



PRESS RELEASE

September 17, 2020

Palm Health Foundation's October *Train the Brain* Campaign to Offer Free Mental Health Resources for Building Resiliency

Monthlong campaign offers support at a time when 40% of Americans are suffering from mental health issues or substance abuse related to the pandemic.

West Palm Beach, FL—[Palm Health Foundation](#) is preparing to launch its fourth annual [Train the Brain](#) community health campaign at a time when the need for behavioral health support is soaring. [According to a recent CDC study](#), in June 2020, 40% of Americans reported some mental health issue or substance abuse related to the pandemic. In the same study, 11% of American adults reported seriously considering suicide, about double the percentage who did so for the same period in 2019. The *Train the Brain* theme for 2020, “Resilience & Self-Care in the Face of Adversity,” responds to the behavioral health challenges Palm Beach County residents are experiencing from social isolation, financial struggles and racial injustice.

The free virtual brain health workshops, support groups and learning opportunities offered by Palm Health Foundation partners and grantees from October 1-31, 2020 are designed to help residents understand that taking care of the brain is just as important as taking care of the body. Participants will be encouraged to make changes in their thinking about mental health conditions and adopt brain health habits that integrate self-care behaviors into their daily routines.

“2020 has been unlike any other time in recent history where everyone’s behavioral health is challenged on a daily basis,” said Patrick McNamara, president and CEO of Palm Health Foundation. “*Train the Brain* has never had a more important role than this year in offering ways for our residents to take care of their brain health and build resilience to cope with adversity.”

Train the Brain will kick off on September 21, 2020, the International Day of Peace, with a special online event, “Shaping Peace Together” from 12:00 p.m. – 1:00 p.m., presented by Healthier Delray Beach, a Palm Health Foundation initiative. The event will include a moment of silence in honor of lost loved ones and a sharing of gratitude to bring healing energy to participants during a global day of peace.

Registration for the kickoff event and all *Train the Brain* virtual opportunities is available at www.TraintheBrainPBC.org. The event calendar offers a wide array of offerings for all ages and audiences, including:

Building Resiliency and Self-Care

SELF-CARE VS. COVID (SELF-EMPOWERMENT LEADS TO SELF-IMPROVEMENT)

Thursday, October 8, 6:00 p.m. – 7:00 p.m.

An interactive and dynamic workshop demonstrating how Self-Talk empowers you to fill your “Love Tank”, manage stress, and build and maintain positive relationships. Facilitated by Charles W. Woodard, Ph.D. - Clinical/Community Psychology.

WRITE TO HEAL WORKSHOP

October 14, 6:00 p.m. – 8:00 p.m.

A two-hour, trauma-informed workshop that uses writing as an outlet for dealing with trauma. This workshop addresses the disproportionate mental health and psychiatric abuse experienced in the Black community. Presented by Healthier Delray Beach and facilitated by Flose LaPierre, a writer and sustainability advocate.

Support for the Unemployed

“WHO AM I NOW?”: A LOOK AT JOB LOSS AND IDENTITY CRISIS

October 22, 12:30 p.m. – 1:30 p.m.

Learn how to separate your identity from your job title, discover a new sense of self, and rewrite your story, at a workshop led by Whitney Cherner, LCSW. Presented by Alpert Jewish Family Service.

Meditation and Mindfulness

VIRTUAL BOOK CLUB: ALTERED TRAITS

October 12, 12:00 p.m. – 1:00 p.m.

*A discussion of the book, *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* by science journalist Daniel Goleman and neuroscientist Richard Davidson. Facilitated by Katherine Murphy, Program Director, NAMI Palm Beach County.*

MINDFULNESS FOR TRAINING THE MIND AND HEART TO BUILD AN UNSHAKABLE CORE OF RESILIENCE

October 14, 6:00 p.m. – 8:00 p.m.

Learn mindfulness practices for working with difficult emotions, reappraising core needs, and cultivating appreciation and gratitude. Led by Gus Castellanos, M.D., UMass certified Mindfulness Based Stress Reduction teacher, mindfulness practitioner and researcher

Parents and Families

FROM ISOLATION TO INSPIRATION - HELPING CHILDREN & PARENTS BUILD RESILIENCE

October 1, 11:30 a.m. – 1:00 p.m.

A virtual mental health learning opportunity for parents, employers and family support networks. Presented by Leadership Palm Beach County.

POSITIVE GUIDANCE – PRESENTED IN SPANISH

October 13, 6:30 p.m. – 7:30 p.m.

*Target Audience: Early Child Care teachers of children 3-5 yrs. of age
Participants will learn to identify the social-emotional needs of children and use their signals to help children learn positive coping skills which is key to children behavior success.*

MENTAL HEALTH & THE CHURCH: THE WELL-BEING OF THE FAMILY UNIT – PRESENTED IN ENGLISH AND CREOLE

October 13, 7:15 p.m. – 8:30 p.m.

A conversation for parents/guardians and children to talk about each of their roles in the family, including their frustrations, and seek guidance and support from peers and behavioral health experts.

COPING WITH OUR NEW REALITY: SOCIAL DISTANCING WITHOUT ISOLATION

October 15, 7:00 p.m. – 8:00 p.m. and October 29, 7:00 p.m. – 8:00 p.m.

An educational opportunity for those struggling with how to manage and cope with the barrage of changes and realities impacting their lives, and the lives of their children. Presented by Alpert Jewish Family Service.

CAREGIVERS CLUB

October 28th, 12:30 p.m. – 2:30 p.m.

A safe space for caregivers to come to care for one another through sharing of experiences and resources. Presented by BeWellPBC, in partnership with Healthier Boynton Beach.

Women

SISTERS SERVING SISTERS: ZOOMING IN ON OUR SELF-IMAGE

October 9, 7:00 pm - 8:00 pm

Building self-image and confidence in the new Zoom world, presented by Rhodena Mesadieu, Clinical Social Worker and Licensed Therapist of Restore Wellness Counseling Center.

Please visit www.TraintheBrainPBC.org for a full event calendar. For questions or more information about *Train the Brain*, please email info@phfpbc.org.

About Palm Health Foundation

Palm Health Foundation is Palm Beach County's community foundation for health. With the support of donors and a focus on results, the foundation builds strong community partnerships, respects diverse opinions, advocates for its most vulnerable neighbors and inspires innovative solutions to lead change for better health now and for generations to come. The foundation supports health equity for Palm Beach County residents of all backgrounds, heritage, education, incomes and states of well-being. Palm Health Foundation has invested more than \$83 million in Palm Beach County health since 2001. For more information about Palm Health Foundation, visit palmhealthfoundation.org or call (561) 833-6333.

About *Train the Brain*

[Train the Brain](#) is one of Palm Health Foundation's annual community health campaigns and empowers residents to take charge of their brain health. The goal of the campaign is to help Palm Beach County residents understand that taking care of the brain is just as important as taking care of the body. Participants are invited to make changes in their thinking, integrate self-care into their daily routines and show compassion to individuals with acute and persistent mental health conditions.

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