

THE CDAC DIFFERENCE

SEPTEMBER, 2018

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Message from Leashia

Trauma is a near universal experience of individuals with behavioral health problems. According to the U.S. Department of Health and Human Services Office on Women's Health, 55% – 99% of women in substance use treatment and 85% – 95% of women in the public mental health system report a history of trauma, with the abuse most commonly having occurred in childhood. An individual's experience of trauma impacts every area of human functioning — physical, mental, behavioral, social, and spiritual. Trauma is shrouded in secrecy and denial and is often ignored.

CDAC makes a difference by embracing The National Council's Seven Domains of Trauma-Informed Care model that is built on the following core values and principles reflected in a trauma-informed care organization:

- *Safe, calm and secure environment with supportive care*
- *System wide understanding of trauma prevalence, impact, and trauma-informed practices*
- *Cultural competence and cultural humility*
- *Consumer voice, choice and self-advocacy*
- *Recovery that is consumer-driven and delivers trauma specific services*
- *Healing, hopeful, honest and trusting relationships.*

Leashia



National Recovery Month - Every September the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors National Recovery Month to increase awareness of behavioral health conditions and support those in recovery. This celebration promotes the message that **behavioral health is essential to overall health, prevention works, treatment is effective, and people can, and do, recover from mental and substance use disorders.** The theme for Recovery Month 2018 is **Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community.** The 2018 theme explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders.



Board Highlight



Courtney Cook joined the CDAC Board in July, 2018.



Courtney recently joined the CDAC Board of Directors and is the current Vice President of Development for Big Brothers Big Sisters of Northwest Florida. She holds a masters in clinical social work from Florida State University and an undergraduate degree in social work from The University of West Florida. She is also a Licensed Clinical Social Worker with a background in working with oncology patients, dementia caregivers, and hospice care. She loves working with clients to help them reach their best potential. Her current position allows her to raise money for Big Brothers Big Sisters of Northwest Florida which directly impacts the number of children served in our local community.

When Courtney is not at work, she enjoys spending time with her favorite person in the world - her spunky five-year-old daughter, Hannah, who keeps Courtney on her toes and laughing constantly. Hannah and her mom love all things pet related and have collected a pit-whippet dog named Dixie Daisy and two cats, Kiki and Mama Cat.

Courtney and Hannah also enjoy going to Pensacola area museums and can often be found at Target. One thing that most people don't know about Courtney is that she loves to sing. These days she can be found belting it out with her daughter, but many moons ago she was a gifted singer with the Alabama Honor Choir.

Staff Highlight



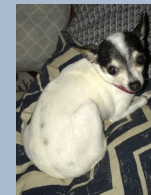
Becky Garthwaite joined the Santa Rosa RISE staff in August, 2017. She is the CDAC School Counselor at Holley Navarre Intermediate.

I was born in Mt. Dora, Florida, and I was adopted by an amazing family who brought me home to Pensacola. I attended Escambia County schools and received my MSW from UWF in 2013. I always wanted to work with families considering adoption. That is the career path I just knew I would take.

Plans changed... I thought I was bulletproof. I ended up making some poor life choices, hurting myself and a lot of others along the way; and by the time I started college I hit rock bottom. Working with adoptions was no longer an option for me, so of course I threw a few pity-parties and after depression crept in, I became sick and tired of being sick and tired.

I began to volunteer my time with the homeless, and then at a substance abuse program where I ended up falling in love with the population! I finally found a place where I could use my mistakes to give others hope and encourage them to travel new paths in life. I finished my college career and ended up working for that program the next five years. I continue to work in that field today through Prevention with CDAC, and my second job as a DUI School Instructor. I have encountered MANY amazing people along the way and the best part is that I would not be who I am now without using my mistakes as opportunities to improve myself. I've worked with heroin addicts, chronically homeless, professional athletes, famous musicians, and now children; and I have learned that everyone needs someone to tell them that their mistakes make them human.

Because of my success, I've been able to buy a house in Pensacola, and I live there with my three dogs, Baby, Macy, and Bandit. I enjoy taking them to the Bayview Dog Park or the Palafox Market on Saturday mornings.



I enjoy yoga, antique shopping, swimming, DIY projects, and photography. My house always looks like an unfinished Pinterest project, so you probably won't get invited over. A couple of fun facts about myself are that I don't watch or listen to any sort of news (I know some of you are wondering how I get through life), and that I was voted class clown in high school.

I have to say that when I was typing this article I was not expecting to write this, guess it's meant to bring hope to someone who reads it.

Supporting Healthy Lifestyles



Making a Difference

2017 / 2018

Agency Highlights

CDAC's fiscal year is July 1 - June 30. The new year has started off with a big BANG! Lots of new things going on around CDAC. But, first, let's review the highlights of last year. 17/18 was a great year, too.

- We **changed our name** from Community Drug and Alcohol Council (CDAC) to CDAC Behavioral Healthcare. The new name better reflects our services as a behavioral health organization, making CDAC more marketable in the current environment.
- We began the **Drug Endangered Children (DEC) awareness trainings** and local committees, merging the Escambia DEC with the Northwest Florida Coalition, which led to the use of CDAC's QR code resource card as a best practice by the National Alliance for Drug Endangered Children.
- CDAC actively participated in the **response to the Opioid crisis** through involvement in the Epidemic Task Force, Trauma-Informed Care, and IDTA (In-Depth Technical Assistance) Steering Committee.
- The school program was reorganized to include **two new positions**: School Coordinator for Quality Assurance and Training, and School Coordinator for Staff and Program Development.
- The WFIS program was reorganized to include **two Certified Peer Recovery Specialists**, increasing efforts to develop a recovery-oriented system of care (ROSC).
- **Project Boost** services were expanded to include the Woodland Heights Community Center, providing the Incredible Years preschool program to families in Pensacola Village.
- The **Outreach program increased services** through relationships with Obstetricians at local hospitals for pregnant and postpartum women at risk for substance abuse.
- The **Outreach staff achieved certifications** as a Mental Health First Aider for Adults (MHFA) trainer, a Wellness Recovery Action Plan (WRAP) trainer, and Certified Drug Endangered Children trainer.
- CDAC received a **three-year renewal of the Prevention Partnership Grant (PPG)** which funds the ECHO Escambia program in Escambia High School, Pensacola High School, Pine Forest High School, and Tate High School.
- The annual managing entity audit by Big Bend Community Based Care was completed with **no findings**.
- The Human Resources department was expanded with the electronic HR program, **Bamboo HR**.
- CEO/Executive Director, Leashia Scrivner, was elected to a **second term as a Board Director** for the Florida Alcohol and Drug Abuse Association (FADAA) and Florida Behavioral Health Association (FBHA).

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

RISE *Making a Difference*

in the lives of students across Santa Rosa and Escambia Counties

The school programs celebrated many successes at the end of last school year. Students learned and implemented skills that led to academic success and improved relationships with family and peers. Below are just a few snippets shared by the CDAC school staff.

- 8th grade student was referred for feelings of sadness, low self-esteem, family conflict, and hopelessness. At the end of the year, the student was involved in football and weight lifting, actively using the communication and conflict resolution skills he had learned. His relationship with his family drastically improved.
- 8th grade student referred after the death of a loved one. Student was also very apprehensive about returning to middle school after spending the previous year at an alternative school for fighting and drug possession. Student struggled with academics, anger issues, grief, family conflict, and drug use. By the end of the year, he had learned time management skills and other tools for academic success finishing with 2 As, 3 Bs, and 1 C. The student learned skills that enabled him to work through conflict at school without getting into a fight. The student ***did not get any referrals and remained drug-free all year.***
- Kindergartner referred for behavioral issues and anger outbursts. The student learned he has anger warning signs. He recognized that when his face started feeling hot, fists clenched, and heart started beating fast it was time for him to find a place to calm down. With teacher's help, student had a "calm down corner" in the classroom where he could go and cool off when he started to feel angry. The student learned to practice a variety of coping skills in the "calm down corner" like taking deep breaths, counting to 10, and reading quietly. At the end of the year, the student shared that he has learned he can "go away before things get worse" and ***he is now better able to control his anger.***
- Kindergarten student who had been neglected, mistreated, abandoned by his parents, fostered, and then adopted by great aunt and great uncle. Student lacked skills in making and keeping friends. By the end of the year, he had ***replaced all his bad citizenship marks with good marks;*** befriended not only his classmates but the peers in other classes as well.
- 6th grade student who refused to go to school shared with the Preventionist that there were aspects of school that were causing him feelings of anxiety and stress. By the end of the year, he was actively participating in group, ***his school attendance greatly improved with only one unexcused absence,*** he passed with As, Bs and Cs and progressed on to 7th grade.
- 5th grade student in rural elementary school: ***"I have gone through a metamorphosis in the RISE program this year. I started out as a caterpillar, the sessions were like the chrysalis, and now I am a beautiful butterfly."***
- Student was referred to RISE due to academic difficulties, difficult home life and lack of social skills. Student participated in individual sessions and the Self-Esteem Group. ***Over the school year, the student's math grade increased from a "C" to an "A," and student learned to practice positive thinking skills. Student not only made great improvements in her academics, but she became more confident about herself and increased her self-esteem.***



ECHO *Making a Difference*

in the lives of students across Santa Rosa and Escambia Counties

- 12th Grade Student was referred for difficulty handling his feelings of sadness and distress related to his family situation. He was experiencing depressive and anxious symptoms that included frequent worry, trouble sleeping, irritable and sad mood, and negative thinking. By the Spring 2018 semester, he was showing marked improvement in his mood and sense of self-efficacy. He finished high school with strong academics and graduated with the class of 2018. His depressive and anxious symptoms were greatly decreased over the course of the school year as a result of him implementing coping and assertiveness skills, having learned how to advocate for himself.
- 12th grade student asked for help dealing with his anger. He described himself as constantly irritated and angry, feeling annoyed by everyone, punching objects, and looking for fights. After a few sessions, student admitted he had been using alcohol heavily as a coping skill, but had stopped completely now that he found healthy ways to deal with his anger.

Student began using skills, techniques, and knowledge he gained in the **Anger Management Group** and began to report less intense feelings of anger, fewer triggers, and that he had ceased hitting objects or people. ***As the 10-week group progressed, student began to laugh, joke, and even present with calm and relaxed behaviors in group. Despite no positive change in his home situation, student talked about how he now has more meaningful relationships with friends, feels much happier, feels like he can communicate very effectively with others, and can calm himself successfully whenever necessary.*** Student has positive goals set for himself, and said he feels the skills and techniques he has learned will help him achieve those goals.

- 10th grade student – first year at the high school, referred for difficulty coping with anxious and depressive feelings. Student also struggled with low self-esteem and reoccurring eating disorder. By the end of the school year, student was **journaling and exercising daily; using deep breathing exercises to help when anxious feelings became too overwhelming; started using positive affirmations as a way to help her improve self-esteem.**
- 16-year-old Senior began the year **struggling with self-confidence** which affected his communication skills and increased his daily stress. He struggled with communicating his needs, trying new extracurricular activities and handling the stress of completing high school a year early. The student found challenges in the classroom related to misophonia, a condition that causes an individual to be triggered by loud noises.

Student was highly participatory in **Stress Management group** where he **learned skills to manage stress and improve his communication.** Student **successfully developed positive coping thoughts** to manage his stress and a healthy coping skill of listening to music. Student joined the track team and utilized this activity as a healthy stress reliever. Student **learned and practiced strong assertiveness skills** and successfully shared his struggles of misophonia with his teachers. Student is enlisting in the United States Army after high school to pursue his career dream. ***Student feels ECHO has helped him build his self-confidence and develop the tools he needs to be successful in his future goals.***

- 12th grade student, who was **very closed off** and expressed reluctance to counseling services, became very proactive in identifying and talking about a multitude of life stressors and issues, including self-esteem, family dynamics, and relationships. ***Student learned to practice communication and assertiveness skills to manage conflict*** with her mother. Student shared she has a better understanding of how her family and peer relationships have shaped her in both positive and negative ways.

Women and Family Intervention Services (WFIS)

The WFIS Program is kicking off the 18-19 Fiscal Year with a focus on engagement. Our Care Coordinator, Deborah Foster, and Certified Recovery Peer Specialist, Carol Phillips, will be hosting weekly orientation groups on Tuesdays from 3 pm-4 pm in The Center. These groups will provide a brief overview of the WFIS program and introduce new program participants to our staff. We are excited to see the impact of front-end engagement using Recovery-Oriented Systems of Care (ROSC) guiding principles!

WFIS Staff Highlights

Kara Price-Williams has been selected the new **Director of the WFIS Program**. She will be taking the Escambia County Early Childhood Court caseload and serve as a member of management in supervising all WFIS program staff. Kara brings a wealth of experience in prior supervisory roles in behavioral health settings as well as extensive clinical expertise. She is Certified in EMR, Equine Assisted Therapy, and Pet Assisted Therapy; she is English/Spanish bilingual, and she has over fifteen years' experience working with the addiction population. Kara will no doubt be a great asset to the WFIS management team.



Kendra Bozard has been selected the **WFIS Program Coordinator** and also serves as the Quality Assurance (QA) Officer for the WFIS Program FY 18-19. She will be serving on the QA Committee, taking minutes for our staff meetings, and managing our case record review process. Kendra will also be the point-of-contact and field supervisor for all interns assigned to the WFIS Program.



Judy Savage was selected as the WFIS Celebration of Success (COS) Team Leader for the WFIS Program FY 18-19. She will be leading the coordination efforts for the annual Celebration of Success held in the spring.



Recovery-Oriented System of Care (ROSC) Corner

(SAMHSA: [Recovery-Oriented System of Care Resource Guide: September 2010](#))

SAMHSA defines a ROSC as “a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems.”

The central focus of a ROSC is to create an infrastructure or “system of care” with the resources to effectively address the full range of substance use problems within communities. The specialty substance use disorder field provides the full continuum of care prevention, early intervention, treatment, continuing care and recovery in partnership with other disciplines, such as mental health and primary care, in a ROSC. A ROSC encompasses a menu of individualized, person-centered, and strength-based services within a self-defined network. By design, a ROSC provides individuals and families with more options with which to make informed decisions regarding their care. Services are designed to be accessible, welcoming, and easy to navigate. A fundamental value of a ROSC is the involvement of people in recovery, their families, and the community to continually improve access to and quality of services. Traditionally, ROSC services are viewed as long-term recovery related activities rather than a short term “acute” model of care.

Some examples of CDAC’s ROSC activities include:

Prevention: Early screening before onset; Collaboration with other systems (child welfare, VA); Stigma reduction activities; and Referral to intervention treatment services.

Intervention: Screening, Early Intervention, Pre-treatment activities, Front- End Engagement Strategies, Recovery support services, Care Coordination, Outreach services.

Treatment: Referral to varying treatment services, Referral to alternative services and therapies.

Post-Treatment: Continuing care – Case Management and Aftercare support, Recovery support services, Care Coordination, Check-ups and Back-End Engagement Strategies.



We are very happy to introduce
10 new staff members :

Santa Rosa RISE school program welcomes 7 new staff:

Tristain Holmes, Rhodes Elementary School

Reese Holt, Gulf Breeze Elementary School, West Navarre Intermediate School

Afiya Hooker, King Middle School

Stephanie Kane, Berryhill Elementary School, Central School (K-6)

Amanda Santamaria, Woodlawn Beach Middle School, Gulf Breeze Middle School

Courtney Valero, Bennett Russell Elementary School

Eileen Wolfe, Hobbs Middle School

ECHO high school program welcomes 3 new staff:

Sarah Cunningham, The Learning Academy and the SAIL program

Laynie Gibson, Pensacola High School

Kyra Wyatt, Santa Rosa High School and Locklin Technical Center

We also welcome new Intern, Dawn Nicholson, who is interning in the Santa Rosa RISE program with Kim Crow at Chumuckla and Jay Elementary Schools.

Jennifer Luchak, while continuing her position as Coordinator of the Veterans Court Program, is interning with the WFIS program for her MSW.

Staff Moves and Changes . . .



Kara Price-Williams has been promoted to Director of the WFIS Program.

Kendra Bozard has been selected as the WFIS Program Coordinator.

Monica Davis has moved from the Santa Rosa RISE program to the ECHO PPG program. Monica is the new School Counselor at Tate High School.

Dawn Brackney has moved from the Women and Family Intervention Services program (WFIS) to the ECHO Santa Rosa program. Dawn is the new School Counselor at Navarre High School.

Leann Knapp is now the School Counselor at Gulf Breeze High School.

Lana Kaufman is now the School Coordinator for Quality Assurance and Training.

Program Change: The Prevention Education and Awareness Program and the Project Boost Program have merged to become Community Prevention.

The best time for new beginnings is NOW!

Congratulations

Monica Davis achieved licensure as a Licensed Marriage and Family Therapist (LMFT)

Blair Diamond achieved licensure a Licensed Mental Health Counselor (LMHC)

Charity Hamilton achieved certification as a Senior Professional in Human Resources (SPHR)

The following WFIS Case Managers have achieved certification as Certified Behavioral Health Case Manager (CBHCM):

Kendra Bozard, Betty Jo Gilmore, Sondra Gingerich, Jennifer Glass, Angela Jackson, Hayley McCain, and Brittany Whitman.

Way to Go Guys!



Notes of Gratitude

Lana, Stephanie, Eileen, Ashley H., Kyra, Sarah and Afiya:

Thanks to each of you for being a source of comfort and support to students and staff at several schools following the tragic death of a student. Your flexibility and willingness to help in times of crisis are greatly appreciated.

Thank you to **Angela Jackson, Jennifer Glass, and Kara Price-Williams** for all your help covering the cases in Escambia County during a very difficult time of year while we were shorthanded. All three of you went above and beyond to make sure the WFIS program participants were provided quality services although the caseloads were very high. Additionally, your work ethic helped to ensure CDAC maintained a high level of respect in the community. Your sacrifices are noticed and appreciated.

* * * * *
 * Thank you **Charity Hamilton, Lana Kaufman, Tassiana Anxo, Leann Knapp, and Stephanie Peterson** for your assistance with the interview process this summer. **We have some awesome new staff for the school-based programs!**
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★ ★ ★ ★ ★
 ★ Thank you so much, **Jennifer Glass**, for all your hard work going above and beyond to help the WFIS case managers in completing their applications for certification with the Florida Certification Board. You have been an incredible asset in your ability to guide and mentor others through the sea of paperwork and "fine print details!"
 ★ ★ ★ ★ ★



August Anniversary

Leashia Scrivner	August 22, 1994	24 years
Leann Knapp	August 29, 1995	23 years
Kimberly Brown	August 01, 2001	17 years
Jennifer Crouse	August 01, 2010	8 years
Stephanie Peterson	August 10, 2010	8 years
Kathleen Guy	August 11, 2014	4 years
Ashley Hansford	August 11, 2014	4 years
Lana Kaufman	August 15, 2014	4 years
Kimberly Crow	August 10, 2015	3 years
Monica Davis	August 2, 2016	2 years
Jennifer DeVries	August 2, 2016	2 years
Blair Diamond	August 2, 2016	2 years
Ashley Frobenius	August 7, 2017	1 year
Becky Garthwaite	August 7, 2017	1 year
Michelle Kistler	August 7, 2017	1 year
Felicia Leslie	August 7, 2017	1 year
Katie Harrington	August 22, 2017	1 year

September Anniversary

Denise Manassa	Sept 13, 2004	14 years
Erin Post	Sept 10, 2013	5 years
Patti Beebe	Sept 7, 2016	2 years

October Anniversary

Lisa Viquelia	Oct 04, 1999	19 years
Jennifer Glass	Oct 17, 2011	7 years
Amberlyne Greco	Oct 06, 2014	4 years
Kendra Bozard	Oct 24, 2014	4 years
Isoke DuPont	Oct 22, 2015	3 years

August Birthday

Sue Nast	Aug 04
Felicia Leslie	Aug 10
Christeia Salter	Aug 29
Stephanie Peterson	Aug 30

September Birthday

Becky Daniels	Sep 01
Andrea Flynn	Sep 05
Erin Post	Sep 05
Kara Price-Williams	Sep 10
Ashley Hansford	Sep 11
Stephanie Kane	Sep 18
Thomas Chen	Sep 23
Linda Gordon	Sep 27
Dawn Nicholson	Sep 28
Deborah Foster	Sep 30
Renee King	Sep 30

October Birthday

Tassiana Anxo	Oct 06
Katelyn English	Oct 06
Michelle Kistler	Oct 06
Kimberly Brown	Oct 10
Blair Diamond	Oct 13
Jennifer Glass	Oct 13
Stacey Reeder	Oct 14
Betty Jo Gilmore	Oct 22





CDAC Supporting Healthy Lifestyles



Our Walking Club will be walking a **Hollywood Walk of Fame** this year. One of our very creative co-workers came up with the idea of walking a **MOVIE route** - walking to cities where movies were made. Since we couldn't get to Hollywood, CA before the end of the fiscal year, we are taking a circuitous route to **Hollywood, Florida**. A total of 1,320 miles or 2,640,000 steps.



CDAC-Hollywood WALK OF FAME

Our goal is 10,000 steps (5 miles) per day. Here's our route:

	Miles	Steps	Total Steps	Movie
Pensacola to Destin	47	94,000		"The Truman Show" (Seagrove Beach)
Destin to Millbrook, AL	183	366,000	460,000	"Big Fish"
Millbrook, AL to Juliette, GA	218	436,000	896,000	"Tuskegee Airmen"
Juliette to Savannah	190	380,000	1,276,000	"Birth of a Nation" "X Men First Class" (Jekyll Island Beach)
Savannah to Jacksonville	141	282,000	1,558,000	"Recourt" ; "Year of Getting to Know Us"
Jacksonville to DeLand, FL (Stetson Univ)	110	220,000	1,778,000	"The Waterboy"
Stetson Univ to Sanford FL	23	46,000	1,824,000	"My Girl"
Sanford FL to Tampa	108	216,000	2,040,000	"Edward Scissorhands" "Good Fellas", "Magic Mike"
Tampa to Cortez	55	110,000	2,150,000	"Out of Time" (Denzel Washington)
Cortez to Ft Myers	98	196,000	2,346,000	"Palmetto"
Ft Myers to Ft Lauderdale	136	272,000	2,618,000	"Caddyshack" ; "Marley and Me"
Ft Lauderdale to Hollywood	11	22,000	2,640,000	

Please join us this year as we **Walk to Hollywood** and have lots of fun visiting movie sets! All you have to do is send Becky your monthly steps the first week of each month. Some people have already turned in their steps for July and August. Recognitions / prizes are awarded at certain destinations. You may begin at any time.



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



Do Some Cardio, or Just Walk More

Doing aerobic exercise (or cardio) is one of the best things you can do for your **mental** and **physical** health. It is particularly effective at reducing belly fat, the harmful type of fat that builds up around your organs. Reduced belly fat should lead to major improvements in metabolic health.

Exercise Your Brain. Try some of these mini mental workout exercises to prevent memory loss and sharpen your mind: ♦ **Use your non-dominant hand** to brush your teeth (and/or open the fridge, and eat breakfast) in the morning. ♦ **Turn objects on your desk upside down** so your brain sees them differently. ♦ **Write instead of type** - we remember things better when we write them out. ♦ **Take a new route to work.** ♦ **Shower with your eyes closed.** ♦ **Do math in your head.** ♦ **Switch seats at the table.** ♦ **Play with spare change** - try to identify the denominations by feel alone. ♦ **Change your routine** - shop at a different store, eat lunch at a different spot, listen to a different style of music

Benefits of Salmon

- **Rich in Omega-3 Fatty Acids** which has been shown to reduce inflammation, lower blood pressure and decrease risk factors for disease.
- **Loaded with high-quality protein** which helps protect bone health and prevent muscle loss.
- **High in B Vitamins** which is needed for energy production, controlling inflammation and protecting heart and brain health.
- **Good Source of Potassium** which helps control blood pressure and prevent excess fluid retention.



Eat Fatty Fish

Salmon & Asparagus w Lemon-Garlic Butter Sauce

1 lb center-cut salmon fillet cut into 4 portions

1 lb fresh asparagus, trimmed

1/2 tsp salt

1/2 tsp ground pepper

3 tbs butter

1 tbs extra-virgin olive oil

1/2 tbs grated garlic

1 tsp grated lemon zest

1 tbs lemon juice

Preheat oven to 375. Coat a large rimmed baking sheet with cooking spray.

Place salmon on one side of the baking sheet and asparagus on the other. Sprinkle with salt and pepper.

Heat butter, oil, garlic, lemon zest and lemon juice in a small skillet over medium heat until the butter is melted. Drizzle the butter mixture over the salmon and asparagus.

Bake until the salmon is cooked through and the asparagus is just tender, 12 to 15 minutes.

Sheet pan dinner, easy to make and a breeze to clean.

October Health Observances

October One-Month Observances

- **Domestic Violence Awareness Month**, National Resource Center for Domestic Violence, www.nrcdv.org
- **Children's Health Month**, Office of Children's Health Protection, www.epa.gov/children/childrens-health-month
- **Healthy Babies Month**, March of Dimes/Birth Defects Foundation, www.marchofdimes.com
- **National Bullying Prevention Month**, PACER's National Bullying Prevention Center, www.pacer.org/bullying/
- **National Depression and Mental Health Screening Month**, Screening for Mental Health, Inc., www.mentalhealthscreening.org

October One-Week Observances

- **National Mental Illness Awareness Week, Oct 1-7**, National Alliance on Mental Illness, www.nami.org/miaw
- **National Red Ribbon Week, Oct 23-31**, National Red Ribbon Celebration, www.nfp.org

October One-Day Observances

- **Make a Difference Day, Oct 27**, www.makeadifferenceday.com



Pensacola Happenings

Bands on the Beach, every Tuesday, 7 p.m., Gulfside Pavilion

Blue Angels Practice, October 17, 23, 24, 30, 31, 11:30 a.m., Naval Aviation Museum viewing area

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

Gallery Night, Oct 19, downtown Pensacola

Pensacola Seafood Festival, Sep 28-30, Seville Square Park

St. Rose of Lima International Fall Festival, Sep 28-30, St. Rose of Lima Catholic Church, Milton, FREE

WUWF Radio Live, Oct 4, 6 pm, Museum of Commerce, downtown, tickets \$10 in advance online

29th Annual Peanut Festival, Oct 6, 7, 3604 Pine Level Church Road, Jay, FL, 9 am - 6 pm, FREE

Pensacola Greek Festival, Oct 13, 14, Annunciation Greek Orthodox Church, FREE

Pensacola Interstate Fair, Oct 18-28, Pensacola Interstate Fairgrounds, 6655 Mobile Highway

Blues Angel Music Blues on the Bay Concert, Oct 21, Community Maritime Park, 6 pm, Love Gun (KISS tribute)