



“Nurturing and Empowering Families to Help Build Stronger Communities.”

*Serving Flagler and Volusia Counties*

# The House Next Door From our House to Yours...

May 2022



[www.thehnd.com](http://www.thehnd.com)

Administrative Office  
804 N. Woodland Blvd.  
DeLand, FL 32720  
(386) 734-7571

May is Mental Health Awareness Month

## Mental Health Care **MATTERS**

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

**PEOPLE WHO GET TREATMENT IN A GIVEN YEAR**

- 45%** of adults with mental illness
- 66%** of adults with serious mental illness
- 51%** of youth (6-17) with a mental health condition

The average delay between symptom onset and treatment is

# 11 YEARS

**Adults with a mental health diagnosis who received treatment or counseling in the past year**

- 23%** of Asian adults
- 33%** of Black adults
- 34%** of Hispanic or Latinx adults
- 43%** of adults who report mixed/multiracial
- 49%** of lesbian, gay and bisexual adults
- 50%** of white adults

*For therapy to work, you have to be open to change. I'm proud to say that I changed.  
Therapy saved my life.*

– NAMI Program Leader

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)
 NAMI
 NAMICommunicate
 NAMICommunicate
 [www.nami.org](http://www.nami.org)

National Alliance on Mental Illness

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**DeLand Service Site**

114 S. Alabama Ave.  
DeLand, FL 32724  
386-738-9169

**Flagler Service Site**

160 Cypress Point Parkway  
Suite B301/302  
Palm Coast, FL 32164  
386-738-9169

**WVHA Office**

840 Deltona Blvd. Ste. K  
Deltona, FL 32725  
386-232-2055

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**How You Can Help**

To give a secure online donation, learn about our amazon smile and scrip card programs, help fulfill our wish list, or view current volunteer or career opportunities, please visit our website at: [thehnd.com](http://thehnd.com)

**The House Next Door  
Family Foundation**

Established in 2002, governed by local leaders, committed to the preservation of family services at The House Next Door. Be a part of ensuring a healthy future for our community. Contact Tom Robertson, Foundation President, at [tomrobertsonrai@gmail.com](mailto:tomrobertsonrai@gmail.com) for further information.

## Mental Health Awareness

Did you know that May is Mental Health Awareness month? It is estimated that 44 million Americans suffer from a mental disorder in a given year, according to Mental Health America. A mental disorder is a condition that can affect a person's life in a variety of ways, including their moods, behaviors, thoughts, emotions, and relationships with other people. A mental health condition can occur at any age in the lifespan from infancy and childhood into elder adulthood. There are many different symptoms that can indicate the presence of a mental health issue including depression, anxiety, and many others. It is estimated that approximately 75% of mental health disorders affect the emotions of the person experiencing the disorder. Mental health disorders can also affect the memory, thought processes, motivation, and behaviors of the person.

What can you do if you or someone you know has a mental health condition?

There are a variety of ways that people can manage mental health conditions and live their lives as fully as possible. For some people, this may involve formalized treatment modalities, such as medications and therapy. There are also more informal options such as support groups. It is important to have a strong social support network when managing a mental health condition. It is also important to have healthy coping skills to manage thoughts or feelings that may be difficult or uncomfortable. Some people use healthy diet and exercise to try to minimize their symptoms as well. No matter what route is taken, it is important to reach out for assistance if you feel that you or a person you are close to may be suffering from a mental health disorder.

Lisa Caine, LMHC

Associate Director of Clinical Services

*A huge thank you to everyone who came out to volunteer at Al Downes Wild Game Feast, hosted by Deland Breakfast Rotary.*

*Everyone who participated, volunteered, donated, or sponsored the event helped to make it a huge success.*

***We couldn't do it without you!***



## CARES Program

My time in the CARES program has been so good. I've been monitored my whole life! And what I mean by that is that there is no part of my life that is not documented somewhere. The CARES staff have been so great and they were all so different. LaTanya in particular was exactly what I needed. She did not tell me what I wanted to hear. She was real! The world needs more people like her. My biggest takeaways are that there are others like me who have had challenges. And it's okay. Also that it's important to encourage myself. I learned that too. Words DO have power. Today I graduated. And I can truly say that I'm more confident today than I was when I came into the program a year ago. Thank you again!"

- Kristina, Palm Coast

Our May Employee of the Month was nominated by her staff for her outstanding leadership, compassion and willingness to do whatever it takes to have staff and the program succeed. Please join me in congratulating our May Employee of the Month, Dorcas Sanabria.

**Dorcas Sanabria**  
Health Card Supervisor  
May Employee of the Month



Our Clinical Team  
promoting awareness  
against rape on  
**National Denim Day**