



## Press Release

### FOR IMMEDIATE RELEASE

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### **FERD & GLADYS ALPERT JEWISH FAMILY SERVICE “GETS THEIR GREEN ON” TO SHINE A LIGHT ON MENTAL HEALTH DURING MENTAL HEALTH AWARENESS AND TRAUMA-INFORMED CARE MONTH**

**WEST PALM BEACH, FL – April 23, 2020** – The Board of County Commissioners of Palm Beach County have proclaimed May as Mental Health Awareness and Trauma-Informed Care Month, “whereas, mental health is essential to everyone’s overall health and well-being, everyone experiences times of stress and struggle in their lives, and promoting mental health and wellness leads to higher overall productivity, better educational outcomes, lower crime rates, stronger economies, lower health care costs, improved family life, improved quality of life, and increased life span.”

To celebrate, Healthier Delray Beach and Birth to 22: United for Brighter Futures have invited Palm Beach County to “Get Your Green On,” and Ferd & Gladys Alpert Jewish Family Service (Alpert JFS) is joining in the county-wide movement again, as the county’s leader in Mental Health First Aid (MHFA), as a dedicated partner in helping raise awareness about mental health issues, promote good mental health practices, and encourage people to support others around them.

This year marks the 5<sup>th</sup> Annual Get Your Green On campaign. Community members are encouraged to take a photo of themselves wearing lime green, which is the national color for mental health awareness, on May 21, 2020, and tag the photo to #GETYOURGREENON and #GYGO 2020.

The Agency is devoted to destigmatizing mental illness, addiction, and suicide, debunking myths attached to those with mental health challenges, so those affected can feel more comfortable seeking help and support. Mental illness impacts the person, their family and the community. Of the 25 percent of adults and 20 percent of young people between the ages of 13 and 18 years who live with a mental health condition, only 60 percent of the adults and half the young people afflicted with mental illness receive the necessary mental health treatment.

In an effort to make mental health education as common as CPR training, it provides an evidence-based Mental Health First Aid (MHFA) program for adults at least 18 years of age. These eight-hour educational workshops teach ordinary citizens how to recognize the signs and symptoms of those developing a mental illness or in crisis. Certified Mental Health First Aiders are able to assess the situation, offer nonjudgmental support, reassure, and give hope while helping the person get the appropriate professional assistance.

“By coming together and supporting Mental Illness throughout May and every day, we can collectively change the stigma surrounding mental illness and save lives,” said Cindy Wides, Director of Mental Health First Aid Community Outreach and Mental Health First Aid Coalition of Palm Beach County. “We’ll be wearing our lime green at Alpert JFS on May 21 and hope you will, too!”

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## MHFA "Go Green"

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For more information on the Palm Beach County "Go Green," initiative, email Lauren Zuchman, LCSW, Executive Director for BeWellPBC.com, at [lzuchman@bewellpbc.org](mailto:lzuchman@bewellpbc.org).

To learn how you can be a lifeline to friends, family members, colleagues, and others in the community of the Greater Palm Beaches, visit <https://www.alpertjfs.org/mhfa/>, or contact Cindy Wides at 561-238-0251 or email [Cindy.Wides@AlpertJFS.org](mailto:Cindy.Wides@AlpertJFS.org) to find a MHFA course near you.

Established in 1974, Ferd & Gladys Alpert Jewish Family Service is a nationally accredited service provider for children, adults, seniors, and Holocaust survivors. The non-profit, non-sectarian organization is a trusted leader, with a team of more than 175 highly skilled professionals delivering high-quality care to community members. Alpert JFS works to ensure the well-being of children and families, independence of older adults and quality-of-life for individuals with disabilities. For more information, visit [www.AlpertJFS.org](http://www.AlpertJFS.org) or phone 561-684-1991.

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