



You Can Change a
Child's Life

MENTAL HEALTH SERVICES OUTCOMES
Fiscal Year 2023/24

- Over 600 children & families served annually.
- 97% of children who received treatment reduced trauma symptoms as evidenced by pre and post test scores.
- 92% of children increased protective factors as evidence by pre and post test scores.
- 100% of children in Shelter and Village received a mental health assessment within 24 hours of admission.

OUR MISSION

To provide safe haven, mental health, preventative care and life skills for at-risk children and families.

Community Mental Health Services

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Fort Pierce, FL 34947
(772) 340-5750, ext. 170

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**Okeechobee Community
Mental Health Services &
Parents as Teachers Program**

410 SE 2nd Avenue | Okeechobee, FL 34974
(772) 340-5750, ext. 170

HibiscusChildrensCenter.org



**MENTAL HEALTH
SERVICES**

Residential &
Community Services



Hibiscus Children's Center
Saving Children Since 1985



Our goal is to enable all young people to reach their full potential as productive, responsible and caring citizens.

NON-TRADITIONAL THERAPY

Hibiscus has partnered with **Justin' Time Stables** to provide the children living at the Jensen Beach Shelter with **Equine Therapy**. This non-traditional therapy helps build self-esteem, confidence and trust. It can also help children learn social skills while reducing anxiety and depression. Children love it! *"I love being with the horses because they don't judge me".*

A common thread among equine therapists is for it not to feel like a typical therapy session in the office. By using horses and shared activity, the goal is to provide a more comfortable space where children can explore their mental or physical health at their own pace, under the guidance of a professional.

SANCTUARY MODEL

The Sanctuary Model is an innovative, evidence-based trauma-informed organizational change model. It addresses the health and well-being of children in our care and our staff and volunteers. All Hibiscus staff have been trained in the Sanctuary Model and the agency received recertification in 2023.

HIBISCUS CHILDREN'S CENTER MENTAL HEALTH SERVICES

Every child, every day, for a better tomorrow.

RESIDENTIAL SERVICES

Tilton Family Children's Shelter in Jensen Beach
Hibiscus Village in Vero Beach

COMMUNITY OUTREACH SERVICES

Children & Families on the Treasure Coast
and Okeechobee County

CHILDREN & YOUTH

Children and youth in the Hibiscus Shelter and Village receive professional mental health services on a regular basis to help them recover from the trauma of abuse. Community Mental Health services are provided to children in the community on the Treasure Coast and in Okeechobee County.

OUR STAFF

Our clinical staff consists of mental health professionals with a wide range of experience and expertise in child and family therapy. Our master-licensed therapists are trained in a variety of age appropriate and best practice treatment interventions including Play Techniques, Trauma-Focused Cognitive Behavioral Therapy (TFCBT), Cognitive Behavioral Therapy (CBT), Child-Parent Psychotherapy (CPP), and Eye Movement Desensitization Reprocessing (EMDR).

MENTAL HEALTH SERVICES

Professional services are provided to children and youth in our residential programs and community mental health. Hibiscus specializes in the treatment of trauma-based disorders, behavioral health, infant mental health, and healing victims of sexual abuse. The children also receive psychiatric services such as medication management in conjunction with our counseling services to ensure the best outcomes.

PARENTS AS TEACHERS

Provides parent education and support through in-home visits to Okeechobee families.

Four primary goals of the program:

- 1) Increase parent knowledge of early childhood development and improve parenting practices.
- 2) Provide early detection of developmental delays and health issues.
- 3) Prevent child abuse and neglect.
- 4) Increase children's school readiness and school success.

SEXUAL ABUSE TREATMENT PROGRAM

Specialized treatment services for children in our residential programs and in the community who are victims of sexual abuse, as well as for their families. We help families recover, working to prevent further sexual victimization while enabling families to develop healthy, non-abusive relationships. Clinicians who are certified in the Sexual Abuse Treatment Program receive specialized annual training and are certified through the Florida Department

Hibiscus Children's Center is the only Florida Department of Health sanctioned Sexual Abuse Treatment Program on the Treasure Coast and Okeechobee County.

"I want to tell the staff and Mental Health Counselor that helped and cared for me while being at Hibiscus, thank you for believing in me".

Emma, age 12