

**35**  
**YEARS**  
**1984-2019**

**Park**  
**Center**  
Recovery From Mental Illness

NEWSLETTER  
WINTER 2019-2020

[www.parkcenternashville.org](http://www.parkcenternashville.org) | 615.242.3576





# A Year of Change

This year we are celebrating 35 years of serving people in Nashville. Improving the lives of people with mental illness and substance use disorders is our main priority. We support our members everyday, and we will continue to focus on empowering our members to achieve their goals for years to come. It's incredible how a person's life can change when they move into housing, complete treatment, get a job, and learn skills to manage their mental illness. Meet Tracy, a Park Center member who has reached amazing milestones this year and wants to share her story with you.

## Tracy



With a troubling home life, Tracy experienced depression from a young age. As teenager living with mental illness, she was told her feelings were just a normal part of growing up. She always knew that she wanted to be a mother and losing her children completely changed her life. She found that using drugs helped ease the pain. After surviving years of addiction and homelessness, Tracy was referred to Park Center's housing program. Within the first few months of working with us, Tracy got a job, made progress toward securing permanent housing, and began treatment. Tracy was doing well when she experienced a major setback on the anniversary of her son taking his own life, and despite our efforts to support and encourage her, she returned to substance use.

Tracy recommitted herself to achieving her goals of housing and sobriety. She knew she was able to count on the support and trust she had built with the Park Center team, and after six months of sobriety, Tracy referred herself back to our housing program.

Today, Tracy is a full-time student at Nashville State Community College. She attends three narcotics anonymous meetings a week, recently bought her own car, and moved into her own apartment through our Independent Residential program. Tracy continues to maintain her sobriety and she has recently begun working part-time. Tracy feels empowered and wants to tell her story so that people can understand that addiction is "not a choice".

### Donate to Park Center

Your support helps Tracy and many others achieve their goals. Your donation will directly support people experiencing mental illness, substance use disorders, and homelessness.

Donate today at [www.parkcenternashville.org/donate](http://www.parkcenternashville.org/donate).

# 35 Years & Growing

As we celebrate our 35th anniversary, we are also entering a time of transition for our agency. In order to better serve Park Center members, we have purchased a new facility at 186 North 1st Street. Our goal is to create a new facility for our members, staff and the community that will carry Park Center into the next 35 years. The new building will alleviate overcrowding at our current locations; streamline our service delivery; and improve communication among staff and programs. In August 2019, we began moving some of our teams into the new building. Our plan is to have all programs located at the new building by Summer 2021. However, in the meantime, some programs will be located at 186 North 1st Street, 948 Woodland Street and 4501 Gallatin Road.

*We assure you that our service delivery will remain timely and consistent and with the same quality that you expect from Park Center staff.*

**Our main phone number, 615.242.3576, and email addresses will remain the same. Below is further information on each program and their location during this transition:**

## 186 North 1st Street

- Administration (including CEO, Finance, Human Resources, IT & Development)
- Co-Occurring Services (Intensive Outpatient & Outpatient Treatment)
- IPS Supported Employment
- Residential Services

## 948 Woodland Street

- Homeless Outreach Services
- Operations
- Psychiatric Rehabilitation day program

## 4501 Gallatin Road

- Emerge (programs and daily activities for young adults, ages 18-24)
- Emerging Adults housing program

We are excited to announce these upcoming changes and for the future of Park Center! As always, our members are our primary concern and we are working diligently to ensure a smooth transition for them. Please contact Barbara Quinn, President/CEO of Park Center, at 615.242.3831 or [barbara.quinn@parkcenternashville.org](mailto:barbara.quinn@parkcenternashville.org) if you have any questions or would like a tour of our new building.

Park Center's new  
building is at  
186 North 1st Street.



# 3 Ways to Give Back

## 1. Donate

Donating to Park Center will make a positive impact in our community. All donations help us continue to provide treatment, housing, day programs, and employment services to our members. Every donation makes a difference in the lives of people experiencing mental illness, substance use disorders, and homelessness. There are several ways to make a donation:

- Donate at [www.parkcenternashville.org/donate](http://www.parkcenternashville.org/donate). Monthly giving is a great way to make an impact.
- Donate by mail: make your check payable to Park Center and mail to 186 North 1st Street, Nashville, TN 37213, Attn: Development Office.
- Donate by phone: call 615.242.3576, ext. 110.

## 2. Give an item from our wish list

You can help provide cold weather items (gloves, knit hats, hand warmers, small propane tanks, sleeping bags) to support our members, who may be experiencing homelessness. To view our full wish list, visit <https://parkcenternashville.org/wish-list/>.

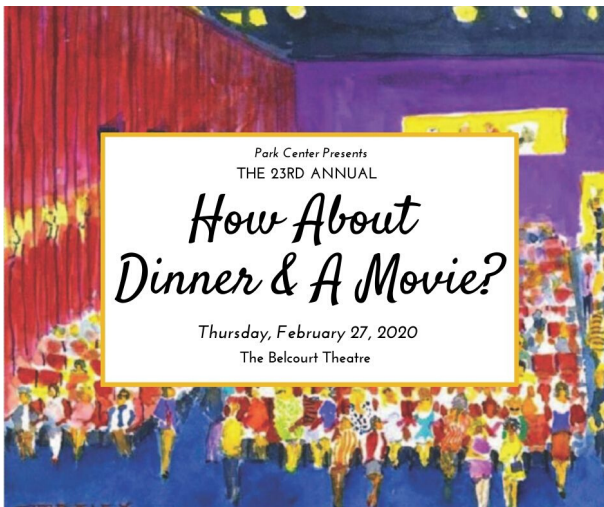
## 3. Volunteer

We offer individual and group volunteer opportunities, including:

- Tutoring in math and reading
- Lunch Buddies - eating lunch with a member on a weekly basis
- Offering your expertise in yoga, music, art, knitting, etc.
- Groups of up to 15 people can assist with tasks such as painting, landscaping, organizing the warehouse, etc. Group activities should be scheduled as least one (1) month in advance by contacting the Development & Volunteer Specialist at [dev@parkcenternashville.org](mailto:dev@parkcenternashville.org) or 615.242.3576, ext. 112.

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## Save the Date | February 27, 2020



How About Dinner And A Movie? is the signature fundraising event for Park Center and was created by Barbara Daane, a Lifetime Board Member and champion for Park Center. The evening features a fabulous silent auction, dinner by Dani Kates and a movie at the historic Belcourt Theatre. The Co-Chairs for the event are Joanna Hall and Kirsten Schriener. Each year, a special Nashvillian is honored at the event, and we are pleased to announce the 2020 honoree, Ron Samuels.

To donate an auction item or become a sponsor, please contact Amy Shurden at [amy.shurden@parkcenternashville.org](mailto:amy.shurden@parkcenternashville.org). For more information, visit [www.parkcenternashville.org](http://www.parkcenternashville.org).