

July 2024



# NEWSLETTER

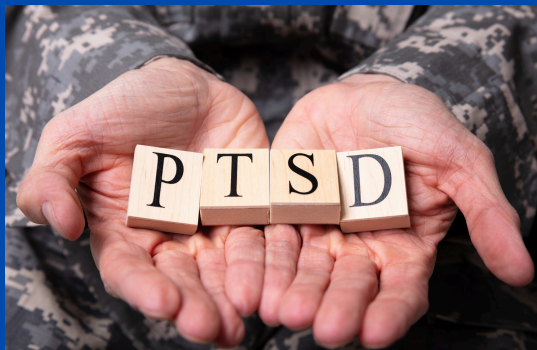


## Mental Health is Health



### PTSD...It's Not Just for Veterans!

Post-traumatic stress disorder (PTSD) is a real disorder that develops when a person has experienced or witnessed a scary, shocking, terrifying, or dangerous event. These stressful or traumatic events usually involve a situation where someone's life has been threatened or severe injury has occurred. Children and adults with PTSD may feel anxious or stressed even when they are not in present danger.



You can get PTSD after living through or seeing a traumatic event, such as war, a natural disaster, sexual assault, physical abuse, or a bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you.



### Independence Day

Independence Day, celebrated on July 4th, symbolizes freedom and self-determination, values essential for mental well-being. Celebrating this day reminds us of the importance of autonomy and resilience in overcoming personal challenges. Embracing our independence and supporting others fosters a community where mental health thrives, promoting a sense of belonging and collective strength.

### Bonnie's Note

Being famous on Social Media is basically the same thing as being rich in Monopoly.

Unknown



941-766-0171

jnickola@dmh.org

4161 Tamiami Trail Port  
Charlotte FL 33952

@TwinRiversPathways

@TwinRiversPathways

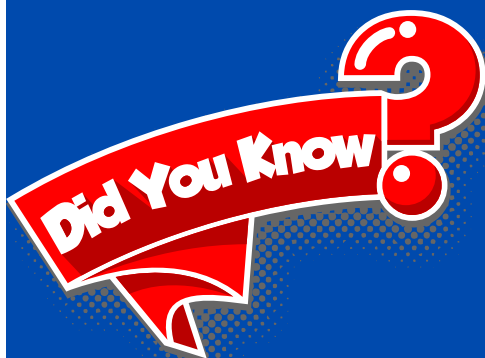


# Meet Our Program Coordinator, TRP



**Bonnie Hoffer**  
Program Coordinator, TRP

Let me present to some and introduce to others, The Desoto Memorial Hospital 2023 Unit Clerk of the Year, Bonnie Hoffer! Bonnie has always had an interest in behavioral health as a child. She would go to work with her mother and aunt at G. Pierce Wood Memorial Hospital, a now closed psychiatric hospital in Arcadia and was employed there for a time in risk management. However, Bonnie started her career in public health when she joined the Florida Department of Health in 1996. Bonnie was able to lend her talents to various departments within such as accounting, environmental health, healthy start, and school health, just to name a few. Bonnie made the switch to behavioral health when she joined Desoto Memorial Hospital in 2019. Bonnie now serves as the Program Coordinator for Twin Rivers Pathways. The care and kindness Bonnie shows the patients as well as the staff is second to none! She says, "it's all about the journey, not the destination."



- July is Minority Mental Health Awareness Month
- July 4th is Independence Day
- July 14th is National Mac n Cheese Day
- July 30th is International Friendship Day

**Lunch & Learn**  
Last Wednesday of every month at 1 pm

Join us for networking, resources, and lunch!

Get to know the professionals who service our community. Bring your behavioral health questions.

*Contact us today to reserve your spot!*

941-766-0171  
jnickola@dmhbh.org  
Location: Twin River Pathways  
4161 Tamiami Trail #302  
Port Charlotte 33952



**Fun Fact: Bonnie Hoffer is the creator of Bonnie's Notes!**



863-491-4326



sshine@dmh.org



900 N. Robert Ave. Arcadia, FL 34266