



**Commentary
For
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The Nadia Bloom incident offers an awakening for all parents within the Winter Springs community. Don't know Nadia Bloom? Google Nadia.... The news media shared the story for us all...and through it all....The Winter Springs Community was thrown into a panic, as we heard that Nadia was missing. Thanks to the strength of a great community, a widespread search occurred, and after 4 days, Nadia was found. The Nadia Bloom story could happen to any family at any time. What is amazing about this story is not just families, but the community these families live in.

The Nadia Bloom incident offers an awakening for all parents within the Winter Springs community. As the news shared the story publicly, it became apparent to parents and the community as a whole that this situation can occur to anyone. Parents felt the stress of what ifs and what could be. Families who in the past had no prior issue found themselves drawn together in this time of pain and fear. Within the Winter Springs community, emotions within families ran high, and people shared stories to bond. Although the Nadia Bloom story involved a family, it affected everyone in the area, since it was one of ours.

In understanding this metaphor, we can simplify this situation to the 911 bombings. When someone within our family is hurt, we are all hurt. By all, we refer to the community, and that is what the Nadia Bloom incident offered. A chance for the community to bond; which is not often found within large communities such as ours. This incident is stressful for everyone, and rather than just fall down and give up, Winter Springs choose to find its strength and work through the stress and pain.

As a councilor I have heard talks of people who shared the pain of this incident and today seem a little more vigilant about the people around them. They have managed to take this incident to heart, and are spending more quality time with each other. Situations like this don't happen for us every day, and yet they are reminders of how fragile the people around us are. The mental health community has seen how strong people can be, and that is what this incident allows. It offers the community a time to bond and keep that bond in place for as long as we allow it.

Although the Nadia Bloom incident occurred among a family dynamic, I have talked with young people and old people alike, who feel the same way. It is a very stressful and eye opening event, which builds character. Within the field of mental health, we strive all the time to help build up a person's character and confidence. In this type of very stressful situation, the character of a person or family arrives very quickly. The Winter Springs community found its character among all the negative attention, and worked diligently as a group to find success. That is what Winter Springs really is, it is a family of people living together as a family based community. Regardless of the situation, Winter Springs is an environment where the stress is not enough to tear us apart; it really is a place where the stress brings us together to work toward the greater good.

Because Mental Health and the Community matters, this is Cade Resnick