

## MISSION, VISION, AND VALUES

### MISSION

To ensure that individuals and families receive the help they need to have more meaningful, productive lives. The primary focus is helping individuals and families build their lives based on a knowledge of their own worthiness, strength and dignity.

### VISION

We will:

- Be part of the effort to create excellence through the most productive interface between the public and private service offerings.
- Become increasingly adept at teamwork to identify goals, solve problems and achieve excellence.
- Continuously upgrade services that recognize no upper limit in programming quality.
- Remain committed to community-based programming as the key to successful service delivery based on the mutually supportive relationship between the community and the program.

### VALUES

We believe:

- In helping individuals and families acquire skills and other supports needed for successful community living.
- In treating individuals and families in a manner that confirms their dignity and self-respect.
- That collaboration and compassionate dialogue are the best ways to support individuals and families in their efforts to achieve their goals.
- That all people should be provided with a continuum of care based on individual needs. The quality of the environment is maintained and improved through a continuous sensitivity to local concerns regarding physical, social and moral issues

The White Foundation has the experienced staff to deliver Post-Traumatic Stress Disorder Services.

Group topics:

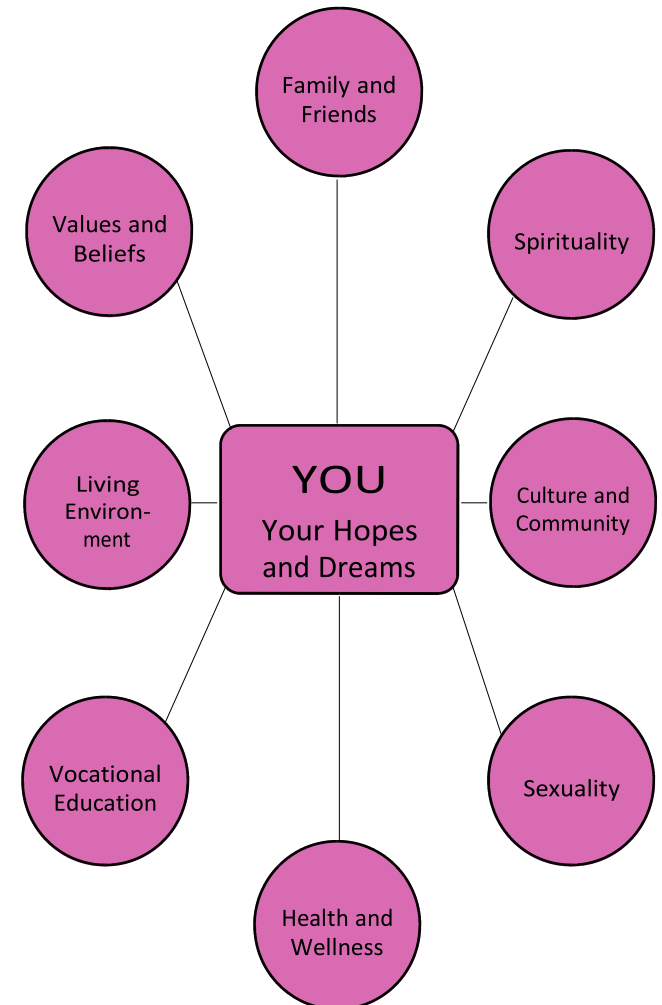
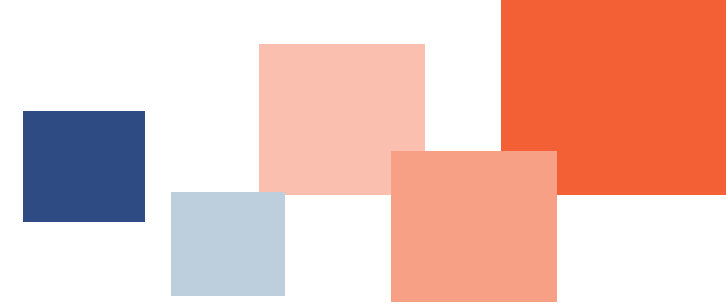
- Managing symptoms of Depression, Anxiety Disorder, Schizophrenia, Panic/Phobias
- Stress management
- Coping skills for managing traumatic memories (recurrent, involuntary, and intrusive distressing memories)
- Identifying what a trauma is (directly experiencing trauma, witnessing traumatic events, re-experiencing),
- Identifying triggers of past traumatic events (flashbacks, memories).

Individual Topics:

- Licensed Mental Health Counselor provides individualized counseling as needed.

**The White Foundation is dedicated to ethical and professional care.**

Every member of the White Foundation staff is personally dedicated to helping the children, families and individuals of our state. They demonstrate that commitment through their daily efforts, through their service on community councils, planning teams, advisory boards and participation in local, state and national initiatives to support the needs of individuals and families.



## Recovery is Different from Stabilization

Recovery Model	Stabilization or Medical Model
Respectful language that supports recovery	Illness language that supports disability or stigma
Veterans are employed at all levels of the organization	Veterans are employed in token or entry level positions
Mutual relationships between supporters & Veterans	Hierarchical relationships between providers & Veterans
Veterans are participants in the development, implementation, delivery, & evaluation of services	Veterans may not be involved in the development, implementation, delivery or evaluation of services
Ethnic & cultural background of the Veteran is central	Cultural plan meets minimum requirements
Hopeful, with high expectations	Low expectations
Recovery is the goal	Stabilization is the goal
Clear exit, with graduates returning & sharing experiences	No clearly defined graduation criteria
Information & psychoeducation provided	Little independent access to information & education
Choice & self-determination are encouraged & supported	Compliance & adherence are valued
Veterans take risks & view failures as learning experiences	Veterans are protected from trial-and-error learning
Program options offer individualized recovery plans	One-size-fits-all treatment plans
Veterans live in housing of their choice in the community	Veterans live in "treatment centers"
Peer support, psychosocial rehabilitation & treatment are equally valued	Medication is the primary tool, with little attention given to broader life context

## The Henry and Rilla White Youth Foundation, Inc.

Recovery is Different from Stabilization  
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## Lake City Adult Psychosocial Rehabilitation and Recovery Program

The Henry & Rilla White  
Youth Foundation, Inc.

**Insurance Accepted:**  
Prestige, Sunshine, OPTUM, United Health Care, Medicaid



