



🎄 December 2025: A Season of Reflection and Celebration 🎄

As we close out the year, we are grateful for everything we accomplished together. This year, our goal was to serve 32,032 individuals with prevention education. We surpassed that goal through one grant alone, which served 45,028 people in Palm Beach County. When we include our other grant deliverables, such as social media reach, our impact extended to more than 145,000 individuals.

We also officially launched our refreshed branding on our new website at PBCBHC.org. The updated site features our new logo along with a cleaner, brighter design that better reflects our mission and the work we do throughout Palm Beach County. Take a moment to explore the new look, learn more about our initiatives, and stay connected with upcoming prevention events and resources.

🎁 Upcoming Event: Jingle Mingle Holiday Open House

We cannot wait to celebrate with you at Jingle Mingle on December 11th. This fun holiday open house will bring everyone together for connection, learning, and a little festive cheer. You will get a hands-on look at our “Hidden in Plain Sight” display and other prevention initiatives while enjoying refreshments and good company. Every guest gets a resource goodie bag filled with community materials and surprises. Come stop by, say hello, and kick off the season with us. To attend, **RSVP to prevention@pbcbhc.org by December 4, 2025.**

🚗 National Impaired Driving Prevention Month

December is packed with celebrations, but it is also a time to stay extra aware on the roads. Christmas Eve and New Year's Eve are two of the most festive nights of the year, and they also see an increase in impaired driving crashes. *National Impaired Driving Prevention Month* reminds us that planning a sober ride is one of the easiest and most important ways to keep our community safe.

Plus, every year the National Highway Traffic Safety Administration (NHTSA) reinforces this message through its annual *Drive Sober or Get Pulled Over* campaign, which runs from December 11th to January 1st. During this time, you may notice more law enforcement out on patrol as they work to prevent impaired driving. The message stays the same every year: celebrate the season responsibly.

TCIA Takes Tallahassee: Prevention Advocacy Day Highlights


Our TCIA youth absolutely shined at Prevention Advocacy Day in Tallahassee. They spent two days learning, growing, and speaking directly with state legislators about why prevention matters. The best part was watching legislators light up as our youth shared their stories and ideas. Several of them even said it reminded them why they started doing this work in the first place. It was an unforgettable experience that left everyone inspired.

Youth Spotlight: Mara Popa Featured in Muse Magazine

We are so excited to celebrate Mara Popa, our longtime TCIA Co-President, who was recently featured in Muse magazine by the Boca Museum of Art. Mara has transformed her love for art into real community impact. She helped create beautiful Art Walk murals at Town Center at Boca, and her piece Women in Art won the 2025 Congressional Art Competition. Her artwork is now showcased in the Cannon Tunnel of the United States Capitol. You can read more about her in her feature on [page 24 of the Muse magazine](#), both online and in print.

Looking Ahead

As we enter the holiday season, we remain committed to providing prevention education with dedication and heart. We look forward to serving our Palm Beach County community in the coming year and continuing this important work. We wish everyone a peaceful, joyful holiday season.

 **And Don't Forget:** Winter break is the perfect time for students to work on their School Bus Media Contest entries! Remind them to enter

our contest ASAP as the deadline is fast approaching. They could win up to \$1000 in scholarships. Learn more below.

Upcoming Events

Jingle & Mingle

PLEASE JOIN US FOR A

HOLIDAY GATHERING & OPEN HOUSE

December 11, 2025 10:00 AM-12:00 PM

Alma Flor Ada Room

Children's Services Council

2300 High Ridge Rd. Boynton Beach, 33426

**COME CELEBRATE THE SEASON, SEE WHAT'S NEW, AND
CONNECT WITH YOUR COMMUNITY!**

PLEASE RSVP TO PREVENTION@PBCBHC.ORG BY DEC. 4, 2025

TO CONTRIBUTE INFO/PROMO TO OUR RESOURCE BAGS,
CONTACT AMANDA@PBCBHC.ORG



School Bus Drug Prevention



Media Contest

Attention high school students!

We're proud to announce that the 16th Annual School Bus Drug Prevention Media Contest is now a qualifying Fine Arts event for the **Florida Seal of Fine Arts**.

THE ART OF SELF-CARE



CALL OR TEXT
A FRIEND



DO SOME
JOURNALING



STAY ALCOHOL &
VAPE-FREE



ENTER OUR CONTEST TO
WIN SCHOLARSHIPS FROM
\$100 TO \$1,000



PLUS EARN
COMMUNITY SERVICE
HOURS

ENTER TO EARN YOUR
FINE ARTS SEAL



SHORT VIDEO
REEL CATEGORY



VISUAL & DIGITAL ART
CATEGORIES

Deadline to receive entries
February 8, 2026

Questions?
Prevention@pbcbhc.org
561-374-7627

FOR MORE INFO ON
HOW TO ENTER, VISIT:
PBCBUSPOSTER.ORG
OR SCAN HERE



SPONSORED BY



PBCBHC
Palm Beach County
Behavioral Health Coalition
Building A Healthier Community



Educate.
Change Minds.
Save Lives.



MICHAEL JOSEPH BRINK
FOUNDATION



CEME

Southeast Florida
BEHAVIORAL HEALTH NETWORK

CORAL SHORES
BEHAVIORAL HEALTH

Rotary
Club of Wellington

IN PARTNERSHIP WITH:



MADD
Alcoholism - Victim Services - Education



THE VILLAGE OF
ELLINGTON

November Recap

TCIA Takes Tallahassee: Prevention Advocacy Day Highlights



Our TCIA youth joined our staff at Advocacy Day at the Florida State Capitol on November 18, 2025 where they made their voices heard to our state legislators.

Here is a glimpse of their experiences:

"I am really honored to get to say I was a part of such an important event. I enjoyed the community of people working to accomplish the same goal and I felt like I was making change on a larger scale than ever which was incredibly surreal."

— Brianna, TCIA Vice President

"Overall, I found Advocacy Day to be very impactful. The senators/representatives I talked to seemed very passionate about wanting to learn more from what me and the other teens had to offer. We brought about our message in a positive way and told them all the facts."

Even when we couldn't reach the representative/senator, we still met with their aid who cared just as much, ready to deliver our same message again. I'm glad I was lucky enough to attend this event because the information I brought about to others and learned myself was important and I feel like I was truly making a difference."

– Tamsin, TCIA Co-President

"Even on the way to the State Capitol for Advocacy Day, I had no idea what to expect. Only when we arrived did I fully understand the gravity of this chance: we teenagers in that moment had the power to inform and influence our own lawmakers. What truly stood out to me was how receptive and open our lawmakers were to feedback and opportunity. Many we met with were elated to interact with youth voices, which I was unaware could have such an impact on our cause being listened to. I hope they will listen to what we provided when the time comes, but I left knowing we did our part in protecting our work.

Overall, this was a day that reminded me of the importance of young voices. I never could have anticipated how much weight and respect our voices would be given, and I am incredibly grateful to have been given this chance."

– Mara, TCIA Co-President

News You Can Use



The Good News: Senate Votes to Close the Hemp Loophole

The Senate has passed a bipartisan budget package that includes the FY 2026 Agriculture Appropriations Act, which contains important language addressing the hemp loophole created in the 2018 Farm Bill. This provision would remove hemp-derived THC and other intoxicating hemp products from the legal definition of hemp. If enacted, this change would help prevent the widespread availability of unregulated THC products that have been easily accessible to youth in recent years such as:

- Delta 8 THC gummies, vapes, chocolates, and drinks
- Delta 10 THC products
- THCP and THCO products
- Other synthetic or chemically altered hemp-derived THC items sold in gas stations, vape shops, and online



Holiday Survival Guide From University of Rochester Medical Center

The holidays can be a time for cheer, joy, family, and stress with a capital S. To help you navigate the season, the experts from the University of Rochester Medical Center shared [these simple tips](#) on how to balance mental and physical health during the holidays.

If you are short on time, here is a quick breakdown of their suggestions:

Eat Wisely

- Build balanced plates with

Products like those can produce a high similar to traditional THC, but because they were made from hemp, they slipped through the 2018 Farm Bill loophole and were sold with very few regulations.

The bill was included as part of the continuing resolution to keep the federal government funded through January 30, 2026. The measure now moves to the House for consideration before it can be signed into law. Community Anti-Drug Coalitions of America (CADCA) and their prevention partners across the country have advocated for this change for many years and are celebrating this significant progress. We will continue to monitor this legislation and share updates as it moves through the process.

Source: news@cadca.org

a mix of protein, veggies, and whole grains

- Enjoy your favorite holiday treats without guilt
- Try not to skip meals, even on busy days
- Stay hydrated throughout the day

Support Your Mood

- Spend time outdoors to get fresh air and sunlight
- Move your body every day, even if it is just a short walk
- Check in with yourself emotionally and notice how you are feeling
- Reach out to someone you trust if you need support

Prioritize Mental Health

- | | |
|--|---|
| | <ul style="list-style-type: none">• Set healthy boundaries with family, work, and commitments• Ask for help or support when you need it• Make intentional time for rest and downtime• Keep expectations flexible and give yourself grace |
|--|---|

Community Resources

PBCBHC recognizes that times can be challenging for many families. Below, you will find a list of community resources and programs that may offer support and guidance for you and your loved ones.

- The United Way's [Palm Beach County Food Finder](#) map to connect anyone seeking food resources to sites near them.
- The Trauma & SUD Action Force Initiative (TSAFI)'s evidence-based toolkit, "[From Myth to Action](#)," created for anyone working with families, communities, and SUD programs. The "From Myth to Action Toolkit" offers practical, trauma-informed strategies that connect science with real-world practice.

No insurance? *No problem!*

Our No-Cost Care Program
provides short-term
therapy for those without
insurance.

Availability is limited. Restrictions apply.

**Contact us at 561-728-6843 or
ellieFL19202@elliementalhealth.com to learn more**



MEET WITH OUR TEAM TO ENROLL IN HEALTH INSURANCE

COMMUNITY EVENT LOCATIONS

WALK-INS WELCOME!



**SAT
NOV 1**

10:00 AM - 1:00 PM
PALM BEACH COUNTY LIBRARY-
LANTANA BRANCH
4020 LANTANA ROAD, LAKE
WORTH CORRIDOR, FL 33462



**WED
NOV 5**
WEEKLY

9:00 AM - 5:00 PM
PALM BEACH GARDENS
MEDICAL CENTER
3360 BURNS RD, PALM BEACH
GARDENS, FL 33410



**SUN
NOV 2**

10:00 AM - 1:00 PM
COMPASS COMMUNITY CENTER
201 N DIXIE HIGHWAY, LAKE
WORTH, FL 33460



**TUE
DEC 2**

11:30 AM - 1:30 PM
MARTIN COUNTY LIBRARY- BLAKE
TRUSTEES CONFERENCE ROOM
2351 SE MONTEREY ROAD, STUART,
FL 34996



**TUE
NOV 4**
WEEKLY

2:00 PM - 4:00 PM
HEALTHYME
411 WEST INDIANTOWN ROAD,
JUPITER, FL 33458



**SAT
DEC 6**

10:30 AM - 2:30 PM
MARTIN COUNTY LIBRARY- BLAKE
TRUSTEES CONFERENCE ROOM
2351 SE MONTEREY ROAD, STUART,
FL 34996



**WED
NOV 5**
WEEKLY

10:00 AM - 2:00 PM
RIVIERA BEACH LIBRARY
2129 NORTH CONGRESS AVENUE,
RIVIERA BEACH, FL 33404



**SAT
DEC 6**

10:00 AM - 1:00 PM
PALM BEACH COUNTY LIBRARY -
BELLE GLADE CONFERENCE ROOM
725 NW 4TH STREET, BELLE GLADE,
FL 33430



CALL/TEXT 561-440-0164 OR
CALL (561) 844-4220 EXT: 1800

HCSEF.ORG

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Community Happenings



CALLING ALL K-12 STUDENTS

Submit Your Work for the 6th Annual MYAF - M



Art displayed at the
Cornell Art Museum

DDA Old School Square

ART THEME: SELF IDENTITY

How do you see yourself?
Show us your inner world through
your unique artistic voice!

CATEGORIES:

Drawing/Painting,
Photography or Digital Art



DEADLINE TO SUBMIT: JANU

Winners will be featured and announced at the M

Submit now at: www.capeuniversal.com

Questions: Email Lisa@capeuniversal.com
or call Anthony (561) 631



HTCPB
HUMAN TRAFFICKING COALITION
OF PALM BEACH COUNTY

AN AFTERNOON FOR FREEDOM

CELEBRATING 20 YEARS OF COMMUNITY IMPACT


Prevention. Education. Survivor Support.
Join us for this milestone luncheon celebration
as we honor champions who have led the way.

KEYNOTE SPEAKER
REBECCA BENDER


Activist | Author
Survivor Leader

Award Winning
Thought Leader
Trailblazer


Transforming Lives
Worldwide



CEO & Founder
Rebecca Bender
Initiate &
Elevate Academy



Wednesday, February 4, 2026
11:30 AM - 3:00 PM
The Lake Pavilion - West Palm Beach



For sponsorship and underwriting inquiries:
Katie Bullard, Board Director
htcoalitionpb@gmail.com

SPONSORSHIP OPPORTUNITIES

PRESENTING SPONSOR - \$15,000
One Premier Reserved Table (10 tickets)
VIP Meet & Greet with Keynote Speaker
Acknowledgement on Website, Social Media, Printed Materials
Full Page Ad in Program - Inside or Back Cover
Spotlight Video

FREEDOM ADVOCATE - \$10,000
One Preferred Reserved Table (10 tickets)
VIP Meet & Greet with Keynote Speaker
Acknowledgement on Website, Social Media
Full Page Ad in Program

BRIDGE TO SAFETY - \$5,000
Six (6) Tickets to Milestone Event
Acknowledgement on Website, Social Media
Half Page Ad in Program

HARBOR OF HOPE - \$2,500
Four (4) Tickets to Milestone Event
Acknowledgement on Website, Social Media
Quarter Page Ad in Program

TABLE HOST - \$1,000
One Reserved Table for 10
Includes Name Recognition

FRIEND OF THE COALITION - \$500
One (1) Ticket to Milestone Event
Acknowledgement on Website, Social Media
Name Recognition in Program

INDIVIDUAL TICKET: \$75
Valet Parking, Plated Lunch, Keynote, Awards, Raffle

UNDERWRITING

VALET SPONSOR - \$2,000 (1) PROGRAM SPONSOR - \$1,500 (1)
PHOTOGRAPHY - \$500 (2) VIDEOGRAPHY - \$500 (2)
AUDIO/VISUAL/PRODUCTION - \$500 (2)
DECOR - \$500 (2) DESSERT SPONSOR - \$500 (1)

Stay Coalition Connected...

Update your contact info today to be in on all things behavioral health in Palm Beach County.

[Coalition Connections](#) for updates on General Coalition Meetings, Outreaches, Newsletters...

Text **PBCBHC to 888-687-0035** for text updates on Coalition happenings.

[Visit our Linktree](#)



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