

YSPD Scoop!



Volume 7 | Issue 2

Newsletter of the Palm Beach County
Youth Services Department

May is Mental Health Awareness & Trauma Informed Care Month

Get Your Green On May 20 to show your support.



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Palm Beach County has been chosen as a finalist for the Robert Wood Johnson Foundation Culture of Health Prize. | 6

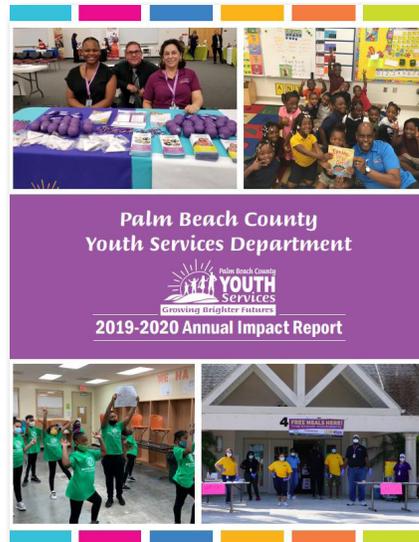
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Youth Services Releases 2019-2020 Annual Report

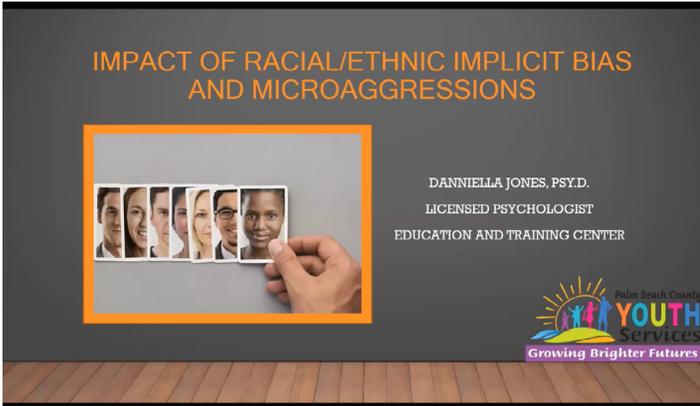


The Youth Services Department has released its 2019-2020 Annual Impact Report.

In six years, the department has made tremendous progress in the provision of direct services, funding of community based agencies, and collaboration with youth-serving partners as part of the Birth to 22: United for Brighter Futures initiative.

To view the annual report, visit pbcgov.com/youthservices.

Implicit Bias & Microaggressions Trainings



Palm Beach County Youth Services Department’s Education and Training Center’s Danniella Jones, Psy.D. presented trainings on the topic of “Impact of Racial/Ethnic Bias and Microaggressions,” for staff and mental health providers in the community on multiple dates to accommodate the overwhelming requests to receive more information and training surrounding the topic.

Each presentation defined racial and ethnic microaggressions and implicit bias, described the impact of implicit bias and microaggressions on persons of color, and developed strategies to increase awareness of bias and mitigate negative consequences of those who are impacted.

Over the quarter, Dr. Jones sat down with social media influencer and creator of The People Of Power podcast, Kitty Lundan to discuss mental health and dialogues about racism.

In the interview, Dr. Jones discusses the importance of mental health treatment for youth and families as well as common signs to look for when youth may be experiencing mental health difficulties. Dr. Jones also provided information from her Children’s Services Council of Palm Beach County EveryParent blog on how parents can talk to their children about race and racism.

Click [here](#) to view the full interview.

YSD Celebrates Sixth Anniversary

Happy Anniversary
Youth Services



On January 5, Palm Beach County Youth Services Department celebrated its sixth anniversary.

The Youth Services Department is growing brighter futures by providing quality service, education, and access to resources

and opportunities through a common agenda with community partners, while emphasizing equity, openness, and respect.

The department aims to empower youth and families to realize their full potential and be the driving force of a thriving community.

“Every child dreams of success - it’s our job to provide the tools and resources to make these dreams come true.”

- Tammy K. Fields

Sanctuary Core Team Retreat



On February 1, Palm Beach County Youth Services Department's Sanctuary-Trauma Informed Cross-Divisional Action Team held a retreat at the Palm Beach County Main Library. The retreat gave participants the chance to work one-on-one with Sanctuary consultant Aaron James, to become more familiar with the standards of the trauma informed model, seven commitments, and ground rules for creating safety practices.

Employees began the day with a community meeting where they took turns asking one another three questions: "How are you feeling? What is your goal for today? Who can you ask for help?" The community meeting is a fundamental component of Sanctuary involving emotional learning as well as remaining future focused. The questions are designed to build connections, set measurable goals, and acknowledge that individuals are not alone.

James guided a discussion on the purpose and fidelity of the community meeting, recapped Sanctuary's leading principles, and provided an overview of the team's roles within the certification process. Additionally, team

members had the opportunity to work in small groups to develop "rules" around each of the seven commitments -- non-violence, emotional intelligence, social learning, democracy, open communication, social responsibility, and growth and change -- and demonstrate an understanding of how they will be implemented throughout the department.

The retreat was staff's first opportunity to come together as a core team and meet with their consultant. Valerie Messineo and Elise Powell, co-chairs of the Sanctuary - Trauma Informed Cross-Divisional Action Team agreed that it helped to improve group cohesiveness and to make sure they are on the right track with current tasks for year one of certification.

Becoming Sanctuary-certified reinforces the department's commitment to the standards of a trauma informed care environment for clients and employees. The Sanctuary Institute will provide direct support to the department as it implements trauma-responsive practices across all operations.

Human Trafficking Awareness



In support of Human Trafficking Awareness Month. On January 11, several Palm Beach County Youth Services Department staff members wore blue to raise awareness towards ending Human Trafficking.

PBC Kicks Asphalt Employee 5K



Several Palm Beach County Youth Services Department staff members participated in the annual Palm Beach County Kicks Asphalt Employee 5K. This year, the race was held virtually allowing runners/walkers to track their times using an app.

Congratulations to Dr. Shayna Ginsburg and Marlene Etienne on placing in the top two spots for the department overall during the race. As the department winners, in addition to exclusive virtual 5K t-shirts and completion medals, they earned gift cards.

Birth to 22: Continuing the Community Conversation

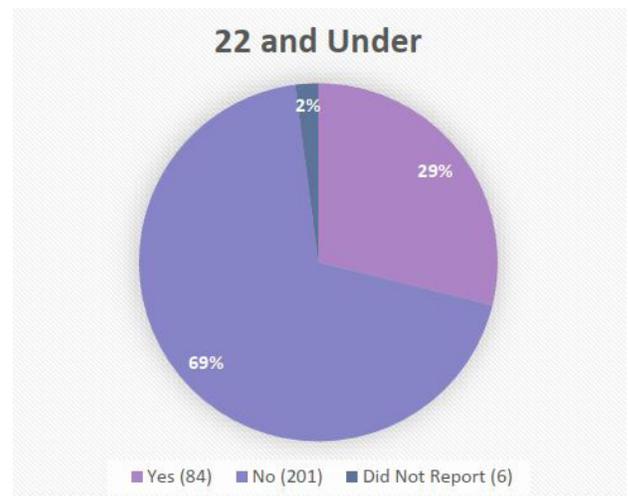
The voices of youth and the adults who care about them, are vital to implementing the Youth Master Plan and ensuring that a difference is made in our community. Palm Beach County Youth Services Department's Outreach and Community Programming Division engaged our communities by holding four Community Conversations in 2021. These virtual events were held weekly via Zoom in February. Each conversation highlighted two action teams in the breakout discussions. These conversations were open to the public and structured to support community input while providing information about relevant data regarding client program outcomes and services.

The conversations evolved as they continued based on feedback received. A moderator was added to each breakout to engage the virtual participants and assist with facilitation of the activity. The activity identifies areas of concern, if the work the team is doing is on track, and recommendations for improvement. The action teams then use this feedback to guide their work over the next year.

The virtual platform also utilized videos to disseminate information and Mentimeter to poll participants and increase involvement. The first Menti poll each conversation asked "As a community member, what three specific issues are you concerned about?" While the participants changed in each conversation, the results always highlighted mental

health, racism, and safety.

In total, 291 participants attended the four Community Conversations. Many students attended multiple conversations and provided feedback to several action teams. They became increasingly more comfortable presenting information and sharing their thoughts and opinions. The overwhelming response to how to improve future conversations is by gaining more parental involvement.



For additional information, visit Birth to 22's Engagement Team [website](#).

Outdoor Learning Opportunities For Youth with ERM



The Palm Beach County Youth Services Department and Environmental Resources Management work in partnership to offer young people opportunities to visit county natural areas and engage in activities such as hiking, bird watching, kayaking, and learning about the plants and animals that live there. This collaboration began three years ago with the Tri-City Trailblazers and Green Futures, a student summer internship program. Both programs are continually evolving to provide educational and enrichment opportunities for youth.

On February 1, seven students and one chaperone from the Lake Worth Youth Empowerment Center (YEC) took a field trip with two ERM staffers to the Lantana Scrub Natural Area. Students learned about safely hiking the trails, why the soil is sandy and similar to a desert (erosion, weathering, geologic formation), and the many plants and animals that thrive in the environment. The group also

practiced orienteering, navigating through dense wooded areas using a compass and map.

There are three county-funded youth empowerment centers in Palm Beach County -- Lake Worth, Belle Glade and Riviera Beach. Future field trips are planned with members from each center with a focus topic and activities to enjoy on days when students are not in school, such as scheduled teacher workdays.

The YEC program provides activities and services to middle and high school youth, including after-school educational and recreational programming. The centers promote education, health and well-being, leadership and community involvement. For The Children, Inc. operates the Lake Worth YEC. All three centers in Palm Beach County receive funding from the Board of County Commissioners through its Youth Services Department.

American Heart Association's Red Day



Several Palm Beach County Youth Services Department staff wore red on February 5 in support of American Heart Association's wear red day. The campaign aims to raise awareness and put an end to heart disease.

Palm Beach County Named Culture of Health Prize Finalist



Palm Beach County has been chosen as a finalist for the Robert Wood Johnson Foundation Culture of Health Prize. As a 2021 finalist, Palm Beach County is one step closer to the national prize, which honors communities

working at the forefront of advancing health, opportunity, and equity for all.

The Palm Beach County Youth Services Department, Palm Health Foundation and Children’s Services Council of Palm Beach County collaborated on the application process for the prize that shared the county’s collective commitment to the social determinants of health, including Birth to 22: United for Brighter Futures, an alliance of over 300 organizations supporting the healthy growth, development and education of children and youth prenatally through young adulthood.

To get to this stage, communities had to showcase the work and collaboration happening across sectors to expand health opportunities for residents. To become a finalist, Palm Beach County had to demonstrate how its efforts

reflect the six prize criteria:

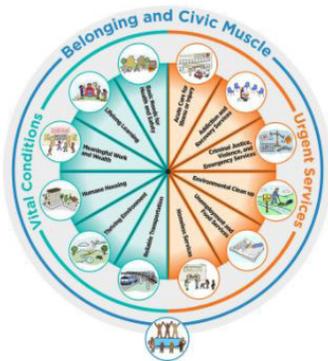
- Defining health in the broadest possible terms
- Committing to sustainable systems changes and policy-oriented long-term solutions
- Creating conditions that give everyone a fair and just opportunity to reach their best possible health
- Maximizing the collective power of leaders, partners, and community members
- Securing and making the most of available resources
- Measuring and sharing progress and results

“The coordination in our community as exhibited through the Birth to 22 Alliance has been extraordinary,” said Youth Services Department Director Tammy K. Fields.

If selected as a winner, Palm Beach County will receive a \$25,000 prize and a national platform to share its story and lessons learned. The community will join with and learn from other national and community change leaders, including past prize-winning communities.

Palm Beach County is one of nine finalist communities nationally. Winners will be announced this fall.

Advancing Equity



Cultivating belonging and civic muscle are keys to advancing equity. ReThink Health, Palm Beach County Youth Services Department Director Tammy K. Fields and other stewards of Palm Beach County are working together to create more equitable systems for health and well-being.

“The project has strengthened the commitment of those involved so that belonging and civic muscle are always considered in any of the decisions being made in whatever scenarios are being presented,” said Tammy K. Fields.

Click [here](#) to read the full blog.

National High School Ethics Bowl



Department Director Tammy K. Fields was a judge at the National High School Ethics Bowl. This year, the competition was held virtually from April 9-11.

The National High School Ethics Bowl

promotes respectful, supportive, and rigorous discussion of ethics among thousands of high school students nationwide.

Click [here](#) for more information and a list of winners.

Summer Camp Scholarship Provider Presentations



Each year the Summer Camp Scholarship Program (SCSP) opens the application process to interested camp providers throughout the county. Through the SCSP database, they are able to complete the application online and upload any required attachments. The program asks for information such as camp capacity, type of programming, a sample daily activity schedule, budget, and any licenses or certifications. This application provides a baseline of information about the services being provided to our campers.

New to the 2021 provider application process was the Provider Presentation. Providers had 20 minutes to tell the department staff about their program and how they are meeting the needs of SCSP campers. The areas of review included activities that promote skill building, camp staff growth and development, character building/ social emotional support, well maintained facility, conflict management planning, marketing, availability of nutritious meals, safety and sanitation, and preventing the summer slide.

If a camp did not meet the requirements for one of the areas, they were provided with free supports to help them improve or connections to other entities that may assist. For

instance, if a program didn't know how to provide nutritious meals to campers, they were connected with Gus Wessel from the Pam Beach County Youth Services Department's Summer Food Service Program. The most common areas of improvement included character building/ social emotional supports, preventing the summer slide, and staff growth and development. Camps were linked to Prime Time Palm Beach County, Inc. for training and expanded learning opportunities or given free curriculum to help get them to the level the team felt was appropriate to represent the SCSP.

Each camp presented to the department's Outreach and Community Programming team with a video or PowerPoint presentation. These presentations were uploaded to the SCSP website. In addition to the camp directory which shows contact information and dates/times of operation, scholarship applicants can now see the presentations which will provide a fuller picture of the services the camp provides.

Click [here](#) to view the 2021 Summer Camp Scholarship Program Provider Presentations.

Self-Care at Highridge Family Center



In January, Highridge Family Center staff and counselors began special groups and activities related to self-care to highlight one of the Sanctuary model tools.

The activities included psycho-education, group discussions, and creation of personal self-care

plans.

A special thank you to Sherron King and Sheraine Wong as members of the Highridge Sanctuary Core Team for organizing this curriculum for residents and families.

Boys & Girls Clubs Youth of the year



The Boys & Girls Clubs of Palm Beach County held the seventh annual Youth of the Year dinner at Eau Palm Beach Resort & Spa. Among the judges for the Youth of the Year was Palm Beach County Youth Services Department Director Tammy K. Fields.

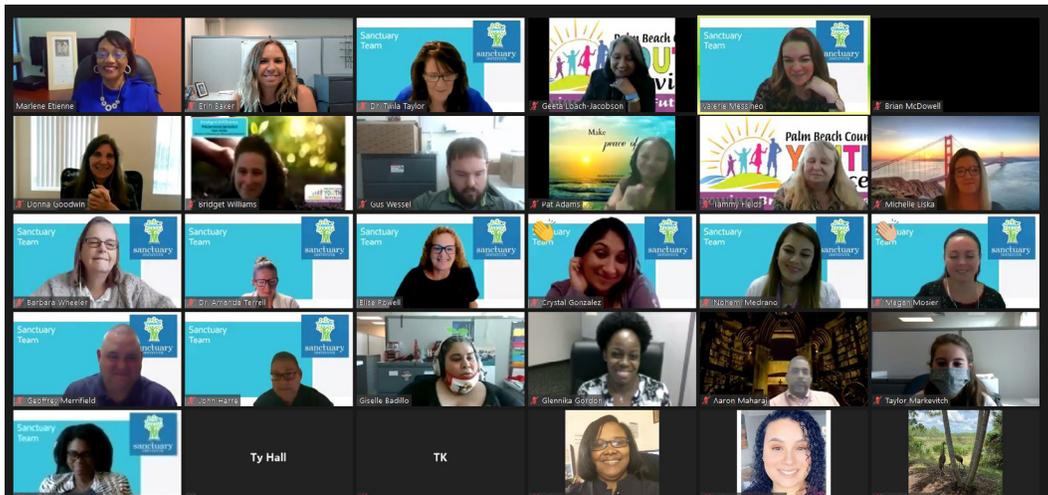
Boys & Girls Clubs of Palm Beach County members nominated for this distinguished award demonstrate exceptional contributions to family, their school, community and their

Boys & Girls Club, as well as overcoming personal challenges and obstacles. Youth of the Year nominees inspire fellow members to excel in academics and lead healthy lifestyles.

Congratulations Anajiah Graham from the Smith & Moore Family Teen Center of Belle Glade who was named the 2021 Palm Beach County Youth of the Year.

Click [here](#) to learn more about the 2021 Youth of the Year.

Cross-Divisional Action Team Presentations to Leadership



Over the quarter, Palm Beach County Youth Services Department’s cross-divisional action teams delivered virtual presentations to the Leadership Team.

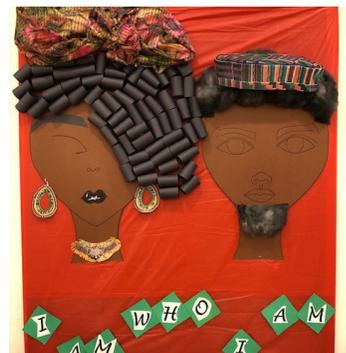
The presentations provided a chance for the teams to gain feedback and guide the strategic plans forward. The Equity, Diversity and Inclusion, Sanctuary–Trauma Informed, Seeds of Success, and Youth Engagement teams each successfully presented their goals, metrics, and strategies.

“These cross-divisional teams allow every member of the

department to contribute,” said Tammy K. Fields, Youth Services Department director. “I’m so pleased with the teamwork and the creative thinking, and look forward to putting many of these recommendations into place.”

Since the kick-off last quarter, Palm Beach County Youth Services Department’s cross-divisional teams have held bi-weekly virtual meetings which allow team members to work with their co-chairs to develop ideas and solutions to improve overall organizational performance.

Black History Month at Highridge Family Center



During Black History Month, Highridge Family Center was transformed into a historical African American exhibition. Night staff and therapists set up display tables in the cafeteria featuring inventors and notable figures emphasizing historical events. Nursing and school staff decorated the clinic hallway and door. Dorm counselors transformed the hallways and dorm rooms to highlight heroes from past and present.

Highridge also featured a Historical Black Colleges and Universities (HBCUs) and sororities showcase: "I Am Who I Am," "Say Their Names" memorials, and "inspirational" and "kings and queens" walls. Each display focused on the history and respective impact on society and highlighted different communities.

Residents toured the building while therapists, counselors, and nursing staff provided educational insight.

Each week, during psycho-education groups, therapists discussed notable figures such as Martin Luther King Jr., and various modern day and childhood heroes. At the end of the each week, residents watched a correlating movie (Hidden Figures, Black Panther, Ruby Bridges, and others).

Therapists conducted a music exhibition, which included teaching residents about the origin and impact of African American music. During the exhibit, residents and counselors participated in music diaspora, a drum circle,

poetry, and movies tracing back to Africa and how it is represented today.

Additional activities included eating African American-inspired meals on Wednesdays, participating in a historical treasure hunt that included spoken word, reenactment and short play, and making unity bracelets.

The month concluded with a themed spirit week that consisted of Black Out Monday, African Pride Tuesday, Cultural Diversity/Flag Day Wednesday, Notable Figures Thursday, Red, Black and Green Friday.

"The most rewarding part for me was the excitement, willingness and eagerness of my co-workers to share knowledge and learn," said Highridge Family Center therapist Sherron King, M.S. "So many of them continue to contribute so much to this effort, it's just amazing and heartfelt."

Residents received participation awards for demonstrating the following Sanctuary commitments: Emotional Intelligence, Social Learning, and Democracy. Residents were also given souvenir bags comprised of Black History themed notepads, workbook, pencils, and bookmarks.

A special thank you to the Black History Planning Committee members who organized the month long celebration.

CBA Spotlight: Boys & Girls Clubs of Palm Beach County



1. What is your mission?

The mission of Boys & Girls Clubs of Palm Beach County (BGCPBC) is to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

2. What does your organization do?

BGCPBC is a not-for-profit youth development organization dedicated to promoting the educational, vocational, health leadership and character of boys and girls in a safe, nurturing environment. The clubs provide more than a safe, fun and constructive alternative to being home alone – they offer a variety of award-winning developmental programs to help youth build skills, self-esteem and values during critical periods of growth. The 17 clubs throughout the county serve more than 10,000 children ages 6-18.

3. What key programs does your organization offer?

Emergency Hunger Relief Programs: In 2020 the clubs handed out over 1.2 million meals to club members and non-members across the county. For 2021 the clubs will continue to hand out daily meals and continue our weekend food packs so that no child should have to go hungry.

Great Futures: The program increases college and career readiness and provides extra academic assistance for students attending Forest Hill Community High School, John I. Leonard High School, Lake Worth Community High School, and soon to be in Santaluces Community High School. The program targets low-income, English language learners, special needs students and students with disabilities, including students who need additional academic support to graduate on time. The purpose is to support students in on-time grade progression and high school graduation, increase college and career readiness, and engage students in service learning.

Family Services: BGCPBC provides extra support and

directly impacts families by providing a choice, giving opportunity, and nurturing the good in every child. Club staff works directly with parents to connect them to community resources outside of BGCPBC if needed. Some of the Family Services activities offered are Family Nights at the Club and Project FACT (Fathers And Children Together) events.

Career Bound Teen Programming: Career Bound takes a holistic approach to career and college readiness and eligibility, and the program has evolved over the past five years to include:

- Academic Enrichment Initiative featuring project-based learning delivered by certified teachers designed to boost academic performance in English Language Arts, Math, and Science to help members grade advance on time.
- Career Bound coaches, providing support in all aspects of college, career and workforce preparation and serving as trusted, caring, adult mentors.
- Personalized career plans, created for each teen based on their career interests and current academic standing, guiding high school course selection and academic advising.
- Foundational education, utilizing curricula, such as Career Launch, Money Matters, and Diplomas to Degrees.
- Jr. staff and entry level employment opportunities at BGCPBC and/or local employers, includes coaching, peer mentoring and weekly assessments by club staff.
- cbKIND a new framework that infuses Social Emotional Learning into all aspects of Career Bound programming; teen-serving staff are encouraged to provide members with opportunities to reflect on their emotional experience and better understand how it impacts their behaviors.
- 1:1 FAFSA (Free Application for Federal Student

Aid) assistance for teens and parents/guardians.

- College/post-secondary application assistance, helping teens research and apply to post-secondary institutions, including practice for PSAT, ACT, SAT testing and essay submissions.
- College tours, introducing Florida's colleges, universities, college life, and financial requirements (parents/guardians are invited to participate).

Academic Achievement: The clubs have provided a wide variety of nationally recognized and impact driven programs throughout the years and partners with numerous other service providers, such as the Palm Beach County Health Department, Literacy Coalition, local universities, and many others to enhance the learning opportunities of the youth served. A key component are our 21st Century Community Learning Centers. BGCPBC works with school administrators and certified teachers, so students with the greatest need for academic assistance are encouraged to participate. It is an opportunity for students attending low-performing schools to enhance and reinforce academic lessons of the regular school day while allowing them to learn new skills and discover new opportunities after the regular school day has ended.

Technology/STEM Programs: BGCPBC give members basic computer skills; introduce them to digital movie making, music-making, photography, graphic design and web development, homework help and educational software. Club members participate in competitions and challenges that include the NASA STEM Challenge, Iimagemaker National Photography Contest and Zero Robotics.

Cultural Arts Programs: Numerous programs utilize the arts to address issues related to youth culture. Collaboration with multiple sectors of the community provides innovative and challenging cultural enrichment for young people. Some of our community partners include the Norton Museum of Art and Boca Symphonia.

4. How does your agency benefit the community?

BGCPBC operates clubs strategically located in areas where children are most in need. Every day dedicated and trained staff members do whatever it takes to ensure that club members have a safe space, healthy meals, and the opportunity to engage in life-enhancing programs. Our vision is to provide a world-class club experience that assures success is within reach of every young person who walks through our doors, with all members on track to graduate from high school with a plan for the future, demonstrating good character and citizenship and living a healthy lifestyle. Programs include cultural arts, STEM (science, technology, engineering and mathematics), sports, fitness and

recreation, education and career development, character and leadership development and more.

In the early days of the pandemic, the clubs took immediate action by providing free food for families and were among the first to open our doors for children to attend a full-day summer camp. Later the clubs remained open 12 hours a day for distance learning and after-school programming. By providing a safe place for children, our clubs allowed parents to return to work without leaving their children home alone. We also continue to take extra measures to limit the achievement gap caused by distance learning. Sixty certified teachers work in the clubs to give the additional support that our club members need to prevent long-term achievement issues that can translate into lifelong economic hardship.

5. What is your agency's focus for 2021?

BGCPBC will continue to lead the COVID-19 recovery efforts across critical neighborhoods that need the most assistance. A primary focus will be fighting the growing achievement gap. Certified teachers will tutor club members, and extra academic assistance activities will be provided during our after-school programs and throughout the summer. The emergency hunger relief programs will continue throughout 2021. It is the organization's intent to continue our daily meals program and our weekend food pack. The clubs will also focus on mental health programs. Clubs will continue to address this serious need by providing Trauma-Informed Counseling and Social-Emotional Learning to support positive life skills critical to healthy development.

2021 is a benchmark year for the organization as it celebrates its 50th year of service. To mark the anniversary, BGCPBC launched a \$50 million campaign that focuses on expanding Teen Centers throughout the county to allow additional Career Bound programming. The campaign will also create an endowment to secure the clubs' future so that our doors will never have to close due to financial hardships.

6. How do the funds received from Palm Beach County enhance the services your agency provides?

The funds from Palm Beach County are necessary to ensure that BGCPBC can provide staff and club members with the resources, guidance, and support needed. Without the support of the county, our 17 clubs would not be a lifeline for the children and their families that depend on club services. BGCPBC is uniquely positioned to help those most in need. Without the generosity of the county and other community partners, these families may not receive the help that they deserve.

For more information about Boys & Girls Clubs of Palm Beach County, visit <https://bgcpbc.org>.

Palm Beach County Non-Profit Grant Funding Program



The Palm Beach County Board of County Commissioners provided grant funding through its Youth Services Department to the United Way of Palm Beach County for nonprofit agencies throughout Palm Beach County. Monies were made available through the Coronavirus Aid, Relief and Economic Security (CARES) Act to meet the needs of qualifying 501 (c)(3) or 501(c)(19) nonprofit agencies affected by the COVID-19 pandemic.

The grant-funding prioritized health and human services or veterans' services organizations in Palm Beach County.

In total, \$3,656,934.50 was granted to 216 nonprofit organizations. An additional, \$343,065.50 of personal

protective equipment (PPE) and cleaning supplies were distributed to 125 nonprofit organizations.



Thanks to the incredible resources we were able to help hundreds of early learning providers who serve thousands of children stay open.

-Early Learning Coalition of Palm Beach County



Community Champions



Congratulations to Tammy K. Fields, Dr. Twila Taylor and Geeta Loach-Jacobson on becoming Community Champions and entering into the Leadership Circle during the 2020 Palm Beach County United Way campaign.

United Way donors share the belief that everyone in Palm Beach

County deserves access to the basics: a quality education, a safe place to sleep, financial stability, good medical care, and enough to eat. When you invest in the United Way of Palm Beach County, you become a champion for those without a voice.

Thank you for your commitment to strengthening and improving our community.

Click [here](#) for more information about the United Way of Palm Beach County.

Healthier Glades Initiative



Palm Beach County Youth Services Department's Youth and Family Counseling Therapist, Clara Hensing, MS and Youth Services Coordinator, Gabriel Munoz, LMHC, attended the Belle Glade

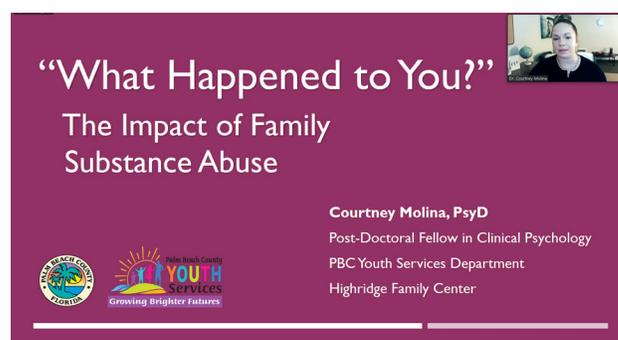
Community Updates Facebook live as part of the Healthier

Glades Initiative.

During the meeting, staff members discussed department resources and services that are available in Palm Beach County and specifically in the Glades to support youth and parents.

Click [here](#) to view the Facebook live event.

Education and Training Didactic Trainings



This quarter, the Palm Beach County Youth Services Department’s Education and Training Center held several remote didactic trainings for department staff, mental health professionals and community partners.

- Laura Cruz, Ph.D. presented “Promoting Emotional Regulation in Children: Evidence-Based Practices and Internet-Based Resources.” The training defined emotional regulation, explained the importance of promoting emotional regulation in children, and identified Evidenced-Based Practices (EBPs) to promote emotional regulation in children, including internet-based resources that can be utilized remotely.
- Postdoctoral Fellows, Tonise Florexil, Psy.D. (Education & Training Center) and Courtney Molina, Psy.D. (Highridge Family Center) offered a community outreach training hosted by the Palm Beach County Library - West Boynton Branch. The presentation discussed mental health and mental illness, explained factors related to depression and anxiety, and highlighted coping skills and treatment approaches for anxiety and depression.
- Essence O. Rivers, M.A., doctoral intern presented “Coping With Adversity Using Self-Compassion.” The training defined self-compassion, described the impact of stress on helping professionals and the people they serve, and identified appropriate and effective resources and practices to increase self-compassion.
- Tonise Florexil, Psy.D., postdoctoral fellow presented “Corporal Punishment: To Use or Not To Use.” The training identified corporal punishment, discussed the factors that contribute to the use of corporal punishment, and described the effects of corporal punishment.
- Gabriella Hill, M.A., doctoral intern presented “Addressing Religion and Spirituality in Clinical Practice.” The training, identified positive and negative effects of religion and spirituality on mental health, explained the ethical considerations for addressing or integrating spirituality and religion, and selected appropriate interventions and treatments.
- Courtney Molina, Psy.D., postdoctoral fellow presented “What Happened to You? The Impact of Family Substance Abuse.” The training described familial substance misuse and who it impacts, explained how familial/parental substance misuse affects family systems, parent-child dynamics, and child mental health, and identified useful mental health and psychotherapy interventions for working with families impacted by substance misuse.
- Danniella Jones, Psy.D., presented “Children’s Exposure to Domestic Violence.” The training defined domestic violence (DV) and identified examples, described the impact of DV on youth and families, and identified interventions to treat survivors of and youth exposed to domestic violence.
- Kelly Everson, Psy.D., founder and co-owner of Palm Beach Behavioral Health and Wellness presented “Early Development and Attachment.” The training defined early attachment, identified early attachment tasks and challenges for children, described its importance for development, outlined parenting tasks and identified professional strategies based on John Gottman’s attachment research and possible attachment challenges that can continue into adolescence.
- Dani Dominguez and Umut Dursun of the YES Institute presented “Providing Affirming Gender and Orientation Care.” The training explained the distinction between body, gender, and orientation; identified practical tools to ensure affirming and quality care to all gender and orientation diverse clients and families; and summarized the impact of stigma based on personal narratives.

Supervision and Coaching Sanctuary Workshop



The Palm Beach County Youth Services Department held a one-day supervision and coaching workshop for department supervisors and trainers as part of its pursuit of department-wide certification in the trauma informed care model by the Sanctuary Institute. The workshop, held at Mounts Botanical Garden, took place on March 8 and 9, to reduce the number of employees attending per day, ensuring CDC safety guidelines and protocols were met.

As part of Sanctuary standards, the retreat began with a community meeting. Employees took turns asking one another three questions: “How are you feeling? What is your goal for today? Who can you ask for help?” The community meeting is a fundamental component of Sanctuary involving emotional learning. It allows individuals the opportunity to build connections and set goals to remain future focused.

Sanctuary consultant Aaron James led the groups through a series of leadership/coaching topics and group activities to reflect on leadership styles. Discussions focused on leadership development through the Sanctuary model including trauma theory, the seven commitments

(non-violence, emotional intelligence, social learning, democracy, open communication, social responsibility, and growth and change), SELF (safety, emotions, loss, future), and various Sanctuary tools to be utilized by employees in leadership or training roles. Tools included managing complex change, implementing supervision and supervisory notes, cultivating supervision styles and transformational leadership. Participants worked through reenactment scenarios, and rated their own leadership styles to develop a plan of action through the seven commitments during the “Seven Commitments of Leadership” exercise.

Becoming Sanctuary-certified reinforces the department’s commitment to the standards of a trauma informed care environment for clients and employees. The Sanctuary Institute will provide direct support to Youth Services by providing trauma-responsive practices across all department operations.

A special thank you to members of the Sanctuary-Trauma Informed Cross-Divisional Action Team and department staff who planned and coordinated the workshop.

Community Outreach



During March, Dr. Twila Taylor, Residential Treatment and Family Counseling Division director provided the community with information about the department.

- On March 11, Dr. Twila Taylor in collaboration with Palm Beach County Library System, provided an overview for the public on the services offered through Palm Beach County Youth Services

Department. The session was also recorded so those that were unable to attend the webinar are able to view it at their convenience.

- On March 22, Dr. Twila Taylor presented to the School District of Palm Beach County’s Safe Schools Program as part of the district’s professional development series. Dr. Taylor provided an overview of Palm Beach County Youth Services Department services, eligibility, and referral process.

Teen Dating Violence Awareness Month



As part of Teen Dating Violence Awareness Month, several Palm Beach County Youth Services Department employees wore orange on February 9 to raise awareness and show support towards ending Teen Dating Violence.

Wellness and Awareness Body, Mind, and Spirit

Special to YSD Scoop!

Palm Beach County Youth Services Department's wellness and awareness corner, Body, Mind, and Spirit, comes to you from the Seeds of Success Cross-Divisional Action Team. Regardless of your lifestyle, this space features topics related to personal wellness and awareness.

Sanctuary Commitment: Growth and Change

This quarter we will focus on the Sanctuary Models' commitment of Growth and Change. This commitment is focused on evaluating current behaviors while focusing on the future by setting achievable goals and breaking dysfunctional patterns. Change is expected and acceptable – and all changes equal some type of loss. No matter what the change is, viewed as either positive or negative, it's how you deal with change that determines the outcome. Change is an opportunity to grow. This commitment tasks us with not only embracing these opportunities for growth and change in ourselves but, helping our friends, our family, our community to discover these opportunities and encourage hope, meaning and purpose to help them succeed.

Our Bodies, Our Temples: Healthy Eating and Exercise

Practicing and enacting growth and change in yourself may be one of the most rewarding processes a person can

experience. When we're not physically well, it's hard to feel mentally and emotionally well, and very hard to tap into the spiritual side of things and discover self-actualization.

As spring has sprung and summer awaits, take this time to indulge in ways to begin or sustain a healthier lifestyle. Don't be afraid to try something new. Visit your local library, via in-person or online, and pick up a vegan or vegetarian cookbook. Stop by the farmers market and select a piece of fresh produce you've never cooked with before. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.

In addition to eating healthy, try to incorporate regular exercise into your daily routine. Thirty minutes a day can go such a long way. Set a goal for yourself. Invite a friend or co-worker to join a new class with you; Yoga, Zumba, Pilates, CrossFit. Dedicate a few minutes of your lunch break to a short walk. Within the county, take advantage of the Wellness Program. They offer classes and challenges throughout the year to help promote healthy living. This type of change may result in the loss of unwanted weight and stress. Track your progress; by challenging yourself with change, watch yourself grow.

Q&A with Filise Jules



At YSD, we view our employees as one of our greatest strengths. This quarter, we're featuring Filise Jules, Licensed Therapist for the Youth and Family Counseling program. Filise provides individual, family and group therapy services for primary prevention and treatment of youth and their families who are experiencing emotional and/or behavior difficulties, family discord, academic issues and other problems. "Additionally, I provide school-based services to students in the county and offer trainings/presentations to community-based groups. As well as representing the department at various community events," said Filise.

1. Where is your hometown?

Boynton Beach, Florida.

2. What was your first job?

Administrative Secretary.

3. What are the three most important skills you need for your job?

To have a heart to serve and care for others, being able to join the family, helping them to achieve their treatment goals, and having extensive knowledge and experience using psychological, psychotherapeutic and counseling practices and techniques including

community-based resources.

4. What is your favorite thing about your job at YSD?

My favorite thing about my job is seeing clients coming from a despair situation to being fully empowered and hopeful.

5. Is there a memorable moment that you would like to share in relation to your work here, at YSD?

A memorable moment was when I received a card in the mail with lots of words of encouragement and sympathy from someone at work, while my family and I were going through tough times. It was unexpected and well appreciated.

6. What hobbies and interests do you have outside of work?

Traveling; spending time with my family; serving in church ministries and missions; reading romantic happy-ending storybooks.

7. What is the most important lesson you've learned in the last year?

That I am not in control of my life or destiny, consequently there is no point of worrying about my tomorrow.

8. Where would you like to go on a dream vacation?

Anywhere in Europe in the mountains.

9. What is your favorite quote?

"Do unto others, as you would have them do unto you." - Matthew 7:12

10. Who or what inspires you?

My relationship with God and my family.

11. Is there something about you that your fellow coworkers would be surprised to know?

That I like to laugh and often watch clean stand-up comedian videos to de-stress.

Well Done

Congratulations to Shayna Ginsburg, Psy.D., on becoming the third person in Palm Beach County to become certified in Parent Child Interaction Therapy (PCIT). In addition to the application process, Dr. Ginsburg completed 40 hours of PCIT training, using a combination of didactic training, live co-therapy and supervision, and successfully completed the certification exam.



Welcome Aboard!



Join us in welcoming our newest team members!

The following Youth Services employees were hired between January 1 and March 31.



Employee	Position	Division
Yvonne Feliciano	Administrative Technician I	RTFC
Tyler Shoens	Seasonal Paraprofessional	OCP
Dayana Isoph	Seasonal Paraprofessional	OCP
Iris Reed	Food Service Manager	RTFC



Employee of the Quarter

Special to YSD Scoop!



Congratulations to Dr. Laura Cruz for earning Palm Beach County Youth Services Department's "Employee of the Quarter" award.

This evidence-based therapy is in high demand and Palm Beach County Youth Services Department is now only the second provider in Palm Beach County.

Dr. Cruz was selected for her outstanding work in bringing Parent-Child Interaction Therapy (PCIT) to the department.

Thank you Dr. Cruz for all you do for the department and the youth and families in our community.

Congratulations



This quarter we said farewell and thank you to Marlene Etienne, Palm Beach County Youth Services Department's Program Evaluator. Marlene celebrated 14 years of dedicated service to the residents of Palm Beach County. We all wish her a happy and healthy retirement.

Share Feedback and Stories!

Do you have feedback on our newsletter or have an awesome story to share? We'd love to hear from you!

Contact Youth Services
Department Public Relations
Specialist Erin Baker
at ebaker@pbcgov.org.

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Director of Residential Treatment and Family Counseling

Dr. Twila Taylor

Editor-in-Chief

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