

# Welcome to the 2022 FRPA Conference! August 29 - September 1, 2022 | Orlando, FL

## WHOLLY HOLISTIC HEALTH

PHYSICAL, MENTAL & SOCIAL WELL-BEING











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# WHAT IS HOLISTIC HEALTH?



### **HOLISTIC HEALTH**







#### A BALANCED APPROACH TO OVERALL HEALTH









### **HOLISTIC HEALTH**









"Wellbeing is thought to be achieved by more than just physical health and includes a sense of purpose, happiness, and deeper social connections"

Active Wellness - Holistic Wellbeing: The Fitness Industry's Focus in 2020









## PHYSICAL HEALTH











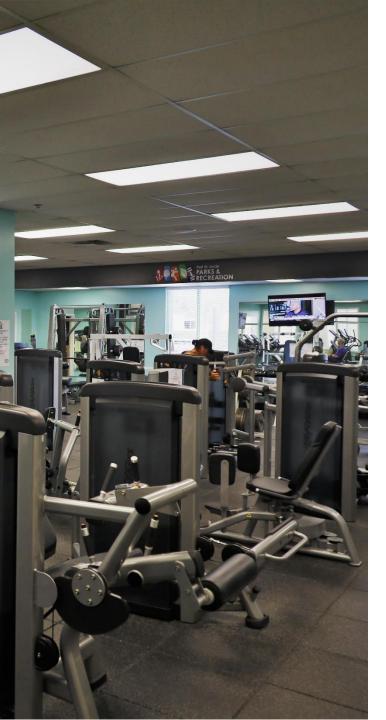
# TRADITIONAL EXERCISE IS IMPORTANT!

Research continues to show the proven health benefits of physical exercise.

The body is meant to move. Physical exercise helps keep the human body functioning normally as a result of movement.

A recent John W. Brick Foundation survey showed that 89% of respondents expressed a positive association between physical exercise and mental health.











# PSLPRD FITNESS & WELLNESS CENTERS

The Department offers two Fitness & Wellness Centers in the City of Port St. Lucie.

The facilities offer traditional fitness center amenities and equipment and access to personal training. Additionally, a membership provide accesss to over 70 fitness classes.

Classes offered cover the range of physical fitness, as well as other holistic approaches like Yoga, Brain Fitness and more.











## BUT HOLISTIC HEALTH IS MORE THAN MUSCLES!

Overall health requires self-care. This includes both mental and social health efforts.

COVID-19 helped to prove this. *The shutdown of Fitness Centers due to the pandemic showed the importance of the social connections they provide (in addition to the access to physical fitness)!* 









## MENTAL & SOCIAL HEALTH









#### **MENTAL HEALTH**

As a direct result of the COVID-19 pandemic, the Department committed to activating a Community Input Survey (CIS) process, to determine updated community needs.

The survey provide detailed information of the mental health impact COVID was having on the community.



### **MENTAL HEALTH**











53%

Indicated that their personal priorities (including health) had changed as a result of COVID-19

Indicated that their health (mental and physical) had changed during COVID-19.



### **MENTAL HEALTH**







#### ADDITIONAL RESEARCH DATA

- 70% of Americans reported the economy as a source of stress (APA)
- One in three Americans displayed signs of anxiety, depression, or both since the pandemic began
- One in five Americans report a physical reaction when thinking about the pandemic
- 18% of Americans reported experiencing anxiety all or most of the time in the past week (Pew)
- Text message to the Federal disaster distress hotline increased by 1,000% in 2020 alone











GENDER-BASED VIOLENCE/HUMAN TRAFFICKING OPIOID EPIDEMIC AWARENESS Wednesday, Jan. 5, 2022, from 6:30-8 p.m.

Presented by: Mindi Fetterman, The Inner Truth Project

#### DOMESTIC VIOLENCE

Wednesday, Feb. 2, 2022, from 6:30-8 p.m. Presented by: Monique Coleman, Tykes & Telens

#### DOWN SYNDROME

Wednesday, March 2, 2022, from 6:30-8 p.m. Presented by: Athary Koning, CEO, The Arc of St. Lucie County

#### THE AUTISM SPECTRUM

Psychologist, Tykes & Teens

Wednesday, April 6, 2022, from 6:30-8 p.m. Presented by: Kevin Lane, M.S., NCC, LMHC, Tykes & Teens

#### TRAUMA INFORMED CARE

Wednesday, May 4, 2022, from 6:30-8 p.m. Presented by: Dr. Agnieszka Marshall, Licensed Clinical

Wednesday, June 1, 2022, from 6:30-8 p.m. Presented by: Barb Silver, Suzi James, Raina Orozco and Gary Silver, Leadership team of PFLAG Stuart, FLa.

#### DEMENTIA

Wednesday, July 6, 2022, from 6:30-8 p.m. Presented by: Donna True, Licensed Clinical Social Worker, Council on Aging of Martin County at the Kane Center

#### Wednesday, Aug. 3, 2022, from 6:30-8 p.m.

Presented by: Dr. Deborah Dreher, former Chair, Treasure Coast Opioid Task Force; Fred Knaggs, Port St. Lucie Police Officer; and Patricia Roberts, current Chair, Treasure Coast Opioid Task Force

#### SUICIDE AWARENESS

Wednesday, Sept. 7, 2022, from 6:30-8 p.m.

Presented by: Anne Posey, LMHC, NCC, Cleveland Clinic Indian River Hospital Behavioral Health Center

#### Wednesday, Oct. 5, 2022, from 6:30-8 p.m.

Presented by: Gretchen Raziela, Florida Crime Prevention Practitioner (civilian), Port St. Lucie Police Department

#### Wednesday, Nov. 16, 2022, from 6:30-8 p.m.

Presented by: Anne Posey, LMHC, NCC, Cleveland Clinic Indian River Hospital Rehavioral Health Center

#### ANXIETY

Wednesday, Dec. 7, 2022, from 6:30-8 p.m.

Presented by: Anne Posey, LMHC, NCC, Cleveland Clinic Indian River Hospital Behavioral Health Center

#### Sessions are free and offered in-person only

This advertisement meets School Board Policy 9,40 for distribution of the advertisement. However, this acknowledgment does not represent an endorsement

#### Community Center, 2195 SE Airoso Blvd., Port St. Lucie, FL 34984 772-878-2277 • www.PSLParks.com/HealthyU









### **CREATING HEALTHYU**

HealthyU is a PSLPRD program connecting parks and recreation programming, services, facilities and parks with those in our community who may be experiencing mental health challenges











### **HOW HEALTHYU BEGAN**

- Personal loss of my son Danny to a 2018 opioid overdose
- An increase in drug incidents in PSLPRD parks (58 incidents between 2015 and 2019)
- The 2019 creation of a PSLPRD mandatory **Opioid Epidemic Awareness** staff training











### **HOW HEALTHYU GREW**

- PSLPRD opioid trainings proved highly successful
- City management and HR requested the expansion of trainings to include all City staff
- By late 2019, expanded trainings brought awareness of the opioid epidemic to our more than **1,000** City staff members











### **HOW HEALTHYU GREW**

- City management then supported further expanding the program to include members of the public
- The Opioid Epidemic Public Forum was first held in January 2020, before COVID-19 impacted our community
- The second Public Forum was held virtually in August 2020, due to COVID-19 protocols











### **HOW HEALTHYU GREW**

- With continued success, PSLPRD expanded its mental health programming efforts
- HealthyU: A Series of Conversations was born
- The program is a monthly forum, focusing on a single mental health topic, featuring presentations and discussion by subject matter experts











- Gender Violence / Human Trafficking
- Domestic Violence
- Down Syndrome
- The Autism Spectrum
- Trauma Informed Care
- LGBTQ+

- Dementia
- Opioid Epidemic Awareness
- Suicide Prevention
- Bullying
- and more!











### **PSLPRD'S SUCCESS**

PSLPRD was recognized with:

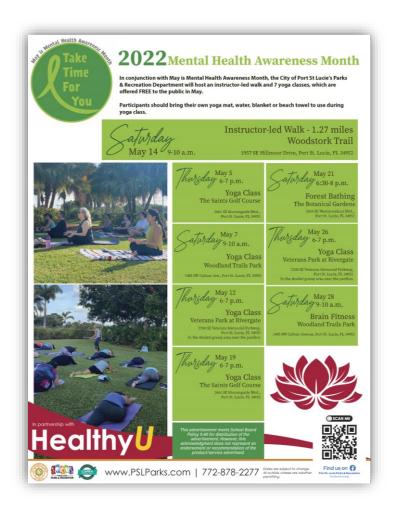
- FRPA 2020 Innovative Programming in Health
   Award for the Opioid Epidemic Public Forums
- FRPA 2021 Innovative Programming in Community
   Building Award for HealthyU
- NRPA 2021 Best Innovation in Health Award for HealthyU











HealthyU has further expanded to include additional related programs:

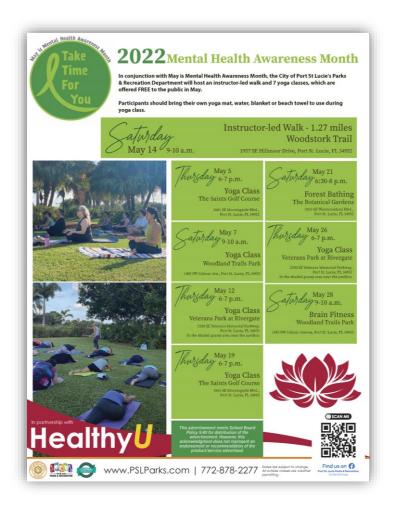
- Mental Health Awareness Month
- International Overdose Awareness Day
- Life Raft
- Memory Screenings
- Support Groups











## PSLPRD first promoted May is Mental Health in 2021 by:

- Creating a month-long calendar of events, including nine free outdoor programs in various City park locations
- Two guided walks on City trails, and seven Yoga classes in various City parks
- Met the needs of our community as hundreds sought treatment of mental health needs through outdoor recreation











### International Overdose Awareness Day (IOAD):

- Seeks to create a better understanding of overdose, reduce the stigma of drug-related deaths, and create change that reduce harms associated with drug use
- PSLPRD first IOAD event was held on August 31, 2021 at 7 p.m. along the Boardwalk at The Port











### International Overdose Awareness Day (IOAD):

- The event featured a candlelight processional along the river, live classical guitarist, light refreshments and a reading of the names of those lost to drug overdose
- PSLPRD is proud to join this global movement for understanding, compassion and change











#### International Overdose Awareness Day (IOAD):

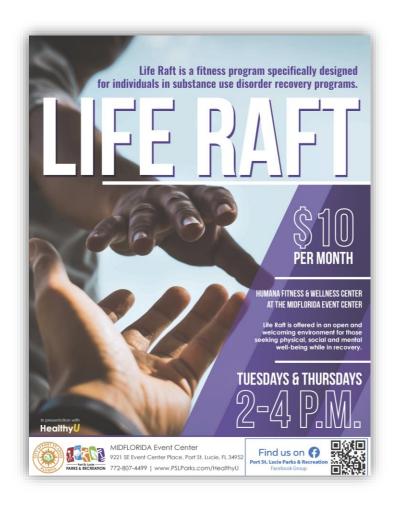
 In 2019, there was 97 similar events, in 39 countries worldwide. In 2020, amid COVID-19, there were 602 IOAD events held worldwide











#### Life Raft:

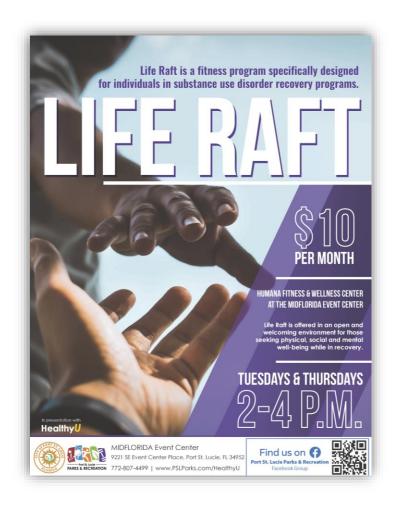
- A designated fitness program for those in Substance Use Disorder recovery
- Led by fitness staff
- Data supports that exercise provides people with increased feelings of self-worth and self-confidence











#### Life Raft:

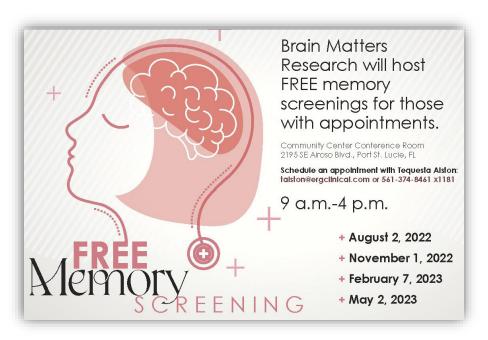
- A low-cost (\$10/month) program featuring bi-weekly sessions for those enrolled and referred by a recognized recovery program
- "Judgment-free" environment with the support of others on the same recovery journey











### Memory Screenings:

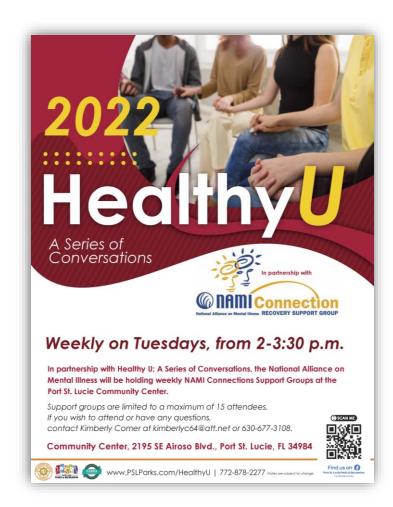
- PSLPRD partnered with a local SME to provide free Memory Screenings to the public.
- The program quickly became so popular that appointment days are regularly booked solid within just days of registration commencing











### **Support Groups:**

- PSLPRD partnered with NAMI to provide free weekly support groups focused on mental health
- NAMI's certified specialists moderate the groups to ensure a safe, private sharing environment
- Groups are limited to 15 attendees to ensure a comfortable sharing environment











### THE IMPACT CONTINUES

PSLPRD has used HealthyU to successfully connect park and recreation programming to community mental health needs.

Learn to recognize the needs in your community and innovate programs to meet those needs where you are!



### **HOLISTIC HEALTH**









AS PARK AND RECREATION PROFESSIONALS, WE SERVE OUR COMMUNITIES! TO DO THAT, WE MUST PIVOT AND INNOVATE BASED ON THE NEEDS OF OUR COMMUNITIES.



### **HOLISTIC HEALTH**



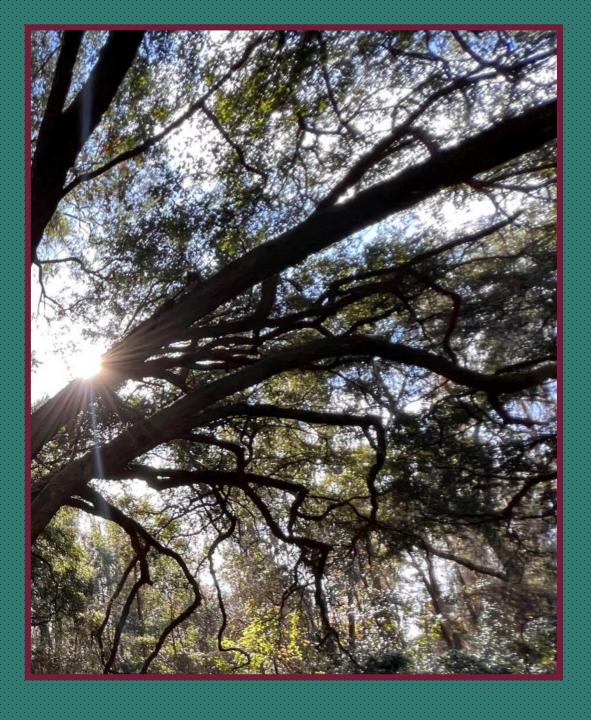






MENTAL HEALTH PROGRAMMING ENSURES "WE ARE ALL TAKING TIME TO TALK" ABOUT MENTAL, SOCIAL AND PHYSICAL HEALTH NEEDS IN OUR COMMUNITIES.





## THANK YOU

