

# BREVARD *Community Resource* NEWSLETTER



## Serene Harbor, Inc DOMESTIC VIOLENCE CENTER

**Your Support Saves lives!**

[www.sereneharbor.org/donate-2](http://www.sereneharbor.org/donate-2)

contact Nikki Helton at 321-537-2544

[nikki.helton@sereneharbor.org](mailto:nikki.helton@sereneharbor.org)

### Feature Of The Week **Hotline: 321-726-8282**

Serene Harbor is a Crisis Domestic Violence Shelter providing safe, confidential services such as a 24/7 confidential hotline, safety planning, emergency shelter and outreach in Brevard County.

#### Virtual Groups During COVID-19!

Alison Godwin, Domestic Violence Child Welfare Advocate Leads

**Finding Your Destination Group: Mondays at 11am**

**Serene Girls Group: Wednesdays at 2pm**

Ash Desvila, Case Manager Leads

**What I Deserve Group: Wednesdays at 2pm**

**Squad Goals Group: Fridays at 1pm**

"Serene Harbor Empowering Apparel awards every survivor a stepping stone toward her future. When S.H.E. looks great, S.H.E. feels great. When S.H.E. feels great, S.H.E. is confident. When S.H.E. is confident, the world is hers."



**S.H.E.**

SERENE HARBOR  
EMPOWERING APPAREL

S.H.E. Apparel provides clothing and interview preparation with a focus on resume building, interview etiquette, education, self exploration and empowerment.

The best way for people to support that program is through gift cards to stores that carry clothing, shoes, and/or makeup. Some of our current sponsors are Target of West Melbourne and Femme Fatale on Minton Road in Palm Bay.

**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](mailto:JReaves@eckerd.org)

**Elizabeth Fears**

*Community Outreach Specialist*

[EFears@eckerd.org](mailto:EFears@eckerd.org)

### Mental Health Awareness Month



**FREE Continuing Education Classes!**

**Register by June 30**

To help our community during this trying time, we are making some of our most popular online professional development courses available for free. These self-paced programs include Twelve Steps to a Successful Job Search, Small Business Marketing on a Shoestring, Fundamentals of Supervision and Management, Creating WordPress Websites and more.

<https://www.ed2go.com/ucf/SearchResults.aspx?SearchTerms=free>

### Domestic Violence and Shelter-In-Place

**Podcast and Amazing Resources Visit:**

<https://developingchild.harvard.edu/resources/the-brain-architects-podcast-covid-19-special-edition-domestic-violence-and-shelter-in-place/>



# Brevard Community Resource *Spotlight*

## **FREE Food Distribution: On Friday May 22nd** **Mount Taber Primitive Baptist Church**

**Time:** 3pm **Location:** 333 Lucas Road, Merritt Island

## **SVDP Non Perishable Food Drive: Sat. May 23rd** **St. Vincent De Paul – Our Lady Of Grace**

**Time:** 8am-11am (Every Saturday)

**Location:** 300 Malabar Road SE, Palm Bay

## **FREE Food Distribution: On Tuesday May 26th** **River Run Christian Church Brevard**

**Time:** 11:30am **Location:** 1660 Croton Rd, Melbourne

## **FREE FOOD DISTRIBUTION: On Friday May 29th** **Representative Randy Fine's COVID-19 FarmShare**

**Time:** 10 AM **Location:** 2539 Palm Bay Rd NE Suite 5

## **FREE Food Distribution: On Saturday May 30th** **The Pointe Church**

**Time:** 9am **Location:** 82 N. Atlantic Ave, Cocoa

## **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](https://chateau2go.com) between 10am and 2pm using promo code: UNEMPLOYED



**Kona Ice  
Drive-Thru  
Saturday!  
May 30<sup>th</sup>**

**First 100 children  
(ages 12 and under) will receive a free  
shaved ice!**

Drive-Thru location:  
Palm Bay Baptist Church  
11am-12pm  
2601 Emerson Dr SE, Palm Bay, FL  
32909 (South Entrance)

## Rental Assistance & Other Financial

- **Community Action Team:** 321-633-1951
- **Eckerd Connects:** 321-735-7249
- **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
- **Project VetRelief:** 844-409-2025
- **Volunteers Of America:** Financial & Supportive services for Veterans and their families. Provide financial assistance with Rent, Hotel, Move in Cost, Case Management, Food, Car Repairs and more.  
<https://voaflorida.org/>

## **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

## Utility Assistance

- **Community Action Team:** 321-633-1951
- **FPL/LIHEAP:** 321-633-1951  
**FPL COVID-19 Updates:** <https://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

## **FREE Meals for Out-Of-Work Hospitality Workers:** **Hospitality For Life**

**MUST** Register at: [hospitalitylife.org](https://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)



## Domestic Violence Services

ALL Hotlines are 24/7 and Confidential

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



## Shelter's & Transitional Housing

- **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 (Brevard Rescue Mission):** 321-480-9100  
Transitional housing for homeless women and children.
- **Simply Health Care Housing Waiver:** 844-405-4296  
The Florida Housing program is a pilot program that provides additional behavioral health services and supportive housing assistance 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 # above or email: [FLBHReferrals@anthem.com](mailto:FLBHReferrals@anthem.com)

## Food Assistance

- **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

### SNAP Application Assistance By Phone!

Mon-Fri 8:30-4:30  
407-295-2777

## Food Distributions & Hot Meals

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



## Transportation Assistance

### ➤ **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 30<sup>th</sup>. Check [321transit.com](http://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.

## Senior Assistance

### ➤ **Helping Seniors of Brevard, Unity Church:**

(321) 473-7770

Providing education, information and connections for seniors 55 and over residing in Brevard County, Florida.

### ➤ **Sunflower House:** (321) 452-4341

Sunflower House at Merritt Square Mall helps find local resources, information and the support you need when you're caring for someone, (or when you could use some help yourself).

### ➤ **Community Care for the Elderly & Disabled Adult:**

(800) 963-5337

Provides case management services to frail seniors age 60 and over including development of an individualized care plan and assistance in selecting community based support services. Shopping Assistance/errand running services.

## Parent Resources



### **Summer Camp Options Available!**

Click Icon or Visit:

<https://brevardfp.org/summer-camps/>



### **UNWIND & TWIST AT HOME! VIRTUAL**

Our Twist at Home kits include: Supplies, and Video instructions with a Painting with a Twist artist and step by step downloadable instructions!

Studio Pick up or Delivery Available!

**Already Have supplies: Order video tutorial only for \$20.**

Visit: <https://www.paintingwithatwist.com/pages/twist-at-home/>

## FREE Tax Preparation

**United Way** has re-opened one of our FREE tax preparation program sites. Opened Monday, Wednesday and Friday from 9-3.

By appointment only, please call 321-417-2358.

3125 Fell Road in West Melbourne, FL

### COVID-19 Tip Of The Week: Take A Break

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Todos necesitamos descansar de vez en cuando. Cuando sus niños duerman, haga algo relajante o divertido. Escriba una lista de actividades saludables que quiera hacer. ¡SE LO MERECE!



**Fun 4 Space Coast Kids!**  
Visit their website for the following resources:  
**Summer Camps**  
**Tutoring / Homeschool**  
**FREE Fun**  
**Kids Eat Free and much more!**

Click Icon or visit:  
<https://fun4spacecoastkids.com>

## Do you want a school other than your zoned school?

### **Brevard Public Schools ELO/EPO Applications and Renewals Open!**

#### **Application Windows:**

**Elementary and Magnet Schools:** May 1<sup>st</sup>-June 5<sup>th</sup>

**Choice Schools:** April 13<sup>th</sup> – July 17<sup>th</sup>

#### **Apply at:**

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

**ELO- Educational Location Option**

**EPO-Educational Program Option**



## Kids Corner



Kona Ice will  
come to  
your house!

South Palm Bay Area  
Now booking for the week 5/19-23  
Tuesday, Wednesday, Friday and  
Saturday (321) 831-0094

Packets include, canvas/wood, paints and brushes.



*Creative*  
**KITS TO GO**



FAIRYTHIMBLES



**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!

**Free Delivery of kits on Wed & Sat - To receive this delivery option please call. Deadline Applies.**

To see a list of all available kit options and to place orders visit: <https://www.fairythimbles.com/shop/>

## PALM BAY PUBLIC LIBRARY

**Little Yogis:** EVERY Fri at 11:00am Until Jul 31

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

**Virtual Storytime:** EVERY Tue at 11:00am Until Jul 28

**KidsArt Lab:** EVERY Mon at 11:00am Until Jun29

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

**The Reading Cave:** EVERY Thur at 11:00am Until Jun 11

Join all sessions via Facebook:  
[facebook.com/palmbaylibrary](https://facebook.com/palmbaylibrary)

Watch previous sessions here:

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

## Employment Assistance

### National Veterans' Career Fair

**WELLS  
FARGO**

May 21, 2020 | 11am

**Register Today!**

[www.careereco.com/Events/WellsFargo](http://www.careereco.com/Events/WellsFargo)

#### Re-Employment Assistance Info:

##### ➤ Florida Department of Economic Opportunity DEO:

Please visit the DEO Official Website is listed below (Under Icon) for General information regarding Re-Employment Assistance. Or Call: 1-800-204-2418

##### For Important updates and information:

<http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants>

##### NEW Re-Employment Application Portal!

<http://www.floridajobs.org/RAApplication>

##### Step-by-step guide to claiming unemployment week's:

[http://www.floridajobs.org/docs/default-source/reemployment-assistance-center/guide-for-reemployment-assistance-claiming-weeks.pdf?sfvrsn=928046b0\\_2](http://www.floridajobs.org/docs/default-source/reemployment-assistance-center/guide-for-reemployment-assistance-claiming-weeks.pdf?sfvrsn=928046b0_2)

##### ➤ 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](http://www.floridajobs.org)

#### 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](http://www.employflorida.com)

To receive TEXT ALERTS for Job Announcements:

Text JOBS321 to (321) 394-9603

## Career Source Brevard

### Career Services

CareerSource is the one-stop-shop with all the resources and tools to get you in or back to the workforce. All services are FREE! Career Source offers **Workshops, Class, Training, Career Counseling, Customized job search and job referrals, Job Fairs, and an Amazing and FREE Resume Builder Tool!**

During COVID19 – Virtual Services Available.

<https://careersourceflorida.com/career-services/>

**Call: 321-504-7600**



<https://careersourceflorida.com/>

<https://floridajobs.org/>

<https://employflorida.com/>



## Medical Assistance

Medical/Dental/Prescription/Sensory Aids

- **Community Action Team:** 321-633-1951
- **Crippled Children's Aid Society:** 321-452-8106  
Provides Orthopedic equipment to crippled children or adults w/out financial resources to obtain them.
- **Lions Club- Viera:** 321-617-7669  
Provides Eyeglasses, sight related operations and hearing aids to those unable to afford them.
- **North Brevard Sharing Center:** 321-269-6555  
Assist with Prescription cost and Dental
- **Brevard Health Alliance Mobile Clinic:** M-F  
Call for locations: 321-914-5864

Visit Website for calendar:

<https://www.bhachc.org/locations/mobile-clinic/>

### Dental Hygiene Clinic (EFSC): 321-433-7570

BCC's Cocoa Campus Dental Hygiene Clinic is open to the community on an appointment basis. Services are provided by dental hygiene students under the supervision of the dental hygiene faculty. Services include: Teeth cleaning, fillings and x-rays ONLY!

\$15-\$30 cleaning; \$1-\$20 X-Rays, (Must have prescription from dentist for x-rays) Pit/Fissure Sealants, \$4/tooth, \$4/quadrant; \$7 Bite/ Wing Series; Fluoride-no charge, child cleaning\$10

## 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 11<sup>th</sup>, Department of Health will offer FREE COVID19 testing to anyone!

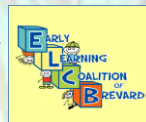
**Call 321-454-7141 to make an appointment.**

### 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

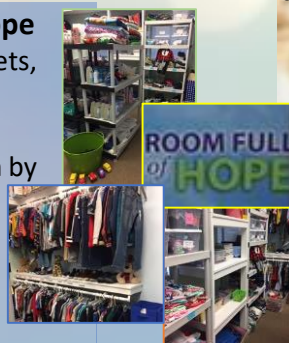
## Need Help With The Cost Of Child Care?

- **PSA Kids Medical Club:** 321-253-2000  
Pediatric Day Treatment Center providing daycare for medically fragile children.
- **Early Learning Coalition of Brevard:** 321-637-7272  
Do you need help with the cost of child care? Click on the link below to complete a School Readiness application. The school Readiness financial assistance program helps eligible families with the cost of child care. <https://www.elcbrevard.org/>



## Foster Care and Other Emergency Help and Support

- **Grandparents Raising Grandchildren Support Group:** 321-631-7776  
Grandparents that are caregivers to their grandchildren can find support, parenting questions, legal and financial challenges, advocacy and provides seminars on crucial issues that involve the grandparents/grandchildren.
- **Eckerd Connects Raising Hope Program: Rooms of Hope**  
Offers clothing, hygiene items, shoes, socks, underwear, blankets, diapers, and limited school supplies for children entering the foster care system or in emergency need. Rockledge location open only for current Eckerd clients. Melbourne location open by appointment only. Guardian ad Litem's and child welfare case managers are welcome. Please call for more information.  
**Please note: There is a set limit of items per child and this is a one time provided service per child.**



## Family Services

**Grandparents or Relatives taking care of relative children.....**

**What help is available to you?**

**Kinship Care Information:**

"Kinship Care is the full-time care, nurturing, and protection of children by relatives, members of their tribes or clans, godparents, stepparents, or any adult who has a kinship bond with a child."

Financial and other Assistance may be available to you. Please visit website below and speak with your caseworker about benefits: <http://floridafapa.org/kinship-care/>

**Rooms of Hope Contact:**

Melbourne: 321-253-0032 ext:0  
<https://eckerd.org/family-children-services/raising-hope/>



## Mental Health Assistance

Mental Health/Hotlines/Behavioral

- **Mobile Response Team:** 321-213-0315  
Offers Brief Counseling for children and families.
- **Veterans Crisis Hotline:** 800-273-8255  
Connects veterans in crisis and their families with qualified responders.
- **Disaster Distress Hotline:** 800-985-5990  
Offers 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. **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 United Healthcare plan member. The help line is staffed by professionally trained mental health experts and available free of charge.
- **Coping and Disaster Resources:**  
[liveandworkwell.com](http://liveandworkwell.com)
- **To Write Love On Her Arms:**  
Offers 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:** 888-733-6303  
Has created a Family Support Warm Line for parents and teens feeling stressed and overwhelmed. Callers will be connected with a CHS CHS counselor and the service is free.

# B

## Behavior Basics, Inc.

Provides in home ABA therapy with a Board Certified Behavior Analyst in Brevard for children with Autism and/or MH Dx.

**Accepted Insurances:**

Medicaid, Wellcare, Aetna, Tricare, Cigna and BCBS.

**To make a referral call main office: 772-463-0444**

<https://www.behaviorbasicsinc.com/>

## Substance & Recovery

### **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](http://www.na.org) to find a local meeting
- Peace Club

### **Medication Assisted Treatment (MAT):**

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

**RASE:** 321-305-4397

**Circles of Care:**  
321-726-2881

### **Peace Club:**

321-420-4656  
1811 S. Orlando Ave. Cocoa Bch.

### **STEPS:**

**Cocoa:**  
321-637-7730

### **Space Coast Recovery:**

321-632-5958  
1215 Lake Dr. Cocoa, FL  
<http://www.spacecoastrecovery.com/>

### **Melbourne:**

321-775-1520

### **Palm Bay:**

321-637-7730

## Supporting People in Recovery During COVID-19 Outbreak.

- **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.  
Visit: [smartrecovery.org/smart-recovery-toolbox/](http://smartrecovery.org/smart-recovery-toolbox/)

- **Free Sober Recovery Apps:**

<https://www.addictionpolicy.org/connections-app>

### **Additional Free Recovery Apps for Android:**

•COVID Coach (VA)      •Sober Tool      •In The Rooms



# Mental Health

## Awareness Month

### Is It Really OCD?

#### OCD

A person who washes his hands 100 times a day until they are red and raw.

A person who locks and relocks her door before going to work every day for half an hour.

A college student who must tap on the door frame of every classroom 14 times before entering.

A person who stores 19 years of newspapers "just in case" – with no system for filing or retrieving

#### NOT OCD

A person who unfailingly washes his/her hands before every meal.

A person who double-checks that his/her apartment door and windows are locked each night before going to bed.

A musician who practices a difficult passage over and over again until it's perfect.

A person who loves to have everything clean and organized by category or color.

### DEFINITION

**Obsessive-compulsive personality disorder (OCPD)** is a personality disorder where the individual is extremely preoccupied with **perfection, order and control**. They feel that their perfectionism is necessary, good and correct, not realizing that it may interfere with their ability to complete tasks because their standards are so rigid. They may also withdraw emotionally when they are not able to control a situation, which can interfere with their ability to solve problems and form close relationships

### 8 SYMPTOMS OF OCPD



Is preoccupied with details, rules, lists, order, organization, or schedules to the extent that the major point of the activity is lost;



Is reluctant to delegate tasks or to work with others, unless they submit to exactly his or her way of doing things;



Is unable to discard worn-out or worthless objects even when they have no sentimental value;



Is inflexible about morality, ethics or values;



Shows perfectionism that interferes with task completion (e.g., is unable to complete a project because his or her own overly strict standards are not met);



Is stingy and tight about money, because money is viewed as something to be hoarded for future catastrophes;



Neglects friends and enjoyable activities because of excessive commitment to work or a project;



Shows significant rigidity and stubbornness.

## OCD VS. OCPD

### OCD (Obsessive Compulsive Disorder)

OCD is a disorder defined as the presence of an obsession (an irrational thought or idea that continually repeats) or a compulsion (an irrational behavior performed repeatedly). These behaviors can occur together or on their own, and interfere with a person's quality of life and ability to function.

### OCPD (Obsessive Compulsive Personality Disorder)

OCPD is a personality disorder defined by strict adherence to orderliness and control over one's environment at the expense of flexibility and the openness to new experiences.

Examples of this can include: An excessive need for perfection and a relentless control over not only your environment but the nature of interpersonal relationships, The inability to get rid of items that no longer have value (hoarding).

## OBSESSIVE-COMPULSIVE PERSONALITY DISORDER



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. Eckerd Connects has provided the above resources as a convenience to the public. However, Eckerd Connects is not legally affiliated with the above agencies and organizations, nor involved with how they administer resources and services. You may contact the individual organization listed above for details on how they assist.