

MENTAL NOTES



Summer Edition 2021

www.mhacf.org



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I reached out to MHACF during a very difficult time in my life. I won't go into details, but the staff was super amazing.

Within a day of submitting my form, I was contacted by a staff member who helped me get the care I needed. She listened to me and guided me in the right direction.

-Tiffany

LEGACY OF CHAMPIONS LUNCHEON

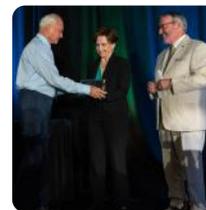
Thank you to everyone who supported our annual Legacy of Champions Luncheon on Friday, May 21, 2021. The luncheon brought together community leaders and members from around Central Florida in celebration of our 75th Anniversary and to honor some exceptional mental health supporters and advocates in our neighborhoods.

Guests were entertained and moved by the witty banter and inspirational mental health stories shared between our master of ceremonies Scott Maxwell, columnist for the Orlando Sentinel, and our keynote speaker retired NFL Quarterback and 2020 NFL Comeback Player of the Year, Alex Smith.



The MHACF was also proud to announce that May 21st, was officially proclaimed Inaugural Candice Crawford Day, in the city of Orlando and Orange County! Candice is a long-time community advocate and retired CEO of the Mental Health Association of Central Florida.

Additional honorees included, Mr. Harris Rosen who was presented the Candice Crawford Community Champion award and Dr. Luis Allen who received the Community Hero honor.



We hope you will Save the Date and join us on **Friday, May 25, 2022!**

Reserve your seats today by contacting Jennifer at jhelriggle@mhacf.org or by calling 407-898-0110.

Did you know nearly 1 person in 5 diagnosed with COVID-19 is also diagnosed with a psychiatric disorder like anxiety or depression within three months.
We hope you will commit to helping for the next 75 years by giving a \$75 gift today!

Donate



INSURING CENTRAL FLORIDA



The Mental Health Association of Central Florida is excited to announce a partnership with PCAN (Primary Care Access Network) and our Mental Health Connections Program. In light of the federal government's decision to extend the open enrollment period for receiving health insurance through the Affordable Care Act until **August 15th, 2021**. PCAN is lending its services to MHACF's consumers to help navigate the marketplace.

Anne Packham, an insurance navigator from PCAN, will be available at the MHACF offices every Wednesday for in-person appointments.

Interested in making an appointment? Please visit PCAN's website at this link: <https://www.coveringcfl.net/schedule/> or call us at **407-898-0110** for assistance!



Suicide is the 2nd leading cause of death for those between the ages of 15-24? Suicide is preventable, and knowing the signs can help save lives.

On July 1st, as part of our new initiative supported by the Central Florida Foundation, the MHACF will launch it's "You Are A Lifeguard" project.

You can take the pledge to help prevent youth and young adult suicide by visiting

www.YouAreALifeGuard.org

Take the Pledge



UCF'S FIELD AWARDS

Field Agency of the Year!

The Mental Health Association of Central Florida is proud to announce that we are the recipient of the UCF Social Work Program's Field Agency of the Year award!



We'd like to express our thanks to the incredible staff and students from the social work program, our return to the office wouldn't have been possible without their commitment and dedication to serving the community and advocating that "It's Okay to get Help!"

To receive Corporate Member benefits please contact the Connections Program Manager, Alan Bruns at abrunsmhacf.org!

Become a Member



Guardian Advocate Program

Please click below to learn more about the impact of the Guardian Advocate Program, a program that works to place volunteers with patients in behavioral hospitals during a Baker Act and help to advocate for and connect with them in their time of need!



The Guardian Advocate program provides advocacy and companionship for those who have been Baker Acted.

Trained Guardian Advocate volunteers are granted temporary guardianship over those who have been involuntarily committed under the Florida Baker Act. Volunteers work with hospital staff to advocate for the best interest of the client and provide companionship to assigned clients.



TIARA LEATH
Guardian Advocate Program Coordinator

For more information on becoming a Guardian Advocate volunteer, please email CMelton@mhacf.org

By The Numbers



NATIONAL VOLUNTEER WEEK

NAMI WALK AND CLEAN UP!

The Mental Health Association of Central Florida was proud to partner with NAMI of Greater Orlando for the 2021 NAMI Walk! Our staff and volunteers were excited to meet with the community and share our services during this event.



MHACF also hosted the "Beautify our Central Office" event where volunteers came to our administrative office to help with lawn maintenance and gardening. A huge thank you to all the volunteers that helped beautify our office!

Interested in future volunteering opportunities with the Mental Health Association of Central Florida? Please contact us at **407-898-0110**.

PULSE REMEMBRANCE

June 12 | Events from 12 PM to 7 PM
See link above for more information

June 12, 2021 will mark 5 years since the Pulse tragedy where 49 people lost their lives. In honor of the lives lost that day, One Orlando Alliance, in conjunction with a host of community partners, will conclude these events tomorrow, Saturday, June 12th. For additional information, visit www.oneorlandoalliance.org.

In partnership with One Orlando Alliance, we want to remind the community that we are here to offer mental health support. **Contact our Mental Health Connections Program at abrunsmhacf.org or call us at 407-898-0110.**

We understand that violence, racism, hate, and discrimination undermine mental wellness and are significant contributors to individual and community trauma. Therefore, we are committed to breaking cycles of multi-generational distress for marginalized communities in all that we do by pledging to work against racism, bias, prejudice, and discrimination at individual, interpersonal and institutional levels.

