

Leashia's message to staff . . .

I recently attended a ROSC training and was once again reminded of the important and relevant work that we do. The primary goals of a ROSC are to:

- Prevent the development of behavioral health conditions;
- Intervene earlier in the progression of illness;
- Reduce the harm caused by behavioral health conditions;
- Help individuals and families to sustain their wellness; and
- Promote good quality of life, community health and wellness for all.

This almost sounds like our Mission Statement!

ROSC takes into account a person's Health Status and as the diagram indicates, **CDAC is very much on target in our support of healthy lifestyles.**

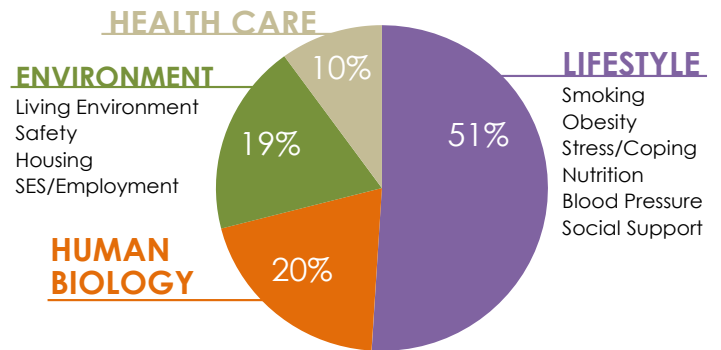
Let's keep up the GREAT WORK.

Leashia

ROSC

Recovery Oriented Systems of Care

Factors that Influence Health Status



Arthur C. Evans Jr.

ACHARA CONSULTING

Celebrating CDAC's 45 Years!

Project Boost and WISE – Serving since 1990.

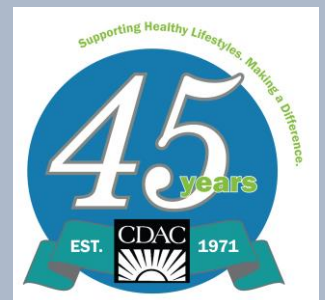
In **1990**, United Way approved CDAC's funding request for **Project Boost**, a minority substance abuse program targeting the Truman Arms Housing Development (now Oakwood Terrace). At that time, **Project Boost** provided "drug education for youth and parents, self-esteem activities, including sports, AIDS and sex education, beautification projects, and field trips for kids."

Project Boost services have changed through the years to meet the needs of the residents, but today, twenty-six years later, **Project Boost** continues to serve residents in **Oakwood Terrace**, and also serves **Forest Creek** and **Ebonwood** communities with three evidence-based programs serving preschool through 5th grade youth.

Also in **1990**, CDAC became the fiscal agent for a new federally funded model program to serve pregnant women with substance abuse problems – **Women's Intervention Services and Education Program (WISE)**.

WISE was a major effort of our local DCF office (then known as HRS) who provided the funds through CDAC so that services could be provided expeditiously. CDAC leased a facility at Baylen and Jackson Streets to house the program.

Today, **WISE** is part of the **Women and Family Intervention Services (WFIS)** program that serves women and families in Escambia, Santa Rosa, Okaloosa, and Walton Counties. **WFIS** includes **Family Intervention Services (FIS)**, **HIV Intervention Services**, and **Substance Abuse Outreach Services**. During FY 15-16, **WFIS** provided services to 1,278 persons.



Staff Highlight

Rebecca Thomas,

Director of Behavioral Health,
Women and Family
Intervention Services Program



Rebecca is the oldest of five children and was the only female child in her family. Consequently, she now has sixteen nieces and nephews. She was born in and is from the greater Cincinnati area where many of her extended family continue to reside. Due to her father being active duty military, she moved at the age of three to Jonesboro, Arkansas; a small town located outside of Memphis, Tennessee. Rebecca then moved to Eglin AFB, Florida at the age of 13 and has lived in Florida ever since. Rebecca graduated from Niceville High School and obtained her Bachelor's in Social Work from the University of West Florida. She went on to obtain her Master's Degree in Social Work from the **great** Florida State University (GO NOLES!)

Rebecca knew at the age of 13 she wanted to be a therapist as a result of having other family members in the field and being heavily influenced by the Westside Middle School Massacre, which occurred while she was living in the Jonesboro area. Her Father is a retired military police officer, her Uncle is a Police Chief, her Aunt is a Forensic Social Worker in Cincinnati, Ohio, and her other Uncle is a PhD Psy contracted with the Federal Bureau of Investigators to provide forensic behavioral profiling services on high profile cases. As a result, she has always been interested in the intersection between the Criminal Justice system and behavioral health. She also has close family members who suffer from substance abuse and mental illness; therefore, she was driven by a passion for the field at a very young age.

Rebecca began her career focusing on the area of Domestic Violence. She held various positions with Shelter House, a Domestic Violence Shelter. She has worked as a Specialized Domestic Violence Probation Officer, and has testified in many Domestic Violence cases as a Subject Matter Expert for the Office of the

State Attorney, 1st Judicial Circuit. Rebecca held several positions with the Okaloosa-Walton Domestic Violence Coordinating Council (OWDVCC) to include serving as Vice-Chair for two years under Judge William Stone.

She was selected by Court Administration to receive specialized grant funding and training to complete an Audit of the Okaloosa-Walton agencies involved in Domestic Violence cases. This included doing a two year system mapping process and completing thorough reviews of the major agencies in the two county area. Lastly, Rebecca was responsible for creating a revenue source for the OWDVCC for the first time in fifteen years by establishing an annual training program. This annual training has become a successful and well-known source of local Domestic Violence training for the last nine years.

Rebecca also has special interest in the field of Trauma Informed Care, Attachment Disorders, and Infant Mental Health. She served on the Steering Committee for what began as the Northwest Florida Infant Mental Health Initiative. She worked alongside FSU's Center for Prevention & Early Intervention in efforts to educate the local community on the importance of understanding childhood trauma in everyday practice.

Rebecca left the field of Domestic Violence to work with Substance Abusing populations nine years ago when she became employed with CDAC's WISE/WFIS program. She continues to be driven by her passion and understanding of various addictions to include having a successful private practice where she specializes in addiction as well as being a sought after community presenter on the subject matter. She has two children; a seventeen year old son (who is a senior at the same high school she graduated from) and a two year old daughter with special needs. Rebecca has specific interest in women's health issues, environmental endocrine disruptors, and related neurological issues in children. She is very involved in her church and finds her faith to be her greatest source of strength. Rebecca is also a Certified Clinical Supervisor. She holds personal growth and professional development in high regard and is very dedicated to ensuring quality services are provided to community members.

Staff Highlight

Kara Price-Williams began working with CDAC in June, 2016, as a WFIS Case Manager in Santa Rosa County.



Kara grew up in Ocean Springs, MS; and soon after high school, she moved to Fairhope, AL, where she went to Faulkner State Junior College and then to the University of South Alabama for her undergraduate studies in Psychology.

As part of her undergraduate work, she was required to take two years of a foreign language - so she studied Spanish; and it quickly became one of her favorite subjects, along with her Psychology classes. In her last semester at South Alabama, she won a scholarship from the Dept. of Foreign Languages to study in Mexico. Up to that point, in addition to school, she had been working for four years as a Mental Health Technician in a small 19-bed acute care facility and found herself burned out and uncertain of what she wanted to do. So, she was excited at the opportunity to do something different after graduation.

Kara took a 3-month leave of absence from work and went to Mexico as a foreign exchange student. She fell in love with the people and the culture. The couple she lived with both taught in a large, bilingual high school/university called Instituto Tecnologico de Estudios Superiores de Monterrey (ITESM), which at the time had 26 campuses throughout Mexico and worked in coordination with a number of universities in the United States to provide studies for students from Mexico. After her summer studying at Unversidad de Guadalajara, she returned to the states but maintained contact with her Mexican family. The following January, she returned to visit and interviewed at ITESM. Kara was offered a job starting in the fall of 1996. She was thrilled! So the summer of 1996 she packed up her two cats and drove her little Honda Civic hatchback from Ocean Springs, MS, to Guadalajara, Mexico, where she lived, worked, traveled and immersed herself in the culture for the next several years.

Fast forward 20 years, she still has her “family” in Mexico and never imagined her Spanish would be as useful as it is in her work today!

Kara is now married (almost 13 years) and has a 7-year old son who brings lots of fun into their lives. They have two dogs, and she has been lucky enough to have amazing opportunities over the years to use her love of animals in her work, using Animal Assisted Therapy working with childhood trauma and adults with addiction.

Kara feels very thankful to be with CDAC and part of such an amazing team of people working together to help others!

Board Highlight

Matt Newcomer joined CDAC’s Board of Directors in July, 2016.



Matt was born and raised in Tampa, Florida. He graduated from Florida State University with a Bachelor’s Degree in Economics/Public Administration. He is currently a Vice President of Commercial Lending at Coastal Bank and Trust.

Matt and his wife, Lori, have four kids, ages 11, 8, 3, and 16 months. They have no pets because they have too many children! ☺ Matt is an only child, and Lori is from a family of nine. Matt moved to Pensacola in 2005 and began his career in banking at that time.

Matt enjoys spending time with his family and playing baseball with a Pensacola men’s baseball league. Something not many people know about Matt: he once pitched a no hitter in high school, and he worked for Governor Bush while in college.



Program Highlights

Gulf Breeze High School - ECHO

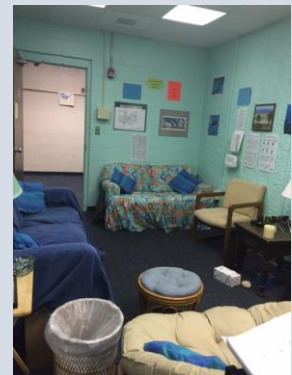


CDAC's own **Leann Knapp** was the **"Analyzer"** in the GBHS Guidance **Super Hero Squad** for Homecoming week.

The ECHO students at Gulf Breeze High School are participating in one of five groups this semester. The two **Botvin Transitions groups** will help the eleventh and twelfth graders practice life skills that get them ready for college or the workforce. The two **Stress Management groups** have already taught students basic stress management skills such as deep breathing, simple thinking tasks and positive distraction skills to turn off the body's fight/flight response, and the importance of aerobic exercise. The **Grief Group** has covered what to expect from the grief process and has begun to cover tips for handling grief while they improve daily functioning. All the group members have been participating in ice breaker activities that help them get to know each other better.

Leann has met with over 30 new students this year and has followed up with over 50 students from last year. All the students are busy learning and trying new coping skills to help them stabilize their stress so they can be happier and healthier as well as do their best at school.

The GBHS faculty and staff continue to be very supportive of the ECHO program. The GBHS ECHO office was given a face lift this year when **the school donated a couch to the office and the office was rearranged to provide more comfortable seating arrangements for students.**



ECHO Making a Difference . . . for a lifetime

And, last but not least, as Leann shares below, CDAC really does ***Make a Difference*** for a lifetime . . .

A past GBHS student from many years ago recently contacted Leann to tell her how much the ECHO program and Mrs. Knapp had helped her. The former student now holds the number 2 position in a prominent Florida company and she wanted to let Mrs. Knapp know she "turned out all right" and feels that this is in no small part due to the help and skills she was taught by the ECHO program.

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

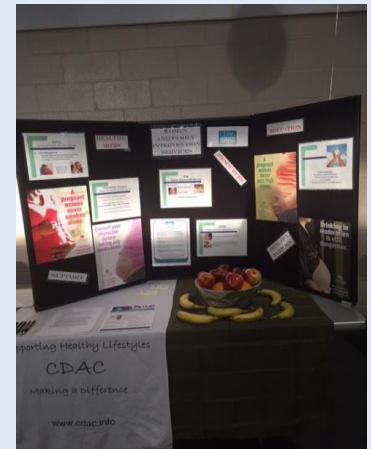
Program Highlights

At **Ferry Pass Middle School**, groups are off to a great start. Erin Post has 3 Botvin Life Skills groups running and will be starting at least 1 School Stress Group this month. Students and staff at Ferry Pass have been receptive to the new program format and referrals continue to be made. Currently, there are 21 students receiving services.

Women and Family Intervention Services



Chris Salter set up a CDAC WISE table at the **Santa Rosa Annual Baby Shower** October 1, 2016



Prevention Education and Awareness

CDAC has been promoting **Red Ribbon Week** activities at least since 1990 – **26 years!**



The 2016 Red Ribbon Theme is **YOLO. Be Drug Free**
 Created by two sixth-graders in Claysburg, PA
Red Ribbon Week
October 23 – 31, 2016



Denise, Lisa, and Medena are busy getting prevention messages out to our community for **National Substance Abuse Prevention Month**. In 2011, President Obama issued the first-ever Presidential Proclamation designating October as **National Substance Abuse Prevention Month**. The tradition continues in 2016 as parents, youth, schools, and community leaders across the country join this month-long observance of the role substance use prevention plays in promoting safe and healthy communities. This year's theme is "**Unleashing the Collective Power of Communities**". Denise will be presenting in 5 different schools speaking to K-12th graders, and Lisa will be at the Reimagine Brownville community event on October 24th. Medena continues to inspire and encourage parents to be the best parents they can be by conducting parenting classes at CDAC and at the Family Center.

Denise Manassa and Linda Wilson continue to provide **Mental Health First Aid** trainings to the community. The **Adult Mental Health First Aid** course is appropriate for anyone who wants to learn how to help a person who may be experiencing a mental health crisis or concern. MHFA teaches risk factors and warning signs and provides information on depression, anxiety, trauma, substance use, and a five-step action plan to help someone. On September 26, 2016, Denise and Linda provided the MHFA training to Circuit One Probation and Parole staff. They continue to build partnerships within the community by providing this very beneficial training.





Notes of Gratitude

Thanks to **Autumn Wingate, Mary Arant,** and **Kim Crow** for assisting students and staff at Central School following two tragedies that occurred.

Your flexibility and willingness to help is greatly appreciated!



Special thanks to **Ardetta McDougal** for providing extra assistance when Boost staff were out on leave.

The ladies of Boost have such a teamwork spirit! Thanks for all their hard work and dedication!

Special thanks to **Leann Knapp** for always taking the time to help provide answers, direction and encouragement to Santa Rosa ECHO!!

WISE Making a Difference

When contacted by Chris Salter regarding WISE services for women in Walton County, Ms. Leslie Kimzey with the DeFuniak Springs Health Department, replied

"This is such great news for us!! I'm excited to meet with you. You probably had no idea that this is my passion when you contacted me, but I've been working on getting women treatment and services for the last 1.5 years. The numbers of clients we have that need it is overwhelming and the money is just not there for them. Thank you for contacting me."



CDAC

Supporting Healthy Lifestyles



Walk Thru Florida

Amberlyne Greco and Angela Jackson have joined the **Walk Thru Florida** team!

We now have eleven members.

- Mimi Bogan
- Monica Davis
- Isoke DuPont
- Amberlyne Greco
- Charity Hamilton
- Angela Jackson
- Dorothy Lewis
- Lisa Poissant
- Lauren Reeves
- Chris Salter
- Autumn Wingate

Isoke is leading the race! She has made it to Jacksonville!

Five people have made it to **Tallahassee:**

- **Charity Hamilton**, 618,619 steps
- **Dorothy Lewis**, 547,392 steps
- **Lisa Poissant**, 520,000 steps
- **Autumn Wingate**, 468,972 steps
- **Monica Davis**, 462,692 steps

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

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. **Paul Dudley White (1886 – 1973) – an American physician and cardiologist**

Health and Nutrition Tip . . .

Our bodies need clean, pure water. Don't wait until you are thirsty or have a dry mouth. To determine how much your body needs; take your body weight (in pounds) and divide in half . . . that number is how many ounces you should be drinking daily.



Workplace Safety –

Report It!

I know you have heard it many times, but don't let potential safety hazards go. **Tell Lisa!**

Anytime you see something unsafe, **report it** to Lisa or your supervisor. Things you should point out include:

- Torn carpet
- Loose tiles
- Wobbly steps or floorboards
- Doors that stick or do not close tightly
- Burned out lightbulbs
- Broken chairs, desks or other furniture
- Other defective equipment (including electronic equipment)
- Stray electrical cables or obstructions of walkways
- Exit lights or fire alarms that are not working



November Anniversaries



Gwen Abrams	Nov 05, 1997	19 years
Medena Williams	Nov 21, 2005	11 years
Renee King	Nov 28, 2005	11 years
Debbie Flynn	Nov 01, 2010	6 years

November Birthdays



Mimi Bogan	Nov 10
Medena Williams	Nov 10
Angela Jackson	Nov 18
Lauren Reeves	Nov 20
Kendra Bozard	Nov 22
Zita Stroud	Nov 24
Linda Wilson	Nov 28

November Health Observances

November Month-Long Observances

- **American Diabetes Month**
American Diabetes Association
www.diabetes.org
- **Lung Cancer Awareness Month**
American Cancer Society
www.cancer.org
- **Prematurity Awareness Month**
March of Dimes/Birth Defects Foundation
www.marchofdimes.com
- **Tie One On for Safety Campaign** (Nov 24 – January 1)
Mothers Against Drunk Driving (MADD)
www.madd.org

One-Day Observances

- **World Kindness Day** – Nov 13
Random Acts of Kindness
www.randomactsofkindness.org
- **Great American Smokeout** – Nov 17
American Cancer Society
www.cancer.org
- **International Survivors of Suicide Day** – Nov 19
American Foundation for Suicide Prevention
www.afsp.org/survivorday
- **National Family Health History Day** – Nov 24
U. S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

Pensacola Happenings

Great Gulf Coast Arts Festival, Nov 4-6, Seville Square Park

Jazz for Justice, Nov 6, 4 p.m., Downtown Pensacola, 400 block of South Palafox

Blue Angels Homecoming Show, Nov 11-12, Naval Aviation Museum

Gallery Night, Nov 18, Downtown Pensacola

Creek Indian Celebration Days, Nov 19-20, Florida Town Park

Elf Parade, Nov 25, T. T. Wentworth, Jr. Florida Museum