



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

***Serving Flagler and Volusia
Counties***

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

September 2022



www.thehnd.com

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

September is Suicide Prevention Month

September is Suicide Prevention Month and it's crucial that we pay attention to any warning signs that may arise in those close to us. Most people who attempt suicide have given a clue or some type of warning. Warning signs as provided by HelpGuide not only include talking about suicide but also include saying goodbye, withdrawing from others, self-destructive behavior, no hope for the future, preoccupation with death, seeking out lethal means, and many more. The topic of suicide is uncomfortable for many people but

it's important to show those that you care by asking how they're doing and letting them know that you're worried about them. It also includes that you're there for them whenever they may need it even when they don't ask. We can't wait around for them to let us know when they need us because they may never come to us as they would feel like a burden. I believe it's also important to rid of any stigma that comes with the topic of suicide. Here's a list of myths vs facts on suicide.

Facts vs. Myths

Fact: Overcoming the self-preservation instinct is not easy and a few at risk for death by suicide go on to die by suicide

Myth: Dying by suicide is the easy way out

Fact: Asking about suicide does NOT put the thought in someone's head. Asking gives the individual the opportunity to talk about the problem.

Myth: Asking about suicide puts the thought in a person's head.

Fact: When someone talks about suicide or wanting to die, take them seriously. Never dismiss conversations about suicide as being attention seeking.

Myth: People who express thoughts of suicide are seeking attention.

Fact: Research shows that for every suicide death, 135 people are affected.

Myth: Only close family and friends are affected by suicide.

The suicide hotline has become much easier to remember with a newly added addition of the number 988. You can call, text or chat 988 to be connected to the National Suicide Prevention Lifeline (NSPL). It will be confidential, free, and available 24/7/365.

The House Next Door has been providing family counseling and support services since 1976. The therapy process recognizes individual and family culture, values and goals, accommodates variations in lifestyles, with emphasis on healing, coping and personal development.



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DeLand Service Site

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Flagler Service Site

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Suite B301/302
Palm Coast, FL 32164
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WVHA Office

840 Deltona Blvd. Ste. K
Deltona, FL 32725
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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

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 for further information.

Modern Quilt Guild Donates to S.A.T.P

The Modern Quilt Guild is a group of quilt makers within the Orlando area. Every year they choose a charity to donate their incredible work to. They decided to adopt our organization to donate quilts to this year. They have already sent in 12 quilts and plan to send in more batches as the year goes on. Our program that receives these quilts is our Sexual Abuse Treatment Program (S.A.T.P). Every quilt is stitched with love and they wanted our clients to feel as though they're wrapping themselves in love with their beautiful quilts. "I will say that the children that received these quilts are so thankful for them. It's such a beautiful way to introduce them to a therapy setting with a comfy quilt to hug or wrap around themselves. Each child is able to pick the quilt that speaks to them and take it home." said Waleska Guadalupe, our Victim



Advocate. We are so grateful to this lovely group of people who take time out to make something so special for our clients.



We've also received quilts from Esther Gould and Nancy Carbone. They work as a duo with one person who sews up the quilt and one person who puts the finishing binding. When each child first starts the program, picking out a quilt gives them a nice first experience instead of feeling as though it's just a scary journey to recovery. We want them to feel as comfy as possible and help remind them that they're cared about.

August 2022

Employee of the Month

Dantasia Lacey



This employee has shown tremendous growth within the agency and exemplifies our agency values by building on the foundation of the family. By being a consistent advocate for change, this employee works directly with clients to minimize risk factors, instill hope, inspire growth within the community. This employee continues to make a difference by providing a safe space for learning and building life skills through a TEAMs approach. Please join me in celebrating our August employee of the month, Dantasia Lacey.