



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

# **WHOLLY HOLISTIC HEALTH**

PHYSICAL, MENTAL & SOCIAL  
WELL-BEING



Port St. Lucie  
**PARKS &  
RECREATION**



**PATRICIA ROBERTS**  
**DEPUTY DIRECTOR,**  
**PORT ST. LUCIE**  
**PARKS & RECREATION**

**ANNE STADIUS, CPRP**  
**RECREATION MANAGER-FITNESS,**  
**PORT ST. LUCIE**  
**PARKS & RECREATION**





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# WHAT IS HOLISTIC HEALTH?







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# HOLISTIC HEALTH

A BALANCED APPROACH TO OVERALL HEALTH



**PHYSICAL  
HEALTH**



**MENTAL  
HEALTH**



**SOCIAL  
HEALTH**

# HOLISTIC HEALTH



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“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***



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# PHYSICAL HEALTH





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# 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.**







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## **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.**





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## **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)!***





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# MENTAL & SOCIAL HEALTH





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# 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

## 2021 CIS SURVEY RESULTS



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**82%**

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

**53%**

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

# MENTAL HEALTH

## ADDITIONAL RESEARCH DATA



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- **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



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# 2022 HealthyU

Join us the first Wednesday  
of the month for a series of  
conversations.

**GENDER-BASED VIOLENCE/HUMAN TRAFFICKING**  
Wednesday, Jan. 5, 2022, from 6:30-8 p.m.  
Presented by: Mindi Feltner, The Inner Truth Project

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

**DOWN SYNDROME**  
Wednesday, March 2, 2022, from 6:30-8 p.m.  
Presented by: Althay Koring, CEO, The Arc of St. Lucie County

**THE AUTISM SPECTRUM**  
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  
Psychologist, Tykes & Teens

**LG BTQ+**  
Wednesday, June 1, 2022, from 6:30-8 p.m.  
Presented by: Barb Silver, Suz James, Raina Orozco and Gary  
Silver, Leadership team of PFLAG Stuart, FL.

**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

**OPIOID EPIDEMIC AWARENESS**  
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 Indiar  
River Hospital Behavioral Health Center

**BULLYING**  
Wednesday, Oct. 5, 2022, from 6:30-8 p.m.  
Presented by: Gretchen Rozela, Florida Crime Prevention  
Practitioner (civilian), Port St. Lucie Police Department

**DEPRESSION**  
Wednesday, Nov. 16, 2022, from 6:30-8 p.m.  
Presented by: Anne Posey, LMHC, NCC, Cleveland Clinic Indiar  
River Hospital Behavioral Health Center

**ANXIETY**  
Wednesday, Dec. 7, 2022, from 6:30-8 p.m.  
Presented by: Anne Posey, LMHC, NCC, Cleveland Clinic Indiar  
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 advertisement does not represent an endorsement  
or recommendation of the product/service advertised.



Community Center 2195 SE Airoso Blvd., Port St. Lucie, FL 34984  
772-878-2277 • [www.PSLParks.com/HealthyU](http://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



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### Methadone

- opioid agonist
- acts as opioid replacement
- legal and medically monitored



## 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





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## 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





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## 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



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## 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

# HEALTHYU

## 2022 SESSION TOPICS



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- **Gender Violence / Human Trafficking**
- **Domestic Violence**
- **Down Syndrome**
- **The Autism Spectrum**
- **Trauma Informed Care**
- **LGBTQ+**
- **Dementia**
- **Opioid Epidemic Awareness**
- **Suicide Prevention**
- **Bullying**
- **and more!**





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## 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





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# HEALTHYU'S EXPANSION

HealthyU has further expanded to include additional related programs:

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

**May is Mental Health Awareness Month**  
**Take Time For You**

## 2022 Mental Health Awareness Month

In conjunction with May is Mental Health Awareness Month, the City of Port St. Lucie's Parks & Recreation Department will host an instructor-led walk and 7 yoga classes, which are offered FREE to the public in May.

Participants should bring their own yoga mat, water, blanket or beach towel to use during yoga class.

**Saturday May 14** 9-10 a.m. **Instructor-led Walk - 1.27 miles**  
Woodstork Trail  
1957 SE Hillmoor Drive, Port St. Lucie, FL 34952

**Thursday May 5** 6-7 p.m. **Yoga Class**  
The Saints Golf Course  
2401 SE Morningglade Blvd., Port St. Lucie, FL 34952

**Saturday May 7** 9-10 a.m. **Yoga Class**  
Woodland Trails Park  
1405 SW Calmar Ave., Port St. Lucie, FL 34953

**Thursday May 12** 6-7 p.m. **Yoga Class**  
Veterans Park at Rivergate  
2206 SE Veterans Memorial Parkway, Port St. Lucie, FL 34952  
In the shaded grassy area near the pavilion

**Thursday May 19** 6-7 p.m. **Yoga Class**  
The Saints Golf Course  
2401 SE Morningglade Blvd., Port St. Lucie, FL 34952

**Saturday May 21** 6:30-8 p.m. **Forest Bathing**  
The Botanical Gardens  
2410 SE Westmeadow Blvd., Port St. Lucie, FL 34952

**Thursday May 26** 6-7 p.m. **Yoga Class**  
Veterans Park at Rivergate  
2206 SE Veterans Memorial Parkway, Port St. Lucie, FL 34952  
In the shaded grassy area near the pavilion

**Saturday May 28** 9-10 a.m. **Brain Fitness**  
Woodland Trails Park  
1405 SW Calmar Avenue, Port St. Lucie, FL 34953

**HealthyU**

In partnership with

This advertisement meets School Board Policy 5.40 for distribution of the advertisement. However, this acknowledgment does not represent an endorsement or recommendation of the product/service advertised.

Dates are subject to change. All outside classes are weather permitting.

[www.PSLParks.com](http://www.PSLParks.com) | 772-878-2277

Find us on

Port St. Lucie Parks & Recreation Department



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# HEALTHYU'S EXPANSION

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

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QR code





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# HEALTHYU'S EXPANSION

## 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**

In partnership with **HealthyU**

**TIME TO REMEMBER. TIME TO ACT.**  
**Wednesday, Aug. 31, 2022, at 7 p.m.**

Join the City of Port St. Lucie Parks & Recreation Department for an overdose awareness remembrance ceremony.

The evening will begin with a candlelight procession along The Boardwalk at Veterans Park at Rivergate. This 90-minute event will include music, light refreshments and a reading of names of loved ones who have died from drug overdose.

Participants are welcome to bring an old pair of shoes, sandals or boots to leave on display commemorating those we have lost. Afterwards, items will be donated to Salvation Army for those in need.

  Veterans Park at Rivergate, 2200 S.E. Veterans Memorial Pkwy.  
772-878-2277 • [www.pslparks.com/healthyu](http://www.pslparks.com/healthyu) 





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# HEALTHYU'S EXPANSION

## International Overdose Awareness Day (IOAD):

- The event featured a candlelight procession 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



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# HEALTHYU'S EXPANSION

## 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



**INTERNATIONAL  
OVERDOSE  
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Life Raft is a fitness program specifically designed for individuals in substance use disorder recovery programs.

# LIFE RAFT



**\$10  
PER MONTH**



HUMANA FITNESS & WELLNESS CENTER  
AT THE MIDFLORIDA EVENT CENTER

Life Raft is offered in an open and welcoming environment for those seeking physical, social and mental well-being while in recovery.

**TUESDAYS & THURSDAYS  
2-4 P.M.**

In presentation with  
**HealthyU**

  MIDFLORIDA Event Center  
9221 SE Event Center Place, Port St. Lucie, FL 34952  
772-807-4499 | [www.PSLParks.com/HealthyU](http://www.PSLParks.com/HealthyU)

Find us on  **Port St. Lucie Parks & Recreation**  
Facebook Group 

# HEALTHYU'S EXPANSION

## 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



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# HEALTHYU'S EXPANSION

## 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



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Brain Matters  
Research will host  
**FREE** memory  
screenings for those  
with appointments.

Community Center Conference Room  
2195 SE Airosa Blvd., Port St. Lucie, FL

Schedule an appointment with Tequesta Alston:  
talston@ergclinical.com or 561-374-8461 x1181

9 a.m.-4 p.m.

- + August 2, 2022
- + November 1, 2022
- + February 7, 2023
- + May 2, 2023

**FREE**  
Memory  
SCREENING

# HEALTHYU'S EXPANSION

## 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






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# HEALTHYU'S EXPANSION

## 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



**2022**  
.....  
**HealthyU**  
A Series of  
Conversations


In partnership with  
**NAMI Connection**  
National Alliance on Mental Illness RECOVERY SUPPORT GROUP


**Weekly on Tuesdays, from 2-3:30 p.m.**

In partnership with Healthy U: A Series of Conversations, the National Alliance on Mental Illness will be holding weekly NAMI Connections Support Groups at the Port St. Lucie Community Center.

Support groups are limited to a maximum of 15 attendees.  
If you wish to attend or have any questions,  
contact Kimberly Comer at [kimberlyc64@att.net](mailto:kimberlyc64@att.net) or 630-677-3108.

Community Center, 2195 SE Airoso Blvd., Port St. Lucie, FL 34984

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[www.PSLParks.com/HealthyU](http://www.PSLParks.com/HealthyU) | 772-878-2277 Dates are subject to change.



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## 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



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**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



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





# THANK YOU



**FRPA**  
FLORIDA RECREATION  
& PARK ASSOCIATION

For more information about the  
Florida Recreation and Park Association  
visit [frpa.org](http://frpa.org)