

Ms. Susie V. Castillo, Board Member

SUBJECT: REQUEST FOR APPROVAL OF RESOLUTION NO. 18-020 OF
THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA,
RECOGNIZING BEATRIZ MARTINEZ-PEÑALVER

COMMITTEE: PERSONNEL, STUDENT, SCHOOL AND COMMUNITY
SUPPORT

**LINK TO STRATEGIC
BLUEPRINT:** INFORMED, ENGAGED, AND EMPOWERED STAKEHOLDERS

Beatriz Martinez-Peñalver, creator of Triumph Steps, is a licensed psychotherapist with over 25 years of experience in the mental health field. Triumph Steps is an emotional literacy curriculum that was developed based on the fact that schools are often so busy giving our children the best academic education possible, they tend to omit an emotional education that addresses our student's emotional needs. Triumph Steps program is designed to help in educating the whole child and addresses the emotional needs of our students. The philosophy behind Triumph Steps is that if we teach each child the powerful force of thoughts, they will avoid developing erroneous thought patterns and self-defeating behaviors, and they will grow up inspired to create the extraordinary lives they deserve. The program has shown to increase optimism and motivation, foster social and emotional awareness, given students the tools to overcome negative emotion and decrease aggression.

Mrs. Martinez-Peñalver has made it her goal to have emotional literacy curriculums be a part of all schools in our nation and has taken the initiative to meet with many policy makers, educators and parents across the nation to spread her message. The Triumph Steps program was implemented at Henry M. Flagler Elementary School in January 2017 in what started as a one classroom pilot program. One year later, after seeing the numerous benefits of the program and the positive impact it has made on our students, the majority of classrooms in the schools have opted into incorporating Triumph Steps into their daily routine.

Mrs. Martinez-Peñalver holds a master's degree in mental health from Nova Southeastern University. She also is the president and CEO of Healthy Connections Community Mental Health Center here in Miami, FL which serves thousands of members of our community, children and adult alike, who are battling mental health conditions such as anxiety, depression, substance abuse, bipolar disorders, and schizophrenia.

Mrs. Martinez-Peñalver is to be commended for her commitment to our students, their mental wellness, and emotional literacy nationwide.

**ACTION PROPOSED BY
MS. SUSIE V. CASTILLO:**

That the School Board of Miami-Dade County, Florida approve Resolution No. 18-020 of the School Board of Miami-Dade County, Florida, recognizing Beatriz Martinez-Peñalver.