

The CDAC Difference



CDAC BEHAVIORAL HEALTHCARE, INC.

Supporting Healthy Lifestyles and Making a Difference

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Message from Leashia

It is hard to believe that it has been two years since that day in March 2020 that I told everyone we would be at home for about two weeks. None of us had any idea of the changes to our world and lives that were coming. Even though we were able to continue **Making a Difference** for those we serve, in some ways we let some things go that were making a difference for us. We went months without seeing each other, months without our newsletter, and months without some of the fun things we do to encourage good health for everyone.

Well, I think it is time for us to get back to a new normal and **Spring into Good Health**. We want to bring back our walking challenge, share our fitness goals and routines, and maybe even share some of our favorite healthy recipes. Becky will work on the walking challenge, and I am inviting each of you to contribute ideas for other activities. Send your suggestions to Becky and we will include updates in the newsletter and email.

I look forward to hearing from you and don't forget to use your Wellness Dollars before the end of the year (June 30).

To get the ball rolling, I'm sharing with you information from the CDC on how to **Spring into Good Health**.

8 Strategies for a Healthy Spring

Move More. Sit Less. Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

Eat Healthy Foods. Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Choose Your Drinks Wisely. Substitute water for sugary and alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep. Adults need at least 7 hours of sleep per night.

Be Sun Safe. Wear long sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.

Brush Your Teeth. Oral health is important for overall health. Brush twice a day with fluoride toothpaste.

Don't Use Tobacco. Call 1-800-QUITNOW for free support to quit smoking.

Learn Your Health History. Knowing and acting on your family health history is an important way to protect your health. Talk to your family and doctor about your family health history.

Leashia

Supporting Healthy Lifestyles



Making a Difference



**March is
National Professional Social Work Month**
National Association of Social Workers, socialworkers.org

Our CDAC Social Workers are an essential part of our agency. Thank you all for the great work that you do in *Supporting Healthy Lifestyles and Making a Difference* in our community.

- Gwen Abrams, BSW**, RISE PPG Escambia, Beulah Middle School
- Kelly Acker, MSW**, ECHO, Central High School; RISE Santa Rosa, Dixon Intermediate
- Kendra Bozard, LCSW**, Women and Family Intervention Services, Program Coordinator
- Anzu Brown, MSW**, RISE Santa Rosa, Holley-Navarre Intermediate
- Michaela Cain, MSW**, ECHO, The Learning Academy
- Andrea Campbell, MSW**, ECHO, Navarre High School
- Kim Crow, MSW**, RISE Santa Rosa, S. S. Dixon Intermediate
- Brittany Durlauf, MSW**, Women and Family Intervention Services, Care Manager, Santa Rosa
- Deirdre Felix, MSW**, RISE Okaloosa, Wright Elementary School
- Christina Ferguson, MSW**, RISE Santa Rosa, Hobbs Middle School
- Ryann Fleck, LCSW**, ECHO, Santa Rosa High School / Locklin Technical Center
- Deborah Foster, BSW**, Women and Family Intervention Services, Care Coordinator
- Megan Glennon, MSW**, ECHO, Pace High School
- Kathleen Hutchinson, MSW**, RISE Santa Rosa, Sims Middle School
- Maja Herciuk, MSW**, Women and Family Intervention Services, Care Manager, Escambia
- Farah Hicks, BSW**, Women and Family Intervention Services, Care Manager, Okaloosa
- Michelle Holland, MSW**, RISE Santa Rosa, Jay Elementary School
- Roslynn James, MSW**, Women and Family Intervention Services, Care Manager, Escambia
- Michelle Kistler, LCSW**, RISE Santa Rosa, Oriole Beach Elementary School
- Leann Knapp, MSW**, ECHO, Navarre High School
- Felicia Leslie, BSW**, Women and Family Intervention Services, Care Manager, Santa Rosa
- Adriana Lewis, MSW**, RISE PPG Escambia, Ferry Pass Middle School
- Jennifer Luchak, MSW**, Veterans Treatment Court Program Care Coordinator
- Liz Maglione, MSW**, RISE Santa Rosa, East Milton Elementary School
- Sunshine Montano, BSW**, Women and Family Intervention Services, Care Manager, Escambia
- Dawn Nicholson, MSW**, ECHO, Pace High School
- Janelle Petzold, MSW**, RISE Santa Rosa, Gulf Breeze Middle School
- Jennifer Pineda, MSW**, RISE Santa Rosa, Rhodes Elementary School
- Stacey Reeder, LCSW**, ECHO, Jay High School
- Jacque Rheinhardt, BSW**, Women and Family Intervention Services, Okaloosa
- Ashton Sanderson, MSW**, RISE Santa Rosa, Bagdad Elementary
- Angie Spiller, MSW**, RISE Santa Rosa, Gulf Breeze Elementary School
- Tammy Sutton, LCSW**, RISE Santa Rosa, King Middle School
- Katie Gossman Williams, MSW**, RISE Santa Rosa, Bennett Russell Elementary School
- Emily Winfree, MSW**, RISE Santa Rosa, Central K-6 and Chumuckla Elementary School



Program Highlights

Community Prevention

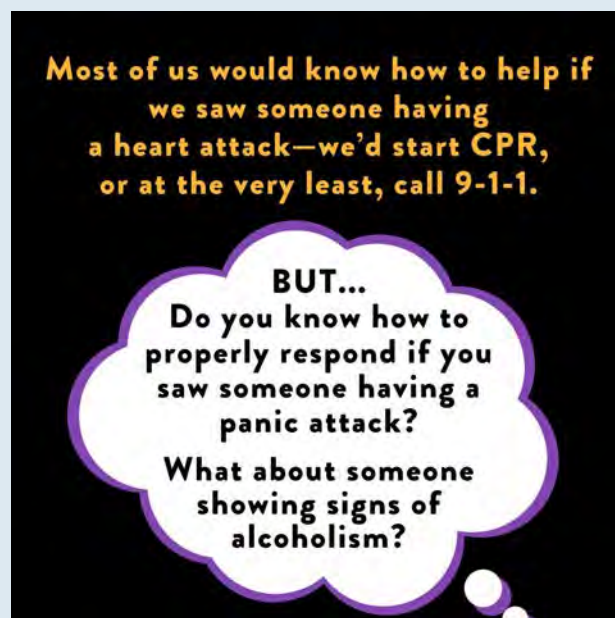


Chris Hawkins, Denise Manassa, and former CDAC employee Linda Wilson are *making a difference* by reducing stigma and training community members to be more aware and be prepared to help someone who may be developing a mental health crisis or someone with a mental health challenge.

Learning what to do and what to say when someone is in a mental health crisis is like CPR stepping in until further help is received or until the crisis has ended. It could be the difference between someone contemplating suicide and one who goes through with the act.

You could be a friend, teacher, neighbor, or parent who knows what to look for and how to engage a person in open conversation. These are the skills learned in **Mental Health First Aid**.

Chris, Denise, and Linda have conducted four Adult and Youth Mental Health First Aid classes so far this fiscal year, and they have four scheduled before the end of the year. Tabitha O'Connor, Community Prevention's newest employee will be trained in April as an Adult Mental Health First Aid instructor to join the MHFA team.



Program Highlights

Women and Family Intervention Services (WFIS)

Note from Kara

I enjoy taking time to slow down and think about each and every one of our WFIS family and all you bring to our team. The work we do is not easy and walking along side those we serve is both rewarding and, at times, heart breaking. Each of you brings your own unique special gift to working with those we serve, and I am forever grateful for each of you and to be blessed enough to do what I do every day. You ALL complete me and I thank you.

Kendra PASSED the LCSW exam!!!!

I have watched Kendra work so hard to study and be well prepared for the exam, and her hard work paid off! She has now submitted her final application and is just waiting to get her official designation as LCSW (Licensed Clinical Social Worker).

Congratulations!

The WFIS masters intern, **Alexis Young**, has joined us as a full time Care Manager. She has done an incredible job learning all the in's and out's of each program, the SEN referral process, and she is doing all of the coordination of the Family Team Staffing meetings for the new SEN cases as they come to us from DCF.

The WFIS team welcomes **Leona Walton**, our newest Care Manager for Escambia County. Leona came to CDAC from FFN, and we are excited to have her on our team.

WFIS Staff Making a Difference . . .

From Care Manager, Jacque Rheinhardt:

A BIG SHOUT-OUT to one of my clients. A month ago she was testing positive for multiple substances. On Thursday, 3/3/22, she was negative for all substances!!

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.

Edward Everett Hale

Women and Family Intervention Services (WFIS)

WFIS Employee in the Spotlight Sheri Hundley

"Sheri Hundley is a very engaged and caring co-worker and Care Manager. Sheri is a positive influence and a very dedicated and knowledgeable Care Manager! With no hesitation, Sheri offered to help me with one of my individuals starting treatment at the Women's Center. Thank you so much Sheri!" Maja

"Sheri Hundley is awesome with her clients with limited resources and goes the extra mile when needed. She is always very pleasant and always very complimentary of co-workers' duties. I appreciate her being the person for Walton County area." Anonymous

"Sheri Hundley has a clear, honest way of working with the people we serve. She is personable and engaging with her co-workers and is always willing to lend a hand. She tries very hard every day to do her very best and is quick to see where she can improve when necessary." Anonymous

"Sheri Hundley ALWAYS goes out of her way to help people." Anonymous

"Sheri, you care, and it shows. I am thankful to work with you." Kara

Comments on other nominees:

"I nominate **Cathy Henderson**. Cathy is a great asset to me. She always has a smile on her face and in her voice for everyone she meets. She is the most helpful person I have ever met. She literally knows everyone."

"I would LOVE to nominate **Rhonda Reiss** for employee spotlight. She always has such a great attitude and is always willing to talk and help out in anyway she can. She answers all my calls and is my favorite source of comical relief."

Did you notice ? **ENGAGED. CARING. POSITIVE. DEDICATED. KNOWLEDGEABLE. AWESOME. GOES THE EXTRA MILE. PLEASANT. COMPLIMENTARY. HONEST. PERSONABLE. WILLING. TRIES VERY HARD. HELPS.**

That is who CDAC is -- a bunch of caring people helping others and supporting each other. We should ALL be very proud to be a part of the CDAC team.



Welcome new staff!

We are so glad you have joined the CDAC family.

RISE Santa Rosa

Alexandra Hoewt, King Middle School

WFIS

Leona Walton, Care Manager, Escambia County

RISE Okaloosa

Elizabeth Mendoza, Elliott Point Elementary School

ECHO

Nicole Haworth, Milton High School



CDAC Anniversaries

March

Thomas Chen, 9 years, Mar 4
Carol Phillips, 4 years, Mar 15
Courtney Gongwer, 1 year, Mar 29

April

Deborah Foster, 31 years, Apr 18
Becky Daniels, 26 years, Apr 1
Cathy Henderson, 24 years, Apr 1



Three CDAC staff recently achieved licensure as a
Licensed Clinical Social Worker (LCSW).

Tammy Sutton, RISE Santa Rosa School Counselor at King Middle School

Michele Kistler, RISE Santa Rosa School Counselor at Oriole Beach Elementary

Kendra Bozard, WFIS Program Coordinator

Way to go ladies! Congratulations!

United Way Day of Caring

February 25, 2022

Eleven staff and two Board members volunteered on the CDAC Day of Caring team at the Boys and Girls Club. They helped with painting, pressure washing, de-cluttering, and reorganizing.

Go Team CDAC!

Thank you for representing CDAC and ***Making a Difference*** in our great community.



Charity Hamilton, Kim Brown, Dorothy Lewis, Donna Brown, Ardetta McDougal, Chris Hawkins, Angela Jackson, Michelle Kistler, Judy Savage, Kim Crow, Emily Winfree, and Board Members Kelly Richards and Dan Schebler.



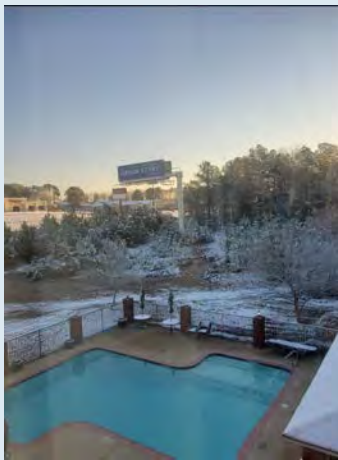
A little bit of family fun . . .



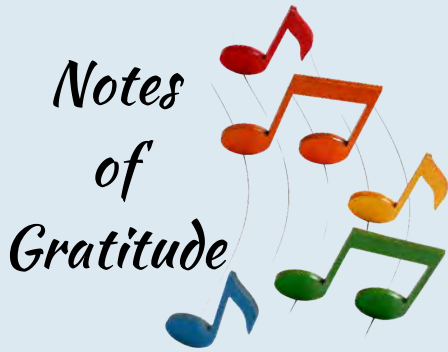
Lisa and Stacey Viquelia enjoyed visiting granddaughter, Melina, in Colorado Springs. (Lisa and Stacey's son Dyllan is active duty Army stationed at Fort Carson, CO)



Felicia Leslie and son, Kannon, enjoying the Atlanta zoo and Georgia Aquarium



Spring Break for Angela Jackson's Pensacola Rising Stars Basketball Team included traveling to Ruston, Louisiana for a little snow, a visit to the Historic Black College / University Grambling State University, and winning a championship in the "She's Got Game" basketball tournament.



THANK YOU

Thank you Leashia, Charity, and Donna for making Employee Appreciation Week so fun. You made us feel really appreciated.

THANK YOU SO MUCH

Thank you Sheri Hundley for teaching me all of your case management skills. You are truly a blessing!!

Jacque



The Community Prevention staff are **AMAZING!** Their dedication to our community is incredible. Thank you team for your great work and dedication.

Lisa Viquelia, Medena Williams, Kim Brown, Dorothy Lewis, Ardetta McDougal, and Tabitha O'Connor.

Denise

THANK YOU

A BIG note of gratitude to **Isoke DuPont** for conducting the Mindfulness presentation during a program meeting on a day that Santa Rosa staff were off. Isoke presented so I didn't have to work on my day off, and I really appreciate that!

Isoke is a great teammate!!

Kathleen

Alexis Young, our WFIS intern, has been a joy to work with and has shown a lot of strengths not only in her ability to quickly catch on to the work but to advocate for the individuals she is working with and willingness to make sure they are being served in a way that promotes success. She has such a bright future as a Social Worker!

Thank you, Alexis. You have truly been a pleasure to work with.

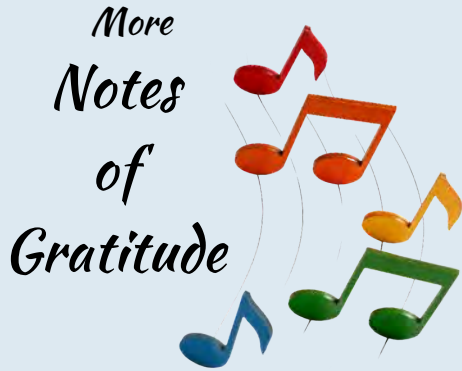
Thank you for going above & beyond.

Alexis, as an intern, has gone way beyond -- taking on new assignments and doing an amazing job!! I am so happy she is officially fulltime with us now!

Thank you

Thanks to **Roslynn** for always thinking outside the box on ways to provide recovery support and resources.





Jacque is such an impressive and supportive Care Manager. She sends me texts just to say "hi" and no one else does that. She rearranges her schedule when I ask for assistance, and she clearly sees the challenges of Walton County clients. She has done amazing work with her people. One person who has really struggled with her substance use recently left the Women's Center and had her first negative drug screen. Another who has been working with WISE for about two years has opened up to Jacque more in recent weeks than he ever did with anyone else. In short, Jacque is a tremendous asset to both WISE and her clients.

Thanks for all you do, Jacque. You are truly Making a Difference in your clients' lives. (Sheri)

Maja is an awesome, sweet individual, and a great care manager. As a new employee, she demonstrates a positive, engaging attitude with our consumers. She has an understanding of the FFN side of things having come from that background. She is very conscientious about her work and best practice. She has not been with us long, but is an awesome addition to WISE/WFIS family.

Jennifer Glass is always in a great mood and very welcoming. No matter how many times she is asked the same question, she always responds with patience and understanding. She communicates clearly and respectfully keeping us all in the know. Without her guidance, I would be lost with the in's and out's of Bamboo, etc. She works hard at keeping up with each individual and giving each and every person her undivided attention.

Teamwork is the secret that makes common people achieve uncommon results.

Ifeanyi Enoch Onuoha

Denise's Wellness Notes

April is Alcohol Awareness Month

SAMSHA reports that alcohol is the most frequently used and misused substance in the United States, and it can have devastating consequences. Alcohol misuse is especially problematic among youth and college-aged populations.

Examples of One Standard Drink



- Be responsible by keeping track of how much you are drinking.
- Eat food before and while you drink.
- Sip non-alcoholic drinks in between.
- Plan ahead for transportation - Don't Drink and Drive

Alcohol popsicles and **coffee drinks that contain alcohol** are on the market. Be aware. Start talking with children about alcohol and drug abuse at a young age. Stay informed about current trends and products. Remember the legal alcohol drinking age is 21.





Health Observances



March

National Sleep Awareness Week, March 6-12

National Sleep Foundation, sleepfoundation.org

Benefits to Better Sleep:

- Sharpens mind and increases learning.
- Improves focus and reaction time.
- Refuels the heart and vascular system.
- Repairs cells and releases growth hormones.
- Boosts immune system.
- Regulates appetite.



Tips for Obtaining More Sleep:

- Establish a regular bedtime and wake-up time.
- Darken and quiet the room where you sleep.
- Turn off electronics before bedtime.
- Make the room cooler if possible.
- Tidy the room. A cleaner environment makes a less cluttered mind.
- Exercise regularly.
- Avoid naps.

American Diabetes Alert Day, March 22

American Diabetes Association, diabetes.org

Diabetic patients are increasing with time. If caught early, it can be successfully managed.

Ways to prevent Type 2 Diabetes:

- Eliminate sugar and refined carbs
- Work out regularly; avoid a sedentary lifestyle
- Make water the primary beverage
- Maintain a healthy weight
- Quit smoking
- Eat a high fiber diet
- Optimize Vitamin D levels

Tips for Healthy Eating with Diabetes:

- Choose healthier carbs such as beans, yogurt, fruits, vegetables, oats, whole wheat
- Eat less salt
- Eat less red and processed meat
- Eat more fruit and vegetables
- Choose healthier fats (Avocados, Cheeses, Chia seeds, Extra Virgin Olive Oil, Dark Chocolate, Salmon, Tuna, Trout, Nuts, Whole eggs, Yogurt)
- Cut down on added sugar (Try sugar free creamer in your coffee)
- Eat smaller portions. Eating more small meals over the course of the day can help keep blood sugar levels steadier than eating three large meals.





Health Observances

April

National Alcohol Awareness Month, alcohol.org

Counseling Awareness Month, American Counseling Association, counseling.org

Stress Awareness Month

American Counseling Association, counseling.org

Stress is unavoidable for many people, but there are many ways to help prevent and manage it.

- **Practice the Big Three** - Eat healthy; exercise; and get enough sleep.
- **Learn how to relax** - Find what works best for you. Meditation; or, try the deep breathing 4-7-8 method. Inhale for 4 seconds, hold the breath for 7 seconds, exhale for 8 seconds. Continue as long as you need to feel relaxed.
- **Put your feelings on paper.** Getting your thoughts out of your mind and onto paper will signal your brain that the thought is safe and it no longer needs to hold on to it.
- **Talk about your problems.** Sometimes talking through a problem is all you need to work through a stressful situation.
- **Smile / Laugh.** It might feel silly, but simply smiling can help improve your mood. Laughing is also a great way to beat stress.

National Humor Month

Association for Applied and Therapeutic Humor, aath.org

Your mission, should you choose to accept it: join a community of professionals who study, practice, and promote healthy humor.



FACTS YOU SHOULD KNOW ABOUT HUMOR

Why Humor Enhances our Well-Being and Performance

Physical Health Benefits

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental Health Benefits

- Adds joy and zest to life
- Eases anxiety and tension
- Relieves stress
- Improves mood
- Strengthens resilience

Social Benefits

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding