



Thank You To Our Lived Experts

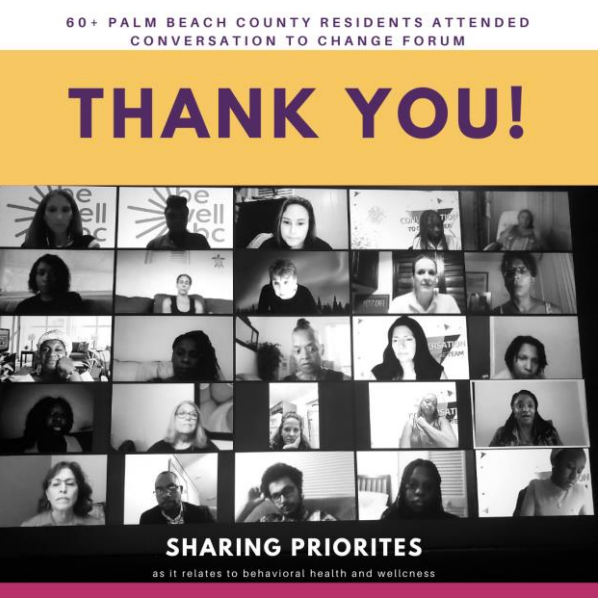
BeWellPBC's most recent milestones are a continuous reminder that our Palm Beach County residents are leading the way in advancing behavioral health & wellness.

"Together, we can do so much"
-Helen Keller

Be Transformative

Conversation to Change Forum!

On October 27th, [BeWellPBC](#) hosted 60+ community residents from towns and cities across Palm Beach County for a **"Conversation to Change."** With the question posed: What are community priorities around behavioral health? Overwhelmingly, residents answered access to supports, followed by wellness, stress, behavioral health awareness, and community trauma. We are deeply grateful to all of our participants for sharing their ideas and solutions for improving behavioral health, which we will share with our system partners



as we move on to the next step—change!

We encourage everyone who attended to share their feedback about their experience by taking this [short survey](#).

Be Open

BeWellPBC's Couch Conversation 2nd Edition.

BeWellPBC's Community Connectors, Rose Newbold-Biffo, Rosa Showers White and Takaunia

(“TK”) Carstarphen, recently held a “Couch Conversation” - a comfortable and open discussion between residents and system leaders - about how the stressors of 2020 have affected children



and families and ways parents can support themselves and their children to cope.

BeWellPBC thanks all our Couch Conversation participants for contributing to this important and insightful discussion, which we share a summary of here. For the full conversation, please

click [here](#).

On the Community Couch were:

- Venise St. Hilaire, Belle Glade area, mother of a four-year-old boy and a special education teacher at [Grove Elementary School](#)
- Elzie Petit-Bien Phanord, Lake Worth area, mother of two daughters ages six and four, a school counselor at [Carver Middle School](#), and Summer Camp Director of [Bethel Evangelical Baptist Church](#)
- Marcus Darrisaw, Boynton Beach area, father of two sons ages three and seven, an English teacher at [West Boca High School](#), and Program Coordinator at the [EJS Project](#)

On the Systems Couch were:

- Nicole Edwards, Director of Community Partnerships with [Prime Time Palm Beach County](#)
- Aruna Gilbert, Chief Program Officer with [Early Learning Coalition of Palm Beach County](#)
- Cornesha Dukes-Chisholm, Vice President of Family Services with [Early Learning Coalition of Palm Beach County](#)
- Erin Gallagher, Vice President of Provider Services with [Early Learning Coalition of Palm Beach County](#)

Technology Challenges for Younger Children

Like many parents of young children, Elzie, Marcus and Venise are searching for resources to support their little ones' adjustment to online learning and assess whether they are grasping lessons and hitting their milestones. Cornesha from the [Early Learning Coalition](#) has the resources they need:

“At the [Early Learning Coalition](#), we provide tools, supports and resources to parents to build their skills and make sure they are aware of the best strategies and practices for helping their young children. We work one-on-one with parents to understand the specific needs of their child and then our team works with the parent and child together to practice skills and model techniques that parents can continue on their own in the home. We have staff who speak multiple languages, primarily Spanish and Creole, and we also coordinate with translation services to support families. And we have a family engagement manager who can get you connected and work one-on-one with you to share the tools we have available to support you. You can visit our website at www.elcpalmbeach.org/parents or contact our family engagement manager Lorca Acosta at Lorca.Acosta@elcpalmbeach.org

One of the best strategies to understand how your child is learning is to communicate with the teacher. Make sure the teacher understands who your child is and how your child learns and work with your school to shape a plan.”

Cornesha also suggests a simple strategy to communicate with your child:

- **Tune In.** Listen to what they are saying.
- **Take Turns.** They say something, then you say something. See if they are grasping the concepts. If not, talk with their teachers.
- **Talk More.** Prompt your children to continue the conversation.

COUCH CONVERSATIONS

2nd Edition



Challenges Facing Teachers

Realizing that the parents who are also teachers may be experiencing challenges in both roles, Rose asked how is it going:

Venise shared that she is juggling both roles. With her special needs students, extra support is necessary now. They don't have the cognitive function to understand the technology and the parents have difficulty as well. We had to teach the parents along with the students how to access the technology and Google classrooms.

Finding the Right Resources for Your Child

Hearing more support is needed, Rose asked how system partners make parents aware of resources. Nicole from [Prime Time](#) and Cornesha from the [Early Learning Coalition](#) shared how their organizations are expanding their reach to all families.

"At [Prime Time](#), we've moved away from our old model where we only partnered with afterschool programs," said Nicole. "People can access our opportunities as an individual at home online. Our goal now is to reach everyone. We try to get children to be more interactive through movement, art, and singing things that can help alleviate stress. We also offer programs focused on STEAM, coding, developing apps, and fitness and wellness. [Prime Time](#) focuses on Kindergarten through 8th grade. Visit www.primetimepb.org/elos/ to learn more about our expanded learning opportunities."

Cornesha added, "We learned that there were technology concerns with some families, so we went back to 'snail mail.' We send thousands of packets so that Palm Beach County families who need and want information can get it, regardless of economic status."

Help for Parents

Erin asked the parents what are the easiest ways to get information to them and where do they look for resources so organizations would know they are connecting in the right ways.

Elzie shared that brochures are best. "I'm not always looking at emails and they are hard to find later when I need the information."

Venise stated that "for western communities, the Glades Initiative sends weekly emails with resources and events. Also, my church invites different nonprofits once a month to meet our parents. Many are not English speakers or aware of resources. They take information back to their families and community members and share it."

Erin urges families to reach out to the [Early Learning Coalition](#), no matter the issue. "We may not be a one-stop shop at the [Early Learning Coalition](#), but we are fortunate that there are so many resources in the county to help families. Specific services may not sit with us, but they may sit with another organization and we love making those connections."

Be Supported

Below are the resources mentioned that are available to support our families:

Our Systems Couch members shared the following resources:
Early Learning Coalition of Palm Beach County
elcpalmbeach.org

- Child Care Resource and Referral: 561-573-8217
- Family engagement opportunities and 1:1 family coaching: Lorca Acosta, Lorca.Acosta@elcpalmbeach.org
- To request a guest speaker for any parent or community meeting, or to learn more about ELC's programs and services, please contact Rachel Mondesir at Rachel.mondesir@elcpalmbeach.org.

- Expanded opportunities: primetimepbc.org/elos



Together we can be well and be supported.

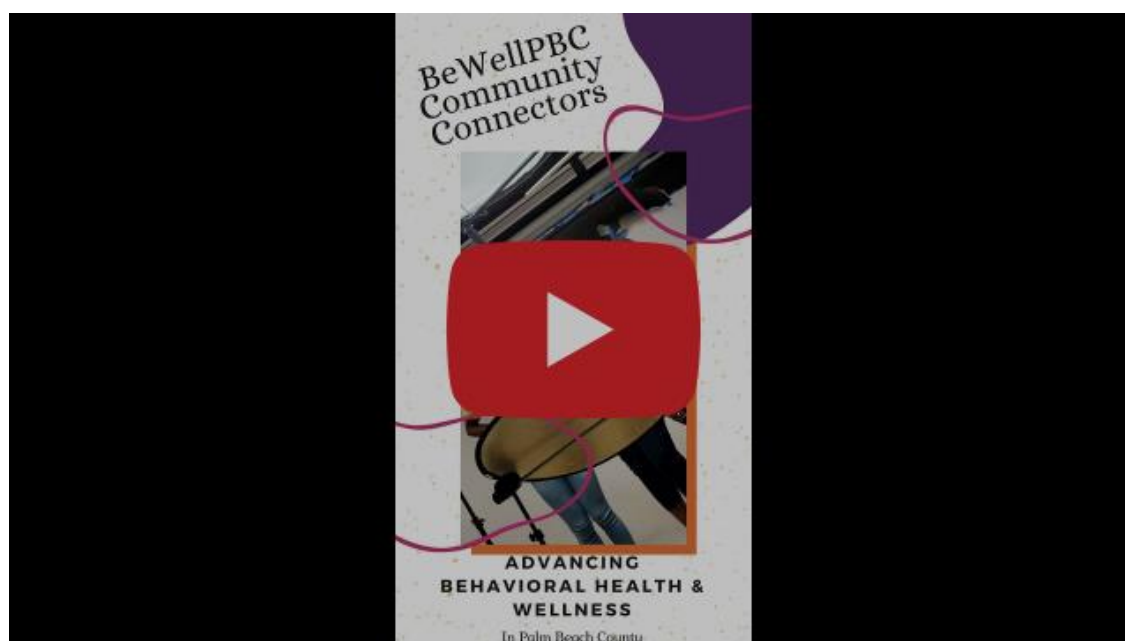
Speaking of support, [BeWellPBC](#) in partnership with [Mental Health America of Palm Beach County](#) (MHA) is inviting all group facilitators in our community that support residents to tell us more about you and your group.

Now more than ever, we understand residents are looking for new ways to connect, have enriching conversations and get and give support.

We invite you to let us know how you and your group are connecting with residents. Please contact Abbe G. at agiannoutsos@mhapbc.org to learn more.

Be You

BeWellPBC Community Connector's have launched their video series "Now We're Talkin." Check out their first video and be on the look out for more!



Continue to Be You and take action! Upcoming spaces to do just that below.


A BeWellPBC Action Team

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Join & Take Action

Happening November 17th at 2pm

for Palm Beach County



Community Solutions

be well pbc

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The Caregivers Club Presents

CAREGIVER 2 CAREGIVER

Caring For Yourself

December 16, 2020 12:30pm On Zoom



The Caregivers Club is a safe space for Caregivers to come to care for one another. Come be empowered with Caregivers just like you.

REGISTER ON

Eventbrite

Healthier Boynton Beach

be well pbc

FOR MORE INFORMATION CONTACT RICKY@HTPBC.ORG

<https://pbccaregiversclub.eventbrite.com>

Enjoyed the Conversation to Change Forum? Ready to take action and become part of the change? Join us for our next Community Solutions Action Team Meeting. Join us November 17th at 2pm by clicking [here](#).

Inviting Caregivers across Palm Beach County to a safe space created by them for them. Don't miss this opportunity to share, be encouraged and learn from other caregivers in our county. Join December 16th by registering [here](#).

Be Hopeful

Are you passionate about behavioral health? Do you want to make a difference in our county and not sure how or where to start? Do you want to join the movement of advancing behavioral health and wellness in Palm Beach County? Contact our Project Coordinator, Freslaine St. Louis at fsaintlouis@bewellpbc.org to connect.

Be Connected

Know that [BeWellPBC](#) is here for you and our community. Please email us to let us know other ways we can be helpful right now. Please follow us on [Instagram](#) and [Facebook](#) for supportive messages and frequent updates.

Thank you to our Invested Partners.