



## SUNCOAST MENTAL HEALTH CENTER

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# 2021 ANNUAL REPORT

As a leading mental health agency on the Treasure Coast, Suncoast Mental Health Center strives to ensure wellness not only in their clients, but in the entire community. Follow along in our 2021 Annual Report to discover how we adopted new resources for individuals in the mental health community, partnered with local agencies, received grants to help provide services for 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.

**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.**

## 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.



## ABOUT OUR CEO

Debra Engle is a Florida State certified case manager who has over 25 years of experience as a mental health professional. She has worked in a variety of community mental health settings with several different types of clientele, including first time juvenile offenders, child abuse and neglect cases, and Domestic Violence victims. Originally from New York, Debra relocated to the Treasure Coast of Florida in 1994. She obtained her Bachelor of Arts in Sociology from the State University of New York at Plattsburgh and earned a master's degree in Human Resources and Administration, with a concentration in team building, from Barry University. Throughout her career, Debra has helped countless clients gain insight and knowledge of how to advocate for their own needs, deal with life's challenges, and improve their mental health. She has been with Suncoast Mental Health Center (SMHC) for over 20 years, progressing from a targeted case manager for children to a Case Manager Supervisor, Director of Case Management, and Chief Operating Officer. Currently, Debra serves as SMHC's Chief Executive Officer and Co-Chair of the School Health Advisory Committee in Indian River County. Under her leadership, SMHC has become one of the leading mental health agencies on the Treasure Coast, serving over 6,500 clients since 2017.



## COVID-19 RESILIENCY

Along with the innovative development of treatment and care through Telehealth Therapy, our offices have remained open for our current clients, as well as new intakes. While Telehealth allows individuals to get the help they need from the comfort and safety of their homes via video conferencing, in-person therapy also has many benefits for social activity, focus, and coping skills. Whether you prefer online therapy or in-person therapy, at Suncoast, we have the tools necessary for quality mental health care. In addition to therapy, we also offer online and in-person case management and online psychiatric services to help clients identify resources that benefit them while improving mental health and promoting wellness.

As the COVID-19 pandemic continues into 2022, the staff at Suncoast Mental Health Center (SMHC) remain diligent and passionate in their efforts to provide quality care to individuals in need of mental health services. The numbers below represent Telehealth and in-person services for the year 2021.

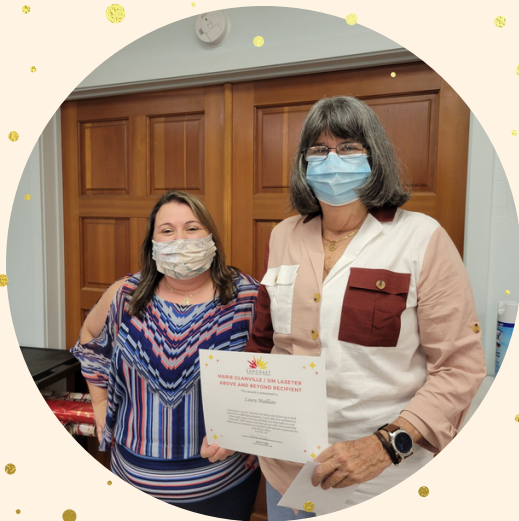




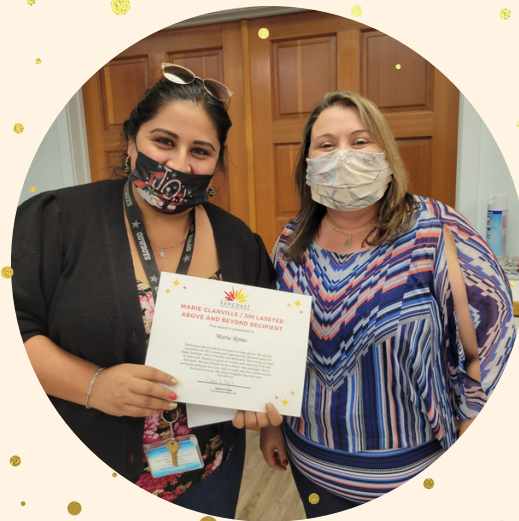
# MARIE GLANVILLE/JIM LASETER ABOVE & BEYOND AWARD

## What is this award?

The recipient of the Marie Glanville/Jim Laseter Above & Beyond award is a Suncoast employee who receives the most Shining Star nominations by their co-workers. The criteria for a shining star is someone who is a team player, pitches in to help other staff and Suncoast, performs his/her work at a high level in both quantity and quality, goes above and beyond for clients, families, and other staff, is almost always pleasant to clients and their families, and has excellent work attendance. This year, we had two winners of the Marie Glanville/Jim Laseter Above & Beyond award!



**Laura Maillaro-** Laura has a “can do” attitude and will go out of her way to find answers to challenging inquires. She offers her assistance to other staff. Laura is always pitching in the help both new and “seasoned staff”. Laura is the first person with whom potential clients have an extended conversation with and she represents the Fort Pierce office.



**Maria Romo-** Maria goes above and beyond as is a team player. She always volunteers for SLC events and organizes the donated meals for major holidays. She is friendly and dedicated. Maria is truly an asset to Suncoast. She is a great co-worker and amazing TCM and therapist. Maria has helped me be a better case manager. She is awesome and goes the extra mile to make sure her clients receive the best services. She shines brighter than the sun!



## GRANTS & DONATIONS

### **St. Lucie Draft House**

The St. Lucie Draft House, a restaurant located in Fort Pierce, donated from their golf tournament (\$2,000) to Suncoast. The staff at the St. Lucie Draft House have always been supporters of Suncoast and our mission. We are very thankful for their contributions to our agency and the mental health community.

The St. Lucie Draft House also hosted 'Dine to Donate' where 10% of the proceeds from the restaurant on February 15th were granted to Suncoast.

### **United Way Martin County Community**

#### **Impact Grant**



Suncoast Mental Health Center received a Community Impact Grant for the Supporting our Staff and Students through Mental Health and Wellness (SOS) program! We are so incredibly grateful for this award of \$15,000 and appreciate the continued support of United Way of Martin County. We are dedicated to making our community a better place where mental health and wellness are recognized with care, support, and advocacy. This grant benefits the 171 Martin County clients that we are currently serving.

### **Family Meals, Inc.**

Our incredible Suncoast Case Managers and Therapists helped deliver Thanksgiving food donations to 66 families this holiday with the amazing help of Family Meals Inc. Suncoast is so grateful for our staff and community who provide unwavering support of our mission.

### **The Salvation Army of Martin, St. Lucie, and Okeechobee**

The Salvation Army of Martin, St. Lucie, and Okeechobee Counties donated backpacks and supplies to our clients and their families in St. Lucie County and Okeechobee County. Their kindness and generosity are greatly appreciated by Suncoast and the mental health community.

### **Men at Arms**

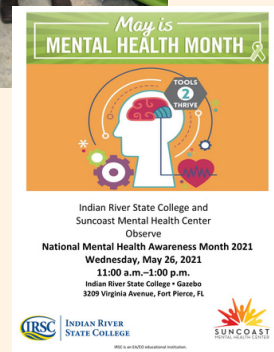
Men at Arms donated many boxes of school supplies for our Okeechobee clients and their families before returning to in-person learning this past school year.



# EVENTS & HOLIDAYS

## Mental Health Awareness Event

In honor of Mental Health Awareness Month, we partnered with IRSC - Indian River State College to co-host an outdoor event focusing on mental wellness. Featured speakers discussed various topics in mental health along with personal stories about achieving wellness. Our Suncoast therapists also provided various mental health resources on-site such as screenings and assessments. This event took place on Wednesday, May 26th 2021 at 11:00am at the IRSC Main Campus Gazebo.



## Legit Cuts Annual Toy Drive

The 2021 Christmas Toy Drive was a success yet another year in a row! We are so thankful to be one of the beneficiaries of this event. With the incredible leadership of Jose Ruiz, Deb Pizzimenti, and Christa Stone, we received hundreds of toys for children in St. Lucie County. We would like to thank everyone who donated money and/or toys.









## CLIENT TESTIMONIAL

"I was on a waiting list for counseling through various companies when I received a call from Suncoast. I scheduled my first appointment and right off the bat, it felt like I'd known my therapist for years. I've been in therapy for many years prior but never felt as comfortable as my therapist made me feel. I came in an active alcoholic with childhood trauma with a former domestic abusive marriage and grieving losses. My therapist has helped me to achieve sobriety while working through those traumas. She shows compassion and understanding. I feel heard and leave our sessions feeling refreshed and ready to take on life's next challenge. I always look forward to seeing her."

- Anonymous



**For additional information regarding the content of this Suncoast 2021 Annual Marketing Report, please contact Lily Edwards, Marketing Coordinator at [ledwards@smhcinc.org](mailto:ledwards@smhcinc.org)**