

Message from Leashia

Heather and Blair from the RISE program did a great presentation for today's Board Meeting and mentioned that many of the Preventionists are focusing on Bullying. I thought the newsletter would be a perfect place to inform everyone about a free app, **KnowBullying** from SAMHSA that can help prevent bullying.

Research shows that parents and caregivers who spend at least 15 minutes a day talking with their child can build the foundation for a strong relationship and help prevent bullying. The time you spend will help boost children's confidence and build effective strategies for facing bullying—whether children are being bullied, engaging in bullying, or witnessing bullying.

Help spread the word about **KnowBullying** and put the power to prevent bullying in the hands of others by sharing the following materials with parents and school personnel.

The link, <http://store.samhsa.gov/apps/knowbullying>, provides information where visitors can download **KnowBullying** for free.

The features for parents in the **KnowBullying** app include:

- **Conversation Starters:** Start easy, meaningful conversations with your children.
- **Tips:** Learn strategies to prevent bullying for ages 3-6, 7-13, and teens.
- **Warning Signs:** Recognize if your child is engaging in bullying, being bullied, or witnessing bullying.
- **Reminders:** Talk with your child when the time feels right: a quiet moment on the way to school or a game, during dinner, or relaxing outside.
- **Social Media:** Share successful strategies and useful advice via Facebook, Twitter, email, and text messages.

There is also a section for educators: Prevent bullying in the classroom and support children who are being bullied.



**Get KnowBullying,
the free app from
SAMHSA that can
prevent bullying**

*Make a Difference,
Leashia*



Social Work Month 2017

The official theme for Social Work Month this year is
“Social Workers Stand Up.”

CDAC's social workers always **stand up** for their clients and strive to
Make a Difference.

We take this opportunity to recognize CDAC staff with Social Work credentials:

Gwen Abrams, BSW; Kendra Bozard, MSW; Jennifer Crouse, BSW; Kim Crow, MSW; Deborah Foster, BSW; Kathleen Guy, MSW; Leann Knapp, MSW; Heather Moller, LCSW; Brianna Pagano, MSW; Teri Perkins, LCSW; Stephanie Peterson, LCSW; Erin Post, LCSW; Kara Price-Williams, MSW; Rebecca Thomas, LCSW; Linda Wilson, BSW; Autumn Wingate, MSW

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

Staff Highlight



Lyissa O'Connor is the ECHO Preventionist at Navarre High School.

Elizabeth O'Connor (aka Lyissa) was born and raised in Dallas, Texas. Lyissa has had a life-long passion for wellness that has been expressed through a combination of holistic health and mental health approaches. Lyissa studied psychology at the University of West Florida for her undergraduate and graduate degrees, with an emphasis on women's studies and health psychology. She conducted research on mindfulness and well-being throughout her academic career, and continues to hold a strong interest in fostering students' curiosity in these areas of study.

Lyissa has taught yoga for 18 years, including training upcoming teachers, and has opened 3 yoga studios throughout her career. She also practiced massage and reiki for 12 years prior to moving to Florida in 2004.

Lyissa's drive is to work with the adolescent and emerging adult populations to assist in the development of self-understanding and acceptance via positive health behaviors and counseling. She has also been a leader in her church youth groups since 2008, and continues to mentor teens in the faith-based community.

Lyissa and her husband Brendan have 3 children, 2 fur-babies, and a growing family of 3 grandchildren with a 4th on the way! She is currently in the process of convincing her extended family in Texas to join her in Florida. The more the merrier!!

Lyissa loves her position at CDAC and Navarre High School as an ECHO Preventionist! She strongly believes in the principles and passion that CDAC represents and that her co-workers exude. Most of all, she is honored by the opportunity to work with the students at NHS, and to provide an additional support for their future success!



Welcome New Case Manager, Samantha Collazo.

Samantha is the new WFIS Case Manager in Okaloosa County.

Need to get better organized? Write things down! Write down everything you need to remember.

Make to-do lists.

- **Make a to-do list for your day.** Your daily to-do list should never be more than 5 items. Mark one or two as things you absolutely must get done that day.
- **Make a to-do list for the week.** Draw from this list to make your daily to-do list.
- **Make a to-do list for the month.** Draw from this list to make your daily and weekly to-do list.

Your calendar is a great place to keep track of your to-do lists. Mark you daily, weekly, and monthly tasks on your calendar where you will see them every day.

ECHO Highlights

ECHO Santa Rosa Making a Difference

At **Navarre High School**, **Lyissa** is working with two seniors who were at risk for not graduating primarily due to lack of social support, family difficulties, substance misuse by parents, and homelessness. These students were referred at the beginning of the school year. Through the course of providing services and with their consent, ECHO connected them with collateral services, including the Navarre family resource specialist, who assists unaccompanied minors and high risk students. Both of these students have since **brought their grades up, toured PSC and UWF, taken their ACT, applied and were approved for financial aid, and are on their way to college careers.** Their home lives still present challenges, but **their sense of self-efficacy and improved social support is helping them realize their potential.**

For the spring semester, the ECHO program at **Gulf Breeze High School** has two Life Skills Training groups for 9th and 10th grade students, and one advanced and two regular stress management groups meeting weekly. Students are already starting to report some benefit from the skills they have learned, such as **valuing and protecting health, decision making, risk reduction, relaxation skills, and using simple thinking tasks to turn off the fight-flight response.** The students have been enjoying the ice breaker activities as a fun way to get to know each other better and make positive connections with each other. The program continues to receive referrals regularly. Leann is busy and is enjoying the amazingly resilient teens she is helping through the ECHO program.

At **Central** and **Jay High Schools**, Autumn Wingate has Life Skills Training groups for both Middle and High School students, a Transitions group at Central and a Stress Management group at Jay.

Project Boost

The **Incredible Years** program at **Oakwood Terrace** held a very successful **Meet & Greet Parent Breakfast** on March 7 and 8. This was an opportunity for parents to eat with their children as well as mingle with other parents and the Boost staff. Zita reviewed the program goals and other program information with the parents.

Staff also provided a **Health Outreach** presentation for parents at Oakwood. The Health Department provided free material to hand out to the parents and children relating to healthy eating:



“Healthy Kids Drink Water” cup, MyPlate dinner plates with the divisions for the USDA recommended servings of food groups, and healthy eating information pamphlets.



Notes of Gratitude

Thank you, **Michelle Desrochers**, for being such a great coworker and always willing to help out when needed. You truly care for the men and women you serve and it is just an overall pleasure to work with you.

Thomas Bradshaw, I cannot possibly adequately express how grateful I am for all the work you've put into the new HR database AND the immense patience you've shown throughout the process. Thank you a million times over! !



**Walk
Thru
Florida**



Big shout-out to the Walking Thru Florida program and to Becky for keeping track of our steps! The playful competition and rewards make getting exercise even that much more fun!

A BIG Thank You to Monica Davis for going over and beyond to help a peer in need!

During a Peer Review Meeting, I staffed a case that had been giving me a hard time. My Santa Rosa RISE team provided many helpful responses. However, **Monica Davis** had an idea that allowed me to identify and focus on the most impactful solutions for my troubled kiddo. She recommended using a “**Sand Tray**” with my student. Monica delivered the Sand Tray to my school and demonstrated its implementation. During our time with the Sand Tray, the student, who was very shy and had difficulty sharing things of substance, shared some very helpful information.



CDAC

Supporting Healthy Lifestyles



Walk Thru Florida

CDAC's Walk Thru Florida team:

- 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 holding the lead with 2,095,326 steps! Close behind her is Angela Jackson with 2,045,930 steps. Dorothy Lewis has logged in 1,765,997 steps. They have all made it to Key West and are on their way back to Pensacola!

Other High Steppers who have made it past Miami:

- **Charity Hamilton**, 1,739,053 steps
- **Monica Davis**, 1,657,230 steps
- **Isoke DuPont**, 1,656,800 steps

Orlando:

- **Lauren Reeves**, 1,135,047 steps
- **Autumn Wingate**, 1,102,075 steps

Tallahassee:

- **Chris Salter**, 500,893 steps
- **Stephanie Peterson**, 458,259 steps
- **Thomas Bradshaw**, 427,690 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

Physical Benefits of Yoga

"The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explains Dr. Natalie Nevins, D.O. "Yoga can also **lower blood pressure and reduce insomnia.**"

Other physical benefits of yoga include:

- Increased flexibility
- Increased muscle strength and tone
- Maintaining a balanced metabolism
- Improved respiration, energy and vitality
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury



Don't pop too many vitamins. Enthusiasm for vitamin pills is high, but evidence for their benefits is low. Try to get vitamins from foods and consider a multivitamin for insurance.

Everyone should get 800 IUs of **Vitamin D** per day. Foods rich in Vitamin D include, Salmon, Herring, Sardines, Canned Tuna, Oysters, Shrimp, Egg Yolks, Mushrooms, and Milk.

And, of course, the most natural way to get Vitamin D is to enjoy our beautiful Florida **sunshine.**





April Anniversaries

Deborah Foster	Apr 18, 1991	26 years
Becky Daniels	Apr 01, 1996	21 years
Cathy Henderson	Apr 01, 1998	19 years



April Birthdays

Jennifer Crouse	Apr 03
Lisa Viquelia	Apr 29

Things to Do . . .

Santa Rosa County Fair, March 31 - April 8

Pensacola Jazz Festival, April 1-2, Seville Park

Milton High School Band Crawfish Festival, April 8

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

Blue Angels Practice, Every Tues-Wed, 11:30 a.m., Naval Aviation Museum viewing area

Annual Easter Egg Hunt, (ages 0-12), Apr 8, 10 a.m. - p.m., Roger Scott Athletic Complex, 2130 Summit Blvd, Free with donation to Manna Food Bank

Gallery Night Pensacola, April 21

Pensacola Beach Crawfish Festival, April 21-23, Bamboo Willie's

Blue Wahoos, Ice Pilots, Saenger Theater and Bayview Center always have good family entertainment on the schedule. Check them out.

April Health Observances

One-Month Observances

National Alcohol Awareness Month, SAMSHA's National Clearinghouse for Alcohol & Drug Information, www.ncadd.org

National Child Abuse Prevention Month, Prevent Child Abuse America, www.preventchildabuse.org

National Minority Health & Health Disparities Month, Office of Minority Health Resource Ctr, www.minorityhealth.hhs.gov

Counseling Awareness Month, American Counseling Association (ACA), www.counseling.org

Stress Awareness Month, American Counseling Association (ACA), www.counseling.org

Sexual Assault Awareness Month, National Sexual Violence Resource Center, www.nsvrc.org

One-Week Observances

Alcohol-Free Weekend, National Council on Alcoholism and Drug Dependence, Inc., www.ncadd.org, April 1 - 3

National Youth Violence Prevention Week, American Public Health Association, www.nphw.org, April 3 - 7

National Public Health Week, American Public Health Association, www.nphw.org, April 3 - 9

National Infant Immunization Week, CDC, National Immunization Program, www.cdc.gov/vaccines/events/niw/indwx.html

One-Day Observances

National Day of Hope, Childhelp, www.childhelp.org, April 5

National Alcohol Screening Day, Screening for Mental Health, Inc., www.mentalhealthscreening.org, April 6

World Health Day, World Health Organization, www.who.org, April 7