

Oasis Hub Clubhouse

We need your help

We are currently seeking funds to implement this project. Please consider contributing. Visit www.VDRaction.org

Mission

Voice of Distress Relieved, Inc. (V.D.R.) was founded June 9, 2010. Our mission is to improve the quality of life for those who are disadvantaged and to teach them the skills needed to be productive citizens in their community. We are a non-profit, 501 (c) (3) organization and our EIN is 27-2832959.

Accomplishments

VDR has made significant contributions to the community. We currently run several programs. Training and teaching are vital to our mission. The Computer Literacy class focuses on helping adults learn necessary computer skills. It is designed to introduce adults to beginners and basic computer skills. There's also the Financial Literacy Program, which provides financial education to individuals. They are taught options for saving money and receive money management education. Advising individuals to make decisions that will lead to their success is very important to us. We encourage people to be steadfast in the protection of their rights. VDR has done work in the US and overseas. We have collaborated with other organizations in the community, such as the Haitian Association Foundation, Ayiti Underground, and Winthrop Charter school.

Oasis Counseling has been established since October 2007. Several insurance companies, including Medicaid credentialed Oasis. It is also an approved provider for the Florida Department of Children and Family. Oasis Counseling is also a provider with the 13th Judicial Circuit Court. Services are provided for adults and children. Some modalities of services provided include individual, family, and group therapy. Interventions such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) are used. There is a team of exceptional clinicians who are dedicated to their work and work exceptionally well as a team. In the recent past, Oasis worked with the Children's Board of Hillsborough County, Mental Health Care Inc., and C.H.O.I.C.E. group home. The work with the Children's board included counseling services to families that have an open case with the Department of Children Services and youth at Risk. Some of those cases involved children that are in the foster care system, and some were victims of physical or sexual abuse. In the past, Oasis contracted with Mental Health Care Inc. currently known as Gracepoint providing in-home therapy to families and children in their various programs. Oasis also has experience working with local group homes providing counseling services to their residents and training for their staff.

The vision of Oasis Counseling is to help others tap into their hidden potential. It is also to empower those who want to help themselves but lack the proper tools.

The Need

Florida ranks 43rd in access to mental health care. 20% of adults in Florida experience a mental illness. 12 Floridians die each day of opioid overdoses. One in six people suffers from Depression in the Tampa

Bay Area, and one in twelve has a substance abuse disorder. From 2016-2017 suicide attempts increased by 14% and overdose by 25% over the same period. In 2016 suicide counts were higher than homicides in Hillsborough, Pasco, Pinellas, and Manatee county. In 2018, Pasco County handled 19,283 mental health-related calls. The sheriff reported that deputies responded to over 2,000 suicide calls. Tampa Bay is seeing a shortage of Mental Health providers. About 70% of the people who need mental health treatment cannot get it because services are not available, or people cannot figure out how to navigate the system. The stigma surrounding mental health can also be a factor in people not accessing mental health care.

The Oasis Hub provides members with opportunities to build long-term relationships, support members in fulfilling their purpose, be empowered, and reach their maximum potential. The Hub will offer an opportunity for members to learn and grow. The objectives are not merely to empower and support. There is also a focus on helping individuals to learn to advocate for themselves and prevent them from being victimized. There is another component to help connect members to community resources. Ultimately, the hope is lowering incidents of mental illness, decreasing high-risk or illegal activities, improving social and coping skills, and members enjoying life. The Hub is a community center that offers members:

- Individual and group counseling;
- Support groups;
- A Social network;
- Access to crisis intervention services when needed;
- Evening/weekend social and recreational events; and
- Assistance in accessing community resources/case management.

The Oasis Hub offers people hope and opportunities to reach their full potential. The necessary components of a successful Clubhouse are:

- Structure
- Skilled staff
- Evening, Weekend and Holiday Activities
- Community Support
- Outreach
- Resource
- Safety
- Empowerment