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# PALMETTO BAY NEWS

MAY 17 - 30, 2022

Connecting Communities

## Proven Substance Abuse Prevention Techniques for You and Your Children

BY PEGGY SAPP

CEO, Informed Families



The **Parent Peer Group (PPG)** is an educational support system for parents.

Parent Peer Groups create fun, frequent opportunities for parents to share thoughts, activities and philosophies on "what works."

Parent Peer Guides are guided by the Informed Families' Parent Pilot Kit, a science-based, proactive notebook designed to educate and involve parents of pre-teens and teens in creating a safe, healthy, drug-free lifestyle. Parent Peer Groups can be organized at a school, your congregation or house of worship, home or restaurant where your family frequents, places where parents can be comfortable and speak freely.

### THE INITIAL FOUR SESSIONS WILL FOCUS ON FOUR KEY TOPICS CALLED AGENDAS:

**Brain Development** - How the teen brain develops and the harmful effects of drugs and alcohol.

**Harmful Media** - Understanding media (TV, Internet, Radio, Print) messages and changing their impact in your home.

**Social Norms** - Identifying and changing social norms affecting your family.

**Building Parent Peer Groups** - How to create and expand the positive impact of Parent Peer Groups in your community.

ent Peer Groups in your community.

The goal of a Parent Peer Group is to provide parents the skills to set boundaries and monitor their pre-teens and teens behavior by creating an informal support system with their children's friends, parents and in their children's schools. By fostering communication between parents, Parent Peer Groups help parents maintain a healthy environment for their children, pre-teens and teens by keeping them safe, healthy, and drug-free.

### THE ALCOHOL LITERACY CHALLENGE

The Alcohol Literacy Challenge (ALC) is a brief classroom-based program designed to alter alcohol expectancies and reduce the quantity and frequency of alcohol use among high school and college students. Alcohol expectancies are an individual's beliefs about the anticipated effects of alcohol use, including those that are positive (e.g., increased sociability, reduced tension) and negative (e.g., impairments to mental and behavioral functioning, increased aggressiveness or risk taking).

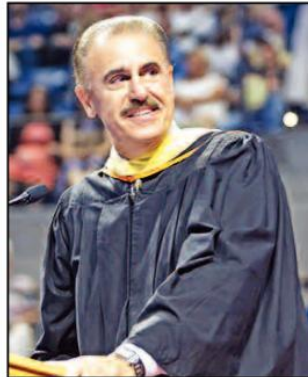
The goal of this course is to enable prevention providers to reach larger numbers of children with effective prevention education. Imagine how many more schools will be receptive to an alcohol education program proven to reduce underage and binge drinking, when they are asked only ask for 50-90 minutes of class time. In addition to schools, classroom based applications of alcohol expectancy challenges can be used with college orientations, after-school programs, life-skill trainings for athletes, community events, and faith-based youth outreach programs.

This course is offered for free at <https://alcoholiteracychallenge.com/alc/free-course/guruprograms/1-alc-training/3-alcohol-expectancy-theory>.

### Would You Like a Parent Peer Group in Your Community?

If you would like to start a Parent Peer Group in your neighborhood or just find out more information about attending one, call Informed Families at 305-856-4886 or email the Statewide Program Director, Christine Stilwell at [estilwell@informedfamilies.org](mailto:estilwell@informedfamilies.org).

## Ron Magill receives award from UF



UNIVERSITY OF FLORIDA ALUMNUS RON MAGILL IS RECOGNIZED WITH THE DISTINGUISHED ALUMNUS AWARD.

BY CAYLA ROMANO

University of Florida alumnus Ron Magill was recognized with the Distinguished Alumnus Award at the College of Agricultural and Life Sciences Student Recognition Ceremony on May 1.

The award is given to individuals for exceptional achievements in a chosen profession, for demonstrated leadership and for the other exemplary accomplishments that merit the special recognition of the university. Nominees must be persons whose distinctive accomplishments merit the special recognition of the university. Magill has spent most of his career changing the face of wildlife conservation. Known by others as the "Zoo Man," Magill has been working at Zoo Miami for 39 years and counting, but he also is a world-renowned wildlife photographer who has brought wildlife conservation efforts into focus for thousands of people.

"On a trip to Panama, he was able to see for the first time a live harpy eagle, his favorite animal," said Elaine Turner, dean of the College of Agricultural and Life Sciences at the University of Florida. "But the conditions of its habitat in captivity were so poor, he felt compelled to work for change."

Magill raised money for this giant bird by meeting with the mayor of Panama City and creating the Harpy Eagle Project. His dedication to the native wildlife of Panama later earned him the key to Panama City on two separate occasions. He also spearheaded a campaign that designated the harpy eagle the national bird of Panama.

A five-time Emmy Award winner, Magill also has worked on numerous nature documentaries, including *Amazon and Beyond*, *Dreams of Alaska* and *Alligator Love*. As a producer, co-producer or photographer for these documentaries, Magill has been able to show the world the importance of wildlife conservation in a multitude of ecosystems on our planet.

According to Eric Hellgren, professor and chair of the wildlife ecology and conservation department at UF, Magill's time at UF was the springboard to his impactful career.

Magill's efforts in conservation help wildlife across the globe, but he also does his best to do right by people. He created the Ron Magill Conservation Scholarship, a \$5,000 annual scholarship given to a wildlife ecology and conservation graduate student studying wildlife species in Central or South America.

In addition, Magill is a steadfast supporter of the University of Florida, often aiding the work conducted at the Fort Lauderdale Research and Education Center and recently serving as emcee for the Tropical Research and Education Center's "One Night in the Tropics" event.

As Kartick Satyanarayan, co-founder and chief executive of Wildlife SOS India, said, "Ron Magill is the consummate ambassador for all of us who care so deeply about our natural world and the desperate need to protect it. He is a true wildlife hero."



SCAN ME



## THE BEST THING A PARENT CAN SERVE.

Kids who have conversations with their parents about the dangers of alcohol and drugs are 50% less likely to use alcohol and drugs than those who don't.



LEARN MORE



# NAMI Miami-Dade to host second annual Mental Health Awareness Walk, May 21



PARTICIPANTS GET READY FOR THE NAMI MIAMI-DADE MENTAL HEALTH AWARENESS WALK.

BY ANNETTE GALLAGHER

In honor of Mental Health Awareness month in May, the National Alliance on Mental Illness (NAMI) Miami is hosting Miami-Dade County's first in-person Walk for Mental Health Awareness, "NAMI Walks Your Way 2022," on May 21, from 9 a.m. to 4 p.m., at Maurice A. Ferre Park (Museum Park).

The event raises awareness and crucial funding for local mental health services and has sponsorship and walk team opportunities available for those interested in participating.

The walk is designed to combat the stigma of mental health, address the high incidence of suicide due to untreated mental health disorders and raise funds for NAMI Miami's free programs such as support groups, peer mentoring programs, outreach and educational classes. Despite the many challenges of the past two years, NAMI Miami aided more than 8,000 students, young adults, adults, families and local leaders with its prevention, education, mental wellness and support programs. These programs are offered at no cost to participants, led by NAMI trained peer-leaders and remain confidential.

"Psychological distress from the past two years has really increased the demand for mental health services in our community," said Susan Racher, NAMI

Miami board president. "Our goal is to provide mental health for all and we can begin to achieve that with such supportive partners in our inaugural Walk including the Seminole Hard Rock Hotel & Casino, Hollywood, FL, Segal Trials, Baptist Health South Florida, Citrus Health, Miami-Dade County Public Schools, and many more including community partners, volunteers and friends."

According to the CDC, in 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide. The psychological and financial effects of the past two years add urgency to NAMI's outreach efforts. NAMI Miami-Dade's free programs augment clinical and therapeutic care according to evidence informed standards.

Sponsorship benefits are available for this historic inaugural event and range from \$250 to \$15,000. Sponsors will have the opportunity to join other organizations, corporations, foundations and individuals on a national level while supporting the effort to increase awareness of mental health challenges during one of the most arduous years in history.

For more information, registration and/or donations, visit [NAMIWalks.org/Miami](http://NAMIWalks.org/Miami); send email to [Kate@NAMIMiami.org](mailto:Kate@NAMIMiami.org) or call 305-665-2540 or (cell) 786-775-0667.

# Leadership Miami program to help prepare next generation of leaders

BY MARITZA ARCEO

The Greater Miami Chamber of Commerce (GMCC) has announced that it has augmented its Leadership Miami program offering participants the opportunity to share an intensive learning experience that focuses on community issues and leadership skills through lectures, seminars, small group discussions, and renowned leadership curriculum imparted by six local universities.

Application is now open for anyone interested in the GMCC Leadership Miami program. Deadline to apply is May 20.

The Leadership Miami program will provide a curriculum delivered by top scholars from South Florida's leading educational institutions: Barry University, Florida International University, Florida Memorial University, Miami Dade College, St. Thomas University, and the University of Miami.

The program will run twice a year with a smaller class size to facilitate a more intimate learning experience and encourage a stronger network among the class. Leadership Miami graduates will gain leadership credentials through this unique higher education partnership.

"We are excited to be offering this leadership training program that will help leaders gain a better understanding of key issues relevant to the South Florida region," said Alfred Sanchez, president and CEO of the Greater Miami Chamber of Commerce. "With our new and expanded program, participants will build and improve on their current leadership skills and help their companies and the community thrive."

With more than 4,000 accomplished

alumni and over 200 local nonprofits impacted, Leadership Miami is the premier community leadership training program in South Florida. The fall program is being chaired by Jen Bouza, vice president, Bank of America, and Brandon Mitchell, vice president, Venture for America.

The program's new dynamic format stimulates animated and critical discussions among participants and guest speakers. Its goal is to prepare the next generation of Miamians to address vital issues affecting Miami-Dade County and meet future challenges. Throughout the Leadership Miami program, curriculum designed and imparted by faculty from the six universities and the program's focus sessions, participants will build leadership skills needed in today's fast changing business climate and encourage further exploration and action related to specific community issues.

The Community Service Project is a fundamental part of the Leadership Miami curriculum and a requirement for completion of the program. Through the selected nonprofit project, team members will develop team building, leadership skills, and a shared unique experience.

In addition, all participants will be required to complete fieldwork assignments to graduate. The program's primary leadership curriculum will be taught by faculty from the six universities, in-person or on-line format. The GMCC Leadership Miami program is open to everyone, and program fee is \$2,650. For more information and to enroll in the GMCC Leadership Miami program visit online at [www.miamichamber.com/committees/leadership-programs/leadership-miami](http://www.miamichamber.com/committees/leadership-programs/leadership-miami).



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