



FIRE RESCUE
 PALM TRAN
 LIBRARIES
 COOPERATIVE EXTENSION
 VICTIM SERVICES
 YOUTH SERVICES
 PLANNING ZONING AND BUILDING
 PARKS AND RECREATION
 COMMUNITY SERVICES
 CRIMINAL JUSTICE COMMISSION
 MEDICAL EXAMINER
 RISK MANAGEMENT
 STRATEGIC PLANNING & PERFORMANCE MANAGEMENT
 OFFICE OF COMMUNITY REVITALIZATION

SOUTH COUNTY MENTAL HEALTH, INC.
 BE WELL RCO/RCC
 HOSPITALS COMMUNITY AGENCIES
 HEALTHCARE DISTRICT 211
 SUBSTANCE USE PROVIDERS
 DCF
 PBSO

PALM BEACH COUNTY SCHOOL DISTRICT
 NAMI VOLEN CENTER RED CROSS
 SOUTHEAST FLORIDA BEHAVIORAL HEALTH
 MENTAL HEALTH PROFESSIONALS

Strategic Planning & Performance Management
SUBSTANCE USE AND BEHAVIOR DISORDERS
CROSS-DEPARTMENTAL TEAM

Access to Hope and Healing For Our Residents





DO YOU KNOW...

Your Substance Use & Behavior Disorders Cross Departmental Team?

Partners in Empowering Palm Beach County



John Hulick
Community Services



Dr. Lynn Hargrove
Youth Services



Paul Petrino
Medical Examiner



Lauren Young-Work,
LCSW Fire Rescue



Lynlee Lebensart
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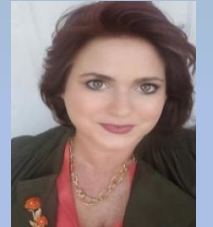
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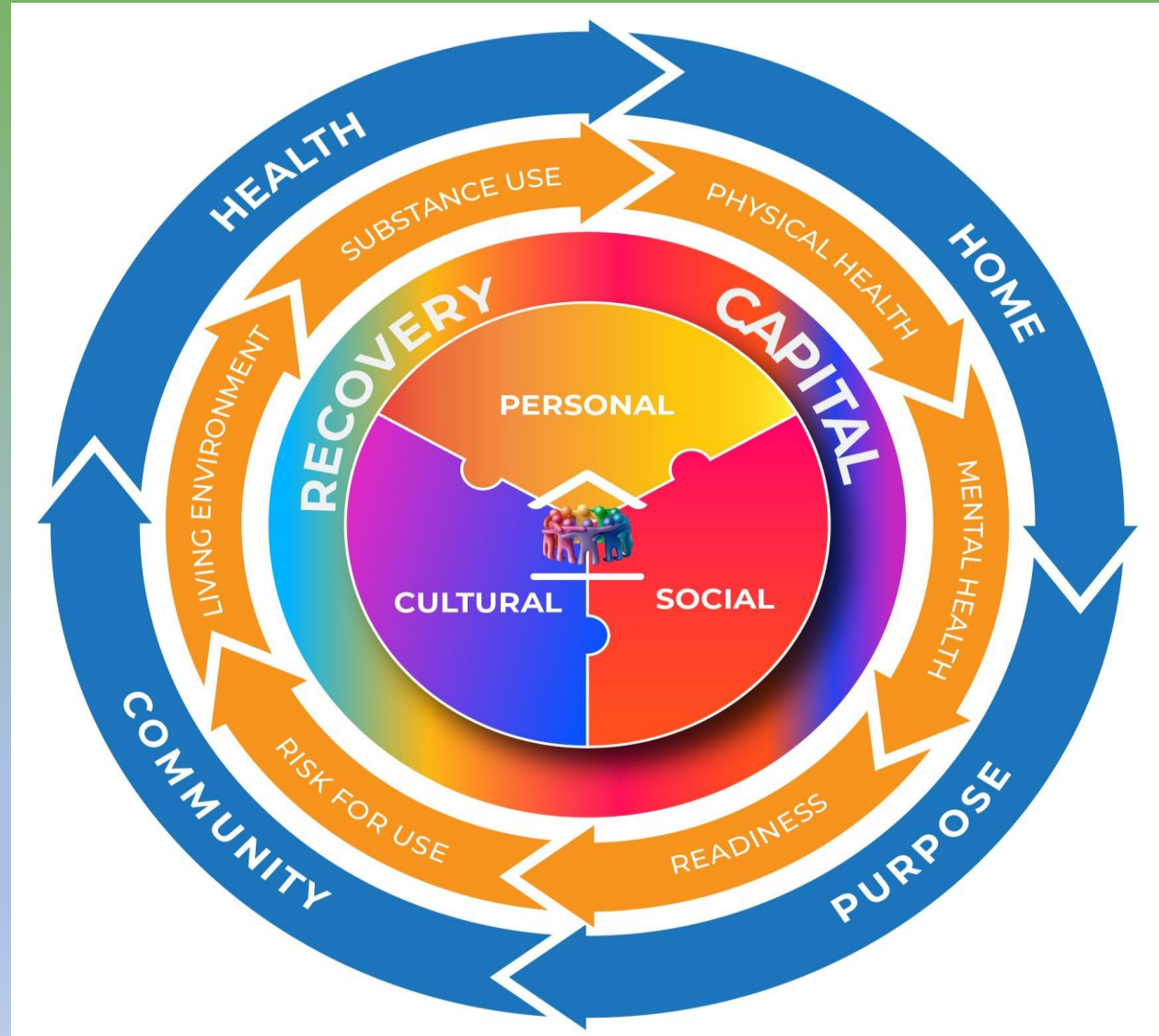
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Our County Focuses On The Whole Person Through A Ecosystem Of Care?

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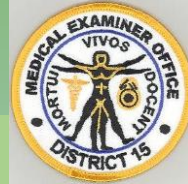


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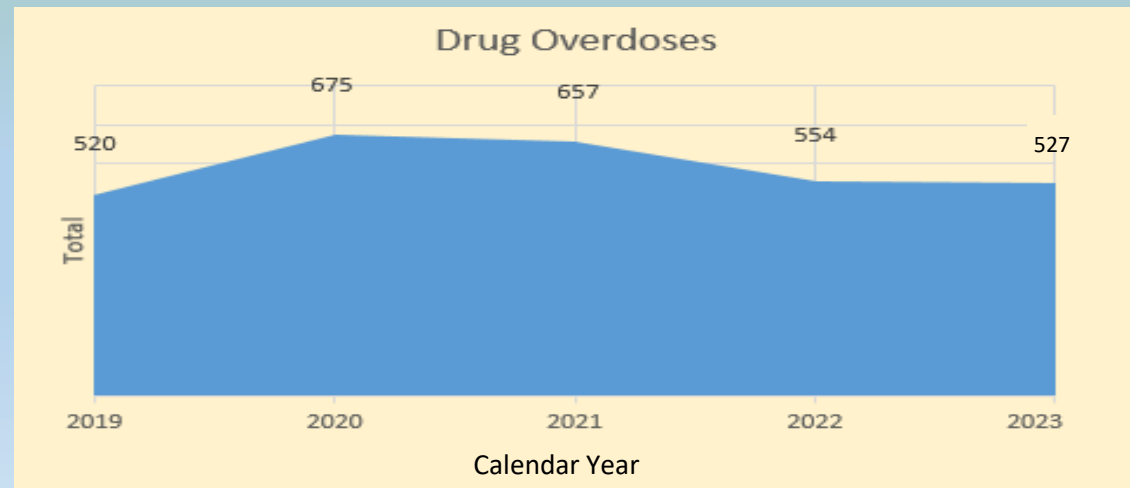
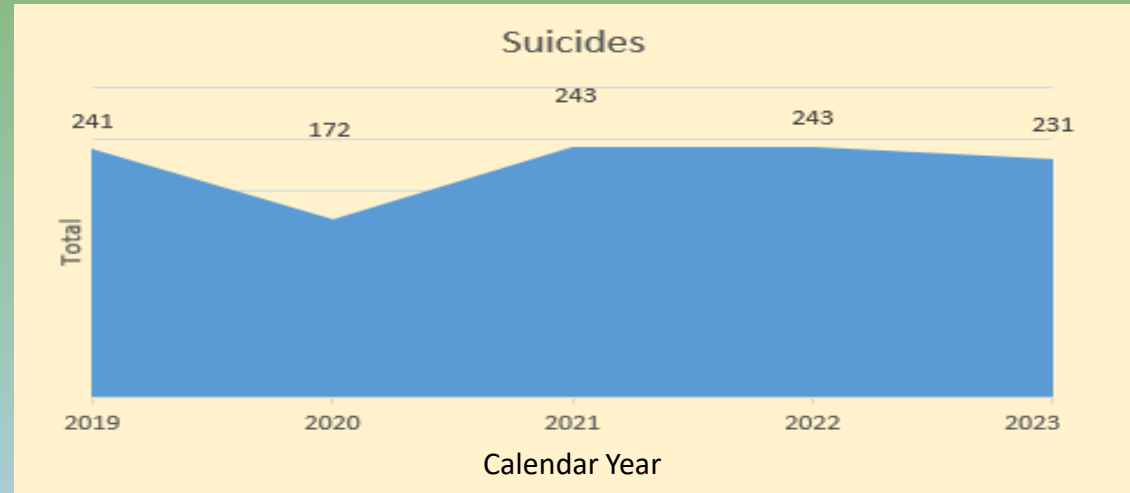
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Although each of these deaths represent a tragedy, we can utilize the data associated with each instance as an opportunity to benefit our partnerships in helping the community. Below are several examples of how this data is used:

Medical Examiner's Office



- Provides answers and closure to families.
- Provides direct access of our overdose data to the OD2A Team with FL Health.
- Identifies novel and emerging drugs or trends for early prevention and treatment.
- Conducts training of EMS/Fire personnel, medical professionals, and medical students.
- Utilizes data in producing heat maps in order to prioritize resources.
- Supports family requests for donations to the Brain Endowment Bank for addiction research.
- Participates in data sharing and feedback to trauma hospitals to increase survival rates.





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PBCFR Provides Compassionate Care and is a Bridge to Services for Those Living with and at Risk of Substance, Alcohol, And Mental Health Disorders?

- ✓ 911 follow-up through the **Mobile Integrated Health Team (MIH)** social workers and community paramedics including home visits and telehealth after an overdose
- ✓ **MIH Team has served over 6300 patients over the past 12 months, and has won awards and gained regional, state, and national recognition**
- ✓ Response to 911 calls involving substance, alcohol, or mental health related emergencies
- ✓ Alternative destination partnership with South County Mental Health, Inc.
- ✓ Protocol to transport to JFK North Addiction Stabilization Unit in certain station zones when medically appropriate and the patient is in agreement
- ✓ Formalized partnerships with entities such as the Palm Beach County Health Care District, Hospital Partners, Rebel Recovery, FLASH Program, South County Mental Health Inc., and The Health Council of Southeast Florida

PBCFR is the only EMS agency in Florida with a clinical social work team!



PBCFR's MIH Team educates every patient we serve about 211, a critical access point for emotional support, crisis intervention, and resources.



DID YOU KNOW...

Palm Beach County has Programs for Victims and First-Time Offenders?

Victim Services assists victims of sexual assault, domestic violence, homicide and other violent crimes through crisis response, advocacy, therapy and community awareness.

- 24 hour crisis response to hospitals, medical facilities, law enforcement agencies and crime scenes
- Sexual Assault Nurse Examiner (SANE) and Forensic Exam site ~The Butterfly House
- Sexual Assault Response Team (SART) ~ to provide Victim-centered assistance
- Criminal Justice advocacy and court accompaniment
- Information and referrals to community resources, including shelters and Legal Aid
- Medical follow-up coordination, therapy and referrals



Victim Services Support Group Offerings!

Wednesdays

Grupo de Empoderamiento Para Mujeres
 Todos los Miércoles de 5:30-7:00pm
 Este grupo de apoyo está disponible para mujeres víctimas de violencia, que buscan un lugar seguro para compartir su historia y aprender formas positivas de superar el impacto de la pérdida y el abuso.
 Donde?
 4210 N Australian Ave.
 West Palm Beach, FL 33409
 Para más detalles:
 Jannifer Diaz, LMHC
 (561) 255-3603
 jdiaz@pbccgov.org

Strive to Thrive
 Sexual Assault Support Group
 Weekly EVERY Wednesday
 5:30pm to 7:00pm
 Group Meets via Zoom
 For more information please contact:
 Charisee Rodriguez, LMHC
 (561) 274-1500
 Charisee@pbccgov.org

Monthly

Strength and Spirit
 A Homicide Support Group
 Free Service
 First Thursday of every month.
 3:00pm-4:30pm
 Zoom Meeting
 For more information please contact:
 Kelly Dambra LMHC at (561) 274-1500
 kdambra@pbccgov.org

Love Shouldn't Hurt
 A Domestic Violence Support Group for Women
 Group Meets Virtually Every Wednesday from 3:30pm-5:00pm.
 For more information please contact:
 Kelly Dambra, LMHC at (561) 274-1500
 kdambra@pbccgov.org

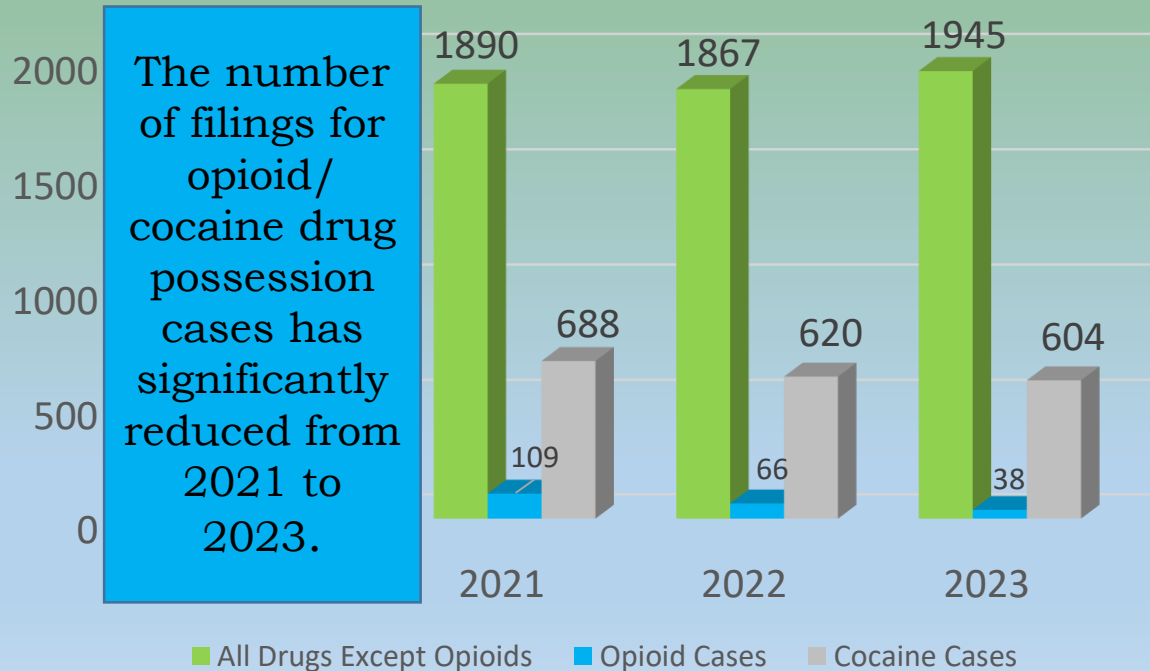
- The **First Time Offender Program (FTOP)** is a Collaboration Between Palm Beach County Victim Services and The State Attorney’s Office – to address the issue of domestic violence, educate the involved parties, and **reduce the likelihood of recurring violence** at a very early stage.
- Victims who complete the course, typically **report feeling empowered** and identified that they would be more likely to seek prosecution should another violent incident occur. These victims are also more likely to seek out individual and group therapy services.



DID YOU KNOW...

The Criminal Justice Commission Promotes Best Practices, Innovative Strategies, and Programming to Reduce Crime Related to Substance Use and Behavior Disorders?

Case Filings for Drug Possession
by Drug Type for Calendar Years 2021 - 2023



The number of filings for opioid/cocaine drug possession cases has significantly reduced from 2021 to 2023.

Source: Caseview (ODBC) - DOQ 09-JAN-2024

Supporting Clients Through Innovation

- Court Reminders via Text
- Public Defender Awareness Handouts for PBCFR
- Mobile Probation Unit
- Aware & Care Partnership with PBC Schools
- CJC-FSU & FAU Research Partnership

Next Steps Pilot Program

There are currently **31 participants** in the Next Steps program receiving wrap-around services, such as intensive case management, financial literacy education, and supportive housing. The pilot launched in October 2022.

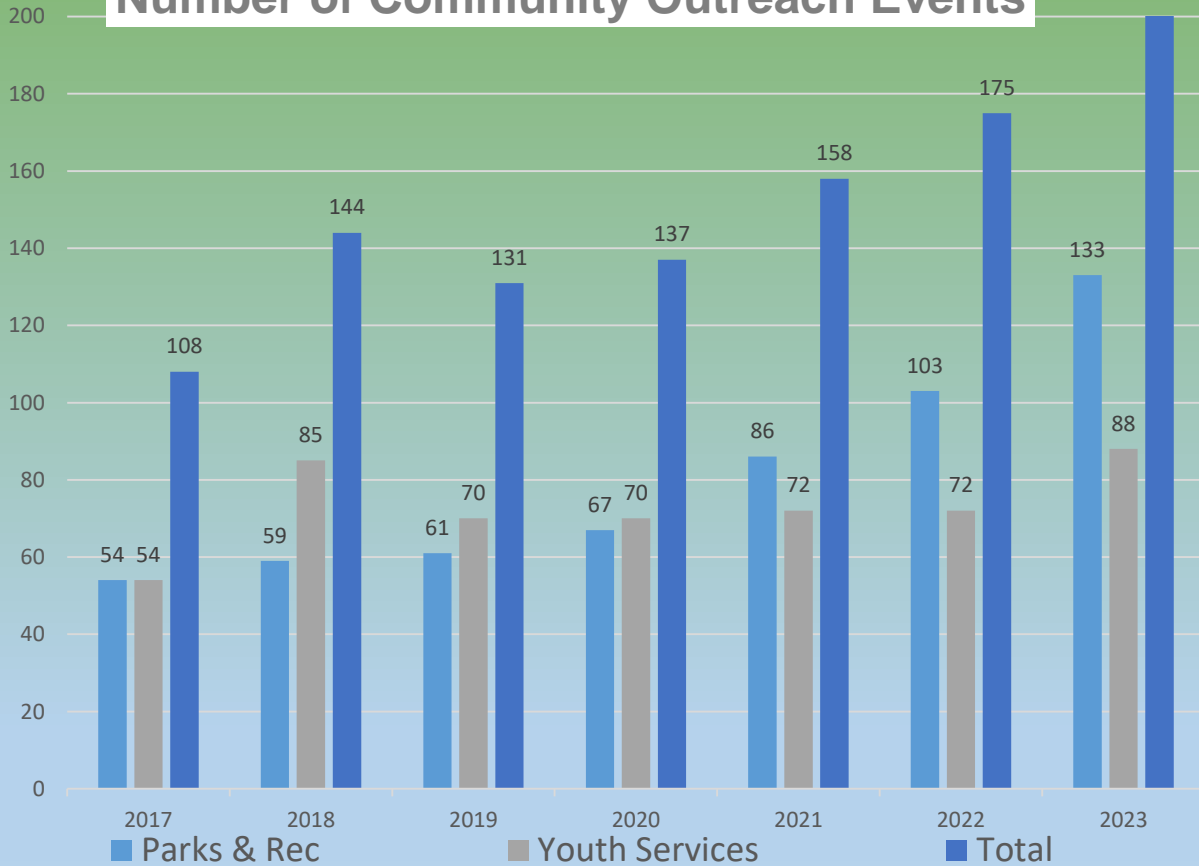
Intensive case management	Life skills development
Supportive housing/living services	Vocational services
Mental health treatment	Peer support services
Medical services	SSI/SSDI outreach, access, and recovery (SOAR services)
Substance abuse treatment	Financial literacy
Psychiatric services	Transportation assistance



DID YOU KNOW...

PBC Offers FREE Evidence-Based Mental Health Services?

ACCESS to SERVICES Number of Community Outreach Events



Data Sources: Youth Services Department and Parks and Recreation

221

Social Media, Internet Access & Outreach has grown!

- *YSD created a new Internet Referral Process to increase access*
- *Facebook post with highest reach = Free therapy services*
- *Instagram post with highest reach = Suicide Prevention Month*
- *X (Twitter) post with most retweets = Declaration of May as Mental Health Awareness & Trauma Informed Care Month*

We Can Help!

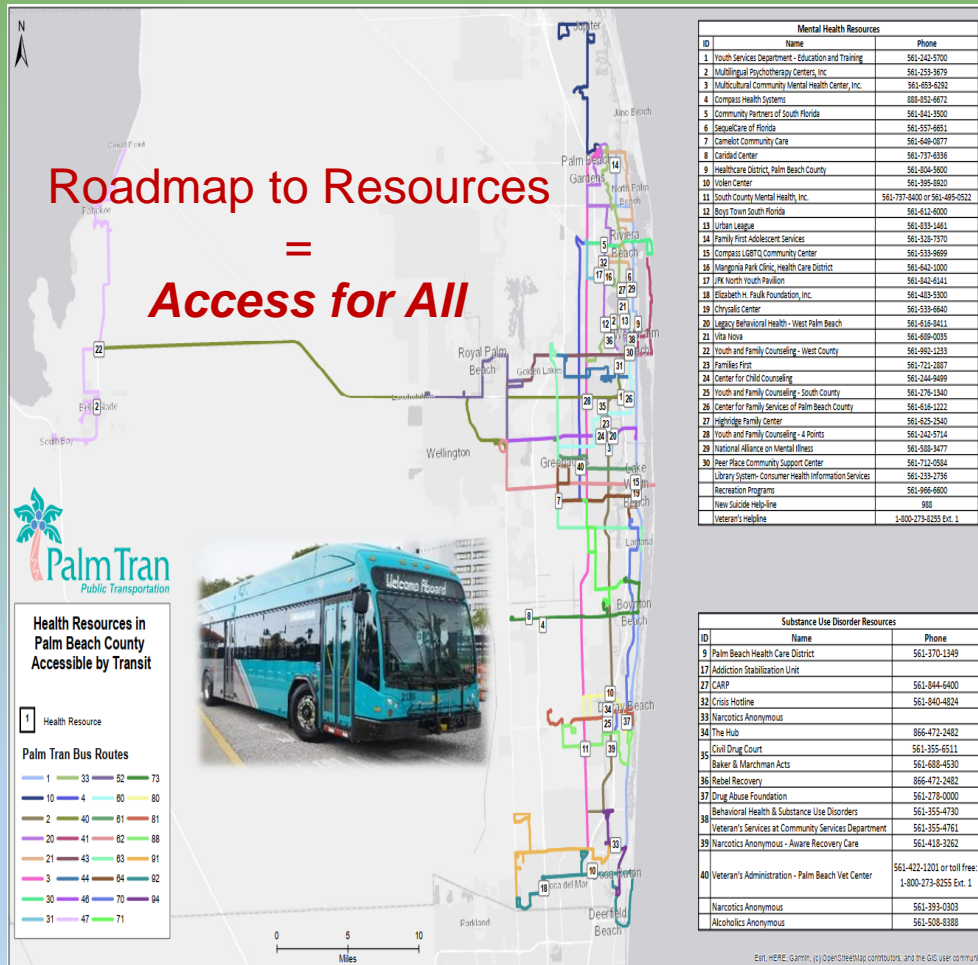
- Residential Program
- Office-Based Counseling
- School-Based Counseling
- Court-Involved Programs
- Parenting Skills
- Psychological Evaluations
- And MUCH more...





DID YOU KNOW...

With this Team's Input, Palm Tran Created a Roadmap to Mental Health and Substance Use Resources Throughout Palm Beach County?



- **Map Location 1:** FREE Parent Child Interaction Therapy, Systematic Training for Effective Parenting
- **Map Location 27:** FREE Adolescent Residential Program, Trauma Informed Parenting
- **Map Locations 1, 22, 25, 28:** FREE Outpatient Therapy
- **Map Location 36:** Rebel Recovery
- **Map Location 17:** JFK North/Addiction Stabilization Unit
- **Map Location 11:** South County Mental Health Center

Rides Guidebooks

More than 60,000+ distributed in PBC annually. Includes map highlighting resource locations for mental health and substance use disorders.



DID YOU KNOW...

PBC Departments Offer Access and Support and are Part of the Recovery Ecosystem?

Parks & Recreation

By sharing information through their outreach events about other departments such as Community Services, Palm Tran, Victim Services, and Fire Rescue, to name a few, Parks and Recreation serves as a connection point to services that promote health and well-being. Parks and Recreation attended **133 outreach events** in fiscal year 2023.



Cooperative Extension

Homebuyer Education

October 1, 2022-September 30, 2023 **1,011** Palm Beach County **residents**

Financial literacy: In partnership with *Fifth Third Bank*, offered Lunch-and-Learn financial literacy trainings to County employees. **Topics included:** Preparing for Homeownership, Boost your Credit, and Strategies to Slash your Debt. To date, the series has **reached 117** Palm Beach County **employees**.



Libraries

Libraries create a safe, accessible, and free space for programs such as yoga and tai-chi, as well as offerings for topics such as finances, health, culture, and reading. The Library is a place to connect, learn, and promote self-care and positive mental health and wellness for a healthy community. There were **54,256 adult activities and events participants** in FY23!





DID YOU KNOW...

Palm Beach County Employee Assistance Program is Confidential?

FY23: Total employee cases in the Employee Assistance Program = **322**

FY23: Number of participants in Educational and Training Programs Offered = **125**

Client Feedback

".....I appreciated my sessions with my counselor because she listened to me. She asked questions and gave me helpful feedback. She proactively scheduled our next appointment. I left the session feeling much better."

"..... I am so glad to have this benefit. I am glad to know the EAP is here to listen and help me with my work related and personal problems."

".....I really appreciate your help in supporting me through my sister's death. I don't know how I would have been able to cope with out the help of my EAP counselor."

Success Stories

An employee tested positive for drugs. He was assessed by the EAP and recommended to a treatment facility. The employee completed treatment and resumed his job. He has been sober for over 3 years. He came back to the EAP office to offer thanks for the assistance he received.

The EAP was called out to a department to assist with the loss of a long term employee of the County. The co-workers were distraught about the loss of their co-worker and friend. They reported that the group grief session, facilitated by the EAP, was helpful to "normalize" their feelings and honor their co-worker.

WHATEVER THE PROBLEM

- ✓ Depression
- ✓ Legal
- ✓ Relationships
- ✓ Alcoholism & Drugs
- ✓ Stress
- ✓ Family Problems
- ✓ Gambling

We Can Help

For information or confidential assistance call:
Employee Assistance Program
Palm Beach County
(561) 233-5460

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Questions/Comments



Palm Beach County Is Dedicated to Meeting the Needs of All Residents with Innovative Programs and Services...AND, we are not stopping here!

More to come in 2024
Access. Support.
Hope.



Palm Beach County

**Strategic Planning & Performance
Management**

**SUBSTANCE USE AND
BEHAVIOR DISORDERS**

CROSS-DEPARTMENTAL TEAM

BCC Workshop – January 30, 2024

- **Backup Information and Addendum**
- **Not presented in person during workshop**



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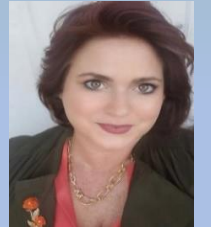
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DID YOU KNOW...

Your Substance Use & Behavior Disorders Cross Departmental Team's Why

- **Goal 1:** Establishing a readily accessible, integrated and coordinated recovery-oriented system of care that meets the needs of Palm Beach County residents
- **Goal 2:** Promoting best practices and innovative strategies and programming to reduce:
 - Alcohol and drug-related deaths and overdoses
 - Crime related to substance use and mental health
 - Drug-related infectious diseases and medical complications
 - Alcohol, Drug (inclusive of prescriptions) misuse
 - Suicide
 - Mental health emergencies
- **Goal 3:** Promoting effective substance use and mental health prevention/education programs, sound public policy and commitment to quality, evidence-based addiction and mental health services. Palm Beach County Departments, in partnership with local, state, and federal agencies and programs, navigates these waters every day, in every way, to ensure the most robust system of care is available to our residents and those we serve. Our why is lighting the way for those who are living with mental health, substance, and alcohol use disorders.





Progress Timeline (2017 – 2023)

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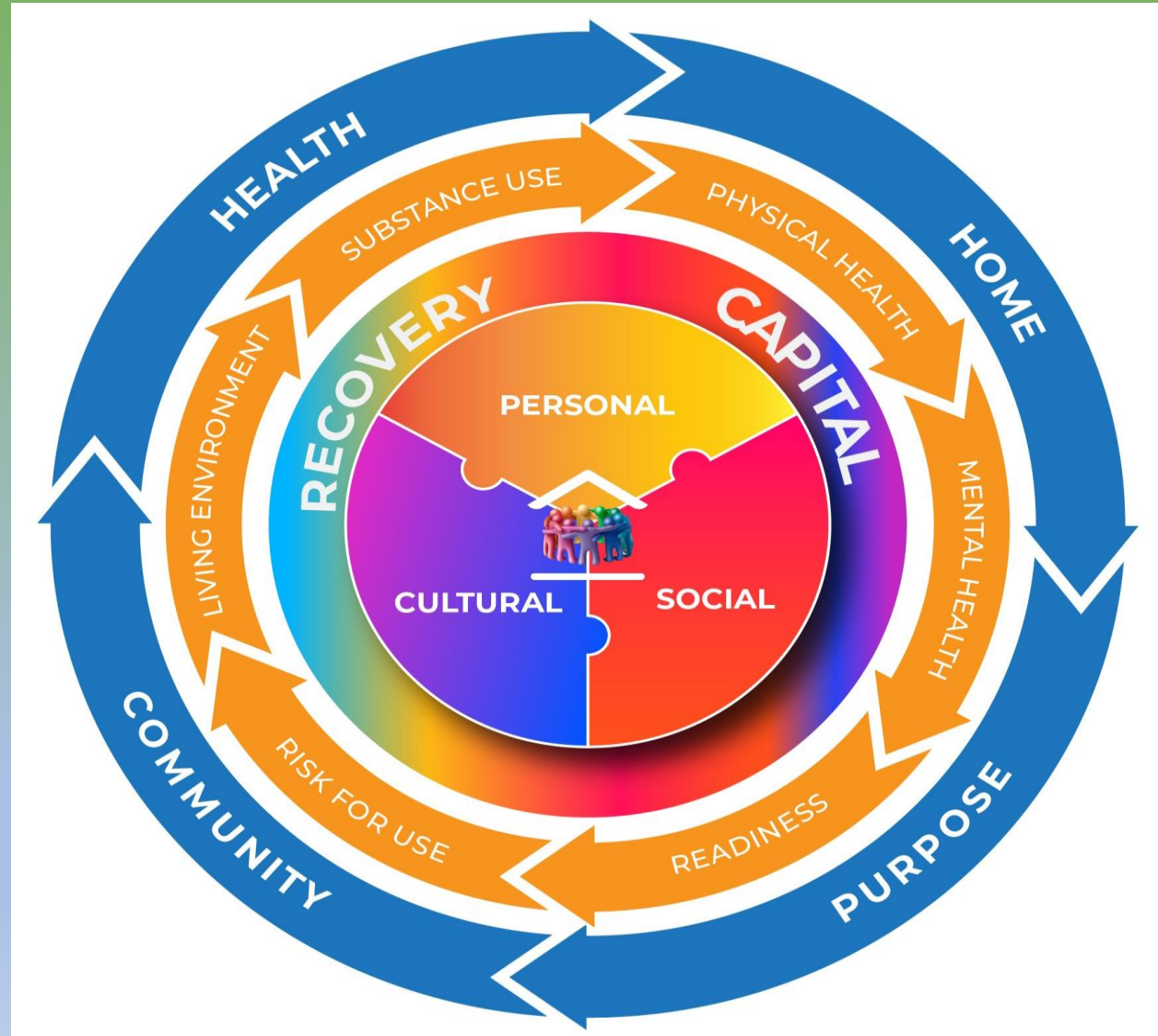
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DID YOU KNOW...We are establishing evidence and efficacy utilizing the Recovery Capital Index (RCI)?

PBC RCI Avg. Score: 63.1

RECOVERY CAPITAL INDEXING is a 68 question survey facilitated with clients of recovery agencies and our Community Services Department during their initial visit to help measure resiliency, health, and wellness.

62.7	55.1	71.4
Social Capital	Personal Capital	Cultural Capital
Family Support Significant Other Social Support Social Mobility Healthy Lifestyle Access to Healthcare Safety	General Health Mental Wellbeing Nutrition Employment Education Housing Situation Transportation Clothing	Beliefs Spirituality Sense of Purpose Cultural Relevance Sense of Community Values

Comprehensive Opioid, Stimulant, and Substance Use Program Findings

- Strong correlative relationships found between identified recovery capital indicators and outcomes has far reaching implications.

- 14 percent re-arrest rate

Program Elements

- Housing support
- Peer support
- Care coordination
- Recovery support (flex) funds

5 Highest Indicators, Resilience		5 Lowest Indicators, Risk	
Sense of Purpose	81	Financial Wellbeing	41.8
Beliefs	76.8	Housing/Living Situation	55.0
Safety	74.5	Employment	55.1
Healthy Lifestyle	72.9	Social Mobility	59.5
Values	71.5	Transportation	60.1

4100+ surveys completed! Completion rate: 87%



DID YOU KNOW...

UF Cooperative Extension Supports Residents Living with Substance, Alcohol, and Mental Health Disorders through Trainings on Home Ownership & Finances, which are 2 Risk Indicators in the Recovery Capital Index?

Homebuyer Education

From October 1, 2022-September 30, 2023 : 1,011 residents participated in the Workforce Housing Program homebuyer workshops conducted by UF/IFAS Cooperative Extension in partnership with the Department of Housing and Economic Development.

Financial literacy: In partnership with *Fifth Third Bank*, offered Lunch-and-Learn financial literacy trainings to Palm Beach County employees. **Topics included:** Preparing for Homeownership, Boost your Credit, and Strategies to Slash your Debt. **To date, the series has reached 117 Palm Beach County employees.**



Success story:

"I am a 30 year old, single mom who used a DPA program to assist with purchasing my first home. Home ownership has been a goal of mine for many years, but especially after witnessing the cost of living (housing in particular) rise every single year while wages remained generally stagnant. As a former foster child who has had to forge her own path in the world with no familial support, I am very appreciative that programs like this exist to help other dreamers bring their dreams to fruition."

~Homebuyer Education Participant



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DID YOU KNOW... The MIH Team Is Committed To Providing:

- **Empowerment:** “At it’s core, empowering individuals and families to see light in darkness, to find a path that meets them on their own unique journey, and to know, without a doubt, that someone cares, helps empower those we serve to not only seek recovery, but to believe they can make it there.” ~[Social Worker Young-Work](#) (MIH Social Worker)
- **Recovery:** “Every day is a process, I’m taking it one day at a time, but I will maintain my sobriety.” ~[Patient quote shared by Social Worker Draine](#)
- **Hope:** “SUD affects the whole family. By providing help to one individual not only do we provide hope for them but their whole family.” ~[Captain McGee](#) (MIH Paramedic)
- **Wellness:** “I like that our program looks at the whole person, every element of their health and life. Wellness requires we not just focus on substance use or mental health, but on other health issues too, as well as basic life needs. It is not easy to thrive, or seek recovery, if you aren’t addressing those issues too.” ~[Lieutenant Uzzo](#) (MIH Paramedic)
- **Trust:** “So many patients and families have experienced trauma, and may have had negative experiences with health or addiction related providers. Being a trusted partner is key to our ability to quickly connect, and then partner to build a plan that feels comfortable to the patient.” ~[Lieutenant Lessard](#) (MIH Paramedic)
- **Access:** “When our team shows up at the patient’s home the day after they experienced a overdose, you can just see the gratitude on their face that we came to them to check in, make sure they are doing OK, and to see how we can help. ” ~[Lieutenant Lombardo](#) (MIH Paramedic)
- **Equity:** “We see so many patients who are all different. Different races, ages, genders, and backgrounds in life...but they all share one thing in common, living with addiction. Our goal is to ensure they are all offered the same level of intervention, compassion, and access to care.” ~[Lieutenant Briar](#) (MIH Paramedic)



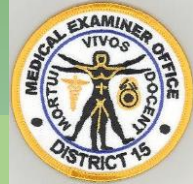


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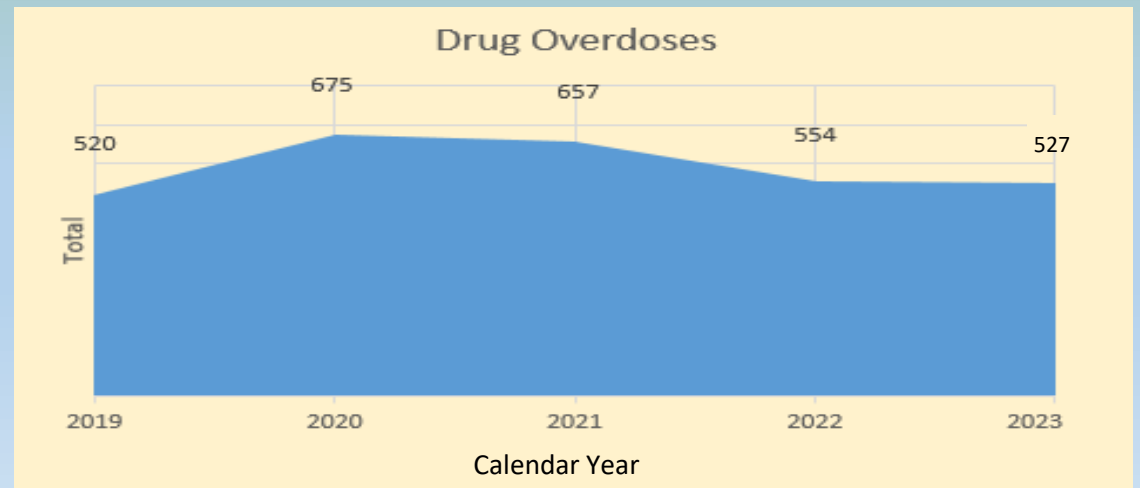
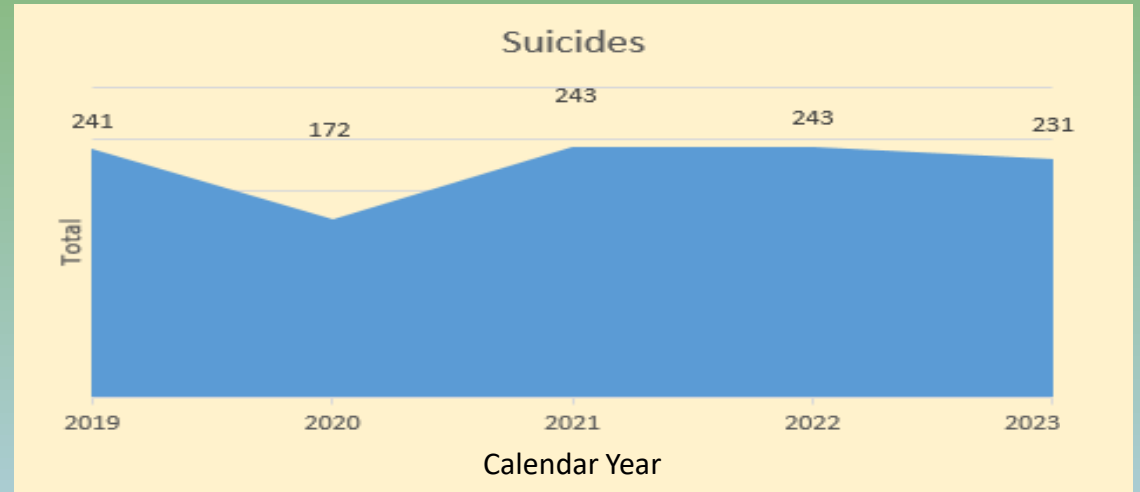
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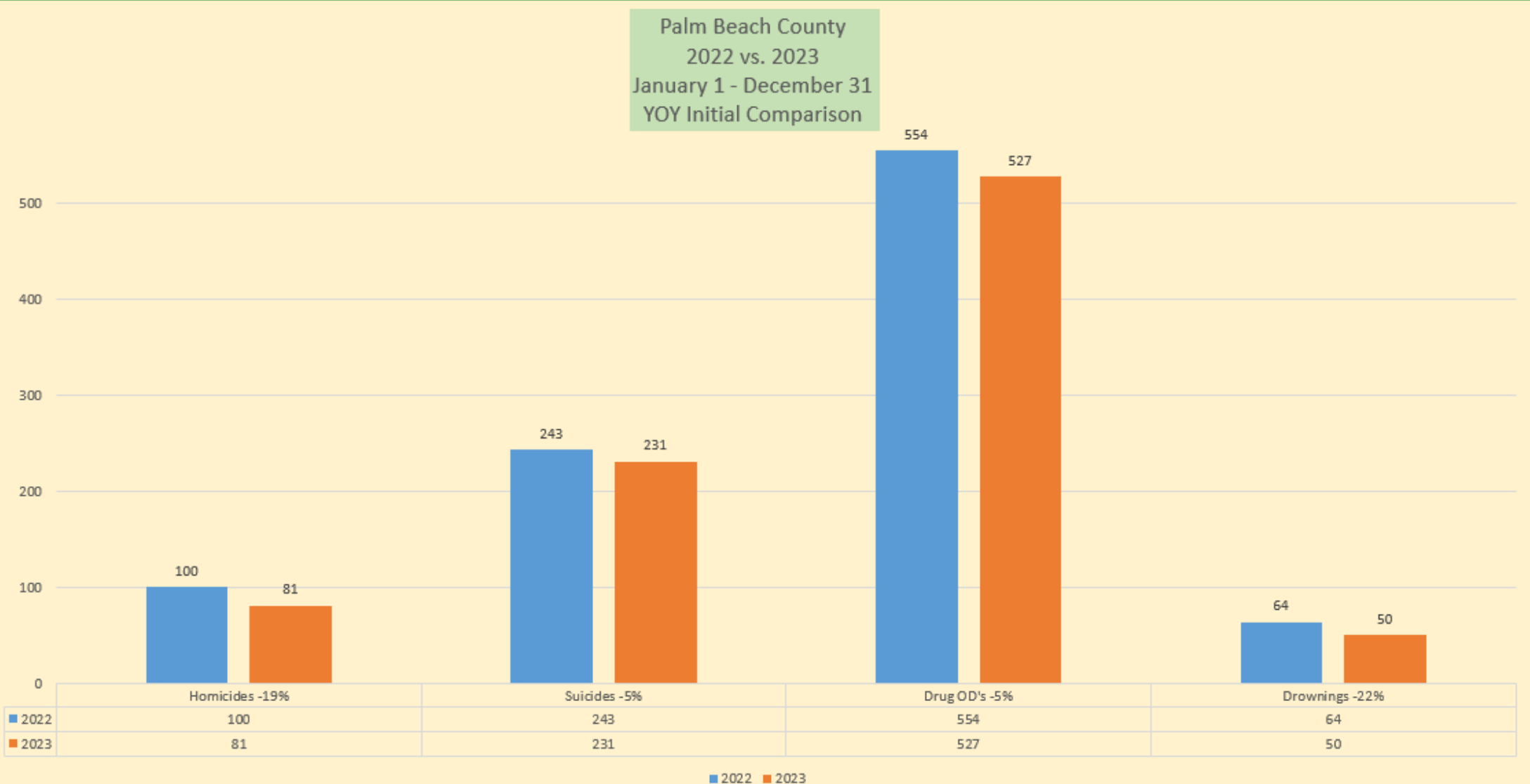
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- Participates in data sharing and feedback to trauma hospitals to increase survival rates.



DID YOU KNOW...

There has been a general decrease in deaths in PBC in 2023?

2022 to 2023 Year Over Year Comparison of Homicides, Suicides, Drug Overdoses, and Drownings





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- Sexual Assault Nurse Examiner (SANE) and Forensic Exam site ~The Butterfly House
- Sexual Assault Response Team (SART) ~ to provide Victim-centered assistance
- **Criminal Justice advocacy and court accompaniment**
- Assistance with filing State Crime Victim Compensation applications and Restraining Orders
- Individual trauma-informed therapy and support groups
- **Information and referrals to community resources, including shelters and Legal Aid**
- Crisis Intervention and Personal Advocacy
- Medical follow-up coordination, therapy and referrals

Victim Services Support Group Offerings!
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Donde?
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West Palm Beach, FL 33409
Para más detalles:
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jdiaz2@pbcgov.org

Strive to Thrive
Sexual Assault Support Group
Weekly EVERY Wednesday
3:30pm to 5:00pm
Group Meets via Zoom
For more information please contact:
Christal Reynolds, LMHC
(561) 274-1500
cbyrd@pbcgov.org

Love Shouldn't Hurt
A Domestic Violence Support Group for Women
Group Meets Virtually Every Wednesday from 3:30pm-5:00pm.
For more information please contact:
Kelly Dambrs, LMHC at (561) 274-1500
kdambra@pbcgov.org

Strength and Spirit
A Homicide Support Group
Free Service
Weekly EVERY Wednesday
3:30pm-4:30pm
Zoom Meeting
For more information please contact:
Kelly Dambrs LMHC at (561) 274-1500
kdambra@pbcgov.org





DID YOU KNOW... Victim Services has an Annual Garden Event to Inspire Those Impacted By Violence?

At our 12th Annual Ceremony in the Garden Event multiple victims shared their stories with the community. One particular story didn't just touch our hearts; it inspired action and effected change. One of the Boynton Police department officers in attendance was so moved by a victim's story that they decided to follow up on one of the cases with law enforcement in Mississippi. **This led to the perpetrator being located and arrested on the same day!**



565 Sexual Assault Victims Served During the Last Fiscal Year





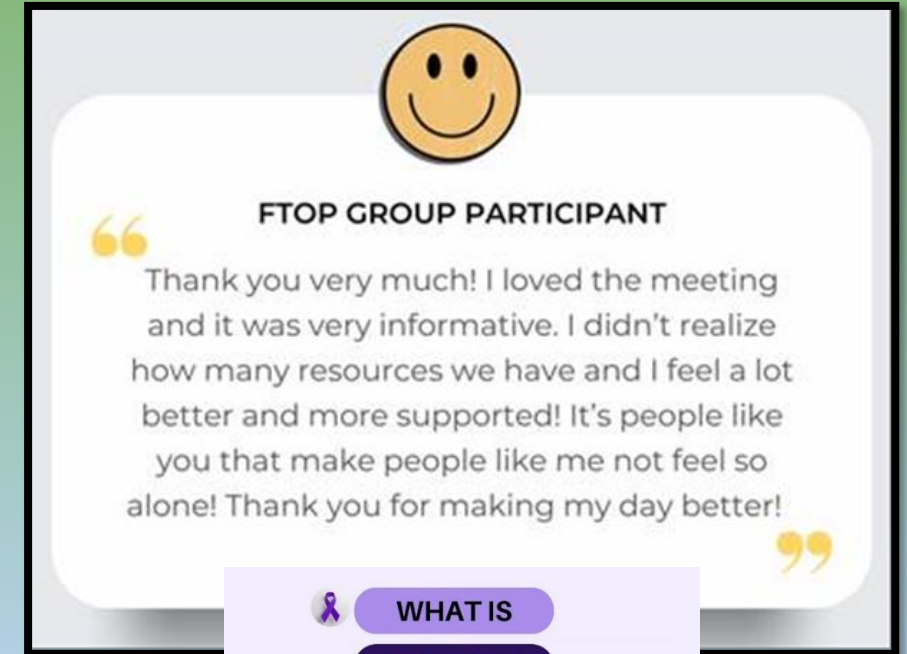
DID YOU KNOW...

The First-Time Offender Program (FTOP) is a Collaboration Between Palm Beach County Victim Services and The State Attorney's Office?

The program's goal is to address the issue of domestic violence, educate the involved parties, and reduce the likelihood of recurring violence at a very early stage.

Even though we understand that power and control, and not anger management issues are at the core of the abuse, this program has been successful in sharing information and resources to victims.

Victims who complete the course, typically report feeling empowered and identified that they would be more likely to seek prosecution should another violent incident occur. These victims are also more likely to seek out individual and group therapy services.



 **WHAT IS**
DOMESTIC
VIOLENCE 

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to **gain or maintain power or control** over another partner.

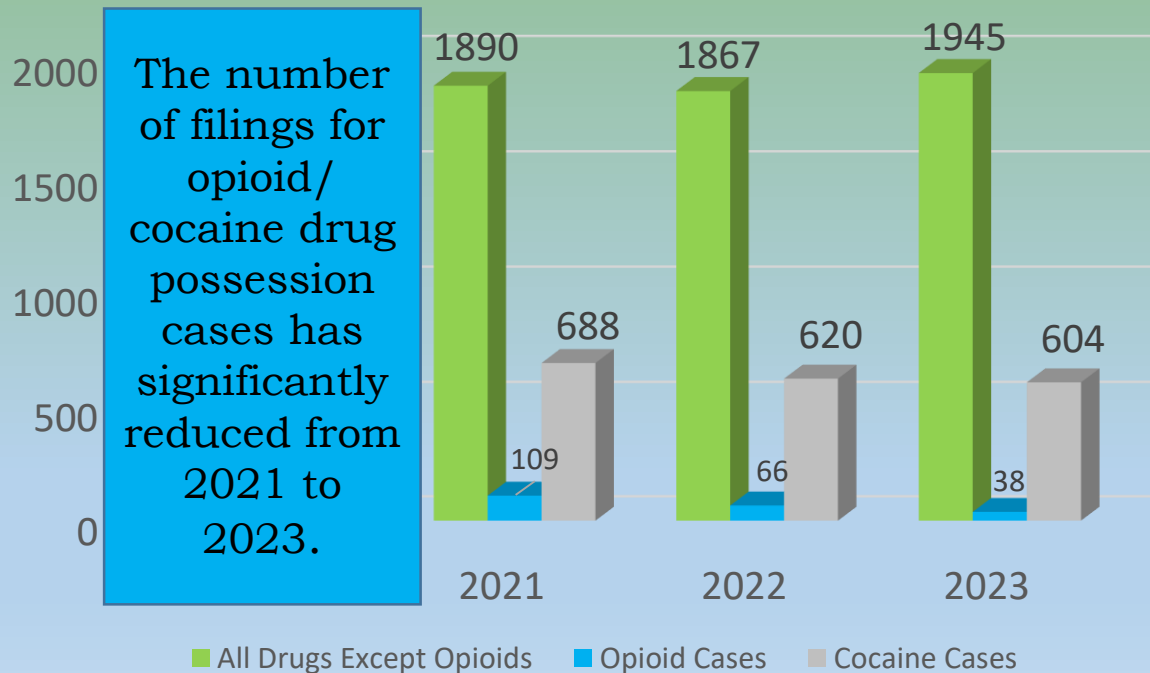
 #DVAM #PBCVS #EndDVinPBC



DID YOU KNOW...

The Criminal Justice Commission Promotes Best Practices, Innovative Strategies, and Programming to Reduce Crime Related to Substance Use and Behavior Disorders?

Case Filings for Drug Possession
by Drug Type for Calendar Years 2021 - 2023



The number of filings for opioid/cocaine drug possession cases has significantly reduced from 2021 to 2023.

Source: Caseview (ODBC) – DOQ 09–JAN–2024

Supporting Clients Through Innovation

- Court Reminders via Text
- Public Defender Awareness Handouts for PBCFR
- Mobile Probation Unit
- Aware & Care Partnership with PBC Schools
- CJC-FSU & FAU Research Partnership





DID YOU KNOW...

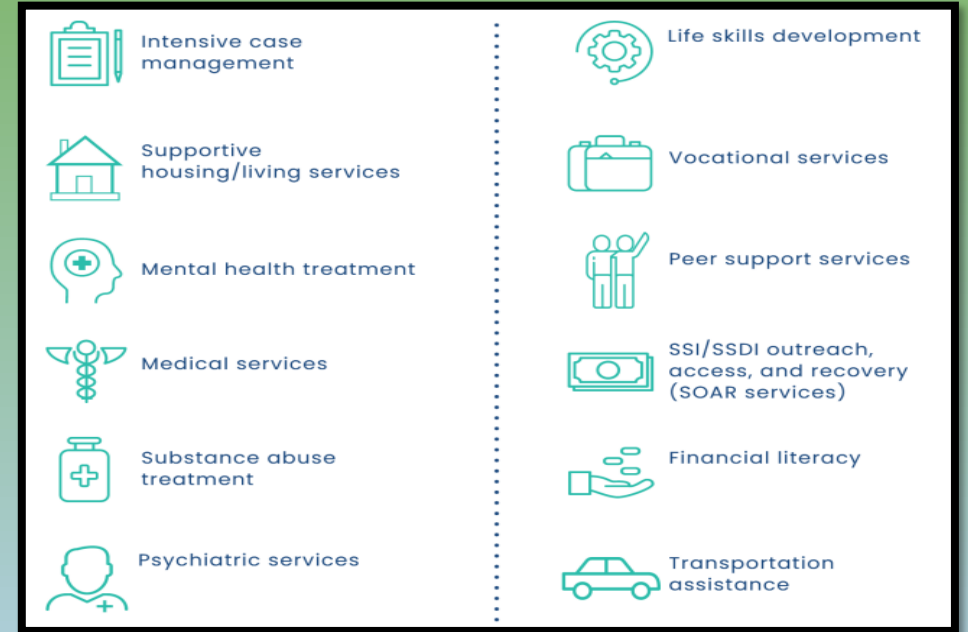
There is Intersection Between Behavioral Health and Criminal Justice Systems?

Next Steps Pilot Program

The **Next Steps** pilot program launched in October 2022. It was developed to address the need to increase access to resources for participants at First-Appearance hearings who are identified as “high systems users” with behavioral health challenges and who cycle through the jail for low-level offenses.

This pilot program is the “Next Steps” to the PalmFuse Pilot program that ended in September 2021 with a total of 12 participants. The goal of PalmFuse was to **break the cycle of incarceration and homelessness among individuals with complex behavioral health challenges who are the highest users of jails, homeless shelters, hospitals, and other crisis system services.**

There are currently 31 participants (as of 1/2024) in the Next Steps program receiving wrap-around services, such as intensive case management, financial literacy education, and supportive housing.



Based on a workshop conducted by Palm Beach State College and CJC in September 2023, one of PBC's top priority is to:

Strengthen the care coordination that follows the individual, including client and peer advocacy from arrest to reentry.



DID YOU KNOW...

Youth Services Offers FREE Evidence-Based Mental Health Services?

Common Challenges:

- Bullying
- Self Esteem
- Family Violence
- School Concerns
- Behavioral Problems
- Separation / Divorce
- Parent / Child Relationship
- Communication and Social Skills



We Can Help!

- Residential Program
- Office-Based Counseling
- School-Based Counseling
- Court-Involved Programs
- Parenting Skills
- Psychological Evaluations
- And MUCH more...



Components of Trauma-Informed Care





DID YOU KNOW...

Therapy With Youth Services Creates Positive Outcomes In Adulthood?

*Introducing Highridge Graduate,
Dr. Destinee Grant*



Highridge changed MY LIFE!!!

I have persevered through hardships and experienced accomplishments because of my time at Highridge.

Gaining tools of how to respond to authority and respect the public and loved ones, changed my life for the better. I refer parents to Highridge all the time, while sharing my story on staring at my "Wall of Destinee" and that the goals that I set at Highridge, I reached because of the program! If anyone feels like they won't make it, YES YOU CAN AND YES YOU WILL! Trust the process for success!

Thank you Highridge for all that you have done for me and others. Palm Beach County needs you!

*~Destinee Grant, PhD (c), MSPH, MSFS, MPhil
Biological Scientist II, Hepatitis Coordinator
Division of Epidemiology and Communicable Diseases
Florida Department of Health in Palm Beach County*

When we invest in our youth, our community reaps the rewards in our future!

Growing Brighter Futures

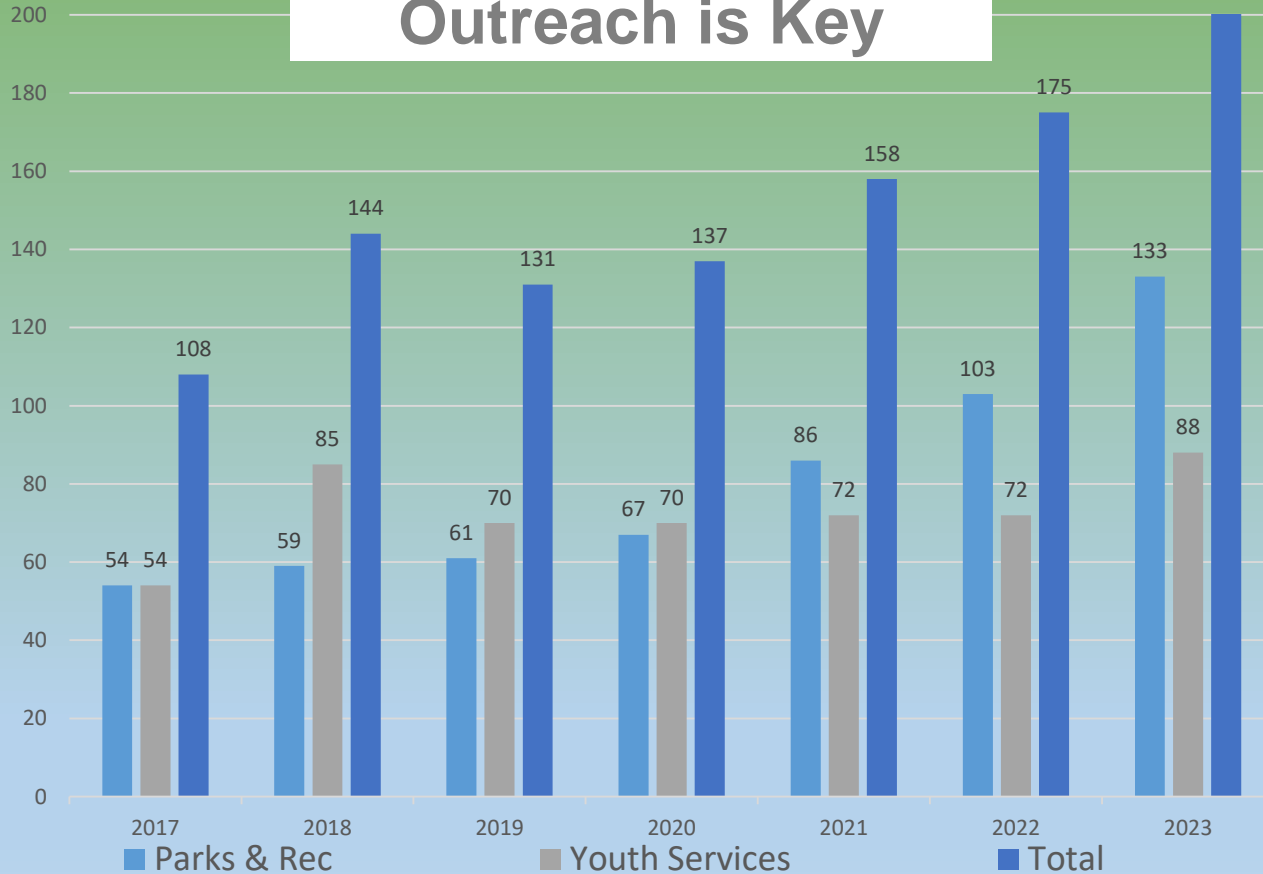


DID YOU KNOW...

Youth Services and Parks & Recreation Collaborate to Increase Access to Services?

**ACCESS to SERVICES
Outreach is Key**

221



Social Media, Internet Access & Outreach has grown!

- *YSD created a new Internet Referral Process to increase access*
- *Facebook post with highest reach = Free therapy services*
- *Instagram post with highest reach = Suicide Prevention Month*
- *X (Twitter) post with most retweets = Declaration of May as Mental Health Awareness & Trauma Informed Care Month*

Youth Services

Community Programming Residential & Family Counseling Contact Us

[Click for FREE Therapy.](#)

Data Sources: Youth Services Department and Parks and Recreation



DID YOU KNOW...

Palm Beach County's Parks and Recreation Department Creates Opportunities For Healthy, Happy Living!



As providers of, and connection points to, public health services and community conditions that protect and promote health and well-being, parks and recreation plays a vital role in addressing substance use and mental health disorders.





DID YOU KNOW...

Palm Beach County's Parks and Recreation Department Serves as a Location for Many Community Organizations to Host Their Health and Wellness Events?



Clean and Sober Sports

Park and recreation professionals have an incredible power to build connection — to people, to community, to opportunity, the outdoors and connection to a **healthy, happy lifestyle.**

NRPA PARK PULSE

Parks and Recreation Fosters Belonging

Nearly **9 in 10** U.S. adults want their local park and recreation agency to take steps to ensure all their community members feel welcome. Park and recreation departments foster belonging through:

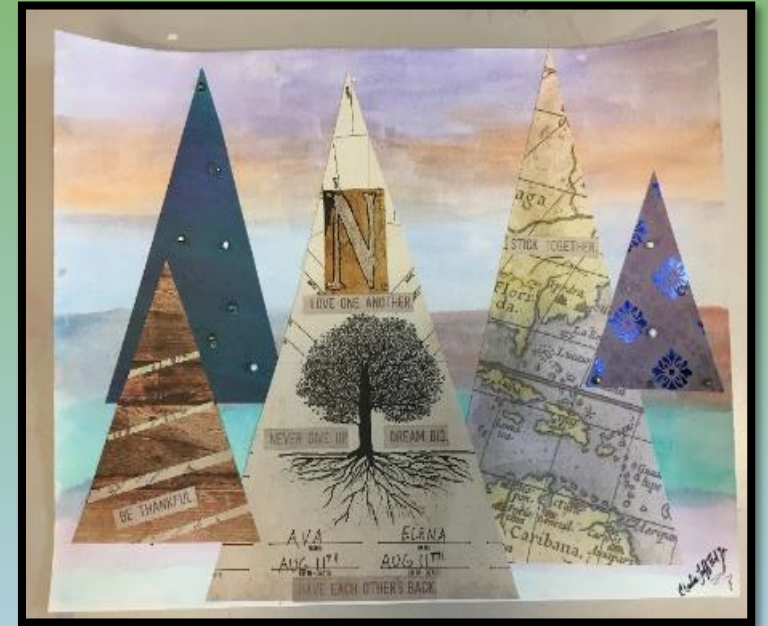
- Providing all-abilities activities
- Engaging with community leaders to identify needs and desires
- Offering low- or no-cost programming
- Training park and recreation professionals on public health

Parents and individuals who identify as Black are most likely to feel that cultivating a welcoming environment is very or extremely important.

Each month, through a poll of 1,000 U.S. residents focused on park and recreation issues, NRPA Park Pulse helps tell the park and recreation story. Questions span from the serious to the more lighthearted. The survey was conducted by Wakefield Research (www.wakefieldresearch.com).

Visit nrpa.org/ParkPulse for more information.

The top three **mental health** opportunities found in parks and recreation include: **socializing with friends and family, spending time in nature, and exercising.**



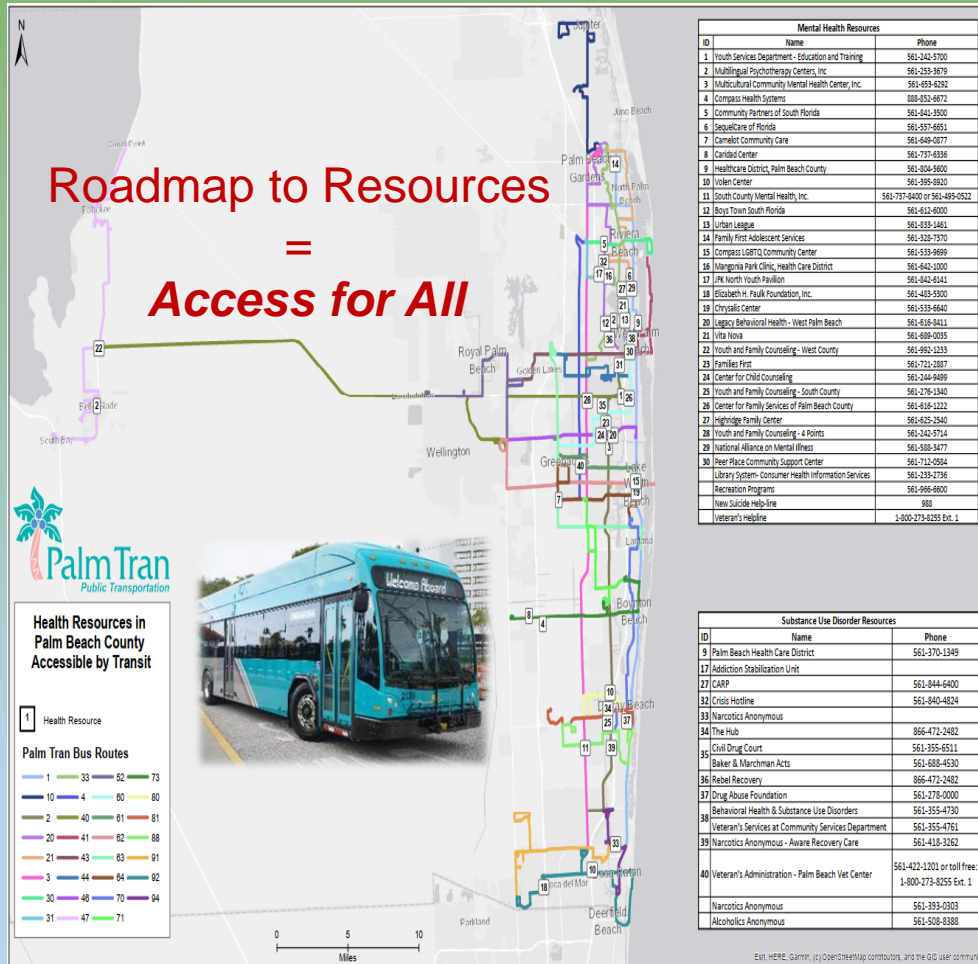
Artwork created by Charles Noel 12/13/22

Ninety-three percent (**93%**) of U.S. adults say their **mental health** is improved by services offered by local park and recreation professionals and agencies.



DID YOU KNOW...

With this Team's Input, Palm Tran Created a Roadmap to Mental Health and Substance Use Resources Throughout Palm Beach County?



Rides Guidebooks

More than 60,000+ distributed in PBC annually. Includes map highlighting resource locations for mental health and substance use disorders.



- **Map Location 1:** FREE Parent Child Interaction Therapy, Systematic Training for Effective Parenting



- **Map Location 27:** FREE Adolescent Residential Program, Trauma Informed Parenting

- **Map Locations 1, 22, 25, 28:** FREE Outpatient Therapy



- **Map Location 36:** Rebel Recovery

- **Map Location 17:** JFK North/Addiction Stabilization Unit



- **Map Location 11:** South County Mental Health Center

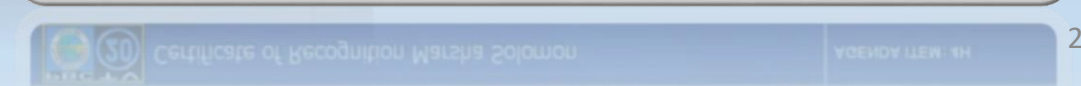


DID YOU KNOW...

Palm Tran is Always in Motion Promoting Mental Health?



On June 6, 2023, Bus Operator Marsha Solomon was honored by this Palm Beach County Board of County Commissioners for going above and beyond her role to help a passenger who was experiencing a mental health episode.





DID YOU KNOW...

Palm Tran Promotes Mental Health Services Available in PBC?

Effective September 2023

PALM TRAN RIDER'S GUIDE

Providing access to opportunity for everyone; safely, efficiently and courteously.

Look inside for info on all of our transit services!

- PALM TRAN**
Fixed-Route Service
- PALM TRAN CONNECTION**
Paratransit Service
- GO GLADES**
Glades Region
Mobility-On-Demand

Fixed-Route Maps and Schedules

Rides Guidebooks

More than 60,000+ distributed in PBC annually. Includes map highlighting resource locations for mental health and substance use disorders.

PALM TRAN

SAFETY MESSAGE & POLICY REMINDER
July 2023

MENTAL HEALTH MATTERS

Mental Health is a process, not a destination.

Prioritize Your Mental Health

An employee experiencing strong emotional distress is 9.8 times more likely to be involved in an accident.

Stress creates physical and mental fatigue, slowing your reaction time and reducing your ability to concentrate. Stress may also cause you to behave erratically or be less tolerant of co-workers, passengers and other drivers.

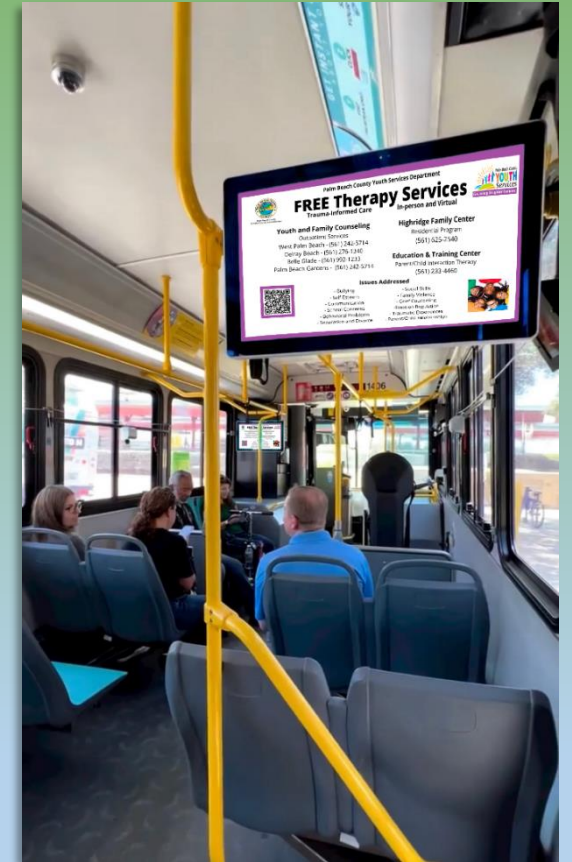
Don't struggle in silence!

For caring and confidential help for personal or family problems, call the Employee Assistance Program (EAP) at **(561) 233-5460**.

Mission: To provide access to opportunity for everyone, safely, efficiently and courteously.

Palm Tran's July Safety Message

Palm Tran's July 2023 Safety Message featured messaging about mental health resources from the County's Employee Assistance Program. The Safety Message is recited before each administrative meeting and posted for all employees to see.



Connecting Our Community

Infotainment screens on all 31 bus routes displayed information in English, Spanish and Creole on free services offered by PBC.



DID YOU KNOW...

The Employee Assistance Program is Free to All Palm Beach County Employees and Their Families?

WHATEVER THE PROBLEM

- ✓ Depression
- ✓ Legal
- ✓ Relationships
- ✓ Alcoholism & Drugs
- ✓ Stress
- ✓ Family Problems
- ✓ Gambling

For information or confidential assistance call:
Employee Assistance Program
 Palm Beach County
(561) 233-5460

We Can Help

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FACT SHEET
EMPLOYEE ASSISTANCE PROGRAM

The Program: The Employee Assistance Program (EAP) is a service offering **CONFIDENTIAL** professional assistance to all employees of the Palm Beach County Board of County Commissioners and the employee's immediate family members for issues such as emotional, stress, alcohol or drugs, financial, family, marital, legal, health and job-related. "Lunch & Learn" programs on these issues are also offered.

The Appointment: **Self-referrals** - an employee or family member may call the EAP office at (561) 233-5460 for information or to make an appointment to discuss personal problems. **Management Referrals** - an employee's supervisor/manager may suggest to an employee that he/she seek help when there is a work performance problem or when specific on-the-job incidents indicate that an employee's performance is being affected by personal problems.

Confidentiality: Every effort is made to ensure privacy. No one will know of your participation in the EAP without your permission, except as required by law or in a situation deemed potentially life-threatening by the EAP counselor.

The Hours: Flexible hours are maintained to accommodate employees and family members.

The Location: The EAP office is located at 100 Australian Ave., West Palm Beach, FL 33406.

The Cost: There is no charge for any in-house EAP service. Outside referral services may be covered by medical insurance plans or community resources who operate on a sliding scale basis.

For additional information or to schedule a **CONFIDENTIAL** appointment, please call us at: **(561) 233-5460**. You can visit our **Intranet** website at: <http://pbc/riskmanagement/employeeassistance/>

THE EMPLOYEE ASSISTANCE PROGRAM & PBC EMPLOYEE WELLNESS PRESENTS

10/10/23
World Mental Health Day

"YOUR MENTAL HEALTH MATTERS"
TALK+ MEDITATION

MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT

Join us on 10/10/23 between 12PM-1PM in the Risk Conference room or via WebEx for a presentation on mental health from EAP followed by a guided meditation. *Prioritize what matters: you.*

Sign Up here:
<https://www.surveymonkey.com/r/WellnessLunchLearn>

FY23: Total employee cases in the Employee Assistance Program = 322

FY23: Number of participants in Educational and Training Programs Offered = 125



DID YOU KNOW...

Palm Beach County Employee Assistance Program is Confidential?

Client Feedback

".....I appreciated my sessions with my counselor because she listened to me. She asked questions and gave me helpful feedback. She proactively scheduled our next appointment. I left the session feeling much better."

"..... I am so glad to have this benefit. I am glad to know the EAP is here to listen and help me with my work related and personal problems."

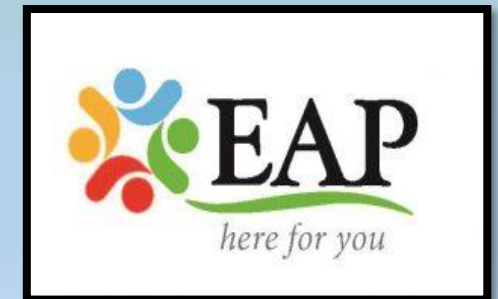
".....I really appreciate your help in supporting me through my sister's death. I don't know how I would have been able to cope with out the help of my EAP counselor."



Success Stories

An employee tested positive for drugs. He was assessed by the EAP and recommended to a treatment facility. The employee completed treatment and resumed his job. He has been sober for over 3 years. He came back to the EAP office to offer thanks for the assistance he received.

The EAP was called out to a department to assist with the loss of a long term employee of the County. The co-workers were distraught about the loss of their co-worker and friend. They reported that the group grief session, facilitated by the EAP, was helpful to "normalize" their feelings and honor their co-worker.





DID YOU KNOW...

That County Libraries are for Everyone? Open, Inclusive, Diverse, and Free!

Events and activities that promote positive mental health and wellness:

- Singing Bowls
- Senior Social Hour
- Tai chi
- Yoga
- Mindfulness classes
- Senior Living Options lectures
- Cannabis Use and Its Health Care Implications lecture
- Stress Relief classes
- Sensory Friendly Browsing Hour



Sound Bath & Guided Meditation

Reharmonize your mind, body and spirit. You will be bathed with the healing sounds of the gong, crystal and Himalayan singing bowls and chimes. Bring a yoga mat. (60 min.)

Sat, Aug 19, 2:00 pm

West Boca Branch
18685 State Road 7
Boca Raton 33498
Phone: 561-470-1600



Organizations we partner with:

- Florida Atlantic University
- Trustbridge
- Acts Retirement
- Baptist Health
- SHINE
- Area Agency on Aging
- Alzheimer's Association
- Palm Beach County Food Bank (SNAP)
- Epilepsy Alliance

Adult activities and events attendance at County Libraries for FY23: 54,256





DID YOU KNOW...

The Library Offers Wellness Classes & Programs?

Library Member Feedback About Yoga & Tai Chi Offering:

"This activity was very relaxing"

"Learning about relaxation techniques"

"Excellent Intro class for tai chi"

"Enjoyed the gentle yoga very much"

"It was Amazing and I felt less stressful. I'm hoping it would be offered more often. The class had a ZEN atmosphere, and was a good size. Thank you again."

"Great introduction to Tai chi"

"This yoga class is the best!!!"

"The belly dancing and Tai Chi classes are interactive and social activities that are challenging, but not excessive."

"The community gathering"

"Loved being exposed to this experience, and meeting the instructors. Both were great in the activities they offered, and generous with sharing information about sound bath, gentle loving movement, meditation"

"Very fortunate to have library offer a free soundbath session with a capable instructor"





DID YOU KNOW....

Palm Beach County Is Dedicated to Meeting the Needs of All Residents with Innovative Programs and Services...AND, we are not stopping here!



More to come in 2024
Access. Support. Hope.



Questions/Comments

