



REIGNITE YOUR POTENTIAL
FRPA | 2021

WELCOME!

CONFERENCE REMINDERS

- CEU attendance will be taken by the collection of Evaluations at the end of class. You **MUST** fill out an evaluation if you would like CEU credit
- The Evaluations help FRPA gather feedback for speakers and future education. Everyone is encouraged to complete one.
- Please leave seating in all classrooms and General Sessions as it is upon entry as these are in place per safety protocols.
- Follow current Conference mask, safety, and physical distance protocols at all times.
- Keep your personal pen handy to cut down on sharing writing devices (and germs!).
- Respect the comfort of others by judging your interactions based on what color wristband they have chosen.

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Welcome to the 2021
FRPA Conference!
August 30 - September 2

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Learning objectives

1. Learn how one parks and recreation agency created and nurtured a program to share wellness messages with their community.
2. Learn how to recognize signs within your communities of mental health first aid needed and how to offer support to those in need of services.
3. Name techniques which you can use to develop a healing atmosphere from which we can all benefit.

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HealthyU

- A program offered by PSLPRD which connects our park and recreation programming, services, facilities and parks with those in our community who may be experiencing mental health issues.

HealthyU
Sessions are free, and available in-person for the first 50 who call to register. Each session will be available via Zoom.

A Series of Conversations

DEPRESSION - Wednesday, November 18, 2020, from 6:30-8 p.m.
Main Presenter: Anne Posey, Assistant Administrator, Behavioral Health Center, Cleveland Clinic Indian River Hospital

ANXIETY - Wednesday, December 9, 2020, from 6:30-8 p.m.
Main Presenter: Dr. Agnieszka W. Marshall, Psy.D., CAP, Director of Prevention Services, Tykes and Teens

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Main Presenter: Dr. Steven Parr, DO, Emergency Medicine, Cleveland Clinic Martin Health
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SUBSTANCE USE DISORDER - Friday, April 9, 2021, from 6:30-8 p.m.
Main Presenters: PSLPD Officer Fred Knaggs, Dr. Deborah Dreher, Lisa Cervenick, New Horizons, Anne Posey, Assistant Administrator, Behavioral Health Center, Cleveland Clinic Indian River Hospital, Patricia Roberts
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Community Center, 2195 SE Airoso Blvd., Port St. Lucie, FL 34984
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The mental health impacts of COVID-19

- **70%** of Americans report the economy is a source of stress (APA).
- **One in three** Americans have displayed signs of anxiety, depression or both since the pandemic began.
- **One in five** American report a physical reaction when thinking about the pandemic.
- **18%** of Americans reported experiencing anxiety all or most of that time during the past week (Pew).
- Text messages to the federal disaster distress hotline increased **1,000%** in 2020.
- Psychological casualties outnumber physical casualties by **four to one**.

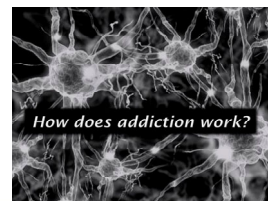
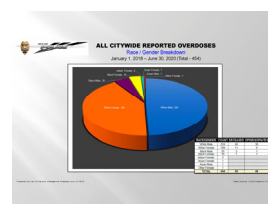


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How HealthyU began...

- Personal loss of son Danny to 2018 opioid overdose
- Increase in drug incidents in our parks (58 between 2015 and 2019)
- Early 2019, through support of our Department Director, the Department launched an Opioid Epidemic Awareness training to all Department staff.



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How HealthyU grew...

- Department trainings proved highly successful and impactful
- City management and HR Department requested expanding the trainings to include **all** City staff
- These trainings brought awareness of the epidemic to our more than 1,000 City staff members in October and November 2019.



OPIOID EPIDEMIC AWARENESS TRAINING

NATIONAL OVERDOSE AWARENESS DAY IS AUGUST 31, 2019



Training Dates:

Thursday, October 24

9:30am-11:00am
1:00pm-2:30pm
3:00pm-4:30pm

Thursday, November 21

9:30am-11:00am
1:00pm-2:30pm
3:00pm-4:30pm

Location: Council Chambers



130+
People died every day from
opioid-related drug overdoses*



11.4 m
People missed
prescription opioids*



47,600
People died from
overdoses on opioids*



2.1 million
People had an opioid use
disorder*



81,000
People died from
overdoses on opioids for the first time*



886,000
People used heroin*



2 million
People missed prescription
opioids for the first time*



15,482
Deaths attributed to
overdoses on heroin*



28,466
Deaths attributed to
overdoses on synthetic
opioids other than methadone*

SOURCES:
2017 National Survey on Drug Use and Health
NCHS Data Brief No. 293
NCHS, National Vital Statistics System

This is mandatory training for ALL City Employees

Registration: Go to Employee Self-Serve then Training Opportunities



For more information contact Alyssa Figur in Human Resources at 772-879-3374

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How HealthyU grew...

- With City management support, the training was then expanded again to include members of the public
- The Opioid Epidemic Public Forum was introduced and first held in January 2020, pre-COVID.
- The second Public Forum was held August 2020, via live streaming, due to COVID-19 precautions.



**SATURDAY, AUGUST 29, 2020
FROM 10 A.M.-12 P.M.**

Opioid Epidemic Awareness Public Forum

Space is limited to go in order to accommodate CDC social distancing guidelines. RSVP by email to secure your seat today.

View Live Stream at [cityofpsl](https://www.cityofpsl.com/cityofpsl)

10.3 million people
misused prescription
opioids in 2018

PRESENTERS

Lisa Cervoniak
Mobile Response Team Peer Specialist
New Horizons of the Treasure Coast

Deborah Dreher
Port St. Lucie Resident and Former Chair of the
Treasure Coast Opioid Task Force

Officer Fred Knapp
Port St. Lucie Police Department

Patricia Roberts
Resident of Port St. Lucie

TOPICS

- History of opioids.
- What is addiction?
- How to detect signs of an opioid use disorder.
- What to do if a family member/friend one has an opioid use disorder, including potential treatment options.
- Sharing of recent PSLPD statistics regarding overdoses, demographics of those affected in the City.
- Sharing of SLC Medical Examiner's Report on opioid overdoses and related fatalities.
- One family member's perspective after losing a son to an opioid overdose.

Community Center, 2195 SE Airoso Blvd., PSL, FL 34984
RSVP by email communitycenter@cityofpsl.com or 772-878-2277

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How HealthyU grew...

- With the continued success of these trainings and public forums, the Department expanded its mental health programming efforts
- HealthyU: A Series of Conversations was born.
- Program features a monthly forum, in-person and virtual, focusing on a mental health topic featuring subject matter experts



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How HealthyU grew...

- Topics include:
 - Depression
 - Anxiety
 - Domestic Violence
 - Trauma Informed Care
 - Suicide Prevention
 - Opioid Epidemic Awareness
 - Bullying
- Gender Violence
- Dementia
- Eating Disorders
- Stress Management
- Bipolar Affective Disorder

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HealthyU's future...

- The HealthyU brand of programming will also house additional related programs in the future:
 - Mental Health Awareness Month celebrations
 - International Overdose Awareness Day
 - The "Life Raft"



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HealthyU's future...

- May Mental Health Awareness Month
- Included nine FREE outdoor programs in City parks
- Two guided fitness walks on City trails and seven Yoga classes in parks
- Met the needs of our community as hundreds sought mental health needs through outdoor recreation

2021 MAY Mental Health Awareness Month

In conjunction with Mental Health Awareness Month, as celebrated by National Alliance on Mental Illness, the City of Port St. Lucie's Parks & Recreation Department will host guided walks and yoga classes, which are offered free to the public in May.

Feel free to bring a canned food item, which will be donated to the Treasure Coast Food Bank. No water or yoga mats will be provided. Participants should bring their own yoga mat, blanket or beach towel to use during yoga class.

Guided Walk - 1.27 miles at Woodstock Trail
1957 SE Hillmoor Drive, Port St. Lucie, FL 34952
Free blood pressure checks by City of Port St. Lucie Employee Health Clinic 10:00-11:00 a.m.

Thursday May 6 6-7 p.m. Yoga Class Veterans Park at Rivergate 2200 SE Veterans Memorial Parkway, Port St. Lucie, FL 34952	Saturday May 8 8:30-9:30 a.m. Yoga Class Fred Cook Park 400 SE Glenwood Ave., Port St. Lucie, FL 34952
Thursday May 13 6-7 p.m. Yoga Class Winterdunes Park 100 NW Bakersfield, Port St. Lucie, FL 34952 Under the pavilion	Saturday May 15 8:30-10:15 a.m. Guided Walk - .5 mile at 8:30 a.m. & Yoga Class at 9:15 a.m. Woodland Trails Park 1800 NW Colonial Ave., Port St. Lucie, FL 34952
Thursday May 20 6-7 p.m. Yoga Class The Saints Golf Course 4001 SE Saint Johns Blvd., Port St. Lucie, FL 34952	Saturday May 22 8:30-9:30 a.m. Yoga Class Community Center 2200 SE Veterans Memorial Parkway, Port St. Lucie, FL 34952 Grassy area near picnic tables and front of the building
Thursday May 27 6-7 p.m. Yoga Class Veterans Park at Rivergate 2200 SE Veterans Memorial Parkway, Port St. Lucie, FL 34952 In the shaded grassy area near the pavilion	Saturday May 29 8:30-9:30 a.m. Yoga Class Palm Tree Garden at The Botanical Garden 1000 SE Homestead Blvd., Port St. Lucie, FL 34952 Under the shaded canopy of the palm trees

Scan Me!


HealthyU



For more information, contact Parks & Recreation at
772-878-2277 • www.PSLParks.com
Follow social distancing guidelines - Facial coverings recommended





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HealthyU's future...

- International Overdose Awareness Day event
 - 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
 - Held Tuesday, August 31, 2021 at 7 p.m. at the Boardwalk at The Port
 - Featured a candlelight procession along the boardwalk, live classical music, light refreshments and a reading of the names of loved ones who have died from a drug overdose.







Port St. Lucie
PARKS &
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The Boardwalk at The Port, 2454 SE Westmoreland Blvd.
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HealthyU's future...

- International Overdose Awareness Day event
 - By holding this event, Port St. Lucie Parks & Recreation is adding a global movement for understanding, compassion and change. In 2019, there were a record 97 similar IOAD events, held in 39 countries.
 - Last year, amid COVID-19, the world still held 602 events.






Port St. Lucie
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HealthyU's future...

- The “Life Raft”
 - A designate fitness program for those in Substance Use Disorder recovery
 - Led by fitness staff, a **weightlifting/strength-conditioning coach who has experience in recovery**
 - Years of data show that simple exercise provides people with health benefits, often leading to stronger feelings of self-confidence and self-worth

“Recovery is For Everyone: Every Person, Every Family, Every Community”

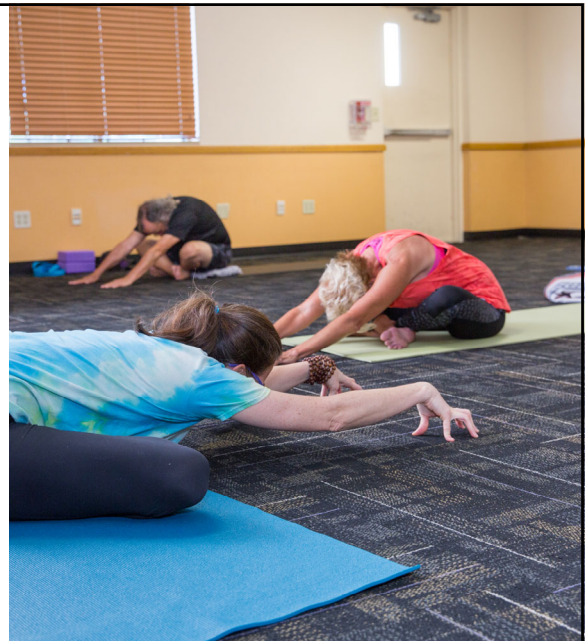


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HealthyU's future...

- The “Life Raft”
 - Offered Tuesday/Thursdays, 2-4 p.m. at the HUMANA Fitness & Wellness Center at the MIDFLORIDA Event Center
 - Low cost (\$10/month) program for individuals enrolled in and referred by a recognized recovery program
 - “Judgment-free” environment with the support of others on their same journey toward connectivity
 - **Yoga/meditation class specifically designed for “Life Raft” participants**



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Lessons learned through HealthyU

- Depression is one of the **most common** mental health disorder.
- Depression can be caused by **genetic, biological, environmental and psychological** factors.
- **Stigma** prevents people from seeking the help they need.
- There are three types of stress: **positive, tolerable and toxic** (the last of which can change the brain).
- **Anxiety** is the most common mental health disorder.
- **Food** is the most abused anxiety drug.
- Selfcare is not selfish...it is **necessary**.



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Lessons learned through HealthyU

- **One in four** women and **one in nine** men experience severe physical violence from an intimate partner.
- **One in three** women and **one in four** men have experienced a form of physical violence by an intimate partner.
- The first **72 hours** after a domestic violence incident is the most dangerous because the batterer is looking for the victim.
- **One in fifteen** children are exposed to intimate partner violence each year



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Lessons learned through HealthyU

- We must change our language from “why doesn’t ‘she’ just leave” to holding the **perpetrator** accountable.
- We must shift our perspective from “what’s with you” to “**what happened to you**”, then “**what’s right with you**”.
- **Adverse childhood experiences (ACEs)** are the single greatest public health threat.
- ACEs are categorized by **abuse, household disfunction and neglect**.
- **68%** of Americans have experience one or more ACE (Kaiser Permanente)
- **26%** have experience three or more ACEs



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Lessons learned through HealthyU

- Every **16.6 minutes** someone intentionally ends his/her life.
- Suicide is the **second** leading cause of death in college students, and the **third** leading causes of death in youth overall.
- **20%** will have a suicide within their immediate family.
- **60%** will know someone personally who dies by suicide.
- Myth: Suicidal people are fully intent on dying.
- Fact: Most suicidal people are **undecided** about living or dying (**suicidal ambivalence**).



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Lessons learned through HealthyU

- Myth: Men are more likely to be suicidal.
- Fact: Men **complete** suicide more than women, but women **attempt** suicide more than men (by a factor of three).
- Myth: Suicide occurs in greater numbers around year-end holidays.
- Fact: Highest suicide rates are in **April**.
- Most suicidal people don't want to die – they just want their **pain to end**.
- **80%** of those who die by suicide have given definite signals or talked about suicide before their death.



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Lessons learned through HealthyU


- Port St. Lucie reported a **41.9% increase** in opioid-related overdoses between 2019 and 2020.
- Port St. Lucie reported a near **13% increase** in opioid overdose fatalities between 2019 and 2020.
- Port St. Lucie Police Department reported a **218.2% increase** in their use of NarCan, to reverse the effects of an opioid overdose, between 2019 and 2020.



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HealthyU provides a connection for our public to services that can help.



Dementia

Are some memory changes "normal?"
What's the difference between dementia and Alzheimer's?



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HealthyU is the 2021 National Recreation & Park Association's Innovation in Health Award winner, and the 2021 Florida Recreation and Park Association Innovative Programming: Community Building Award winner!




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HealthyU 2022 Programming


- **Jan. 5: Gender Violence / Human Trafficking**
 - Mindy Fetterman, The Inner Truth Project
- **Feb. 2: Domestic Violence**
 - Monique Coleman, Tykes & Teens
- **Mar. 2: Downs Syndrome**
 - Athary Koning, ARC of St. Lucie County
- **Apr. 6: The Autism Spectrum**
 - Kevin Lane, Tykes & Teens
- **May 4: Trauma Informed Care**
 - Dr. Agnieszka Marshall, Tykes & Teens
- **Jun. 1: LGBTQ+**
 - Presenter TBD






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HealthyU 2022 Programming

- **Jul. 6: Dementia**
 - Donna True, Council on Aging – Martin County
- **Aug. 3: Opioid Epidemic Awareness**
 - Dr. Deborah Dreher, PSLPD Officer Fred Knaggs and Patricia Roberts
- **Sep. 7: Suicide Prevention**
 - Anne Posey, Cleveland Clinic – Indian River
- **Oct. 5: Bullying**
 - Gretchen Raziela, Port St. Lucie Police Department
- **Nov. 16: Depression**
 - Anne Posey, Cleveland Clinic – Indian River
- **Dec. 7: Anxiety**
 - Anne Posey, Cleveland Clinic – Indian River





Port St. Lucie
PARKS & RECREATION

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**Port St. Lucie
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For more information about the Florida
 Recreation and Park Association visit frpa.org

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