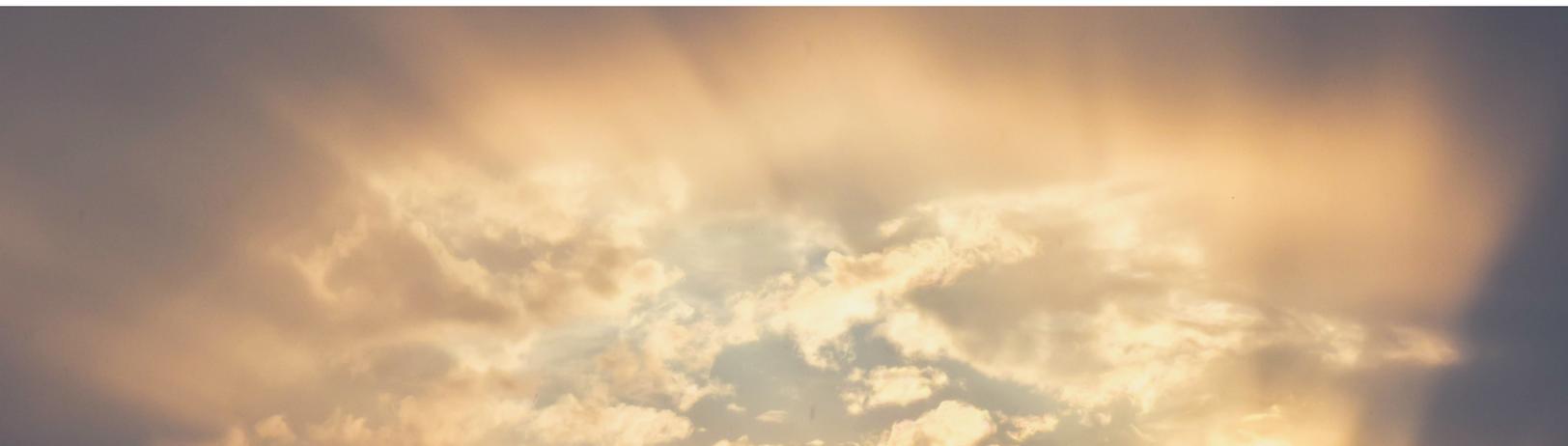


# behavioral health bulletin



*Always end with hope.*

by Catherine Denham, LCSW, Registered Play Therapist

My wise grandmother taught me at a young age that a life full of money and success was no life at all without good health. She instilled in me the important value of taking care of my mind, body, and soul. Each one of us has someone or something that inspired us to be in the helping profession. Mine includes a lifetime of encountering doctors, teachers, nurses, and neighbors who in their simple gestures provided me with hope and kindness in dark and hopeless times.

Those of us at Community Health Northwest Florida are a rare and special breed who have a desire in our hearts and minds to serve those less fortunate. Each of us, in our own special way, strive every day to make this world a better and healthier place one person at a time.

After serving 15 years in community mental health, one year ago this month I took a leap of faith, and joined Community Health Northwest Florida's Behavioral Health Department.

I have loved the challenge of learning a new job, joining a new team, and the opportunity to continue serving those in need. What I have loved most, though, is working for an organization that truly embraces the philosophy that having less does not mean you deserve less, an organization that understands how physical health affects mental health, and an organization that strives to give each client served HOPE that despite limited resources their needs can be met.

As a newbie in the mental health world, I learned early on the power of HOPE. HOPE keeps them coming back, HOPE helps them move forward, and HOPE leads to healing both physical and mental. I now make conscious efforts to end every encounter (whether it's a warm hand-off or an entire session) communicating HOPE to others not just in what I say, but more importantly in what I don't say. I want to make sure that I have made them feel seen, heard, cared for, and valuable. It is these subtle, yet powerful, messages that truly communicate HOPE to those we serve.

# our garden, your table

BY AMY MORGAN

5 of Mia William's container gardens have now been created! We want to encourage our patients that don't have access to plant a garden or haven't attempted to grow food before, to see how fun and easy it is to grow their own food. The containers will yield tomatoes, peppers, green and purple mixed basil and strawberries. These plants are easy to care for and will continue to harvest throughout the summer!

The last of our tomatoes and peppers have also been planted; these were donated by Sarah at Thrifty Drugs; thank you Sarah! Some of these were also container planted.

Currently growing in the garden -

Tomato Variety - Pepper Variety - Brussel Sprouts - Cantaloupe - Watermelons - Zucchini - Yellow Squash - Cucumbers - Carrots - Onion Variety - Garlic - Basil - Cilantro - Parsley - Spearmint - Jamaican Calalou Greens



*"Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.  
— May Sarton."*

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May 2018

# Jackson St Workshop and Group Descriptions



## MEDICAID & FOOD STAMP WORKSHOP

Food assistance and/or Medicaid Workshop. Patients will need to call to reserve their spot, computer, and be advised of what documents to bring. This workshop is appropriate for patients who have the ability to apply but need guidance and computer access. Referral not needed, though patients should call so they can bring required documents. 436-4630 ext. 90605

Facilitated by: Linda Lee-Edwards, BSW, MPA



## DISABILITY WORKSHOP

This is a 3-Part Workshop on how to navigate the complex world of SSDI and SSI. Patients often apply with incomplete documentation, and/or errors during the application process. These mistakes can prolong the time it takes for patients to receive these benefits, and can jeopardize eligibility. Intake not needed, calling preferred. 436-4630 ext. 90605  
Facilitated by: Bobbie Huffman, BSW



## COPING SKILLS GROUP

This ongoing coping skills group is suited for adults and the group will be held in 4 sessions divided into 4 skills classes: Mindfulness, Relationships, Managing Feelings, & Problem Solving. Referral to BH required for sign up. Please note in the referral they would like this group.

Facilitated by: Jennifer Maule, MSW



## BOUNCING BACK THERAPEUTIC GROUP

Bouncing back is a group that can help you uncover resiliency to life events. Everyone has the ability to cope. This group will help you take a deeper dive in processing some of life's negative events while developing or redefining your skills in coping.

Referral needed.  
Facilitated by: Ashley Jones, LCSW



## MUSIC, ART, AND MINDFULNESS

This ongoing, open group for adults consist of 8 classes which will focus on increasing mindfulness. Using art, music, and movement as therapy, this group will help clients find new and invigorating coping techniques. Most BH diagnosis appropriate for this group. Referral to BH required, please notate this group in the referral.

Facilitated by: Nicole Bowman, LCSW



## SUBSTANCE ABUSE INSIGHT BUILDING

This ongoing adult psycho-education group will focus on topics such as communication skills, relapse prevention, early recovery, stages of change, denial, grief/loss, and family dynamics. This group will help develop insight into addiction and recovery. Referral Required, please notate in the referral.

Facilitated by: Symika Taylor, MSW

# wellness within reach

YOGA | MEDITATION | WELLBEING



## YOGA

Behavioral Health and Wellness department is excited to offer both patients and staff on-going yoga and meditation classes as well workshops geared towards de-mystifying yoga and creating a meditation practice.

Yoga is a tool for gaining mind and body awareness. Yoga creates both flexibility and strength along with improving cardiovascular health. You do not need to be flexible and strong to practice yoga, you only need to be willing and present.



### De-Mystifying Yoga

yoga made simple



What does it all mean?!

This workshop is free for patients and staff. Begin to increase your understanding of terms use in yoga such as asana, mantra, mudras and pranayama.

This workshop will combine education with brief gentle yoga near the end.  
All levels welcome.

May 31th, 4:30-5:30 PM

June 7th 4:30-5:30

# Summer Schedule

## Yoga for Patients

Classes are available for FREE,  
all levels welcome, bring a friend!

Tuesdays and Thursdays  
9-10AM



## Yoga for Employees

Classes are free. All levels welcome.  
The De-Mystifying Yoga workshop is  
encouraged for beginners.

Beginning June 21st,  
Thursdays 4:30-5:30 PM

## Morning Meditation

Beginning May 31st  
Thursdays  
7-7:30 AM  
7:30-8 AM



## WE PROVIDE EVERYTHING

Come as you are in comfortable clothing that allows free range of motion. You are welcome to bring your own yoga mat if you have one, if not, one will be available for you to use. We will have blankets and props such as straps and blocks available as well.

namaste

The light within me sees and honors the light within you.

