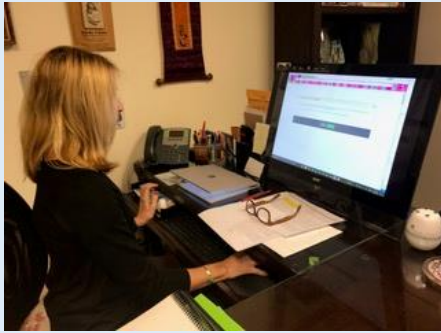


Message from Leashia

Here is an update on where we are in the COA Re-Accreditation process. **The self-study has been completed**, note the photo of it actually being submitted.



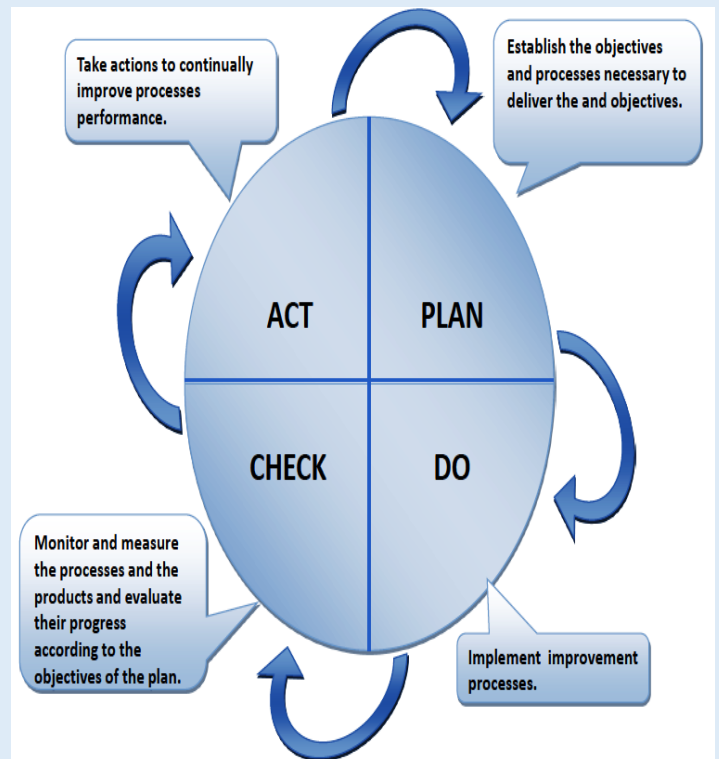
I want to thank everyone for your assistance in our preparation. This was a big task that no one person could handle, but we are a team and nobody has to go it alone.

Self-study of any type can be daunting, but it can also be reaffirming. When I reviewed our commitment to COA standards, I was reminded of the important work we do and the professional way we do it. Everyone at CDAC can be proud and know that we **make a difference** with high quality service, excellence, and commitment.

Self-study complete.....

Now let's get ready and bring on the site visit!!!!

CDAC's PQI Program functions to determine and improve the overall quality of services in every program while promoting excellence and continually improving. The PQI program also aims to achieve and maintain high levels of stakeholder satisfaction and ensure CDAC staff accountability for services and outcomes. **By consistently monitoring all programs, CDAC gains assurance that all services delivered are appropriate, effective, and necessary.**



Board Highlight



Stephen Davis joined the CDAC Board in July, 2016.

Pensacola Police Captain Stephen Davis has served the community for twenty-seven years. Stephen is a fourth generation Pensacolian who is a graduate of Woodham High School and Troy State University. He has been married for twenty-five years and has two adult sons who are making their mark on the world every day. Stephen and his wife enjoy traveling, having just returned from Germany and Italy. They both have spent time on missionary journeys to India as well. In their spare time, they enjoy finding new restaurants that are off of the beaten path and spending time with their six-year-old Boxer puppy. Stephen also holds the distinction of being the only PPD officer to be mentioned in Rolling Stone magazine.

Staff Highlight

Michelle Desrochers

joined the CDAC family in August, 2016, as a WFIS Case Manager in Okaloosa County



Michelle was born in Fort Erie Ontario, Canada and moved to West Seneca, New York a suburb of Buffalo. Shortly after high school, she joined the Air Force where she served as a healthcare administrator both enlisted and officer for 23 years. While on active duty, she earned a Bachelor's of Science in Healthcare Administration from Wayland Baptist University and a Masters of Healthcare Administration from University of Phoenix.

Some of her military highlights were coordinating an airshow at McCord AFB, WA, where she was responsible for all medical and first aid for both the guests and the participants over a three-day period. While stationed in McGuire AFB in New Jersey, she was responsible for marching over 700 Airman, 8 combat vehicles, and a mini C-17 in the New York City Veterans Day Parade. Her most humbling experience was coordinating medical and dental care for remote villages and emergency evacuation planning for counter narcotic and terrorist missions while deployed to Soto Cano AB, Honduras.

After retiring from the military, she decided that she wanted to make a difference and help those suffering from trauma and difficulties navigating life. She decided to return to school and obtained a Master's of Science in Mental Health Counseling. She absolutely loves her new career!

She is the oldest of six children. Her brother lives in Pensacola with his family, and the rest of her family lives in the Buffalo, NY area. She has two wonderful children. Her 19-year-old daughter is pursuing a nursing degree with the goal of becoming a nurse practitioner. Her 18-year-old son is graduating from Navarre High School this May and is going to attend college in the fall with the goal of becoming an audio engineer.

As of right now she has one cat named Olive. She loves to make quilts and sew crafty things, in her very limited free time. She is very interested in forensic psychology, trauma and addiction. She believes that is why she loves working at CDAC and with our current population.

Something unusual about Michelle is that she was an illegal alien for 14 years and had no idea until she went to join the military. She had a social security number and a driver's license. "I guess it was a different era back then." After two years of working with her recruiter and immigration, she received a registered alien card.



We are happy to welcome

- **New intern Briahna Carroll.** Briahna will be working with Linda Wilson in the Outreach Program and with Denise Manassa in the Prevention Education Program.
- **New Medical Records Assistant, Jasmine Jackson.** Jasmine is working with Renee King in the WFIS program, Medical Records.

Project Boost boasts

- **Five** of the Early Risers participants received **All-A Honor Roll**, **three** received **A/B Honor Roll**, and **one** received the **Honor Character Trait Award** for first semester.
- **Five** Forest Creek residents **gained employment** with the help of the laptop donated by CDAC.

Project Boost continues to **Make a Difference!**

RISE Highlights

Santa Rosa RISE Making a Difference

A parent of one of **Blair Diamond**'s students wrote the following note (revised to remove student's name):

Hello, I want to thank you for working with my son at school, as well as sending information on how to further help him at home. I liked that when I went over the information with him at home, he remembered things that you guys talked about in your sessions and reviewed what he had learned. I do think this has helped my son. He is a very sensitive boy and has big reactions when things go differently than he would like (which happens quite often). He seems to "overload" quickly and cannot calm his thoughts before he reacts (crying, whining). I am hoping that we can reflect on the things that you guys have talked about and continue working with him on this. Thank you again for everything.



Mimi Bogan made fun gift bags with CDAC pens, pencils, and candy to show appreciation to school staff for the holidays.

Note of Gratitude

Mimi Bogan posts a special **Note of Gratitude** to the staff and administration at her schools for going above and beyond in supporting her and the CDAC program.

A special lunch for Student Services Appreciation Week was intentionally scheduled for a day when Mimi was at the school. Mimi was invited to participate in the special event and was among those treated to a special appreciation lunch from Cactus Flower and dessert. Mimi was also among those who received Starbucks gift cards.

Mimi says that the schools include her in school celebrations and that she is always made to feel part of the team. She was even given a bracelet with a charm saying "Making a Difference."

CDAC thanks the Santa Rosa School District for their strong support. We couldn't serve the students with such positive results without your support.

RISE Escambia

Starting in the spring semester, **Bellview Middle School** has begun to implement a voluntary **Mindful Minute** at the beginning of each class after **Heather Moller** approached administration to discuss the project. Heather shared the many benefits of mindfulness in education such as **reduced stress** and **improved focus** and offered several resources to the teachers that they can use. Teachers are reporting positive benefits after only a few days of implementation. Additionally, the Dean's office has begun to offer meditation as an intervention for students who are referred for behavioral issues. Heather directed them to the free "Stop, Breathe and Think" app and website where students can input their current feelings to get a recommended exercise or simply practice a few minutes of mindful breathing.

Heather also teaches these skills to students in RISE. A student from her Anger Management group approached her a few weeks ago feeling upset with another student to the point that he wanted to fight that person. Heather praised the student for taking a time out to talk to her instead of acting on his angry feelings, and then reminded him of the mindful breathing techniques he has learned. After she gave him a few minutes to practice his breathing, he reported that he felt much better and no longer felt like he wanted to fight. **Heather is grateful that Bellview Middle School is open to incorporating these skills to better meet the needs of the students.**

ECHO Making a Difference

ECHO at Gulf Breeze High School completed two Transitions groups, two Stress Management groups, and one Grief group last semester. Below are statements from students about their groups.

"I learned to express my emotions which helps relieve my tension and stress, helps me to be more confident and to speak better."

"I learned to be more comfortable talking about my grief and I made what I hope to be a couple of life-long friends."

"I learned how to manage my time and budget to benefit me more effectively and I was able to get a job."

"I am better equipped to handle the next stage of my life."

"As a result of group, I have started to sleep better at night."

"I met some friends and I have become more sociable."

"I learned I am not alone and I can function better."

"Because of group, I learned there is always someone nearby who can help you feel better."

"My stress level has gone down completely."

ECHO PPG at Escambia High School had a rockin' fall semester. Since August, Lauren Reeves has conducted 324 sessions of one-on-one support and 65 group sessions! 118 students at Escambia High have received services, including Botvin Life Skills, Botvin Transitions, Stress Management, and Choices Groups. On post-group anonymous surveys, students made the following comments about what they like best about group:

"I was always welcome and no one judged me for actions I had previously made,"

"I like how I was able to talk freely and be respected by others," and

"I like that my friends were with me to discuss problems and that I feel safe."

The most important things the students learned from group were:

"how to cope,"

"how to control my anger,"

"to be calm and make the best of any situation," and

"that it is okay to talk about my feelings."

Good things that happened because these students were in group include:

"I got in trouble less,"

"I've been able to talk to my mom more,"

"accepting myself,"

"I learned to be more positive,"

"I have been trying harder in school," and

"I feel more comfortable around new people."

As you can see, ECHO PPG has been **making a difference** at Escambia High.



Notes of Gratitude

Thank you to everyone who has invited the interns to observe and learn from you. They are getting a wonderful education from CDAC!



A very special note of gratitude to
Autumn Wingate
For being such a positive and
flexible staff member.
Thanks Autumn!

A **BIG THANK YOU** to everyone who participated in the recent
United Way Campaign.

The grand total of campaign contributions was
\$2,895.36.

\$1,760.67 was raised for our **Boost Program**, and
\$1,134.69 was donated to United Way

Congratulations Ashley Hansford !
She is now a
Licensed Mental Health Counselor (LMHC)





CDAC

Supporting Healthy Lifestyles



Walk Thru Florida

Stephanie Peterson has joined the **Walk Thru Florida** team!

We now have 15 members.

- Mimi Bogan
- Thomas Bradshaw
- Monica Davis
- Jennifer DeVries
- Isoke DuPont
- Amberlyne Greco
- Charity Hamilton
- Angela Jackson
- Dorothy Lewis
- Stephanie Peterson
- Lisa Poissant
- Lauren Reeves
- Chris Salter
- Rebecca Whitescarver
- Autumn Wingate

Lisa Poissant is leading the race with 1,743,326 steps! She has past Miami and almost to Key West!

Other High Steppers who have made it past Miami:

- **Angela Jackson**, 1,741,323 steps
- **Dorothy Lewis**, 1,544,224 steps
- **Isoke DuPont**, 1,497,324 steps
- **Charity Hamilton**, 1,472,409 steps
- **Monica Davis**, 1,439,781 steps

Orlando:

- **Autumn Wingate**, 1,017,814 steps
- **Lauren Reeves**, 975,644 steps

Almost to Tallahassee:

- **Chris Salter**, 389,551 steps
- **Thomas Bradshaw**, 362,461 steps

Destination "Mileage" Chart

- Tallahassee, 400,000 steps
- Jacksonville, 730,000 steps
- Orlando, 950,000 steps
- Miami, 1,420,000
- Key West, 1,750,000

Wellness Tips

Tips for Using a Computer Mouse (<http://ergo.human.cornell.edu/cumousetips.html>)

The arthritis center states that we can help prevent musculoskeletal disorders such as **carpal tunnel syndrome** and **tendonitis** by using proper posture with the computer and mouse. The link above lists **10 Tips for Using a Computer Mouse**. Tip # 2 is a big one for me:

- **Mouse from the Elbow** – don't skate or flick the mouse with your **wrist**. Make controlled mouse movements using your **elbow** as the pivot point and **keep your wrist straight and neutral**.



De-Stress – Being connected 24/7 can be a big stressor and chronic stress can negatively affect us psychologically and physically. Try "unplugging" for a night. That would include TV, phone, and computer. Enjoy the peace!



Get organized – Did you know . . . "the average person wastes almost an hour a day searching for misplaced items like house keys, reading glasses, and important pieces of paper." Being organized gives you peace of mind, saves you money, and can even help you stay connected to others.

- Tip # 1 – Create Deadlines and input task reminders into your calendar



February Anniversaries

Kathy Asbury	Feb 15, 1991	26 years
Rebecca Thomas	Feb 01, 2016	1 year
Angela Jackson	Feb 08, 2016	1 year

March Anniversary

Thomas Chen	Mar 04, 2013	4 years
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February Birthdays

Teri Perkins	Feb 05
Ardetta McDougal	Feb 19
Lyissa O'Connor	Feb 23

March Birthdays

Debbie Flynn	Mar 13
Monica Davis	Mar 13

March Health Observances

One-Month Observances

National Professional Social Work Month, National Association of Social Workers, www.socialworkers.org

American Red Cross Month, American Red Cross, National Headquarters, www.redcross.org

National Nutrition Month, Academy of Nutrition and Dietetics, www.eatright.org

One-Week Observances

National Sleep Awareness Week, National Sleep Foundation, www.sleepfoundation.org, March 5 - 11

National School Breakfast Week, School Nutrition Association, www.schoolnutrition.org, March 6 – 10

One-Day Observances

Kick Butts Day, Campaign for Tobacco-Free Kids, www.kickbuttsday.org, March 15

National Native HIV/AIDS Awareness Day, National Native American AIDS Prevention Center, www.nnaapc.org, March 20

American Diabetes Alert Day, American Diabetes Association, www.diabetes.org, March 28

Pensacola Events

Mardi Gras Parades

- Krewe of Lafitte, Feb 24, 7:00 p.m., Downtown
- Grand Mardi Gras Parade, Feb 25, 2:00 p.m., Downtown
- Krewe of Wrecks Mardi Gras Parade, Feb 26, 2:00 p.m., Pensacola Beach
- Mardi Grad Fat Tuesday, Feb 28, 5:00 p.m., Downtown

Kites and Kids, Feb 15, 1:00 p.m. - 2:00 p.m., Landshark Landing, 165 Ft. Pickens Road

Columbus Ships Pinta and Nina in Perdido Key, March 1-6, Perdido Key Oyster Bar & Marina, 9 a.m. - 5 p.m.

Gulf Coast Renaissance Fair, March 4-5, Pensacola Interstate Fairgrounds

Gulf Breeze Celebrates the Arts, March 11-12, 9 a.m. - 5 p.m., Gulf Breeze High School

WSRI PBS KIDS & Family Day at Gulfarium Marine Park, March 11, 10 a.m. - 2 p.m., Ft. Walton Beach