

BREAKTHROUGH CONCEPTS THROUGH CONVERSATION

at

Boca Raton's Promise Community Mental Health
THOUGHT LEADERS DINNER

July 31, 2017

Arturo's Restaurant



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Table 1 — Reporting - Riki Smith, P.O.W.E.R House of Expression

- We need to be more politically conscious
- Integrate mental health and dual diagnosis in the Department of Health
- The Black population hides mental illness; we must work to dispel myths and stigma so this population can get the help they need
- Continue to promote MHFA—everyone needs to have this training
- Consider martial arts as one form of therapy for people in recovery
- Get a franchise for mental health so it can be everywhere all the time

Table 2— Reporting - Brandi Baumkirchener, Psy.D., P.A. Psychologist: LGBTQ, Substance Abuse and Addiction

- Conduct education for parents and adults about how to be more aware of psycho-bullying
- Education about coping skills...how to use friends and other strategies
- Create 3-5 minute YouTube videos to make education more accessible
- More resources to learn how to avoid incarceration
- Offer step-down and wrap-around services following acute episodes/hospitalizations
- Offer more services and safe spaces for LGBTQ/transgender populations

Table 3 — Reporting - Gerda Klein, BRP Administrative Assistant, Advocate

- Educate parents about what happens when a child is admitted to the hospital for mental illness
- Promote education and conversation in the workplace about mental health with Lunch & Learns
- Engage college interns as life coaches teaching clients monthly about life skills

Table 4— Reporting - Dr. Beth King, Christine E. Lynn School of Nursing, FAU

- Designate a separate inpatient unit for patients with significant mental illness
- Provide daycare services for this same population
- Encourage MHFA training for beauticians, morticians, bartenders, etc. and give them a supply of the “Get Help” pamphlet to give customers
- Put the “Get Help” pamphlet in patient discharge package
- Gather groups of students who are interested in becoming mentors to further their careers
- Seek partnerships in the community to do research on mental health
- Increase political activity; what happens if money for mental health disappears?

Table 5 — Reporting - Kim Mazauskas, School District of Palm Beach County

- Prevention must be the main focus
- Encourage MHFA training for everyone
- Offer students supplemental help when early signs are evident
- Staff need training to learn how to handle students at the tertiary level
- Must find way to educate peers of the students so they can help those with a mental illness

Table 6 — Reporting - Jon Kaye, Kaye Communications PR & Marketing

- Jon is proud that Rotary Club Downtown Boca Raton contributed to BRP for MHFA while serving as president and fund board chair
- Continue Voice Awards as it brings increased awareness to BRP and its mission/vision
- Table participants expressed thanks to Rita and Marla for their outstanding leadership and philanthropy

Table 7 — Reporting - Melissa Whelchel, Boca Raton Regional Hospital

- Have a better understanding of a patient's after-care needs at discharge from hospital
- Provide informed advocates to assist
- Raise awareness among hospital staff, EMS, police, etc. about how to best respond to a person with a mental illness

Table 8 — Reporting - Katherine Murphy, NAMI-PBC

- Refer to patients in hospital as “people”, not beds
- Educate about the importance of early intervention for ages 18-24
- Educate teens about how to help/support their peers who have a mental illness
- Utilize NAMI for campus program college guide
- Include mental health information during orientation activities for college students

Boca Raton's Promise: Ongoing and New Priorities

- Voice Awards alternating venue between Kravis Center and Boca Raton
- Funding start-up organizations that demonstrate ability for outreach, create interactive programs that educate, encourage conversations, advocate for MHFA training, etc.
- BRP will produce and present a new film via ITV:
“The Family Reisler:” How a family and two siblings deal with a mental illness diagnosis
- Focusing on:
 - Congregations of faith start-up in Boca Raton
 - Collaborating with Christine E. Lynn School of Nursing at FAU
 - Art is Therapy in schools and elsewhere
 - Speakers' Bureau—youth and professionals speak in schools and community
 - MHFA Trainings
 - Legislation

Dr. Len Sperry from FAU

Referencing that one out of three adults in England can avail themselves of mental health care at one level or another, Dr. Sperry spoke of an experiment that has been working well over the past nine years in the UK. It involves training individuals in brief intervention and phone intervention which can be done anywhere in the country and has proven to be life saving. The experiment includes increasing levels of support.

Liese Connell — Boca Raton Elementary School Music Teacher

Rita Thrasher recognized Ms. Connell with a monetary award in honor of her two musically talented daughters for her creative work with students.

**How can we learn to break down walls?
You all do so much—how can we come together to do it better?**

And...

City of Boca Raton Presents Proclamation Recognizing New Boca Mental Health Alliance



(From Left) Cary Scope - Rales JFS, Katherine Murphy - NAMI PBC, Vicki Katz - Faulk Center, Jeremy Rogers - Deputy Mayor, Rita Thrasher - Boca Raton's Promise.