

# Drawbridge to Hope



## THE CASTLE'S DREAM

**A Place of Hope, Empowerment  
and Recovery for Mental Wellness.**

**A gathering place of peer support for people  
who live with mental illness.**

**PEOPLE HELPING PEOPLE • CONTINUUM OF CARE • WELLNESS AND RECOVERY**



# DRAWBRIDGE TO HOPE:

## THE VISION FOR OUR CAPITAL CAMPAIGN TO REFORTIFY THE CASTLE.

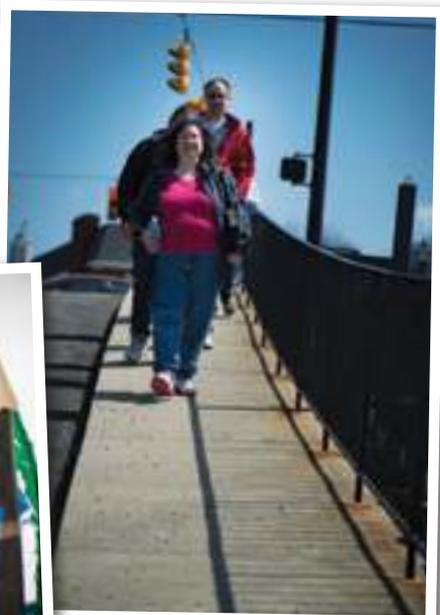
One in four individuals in our community will have a mental illness in their lifetime. Mental Illness knows no boundaries. It can happen to anybody. You can be janitor, a politician, a student, anyone. It could be your mom, your sister, your neighbor, or your friend.

Mental health is one of **the largest public health and economic concerns facing this country and our community today.**

The time for sweeping mental illness under the rug has ended. The time to rethink how we approach mental illness in our community is NOW.

The Castle is on the forefront of new mental health initiatives by providing more than social support. The Castle is certified by the Ohio Department of Mental Health and Addiction Services as a center for peer support. Drawing on the experience of those who have learned to live well with their illnesses, The Castle provides social activities, peer support and recovery. This new model empowers individuals to live healthy, happy and productive lives.

But, alas The Castle's facilities are still in the dark ages. We need your support to expand our Drawbridge of Hope. **Walk across with us.**



# HELP THE CASTLE OPEN MORE DOORS...

AND UNMASK THE STIGMA OF MENTAL  
HEALTH FOR A HEALTHIER MIAMI VALLEY  
REGION

## THE CASTLE STORY

Twenty years ago, several courageous adults created a space for adult peers to help each other as a community. Encouraged and given the tools to heal, many members recovered from a variety of mental health challenges, and went on to contribute to their communities in meaningful ways.

Today, The Castle is a place that employs peers to lead and support each other within and outside the castle walls. Just as castles of old were built to shelter and fortify the community, our castle, and its friends – through its programs, services, and transportation – offer protection and fortification to adult men and women who're experiencing chronic mental illnesses.

The Castle helps break down the walls of isolation, stigma, and fear through programs that engage, empower, and employ peers beyond The Castle and out in the Miami Valley Region community. It's a gathering place of trust and friendship, one that supports people with mental illnesses and disorders to achieve their highest level of competence and independence.

*The Castle's greatest gift is welcoming everyone as they are.  
It is a mentally ill person's fortress of understanding and belonging.  
Being accepted and able to participate in being a viable part of  
community is invaluable in the healing process.”*

*- Debbie (DL) -*



WISCONSIN & KNOWLEDGE





*“I am grateful for The Castle.  
It brought me out of isolation.  
It is a great place to meet friends,  
work on social skills, and eat great food.  
There should be more places like The Castle.”*

*~ Rick Kidder ~*

# FROM THE WATCHTOWER, THE CASTLE ANNOUNCES ITS NEW VISION...

## REFORTIFYING THE CASTLE

### **We are decrying it from the battlements of our castle walls:**

The Castle has outgrown its current structure. We need a building worthy of the Miami Valley Region community. Members' needs have grown to the point where The Castle needs to acquire a new building or the funds to renovate, and additional staff and equipment in order to expand its programming.

In order to fund our new vision and strategic plan, we are catapulting a three-year capital campaign to generate \$1.5 million in support of our recovery program. Funds from The Castle campaign will ensure our program's sustainability in the years ahead; provide for capital improvement to our existing facility and/or the purchase of existing property; help us educate the community about The Castle's services and their relevancy; and enable us to serve many more people within newly built and/or renovated castle walls.

**The Castle must expand if it is to continue fostering good mental health for Miami Valley Region citizens in need.**

### **The new Castle wish list, funding to...**

- ✓ Acquire adjacent land, build, and/or renovate a new Castle gathering place
- ✓ Increase staffing and educational opportunities for both members and community
- ✓ Expand our support services and hours of operation
- ✓ Provide transportation

# THE CASTLE...

## BUILDING A DRAWBRIDGE TO THE FUTURE

Isolation, stigma, and fear often prevent those in need from getting proper care and healing. In order to slay these mental health dragons, The Castle wants to reach as many people in the community as possible, and share our vision for fostering good mental health far into the future.

Our newly fortified Castle will be a gathering place of trust and friendship, one that empowers individuals with mental illness and/or disorders to achieve their highest level of competence and independence. We will build a safe, open place of hope and healing, one teeming with people who can provide a continuum of self-directed recovery stemming from the core values of freedom and responsibility, as well as engagement with the community at large.



*I have been going to The Castle for four years now. I love The Castle so much. If there wasn't The Castle I think I wouldn't be as stable as I am. I have been through so much. The Castle has taught me so much. It made me grow up. I have friends that are going through the same issues which makes things easier. The Castle is the best thing that ever happened to me.”*

*~ An Anonymous Member ~*



# DEFENDERS OF

The Castle already has many supporters, ardent defenders of our community campaign for good mental health. We currently receive financial backing through the following trusts and individuals:

## Grants

**Honors Project Trust** – \$50K

**CareSource** – \$8K

**Physician Charitable Trust** – \$31K over the last 3 years

**Wallace Foundation** – \$20K

**Centerville-Washington Foundation** – \$1,500 over the last 2 years

**Walmart Foundation**

**LexisNexis employee grants**

## Individuals

**The Castle's Board of Directors is 100% financially invested.**

**Special Friend** – approaching \$750K over 15 years

***Our expected annual budget at the end of this campaign will be approximately \$400K.***

# THE CASTLE

We will sustain our annual budget with assistance from the following organizations, programs, and grants:

- ✓ ADAMHS Board (Alcohol, Drug Addiction and Mental Health Services) Board of Montgomery County – expected growth
- ✓ Annual Giving Program
- ✓ Funding streams from Medicaid reimbursable cost for Peer Support
- ✓ Limited billing for use of facilities by agencies

Additionally, The Castle receives an abundance of public service, financial, and professional support from numerous affiliations, including the following:

- ✓ Community organizations
- ✓ Community of professional partners
- ✓ Faith-based organizations



# BECOME A COMMUNITY ADVOCATE FOR MENTAL HEALTH

It's vital to care about mental illness. Why? Because when someone you know is suffering from a mental illness, the whole community suffers. That's why everyone's mental health matters.

## Staggering Stats from The National Alliance on Mental Illness

- Approximately 61.5 million individuals – 1 in 4 Americans – live with a serious mental illness such as schizophrenia, major depression, or bipolar disorder.
- Approximately 26 percent of homeless adults staying in shelters live with serious mental illness; an estimated 46 percent live with severe mental illness and/or substance use disorders.
- Approximately 60 percent of adults with a mental illness received no mental health services in 2012.
- Serious mental illness costs the United States \$193.2 billion in lost earnings each year.
- Adults living with serious mental illness die on average 25 years earlier than other Americans, largely due to treatable medical conditions.
- More than 90 percent of those who die by suicide had one or more mental disorders.
- Veterans represent 20 percent of suicides nationally. Each day, about 22 veterans die from suicide.



## **FIRE UP YOUR GIVING SPIRIT FOR GOOD MENTAL HEALTH**

How can you help? Support The Castle. Your donation will help alleviate the isolation felt by mental health sufferers. Expanding The Castle into an updated gathering place will help end the stigma and fear around mental illness, and provide hope, friendship, and support to people who struggle each day to cope with mental illness.

Currently, The Castle is the only organization in the Miami Valley Region to offer services dedicated solely to peer support for those with the most disabling disorders. Your contributions will help those who are actively working on recovery and preparing to move into competitive employment.

Your donation will help us bridge the gap between mental illness and mental stability and health for all. Good mental health means a happier, healthier Miami Valley Region today, and far into the future.

# KINGS, QUEENS, AND KNIGHTS UNITE THE COMMUNITY FOR MENTAL HEALTH

**Mental illness will touch every person, family, and friend in some way, at some point in time.**

The Castle fosters the building of healthy relationships; it is a platform for community volunteerism, much of it coming from various faith-based organizations in the Miami Valley Region. The Castle provides opportunities for members to make a contribution by becoming participating members of their own community.

Now more than ever before, we face an onslaught of stress in our daily lives. We work longer hours, multiple jobs, and spend less time relaxing and sleeping than we need. Some of us are disconnected from family, friends, and community. We live with addiction, disease, elder care, and job losses.

With fewer and fewer outlets for stress, our mental health is more and more at risk.

To continue to offer hope, and to empower those with mental illness to thrive, we are calling on support from every corner of the kingdom. We must all do whatever we can to become mental health advocates.

The Castle already has a proven track record, and a great deal of community support from individuals, private companies, and government organizations. Both formal and informal affiliations are in place with all of the key mental health providers in our region, and the list continues to grow as we build working relationships with each.

*I have been coming to the Castle for almost five years now and enjoy every day. Before I came to the Castle, I thought I was "alone". But once I walked through those doors, I felt welcomed, my illness disappeared and the real me appeared. I love the Castle and everyone there - they are my friends."*

*- An Anonymous Member -*



As our program has evolved, The Castle has attracted a great deal of positive attention from the community. Our Board of Directors includes prominent individuals from the community, women and men who possess the spheres of influence required to affect great change:

**Rev Dona Johnson, Board Chair**

Christ the King Lutheran Church  
Chair of Mental Wellness and Recovery  
Task Force, Southern Ohio Synod

**William Whalen, CLU, CHFC, Board VP**

Financial Advisor For Northwestern Mutual

**Joyce Lagedrost, Board Treasurer**

Family Member  
Financial Management

**Michelle Maloy-Kidder**

Director, National Alliance For the Mentally Ill  
– Montgomery County

**Jason Brown, MBA**

Physician Services Partner - Kettering health  
Network

**Shawn Inzitari, CFA**

Certified Financial Analyst  
– PNC Wealth Management

**Jane Heavin, CEO**

Planning Alternatives, LLC  
(Property Management)

**Mark Kingseed, JD**

Mayor City of Centerville  
Coolige Law, Attorney

**James Montgomery, PE**

Civil Engineer

**Tony Staub**

Founder (Emeritus)

**Dick Neff**

Founder (Emeritus)

## The time for change is NOW.

Walk with us across the drawbridge to hope and empowerment for the one in four individuals suffering with some type of mental illness.

**Call Greg Darling, executive director, at (937) 433-3931 to learn more.**



# **THE CASTLE'S** *DREAM*

## **THE CASTLE**

**133 N. Main Street  
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**(937) 433-3931**

[friendsatthecastle.com](http://friendsatthecastle.com)