur, and our mission to serve children and families has never changed or faltered.

I am grateful for the help you give, and your belief in us and our ability to transform the children's lives.

WELCOME OUR NEWEST BOARD MEMBER



We are pleased to announce that Dr. Michael L. McIntosh, PH. D. has been elected to the JFBHS board of directors.

Having received his bachelor's degree from the University of North Carolina at Chapel Hill, master's from North Carolina A&T University, and doctorate from the University of North Carolina at Greensboro, McIntosh currently is an Associate Professor for Educational Leadership at Virginia State University. He previously taught at Livingstone College, South Carolina State University, Hampton University, North Carolina A&T University and the University of Illinois at Urbana-Champaign. McIntosh has a wealth of experience at both the high school and college levels, having been a teacher, principal, administrator, and educational consultant. Now the Chair of the Department of Educational Leadership at Virginia State University, McIntosh has authored several articles and conducted research on a variety of educational issues. JFBHS looks forward to Dr. McIntosh helping us fulfill our mission to help children and their families.

29th Annual Go Golfing for the Kids



**PLEASE MARK
YOUR CALENDARS!
Monday, May 6, 2024**

SPONSORS

Tournament Sponsor
Boddie-Noell Enterprises

Pinnacle Sponsor
Jones LTC Pharmacy

Platinum Sponsor
Modern Woodmen Fraternal Financial

Gold Sponsors
Emmanuel Episcopal – Hampton
Keiter CPAs
Partlow Insurance
Eric Thompson
Virginia South Psychiatric

Silver Sponsors
Mr. & Mrs. Tod Balsbaugh

Bronze Sponsors
Atlantic Union Bank
A&W Painting LLC
Bank of Southside Virginia
Hammock Electric
Parker Oil
Wells Coleman
Wilton Properties

Team Sponsors
Tricia Delano, CEO
Hillcrest Transportation
Plan 5 Decorating
R.E. Pearson & Son Funeral Services



May 1, 2023 started out blustery, but 66 players in our Go Golfing for the Kids tournament enjoyed a perfect day of golf at the beautiful Magnolia Green Golf Club in Chesterfield County.

Thanks to sponsors, donors, and players, over \$24,000 was raised this year to help children struggling with severe mental illness. Since 1995, the tournament has generated more than \$651,000 and helped over 2,300 children. We can't thank everyone enough for the enthusiastic support!

First place honors went to the team from Virginia State University while Modern Woodmen Fraternal Financial finished in second place, and R.E. Pearson Funeral Home finished in third place. This year – just for fun – we recognized the last place finishers with decks of Uno because perhaps golf isn't really their game!

To the sponsors and players: Thank you for making this event a huge success! We hope you all had fun while knowing that you made a difference in the lives of our children.



New Maintenance Building

We now have a maintenance building that puts everything maintenance-related under one roof! Previously, the physical plant staff office was in one location, while equipment and supplies were in another. You can imagine the inefficiency.

Our physical plant staff can now service vehicles and repair equipment without being exposed to the elements (a feature they greatly appreciate!).

The staff has begun moving the tools, equipment, the inventory of hardware items, etc.

We soon will begin converting the former maintenance building into five much-needed mini-storage areas. This storage space will be used to store residents placed by public agencies arrive with a lifetime of personal belongings and to store supplies needed for our cottages.

We are most grateful to all the individuals, businesses, and foundations who contributed so generously in support of the new building. The Titmus Foundation and a second foundation that wishes to remain anonymous were instrumental in providing the funds for this major improvement to our campus.

We have a new building on campus, and – while it’s not as glamorous as a chapel or a classroom – we’re excited and want to tell you about it!



A CALL TO SERVICE

“I ENJOYED THE OPPORTUNITIES THAT HELPED ME GROW. I ESPECIALLY LIKED BEING A MEMBER OF THE CHOIR AND SINGING DURING CHURCH SERVICES.”



Latasha knows a thing or two about the devastating impact of drug addiction. Her mother was a heroin addict whose weakness destroyed the family and resulted in Latasha going into foster care and bouncing from home to home until she arrived at Jackson-Feild almost 25 years ago. Like many of the JFBHS children, Latasha had anger management issues and attachment problems.

During her two years on campus, Latasha underwent a major change in her behaviors, thoughts, goals, and aspirations. A number of staff members kept her on the “straight and narrow,” making sure she committed to her treatment goals of learning acceptable behaviors, and improving her interpersonal skills.

“I enjoyed the opportunities that helped me grow,” says Latasha. “I especially liked being a member of the choir and singing during church services.”

Weekly group therapy sessions focused on topics such as building healthy relationships, learning & practicing life skills, and developing anger management tactics.

“If I were able to speak to the youth at JFBHS today, I would encourage them to take advantage of the help being offered to them.”

If I could speak to those who donate to JFBHS, I would thank them from the bottom of my heart. Their donations to JFBHS helped me when I was a teenager to get my life on track. Today, as a corrections officer, I’m helping others get their lives on track. Thank you.”

-Latasha

Latasha continues to use all of these in her dual-career as a call center customer service representative as well as a corrections officer at a regional jail.

“As much as 85% of incarcerated people have been drug addicts,” says Latasha, “and this hits home for me because of my mother and her addiction. To me, my work at the jail isn’t a ‘job’... it’s a ‘calling’ to help inmates overcome their addiction and have a better life.”

Latasha is grateful to the residential staff members who guided her growth and development, and especially appreciative of former JFBHS therapist Sharon Butts. “Without Ms. Butts, I couldn’t have done it. She was amazing, and I often think of her and all that she taught me.”

Latasha has two daughters who are in college and a son who is in high school. “They are the center of my life, and I’m so proud of them.”

Campus Happenings



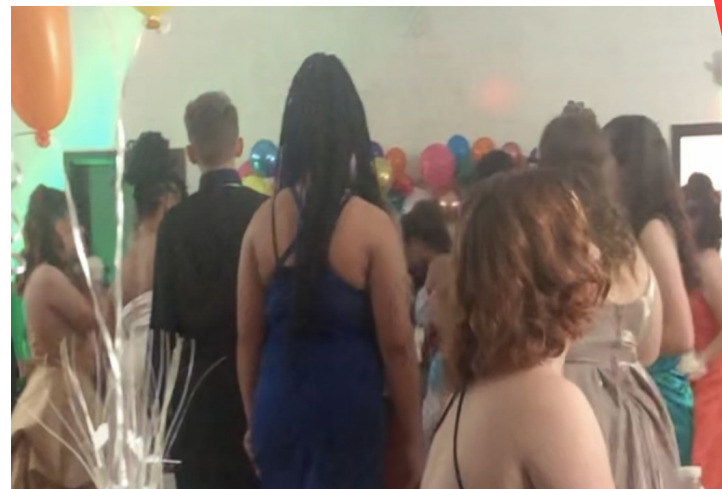
Career Fair for Residents Hosted by JFBHS' Gwaltney School



Senior Accountant, Lisa Clements at Campus Career Fair Discussing Professions in Finance



"Silly" Socks Created by Residents to give to Senior Residents



Residents at 2023 Prom Hosted by JFBHS

Planned Giving Myths

Learn the truth behind these planned giving myths to gain freedom in your estate planning journey



Myth #1:

Making a planned gift is difficult

There are many planned gift options, but the most popular and well-known is a bequest. It simply requires you to include Jackson-Feild in your will (with the proper legal language, of course) or name Jackson-Feild as a beneficiary of your life insurance policy or IRA.

Myth #2:

Only wealthy people can afford a planned gift

Are you passionate about securing Jackson-Field's future but feel you do not have the financial means to make a cash gift during your lifetime? No worries! With a planned gift, you continue to use your assets as you see fit while knowing that you've provided assistance to Jackson-Feild through your estate.

Myth #3:

Planned giving requires an attorney

This is partially true. It is wise to include your attorney in your overall estate planning, but you can easily name Jackson-Feild Homes as a beneficiary of an IRA, or life insurance policy without need of an attorney. Please keep in mind, though, that your named beneficiaries will supersede any directive in your will or living trust. You should regularly review your will and your accounts to ensure that they do not contradict each other and that they continue to meet your wishes.

Myth #4:

Only old people make planned gifts

Why do people associate planned gifts with older people? Maybe because younger people are busy raising their families and aren't thinking so much about wills, estates, and the like. As we age, our families have grown up, our assets have increased in value, and we're realizing that we're not immortal. That said, it's never too early to think about the future and begin estate planning.

Myth #5:

Planned gifts are set in stone and can't be changed.

Most planned gifts are amendable and revocable! At age 30, you might think you want your estate to benefit your alma mater, but if your alma mater shutsters its campus and becomes an abandoned shell (It happened to St. Paul's College in Lawrenceville VA), what do you do? Easy! You amend your beneficiaries. Because you already give to Jackson-Feild, you probably already know that we've been around for 168 years and have changed throughout our history to meet the current needs of children. If you've already named the beneficiaries of your life insurance or IRA, but find yourself thinking, "Gee, I wish I could include Jackson-Feild..." you probably CAN! Simply contact the custodian of your IRA or the company that provides your life insurance policy, and ask to update your beneficiaries to include JFBHS.

Myth #6:

Planned gifts are not as important as cash gifts

All gifts are important and make a difference! When you establish a planned gift to Jackson-Feild either through your will or as a beneficiary of your IRA, life insurance, or other assets, you can have peace of mind knowing that long after you're gone you will still be supporting a cause that was important to you in life.

YOU DON'T HAVE TO BE SHERLOCK HOLMES TO CRACK PLANNED GIVING MYTHS