



2020 ANNUAL REPORT

Building Community Resiliency in St. Lucie, Martin, Indian River, and Okeechobee County

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Discovering mindfulness and empowering mental health in uncertain times

COVID-19 has brought unprecedented hardships to our community, homes, and families. 2020 has been a year of resiliency for our agency, staff, and clients.

As a leading mental health agencies on the Treasure Coast, Suncoast Mental Health Center staff wants to ensure wellness not only in their clients, but in the entire community. Follow along in our 2020 Annual Report to discover how we adopted new resources for individual and group therapy for our clients, partnered with local agencies, received grants to help provide services to our clients, and make the most out of our events.

About Suncoast

At Suncoast Mental Health Center we offer an alternative to traditional therapy and psychiatric services. We provide an environment that nurtures the child, affirms the adolescent, and empowers the adults and family. SMHC employs highly trained and educated staff to provide the level of quality, best-practice, evidence-based services needed by those receiving care. SMHC's goal is to assist all clients in reaching their fullest potential. SMHC's core values include celebrating diversity, promoting recovery, using quality programs, aiding in public awareness, collaboration with clients and other agencies, and use of technology to improve efficiency and quality of care.



MISSION

Suncoast Mental Health Center, Inc. (SMHC) strives to provide best-practice and research-based assessment, counseling, case management, and psychiatric services to children, their families and adults in the four-county Treasure Coast area.

VISION

Suncoast Mental Health Center Inc. is dedicated to community-based and family-centered care to ensure positive mental health for every child and adult.

Suncoast Mental Health Center is accredited by the Joint Commission, an independent, not-for-profit, national body that oversees the safety and quality of health care and other services provided in accredited organizations.

A message from our CEO



So much is happening in all of our lives at this moment in time. Each of us has been impacted in one way or another, but together we will get through this. Mental Health challenges are at the forefront and finally people are starting to acknowledge that at times, all of us could benefit from counseling. Just as we go to a doctor to help us with a physical condition, we should go speak with a professional to help us with our mental health needs. You could be dealing with anxiety, depression, loss of a loved one or a job, but it's important to know that you are not alone. Help is out there, and Suncoast is one of those facilitators to achieve one's goal of wellness. I started as a case manager with Suncoast 19 years ago and have never looked back. Although my role at the agency has changed over the years, my passion for helping others has never wavered. Suncoast believes in educating the public on what matters most - ensuring positive Mental Health. We believe in partnering with our clients and their families to help them achieve their own goals.

- Debra Engle



COVID-19 and Telehealth

2020 has been a year of resiliency. We have adjusted our services to meet the needs of individuals in our community and we continue to implement new services to support our clients and staff.

Due to COVID-19, our Therapists, Psychiatric staff, and Case Managers are engaging in Telehealth services with our clients. Over **15,293** Telehealth sessions have been completed since the beginning of March 2020 in all four counties on the Treasure Coast, including 435 new intakes during this time. This was all possible thanks to the generous support of our grant donors: The Community Foundation Martin-St. Lucie, COVID-19 Rapid Response Fund, Impact 100 St. Lucie, and The Children's Services Council of St. Lucie. With their assistance, we were able to supply our staff with the technology necessary for Telehealth services, such as laptops, webcams, and printers/scanners. We believe every client deserves the access to care without involving the risk of COVID-19.

435
New Clients

12,464
Therapy
Sessions

1,948
Psychiatry
Sessions

446
TCM
Sessions

This data reflects the number of Telehealth sessions completed since the beginning of March 2020 in the four county Treasure Coast area.



Resiliency in the Mental Health Community

We have realized now more than ever the importance of community, giving back, and sharing resources. As times continue to change, we have adjusted and engaged in safe, but meaningful activities.

VIRTUAL PARENT GROUP THERAPY

Several employees and interns have come together to create an innovative support group free of cost to parents during COVID-19. The group discusses stressors and how to manage them during this tough time. With the guidance of experienced mental health professionals, parents feel comfortable and share openly the problems they have been facing through the course of the pandemic.

NEW PARTNERSHIP :



We were very excited to announce Suncoast's partnership with Elev8hope in October 2020! Through educating, training, and inspiring our youth to become compassionate leaders, Elev8Hope works to positively impact the community of Martin County by connecting with individuals and families struggling to meet the most basic requirements of daily living.

www.elev8hope.org



Grants

The Community Foundation Martin-St. Lucie awards Suncoast \$10,000 for Martin & St. Lucie County

Children's Services Council grants Suncoast \$5,000 for St. Lucie County Services

Impact 100 St. Lucie awards Suncoast \$6,247.35 for St. Lucie County

Recognizing their efforts in the community, the COVID-19 Rapid Response Fund and The Community Foundation Martin- St. Lucie have awarded Suncoast with a grant in the amount of \$10,000. In addition to this generous act, Children's Services of St. Lucie County and Impact 100 St. Lucie have both awarded Suncoast with grants in the amount of \$5,000 and \$6,247.35. All of these funds were utilized for the purchase of 65 laptops, 4 printers/scanners, and 2 webcams for our staff to be able to work remotely offering Telehealth services. Over 15,293 Telehealth sessions have been completed since the beginning of March, including 435 new intakes during this time. This was all possible thanks to the generous support of our grant donors.

Suncoast awarded \$44,000 from Martin County and United Way of Martin County for mental health services



Due to COVID-19, Suncoast has seen an increased need for mental health services. Residents that have not reached out for mental health services previously are now seeking help due to anxiety, fear, and depression caused by the stress of this pandemic. This funding helped Suncoast protect the health of the community through funding individual therapy, group therapy, and case management services for adults in Martin County to encourage resilience during the COVID-19 pandemic. The funding was made available by Martin County Board of County Commissioners through the Coronavirus Aid, Relief, Economic Security (CARES) Act, and United Way of Martin County. This grant was active for 3 months from the beginning of October 2020 to December 30 2020.

Indian River Community Foundation grants Suncoast \$5,000 for Jumpstart Fundraising Program



Suncoast was awarded a grant of \$5,000 to participate in a year long program called Jumpstart Fundraising. This grant was a part of an initiative to help strengthen the operations of local charitable organizations serving in the Indian River County Community. The software Network For Good is being used with the purpose of organizing donor information, analyzing data trends, tracking incoming donations, managing tasks, creating marketing materials, and brainstorming with a professional fundraising coach. This software made a huge impact on the efficiency of our agency.

Donations



Ocean Village Sewing Circle and others have donated over 500 masks! We appreciate their generosity and compassion. The masks were given to all of our staff members and some of our clients who did not have access to a mask. The safety of our employees and clients is our #1 priority, so we are very grateful for these acts of kindness.



Casa Amigos Mexican Restaurant donated 48 backpacks filled with school supplies, such as crayons, headphones, notebooks, binders, composition books, pens, and pencils. These backpacks were given to our clients or clients' children who were heading back to school this year. Suncoast thanks them for bringing positivity to our agency and clients in this time of uncertainty.



Treasure Coast Food Bank donated food and essentials to help over 120 of our clients' families in ALL four counties. We appreciate all they do for us. Our clients also thank them for all of their efforts in helping our beautiful community!

2020 Events

MENTAL HEALTH FILM SHOWING & PANEL DISCUSSION

Mental health partners & local nonprofits were proud to announce their collaboration in presenting the film *Is Your Story Making You Sick: Links between trauma, stories & addiction*. The film recognized Mental Illness Awareness Month with this free film showing & panel discussion with the filmmakers. Free CEUs were provided, as well as a free toolkit. The event had over 300 participants.



LEGIT CUTS ANNUAL TOY DRIVE

The toy drive was a little different this year, but it created the same impact as always. Lots of kids got what they wished for because of generous spirits within our community. Wish lists from local non-profits including Suncoast Mental Health Center, Mustard Seed, and New Horizons. Families were sponsored and gifts were dropped off at Legit Cuts in Downtown Fort Pierce, as well as at the Causeway Cove Marina. It was all around holiday fun to make sure kids could still celebrate and enjoy Christmas while following safety measures. We are so thankful to be the beneficiaries for this event. It is always a pleasure working with Jose, Christa, and Deb!



Board Members



Brady Talley,
Board President



Patricia Savino,
Board Vice President



David Cook,
Board Treasurer



Bettye Taylor,
Board Secretary



Vicki Lombardo,
Board Member



Jerusha Stewart,
Board Member



Oscar Perez,
Board Member



Eileen Emery,
Board Member

Client Story

"I started coming to Suncoast Mental Health due to the fact that I have had a lot of life trauma, abuse mental and physically, neglect, and even had a baby by my rapist. We have been homeless for a short period of time and I've gone without eating or just without anything in general. As a mom of two, what was I gonna do? Well, I got help and the hardest thing I had to do was actually ask for help. Suncoast welcomed me and my oldest due to our past trauma. They were very welcoming and very willing to help us. There was a lot of change with them and at first it caused confusion on what I was going to do, but now they're in a bigger and nicer place. They have worked with me in so many ways. I'm truly grateful for this team and the help I got... I am no longer struggling with my drinking problem, I have forgiven my rapist. I still have stuff to work on but I look back to now and I'm the happiest I've been in my entire life. Who would have known I would be here writing thanking this place for truly caring and their staff going beyond their job just for me to get through these trying times. I am now married to the most wonderful man I could of asked for. He loves me while I'm learning to love me, the real me. Thank you for helping build a relationship with my mother to learning to cope due to my sisters passing and forgiveness. Again, thank you so much Suncoast Mental Health for never giving up on someone like me."

- Anonymous