



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

Serving Flagler and Volusia Counties

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

May is Mental Health Awareness Month

Mental health is defined as a person’s condition with regard to their psychological, emotional, and social well-being which can affect how we think, feel, and act. It is important to spread awareness about mental health so we can reduce the stigma surrounding the subject and help others feel more comfortable to talk about their own mental health. When reducing the stigma, it makes others feel more likely to seek help. When seeking professional help, patients can improve their overall well-being. It’s important to seek treatment because if someone who is suffering with mental health issues can potentially worsen their condition. We want people to realize that they’re not alone in their mental health problems, as its very common for people to suffer with a serious mental health condition. One in five American adult experience a mental illness each year and one in twenty American adults experience a serious mental health condition each year. Suicide is the twelfth leading cause of death in the U.S. There are several ways that we could help spread awareness so that we can decrease the numbers of fatal decisions. Speaking out on your own mental health issues helps encourage others to do the same about their own and makes them see that it is normal to seek help.

Ways to spread awareness on mental health:

- Gain a better understanding of mental health
- Talk about your own mental health experiences to get others comfortable enough to talk about their own
- Do wellness checks
- Check in on your family and friends
- Volunteer at centers
- Become an ambassador of mental health and talk about it openly with others
- Encourage treatment
- Attend events
- Include children in conversations



May 2023

www.thehnd.com

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



Our April Employee of the month is an outstanding educator, who interacts well with parents and children. She listens with compassion and empowers our communities one family at a time. She recognizes the importance of attachment in the child caretaker relationship and ensures each student is met at their development level. She works as a team player and exemplifies the core values of HND. Please join us in congratulating our April employee of the month, Victoria Ramey.

We also want to say congratulations for her promotion as the new Vice Principal at The Little House Next Door.

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804 N. Woodland Blvd.
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To give a secure online donation, learn about our scrip card programs, help fulfill our wish list, or view current volunteer or career opportunities, please visit our website at: thehnd.com

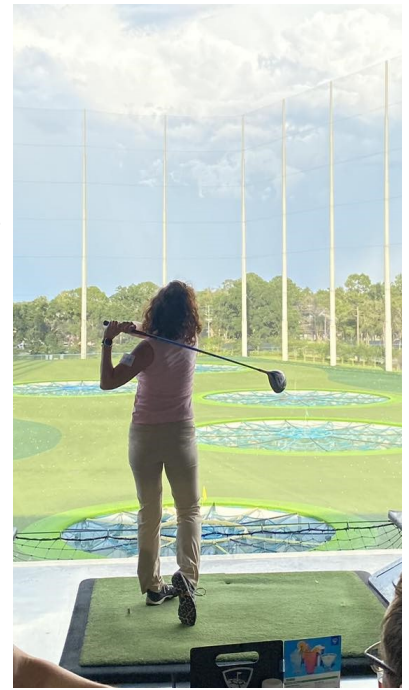
The House Next Door Family Foundation

Established in 2002, governed by local leaders, committed to the preservation of family services at The House Next Door.

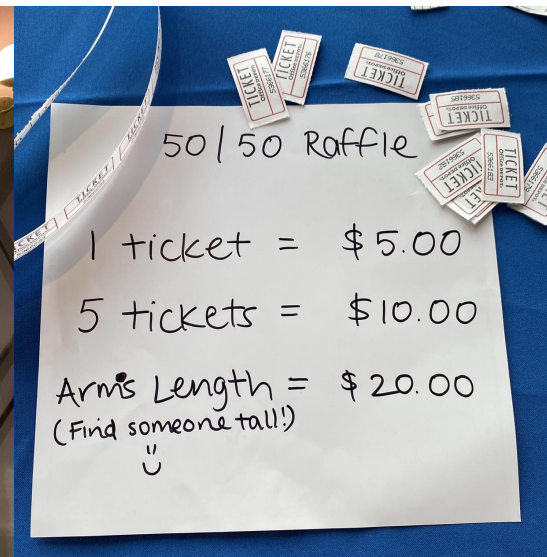
Be a part of ensuring a healthy future for our community. Contact Tom Robertson, Foundation President, at tomrobertsonrai@gmail.com for further information.

Topgolf Event

Our big event of the year, Topgolf. Where you can play a friendly competition surrounded by your family and friends. We are so grateful for everyone that showed up to our Topgolf event and to everyone who made this event possible. We sold out of tickets and we had so many people attend. Thank you to our sponsors as well as our board members who not only helped make the event happen, but also for helping spread awareness about our organization. Local shops swooped in and donated for our silent auction. Baskets were put together and displayed with a big ribbon on top which was placed on the tables for the bidders. This way, our bidders can also learn more about our local businesses and help show them support as well, while enjoying something new for themselves. We're grateful that the event overall was such a big hit.



Goat trophies were handed out to the bay competitors who had the best score. The goat stands for "Greatest Of All Time"



There were many attendees who enjoyed joining our 50/50 raffle. Many people went around looking for someone tall to do their arms length raffle with which helped everyone mingle.

Topgolf Sponsors and Silent Auction Donations

Huge thank you to all of our sponsors who made this event possible, along with every shop who donated for our silent auction. Please see sponsors listed below.



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Shops that donated for our silent auction:

- Basket 1: Ellen's Wine Room
- Basket 2: Museum of Art
- Basket 3: Gurrs & Purrs
- Item 4: Outsiders USA
- Basket 5: MainStreet DeLand Association, Destinations Gift Shop, Lace & Accessories

