MHACF raised over $1000 worth of monetary donations!

360 patients across four behavioral hospitals in Central Florida have received a goodie bag from MHACF!

A quote from an employee of Advent Health:

“The patients all loved the bags! A lot of them were very appreciative of the regular soap and deodorant. They loved the activity books and playing cards!”

**PROJECT CHEER IMPACT**

MHACF’s Initiative to provide over 360 “Care Packages” to individuals that have been hospitalized in psychiatric facilities over the holidays

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- 360 patients across four behavioral hospitals in Central Florida have received a goodie bag from MHACF!
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Being Trauma Informed

Human Trafficking: The Unspoken Pandemic
And an Upcoming My Story Matters with a Human Trafficking Survivor!

Throughout the month of January, MHACF partnered with the Lifeboat Project to release a series of videos for Human Trafficking Awareness Month. Each session is available for viewing through www.facebook.com/mhacf

Below features our Human Trafficking episodes:

- Being Trauma Informed
- Human Trafficking: The Unspoken Pandemic
- And an Upcoming My Story Matters with a Human Trafficking Survivor!

MHACF is also relaunching My Story Matters as a monthly web series. It will feature an individual sharing their personal mental health journey in an effort to inspire others. Interested in sharing your story? Contact Alan at abruns@mhacf.org

OUTLOOK CLINIC
By The Numbers!

The Outlook Clinic, our free mental health clinic that provides mental health counseling and medication management has released its patient demographics. Please click below for an infographic!

Interested in volunteering? Please contact Alan at abruns@mhacf.org!

COPING TOGETHER & MY STORY MATTERS!

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We are excited to announce that Shawonda Henderson, MHACF’s very own Reflections Program Director has achieved her certification in both WRAP (Well Recovery Action Plan) and QPR (Question, Persuade, Refer) trainings!

These trainings are vital in maintaining your own mental wellness as well as developing the skill-set to recognize potential signs of suicide and how to talk about it!

If you or someone you know are interested in attending any of these trainings? Please contact Shawonda Henderson at shenderson@mhacf.org for more information!