



## CENTER FOR FAMILY SERVICES OF PALM BEACH COUNTY, INC.

### ***From Our Family To Yours***

Starting on October 1<sup>st</sup>, Florida is officially open for business. Governor DeSantis' executive order comes as welcomed news to many of Florida's businesses in the entertainment industry—bars, restaurants, etc.—which suffered mightily under the COVID shutdown.

The Center is preparing to see the impact of the past 6-months in our alcohol and drug abuse counseling program—Partners for Change. Although this recovery-based program has remained busy during the pandemic, we anticipate a significant increase in volume in the coming months.

The shutdown due to COVID has been lucrative for alcohol sales. Since March, alcohol sales increased 27%, which did not cover the drinking that would happen if the entertainment industry was open. Statistics show that 55% of Floridians report an increase in their drinking and deaths from overdose of drug and alcohol abuse are at 49%. Not everyone has been getting on the treadmill or developing healthy new hobbies.

Idleness is a workshop for bad habits. In addition, the impact of everyday challenges of job and homes loss, along with the social/ political unrest in our communities, will have a bearing on what is to come in the workplace and on our roads. With bars and restaurants opening to capacity we ought to expect an increase in DWI's. And as folks return to work, drug and alcohol problems that developed during quarantine will manifest.

We are ready. To date, Partners for Change has offered over 140 individual and 35 group sessions this year. In an effort to meet the growing needs of our clients, our CFS family continues to grow as we welcome a new therapist— Mario Astudillo—and a new Clinical Supervisor of Substance Abuse, who will start soon.

Special thanks to the Scaife Family Foundation and the Mirasol Foundation for their steadfast support of our recovery program. Their generosity has had a tremendous impact. Yet, we are in need additional funding opportunities, more so now for the growing therapeutic sector of recovery. Any help with directing us to much needed funding is always appreciated.

With the Governor's order, we will be spending the remainder of this month preparing for a phase three reopening of the Center. (See Florida State's plan for recovery [here](#) ) We see this as an opportunity to reimagine how we serve our community. A mix of old and new — getting back to face to face meetings but with masks and screens—is in our future. Telehealth will be a part of the new normal. We are looking at best practices and approach all reforms with safety in mind.

Be safe out there.

**Dr. Fabiana DesRosiers**

Chief Executive Officer

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## Partners for Change

Take a look at our new Partners for Change program video and learn a little bit more about the program!



[LISTEN HERE](#)

## Legends Radio Spotlight

CEO, Dr. Fabiana DesRosiers, and Director of Special Events, Kristen Bardin, participated in a charity spotlight with Legends Radio 100.3. Listen to the show recording to learn about our incredible programs, upcoming events and campaign, and how you can help. Thank you to Mike McGann and Legends Radio for your support!



# OLD BAGS LUNCHEON®

**Friday, March 12, 2021**

Old Bags Luncheon has a new *purse*-onality!

Save the date and follow us at OBLPalmBeach on Facebook and Instagram for more information coming soon!

#OBLPalmBeach



# FIGHT MENTAL HEALTH STIGMA

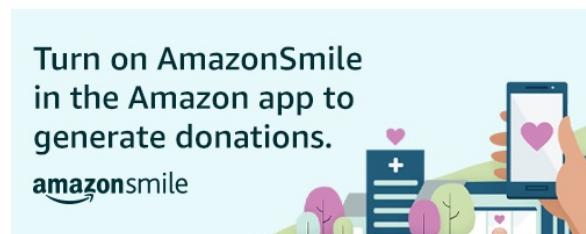
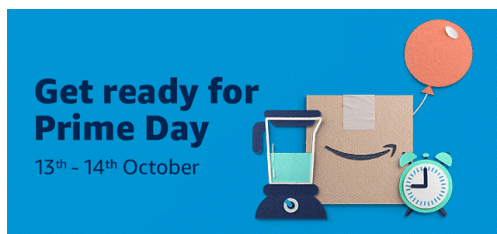
Let's fight the stigma and talk about mental health. **October 4-10 is Mental Illness Awareness Week.** There are many ways that mental illness can show up, which include anxiety disorders, bipolar disorder, psychosis, eating disorders, depression, post-traumatic stress disorder (PTSD), schizophrenia, and addiction or substance abuse disorder.

Let's spread the word that there is no shame in mental illness! It takes courage to get help. Every person deserves to live their best life possible and CFS counselors help to make that happen.



## Golf Tournament

Boca West Children's Foundation is hosting their 8th Annual Golf Challenge, happening November 8 & 9 to raise funds for participating children's charity partners. The two-days of socially-distanced golf will be followed with a virtual cocktail party, awards ceremony and live auction! Center for Family Services is a Charity Partner at the event and we need your support! Call us today at 561-616-1257 to sign up or sponsor a team!



## Are you already shopping on Amazon?

*AmazonSmile customers can now support The Center for Family Services of Palm Beach County, Inc. in the Amazon shopping app on iOS and Android mobile phones! Simply follow these instructions to turn on AmazonSmile and start generating donations.*

1. *Open the Amazon Shopping app on your device*
2. *Go into the main menu of the Amazon Shopping app and tap into 'Settings'*
3. *Tap 'AmazonSmile' and follow the on-screen instructions to complete the process*

*If you do not have the latest version of the Amazon Shopping app, update your app. Click [here](#) for instructions.*



Center for Family Services has been providing mental health services and education to children and adults, individuals and families since 1961. Our clients are some of the most vulnerable in the community due to their age, gender, and socioeconomic status. Donations are a crucial means to their mental well-being. On their behalf, thank you for your support. To learn more about our programs, visit our website at [ctrfam.org](https://ctrfam.org).

[Make A Donation](#)

