



MESSAGE FROM...

Hello and Thank You for taking time to learn about The Palm Beach County Behavioral Health Coalition. We are proud to provide you with this information as it represents a good part of the work we do every day to help build a healthier community.

We say it all the time, this is a true community organization. The planning, development, and implementation of the strategies and programs we engage in are only possible with the support of the people and organizations in this community. Without the collaborative efforts, we would not have been able to make the impact we have and certainly won't be able to do all of the great things we have planned for the future. So, if for some strange reason you haven't heard me say it, "THANK YOU"

We have made some big strides recently. Youth use of illicit and prescription drugs is down and underage drinking is at the lowest point it has been in fourteen years. We have also brought some additional prevention programs into the fold. Including, teen HIV/STD prevention and testing as well as Mental Health First Aid trainings. In addition, we have been working on the development of a Recovery Community Organization and a new Recovery Community Center.

As we continue to become a more comprehensive community organization, community involvement remains a critical part of our success. We have learned much in the last ten years. We are more effective and more efficient, however, community wide issues can only be addressed by community wide efforts. That is why we have created new task forces and action committees, stepped up our data collection efforts and continue to update our strategies. We look forward to our continued work with all of our current supporters, partners and volunteers and welcome new ideas and passion.

Palm Beach County is a great place to live and we want to keep it that way. Please take a look at some of the activities, projects and programs highlighted in this report and consider how you can join our efforts. Thank you,

Jeff Kadel Executive Director Palm Beach County Behavioral Health Coalition

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OUR MISSION:

"Transforming and Uniting Palm Beach County by empowering our children, our families and our neighborhoods through awareness, education and trainings."

OUR VISION:

"The Palm Beach County Behavioral Health Coalition, comprised of members from private and public organizations, plus concerned citizens, working together on community efforts to create and facilitate an environmental shift where children learn skills to help them successfully address adverse experiences, shed the stigma of mental health issues and grow up drug and alcohol free."



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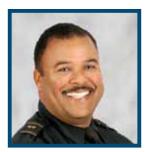
BOARD MEMBERS



Jan Cairnes Chair



Christopher Finley, Esq. Treasurer



Javaro Sims Law Enforcement Liaison



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Community Liaison



Mitch Thompson Faith Based Liaison

STAFF



Jeff Kadel Executive Director



Kathlyn Belizaire HIV Program Manager



Alexa Lee, M.S. Director of Programs



Cathy McKney
Project Coordinator



Micah Robbins Director of Special Projects



Skyler King Prevention Coordinator

PARTNERS

211 Palm Beach / Treasure Coast

Access Recovery Solutions

Accurate Hospitality Services

Acme Ranches

Adobe Systems

Advanced Recovery Systems

Albert Jewish family Services

Atlantis Police Department

Behavioral Health of the Palm Beach and Martin Counties

Boca Raton Police Department

Boynton Beach Police Department

Boys Town

Boy Scouts of America South Fl Council

CARE

Catholic Diocese of Palm Beach

Children's Home Society of Florida

Children's Service Council of Palm Beach County

Choice to Change

Comprehensive AIDS Program of Palm Beach County

Cottage

Crime Stoppers

Department of Children and Family

Department of Juvenile Justice

Delray Beach Police Department

Delray Beach Drug Task Force

Digital Vibez

Division of Alcoholic Beverages and Tobacco

Drug Abuse Foundation

Drug Abuse Treatment Association

Families First of Palm Beach County

Family Behavior Services LLC

Federation of Family

Florida Atlantic University

Florida Association of Recovery Residences (FARR)

Florida Department of Health

For The Children Inc.

Found Care

Future of Palm Beach

G-Star School of Arts

Gang Alternatives

Grandparents Raising Grandchildren

Hanley Foundation

Health Care District of Palm Beach County

Healthier Delray Beach

Hope's Gate

lan Mautner Foundation

Internet Marketing and Management Group

IHeart Media

Jerome Golden Center for Behavioral Health

Jewish Community Relations Council

Lake Clark Shore Police Department

Law Enforcement Planning Council

LIFT

Living Skills in Schools

Keiser University

Magellan Health

Manalapan Police Department

Martin County Health Human Services

Melissa Institute

Mental Health Association

Michael Joseph Brink Foundation

Mothers Against Drunk Drivers (MADD)

NAMI

National Guard

North Palm Beach Police Department

Nova Southeastern University

Ocean Ridge Police Department

Palm Beach Atlantic University

Palm Beach Board of County Commissioners

Palm Beach County Board of Realty

Palm Beach County Health Department

Palm Beach County League of Cities

Palm Beach County Library

Palm Beach County Sheriff's Office

Palm Beach Gardens Police Department

Palm Beach Police Department

Palm Beach State College

Palm Springs Police Department

Parent Teacher Association of PBCDS

PATH: Preserving, Archiving & Teaching HipHop, Inc.

Project Propel

Ouantum Foundation

Rebel Recovery

Rotary Club of Wellington

SADD Florida

SAMSHA

Save our Society

School District of Palm Beach County

Solid Waste Authority

Southeast Florida Behavioral Health Network (SEFBHN)

Southeast Florida Recovery Advocates

South Florida Fair

South Palm Beach Police Department

Student Aces, Inc.

The Addict's Mom

The Avenue Church

The Law office of Christopher Finely

Tykes & Teens

Urban League of Palm Beach County

Village of Tequesta Police Department

West Palm Beach Police Department

Young People in Recovery (YPR)

UNDERAGE DRINKING PREVENTION 877-MEANS-21



One of the issues with underage drinking is stores selling to minors and house parties with underage drinking often go unreported. The Coalition's answer was to establish the 877 MEANS 21 tip line, where community members can report these incidents. In addition, the Coalition was able to pass a county ordinance requiring signage at alcohol outlets. The signs require displaying the current legal age to purchase alcohol, a consequence of selling to or buying for those under 21, and a number to call to report those who do. The signs were distributed again this year to over 1700 alcohol outlets in Palm Beach County. The results have been outstanding with community members reporting parties and stores selling to minors. If you are an alcohol outlet and need a sign, please let us know.

The county ordinance has been adopted by many municipalities including Boca Raton, Delray Beach, Greenacres, Village of Palm Springs, Unincorporated Palm Beach County and West Palm Beach. Our Teen Coalition is in the process of working with a few other towns in our county. If your community hasn't adopted this ordinance yet, please work with us to make it happen. This is a valuable tool.

COMPLIANCE CHECKS

In partnership with the North Palm Beach Police Department, West Palm Beach Police Department and Palm Beach Sheriff's Office, 93 alcohol compliance checks were conducted from September 2018 to June 2019. These checks were conducted by law enforcement personnel trained by PBCBHC. Overall, 77% of businesses did not sell to a youth who did not provide identification.

For those businesses who did not pass the compliance check, we offered free Responsible Beverage Server trainings. Our end goal is to train all businesses in our county how not to sell alcohol to anybody under 21 years of age.



UNDERAGE DRINKING PREVENTION

School Bus Poster Contest

"Super Hero Me, Alcohol Free" marked last year's theme for the 9th Annual Alcohol Prevention Media Contest. This project started with two middle school students who wanted to get their message out to a wider audience. Without any prior ads on the inside of school buses, they knew this was the way to go!

Today, after receiving nearly 7,000 entries over the years, this positive prevention campaign has become part of the fabric of the Palm Beach County community. Students from elementary through high school are eligible to enter. Each year, our guest judges select the top nominees from all entries received. Then approximately 5,000 community members vote online for their favorite to be reprinted and posted inside all School District of Palm Beach school buses. Generous contributions from Hanley Foundation and The Judy Carreras Foundation has allowed us to award two students with \$1,000 annually. Additionally, The Michael Joseph Brink has allowed us to award \$500 to one student in the video PSA category.

Thanks to the commitment of the South Florida Fair, we feature the top 100 entries from the campaign at a booth each year where over 5,000 patrons view the prevention messages. After the winning posters are printed, 100 volunteers post over 2,000 prevention posters inside approximately 1,000 school buses.

With our continued sponsorships, including Palm Beach Sherriff's Office, Wellington Rotary, partnerships such as Florida SADD and Florida MADD, volunteers and others. This campaign touches over 66,000 students daily who ride the school bus.







OPIOID PREVENTION

The Coalition's goal of preventing opioid abuse includes us partnering with numerous organizations throughout the year to provide trainings to bringing awareness to this life-threatening epidemic to our communities. We create a Drug Trends report each year to show the numbers and effects of opioid use. This report can be found on our main web page, www.pbcbhc.org as well as our Don't Be A Guinea Pig site at www.dontbeaguineapig.org.



We have worked closely with the medical staff at Bethesda Hospital and Jupiter Medical Center to train over 100 doctors, nurses and members of the medical team. This training provides information and education on proper prescribing methods and alternative to opioids.

Our efforts to combat the opioid problem in our county include using an evidence-based Over the County Medicine Safety Program. Our Teen Coalition in Action members presents this OTC safety program to over 50 elementary and middle school students to educate them on medicine safety and our Rx Drop Box Program.

Our staff worked very hard and diligently all throughout the county this past year to provide our residents with community trainings, information and education regarding opioid abuse. We provided valuable information pertaining to opioid use, intervention and treatment options to help our county combat the dangers of using and abusing opioid medications.

RX DRUG PREVENTION

Drop Box Program

PBCBHC works continuously throughout the year with our local law enforcement partners and Solid Waste Authority to ensure the proper disposal of unused prescription medications. Each year we have been able to increase the number of prescription drop box locations with a total of 31 drop boxes located throughout Palm Beach County.

The Coalition continues to bring awareness to our Drop Box Program by displaying signage at a number of pharmacies we partner with throughout the year, including Publix, Walgreens, and the PBC Board of Pharmacists.

Walgreens has been one of our largest supporters of our program and our efforts to safely dispose of prescription medications by purchasing over 5,000 flyers to distribute in their stores and in the community. We are able to see the not only positive, but incredible, results of the program through our annual reporting which has shown:

• Over 8,000 lbs. of prescription drugs that have been collected each year.

 We have tracked over 6,000 unique visitors to the www.pbcdrop.org website annually.

There's an app for that!

Please find our Drop Box locations on the Children's Services Council's new safemap app, which is available in your app store or visit our webpage at PBCdrop.org.



C.O.W.

#CatchtheCOW

The Coalition on Wheels (better known as the COW), is our mobile prevention truck and trailer that can be seen out and about at numerous local community festivals and trainings. This is our time to meet and greet our awesome community members where they live, and it allows us to reach the underserved areas of our county. Staff and volunteers put our strategies into action by bringing drug and HIV prevention to life with interactive information and hands on activities at COW events. Try your hand at "Spin the Wheel" or decorate your own button. With our volunteers, whom we like to call our COW crew, and the support of Palm Beach Sherriff's Office, we talk to hundreds of community members each year and disseminate thousands of prevention materials. Next time you #CatchtheCow, make sure you stop by to say hello.







Youth Summits

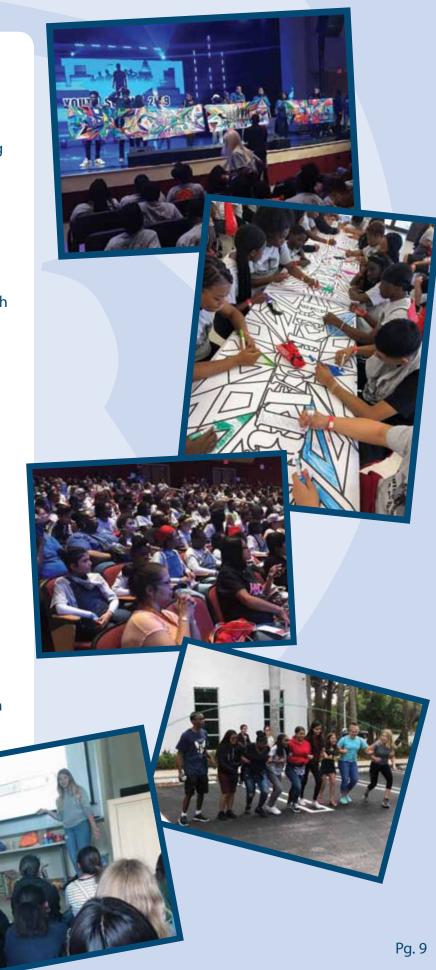
Part of our mission is to provide drug prevention education and advocacy skills to the young people in our community. Hosting Youth Summits is one way we address the topics of vaping, alcohol, marijuana, prescription drugs and others.

Impacting over 500 middle and high school students yearly, our Teen Coalition in Action (TCIA) members help design and implement our youth summits. Students from 6th to 12th grade attended this Spring's Youth Summit in April titled "Be Bold, Be Brave, Be Heard".

Students were able to attend a session called "The Truth about Marijuana, Vaping and Alcohol" led by our Teen Coalition. In small groups they created their own PSA messages and presented it for others in the session.

Jointly during our youth summits, we offer a Parent Café so parents of the participating teens can learn drug prevention and communication skills. Thank you to our partners, MADD and Hanley Foundation for offering these crucial workshops with us.

With collaboration from partners like PBSO, Urban League, Palm Beach County School District, Choice to Change, Planned Parenthood, West Palm Beach Police Department and Southeast Behavioral Health Network and many others, we reach a broad spectrum of the community.



Mental Health First Aid

What is MHFA?

- Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis.
- Just as CPR training helps a person with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a person assist someone experiencing a mental health crisis such as contemplating suicide. In both situations, the goal is to help support an individual until appropriate professional help arrives.
- The evidence behind the program demonstrates that it builds mental health literacy, helping the public identify, understand, and respond to signs of mental illness.
- Mental Health First Aid courses are offered in English, Spanish and Creole.

What do you learn at Mental Health First Aid Training?

• Mental Health First Aiders learn a single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports.

Two Types of Training: Youth and Adult

- Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or substance use challenge or is in crisis.
- Adult Mental Health First Aid course anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and substance use disorders.

Specialized Training:

- Law Enforcement
- Fire Rescue
- Veterans
- Spanish
- Creole

We currently offer the 8-hour course to any adult in Palm Beach County for free!

Contact: Cindy Wides 561-238-0251 or cwides@gmail.com or the Coalition at 561-374-7627 or alexalee@pbcbhc.org



Strengthening Families Dinner

"America's drug problem is not going to be solved in courtrooms or legislative hearing rooms by judges and politicians. It will be solved in living rooms and dining rooms and across kitchen tables – by parents and families." - Joseph A. Califano, Jr., CASAColumbia Founder and Chairman Emeritus.

Family Day is a national movement to celebrate parental engagement as an effective tool to help keep America's kids' substance free. The Palm Beach County Behavioral Health Coalition is supporting this effort by engaging our community partners such as the Bethel Evangelical Baptist Church, Propel, Healthy Delray Beach and so many more to participated in our Annual Strengthening Family Dinners.

This year we held several Strengthening Families Dinners which served over 100 families in south Florida. Over 300 participants took part in the activities.

Attendees took a pledge to show the importance of family dinners and took home some great conversation starters. For more information please visit www.PBCDinners.org





SBIRT

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used to identify, reduce, and prevention problematic use, abuse, and dependence on alcohol and illicit drugs.

SBIRT is an approach to the delivery of early intervention and treatment to people with substance use disorders and those at risk of developing these disorders. Working with community partners such as DATA, we have screened hundreds of youth and based on their risk assessment, connected them with the proper services.

TCIA

The TCIA is our Teen Coalition in Action. TCIA has grown in numbers and strength over the last few years. Currently, membership spans across a dozen middle and high schools in our county. Keeping with their mission to inspire and empower 100% of Palm Beach County teens to be alcohol and drug free, they utilize a strategic plan to address several areas of concern, such as the prevention of vaping, marijuana, underage drinking, and prescription drug misuse.

They have passed the Point of Purchase Ordinance aimed at preventing the buying, giving and selling of alcohol to anyone underage. They have spearheaded this initiative for the cities including Boca Raton, Delray Beach, Greenacres, Village of Palm Springs, unincorporated Palm Beach County and West Palm Beach. Our Teen Coalition is in the process of working with a few other towns in our county. If your community hasn't adopted this ordinance yet, please work with our Teen Coalition to make it happen.

TCIA has designed and implemented our Youth Summits. Our teens are trained to deliver workshops on the Truth about Vaping, Marijuana, Alcohol and Over the Counter Medication Safety. They have delivered this workshop to teens and parents at Youth Summits, Driver's Education courses and other community organizations. They have been invited to share their message on the news and radio broadcast and can be seen spreading their message at community events. Last year, they delivered programs to over 1000 local students.

TCIA Attends National Youth Leadership Institute

With the generous support of members like you our teens had the privilege of attending CADCA's National Youth Leadership Institute in Las Vegas. They received intensive training on proven strategies to address drug prevention in our community and to be instructors of the evidenced based curriculum, Over the Counter Medication Safety. This program is now being offered to 5 – 8th graders in our community.

For more information, call the Coalition at 561-374-7627 or email Alexa Lee at alexalee@pbcbhc.org



HIV PREVENTION

Today teens are faced with incredible pressures to be sexually active. Being aware of these challenges and pressures as well as the resulting physical, emotional, mental and social consequences of such activity is important. Recently, studies have shown that South Florida ranked number one in the nation for new HIV cases. Statistics yield that 53.5% of Youth in Florida who have HIV are black, 30% Hispanic and 15% White.

With such alarming statistics, we want to make sure our community is equipped with tools to protect themselves and stay healthy. Our goal is to increase testing, education, and condom distribution to minority youth. We utilize INSTI 1 Minute tests to ensure the community is able to receive their results in a timely fashion. Within the past year, our team has tested over 120 + community members throughout Palm Beach County.

Our education piece encompasses an evidence-based program to youth ages 13-17, teaching students about the importance of HIV and substance use prevention through Community PROMISE, (Peers Reaching Out Modeling Intervention Strategies), and the NIDA Outreach Model. Our topics include HIV/STD education, consent, sexuality, and substance use prevention. The prevention team has presented to groups such as Urban League, Department of Juvenile Justice, Youth Empowerment Centers, High Schools and more. Our team has established agreements with organizations and businesses in the community to help make condoms accessible to our target population.

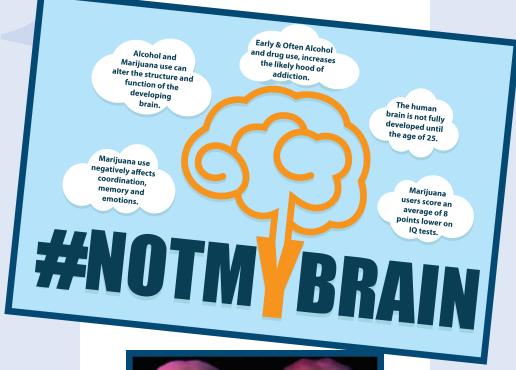
Help us build healthier communities by volunteering with us. Students, teens and young adults are encouraged to take advantage of the opportunity, whether through internship or volunteering at one of our events.

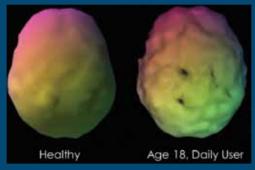
Contact Information: 561-374-7627 Kathlyn Belizaire, Program Manager x4 kathlynbelizaire@pbcbhc.org Skyler King, Prevention Coordinator x5 skylerking@pbcbhc.org



NOT MY BRAIN

Our campaign, Not My Brain empowers teens and young adults by educating them about the short and long term damage, that alcohol and other drug use can have on their developing brains. **#NotMyBrain** and the NotMyBrain.com web site have been set up to inform community youth about the effects of certain drugs and alcohol on the developing brain and empower them to resist external pressures.





Use the hash tag #NotMyBrain and share your good choices, so others can see that kids all over the county are defending their brains. For information about the effects of drugs and alcohol on the developing brain, go to NotMyBrain.com

NOT MY HOUSE

Some parents have the attitude, that letting teens drink under their roof is "safe drinking", but when it comes to teens, there is no safe drinking.

In fact, studies have proven that allowing your teen to drink under your roof has the reverse effect. Teens who are allowed to drink at home are more likely to drink outside their home. If you think all teens drink, you'd be wrong again. In fact, 84% of Palm Beach County teens reported NOT drinking on a recent survey.

In addition, assuming you are willing to take the legal risks, providing alcohol to other teens without their parents' permission is not only against the law, is also against the beliefs of the majority of parents.



Teen drinking is the cause of a series of adverse effects including: motor vehicle crashes, risky sexual behaviors; accidental deaths; decreased school performance; brain impairment; economic costs to communities, and more.

The Not My House campaign was set up to inform and educate parents about underage drinking and provide a platform for parents to feel safe about allowing their teen to attend a party, knowing that the host parent has taken the pledge to not allow underage drinking in their home.

Take the pledge today to make your home alcohol free for teens at NotMyHouse.org

Awards Luncheon 2018

PBCBHC was privileged to celebrate the incredible work our community partners and volunteers do every day at our Sixth Annual Awards Luncheon. The work of the coalition depends on the commitment of these leaders. Thank you to all our award winners, nominees, and everyone who makes a difference for the people of Palm Beach County.

Award Winners:

- Law Enforcement Champion: Ariana Ciancio of Delray Beach Police Department
- Business Champion: Choice to Change, Lynn Trimble
- Community/ Civic Champion: Staci Katz & Cindi Singer
- · Media Champion: Michelle Quesada, WPTV
- Youth in Action: Andrea Valencia,
 11th grade Wellington High School

Faith Based Champion:
 Freslaine Saint Louis



In The News

The Coalition receives a lot of media coverage including TV, print, radio, and social media. This helps us get our word out and increases the awareness of the Coalition and our prevention messages. In the past year we had over 100 million media impressions, 1 million Social media impressions and 50,000 unique visitors to our various web sites.



Recovery Awareness Partnership

The Recovery Awareness Partnership (RAP) brings the very best assets from the treatment and recovery environment. This includes professionals, advocates, families, and individuals in recovery, public safety, medical and governmental representation. We explore, discuss, plan and implement solutions to support those in need during this ongoing healthcare crisis.

RAP engages in three key areas of support: positive messaging in treatment and recovery, prevention and education initiatives and building better bridges to access to services. prevention and education initiatives, and building better bridges to access to services. RAP has produced and partnered on several initiatives to support these goals. From ongoing educational series, to working with industry and community leaders to affect change on the local, regional and state level in the area of substance use disorder. RAP continues to play a leadership role.

RAP is an open community forum that meets weekly. Feel free to come and be apart of the solution in our community.





Coalition Snapshot 2018-2019



800,000

community members reached with prevention messages and services

over **8,000** lbs.

of unused and unwanted drugs collected each year for the last five years



The Teen HIV Prevention Team has served



855 people through direct services

The Teen Coalition in Action has trained over

adults + 9

on substance abuse prevention



community members trained in

Mental Health First Aid

These efforts plus valuable community partnerships helped create the results below.

86.3% of PBC students reported not using marijuana in the last 30 days

99% of PBC students do not misuse prescription drugs

84.3% of PBC students reported not drinking in the last 30 days



2008 v. 2018

15,000

more students are alcohol free

In other words, less than half as many PBC students are drinking today than in 2008.



Transforming and Uniting
Palm Beach County by empowering
our children, our families and
our neighborhoods through
awareness, education and trainings.









