

2023

COMMUNITY REPORT



Planting seeds of hope when our community is in need

STARTING POINT
Behavioral Healthcare

Mission

To promote emotional wellness through psychiatric, mental health and substance use disorder treatment services and community education and awareness.

Vision

To deliver unmatched behavioral health services. Starting Point Behavioral Healthcare will be a vital part of our community, committed to world class service and the provider of choice for First Coast residents and referrers.

Values

Community, Healing, Recovery, Hope, Support

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Dear Friends and Supporters,

I hope this message finds you in good health and high spirits. As we continue our journey towards a brighter and more compassionate future, I am excited to share some incredible news about the growth and expansion of our behavioral healthcare organization over the past year.

Our mission has always been clear: to promote emotional wellness through psychiatric, mental health, and substance use disorder treatment services, as well as community education and awareness. With the unwavering support of our dedicated team and partners, we are making significant strides towards achieving this vision.

I am thrilled to announce that we opened a new office location in Fernandina Beach, thanks to the Certified Community Behavioral Health Clinic (CCBHC) funding we received. This expansion allows us to reach even more individuals and families in need of our services, providing them with the care and support they deserve.

But our commitment to increasing access to care didn't stop there. We also expanded our co-responder unit to the Nassau County Sheriff's Office. By partnering with our local law enforcement agencies, we are able to offer immediate assistance to those experiencing mental health crises. Together, we are creating a safer and more compassionate community.

In our continuous effort to meet people where they are, we deployed a mobile behavioral health clinic. This innovative approach brings our services directly to those who may face barriers to accessing care, ensuring that no one is left behind in their journey to emotional wellness.

These program expansions represent not just milestones for our organization but, more importantly, opportunities to make a lasting impact on the lives of countless individuals. Our mission is to be a beacon of hope, a source of strength, and a catalyst for positive change.

As we embark on this exciting journey of growth and transformation, we invite you to join us in creating a world where emotional wellness is a right, not a privilege. Together, we can make a profound difference in the lives of those we serve and in the fabric of our communities.

Thank you for your unwavering support, trust, and commitment to our cause. It is your belief in our mission that fuels our determination and inspires us to reach greater heights. Together, we are changing lives and building a brighter tomorrow.

With gratitude and warm regards,



Lauren Pagel, PhD, Chief Executive Officer



Awarded SAMHSA Grant

SEP

Awarded a \$4 million grant to open a Certified Community Behavioral Health Clinic (CCBHC) designed to provide comprehensive mental health and substance use services.



Awarded a 5-year SAMHSA MHAT grant expanding capacity to provide free community mental health training courses and resources.

Expanded Mental Health Training

NOV

Grand Opening of Island Office

JAN

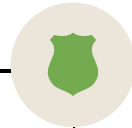
Celebrated the Grand Opening of our new CCBHC location on Amelia Island. This new office expanded our partnership with Baptist Medical Center Nassau and offers Amelia Island residents a shorter commute.



Mobilized Behavioral Health Clinic

APR

Reduced transportation barriers and increased access to care by launching our mobile behavioral health clinic.



De-escalated crisis situations and linked individuals to behavioral health services by creating a Co-Responder Unit with the Nassau County Sheriff's Office.

MAY

Expanded Co-Responder Unit to NCSO

A Peak Into the Future



Opening New Callahan Office

Our expansion to the West Side is long overdue. We are thrilled to announce that Starting Point will open a brand new office in Callahan this coming year.

Expanding Island Office

We will always work to meet the needs of our community. Coming soon, the Island office will see an expansion of 3x its current footprint.



“The scars are still there as a reminder, but the pain is gone. I’ve learned to step back and take a deep breath.”

Ben Loyd, Starting Point Client

Inspiring Growth & Transformation

Describe the moment you started to lose hope.

I started to think there was no help available. I attended anger management classes. I read self-help books, but nothing helped. I could not control my anger and outbursts. When I started yelling and cursing in front of my clients and coworkers, I knew something had to change, or else I would be out of a job.

How did the help you received at Starting Point inspire hope?

I wasn't told to act in a certain way and follow a set of guidelines. I was given informed choices to make informed decisions. I was in charge of the process.

What have you learned through your experience of healing?

I had inner scars which came from relationship damage. I created these scars myself. *The scars are still there as a reminder, but the pain is gone. I've learned to step back, take a deep breath,* and see things from the other person's point of view.

How did the Starting Point team help you?

The team helped me by focusing on me, not my problem. The Coping Skills Toolbox was a big help. The group facilitator taught different coping strategies. She said, "Try it out during the week. If it works, awesome." She never forced me to utilize the coping strategy, just try it. My favorite coping strategy is Safe Place---going to or pretending to be in your favorite place alone, where it's calming, peaceful, and relaxing.

What has opened up for you?

What has opened up for me is the ability to be a better person - as an employee, coworker, boyfriend, and community member. My emotional intelligence has increased; I'm able to communicate in a better tone. I received a promotion at work.

What advice do you have for someone feeling hopeless considering seeking help at Starting Point?

Go for it! *Regardless of how you describe yourself, asking for help does not make you any less of a person. It makes you stronger. Take care of yourself, nobody else will do it for you.*

Impact in Numbers



We provided Treatment to **3,397** people

through our Outpatient Treatment Programs for Children and Adults. On a typical day, **6** people enter our doors to establish care.



We served another **2,692** people through Prevention Programs

implementing Botvin Life Skills, Ripple Effects, and Teen Mental Health First Aid in local elementary, middle, and high schools.



We served another **2,052** people through Outreach Programs

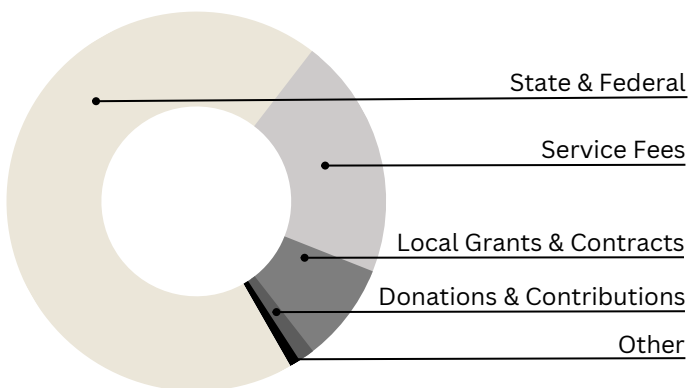
hosting community outreach events and providing FREE mental health training courses.



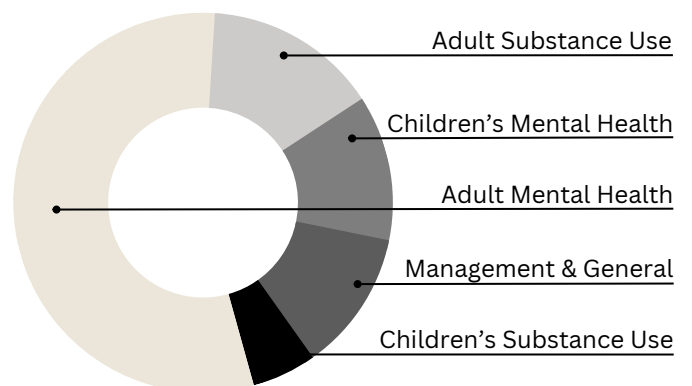
We served another **654** people through Emergency Services

supporting community members in crisis through our Mobile Response Team and 24/7 Adult Crisis Hotline.

Revenue | \$10,754,100



Expenses | \$10,580,989



[unaudited financials covering July 1, 2022 - June 30, 2023]

Mobile Response Team: (904) 580-0529
24/7 Crisis Line: (904) 206-1756

Administrative Office
463185 SR 200, Yulee, FL 32097

Callahan Outpatient Center
Coming Soon

Fernandina Beach Drop-In Center
2201 Sadler Rd., Fernandina Beach, FL 32034

Fernandina Beach Outpatient center
1541 S. 14th St., Fernandina Beach, FL 32034

Hilliard Drop-In Center
371015 Eastwood Rd, Hilliard, FL, 32046

Yulee Outpatient Center
463142 SR 200, Yulee, FL 32097



**STARTING
POINT**
Behavioral Healthcare

Main Line: (904) 225-8280

Website: www.spbh.org



Thank you to our Partners who Made this Impact Possible

