



COVID-19 Response

Park Center's top priority is the safety and health of our members, staff and volunteers. In response to the COVID-19 crisis and following the CDC's recommendations, we have temporarily closed all Park Center site-based programming until April 10th. This time frame may be extended based on the status of the situation in mid-April. Member care is being provided via phone contact in all of our programs. Our supported residential care continues to operate as usual with 24-7 staff support in the houses. Site-based programs that are temporarily closed include our Psychiatric Rehabilitation Day Program, Emerging Adults Day Program and Intensive Outpatient Program (IOP). As mentioned previously, we are maintaining regular and ongoing communication via telephone with members in these programs. Our community-based programs (SOAR, Homeless Outreach, Independent Housing, IPS Employment) are also maintaining contact with members via telephone. We are continually evaluating this ever-changing situation and will post all updates on our website and through all of our social media platforms.

"The New Normal": How We Continue to Serve Our Members



Vanderbilt Street Psychiatry Doctor, Jon, and Park Center Homeless Outreach staff, Jessica, Shea and Molly doing a truck-bed medication pickup.

We've had to adapt how we provide services to our members as we follow the recommended guidelines to prevent the spread of COVID-19. Park Center's Homeless Outreach Team has continued the essential work of delivering medication to our members who live outdoors and are patients of the Vanderbilt Street Psychiatry program. Medications are critical for people to stay safe and healthy while navigating their mental health journeys. We've been safely delivering them to their camps while still keeping adequate space while informing them of what our city, country and world are going through. Many of our members are not aware of the severity of COVID-19 as they don't have phones or access to updates. We are encouraging them to stay in their homes and have let them know that we can bring supplies to them.

Our Day Program, Emerging Adults, and IOP Treatment teams communicate with members on a daily basis via phone calls. They discuss COVID-19 news, health practices and do general wellness check-ins. In light of the current pandemic, it's more important than ever for our members to have effective coping strategies and know how to manage stress during this confusing time.

Our Residential Services team continues to provide 24/7 on-site care in our supported houses and maintains regular phone contact with members who live independently. Our staff has been grocery shopping on behalf of our members and dropping off groceries on their doorsteps. Staff are assisting members to secure extra medication from their prescribing physicians.

Our IPS Employment team continues to assist members in job retention and placement via phone calls.

Success Story: James

James, one of our dear members, has so much to celebrate after years of challenges and pursuing sobriety. James entered foster care when he was a child and began struggling with substance abuse when he was sixteen years old. In James' words, he "began using anything he could get". James was stuck in a cycle between living on the streets and spending time in jail for drug-related and trespassing crimes, all while navigating mental illness.

James wanted to overcome his substance use and get out of the cycle he was in for decades, but despite wanting to recover it was very difficult for him to fully commit to treatment. He began our treatment program four times, but never stayed more than a week. Last fall he gave our services another try and we noticed a significant change in him. James was more open-minded than in the past about the possibility of recovery and said he really wanted to change. This time, James returned to our treatment program for the second week. The week after that, James was still here. James was making amazing progress in his recovery. He was motivated, was participating in group counseling and showed up every single day. Each week a gold star is given from one member to another when they've shown outstanding progress in their recovery. After a few weeks in the program, James earned a "gold star"! James was so proud of his gold star that he told all of his housemates about it and that he hoped to frame it one day. His housemates were so supportive that they all chipped in and gave him money to buy a frame. Today, James has that framed gold star hanging on his wall as a reminder that when times get tough, he can always "make it".



James achieved a major milestone and graduated from our Intensive Outpatient Program. Congratulations, James!

James put in the hard work to achieve sobriety and after ten weeks he graduated from our treatment program. His perspective has shifted from thinking "life is hard" and not having much hope, to one where he believes that life is better and will continue to be that way. He believes in himself and knows he is capable of achieving his goals. We are very proud of James and are excited to see what he achieves next.

Donate to Park Center

Donating to Park Center supports people experiencing mental illness, substance use disorders and homelessness. Your support helps James and many others achieve their goals.

Donate today at www.parkcenternashville.org/donate.

Gratitude After the Storm

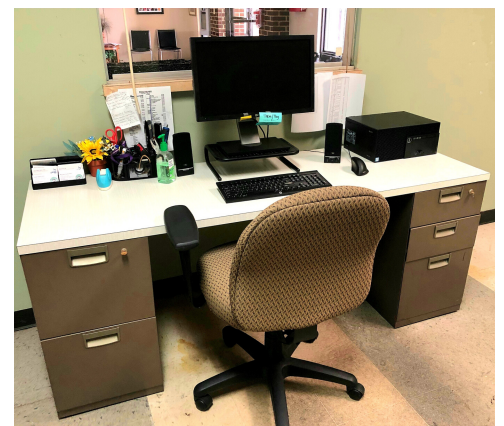
A tornado hit in Middle Tennessee on March 3, 2020 and affected thousands of people. We are thinking of those who suffered loss of their loved ones and homes. We are grateful to say that we had significantly less damage than our dear neighbors. However, Park Center East (948 Woodland St) and Park Center North First (186 North First St) sustained damage to both roofs and had several windows broken, water and gas leaks, as well as lost power for two weeks. These problems have been addressed and our buildings are now functional again, although they're currently closed as part of our COVID-19 response. Thankfully all of Park Center's Residential Services members were safe during the storm and there were no reports of injuries. Several of our houses and apartments lost power for a few days, but power was restored within the week. Many of our members experiencing homelessness suffered major losses of their tents and essential camping supplies. Thanks to our generous Nashville community, it wasn't long before our members received the supplies they needed.

Thank you to Lee Chapel AME Church in North Nashville for donating tents, sleeping bags and chairs for our members experiencing homelessness whose belongings were damaged or lost in the tornado. These items provide our members with shelter, comfort and stability and we're so glad they have a chance to rebuild. Thanks to our board members, volunteers and staff who went the extra mile by donating and delivering food and portable phone chargers to members whose homes lost power; members were thrilled to be able to charge their phones and call their friends and family.

We also want to thank Office Furniture & Related Services for donating desks and chairs to replace those destroyed by the tornado. Our office manager and SOAR team now have a functional work space. We're very grateful for everyone who lent us a helping hand during these trying times.



Lee Chapel AME Church donated essential camping supplies for our members experiencing homelessness.



A generous donation of desks and chairs from Office Furniture + Related Services gave our staff a functional work space again.

The Big Payback | May 6, 2020



The Big Payback, hosted by The Community Foundation of Middle Tennessee, is a community-wide giving day which shines a spotlight on local giving and motivates Middle Tennessee to “give back” to nonprofits in a big way. The Big Payback lasts 24 hours beginning Thursday, May 6 at 6:00 PM. We hope you join us in this special day of fundraising. Learn more at www.thebigpayback.org/parkcenternashville.

How About Dinner & A Movie Recap

Photos by Brenda Batey, Green Hills News



Park Center President & CEO Barbara Quinn & 2020 Honoree Ron Samuels



Honorary Chair Barbara Daane & Whitney Daane



Event Co-Chairs Joanna Hall & Kirsten Schriner



Park Center Employee Joanna Mazo & Volunteers Ashton C. & Joel Alvarez

Thank you to all who joined us for the 23rd annual How About Dinner & A Movie?. With your support, we raised over \$70,000 to support people with mental illness and substance use disorders carve their own path to recovery. Thank you for supporting Park Center!

Thank you to our silent auction donors!

417 Union	Little Seed Farm
Adventureworks	Loews Vanderbilt Hotel
Amerigo Restaurant	Mary Anne Capeci
Answer.	Mary Ann Denney
BrickTops	Mayor John Cooper
Ceri Hoover	McCabe Pub
Cheekwood Estate & Gardens	Midtown Cafe
City Winery	Nashville Opera
Cole's Kitchen	Nashville Predators
D.Kates Catering	Nashville Sports Council
Doug Gortner	Nashville Symphony
Dr. Carole Bucy	Ona Skincare
Electronic Express	Park Center Associate Board
Frist Art Museum	Parlour 3
Green Hills Hampton Inn & Suites	Parnassus Books
Hermitage Hotel	Patsy Cline Museum
Hippy Gypsy	Pure Sweat + Float Studio
Holiday World & Splashin' Safari	Ryman Auditorium
Jane Hughes Coble	Silo Restaurant
Jimmy Kimmel Live!	Sola Salon Studios
John Gregory	Stomping Ground Herbals
Johnny Cash Museum	Studio Tenn
Johnny Haffner Catering	Weaver Cameron Barksdale Photography
Josephine	Woo Skincare + Cosmetics
Kendra Scott-Green Hills Center	Yellow Porch
Kim Barrick	

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