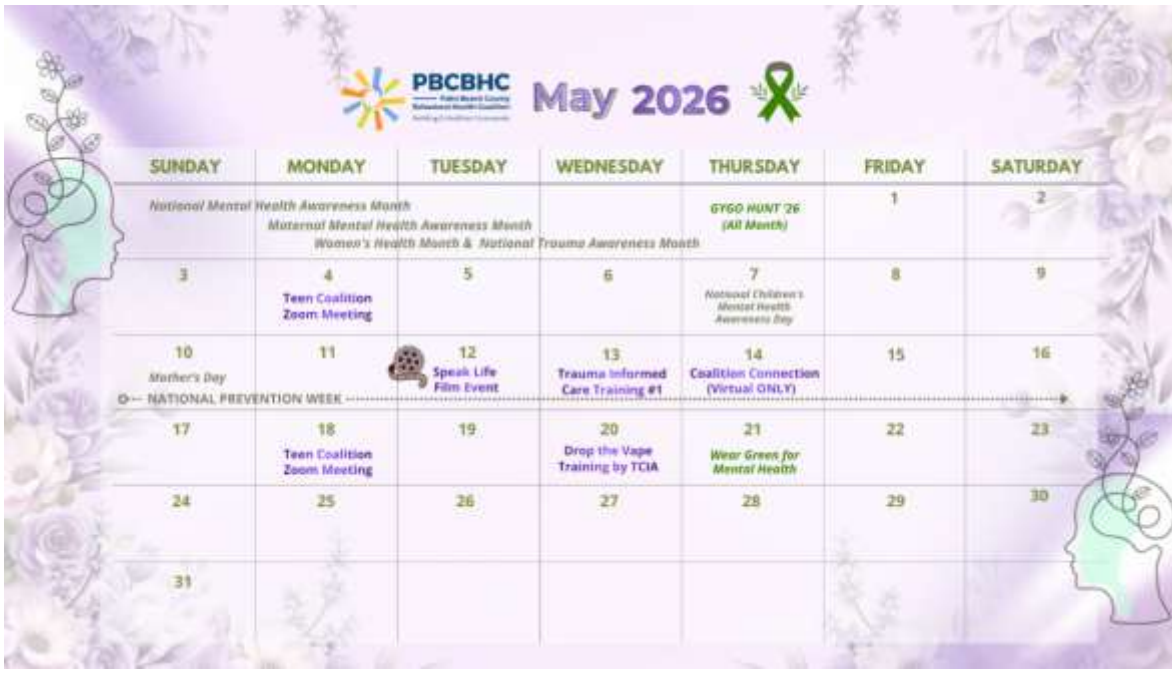


May 2026:Mental Health Awareness & Trauma Informed Care Month

(A special shoutout to our staff celebrating their recent birthdays:
Susan Foley, Johnkeria Kinglocke & Addys, we appreciate all that you do.)

Free Event for Teens on May 12th: Speak Life Movie Night

Speak Life is a powerful, high-energy film experience that supports youth substance use prevention by addressing key underlying risk factors such as bullying, low connectedness, poor coping skills, and negative peer influences, while strengthening resilience, peer support, and positive decision-making. The program also promotes mental health awareness, help-seeking behaviors, empathy, and emotional wellness through music, storytelling, and engaging

Trauma-Informed Care Training on May 13th

As part of Trauma-Informed Care Month, we will be hosting a hybrid Trauma-Informed Care training on May 13 that offers 1.5 CEUs. If you are a teacher, caregiver, or professional who works with children and teens, join us to learn how toxic stress can impact the developing brain and explore strategies to better support youth. Register **here** or read more details about it in our “Upcoming Events” section below.

performances that inspire youth to make healthy choices and support one another. Sign up the teen in your life **here** or learn more about it in our "Upcoming Events" section below.

Participants will have the opportunity to learn of the landmark ACE study regarding the impact of toxic stress on the developing brain, and how resilience and protective relationships buffer the effects of adversity.

🌿 Get Your Green On (GYGO)

The many partners of Birth to 22: United for Brighter Futures continue their efforts in support of the annual Get Your Green On (GYGO) campaign, which raises awareness by creating visible support and fostering safe spaces to talk openly about mental health and trauma. One way to show your support in Palm Beach County is by wearing green on Thursday, May 21, 2026. Be sure to snap a selfie for social media and use the hashtags #GYGO #GYGO365 #GetYourGreenOn #GYGO2026 #GYGOPBC.

You can also pre-order a custom GYGO shirt with your organization's name by contacting runedge2@gmail.com. See more info below.

🎯 GYGO Hunt

There are many other ways to get involved, including joining our GYGO Digital Scavenger Hunt through the Goosechase app. Round up your teammates and complete missions like trivia to earn points and learn about mental health and local resources along the way.

Sign up here or read more details below in our "Upcoming Events" section.

Finally, if you are truly passionate about mental health awareness, please **sign the GYGO365 pledge** to add your name to the list of those committed to emotional wellness, trauma-informed support, and mental health visibility every day, not only in May.

📣 Virtual Coalition Connection (May 14th)

Our next Coalition Connection will take place virtually on *May 14th*, and we are looking forward to bringing everyone together. This is a great

🗣 From Our Teens to You

Our Teen Coalition In Action (TCIA) youth created a meaningful proclamation declaring May 2026 as Mental Health and Trauma-Informed Care Awareness Month in Palm

chance to connect with fellow nonprofit professionals, hear updates from local organizations, and discover new community resources and upcoming opportunities. If you have never attended before, this is the perfect time to join us for light refreshments, meaningful conversations, and a presentation from a local organization you may not know yet.

Interested in attending? **Sign up for our Coalition Connection here**

OR You can also email **prevention@pbcbhc.org** for more information.

Beach County. One line captures the heart of their message:

“Together, we can build a county where no young person has to struggle alone.”
We invite you to read the full proclamation below or click **here**.

PROCLAMATION
FROM THE **TEENS** OF PALM BEACH COUNTY
DECLARING **MAY 2026** AS
MENTAL HEALTH & TRAUMA-INFORMED CARE AWARENESS MONTH

TEENCIA

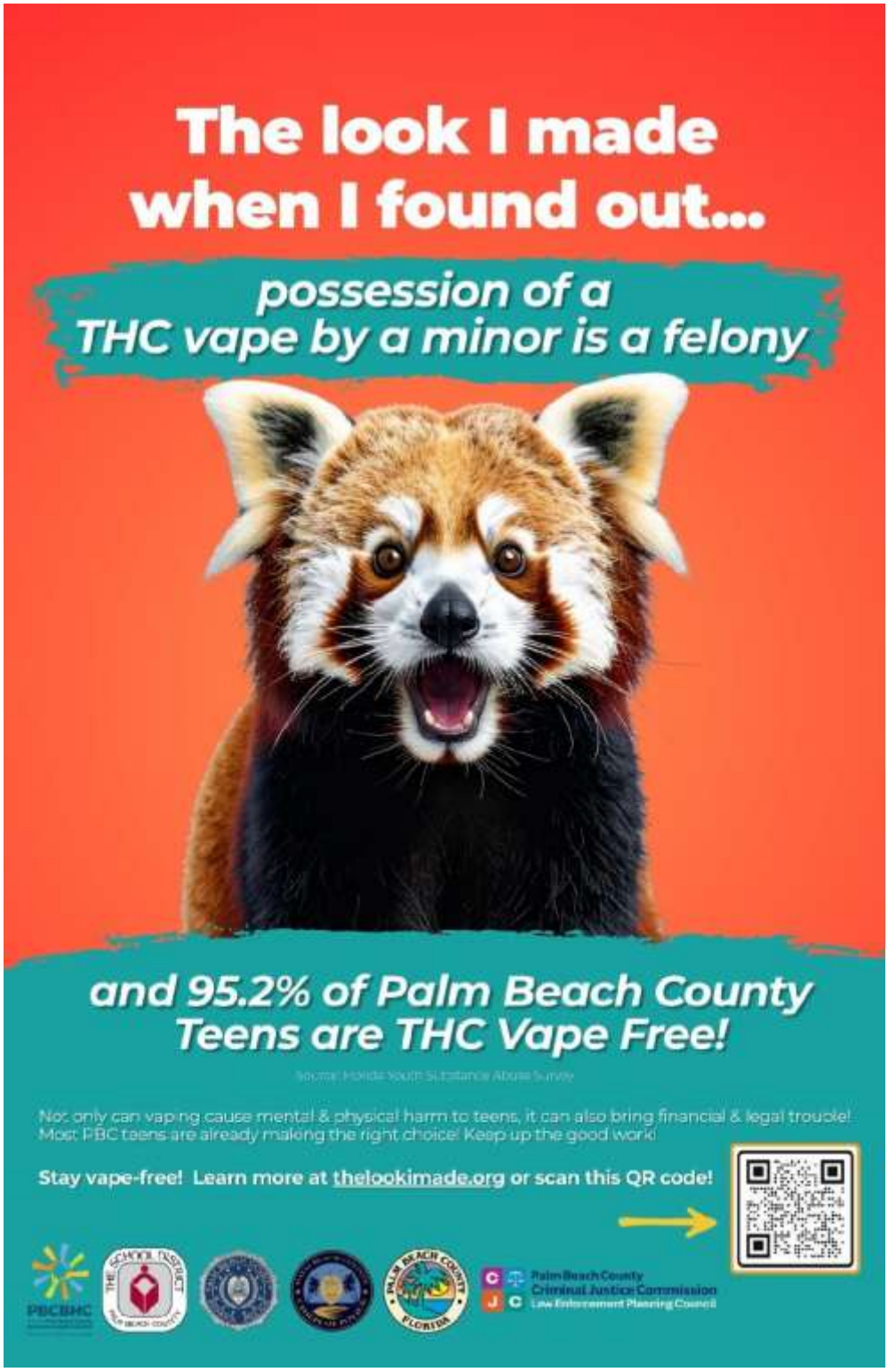
PBCBHC

🎓 Graduation Season Is Coming

With prom and graduation seasons coming up, we urge parents to keep teens safe and **keep homes alcohol-free.** Many parents believe allowing teens to drink at home keeps them safe. However, research shows that teens who are allowed to drink at home are actually *more likely to drink elsewhere and engage in risky behaviors*. Join Palm Beach County families committed to preventing underage drinking by adding your name to **our Community Pledge** found at **NotMyHouse.org** and learn more about Florida law and the risks of underage drinking.

For those who are graduating this year, we would like to extend a BIG CONGRATULATIONS to you and your bright futures! Be on the lookout for our

PBCBHC graduation banners at your ceremonies featuring positive prevention messages plus our ongoing “The Look I Made” campaign.



Impact in Action

🏆 2026 Awards Ceremony Recap

We were so honored to host our 16th Annual School Bus Drug Prevention Media Contest Awards Night, celebrating our finalists and winners with their loved ones. Congratulations again to our students for their incredible talent and commitment to prevention. Take a look at **our photo gallery** on our media contest website to see highlights from the evening.

💊 April '26 Take Back Day Results

Palm Beach County Behavioral Health Coalition (PBCBHC) co-hosted the April DEA National Prescription Drug Take Back Day on April 25, 2026, providing residents with an opportunity to safely dispose of unused, expired, or unwanted medications at several Walgreens locations throughout Palm Beach County.

This year, we collected approximately 182 pounds of unused or expired medications across our four locations in Belle Glade, Boynton Beach, Lantana, and Wellington. We are proud to have expanded to four sites over the years and look forward to adding more in the future. By collecting unused or expired medications, we provided a safe and convenient way for community members to

clear out their medicine cabinets while helping protect children, pets, and the environment. Proper disposal helps reduce the risk of misuse or accidental ingestion and keeps medications out of local waterways and landfills.

We will be hosting another Take Back Day this fall on October 24, 2026, so save the date! If you are a community partner interested in getting involved by hosting a resource table, please contact prevention@pbcbhc.org.

This effort would not have been possible without the continued support of our valued community partners, including the Palm Beach County Sheriff's Office, the Boynton Beach Police Department, the Health Council of Southeast Florida, Walgreens, the Village of Wellington, Palm Beach County Community Services, Safe Kids Palm Beach County, Community Partners of South Florida, Palm Beach County Fire Rescue, the Florida National Guard, the Hanley Foundation, and Palm Beach County.

Our teachers play such an important role in encouraging students and supporting the arts. At John I. Leonard High School, art teacher Mrs. Natasha Van der Kamp proudly displays her students' winning posters on her classroom wall. This extended reach helps reinforce healthy choices among our youth. She is also this year's Catalyst Award winner, sponsored by the No More Starving Artists Foundation. We are so grateful for Mrs. Van der Kamp's continued support, dedication, and the positive impact she makes on her students every day. **THANK YOU, MS. VAN DER KAMP!**

Congratulations to William Freeman and People of Purpose on your new Belle Glade location! Our very own Amanda Aiken was honored to be a part of the grand opening.

Upcoming Events

A free event for teens

Speak Life: An Evening for Resiliency

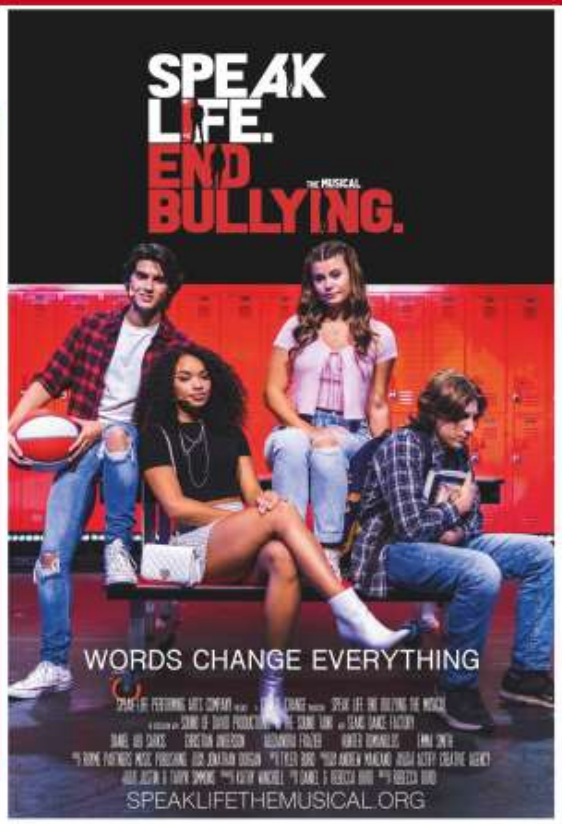
Building a stronger Palm Beach County through bullying prevention, mental health support, and substance use prevention.

MAY 12, 2026 | 4:30 - 6:30PM

DUNCAN THEATER PBSC
4200 S Congress Ave,
Lake Worth Beach, FL 33461

SIGN UP HERE:

Website: SPEAKLIFETHEMUSICAL.ORG



TEENCIA
TEEN COALITION IN ACTION

Presented by

PBCBHC
Palm Beach County Behavioral Health Coalition
Building A Healthier Community

Summer Nights DONE RIGHT
alcohol & drug free

FLORIDA DEPARTMENT OF CHILDREN AND FAMILIES
MYFLFAMILIES.COM

Southeast Florida
BEHAVIORAL HEALTH NETWORK

PBCBHC
Palm Beach County Behavioral Health Coalition
Building A Healthier Community

Center for Child Counseling

TRAUMA INFORMED CARE TRAINING

• ACEs • Trauma • Toxic Stress

An overview of the landmark ACE study, the impact of toxic stress on the developing brain, and how resilience and protective relationships buffer the effects of adversity. **Appropriate for teachers, caregivers, professionals, and anyone who lives or works with children and teens.**

Learning Objectives

Participants will learn...

- About the ACE study, including outcomes and findings;
- Definition of toxic stress and its impact on the developing brain in early childhood and throughout the lifespan;
- Impact of early adversity on lifelong health, mental and physical;
- About the ACEs and Resilience Surveys; and
- The importance of creating trauma-informed and resilience-building practices based on the findings of the ACEs research.

1.5 CEUs

Center for Child Counseling, Inc. is approved by Florida Board of Licensed Clinical Social Workers, Licensed Marriage & Family Therapists and Licensed Mental Health Counselors Provider # 50-11511.

Wednesday, May 13, 2026
9:30AM to 11:00AM
HYBRID - Zoom and In-person
Healthy Mothers Healthy Babies
842 N. Military Trail,
West Palm Beach, FL 33415

Presenter:
Stephanie De La Cruz
LMHC, RPT-S™
Clinical Supervisor
Center for Child Counseling

Hosted by Palm Beach County Behavioral Health Coalition
561-374-7627
Prevention@pbcbhc.org
Linktr.ee/PBCBHC

REGISTER TODAY

SCAN ME

News You Can Use

School's Out and Screens Are In

As summer starts and the school routine ends, more and more teens take to social media to pass the time. These platforms are designed to keep users scrolling, with features like endless feeds, streaks, and constant notifications. Research has shown that social media can negatively impact teen mental health, but how do we know when this is happening? Here are some signs that might indicate mental health harm from Lance Garrison, Ph.D., dean of The Chicago School's College of Professional Psychology (**Psychology Today**):

- Increased irritability or agitation
- Disrupted sleep related to late-night scrolling
- Sudden drop in self-esteem
- Higher body dissatisfaction
- Increased anxiety tied to peer interactions or online exclusion
- Social withdrawal
- Compulsively checking social media
- Declining academic performance
- Emotional dependence on likes, views, or engagement

Community Happenings

2026 Get Your Green On tees

*FREE shipping for orders over 24 shirts!

WHITE PRINT ON BOTH SIDES

$5.50 per shirt over 250 shirts
$6.00 per shirt 101-249 shirts
$6.50 per shirt 24-100 shirts

*Last date to order: May 10th!

***Option to add your organization name above the logo or an addt'l $15.**

**Sizes: Youth XS-XL • Adult Small-XL • *Extra charge 2XL=$2 3XL=$3*
**Long sleeve tees- add $3.00 per shirt*

RUNNER'S EDGE
BOCA RATON, FLORIDA
www.RunnersEdgeBoca.com
3195 N. Federal Hwy. Boca Raton, FL 33431
561-361-1950

To order please contact Tom or Karen:

email: runedge2@gmail.com
phone: 561-361-1950

CO-HOSTED BY:
Kingdombuilding87
HEALING CENTER
KALEIDOSCOPE
SOLUTIONS & CO.
GET YOUR
GREEN ON
Rooted in Resiliency
Resiliency in Nature & Community
Play • Nourish • Grow
A community wellness experience uplifting mental health
awareness, growth, and connection through nature, play, and nourishment.
CLICK HERE
TO REGISTER
SATURDAY, MAY 2ND, 2026
11:00 AM – 3:00 PM
COMMUNITY CENTER
50 NW 1ST AVE., DELRAY BEACH, FL 33444
GREEN GAMES
& CHALLENGES
TASTY GREEN
BITES & SIPS
WELLNESS,
CONNECTION & FUN
FREE COMMUNITY EVENT
ALL AGES WELCOME
be well pbc
DELRAY BEACH
KALEIDOSCOPE
Children's
Services Council

ROADS TO HEALTHY LIVING IN RURAL COMMUNITIES

GLADES PRESENTATION

Your zip code shouldn't decide how healthy you are, but the truth is that our community plays a huge role in our daily wellness. Join us for an evening of learning and planning as we discuss how to build a healthier future for everyone. Together, we can make a real difference.

We'll explore:

- Where you live matters
- Brain & Heart Health
- Managing Diabetes
- Natural Assets for Healthy Living

MAY 6, 2026 | 5:30PM

Diabetes Coalition
PALM BEACH COUNTY

EMPOWER Healthcare

Health Care District

Location:
Lakeside Medical Center
39200 Hooker Hwy,
Belle Glade, FL 33430

FOR MORE INFORMATION ANNIE IFILL (561) 593-2007 OR ANNIE.GLADES@HTPBC.ORG

MENTAL HEALTH AWARENESS NIGHT

PRESENTED BY THE GET YOUR GREEN ON CAMPAIGN

GET YOUR GREEN ON
est. 2016
MENTAL HEALTH AWARENESS & TRAUMA INFORMED CARE

FRIDAY, MAY 15TH
FIRST PITCH @ 6:30PM

VS

PURCHASE TICKETS USING THE QR CODE!

$10 GAME TICKET

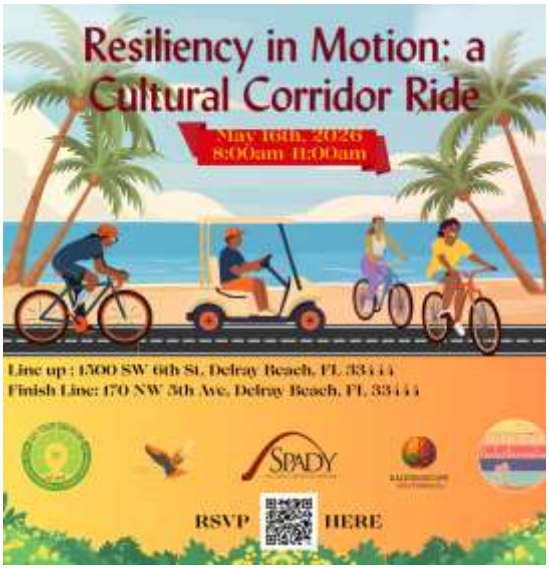
$5 FROM EVERY TICKET GOES BACK TO GET YOUR GREEN ON!

CELEBRATE MENTAL HEALTH CHAMPIONS THROUGHOUT OUR COMMUNITY

Learn more about mental health awareness and resources available throughout the Palm Beach County community!

For more info, please contact:
Justin Johnson (561) 799-3806
JustinJ@rogerdeanchevroletstadium.com

Roger Dean CHEVROLET STADIUM
4751 Main St, Jupiter, FL 3345



Stay Coalition Connected...

Update your contact info today to be in on all things behavioral health in Palm Beach County.

Coalition Connections for updates on General Coalition Meetings, Outreaches, Newsletters...

Text **PBCBHC to 888-687-0035** for text updates on Coalition happenings.

Visit our Linktree