

HEALTH PROGRAMS



Good health is an essential ingredient for individual success and a thriving community. Residents who have access to quality health care are more productive and require fewer government services and costly long-term care. Healthy kids are more likely to succeed in school and healthy adults are more likely to maintain or gain employment. At the Town of Palm Beach United Way, we believe the whole community will flourish when all of our residents have access to quality health care.

Medical and Dental

Caridad Center—Health Clinic

Since its founding in 1989, Caridad Center has evolved from a trailer in rural Palm Beach County to the largest free clinic in Florida. The clinic serves 5,000 uninsured, economically disadvantaged Palm Beach County residents. Patients receive medical, dental, vision, specialty and mental health services from Caridad's staff and 700+ medical volunteers.

Clinics Can Help—The Lending Closet

The primary activities of Clinics Can Help's Lending Closet are focused on collecting, securing, restoring if necessary, and providing medical equipment and supplies to children and adults in need in Palm Beach County who could not easily access this equipment and supplies on their own.

Families First—Targeted Outreach for Pregnant Women

The Targeted Outreach for Pregnant Women program is for high-risk pregnant women who haven't obtained prenatal care, suffer from substance abuse problems, or are at risk for HIV (human immunodeficiency virus)/infected with HIV. They are provided with linkage to services and resources that help them prevent transmission to their babies.

Legal Aid Society—Medical Legal Partnership

The Medical Legal Partnership Project improves the health outcomes and increases access to healthcare services for low-income clients by providing free legal services to address unmet needs such as income through Social Security Disability benefits, loss of insurance coverage, denial of benefits, and immigration issues affecting access to healthcare.

Planned Parenthood—Teen Time Medical

Teen Time Medical/Healthy Teens is a long-standing program that provides free/low-cost services to teens at Planned Parenthood health centers in Palm Beach County. Services include exams, STI, HIV, and pregnancy testing, free contraception, and accurate medical information delivered in a confidential, non-judgmental way.



Mental Health

Alpert Jewish Family Service—Community Access Lifeline

The Community Access Lifeline (CALL Service) provides a streamlined behavior health assessment to the community at no charge. Master-level professionals conduct a comprehensive bio-psycho-social-functional telephone assessment to identify and assess the needs of the caller, the client, and the family, and provide a plan of service for the caller.

Alpert Jewish Family Service—Behavioral Health Services

As a multi-disciplinary agency with comprehensive wrap-around mental health services, Alpert JFS provides resources, information, and programs that take a holistic approach to addressing mental well-being for individuals, children, and families. Mental health services include counseling, psychiatry, support groups, or other behavioral health services.

Mental Health continued

Center for Child Counseling—Child and Family Center

The Child and Family Center provides prevention, early intervention, and counseling in a warm and supportive environment, helping children and caregivers develop resilience, positive relationships, and work through issues related to physical and sexual abuse, violence, grief, and traumatic experiences that impact mental health.

Center for Child Counseling—Social-Emotional Wellness

The Social-Emotional Wellness program provides on-site prevention, early intervention, and targeted treatment for infants, toddlers, and young children in shelters, schools, and subsidized childcare centers in vulnerable neighborhoods.

Center for Family Services—S.A.F.E. Kids

Center for Family Services administers mental health screenings to parents who utilize the Palm Beach Family Visitation Center and offers counseling as appropriate. Parents are also given the opportunity to participate in the Nurturing Parenting Program. Mental health services for children promote healthy relationships and development.

Families First—Children’s Behavioral Health

Children's Behavioral Health Services program provides individualized trauma-informed therapeutic care, family-driven services, and flexible treatment strategies for at-risk children, teens, young adults, and families. Services are provided to ages 5 - 22 through a lens of cultural sensitivity and humility.



Families First—Healthy Families

Healthy Families Florida is a nationally accredited family support and coaching program that helps parents provide the safe and stable environments children need for healthy growth and development. Specially-trained support workers help parents improve their parenting skills and achieve goals that increase family stability and self-sufficiency.

Families First—KIN Support

Kin Support provides comprehensive social work case management and care coordination to kinship families residing in Palm Beach County. Families are linked to essential services and resources that address family needs, including behavioral health, counseling and support groups.

Healthy Mothers, Healthy Babies—Circle of Moms

Healthy Mothers, Healthy Babies established the Circle of Moms program in 2016 to support the maternal mental health needs of pregnant and postpartum women in Palm Beach County. The program uses a structured care coordination model, mental health screening tools, peer-to-peer support groups that are evidence-based and led by Licensed Mental Health Counselors, and provides training for health professionals centered around perinatal mood and anxiety disorders.

Project LIFT—Intensive Outpatient Treatment

Licensed therapists utilize evidence-based practices including Cognitive Behavioral Therapy, Motivational Interviewing and Trauma Informed Care, alongside skilled trades instructors who replace self-destructive behaviors with productive, hands on work. Teens receive group, individual, and family therapy to identify and address underlying mental health issues and develop healthy coping skills.

Project LIFT—Strong Families

Strong Families seeks to promote mental well being and economic self-sufficiency for the entire family unit of the teen client. Family members are provided with incentives to engage in a 16-week curriculum that teaches skills including goal setting, accessing health services, job interviewing and parenting.

Substance Abuse

Center for Child Counseling—Fighting ACEs

Fighting ACEs provides prevention and intervention services for children, teens, and families experiencing dysfunction related to substance misuse, abuse, and dependency.

Drug Abuse Foundation—Intensive Residential Treatment

The program's focus is to stabilize clients physically, mentally, and emotionally, establish that they are drug-free, and prepare them to implement a personal program of recovery once they return to a real world environment. Clients receive therapeutic services, psycho-educational services, life skills education, medical support, and family support.

Drug Abuse Treatment Association—Walter D. Kelley Center

This licensed, accredited program provides individualized, evidence-based, residential substance use and co-occurring treatment to youth ages 13 - 18. The program consists of therapeutic, behavioral and academic components designed to encompass the whole child. Average length of stay is 4 to 6 months based on the client's needs and progress.

Older Adults and Caregiver Support

211 Palm Beach—Elder Crisis Outreach

Elder Crisis Outreach provides seniors with crisis intervention and assistance connecting to resources. Clients are vulnerable elders who may be experiencing health issues, financial hardship, or other crises. The goal of this program is to intervene early to provide case management and help older adults maintain their independence.

211 Palm Beach—Sunshine Telephone Reassurance

Sunshine Telephone Reassurance provides isolated seniors (60+) and other homebound individuals within Palm Beach County and the Treasure Coast with a daily phone call to ensure their well-being. In the event that contact cannot be made, often due to a health incident, staff will request emergency intervention that saves lives.

Alpert Jewish Family Service—Long Term Care for Older Adults

Long Term Care Services at Alpert JFS help older individuals maximize their own independence. Care management is a professional service specializing in assisting older adults and their families in meeting long-term care arrangements and accessing community resources. Enhanced Companion staff and AmeriCorps members offer companionship and socialization to isolated seniors.

Alzheimer's Community Care—Family Nurse Consultant

Family Nurse Consultants are licensed registered and practical registered nurses trained in Alzheimer's disease and other dementia-specific disorders that work directly with caregivers and patients, providing emotional support, disease education, guidance, and connections to community resources throughout all stages of the disease.

Alzheimer's Community Care—Specialized Day Care

The Specialized Alzheimer's Day Care Program is part of a holistic model of care that equips families with resources to care for their loved one with Alzheimer's throughout the disease progression. The program provides comprehensive dementia-specific patient care at 8 centers across Palm Beach County, that lessens the impact of behaviors associated with Alzheimer's disease, while family caregivers receive respite from the challenges of 24/7 care giving.



Disabilities and Special Needs

The Arc of the Glades—Employment Education and Training

The Education, Employment and Training program focuses on core skills needed to help individuals with developmental disabilities increase independence and employment. The Arc uses an array of activities to help promote learning such as work crews, classroom activities, group and 1:1 sessions with instructors, online curriculums, employment simulation, career counseling information and referral, and virtual reality.

The Arc of the Glades—Supported Living

The goal of Supported Living is to provide the needed supports for individuals with developmental disabilities to successfully interact with the community and to progressively increase levels of independence and self-reliance. Supported Living provides a coach to assist in the matters of daily life, including developing personal budgets, apartment hunting, negotiating rents, housekeeping, shopping, and medical care.



The Arc of Palm Beach County—Community Living

Community Living provides comprehensive services, including residential group homes, Psychosocial Rehabilitation services, and social engagement opportunities, designed to integrate adults with intellectual and developmental disabilities into our community. Onsite PSR fills a critical service gap for clients with dual diagnoses, helps them cope, and increases their capacity to achieve greater independence.

The Arc of Palm Beach County—Family and Respite Services

Family and Respite Services promote independence and full community participation for individuals with disabilities and their families, helping them make important life decisions.

Program services include in-home, center, and community-based respite care, parent education/support, self-advocacy training, adult reading groups, summer camp, and workshops.

Palm Beach Habilitation Center—Crew2U

Crew2U serves adults with disabilities who want to be employed in the community. The program offers employment options tailored to each person's strengths and interests in partnership with local businesses. Individuals are trained and led by an experienced Palm Beach Habilitation Center supervisor. Participants are also provided a vast array of tools and learning experiences to promote independence, choice, and personal fulfillment.

Palm Beach Habilitation Center—Program Management

Program Managers work with individuals with disabilities and their families to determine areas that need to be addressed to increase each person's level of independence. Once individual goals are identified, the program manager assists to develop a plan to meet the individual needs of each client over the course of one year. Progress of each goal is reviewed monthly. Program management services provide assistance with basic needs such as housing, food security, and employment. Services also engage individuals in the arts, technology training, and opportunities for socialization.

Palm Beach Habilitation Center—Work Training

The Work Training Program serves adults with disabilities who have a desire to be employed in the community and who need intensive support and services to work successfully. Program staff members train on "soft" work skills such as staying on task, responsibility, and judgment. The program also offers services such as teaching a new task by breaking it down into simple steps, securing an assistive device/making a workspace modification, or finding appropriate clothing for work. Staff work with clients to develop and track progress toward individual personal and vocational goals.

YMCA of the Palm Beaches—Adaptive Swim

The adaptive swim program consists of 8 private one-on-one swim lessons per session aimed at providing adults and children with varying mental and physical abilities a chance to learn how to swim. Trained instructors tailor each session to provide the best learning experience for each individual.