

Leashia's message to staff . . .

With the arrival of September comes National Recovery Month, a celebration of the 23 million people who are in recovery from addiction to drugs and alcohol. It is an opportunity to increase understanding of these diseases.

Throughout Recovery Month, CDAC can celebrate the triumphs and achievements of the thousands of people we have supported in recovery and healthy lifestyles.

I have shared the Language Matters information before and thought its message is worth repeating.

Leashia

Language Matters

Language is powerful – especially when talking about addictions.

Stigmatizing language perpetuates negative perceptions.

“Person first” language focuses on the person, not the disorder.

When Discussing Addictions . . .

SAY THIS

NOT THAT

Person with a substance use disorder

Addict, junkie, druggie

Person living in recovery

Ex-addict

Person living with an addiction

Battling/suffering from an addiction

Person arrested for drug violation

Drug offender

Chooses not to at this point

Non-compliant/bombed out

Medication is a treatment tool

Medication is a crutch

Had a setback

Relapsed

Maintained recovery

Stayed clean

Positive drug screen

Dirty drug screen



National Council for Behavioral Health
State Associations of Addiction Services
Stronger Together

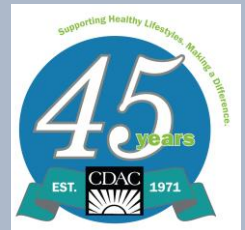


CDAC has coordinated

Project Graduation

since 1985.

2017 Project Grad will be our 32nd year.



The **Project Graduation** celebrations originated in Oxford Hills, Maine for their graduating class of 1980 in response to a high number of alcohol and drug related fatalities among high school youth – especially those tied to high school commencement activities.

In 1983, **Project Graduation** was highlighted at a conference of the **National Federation of Parents** in Washington, D.C. Several Maine school administrators attended the conference and enthusiastically reported their school's participation. The **Florida delegates who were present agreed to adopt Project Graduation as one of our statewide goals for 1984.**

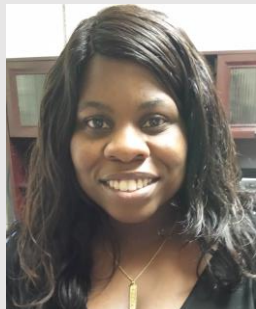
In January, 1984, there was a Florida state-wide **Project Graduation** Committee meeting held in the Governor's Conference Room. Maine's **Project Graduation** report was reviewed at that meeting. In October, 1984, **CDAC's Project Graduation Coordinator, Ms. Nettie Joseph**, received a letter from the Pensacola Area Chamber of Commerce offering support in establishing a **Project Graduation** program for the Pensacola Area.

Pensacola's first Project Graduation celebrations were in the spring of 1985 with two schools participating – Catholic High School and Washington High School.

This year, Lisa and Denise coordinated **Project Graduation** celebrations for 13 high schools in Santa Rosa and Escambia Counties, with a total attendance of over 1,000 graduating seniors.

Staff Highlight

Ashley Jones is the Medical Records / Data Assistant for the WFIS program.



Ashley was an Air Force brat so she moved around quite a bit growing up. She was born in Misawa AFB, Japan, and has lived overseas for more than half of her life, to include Germany and England. She has travelled to more than 15 different countries and has lived in California, Texas and Florida; but she calls Florida her home.

She is the youngest of three children. Her brother and his family live in Navarre as well as her parents. Her sister and her family are currently living in North Dakota, as her brother-in-law is in the Air Force; but they will be moving here next summer!

Ashley previously worked for the WISE program in 2014, but left to finish school. She is more than happy to be back, because "CDAC is a great place to work!"

Ashley graduated from University of West Florida in April, 2016, with her bachelor's degree in Allied Health/ Health Science. Still being unsure what exactly she wants to do, she will be going back to school next year to become an ultrasound technician. She is currently working part time at a diagnostic imaging facility on Davis Highway to receive experience in that field.

Ashley plans to continue to travel. Her next trip will be somewhere in the Caribbean since she has never been. Hopefully that will happen within the next few years!

Jennifer DeVries returned to CDAC in August, 2016, as the ECHO Preventionist at Pace High

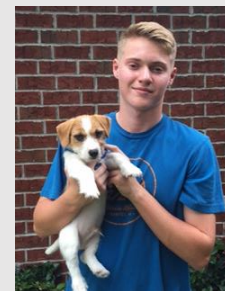


Jennifer was born in Pascagoula, Mississippi, and grew up in Gautier, Mississippi. Jennifer has one brother, Scott, who lives in Georgia.

She attended Mississippi State University where she obtained a Bachelor's degree in Educational Psychology and a Master's in Counseling.

She met her husband, Joey, at Mississippi State. She and Joey will celebrate their 19th anniversary in November. They have one son, Brandon, who is a junior in high school.

Jennifer, Joey, and Brandon share their home with three dogs – Molly, Minnie, and Bullet. Bullet is their new puppy – a Jack Russell Terrier who is full of energy.



Jennifer's hobbies include reading, boating, and traveling; and she loves visiting Walt Disney World.

It's sad to say, but Jeanne Minor will be leaving us in October. She began working for CDAC ten years ago (October, 2006) as the Finance Assistant and quickly moved into the Director of Finance position.

Jeanne, we're glad you put up with us and stuck around. It's been a pleasure knowing you and working with you. We wish you the best in all your endeavors. You are loved and you will definitely be missed.



**Good Bye, Jeanne
Welcome, Patti**

We're excited to "**Welcome**" **Patti Beebe** as our new Director of Finance. Patti earned her Bachelor's and Master's degrees in Accounting from Troy University. She is currently an adjunct professor at Northwest Florida State College.

Patti, we are glad you joined the CDAC family. We're looking forward to getting to know you and having you on the team.

Program Highlights

School Programs

The school programs are off to a great start with new referrals and returning students. This school year, services were expanded to include **full-time preventionists at Central and Jay High Schools**. The first few weeks were very busy with training staff on program implementation procedures and evidence-based curriculum. Services have begun and we are looking forward to another great year of assisting students with making positive, healthy choices.

Gulf Breeze High School - ECHO has had a busy beginning to the school year. During pre-planning, Leann Knapp trained the new teachers at GBHS about the ECHO program and then provided a power point presentation to approximately 100 faculty and staff on LGBTQ awareness, Bullying, Dating Violence, procedures for handling suicidal students in the classroom, mandatory abuse/neglect reporting, and an overview of the ECHO program and how to refer students.

Currently, Leann is busy following up with students from last school year, and there have been 15 new referrals made in the first few weeks of school. GBHS Botvin and ECHO Prevention groups will begin in mid-September.

Pine Forest High School – ECHO PPG

The school year at PFHS started with a new block schedule, a SOAR time, and many new faculty and staff. But even with all the changes, Barbara Tyce, the ECHO Preventionist, has met with and begun services for 35 students either new or returning from last year. She also has enough students for at least three groups to start at the end of September. Barbara shared,

*“One particular student stands out because we had developed a really good relationship last year through his issues regarding identity and family struggles. An assumption was made that we would continue to work together this year, but no. **His statement was that using what we worked on last year, his anger has decreased, his relationship with his parents has improved, and he is feeling confident that he can use the skills he learned to only improve this year.** Wow. Now that is why I am here. Looking forward to **making a difference** this year.”*

Bellview Middle School – Escambia RISE

Heather Moller is providing services to over 20 students, and she has begun a Botvin Life Skills (LST) group for a special high-risk group identified by the administration. The boys in the group have already said **“I wish we could spend all day in here.”** Additionally, Heather is getting ready to start a School Success group and an Anger Management group. Students have self-referred to RISE for various concerns, and Heather is working closely with the Positive Behavior Support team to offer another resource for skills and resiliency.

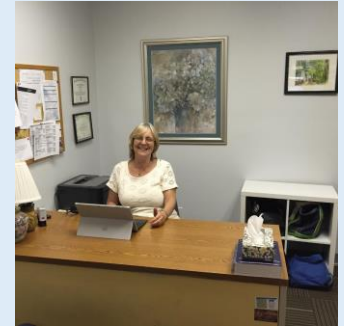
The Bellview RISE program will be offering yoga as part of the coping skills learned in Anger Management. Students will be learning to focus on their breath to help them think before they act, and reduce the rate of referrals they receive.

One new student in particular has already warmed up to the program. Despite repeated truancy issues and administrative concerns that he is headed down a bad path, he enjoyed working with Heather to learn some new positive behaviors and is eager to return for another appointment.

Program Highlights

WFIS

There are all kinds of new and exciting things happening for Santa Rosa WFIS. For one, Sondra and Jennifer are enjoying a newly renovated office. However, the most exciting news is that ***eight babies have been born drug free in Santa Rosa in the past two months!***



Project Boost thanks Dr. Akins, a local dentist who **donated children's toothbrushes and toothpaste** for the children served in the new Incredible Years program.

Prevention Education and Awareness

CDAC is partnering with the Attorney General's Office and UWF's Wellness Services to show the film, ***Chasing the Dragon: The Life of an Opiate Addict***. The film is scheduled to be shown on **September 21 in the UC Auditorium starting at 5:30 p.m.** The film is 50 minutes and there will be panelists from the U. S. Attorney General's Office, DEA, and UWF to answer questions after the viewing. This is a closed event to UWF and CDAC staff if you would like to attend. For more information, contact Denise Manassa at 434-2724 or dmanassa@cdac.info.

CDAC goes international – again

Denise and Linda met with **delegates visiting Pensacola from Pakistan** on September 1, 2016. The delegates were travelling the U.S. to review how our nation is responding to illicit drug use. Denise and Linda presented information on the CDAC programs and our prevention and intervention efforts in Northwest Florida. The delegates asked many questions and were impressed with the multiple programs offered by CDAC. CDAC thanks the **Gulf Coast Citizen Diplomacy Council** for the opportunity to meet the distinguished delegates and share CDAC's efforts to promote healthy lifestyles.



When: September 26, 2016 (4th Monday of every September)

Where: Your house or favorite gathering spot

Why: To celebrate the importance of family

- ◆ Teens that have frequent family dinners are more likely to be emotionally content, work hard at school and have positive peer relationships.
- ◆ Kids who are close to their parents are less likely to engage in risky decisions. Responses from the youth surveyed stated that they felt that their parents were the single greatest influence in their decisions against using drugs – stronger than that of friends, teachers and the media.
- ◆ Research indicates the more often children eat dinner with their family the less likely they are to smoke, drink or use marijuana.

Make an effort to enjoy a family meal together on Monday, September 26, 2016, and be a part of
"Strengthening Florida's Families, One Meal at a Time."



Notes of Gratitude



A BIG thanks to **Lana Kaufman, Leann Knapp, Amberlyne Greco, and Heather Moller** for training your team on SS GRINN and Botvin implementation and procedures. You guys are always willing to step up and help others! Our schools are so lucky to have you!



Lisa and Stacey,

Thank you for helping me move into my new space, **twice!** You guys are the best!

Rebecca W., boy have I given you some serious Office Depot and Oriental Trading orders lately!
Thank you for always finding the deals, keeping it all straight and being patient with us!

Lisa and Stacey,
Thanks for your commitment to staff with moving/ changing offices, to include furniture, upon short notices

Linda, I am very appreciative of the fact that you are so transparent about the importance of Health and Wellness with WISE clients. Thanks for being a part of my WISE Support Group meeting on Thursdays.

Rebecca T., new perspective, ideas, challenges and changes are very WELCOMED.

WISE CM's, many thanks to those of you who are always willing to visit clients who are not assigned to you when assistance is needed.



Leashia, many thanks for being open to employees who desire growth and challenges within this company.

A huge thank you to **Ashley Hansford**. She took on the big project of copying the ECHO Group planning manual for the new ECHO full-time program. She then went one step farther and scanned the whole manual into a digital copy so making future copies could be a quicker job.

You rock Ashley!

Kara, the work we do can be hard on the spirit. Your infectious humor is a much appreciated gift.
Thank you.



Special thanks to **LaDonna Ellis** and **Angela Jackson** for assisting and facilitating groups during my leave of absence.



CDAC

Supporting Healthy Lifestyles

Walk Thru Florida

So far, eight people have joined the 2016-2017 **Walk Thru Florida** team:

- Mimi Bogan
- Monica Davis
- Isoke DuPont
- Charity Hamilton
- Dorothy Lewis
- Lisa Poissant
- Lauren Reeves
- Autumn Wingate

Isoke and Charity have made it to Tallahassee already! Dorothy and Autumn are close behind them.

You may join the team at any time. Just keep track of your monthly steps and send Becky your totals.



12 Benefits of Walking

- 1. Walking improves circulation.** It also wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart.
- 2. Walking shores up your bones.** It can stop the loss of bone mass for those with osteoporosis. A Brigham and Women's Hospital, Boston, study of post-menopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40%.
- 3. Walking leads to a longer life.** Research says those who exercise regularly in their fifties and sixties are 35% less likely to die over the next eight years than their non-walking counterparts.
- 4. Walking lightens mood.** A study showed that the more steps people took during the day, the better their moods were. Why? Walking releases natural painkilling endorphins to the body – one of the emotional benefits of exercise.
- 5. Walking can lead to weight loss.** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.
- 6. Walking strengthens muscles.** It tones your leg and abdominal muscles – and even arm muscles if you pump them as you walk. This increases your range of motion, shifting the pressure and weight from your joints and muscles – which are meant to handle weight – helping to lessen arthritis pain.
- 7. Walking improves sleep.** A study found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk.
- 8. Walking supports your joints.** The majority of joint cartilage has no direct blood supply. It gets its nutrition from synovial or joint fluid that circulates as we move. Impact that comes from movement or compression, such as walking, "squishes" the cartilage, bringing oxygen and nutrients into the area. If you don't walk, joints are deprived of life-giving fluid, which can speed deterioration.
- 9. Walking improves your breath.** When walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

12 Benefits of Walking, continued

10. Walking slows mental decline. A study found that age-related memory decline was lower in those who walked more. The women walking 2.5 miles per day had a 17% decline in memory, as opposed to a 25% decline in women who walked less than a half-mile per week.

11. Walking lowers Alzheimer's risk. A study found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walked less.

12. Walking helps you do more, longer. Aerobic walking and resistance exercise programs may reduce the incidence of disability in the activities of daily living of people who are older than 65 and have symptomatic OA.

(References: Arthritis Foundation website. Studies were performed by University of Colorado at Boulder and the University of Tennessee; Michael A. Schwartz, MD, Plancher Orthopedics & Sports Medicine in New York; University of Michigan Medical School and the Veterans Administration Ann Arbor Healthcare System; California State University, Long Beach; Fred Hutchinson Cancer Research Center in Seattle; University of California, San Francisco; University of Virginia Health System in Charlottesville; the Journal of Clinical Outcomes Management)

Health and Nutrition Tip . . .

Eat Nuts – Despite being high in fat, nuts are incredibly nutritious and healthy. They are loaded with magnesium, Vitamin E, fiber and various other nutrients (9). Studies show that nuts can help you lose weight, and may help fight type 2 diabetes and heart disease. Additionally, about 10-15% of the calories in nuts aren't even absorbed into the body, and some evidence suggests that they can boost metabolism. In one study, almonds were shown to increase weight loss by 62% compared to complex carbohydrates.



Workplace Safety and Wellness – Vision Problems



Although looking at a computer monitor cannot damage your eyes, spending a large portion of your workday at the computer can cause eyestrain. Eyes can become dry and irritated, and workers may begin having trouble focusing. A few work area adjustments can help alleviate some of these issues.

- **Dim the lights and use task lamps.** Florescent lights in office buildings often are too bright for optimal vision. According to the American Optometric Association, light that is at about half-normal office levels is preferred. This can be achieved by removing some bulbs from overhead fixtures. If more light is needed, it is recommended that individual task lamps be used rather than increasing overall lighting.
- **Correctly position monitors.** Prevent Blindness America recommends workers place their computer monitors slightly below eye level and 20-26 inches from their eyes. Screens that can tilt or swivel are especially beneficial. "Your eyes' resting position is a few degrees below the horizon when you're looking straight ahead. (Chicago-based Prevent Blindness America)

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. World Health Organization

October Anniversaries



Lisa Viquelia	Oct 04, 1999	17 years
Doris Rawls	Oct 17, 2002	14 years
Jeanne Minor	Oct 16, 2006	10 years
Teri Perkins	Oct 10, 2011	5 years
Jennifer Glass	Oct 17, 2011	5 years
Amberlyne Greco	Oct 06, 2014	2 years
Kendra Bozard	Oct 24, 2014	2 years
Kristin Majka	Oct 16, 2015	1 year
Isoke DuPont	Oct 22, 2015	1 year

October Birthdays



Michelle Kistler (intern)	Oct 06
Kimberly Brown	Oct 10
Jennifer Glass	Oct 13
Blair Diamond	Oct 13
Betty Jo Gilmore	Oct 22
Heather Moller	Oct 30
Kristin Majka	Oct 31

October Health Observances

October Month-Long Observances

- **Eat Better, Eat Together Month**, Washington State University, <http://nutrition.wsu.edu/ETEB/>
- **Children's Health Month**, Office of Children's Health Protection, www.epa.gov/children/childrens-health-month
- **Domestic Violence Awareness Month**, National Resource Center for Domestic Violence, www.nrcdv.org
- **Healthy Babies Month**, March of Dimes/Birth Defects Foundation, www.marchofdimes.com
- **National Breast Cancer Awareness Month**, National Breast Cancer Foundation, www.nationalbreastcancer.org
- **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 2 – 8**, National Alliance on Mental Illness – www.nami.org/miaw
- **National Red Ribbon Celebration – Oct 23 – 31**, National Family Partnership - www.nfp.org

One-Day Observances

- **Child Health Day – Oct 3**, US Dept of Health and Human Services – www.mchb.hrsa.gov
- **World Mental Health Day – Oct 10**, World Federation for Mental Health – www.wfmh.org
- **Make a Difference Day – Oct 22**, www.makeadifferenceday.com

Pensacola Happenings

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| Bands on the Beach , 7-9 p.m., Tuesday evenings | • Taste of the Beach , Sept 24 |
| Gallery Night , Sept 16, Downtown Pensacola | • Pensacola Seafood Festival , Sept 30 - Oct 2 |
| Greek Festival , Oct 7-9, 1720 W. Garden Street | • Pensacola Interstate Fair , Oct 20-30 |