

BBHC Quarterly Newsletter – APRIL 2021

BBHC Observed World Health Day



World Health Day is observed annually on April 7th. The World Health Organization started the World Health Day campaign in 1950 to bring awareness about physical and mental health. The motive behind World Health Day was to help people understand the importance of universal health coverage.

The theme for this year's World Health Day is: *"Building a fairer and healthier world."* Health is not just about physical fitness, but there are mental and social aspects that affect one's overall health.

To encourage BBHC staff to remain active, BYRP's Project Director, **Eleanor Weekes**, encourages staff to participate in and become

members of BBHC in Motion (members of this group focus on ways to promote health). Members of BBHC in Motion track their activity, steps taken, and water consumption for the month. At the end of the quarter, the staff member with the highest number of steps receives a reward.

Mental Health Awareness Month



May is Mental Health Awareness Month. The month is dedicated to raising awareness and educating the public about mental illnesses, the realities of living with mental illnesses, and identifying strategies for attaining mental health and wellness. It is important to remember that mental health is essential and that

those living with mental health issues are deserving of care, understanding, and access to pathways leading to healing and recovery.

The BBHC team offered tips for promoting mental health and self-care. Human Resources Manager/Office Manager, **Kerline Robinson**, shared that "it's important to make yourself a priority by setting aside time to do things you enjoy." Data Contract Manager, **Jacinth Johnson**, noted that "taking a break is not only okay, but necessary. We often feel like we have to constantly push ourselves to get everything done as quickly as possible. During COVID-19, I realized that sometimes, taking 5 minutes to rest and reset makes my work come out better and my day less stressful."

PROGRAM UPDATES

Two of BBHC's programs are re-applying for expansion grants!

Broward Youth Re-Entry Program **(BYRP)**

BYRP focuses on Broward's youth system of care program. The main objective of the program is to provide youth and their caregivers with the needed supports and services to successfully transition into adulthood

Family Connections Through Peer **Recovery (Family-CPR)**

Family-CPR is family centered and child focused, with the goal of keeping children safe in their homes. The overarching objective of the Family-CPR Project is to demonstrate that an integrated continuum of care,

without having to incur additional criminal charges, which could lead to deeper involvement in the criminal justice system.

To continue exceeding current BYRP accomplishments, BBHC has applied for an expansion grant for BYRP2. The expansion grant will focus on diversion of youth with mental health and/or substance use disorders. Some of these youth have a history of serious and violent chronic offenses which have resulted in repeated arrests. In addition to the caregivers, services will also be offered to the siblings in efforts to curtail their involvement in the criminal justice system.

combined with a family engagement component and peer support, will result in increased parental retention in treatment, enhanced provision of targeted services for children and parents, improved parenting practices, and a decrease in family trauma.

The ultimate aim of the Regional Partnership Grant is to enhance the well being of children and families, reduce incidences of re-abuse, decrease the number of child welfare re-referrals and removals, through the use of the evidence based practices of Multidisciplinary Family Recovery.

Henderson's New Crisis Stabilization Unit



Henderson Behavioral Health celebrated the opening of their brand new Crisis Stabilization Unit (CSU) with a ribbon cutting ceremony on April 8, 2021. The new CSU is located on the Pulte Family Foundation Campus at 330 S.W. 27th Avenue, Fort Lauderdale, FL 33312.

Youth MOVERs & Shakers



BBHC extends congratulations to Youth Move Broward for being featured in the Youth Move National Weekly Chapter email. The National Chapter highlighted innovative events to keep youth engaged during this turbulent time.

Youth Move Broward is hosted by the South Florida Wellness Network, which is a young adult driven support network that provides opportunities for youth and young adults to get involved in activities that promote system transformation. Youth Move Broward focuses on programs surrounding National Teen Dating Violence Awareness and Whole Health Action Management. Some events hosted by Youth Move Broward include: online escape rooms, tie-dye workshops, and monthly leadership meetings.

For more information about Youth Move Broward and upcoming events click on the following link:

https://www.facebook.com/YouthMOVEBroward/?mc_cid=063786c990&mc_eid=4f9f916029

