

FIRST ANNUAL

MIAMI BEACH SENIOR HIGH

MENTAL HEALTH + WELLNESS EXPO

Resource Guide



Miami Beach Senior
High School's first
Mental Health and
Wellness Expo was
held on campus
on Wednesday,
December 8, 2021.

OUR MISSION

Bring together student leaders, campus partners, and community organizations to promote mental health and student well-being at MBSH.

OUR GOALS

- » Decrease stigma around mental health
- » Provide tools and tips for improving mental health
- » Introduce health resources on and near campus
- » Empower students to be proactive and confident in caring for themselves and others

WHY IS THIS EVENT IMPORTANT?

Events like the Mental Health & Wellness Fair create a welcoming environment where students can connect about health topics that might otherwise be stigmatized or intimidating. We believe that the Wellness Fair helps students feel comfortable talking about mental health, learning about self-care, and utilizing campus and community resources.

WHAT DID STUDENTS DO AT THE WELLNESS FAIR?

Students went to the auditorium for large group lectures and walked around tables set up in the gym with different activities and topics such as:

- » Coping skills for stress and anxiety
- » Meditation
- » Yoga
- » Domestic violence and sexual harassment
- » Bereavement groups
- » Boxing and other physical activities that can reduce stress
- » Mindfulness practices
- » Lectures on social-emotional health
- » Kindness matters instruction
- » Life-coach on career planning
- » Mental health and bullying
- » Library – books on mental wellness and how to use the library
- » Brain exercises and how the brain processes information, stress and focus.
- » How nutrition and sleep affect mental wellness
- » Miami Beach Police Department present to answer questions and brought a therapy dog

Community Resources

APRIL YOGA ART



April Pullo
786.436.0696

Led the school in yoga during the students' lunch break.

ARIANNA UGUCCIONI

312.731.0011

ariannauguccioni@hotmail.com

Life Coach – spoke about goal setting and determining your main interests.

BORINQUEN HEALTH



A full service medical home for everyone, providing a comprehensive range of health and social services to our culturally diverse community in Miami-Dade County.

WWW.BORINQUENHEALTH.ORG

CHILDREN'S BEREAVEMENT CENTER



After the death of a significant loved one, life is never the same. Our goal at the Children's Bereavement Center (CBC) is to enable children and families to acknowledge change, adjust and integrate loss with healthful grief and mourning.

WWW.CHILDBEREAVEMENT.ORG

CHRYSLIS HEALTH



Offers innovative and community-based programs and services for mental health and substance use.

WWW.CHRYSLISHEALTH.COM

EAT CLEAN



Number one fresh healthy meal delivery service in Florida. We shop, we cook and deliver to your doorstep.

WWW.EATCLEANTOGO.COM

ELITE LEVEL PERSONAL TRAINER

Christina will help you with mindset, goal setting, daily accountability, and tracking that you can use to feel better and get in great shape.

WWW.CHRISTINASPECOS.COM

GO GREEN FASHIONISTA



Fab C

fabcevolution@gmail.com | @gogreenfashionista

Sound Healing is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and create a deep sense of peace, well being and better health.

WWW.GOGREENFASHIONISTA.COM

FIU: YOUTH EMOTION & SMARTPHONE STUDY (YESS)



meiyi.ng@fiu.edu

The FIU YESS project is investigating how adolescents' thoughts, moods, and behaviors may change how they feel over time, as well as what drives depression in adolescents. Adolescents who participate download an app on their smartphone to track their mood and phone-use over time.

WWW.FIU.EDU

HOLISTIC HEALTH HEALING



HOLISTIC HEALTH HEALING

Holistic Health Healing is a Miami-based virtual therapy office that inspires you to embrace your mental health with courage. Together, we provide a safe space to look inward and embody your own self soothing practices. The Holistic Health Healing process combines

virtual talk therapy, restorative yoga, meditation, breathwork, movement, and aromatherapy working in tandem. Through this unique approach, you'll develop positive coping skills, and gain self-awareness. Find fulfillment, from within.

WWW.HOLISTICHEALTH-HEALING.COM

JustBE MINDFUL COMMUNITY WITH MindfulNikki



Nikki Levine, M.A. – Mindfulness Teacher

nikki@mindfulnikki.com | 303.906.5271 | @Mindfulnikki

For parents and teachers to learn and practice mindfulness with the kids in your life.

WWW.MINDFULNIKKI.COM



KINDNESS MATTERS 365



KINDNESS MATTERS 365™

Gratitude | Compassion | Kindness

Kindness Matters 365 is a 501(c)(3) non-profit foundation that delivers innovative programs to support the well-being of kids and teens. Grounded in the principles of Social Emotional Learning (SEL) and providing skill-building through experiential learning activities, KM365's unique approach teaches kids to discover how to care for themselves, each other, and our world through exploring self-awareness, self-navigation, empathy, a growth mindset, and a dedication to service-learning.

WWW.KINDNESSMATTERS365.ORG

MIAMI BEACH POLICE DEPARTMENT

MIAMI BEACH

POLICE

MiamiBeachPD  

MBPD brought a therapy dog to interact with Beach High students. Therapy dogs can provide comfort and emotional support.

WWW.MIAMIBEACHFL.GOV/YOURMBPD/

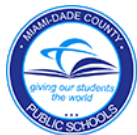
MIAMI-DADE COUNTY PUBLIC LIBRARY SYSTEM



The Miami-Dade County libraries are open in-person and on-line and offer a wide range of books for checkout, including ones that focus on mental health and wellness.

WWW.MDPLS.ORG

MIAMI-DADE COUNTY PUBLIC SCHOOLS MENTAL HEALTH SERVICES



Maintains a list of mental health resources on their website that is updated throughout the year.

MENTALHEALTHSERVICES.DADESCHOOLS.NET

ORANGETHEORY FITNESS



Orangetheory is a heart-rate based HIIT total-body group workout that combines science, coaching and technology to guarantee maximum results from the inside out. It's designed to charge your metabolism for MORE caloric afterburn, MORE results, and MORE confidence, all to deliver you MORE LIFE. Orangetheory is more than a gym because the work you do here in our studio will make all the difference out there in your world.

WWW.ORANGETHEORY.COM

PEDIATRIC ASSOCIATES



**PEDIATRIC
ASSOCIATES®**

Our mission is to deliver the best and most comprehensive medical services to you and your family. From newborns to age 21, we strive to serve as your family's total resource for raising healthy and happy children.

WWW.PEDIATRICASSOCIATES.COM

PLANT CHICS



A community of women inspiring and supporting each other in a plant-based health journey. Plant Chics want you to become your healthiest and most confident you and believe community is crucial to your health and happiness.

WWW.PLANTCHICS.COM

RACHEL FITNESS

RACHEL FITNESS

Rachel's approach to fitness is not only about changing the body, but really changing the way you feel inside. She focuses more on a feeling and sense of accomplishment – rather than on the body, even though that of course follows when people commit to a healthier lifestyle.

WWW.RACHELFITNESS.COM

SOUTH BEACH PILATES



A neighborhood boutique pilates studio offering classical pilates with a contemporary approach.

WWW.SOBEPILATES.COM

SWEET GREEN



Building healthier communities by connecting people to real food.

WWW.SWEETGREEN.COM

RAGNHILD ISDAHL



thenewviking@icould.com

Led group mediations sessions during students' lunch periods.

THE RELATIONSHIP SPOT



Nyla Whitehead, MS, CDVP

@TheRelationshipSpotLLC

Nyla Whitehead created a safe space, complete with cozy furniture, to give students a place to relax and be able to talk about difficult issues such as domestic violence and sexual harassment.

THERELATIONSHIPSPOT.COM

THE RESILIENCE THERAPY COLLABORATIVE, LLC



Sally Duerr Rodriguez, MS, LMHC, LPC

Our Resilience therapists help you access your most resilient self! We are your experienced family psychotherapy center with seasoned child/family psychotherapists and counselors who provide evidenced-based treatments for children, adolescents, adults, and families. We have now seen families in our community for a 2nd generation, through their toughest times, including the unprecedented stresses of this pandemic. We have a 25 year history of treating Eating Disorders in a multi-cultural framework and have seen individuals, of all ages make full and complete recovery, and when healed, transfer their energy from trying to change their bodies, to making their mark on the world.

WWW.RESILIENCEDBT-ED.COM

THE SECRETS OF YOGA

The Secrets of Yoga

Indra Kaur

Our vision is to bring together, and make accessible, all the yogic technologies in one website with love, spirituality, and personal style.

WWW.THESECRETSOFYOGA.COM

School Clubs

5000 ROLE MODELS OF EXCELLENCE PROJECT



Coach D. Sims

Room 631 | dalesims@dadeschools.net

5000 Role Models of Excellence Project was founded in 1993 by Dr. Frederica S. Wilson, US Congresswoman who currently represents the 24th District of Florida. The program has

provided a model for dropout prevention initiatives across the nation. Since its inception, 5000 Role Models has awarded more than \$5 million in scholarships to minority boys and helped thousands of young men turn their lives around. The program currently operates in over 110 Miami-Dade County public schools, serving more than 6000 young men. In 1997, the program was honored with the Teaching Example for the Nation Award by President Bill Clinton at the Summit for America's Future in Philadelphia, PA.

WWW.5000ROLEMODELS.COM

ART CLUB



Mr. Samper

osamper@dadeschools.net

The Art Club is where a group of like-minded and talented artists come to work on and share ideas, learn from each other, beautify the school in any way we can, and play art games together. For the Mental Health Expo we created a banner that people can draw on and leave a short positive message for others to read.

GENDER AND SEXUALITY ALLIANCE (GSA)



Mr. Maloney

323900@dadeschools.net

Our board is dedicated, strong, and determined to make this school a safe and comfortable environment for all. Let's come together as a school and make a difference in the LGBTQ community!

PSYCHOLOGY FOR MENTAL WELLNESS



Mrs. Balgobin
mbalgobin@dadeschools.net

This is a mental wellness club that focuses on mental health awareness, reducing stigma associated with mental health, sharing mental health resources, and connecting Psychology to everyday life to increase well-being

STUDENT GOVERNMENT ASSOCIATION

Ms. Villoch
gwenvilloch@dadeschools.net

The Student Government Association of Miami Beach Senior High School seeks to promote awareness, activism, spirit, and unity among the student body. Our goals include fostering open communication among the students, teachers, parents, PTSA, and the community at large; engaging in more fundraising for school events; supporting the greening of our school through recycling projects and educational events; promoting School Spirit; and making students aware of the causes and consequences of drug abuse.

At the end of the day, we had 30 participating community organizations plus MBSH school clubs.

Congratulations and thank you to the MBSH Administration, Mental Health Counselors, and volunteer organizations from inside and outside our school!

And a big thank you to all who participated, volunteered, and planned this important event!!

ESPECIALLY:

Ms. I'Tita N. Finch, Assistant Principal

Ms. Gwendolyn Villoch, Activities Director

Elisheva Rogoff and Julie Basner, PTSA Event Co-Chairs

MENTAL WELLNESS PROFESSIONALS:

Laurie DaSilva

Tamar Oppenheimer, LCSW – Mental Health Coordinator, Miami Dade County Public Schools

James Moore, MSW – MBSH / Borinquen Health

Dr. Ronnie Block, Psychologist

***And thank you Principal Riera for allowing
this to happen on our campus!***



MIAMI BEACH SENIOR HIGH SCHOOL

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