



May 2023

Roundtable Review

Message from our CEO

Greetings,

May is Mental Health Awareness Month. Most people you will encounter are struggling with something, whether it be from the past, a recent event like the loss of a loved one, our current situation, or all of the above. The youth and their families that we serve are not any different. According to the most recent data from the CDC, suicide rates increased over the course of the pandemic. Between 2019 and 2021 teenagers and millennials suicide rates increased more than any other demographic with males committing suicide at much higher rates. More sobering, Florida rates are outpacing the nation's increase, after dropping faster than the nation in prior years. School personnel, mental health providers, youth and family service providers, and staff in workplaces in general, are experiencing the impact firsthand. Our community partners have indicated there is an escalation of Baker Acts and an increase in waitlists for mental health services. We must not only be aware, but it is also important that we act. First, it is essential that we tune into our own mental health and engage in self-care activities, such as exercise or our favorite hobbies. Many of us, especially those who serve and protect our youth, families, and communities, neglect our own needs, work long hours, and are oblivious to the impact that it has on our own state of mind and the people we care about. If cost is a factor, access your Employee Assistance Program if available and research new free online mental health counseling that you can trust. As we care for ourselves, we are more effective in caring for others, especially the youth, and families that we serve. Recognize the signs of depression. These signs include continuous sadness, feeling irritable and intolerant of others, feeling tearful, guilt-ridden, hopeless and helpless, experiencing low self-esteem, finding it difficult to make decisions, and/or loss of motivation or interest in things. Act. Seek help. Be gentle with yourself. Be gentle with others and encourage them to get help. Be aware. Be present. Most importantly, be well. Your life and the lives of others depend on it. Enjoy the sunshine!



Teresa Bishop
Chief Executive Officer



MAY IS
MENTAL
HEALTH
AWARENESS
MONTH



Teen
Pregnancy
Prevention
Month



Bike
Safety
Month

SAFE
KIDS
ST. LUCIE COUNTY



national prevention week

SAVE THE DATE
MAY 7-13
2023

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Special Dates:

- Teacher Appreciation Week 5/8-5/12
- Child Mental Health Awareness Day 5/4
- National Prevention Week 5/7-5/13
- School Nurse Day 5/10
- Mother's Day 5/14
- Bike To Work Day 5/19
- Armed Forces Day 5/21
- Memorial Day 5/29

Hidden in Plain Sight

A special thank you is extended to Richna Dessalines, Prevention Counselor, DATA Inc., Rosalyn Wilson-Dampier, Design Challenge/Advance Physical Science Teacher, and the administrative staff of Samuel S. Gaines Middle School for hosting Drug Free St. Lucie during its Student Leadership Day on April 14th, 2023.

It was “More Than A Game” on Monday, April 23rd, 2023, when fathers participated in the Drug Free St. Lucie **Hidden In Plain Sight** mock teenager’s bedroom at the City of Fort Pierce Recreation Center.



National Prevention Week is May 7th — 13th, 2023

Join Drug Free St. Lucie in recognizing National Prevention Week by participating in this nationwide effort to prevent substance misuse and promote mental health. See our flyer with Prevention Week activities on page 6.



Project Sticker Shock—2023

Sticker Shock is a campaign that the Drug Free St. Lucie Substance Abuse Prevention Coalition is undertaking to discourage adults from supplying alcohol to anyone under the age of 21 years by educating them about the law and the consequences of their actions. Project Sticker Shock uses a youth-driven community environmental approach involving a youth designed sticker being adhered to packs of alcoholic beverages (beer, wine coolers, etc.) in licensed retail stores.

Effects of Underage Drinking:

- Social problems, such as fighting or lack of participation in youth activities
- Unwanted, unplanned, and unprotected sexual activity
- Disruption of normal growth or sexual development
- Physical and sexual violence
- Increased risk of suicide and homicide
- Alcohol-related motor vehicle crashes and other unintentional injuries (burns, falls, or drownings)
- Changes in brain development that may have life-long effects
- Alcohol poisoning



37.6% of St. Lucie County 15-17 year olds usual drinking place is in their home.

29.4% of St. Lucie County 15-17 year olds report their usual source of alcohol is from a family member.

National Fentanyl Awareness Day is May 9th, 2023

The DEA warns that fentanyl is a potent synthetic opioid that is approximately 100 times more potent than morphine and 50 times more potent than heroin as an analgesic. With street names such as *China Girl*, *Friend*, *Goodfellas*, *He-Man*, *Jackpot*, *Murder 8*, fentanyl is either being sold alone or in combination with heroin and other substances, and has been identified in fake pills, mimicking pharmaceutical drugs such as oxycodone. Illicit fentanyl is driving the recent increase in US drug overdose deaths and is involved in more deaths of Americans under 50 than any cause of death, including heart disease, cancer, homicide, suicide and other accidents. [Fentanyl Awareness \(dea.gov\)](https://www.dea.gov)

MAY 9
**NATIONAL
FENTANYL
AWARENESS
DAY**

FENTANYL: WHAT YOU NEED TO KNOW

Fentanyl is a potent synthetic opioid. There are two types: medical fentanyl and illicitly manufactured fentanyl. Illicitly manufactured fentanyl is permeating the street drug supply and is now a major contributor to overdoses and deaths in the U.S. Learn the facts and spread the word on **May 9, 2023**.

1

Illicit fentanyl is being used to make fake prescription pills and is also found in common street drugs like cocaine, MDMA and heroin.

2

Fentanyl is involved in more American youth drug deaths than heroin, meth, cocaine, benzos, and Rx drugs COMBINED.

3

Fentanyl is involved in more deaths of Americans under 50 than any cause of death, including heart disease, cancer, homicide, suicide, and other accidents.

4

Often consumed unknowingly by users, illicit fentanyl is driving the recent increase in U.S. overdose deaths.

5

Fake pills have been found in all 50 states. Assume any prescription pill you see online is fake, including Oxy, Percocet, Adderall, and Xanax.

6

Fake pills are the main reason fentanyl-involved deaths are fastest growing amongst youth.

**SCAN TO VISIT
OUR WEBSITE**



fentanylawarenesday.org



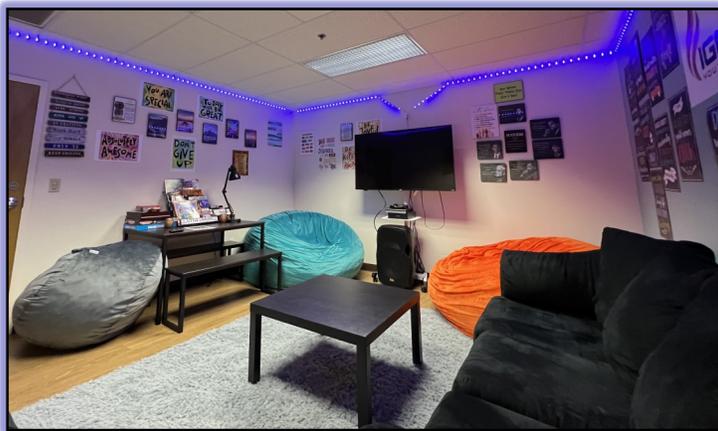
Alexandra Stoddard is quoted as saying, “When you leave a beautiful place, you carry it with you wherever you go.” Chester A. Moore Elementary School celebrated Earth Day on April 19th, 2023, by continuing to upgrade the landscaping around the entrance to the school. Principal Dr. Thelma Jackson, along with her staff and several student volunteers, have been working tirelessly on their campus beautification project. The Kids at Hope team was happy to join in the effort and continue building positive relationships and memories with the youth. The Kids at Hope team arranged the donation of a Red Cluster bottlebrush tree and ten plants from Plant Haven Nursery in Fort Pierce. Thank you to Bruce Hopper, Owner of Plant Haven Nursery, for investing in the youth of St. Lucie County.





Making Space For Mental Health

The IGNITE Youth Alliance (IYA) office is not your ordinary workspace. It is often used for a variety of things such as daily team check-ins, team trainings, therapy sessions, youth mentoring, and much more. Recognizing the need for immediate access to a safe and healthy space, the IGNITE team put serious thought into exactly what that space should look like for the team and the youth they mentor. Thanks to its funders, IGNITE was able to bring that vision to life. The IYA Outreach Team worked tirelessly over the past few weeks shopping for various items, hanging photos and LED lights, mounting a TV, building couches, and filling bean bag chairs in an effort to create a calm and welcoming environment. The IYA office is not just a workspace anymore, but it is a safe space. It is an environment where the youth in our program can come to sit, decompress, play video games, read books, or even help resolve conflicts alongside their IYA mentors.



Youth of the Year

Mia Morrison, who currently serves as the Chair of Youth Leadership St. Lucie (YLSL), has been selected as the 2023 Florida Youth of the Year by the Boys and Girls Club of St. Lucie County. Mia has the distinction of being the only two-time consecutive winner in the history of St. Lucie County. Mia has been a member of Youth Leadership St. Lucie (YLSL) since November 2019. During her time with YLSL, Mia has been active in assisting with community service projects and co-hosted a candidate forum. She continues to be a voice for the voiceless. Mia will be graduating in May and will be attending Emory Riddle Aeronautical University majoring in Aerospace Engineering.



Mia Morrison, Youth of the Year





National Prevention Week!

National Prevention Week is a national public education platform bringing together communities and organizations to raise awareness about the importance of substance abuse prevention and positive mental health.

For more info visit: www.samhsa.gov/prevention-week

**NATIONAL
PREVENTION
Week**
A CELEBRATION OF POSSIBILITY

May 7-13, 2023

MONDAY, MAY 8th

Hidden In Plain Sight Tours - PSL Community Center

WEDNESDAY, MAY 10th

Wear BLUE for National Prevention Week and tag @DrugFreeStLucie on Facebook

THURSDAY, MAY 11th

Opioid Summit - Fenn Center, 8:30-1:00 pm

FRIDAY, MAY 12th

Wear GREEN in support of Mental Health Awareness Month and tag @DrugfreeStlucie on Facebook

SATURDAY, MAY 13th

Project Sticker Shock - An Alcohol Prevention Activity

www.RoundtableSLC.org



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Board Member Spotlight



Ann Berner has had a successful career spanning more than 30 years serving the residents of Florida in different capacities with various agencies such as the Council on Aging, Head Start Center, and the Department of Children & Families. She also served as DCF District Administrator for Hardee, Highlands, and Polk Counties, and was the ACCESS Statewide Director over SNAP, Medicaid Eligibility, and TANF Cash Assistance. In 2012, Ann moved on to become the Chief Executive Officer of Southeast Florida Behavioral Health Network (SEFBHN) – “the managing entity”. Since the creation of SEFBHN the annual budget, under Ann’s leadership, has gone from \$42 million in FY 2012-2013 to over \$110 million for FY 2022-2023. She is a longtime resident of Florida and graduate of Fort Pierce Central High School, Indian River State College, and the University of Central Florida. Ann is an advocate for the most vulnerable and champion for those needing to have their voices amplified. During her career, Ann has been involved in different community groups including the Children’s Cabinet, Children’s Services Councils, and Workforce Development Boards. When asked if she has had a mentor, Ann credits Vern Melvin, former DCF Administrator and retired Guardian ad Litem Circuit Director for his incredible influence on her career (even if he denies it!). She is a reluctant animal magnet, a self-described “eternal optimist,” and “Mimi” to four beautiful grandchildren, three of which are growing up here in St. Lucie County.



Ann Berner, CEO
Southeast Florida Behavioral



Our Sponsors:



Our Board Members

- ◆ Terissa Aronson, St. Lucie Chamber of Commerce
- ◆ Tom Bakkedahl, 19th Judicial Circuit—State Attorney
- ◆ Rosetta Bartell, Housing Authority of Fort Pierce
- ◆ Linda Bartz, Board of County Commissioners
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- ◆ Ann Berner, SE FL Behavioral Health Network
- ◆ Richard Del Toro, Jr., Port St. Lucie Police Department
- ◆ Sean Boyle, Children’s Services Council
- ◆ Joseph Cracchiola, Department of Corrections
- ◆ Carol Deloach, Communities Connected for Kids
- ◆ Thomas Epsky, United Way of St. Lucie & Okeechobee
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- ◆ Diane Hopley-Burney, Fort Pierce Police Department
- ◆ Curtis Johnson, City of Fort Pierce
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- ◆ Diamond R. Litty, 19th Judicial Circuit—Public Defender
- ◆ Tony Loupe, Early Learning Coalition of St. Lucie County
- ◆ Robert McPartlan, Department of Children and Families
- ◆ Heather Parker, Guardian ad Litem
- ◆ Nathan Peterson, Department of Juvenile Justice
- ◆ David Pickett, City of Port St. Lucie
- ◆ Dr. Jonathan Prince, St. Lucie Public Schools
- ◆ Jeff Lee, St. Lucie County Fire District
- ◆ Clint Sperber, FL Health Department - St. Lucie County
- ◆ Peter Tesch, Economic Development Council
- ◆ Dana Trabulsy, State Representative
- ◆ Andrew Treadwell, Indian River State College
- ◆ Lisa von Seelen, Healthy Start Coalition of St. Lucie County

Roundtable of St. Lucie County, Inc.

Our Mission:

To sustain a team of county and business leaders who mobilize resources to improve the education, health, safety, nutrition and care of all children in St. Lucie County.

Our Vision:

We envision a community where county leaders, businesses and residents are united to provide all children of St. Lucie County the resources they need to thrive, be successful and achieve their full potential.

Executive Committee

CHAIR

Tony Loupe, Early Learning Coalition

VICE-CHAIR

Heather Parker, Guardian ad Litem

SECRETARY

Bob McPartlan, Department of Children and Families

TREASURER

Ann Berner, Southeast Florida Behavioral Health Network

PAST CHAIR

Lisa von Seelen, Healthy Start Coalition of St. Lucie County

STEERING COMMITTEE

Debbie Hawley, St. Lucie Public Schools

AT LARGE

Carol Deloach, Communities Connected for Kids

www.RoundtableSLC.org

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ADMINISTRATIVE OFFICE:

Teresa Bishop, Chief Executive Officer

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Dana Espinosa, Operations Manager

DEspinosa@RoundtableSLC.org



OUR INITIATIVES:

IGNITE Youth Alliance—(772) 448-5712

- ◆ Darcy McFolley, Intervention & Outreach Coordinator
- ◆ Marcus Mills, Outreach Supervisor
- ◆ Shantel Lariosa, Project Assistant
- ◆ LaKenya Ruffin, Senior Outreach Worker
- ◆ Markesha Brockington, Outreach Worker
- ◆ Lee Davis, Outreach Worker
- ◆ Ismael Angervil, Outreach Worker
- ◆ Lance Johnson, Outreach Worker
- ◆ Jevon Weston, Outreach Worker
- ◆ Evelyn Coleman, Family Navigator
- ◆ Brittney Williams, Family Navigator

Kids at Hope & Youth Leadership St. Lucie

- ◆ Kevin Singletery, Project Coordinator
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- ◆ Kayla McDonald, School & Community Liaison
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Drug Free St. Lucie

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