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321-635-8885

Brevard Navigator Project

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Health Literacy in Brevard

ADDRESSING THE HEALTH NEEDS OF INDIVIDUAL CONSUMERS AND SMALL BUSINESSES IN BREVARD.

HAPPINESS LAB: A POSITIVE PSYCHOLOGY WEDNESDAYS **PSYCHOEDUCATIONAL GROUP: A "YOU" EXPERIMENT!**

Morning Class: 10:00 AM and Evening Class: 5:30 PM (Evening Group begins September 7th, 2016)
WOMEN'S CENTER 1425 AURORA ROAD* MELBOURNE, FL 321-242-1526
* GROUP FACILITATOR: LORI STOTTLER, RMHCI

Positive psychology is the study of happiness. Psychology has traditionally focused on dysfunction—people with mental illness or other psychological problems—and how to treat it. Positive psychology, in contrast, is a relatively new field that examines how ordinary people can become happier and more fulfilled.

Positive Psychology incorporates concepts such as: Resilience, Flow, Strengths and Virtues, Meaningful Life, and Gratitude and how they can impact one's life experiences.



#Depression
An Empowering 12-week Journey
Learn practical, hands-on tools for decreasing symptoms and improving coping strategies using proven Cognitive-Behavioral methods

Thursday
August 18-November 3, 2016
6-7pm
Cost \$40 for the entire 12 weeks
The Women's Center
1425 Aurora Rd, Suite C
Melbourne, FL 32935
321-242-1526
Changing lives for the better, forever

A medication evaluation by your doctor prior to the start date is recommended, as proper medication may be an important part of managing symptoms.

Facilitated by
Rebecca Guyford, MS, RMHCI

Groups at the Women's Center
Call 321-242-1526 for more information.

Domestic Violence Support Group – FREE, Every Monday (excluding holidays), 10:00am – 11:30am, A Free open support group for adult women who have experienced verbal, emotional or physical abuse by an interpersonal partner. Focus is on emotional reactions, resolution of feelings, the effects on everyday life, and on self-respect as a survivor.

Childhood Sexual Abuse/Incest Survivors Group – FREE open support group meets every Monday (excluding holidays), 5:30pm – 7:00 pm. For women 18-years and older who are survivors of childhood sexual abuse.

Positive Psychology – FREE, Every Wednesday 10-11 am. This is a relatively new addition to the field of psychology. It is not meant to replace traditional psychology but compliment it. Positive Psychology isn't positive affirmations (which is often what people think) but it is the study and application of what helps people flourish. In this psychoeducation group you will learn tools to help you become more resilient and have positive experiments weekly to put the science of well-being into practice.

Self Esteem Group – FREE, Meets every Thursday 10:00am – 11:00am. A Psycho-Educational Support Group for women. Learn tools to help build your self-esteem. Strengthening Self: From the Inside Out.

Depression Support Group - \$40 one-time fee for a 12 week group to learn tools and coping skills for people suffering from depression. Starts Aug 18.

Healthiest Weight Brevard
Tuesday, August 31, 8:30am
Suntree Office Tower
SCHF Third Floor Conference
6905 North Wickham Road
Melbourne, FL 32940

Download Florida KidCare postcards [here](#). You may have seen Florida KidCare's printed postcards—but have you also leveraged them on your electronic platforms? This double-sided postcard (with English and Spanish text) can be downloaded and shared via listservs, email blasts, social media, newsletters and more.

View Florida's Uninsured Data at <https://public.tableau.com/s/>. In order to best determine the target demographics of those eligible for Florida KidCare coverage in the state, Florida Healthy Kids pursued a research project using data from the

Want to sign up for the Federal Health Insurance Marketplace?

CALL 321-635-8885

To set up an appointment with a Navigator.

Florida KidCare

HOW FLORIDA KIDCARE COVERS CHILDREN

When families enroll in Florida KidCare, their children are covered for health care services through Florida KidCare. This includes:

- Medical care
- Florida Health Care
- Children's Health
- Medicaid

KIDS OUGHTA BE COVERED!

Florida KidCare covers children from birth through age 18. It covers children who are:

- Medicaid-eligible
- Florida Health Care-eligible
- Children's Health-eligible
- Medicaid-eligible

All Florida KidCare children are covered for health care services through Florida KidCare. This includes:

- Medical care
- Florida Health Care
- Children's Health
- Medicaid

Many Florida KidCare families pay as little as \$15 or \$20 a month—and many other families pay nothing at all—for this comprehensive, child-centered coverage. Families that do not qualify for subsidized coverage can still utilize the full-pay option.

BY THE NUMBERS - 2015

- Nearly 2.4 million children are covered by Florida KidCare*
- More than 377,000 Florida children are uninsured*
- Nearly 200,000 Florida children under age 18 are likely to be eligible for subsidized coverage but are not enrolled.
- Of the nation's top 20 counties with the highest uninsured children numbers, Florida possesses four of these: Miami-Dade, Palm Beach, Broward and Orange Counties†
- Combined enrollment of the four Florida KidCare programs grew to more than 2.39 million children during the back-to-school season in 2015, up nearly 5% from the previous year‡
- From 2008 to 2014, the number of uninsured children in Florida dropped by 289,777§

FLORIDA HEALTHY KIDS' ROLE IN FLORIDA KIDCARE

In addition to providing affordable, quality health care to school-aged children, the Florida Healthy Kids Corporation administers the Florida Healthy Kids, Medicaid and Children's Medical Services components of the Florida KidCare program. The Corporation is responsible for all application intake, eligibility determination, premium collection, customer service operations and marketing of the Florida KidCare program.

BENEFITS OF FLORIDA HEALTHY KIDS

The Florida Healthy Kids benefit package and provider network are specifically designed to provide comprehensive medical, dental and preventive services that children need at each stage of development. The services are delivered by health plans that are held to high standards of quality, accessibility and customer satisfaction.

HOW TO APPLY

- Florida Healthy Kids Corporation
- Florida Department of Children and Families
- Federally Facilitated Marketplace

HealthyKids.org
July 2016

Taking Steps to Healthy Success

An Early Care and Education (ECE) Learning Collaborative to Promote Healthy Eating and Physical Activity

Together we can help our children reach their potential by sharing ways to eat healthier, move more and grow up healthy and ready to learn!

Participating Program Benefits:

- Resources to support your work
- Technical assistance and mentoring for program staff
- New training techniques using an onsite video education program
- Opportunity to be a part of a network committed to children's health and well-being
- Professional development training hours
- Nomours is authorized by IACET to offer up to 3 CEU's for this program
- \$500.00 stipend/program

Who Is Eligible:

- ECE programs located in the Brevard County area
- Head Start, Early Head Start, Migrant Seasonal Head Start/Early Head Start programs

Program Involvement:

- Five (5) in-person Learning Sessions per year with your self-defined leadership team
- Coaching, mentoring and staff development opportunities between learning sessions
- ECE program-developed action plan for improvement

READY TO TAKE THE NEXT STEP?

For more information, please contact:
Kevin Cataldo, State Project Coordinator
(407) 856-7461 or Kevin.Cataldo@Nomours.org

FLORIDA KIDCARE BUSINESS ROUNDTABLE Lunch and Learn

What: Florida KidCare Coalition of Brevard would like to invite business representatives to attend a roundtable discussion focusing on Florida KidCare and its benefits for employers.

Who: Business Representatives, Executives, and HR Professionals

When: Thursday, September 29, 2016
11:30 am – 1:30 pm

Where: Bill Posey Conference Center
2555 Judge Fran Jamieson Way, Viera

Please RSVP to kheily@nbvrevard.org

The Moore Cultural Complex

Healthy Living Festival

Empowering Our Community to Live Well

Saturday, October 8th, 2016

9AM – 1PM

The Harry T. & Harriette V. Moore Memorial Park & Museum
2180 Freedom Avenue Mims, FL 32754

Free Health Screenings

Event Chairwomen
Joyce Cole
Pat Manning, PhD
Pamela Tronetti, MD

Chance Drawing Prizes

Health Information

Bring the entire family!

LIVE Entertainment

Contact 321-264-6595 for more information.

Sponsorships + Health Information Table Space Available.

2016 Brevard County Health Profile

Demographics^{1,2}

Characteristic	Brevard	Florida
Total Pop.	256,585	19,117,421
White	13,843	7.8
Black	52,739	10.7
Hispanic	451,018	23.8
Other	3,948	1.4
Female	51,025	9.3
Male	211,078	48.8
Age	60.02	6.2

Socioeconomics^{1,3,4,5}

Characteristic	Brevard	Florida
Median Household Income (\$)	47,907	42,963
Median Income (100% of the FPL) (%)	15.6	16.5
Persons below 200% of the FPL (%)	34.1	27.9
Persons 150% below 200% of the FPL (%)	45.9	47.2
Unemployment Rate (%)	5.0	4.7
High School Graduation Rate (< 90% enrollment) (%)	85.9	89.7
Persons with High School Diploma (%)	81.5	87.4
Persons with College Degree (%)	34.1	23.8

Leading Causes of Death⁶

Class of Death	Brevard	Florida
All Causes	6,693	249,275
Cancer	1,643	296,8
Heart Disease	1,693	289,2
Stroke	380	54.5
Alzheimer's Disease	189	33.0
Diabetes Mellitus	190	50.9

Maternal and Infant Health^{6,7}

Characteristic	Brevard	Florida
Total Birth Rate (per 1,000)	9.5	11.2
Total Fetal Rate (per 1,000 live births)	18.9	21.9
Infant Mortality Rate (per 1,000 live births)	13.4	16.5
Low Birth Weight (%)	8.2	8.7
Low or No Prenatal Care (%)	3.6	5.5
Percent of Women Smoked (%)	95.7	94.7
Infant Death Rate (per 1,000)	5.5	5.0

Health Care Access^{8,9}

Characteristic	Brevard	Florida
Primary Health Professional Shortage Area	139	139
Dental Health Professional Shortage Area	139	139
Mental Health Professional Shortage Area	139	139
Medicaid Uninsured Area Population	126,070	126,070

Hospitalizations¹⁰

Characteristic	Brevard	Florida
Heart Disease	1,111	1,111
Stroke	1,111	1,111
Cancer	1,111	1,111
Diabetes	1,111	1,111
Alzheimer's Disease	1,111	1,111