

PALMS CENTER

# UNITY IN COMMUNITY

CERTIFIED BIPOC PEER-RUN ORGANIZATION

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## MEET THE FOUNDER



**Nova Neri,**  
Researcher  
&  
Executive Director, Palms Center

Nova Neri's life and work are profoundly influenced by her own journey of transformation and recovery. Being one of thirteen children, she deeply empathizes with those who identify as foster children. She has witnessed relatives deal with incarceration, serve in wars, and work as police officers. Her professional focus now lies on conducting small group workshops that emphasize 'reparenting the self' and collaborating with organizations to foster preventative care through education, advocacy, and awareness. A critical turning point in her life was her survival of domestic violence and her decision to flee as a single parent, which underscored her belief that no one can tackle these challenges alone. This experience propelled her towards a mission to transform not only her narrative but also those around her.

Faith became her pillar and community her foundation, leading to significant improvements in her life within a year. She became a State Certified Community Health Practitioner, embraced her role as a Holosomatic Therapist, and began her journey as a Recovery Guide. Research has been therapeutic for her, with faith and action serving as her medicine. With over a decade of experience in recovery spaces, Nova now advocates and guides, offering specialized support to those whose paths of healing deviate from conventional methods. Facilitator for Play, Movement, and Art Therapy: She champions the role of community in fostering recovery, solidarity, and mutual support. Writing is a vital tool for her, enabling connection and reflection, and joining others as they write their story. Ultimately, Nova Neri's purpose is to be a beacon of hope, healing, and empowerment, leveraging her personal recovery to inspire and aid others in their quests for healing and wholeness.



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# SOLUTION ORIENTED



## Intuitive Holistic Care

We are a State Certified BIPOC Peer-Run Organization. We are a family-oriented, majority-BIPOC organization that believes in setting bold, brave goals and empowering communities in achieving them.

We are educated in peer recovery, preventative care, & ADHD accessibility with Professional staff. We believe in equity in healthcare, food access, education, technology, mental health services and more.

**We aim to educate people on how they can access support.**

We provide education, research, and advocacy to support the most marginalized community members, focusing on empowering youth to create a more inclusive future. Ending the stigma towards mental health.



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# THE STUDIES SHOW:

## Mistrust of medical and mental institutions



82% of therapists in the United States are white, according to the American Psychological Association (APA). 5% of therapists in the United States are black, according to the APA. 7% of therapists in the United States are Hispanic or Latino, according to the APA (2023) Mistrust is rooted deeply inside minority communities as a result of generations of racism, discrimination and trauma. (11)

According to research from the Satcher Health Leadership Institute at Morehouse School of Medicine, racial mental health disparities cost the United States around \$278 billion between 2016 and 2020 as a result of premature deaths that has been linked back to mental health, substance use disorder and suicide.(11 We believe in changing these number be facilitating training for the next generation of Community Health Workers.



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# AWARENESS

Let's

1

In 2019, suicide was the second leading cause of death for Black or African Americans, ages 15 to 24. For Native Hawaiians/Pacific Islanders ages 15-24, suicide was the leading cause of death.

Start

2

Minorities living below the federal poverty guidelines are 2x as likely to report serious psychological stress as those living 2x above the poverty level.

The

3

The statistics presented point to significant health inequities in the United States. These inequities are reflected in differences in the average length of life, quality of life, rates of disability, severity of illness, and access to treatment.

Talk

4

Our mission is to create a network for culturally competent care, starting at the ground up. We provide education, resources, research, career training, individual & group workshops, family support, and organizational partnerships.



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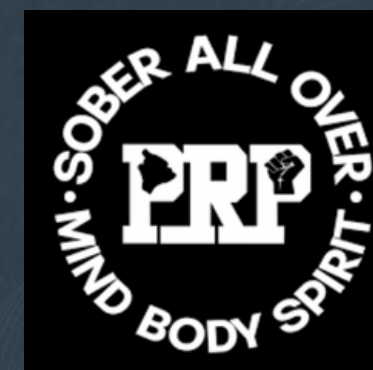
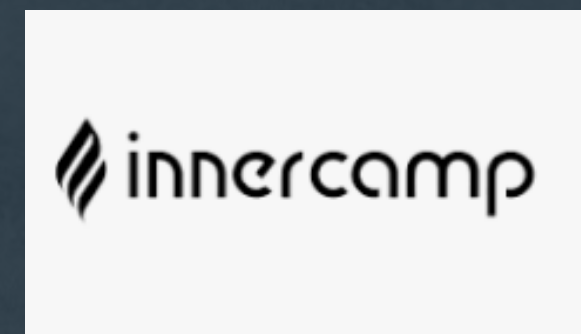
# WE PUT UNITY IN COMMUNITY HEALTH

## MODERN APPROACH

Our program is dedicated to advancing health equity through a comprehensive educational approach that caters to community. We offer a dynamic curriculum and workshops that are available both in-person and virtually, ensuring accessibility and flexibility to meet diverse needs. These initiatives are aimed at providing professional education and training, enhancing workforce development, and delivering preventive care targeted at the youth. As well as resources for community partnerships.



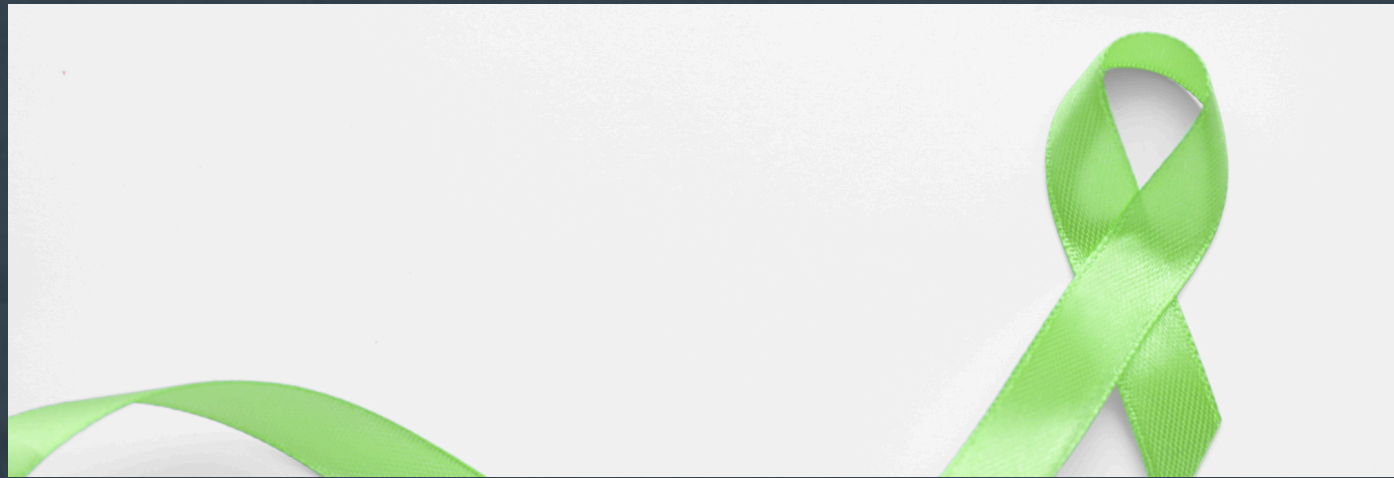
## GROWING NETWORK:



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# CONCLUSIONS



Our efforts are designed to equip healthcare professionals, educators, and parents, with the necessary tools and knowledge to effectively serve their communities/families, thereby reducing health disparities. By integrating preventive care into our educational framework, we proactively address health issues from an early age, fostering a healthier future generation.

## 2024-2026

This year, we are committed to working closely with youth, providing both group and individual sessions focused on community engagements and preventive healthcare education. Our programs are designed to nurture well-rounded development for youth- adult that include:

- Creative Unblocking
- Hero's Journey
- Teen Mentorship
- Life Skills with Home Economics

Community Health Practitioner Training

WE WANT TO SAY

# THANK YOU

FOR YOUR ATTENTION

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