



Brevard Community Resource NEWSLETTER



Recovery Support Services

Comprised entirely of staff and volunteers from the Recovery Community

Feature Of The Week

The RASE Project is a *Recovery Community Organization* that exists to serve the Recovery Community.

Our mission is to assist all individuals affected by substance use issues, problems or concerns by fostering progress, enriching lives, and ultimately enhancing the recovery process.

We can be found on Facebook: RASE Project of FL

We are located at:

1260 U.S. Hwy. One
Rockledge, FL 32955
(321) 305-4397

Our Services include:

Medication Assisted Recovery Services (MARS)
Maternity Peer Recovery Support Program (MPRSP)
One-on-one peer support
Community Outreach
Education and Training

If you have information you would like us to share in our Newsletter, or if you would like to subscribe, please contact:

Jennifer Reaves

Community Resource Manager

JReaves@eckerd.org

Elizabeth Fears

Community Outreach Specialist

EFears@eckerd.org

Love Center Church Presents:

Facebook LIVE Q&A with local Community Providers such as Eckerd Connects, Careersource and Brevard CARES!

Join us on Tuesday May 19th at 7pm

Click or go to link to join:

<https://www.facebook.com/ILUVLCCCT>

May is **Mental Health Awareness Month**

1 in 4 people will suffer from some form of mental illness in any given year

**Break the Silence
Break the Stigma**

Not all pain is physical and not all wounds are visible

Awareness Month

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**Substance Misuse
Prevention Week**

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Brevard Community Resource *Spotlight*

FREE FOOD DISTRIBUTION:

On Wednesday May 13th

**Coronavirus Mutual Aid Network of Brevard
County**

Time: 3 PM until all the food is distributed.

Location: 302 Main St, Cocoa 32922

FREE FOOD DISTRIBUTION:

On Thursday May 14th

Representative Randy Fine's COVID-19 FarmShare

Time: 10 AM until all the food is distributed.

Location: 2539 Palm Bay Road NE., Palm Bay

DRIVE THROUGH ONLY

One package of food per car

Free Take-Out Lunch:

EVERY Wednesday In May

Chateau Madeleine Senior Living & Memory Care

Location: 205 Haroon Lane, Suntree

Free takeout lunch to Brevard residents who have lost their jobs due to COVID19

Items, up to a \$15 value, must be ordered online at chateau2go.com between 10am and 2pm using promo code: UNEMPLOYED

FREE Meals for Out-Of-Work

Hospitality Workers:

Hospitality For Life

MUST Register at: hospitalitylife.org

Daily Pick Up Locations:

Pizza Gallery (Viera)

PizzaVola (W. Melb, Cocoa Beach, Indian Harbour Bch)

Pappagallo's (Beachside)

Aunt Louise's Pizzeria (Sebastian)

FREE Restaurant Prepared Meals

Delivered for Seniors 65+ and

Disabled Adults:

Meals Of Love

MUST complete a State Assessment form 701c at:

mealsoflove.org

For assistance call:

Alzheimer's Foundation 321-253-4430

Rental Assistance

- Community Action Team: 321-633-1951
- Eckerd Connects: 321-735-7249
- Project VetRelief: 844-409-2025
- Catholic Charities: 321-338-2986
- North and South Brevard Sharing Center:
(N) 321-269-6555 (S) 321-727-8581
- Central and South Salvation Army:
(C) 321-632-6060 (S) 321-724-0494
- Saint Vincent De Paul: 321-799-3677

COVID19 Rental Assistance Help!

Family Promise has funds available to assist families with minor children that have a valid lease. To see if you qualify please call 211. Income is NOT required at this time.

Volunteers of America: VETERANS Assistance

Offering supportive and financial services for Veterans and Veteran's Families. They can provide financial assistance with Rent, Hotel, Move in Cost, Case Management, Food, Car Repairs and much more.

<https://voaflorida.org/>

Utility Assistance

- Community Action Team: 321-633-1951
- FPL/LIHEAP: 321-633-1951
- FPL COVID-19 Updates:**
<http://newsroom.fpl.com/>
- Eckerd Connects: 321-735-7249
(Must have been approved for Rent assistance as well)
- Project VetRelief: 844-409-2025
- Catholic Charities: 321-338-2986
- Sharing Center of Central Brevard:
321-631-0306
- North and South Brevard Sharing Center:
(N) 321-269-6555 (S) 321-727-8581
- North, Central and South Salvation Army:
(N) 321-269-3110 (C) 321-632-6060
(S) 321-724-0494
- Saint Vincent De Paul: 321-799-3677

Your mental health is more important than the test, the interview, the lunch date, the meeting, the family dinner, and the grocery-run. Take care of yourself.



STEP UP FOR STUDENTS

Providing scholarships to more than 60,000 underprivileged children in Florida

Step Up For Students is now accepting applications

Apply for income-based scholarships here:

<https://www.stepupforstudents.org/lower-income-scholarships-ftc-fes/>

For Amazing resources, activities and videos please Visit:

<https://www.stepupforstudents.org/for-parents/public-service-page-for-parents/>

Brevard Public Schools ELO/EPO
Applications and Renewals Open!

Application Windows:

Elementary and Magnet Schools: May 1st-June 5th

Choice Schools: April 13th – July 17th

Apply at:

<https://www.brevardschools.org/site/Default.aspx?PageID=2381>

COVID-19 Tip of the Week: Keep It Positive

Praise your child when they are behaving well

Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.



Felicite al niño si se está portando bien

Felicite a los niños o adolescentes por algo que estén haciendo bien. Aunque no muestren agradecimiento, repetirán la misma acción. Si les da atención y cariño, les da seguridad.



Kids Corner

Creative Art Kits: 8 x 10 Canvas \$10

Event date: Saturday May 16th

Time: 11am-2pm

Purchase tickets and packets at:

<https://www.fairythimbles.com/product/creative-art-kits/>

Flamingo Paint Party: \$10-\$35

Event date: Sunday May 17th

Time: 7pm-8:30pm

Purchase tickets and packets at:

<https://www.fairythimbles.com/product/flamingo-virtual-paint-party/>



Creative Art Kits and Virtual Paint Parties are Online Events

You can purchase your all-inclusive packets at website listed.

Pick up purchased packets via Porch Pick Up at our Studio!

Kits will be available for local pick up on

Wednesday – May 13th and Monday – May 18th!

Free Delivery of kits on Saturday – May 16th! To receive this delivery option, you must order by Thursday – May 14th!

Packets include, canvas/wood, paints and brushes.

PALM BAY PUBLIC LIBRARY

Little Yogis: EVERY Friday at 11:00am Until Jul 31

A Fable A Day: EVERY Day at 1:00pm Until May 8

Virtual Storytime: EVERY Tuesday at 11:00am Until Jul 28

KidsArt Lab: EVERY Monday at 11:00am Until Jun29

Virtual STEAM Hour: EVERY Wednesday at 11:00am Until Jun 10

The Reading Cave: EVERY Thursday at 11:00am Until Jun 11

Join all sessions via Facebook:

facebook.com/palmbaylibrary

Watch previous sessions here:

<https://www.facebook.com/palmbaylibrary/videos>

Fun 4 Space Coast Kids!

Visit their website for resources such as.

Summer Camps, Tutoring, FREE Fun, Homeschool, Kids Eat Free and much more!

Click Icon or visit:

<https://fun4spacecoastkids.com>

Virtual arts and crafts, songs, dancing and much more!

Videos can be found on our Facebook page below:

<https://www.facebook.com/melbournegymboree/videos/>

Sing-a-long time via Zoom!

Mondays at 10am: Meeting ID 334917288

Mondays at 4pm: Meeting ID 547108464

Password for both meetings: Gymbomusic

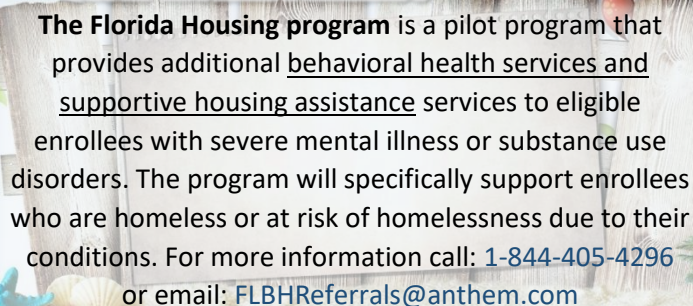


Domestic Violence Shelters
ALL Hotlines are 24/7 Crisis Lines

- **Serene Harbor Palm Bay:**
321-726-8282
- **Womens Center Titusville:**
321-607-6811
- **Salvation Army Cocoa:**
321-631-2764

Shelters and Transitional Housing

**Simply Health Care &
Clear Health Alliance**



The Florida Housing program is a pilot program that provides additional behavioral health services and supportive housing assistance services to eligible enrollees with severe mental illness or substance use disorders. The program will specifically support enrollees who are homeless or at risk of homelessness due to their conditions. For more information call: **1-844-405-4296** or email: FLBHReferrals@anthem.com

- **CITA Rescue Mission:** 321-725-5160
Provides housing and food to homeless men.
- **Genesis House:** 321-723-3133
Temporary shelter for women 18 years of age or older who are pregnant and/or have children AND Transitional Housing for single women over 62.
- **Jimmie Smith Cottage:** 321-752-3170
Provides safe housing for young women ages 18 to 23 who have exited foster care without families.
- **Sue Pridmore Center:** 321-724-0494
Transitional housing program for homeless women with and without minor children.
- **Transitional Housing for Women:** 321-242-3110
Transitional Housing for women and children.
- **Veterans Transitional Facility:** 321-409-8167
Temp. shelter for homeless veterans and their immediate families.
- **Patriot House:** 321-752-3217
Transitional housing for homeless and disabled veterans
- **Robert E. Lehton Shelter:** 321-452-0800 x 130
Emergency short-term residential Children's Shelter
- **Community of Hope:** Transitional Shelter
<http://www.hopeofbrevard.com/index.php/housing-application/>
Crosswinds Transitional Shelter: 321-452-0800 x 130
Housing for homeless young adults age 16-21 years of age
- **Operation Center Focus:** 321-637-1866 x271
Transitional Housing for homeless female veterans and children.
- **New Life Mission (Formerly Brevard Rescue Mission):**
Transitional housing for homeless women and children.
321-480-9100

Food Assistance

Issue 3, 5/13/20

- **Community Action Team:** 321-633-1951
- **Catholic Charities:** 321-338-2986
- **North and South Brevard Sharing Center:**
(N) 321-269-6555 (S) 321-727-8581
- **Central and South Salvation Army:**
(C) 321-632-6060 (S) 321-724-0494
- **Saint Vincent De Paul:** 321-799-3677

Hot Meals and Food Distribution

- **Evans Center**
Serve kids under 18 years of age and seniors 65+. Tuesday-Saturday 4 to 6pm.
1361 Florida Ave NE Palm Bay
- **Central Brevard Sharing Center**
113 Aurora Street, Cocoa 32924
Mon-Sat 11am-1pm, Sun 2pm-3pm
- **Daily Bread:** Meals Daily 11-1
815 E. Fee Ave. Melbourne
- **Cornerstone Church of God**
311 E Hibiscus Blvd. Melbourne 32901
Breakfast meals Saturday 9:30-10:30
- **My Community Cares**
1046 Dixon Blvd, Cocoa 32922
Dinner meals 4-6 pm Wed-Fri
Time Out Sports Bar Plus: Sundays 11am
607 Florida Ave, Cocoa
- **Pebbles Catering:** Wed-Fri 4-6pm
1046 Dixon Blvd, Cocoa
- **Salvation Army North**
1218 W. Main St. Titusville
Monday-Sat 11-11:30am
- **First Methodist Church:** Mon 2pm
110 E. New Haven Ave.
Shiloh Christian Center: Wed 1-3pm
3900 Sarno Rd.
- **Islamic Society of Brevard County:** Wed 2pm
500 Florida Ave
- **Mosaic Palm Bay:** Thursday 2-4pm
2100 Port Malabar NE
- **The Church of Jesus Christ of Latter-day Saints:**
Wednesdays and Fridays 11:30am
3000 S. Street Titusville



Brevard Public Schools:
Distributing food for kids
between
10:30-1:30pm

Employment

Re-Employment Assistance Info:

- **Florida Department of Economic Opportunity:**
Have streamlined the claims process and support, Updates during COVID19, resources, forms and more for all applicants in a one-stop shop, on our website at www.floridajobs.org. They may also call 1-833-FL-Apply (1-833-352-7759) for any questions they may have.
- **Pandemic Unemployment Assistance (PUA):**
Provides unemployment benefits to those who may not be eligible for Reemployment Assistance: Self-employed, gig worker, etc. Apply for PUA at: www.floridajobs.org Click on "File A Claim"

Employment Search Info:

- **Employ Florida:**
Many employers are now hiring! To find featured job openings complete registration and start looking today at: www.employflorida.com

To receive **TEXT ALERTS** for Job Announcements:

[Text JOBS321 to \(321\) 394-9603](tel:3213949603)



Substance and Recovery

- **SMART Recovery Toolbox:**
The SMART Recovery Toolbox provides a variety of methods, worksheets, and exercises to help you self-manage your addiction recovery and your life. Website also includes Encyclopedia of Rational Coping and 10 Rules of Happiness.
smartrecovery.org/smart-recovery-toolbox/
- **Free Sober Recovery Apps:** Supporting People in Recovery During COVID-19 Outbreak.
<https://www.addictionpolicy.org/connections-app>

Additional Free Recovery Apps for Android:

"The secret to change is to focus all of your energy, not on fighting the old, but on building the new."

- **COVID Coach (VA)**
- **Sober Tool**
- **In The Rooms**

Medical Assistance

- **Community Action Team:** 321-633-1951
- **North Brevard Sharing Center:** 321-269-6555
- **Brevard Health Alliance Mobile Clinic:**
Call for locations: 321-914-5864 M-F
Visit Website for calendar:
<https://www.bhachc.org/locations/mobile-clinic/>
- **Prescription cost relief:**
FamilyWize provides a free discount card to show to your pharmacist. You can download the card online:
<https://www.familywize.org/free-prescription-discount-card>, or text the word "SAVE" to "700700." Reply "YES" to the auto response, and the card will be downloaded to your phone.

COVID-19 Medical Resources

- **Health Care Coverage:**
If you are in need of health coverage and you were laid off from a job due to COVID19 visit:
<https://www.coveringflorida.org/>
- **Health & Dental Coverage for Kids:**
For parents who have lost a job and need affordable health and dental coverage for your children, please visit:
<https://www.floridakidcare.org/>
- **FREE COVID19 TESTING!**
Starting Monday, May 11th, Department of Health will offer FREE COVID19 testing to anyone!
Call 321-454-7141 to make an appointment.

Transportation

Space Coast Area Transit:

ALL riders, both Fixed Route and Paratransit will be able to ride for **FREE**. All bus fares have been waived till April 30th. Check 321transit.com for updates.

NEW RIDER ALERT!

- Effective Saturday, April 11, 2020, we will run regular Saturday Service on Saturday and weekdays, with Routes 4 & 9 ending early at 8:15 PM. Sunday service will run as normal.
- If you need an ESSENTIAL RIDE home after the Fixed Routes end, up until 8:15 PM, call the **RideLine at 321-633-1878** by 2:00 PM the day before to request a ride. The same for an earlier ride in the morning.

Mental Health Awareness Month

Topic of the Week: Depression

DEPRESSION IS MORE THAN EMOTION

It is trouble concentrating and making decisions.

It is fatigue and body aches.

It is negative thoughts curling in on themselves.

It is insomnia and sleeping too much

It is irritability and restlessness

It is loss of interest.

It is over-eating, or eating less.

It is empty feelings, anxiety, and a depth of despair.

It is lacking motivation.

It is suicidal ideation and intent

DO'S VS DON'TS

COVID-19 SOCIAL ISOLATION & DEPRESSION



DON'T: Focus on negative thoughts.

DON'T: Avoid calls, texts and video chats with friends. Stay connected.

DON'T: Be in denial about being depressed. Always seek help!

DON'T: Give up on healthy eating. Try to maintain a healthy diet.



DO: Use yoga and meditation to reduce stress & anxiety.

DO: Consider advanced options for treatment-resistant depression.

DO: Avoid the use of alcohol as it is a depressant.

DO: Reach out if you have thought of harming yourself Call 1-800-273-8255.

"There is hope, even when your brain tells you there isn't."

JOHN GREEN

The strongest people are those who fight unseen battles



Mental Health Resources

➤ Mobile Response Team:

Offers Brief Counseling for children and families. Please call: **321-213-0315**

➤ Veterans Crisis Line:

Connects veterans in crisis and their families with qualified responders.

Call toll-free hotline at

800-273-8255

➤ Disaster Distress Hotline:

If you find that you or someone you know needs help dealing with the stress of COVID-19 resources are available. The U.S.

Department of Health and Human Service offers an **available 24/7 at 1-800-985-5990**.

Users can also text TalkWithUs to 66746 for text-based support.

For more information:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

➤ Optum Public Crisis Line:

866-342-6892

Emotional Support Help Line that is available to anyone, even if they are not a UMR or UnitedHealthcare plan member. The help line is staffed by professionally trained mental health experts and available free of charge.

➤ Coping and Disaster Resources:

[liveandworkwell.com](https://www.liveandworkwell.com)

➤ To Write Love On Her Arms:

Suicide prevention and self-care resources.

Community Resources:

<https://twloha.com/find-help/>

Self-Care Resource:

<https://twloha.com/self-care/>

➤ Children's Home Society:

Has created a Family Support Warm Line - for parents and teens feeling stressed and overwhelmed. Callers will be connected with a CHS counselor and the service is free. Please call **1-888-733-6303**.

Tips on Coping with Depression

REACH OUT & STAY CONNECTED

Look for support from people who make you feel safe and cared for.



EMBRACE HEALTHY LIVING & BALANCE DIET

Don't skip meals and Cut out the junk foods as possible for healthy feel.

WELCOME HUMOR & HAVE A LAUGH

A good laugh goes a long way, reduce stress and help you look at the bright side of things



DO THINGS THAT MAKE YOU FEEL GOOD

Spend some time in nature, Watch a funny movie or favorite TV show.

GET A DAILY DOSE OF SUNLIGHT

15 minutes with sunlight can help boost serotonin levels and improve your mood.



MAINTAIN A POSITIVE ATTITUDE

Make an effort to replace negative thoughts with positive ones.

RASE: 321-305-4397

Circles of Care: 321-726-2881

Space Coast Recovery: 321-632-5958

1215 Lake Dr. Cocoa, FL

<http://www.spacecoastrecovery.com/>

Peace Club: 321-420-4656

1811 S. Orlando Ave. Cocoa Beach, FL

STEPS:

Cocoa: 321-637-7730

Melbourne: 321-775-1520

Palm Bay: 321-637-7730

Substance Misuse Prevention Week



Virtual Scavenger Hunt: Win \$25, Teachers can win \$50

Scavenger Hunt invites everyone to learn the facts about underage binge drinking. The Campaign is targeted to parents, educators and students in middle school and high school.

Register by texting the word "Scavenger" to 31996 OR visit:

<http://informedfamilies.org/scavenger>

Residential Treatment

- **Space Coast Recovery**
- **STEPS** – residential program for women
- **Peace Club** – Men's Recovery Residence Program

Outpatient programs

- **Space Coast Recovery**
- **STEPS**
- **Peace Club** – Day and Night Treatment Programs

Intensive Outpatient programs (IOP)

- **Peace Club** – also offers IOP for adolescents

Recovery support services

- **RASE Project**

In-patient Rehabilitation services

- **Circles of Care** – call 321-726-2881 for an assessment

Detox Services

- **Circles of Care** – walk ins, first come first served, MAT

Support groups

- **Circles of Care** - Substance Abuse Education and Support Group (Thursdays from 6p-7:30p at Twin Rivers location 400 East Sheridan Rd, Melbourne FL 32901)
- **Narcotics Anonymous** – www.na.org to find a local meeting
- **Peace Club**

Medication Assisted Treatment (MAT)

- **STEPS**
- **Peace Club**
- **Circles of Care**
- **RASE Project**

Closest Naloxone Distributor:

**Substance Awareness
Center of Indian River
County**

1507 20th Street Vero
Beach, FL 32960

Phone: 772-770-4811

Website:

<http://www.sacirc.org>

Contact:

Donna Peters

Email:

dpeters@sacirc.org

DID YOU KNOW?

Naloxone can save you or your loved one's life during an opioid overdose emergency.

Get Naloxone. Save a Life. isaveFL.com



CAN YOU SPOT AN OPIOID OVERDOSE?

Be aware of these signs and symptoms:

- 1 Blue or grayish tone to the person's skin, lips, or nails
- 2 Slow, shallow breathing, or not breathing at all
- 3 Choking or snoring sounds, known as a "death rattle"
- 4 The person is unresponsive to shouting their name or rubbing their sternum

**THE 5 STEPS YOU
SHOULD TAKE TO SAVE
A LIFE DURING AN
OPIOID
OVERDOSE:**

- 1 Try to wake the person up
- 2 Call 911
- 3 Stay with the person
- 4 Administer Naloxone
- 5 Check for breathing



"I Choose ME" is a media campaign focused on promoting positive life choices as an alternative to substance abuse & misuse. Check us out by clicking icon or visit: <https://www.ichooseme.net/>



Our focus is on reducing substance abuse among youth and to promote positive life choices in the community. Check us out by clicking Icon or visit: <https://www.brevardprevention.org/>

No person shall, on the basis of race, color, religion, national origin, sex, age or disability be excluded from participation in, be denied the benefits of or be subjected to unlawful discrimination under any program or activity receiving or benefiting from federal financial assistance administered by Eckerd Connects. Foreign language and sign-language interpreters will be made available at no charge to the client. Eckerd Connects is a 501(c)(3) not-for-profit, equal opportunity employer.