

THE CDAC DIFFERENCE

APRIL, 2019

VOL. 7 ISSUE 2



As you will see in this edition of the newsletter, May is a month that focuses on Health and Wellness. Since CDAC has women-focused programs and a majority of women staff, I wanted to highlight **National Women's Health Week**.

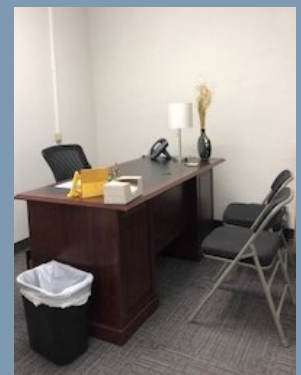
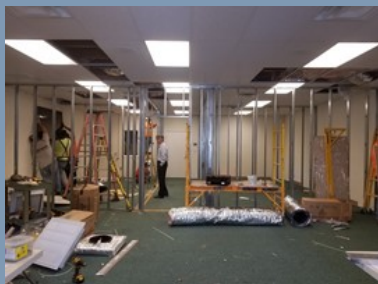
National Women's Health Week serves as a reminder for women to make their health a priority and build positive health habits for life. The 20th annual National Women's Health Week kicks off on Mother's Day, May 12, and is celebrated through May 18, 2019. The U.S. Department of Health and Human Services' Office on Women's Health leads National Women's Health Week to encourage all women to be as healthy as possible.

It's not always easy to take steps for better health. Every woman has her own approach and is on her own unique personal health journey. This National Women's Health Week, think about where you are on your health journey and where you want to go. Whether you're focused on getting regular physical activity, eating healthier, or managing your stress, you get to choose the next step on your journey and how you get there.

Make a Difference for yourself and the women in your life and share how you #FindYourHealth.

Leashia

Renovation of the Center. CDAC has a new Conference Room and four new offices !



CDAC—Supporting Positive Lifestyles and Choices for Families and Communities through Prevention and Intervention



Andrea Flynn joined the WFIS program as an Escambia County Case Manager in April, 2018,



Staff Highlight

I was born and raised in Northeast Texas, but for the past 11 years I have lived the Army Wife life moving every 3 to 4 years, unable to build a career because of the lack of stability. Somehow I managed to finish school between deployments, working full time retail jobs, and being a young mom.

I studied Psychology with a concentration in substance abuse and finally graduated in 2015 - nearly 10 years after high school. I didn't fully realize this until a few years ago, but substance abuse has been my passion from a young age. I truly feel like the WFIS Program is the perfect place for me. My husband recently transitioned out of the military, and we are deepening our roots in Crestview. We have three beautiful daughters - Savannah, 10; Sarah, 8; and Stellah, 10 months. When I'm not taking my middle daughter to Girl Scout events, tending to the baby, or trying to enter my endless amount of notes, my husband and I take ballroom dance lessons which consumes the rest of our "free time."

My favorite place to be is under a tree at the park simply enjoying nature. I'm fascinated by language and aspire to be multilingual so that I may connect with others by learning their language and culture.

National Prevention Week May 12 - 18, 2019

National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, mental health and/or substance use disorders.



The Purpose of National Prevention Week

The three primary goals of **National Prevention Week** are to:

- Involve **communities** in raising awareness of substance use and mental health issues and in implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs;
- Foster **partnerships and collaborations** with federal agencies and national organizations dedicated to improving public health; and
- Promote and disseminate quality **substance use prevention** and **mental health promotion resources and publications.**

Each year, National Prevention Week includes daily themes to focus on major substance use and mental health topics. The 2019 daily themes are:

- | | |
|--------------------|---|
| Monday, May 13: | Preventing Prescription and Opioid Drug Misuse |
| Tuesday, May 14: | Preventing Underage Drinking and Alcohol Misuse |
| Wednesday, May 15: | Preventing Illicit Drug Use and Youth Marijuana Use |
| Thursday, May 16: | Preventing Youth Tobacco Use |
| Friday, May 17: | Preventing Suicide |



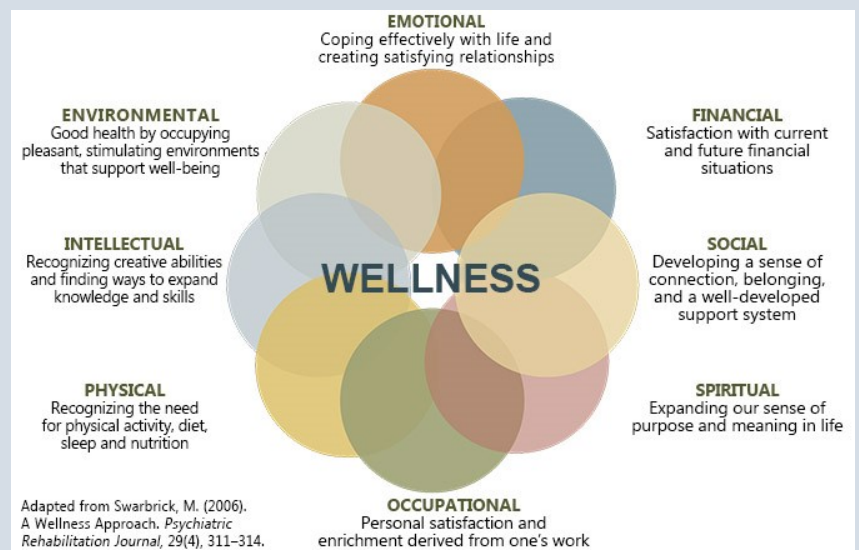


MAY IS MENTAL HEALTH MONTH 2019
#4MIND4BODY

May is Mental Health Month was started 70 years ago, in 1949, by the national organization, Mental Health America, to raise awareness about mental health conditions and the importance of good mental health for everyone.



Often mental illnesses and other chronic conditions co-occur. People with cancer often have depression; people with schizophrenia often have diabetes; and people with chronic pain often have both physical and behavioral health challenges. For people dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. Looking at our overall health, both physically and mentally, is important in achieving wellness.



CDAC has three certified **Mental Health First Aid** trainers. **Linda Wilson** and **Denise Manassa** are certified as both Youth Mental Health First Aiders and Adult Mental Health First Aiders, and **Chris Salter** is certified as an Adult Mental Health First Aider.

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

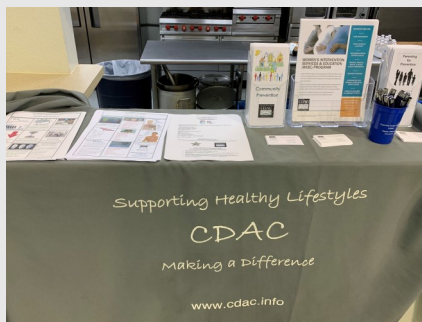
Our CDAC Mental Health First Aiders provided two MHFA trainings in March. The Youth Mental Health First Aid training was provided to **students at UWF** and the Adult Mental Health First Aid training was provided to **community members**. The Youth Mental Health First Aid training is being offered Friday, May 4, at the **Santa Rosa Health Department**.

Contact **Linda Wilson**, **Denise Manassa**, or **Chris Salter** if you are interested in attending a training or if you would like to set up a training for your church group or organization.



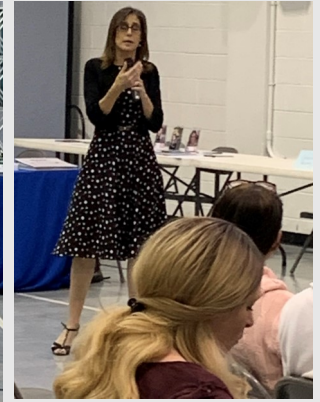
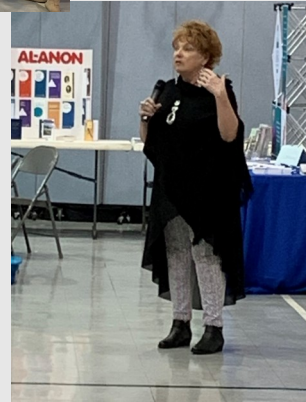
Community Prevention and Outreach Programs Present Community Discussions

Another successful **Community Discussion** was held on Tuesday, March 19, 2019, at Pine Terrace Baptist Church, in Milton. The topic of discussion was **Families: Raising the Children Impacted by the Drug and Opioid Crisis**. Among the panel members were representatives from the Santa Rosa Sheriff's Office, the Santa Rosa School District, Department of Children and Families, FamiliesFirst Network, Lakeview Center, an attorney, a physician, and a community member. Approximately 50 people attended the event.



Message from a member of the audience:

*"I attended the Community Discussion put together by CDAC about **Families: Raising the Children Impacted by the Drug and Opioid Crisis**. This was an amazing place to obtain resources for the resource binder I am making for my internship. I gained some really great materials on resources available in the area, and learned new things about programs I already knew existed. I was incredibly grateful for the opportunity to ask questions about the crisis and hear firsthand experiences from members of our community. There were some very moving testimonies, as well as very intelligent conversation and suggestions that came from that discussion. I was incredibly impressed with the number of people who attended as expert panelists, and I look forward to attending the next discussion in June centering around treatment options. After the discussion, I was approached by a few professionals in related fields who offered further clarification and educational experiences to me. Overall, I felt like this was one of the greater learning experiences I have had this semester and really look forward to attending another one."* Emily, Social Work Student



The next Community Discussion will be held at Olive Baptist Church on June 6, 6:00 p.m. - 7:30 p.m. The topic will be **Treatment and Recovery**. Panelist will include a physician, professionals in the field of Recovery, and community members who are in recovery.

"Nothing is impossible; the word itself says, 'I'm possible!'"

— Audrey Hepburn

Community Prevention

Lisa Viquelia, Community Prevention Program Specialist, represented CDAC at the *Reimagine Winter Milton* event on Saturday, March 9, 2019, at Carpenters Park in Milton. Over 500 people attended the event to receive free food, clothing, and resource information. Vendors included CDAC, Santa Rosa Health Department, Humana and others. Faith-based musical performers entertained the crowd.

The event offered

- Free Food Giveaway (15,000 pounds)
- Free Clothing
- Free HIV and Hepatitis C Testing
- Free Fishing Lessons w/Free Fishing Rods
- Free Carnival-Type Train Ride
- Free Baby Diapers
- Free Hotdogs and Bottled Water
- Free Hepatitis A Vaccines
- Free Haircuts
- Free Balloons



Community Prevention Staff Making a Difference . . .

Community Prevention staff have represented CDAC at
14 health fairs,
3 Community Discussions, and
National Night Out
this fiscal year.

School Programs *Making a Difference*

CDAC's ECHO PPG programs are doing their part to reduce underage drinking and access to alcohol for minors by participating in the **Parents Who Host Lose The Most** campaign. Yard signs have been placed at Escambia, Pine Forest, and Pensacola High Schools in preparation for prom and graduation. **Parents Who Host** is a national campaign for communities looking to address environmental factors related to underage drinking. This campaign gives us the tools to inform parents that teenage alcohol consumption is unacceptable and serving to minors has serious consequences.



WFIS *Making a Difference*

Recent comments from the WFIS Peer Feedback . . .

“Jennifer does a fantastic job of engaging and supporting her clients. She utilizes motivational techniques to move people through the stages of recovery. She has been our number one trainer. She is patient, thorough and responds to the individual needs of coworkers as carefully as she does with clients. She is always open to helping and is the person I go to when I am afraid I have a stupid question because she never makes you feel bad for asking AGAIN. She’s the type of employee that you want to find. Dedicated to doing a good job, skilled in both professional and life skills that support our understanding of clients. Ethical, professional, and dependable.”

“Carol cares about and connects with the clients. Her interactions with the other case managers are always positive. She is a calm presence and sees our clients very clearly. She is always willing to staff a client and offer suggestions to help us serve the clients better.”

“Betty Jo is great at engagement and her timelines are always met. She is thorough with her intakes and recommendations are always appropriate. She is doing a WONDERFUL job with all of the staff and women at the COPE Women’s Center.”

Sondra Gingerich wore her new CDAC t-shirt one Friday. On her way home she stopped at Winn Dixie in Milton. The young man who was her cashier said “You work for CDAC! We have a CDAC counselor at my school! She’s the best!”

Supporting Healthy Lifestyles



Making a Difference

CDAC and the WFIS Program

cordially invite you to their

Annual *Celebration of Success*

Avalon Baptist Church, 4316 Avalon Blvd, Milton, Florida

Friday, May 17, 1:00 p.m.- 3:00 p.m.

RSVP to Renee King by 5/6/19 at rking@cdac.info



April Birthday

Katie Harrington	Apr 02
Jennifer Crouse	Apr 03
Samantha Koehler	Apr 13
Becky Garthwaite	Apr 15
Lisa Viquelia	Apr 29

May Birthday

Jennifer DeVries	May 7
Isoke DuPont	May 14
Gwen Abrams	May 20
Brittany Whitman	May 23
Amanda Santamaria	May 31



April Anniversary

Deborah Foster	Apr 18, 1991	28 years
Becky Daniels	Apr 01, 1996	23 years
Cathy Henderson	Apr 01, 1998	21 years
Andrea Flynn	Apr 09, 2018	1 year

May Anniversary

Chris Salter	May 12, 1997	22 years
Jennifer Luchak	May 1, 2017	2 years



Jennifer Glass achieved certification as Masters Level Certified Addiction Professional (MCAP)

Did you notice?

On April 18, Deborah Foster celebrated her **28th** anniversary with CDAC. She is CDAC's "oldest" employee. Becky Daniels celebrated **23** years, and Cathy Henderson, **21** years this month.

Sue Nast and Leashia Scrivner will have **25 years** of service in July and August respectively. Leann Knapp, **24 years** in August. Gwen Abrams and Chris Salter celebrate **22 years** this year. Dorothy Lewis celebrates **21 years** in August, and Lisa Viquelia will celebrate her **20th** anniversary in October.

Interesting

15% of CDAC's employees have been with the agency 20 years or longer.

9 % (6 employees) have been with CDAC 13 to 18 years.

12% (8 employees) returned to CDAC after being away for a while.



CDAC Supporting Healthy Lifestyles



Walking to Hollywood!

We have a winner!

Amberlyne Greco has reached Hollywood Florida with a total of **2,675,141 steps**.

Congratulations, Amberlyne, and thank you for being a participant in **CDAC's Walking Club**.

Amberlyne was also the **"high-stepper"** for the month of March with **387,486 steps**. Second was **Sue Nast** with **353,647 steps**, and **Dorothy Lewis** with **313,726 steps**.

Passed **Ft. Myers** on their way to **Ft. Lauderdale**:

- * **Sue Nast**, 2,482,663 steps
- * **Dorothy Lewis**, 2,402,472 steps

Passed **Cortez**, on her way to **Ft. Myers**:

- * **Angela Jackson**, 2,200,605 steps

Passed **Sanford** on their way to **Tampa**:

- * **Stacey Reeder**, 1,937,112 steps
- * **Jennifer Crouse**, 1,855,544 steps
- * **Chris Salter**, 1,846,464 steps

Passed **Stetson Univ** on her way to **Sanford**:

- * **Charity Hamilton**, 1,798,435 steps

Passed **Savannah** on their way to **Jacksonville**:

- * **Cathy Henderson**, 1,770,320 steps
- * **Michelle Kistler**, 1,629,253 steps

Passed **Juliette**, on their way to **Savannah**:

Isoke DuPont 1,272,558 steps

Passed **Millbrook**, on his way to Juliette:

- * **Thomas Bradshaw**, 856,303 steps



Surprising Benefit of Walking

Slows the Aging Process. We can't escape the aging process, but research suggests that we can slow it down. As we age, our body experiences a reduction in protein synthesis. This reduction leads to the development of the signs of aging, such as wrinkles.

Have you ever noticed a senior who looks decades younger than their age? This phenomenon occurs due to changes in the telomerase enzyme responsible for slowing the signs of aging. Studies suggest that physical activity may activate this enzyme, slowing the aging process in adults and seniors that exercise regularly. The telomerase enzyme is partially responsible for maintaining the integrity of DNA as well. Therefore, everything you can do to increase the activity of this enzyme will benefit you in the aging process.

Pensacola to Destin	47 miles	94,000 steps	
Destin to Millbrook AL	183 miles	366,000 steps	460,000
Millbrook to Juliette	218 miles	436,000 steps	896,000
Juliette to Savannah	190 miles	380,000 steps	1,276,000
Savannah to Jacksonville	141 miles	282,000 steps	1,558,000
Jacksonville to Stetson Univ	110 miles	220,000 steps	1,778,000
Stetson Univ to Sanford	23 miles	46,000 steps	1,824,000
Sanford to Tampa	108 miles	216,000 steps	2,040,000
Tampa to Cortez	55 miles	110,000 steps	2,150,000
Cortez to Ft Myers	98 miles	196,000 steps	2,346,000
Ft Myers to Ft Lauderdale	136 miles	272,000 steps	2,618,000
Ft. Lauderdale to Hollywood	11 miles	22,000 steps	2,640,000

A healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood.



Pensacola Happenings

Palafox Market, Martin Luther King, Jr. Plaza, downtown, every Saturday, 9:00 a.m. - 2:00 p.m.

Blue Angels Practice, 11:30 a.m., Naval Aviation Museum, Apr 30; May 7, 14, 15, 28, 29



Wahoos Home Games

May 1-5, Biloxi ♦ May 16-20, Mobile ♦ May 28 - June 1, Mississippi



Bands on the Beach

- April 30 - John Hart Project
- May 7 - True Blue Bank
- May 14 - Deception
- May 21 - Jessie Ritter
- May 28 - Bay Bridge Band



Pensacola Children's Chorus presents SHOWTIME, May 3-5, Saengar Theater

Movies Under the Stars: Bee Movie, May 16, 7:15 pm-9:00 pm, From the Ground Up Garden, 501 Hayne Street, FREE

Fiesta Children's Treasure Hunt, May 11, 12:00 Noon, Bayview Park

Fiesta Days Celebration (Emmanuel, Shepherd & Condon), May 29, 7 pm - 10 pm, Seville Quarter



Grand Fiesta Parade, May 31, 7 pm - 10 pm, Downtown Pensacola

DeLuna Landing Ceremony, June 1, 3 p.m., Quietwater Boardwalk

Fiesta Boat Parade, June 1, 1:00 p.m., Pensacola Bay (Boats depart from mouth of Bayou Chico)

Local Run / Walk Event: Graffiti Bridge 5K, May 25, 8:00 a.m., Graffiti Bridge, 317 N. 17th Avenue



April Health Observances

April One-Month Observances

- **National Alcohol Awareness Month**, SAMSHA's National Clearinghouse for Alcohol & Drug Information, www.ncadd.org
- **National Child Abuse Prevention Month**, Prevent Child Abuse America, www.preventchildabuse.org
- **Counseling Awareness Month**, American Counseling Association (ACA), www.counseling.org
- **Stress Awareness Month**, American Counseling Association (ACA), www.counseling.org
- **Sexual Assault Awareness Month**, National Sexual Violence Resource Center, www.nsvrc.org

April One-Week Observances

- **National Public Health Week, April 1-7**, American Public Health Association, www.nphw.org
- **Alcohol-Free Weekend, April 5-7**, National Council on Alcoholism and Drug Dependence, Inc., www.ncadd.org
- **National Youth Violence Prevention Week, April 18-22**, National Association of SAVE, www.nationalsave.org
- **National Infant Immunization Week, April 20-16**, CDC, National Immunization Program, www.cdc.gov/vaccines
- **National Fitness Week, April 22-28**, Medical Fitness Association, www.medicalfitness.org

April One-Day Observances

- **World Health Day, April 7**, World Health Organization, www.who.org
- **National Alcohol Screening Day, April 11**, Screening for Mental Health, Inc., www.mentalhealthscreening.org
- **Earth Day, April 22**, Earth Day Network, www.earthday.net

May Health Observances

May One-Month Observances

- **National Mental Health Month**, National Mental Health Association, www.nmha.org
- **Better Sleep Month**, The Better Sleep Council, www.bettersleep.org
- **National Bike Month**, League of American Bicyclists, www.bikeleague.org
- **National Physical Fitness and Sports Month**, President's Council on Fitness, Sports, and Nutrition, www.fitness.gov

May One-Week Observances

- **National Physical Education and Sports Week**, National Association for Sports and Physical Education, www.shapeamerica.org
- **Women's Health Week**, Office on Women's Health, Dept of Health and Human Services, www.cdc.gov/women/
- **North American Occupational Safety and Health Week (NAOSH)**, American Society of Safety Engineers, www.asse.org/naosh

May One-Day Observances

- **School Nurse Day, May 8**, www.nasn.org
- **World Red Cross/Red Crescent Day**, American Red Cross, www.redcross.org