

Meet Rebecca Jarquin of Eagles' Haven in Parkland



Today we'd like to introduce you to Rebecca Jarquin.

Rebecca, let's start with your story. We'd love to hear how you got started and how the journey has been so far.

I am proud to have the opportunity to lead the Eagles' Haven team as the EH Program Director. Eagles' Haven was mindfully and solely created for the Parkland community after the tragedy at Marjory Stoneman Douglas High School. We are a wellness center developed to promote healing for the victims, families, and community members affected by the Parkland shooting. Eagles' Haven offers a wide range of wellness classes, trauma and wellness workshops, support groups, clinical navigation services, and crisis intervention.

Our clinical navigators are equipped to provide intensive, hands-on, clinical case management which includes a comprehensive care plan and appropriate referrals to any and all needed services to assist the individual and family according to their individual needs. Our wellness classes offer a wide range of activities from various art classes, crafting, exercise instruction, yoga, tai chi, qi gong, meditation, pet therapy, chocolate making, journaling, stress management strategies, sound and color therapy, plant and flower arranging, and jewelry making. Since the pandemic, our wellness classes are offered virtually and have expanded under a virtual platform to include new and exciting options.

Overall, has it been relatively smooth? If not, what were some of the struggles along the way?

Many challenges presented after the pandemic affected in-person classes and face to face navigation services. We strive to offer a warm and inviting atmosphere that exudes safety for our community. After the pandemic required our services to move to an online platform, we had to shift and find creative ways for our wellness classes to be taught online as well as to offer navigation and crisis services via telehealth. We have found a safe way to see our most vulnerable crisis clients in person using CDC guidelines and safety procedures. This allows us to maintain personalized care while keeping our staff and community healthy.

Please tell us about Eagles' Haven.

Eagles' Haven is one of very few wellness centers around the country established to serve victims of mass violence. What sets us apart is our creative wellness programs, personalized navigation services, and specialized crisis care. Mass violence has become a terrible reality in our country and our model of trauma care is cutting edge. Our unique services that are not traditional therapy has received an incredible response from our community. For client's seeking traditional therapy, our navigators will assess needs and connect individuals and families to appropriate therapists within the community. Eagles' Haven is a model for future centers that may promote healing for not only victims of mass violence but communities that experience chronic violence and toxic stress.

Any shoutouts? Who else deserves credit in this story – who has played a meaningful role?

Our program is lovingly funded by the Children Services Council of Broward County. Without their support, Eagles' Haven would not be possible. In addition, our partner Parkland Cares also funds our crisis programming that has helped to save lives. Along with our Executive Director, Sarah Franco, our Clinical Director, Wendy Jenkins, LCSW, our Assistant Director, Dr. Halle Solomon, and the Eagles' Haven team, I am fully supported and able to spread our mission to this very deserving community.