



# The Cornerstone Conduit

## Newsletter

Vol. VIII



### It's Been Quite A Year!

The Board of Directors, Staff, Volunteers, and Supporters of Cornerstone Collaborative Florida, Inc. express our deepest appreciation for the wisdom, ideas, funding, and other support our community and stakeholders have provided during our first year of operations, now completed.

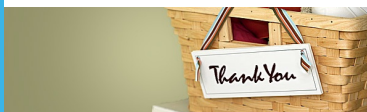


Over the past year, we accomplished several objectives toward our mission including:

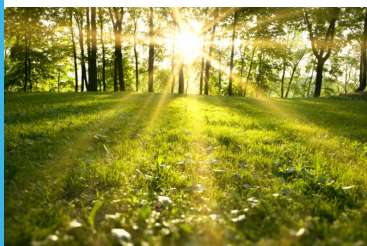
- Achieving official status as a charitable organization exempt from taxation under Internal Revenue Code Section 501(c)(3).
- Delivering cardiac health and diabetes screening and education to community members in several parts of Florida including Ft. Lauderdale, Jacksonville, Boca Raton, West Palm Beach, and Tampa.
- Establishing an ecosystem of diverse community stakeholders in support of healthcare, homeless advocacy, community reentry, education reform, and legal advocacy.
- Recruiting new Board Members.
- Maintaining a balanced budget and positive financial bottom line.
- Developing and advocating new programmatic approaches to helping poor and vulnerable Floridians.



We have the long and less-traveled road ahead toward eliminating poverty and disrupting community violence, but with our first year of lessons-learned and continuing support from you, our valued community, we are confident in victory along the journey.



**Thank you for your Support and Encouragement!**

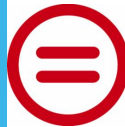
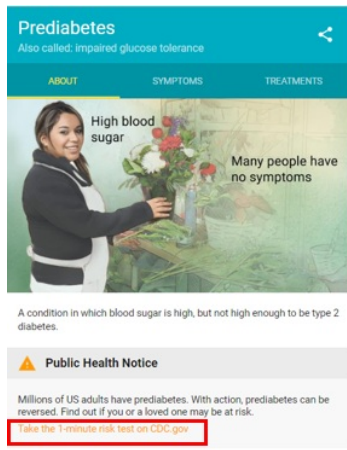


### Ecosystem

#### Healing Ourselves and Our Community

**Want to Find Out if You're at Risk for Prediabetes? Google It!**

More than 1 in 3 adults in the United States



**Urban League of  
Broward County**



## UNDERSTANDING MENTAL ILLNESS

A Comprehensive Guide to Mental Health  
Disorders for Family and Friends



Carlin Barnes, MD and  
Marketa Wills, MD, MBA



have prediabetes, and 90% don't even know they have it.

There is an easy way to find out if you or a loved one may have prediabetes—just Google it! When you Google either “prediabetes” or “type 2 diabetes,” you’ll see a health card with a public health notice from CDC on the right side of your screen. Click on the link to take the 1-minute prediabetes risk test.

If you are at high risk, print or email your risk test results to share with your health care provider, who can confirm a prediabetes diagnosis with a simple blood test. If you have prediabetes, you can prevent or delay type 2 diabetes by making lasting changes to your lifestyle, such as eating healthier and being more active. The risk test page has information on how to join a lifestyle change program offered through the National Diabetes Prevention Program to help you make those changes.

[Cardiac health testing and diabetes screening](#) is available in Broward County in partnership with the [Urban League of Broward County](#) and in other Florida counties through the generous support of our donors. The screening is covered by private insurance and Medicaid and there is no out-of-pocket cost to be tested.

Contact us for more information or to schedule an event.

The [Deep Forgiveness](#) movement has been developing media to spread its message of healing. Check out the Trailer on Vimeo using the password "forgiveness". The link to **Prison Dialogues: Forgiveness, Reconciliation, and Healing** is [here](#)

### [Understanding Mental Illness](#)

**Event:** [Hosted by Oxford Exchange and Healthy Mind MDs](#)

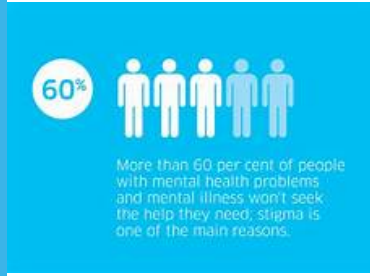
Sunday, September 15, 2019 at 2 PM – 3 PM  
Oxford Exchange 420 W Kennedy Blvd, Tampa, FL 33606

More than 40 million people in the US suffer from mental health problems—yet less than half receive adequate care and treatment. Even in the 21st century with the most advanced medical care in the world, social stigma still surrounds psychiatric problems, and this, combined with a lack of understanding, perpetuates a national mental health crisis affecting those in need and their families.

Ignoring and/or being unaware of a problem can have devastating effects in our families and for society at large—many people living with mental illness go untreated, and as a result, people with untreated mental illnesses make up one third of the nation's homeless population and can be imprisoned.

To meet these challenges, **Dr. Carlin Barnes and Dr. Marketa Wills** have written a necessary and comprehensive, practical

guide to educate and help everyone better understand mental health. Their [book](#) offers insights and wisdom concerning a variety of psychiatric conditions.



## The Dangers of Linking Gun Violence and Mental Illness

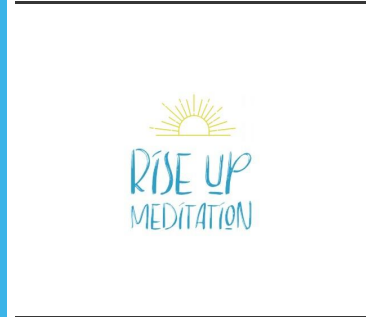
After repeated exposure to a piece of information, people will start assuming it's true, whether or not it actually is, simply because they've heard it so many times. Familiarity and repetition can overcome rationality, a phenomenon psychologists call the "illusory truth effect."



So many people have said that mental illness is related to mass shootings from disparate political beliefs, for so many decades, and so many different times that it's easy to just accept the premise without questioning it. This is "illusory truth."

Dr. Megan L. Ranney and Dr. Jessica Gold point out that there is no factual link between mental illness and violence against others. In fact, people with mental health disorders are more likely to be victims of a violent crime (up to 10 times more likely than the general population) than the perpetrators.

(Source: <https://time.com/5645747/gun-violence-mental-illness/>)



We are developing program opportunities with [Rise Up Meditation](#) to deliver services to heal the soul, spirit, mind and body. Our collaboration with Rise Up Meditation offers coping skills and wellness practice to children and adults. There is a growing movement to replace detention with guided individual and group meditation, yoga, and breathing exercises to better manage their emotions, leading to proven mental and physical health benefits.



### Our Growing Ecosystem

**Click below to Join Us!**

CONTACT US



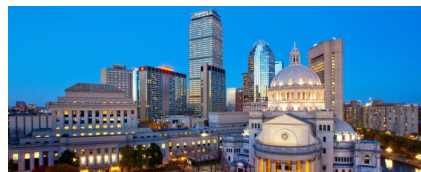
## UPDATE

Cornerstone Collaborative's network of caring individuals and committed organizations directly engages the most vulnerable populations and people most in need of support for education, training, employment, legal advocacy, housing, health, nutrition, wellness, and whose underserved communities need immediate and sustainable economic development.

### Florida

Orlando  
Tampa  
West Palm Beach

## Community Engagement

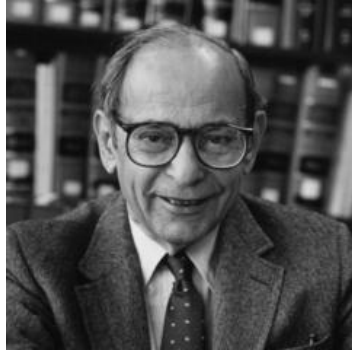


### **Across our Nation**

Working with educators, social workers, law enforcement, health professionals, community activists, public officials, legal experts, volunteers, and business innovators, Cornerstone Collaborative is expanding to New England and in the early stages of its strategy to connect with like-minded people in the Midwest (Missouri) and other parts of the South (Mississippi) who share our passion and commitment to helping others



Ft. Lauderdale  
Miami  
Jacksonville  
Gainesville  
Daytona Beach  
Ocala  
Tallahassee



"There is no better exercise for your heart than reaching down and helping to lift someone up."

-Bernard Meltzer

achieve personal goals and stability in the communities in which they live.

In New England, Cornerstone Collaborative has begun to operate in Massachusetts to support the needs of communities in **Boston, Cambridge, Brockton, Springfield, Worcester, Lowell, Fall River, Lynn, and Plymouth.**

### Financial Literacy

The government says financial literacy is: "the ability to use knowledge and skills to manage financial resources effectively for a lifetime of financial well-being." That's fine as a broad definition, but it lacks the specifics consumers and parents need to determine whether they've achieved the goal of being financially literate. (Source: <https://credit.org/2011/03/28/financial-literacy/>)

There is no established list of financial literacy standards, but there are many things that experts like **Moncy Hawkins** of [FIG Restoration](#) may agree are necessary to become financially literate.

- Understanding taxes
- Basic money management and spending
- Understanding borrowing and credit
- Saving, investing, and planning
- Knowing how insurance works

Contact us for additional information or to help us serve those in need.

~  
**Share your ideas to Help!**

[CONTACT US](#)



## Finance

Join our giving program to support current and emerging initiatives to improve community health, promote youth and adult literacy, strengthen public safety and support education, training, and workforce development.

Cornerstone Collaborative Florida Inc. is an IRC 501(c)(3) organization and your donation may be tax-deductible as allowed by law.

**Click below to Support Us!**

[▶ Donation](#)

Cornerstone Collaborative Florida, Inc | 561-413-3389 | Corp. HQ - West Palm Beach, FL  
| [www.cornercollab.org](http://www.cornercollab.org)

