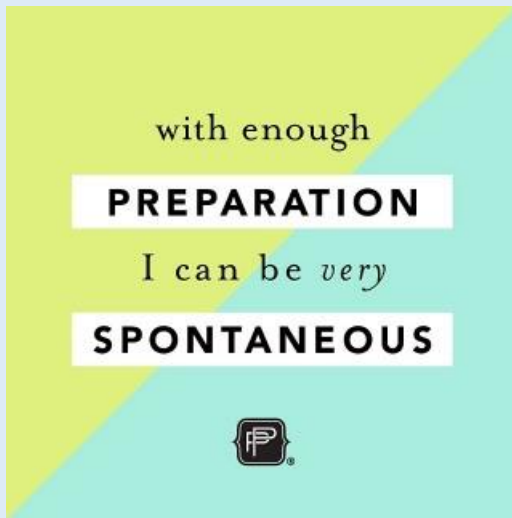


The CDAC Difference

April, 2017

Vol. 5 Issue 3

Message from Leashia



(I actually have this quote on my refrigerator at home).



CREDIBILITY • INTEGRITY • ACHIEVEMENT

During our COA site visit we may have exhibited some slight spontaneity, but there was no hiding the **preparation**. After our year-long experience of completing forms, reviewing standards, organizing documentation, uploading evidence and generally questioning everything we do, we finally had our site review on April 9-12, and all of our hard work paid off. **We had an excellent experience and a stellar review.** The reviewers were very impressed with our Board, staff, and programs. They commented on our commitment to our mission, our professionalism, our ethical actions, and our care and dedication to helping others.

I personally want to thank everyone for the great effort you put into preparing for our re-accreditation and I want to give a special thanks to Becky. If there is a queen of organization and preparation, she is it.

It is hard to describe the pride that I felt during the visit and exit conference. It is rewarding to be recognized for your efforts, but it is even more fulfilling to know that you are part of something great. **Something that makes a difference.**

Spontaneously yours,

Leashia



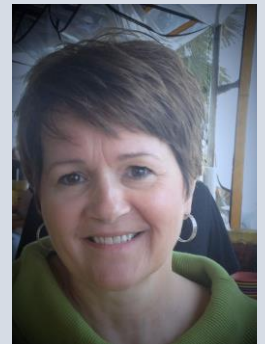
CDAC – Supporting Positive Lifestyles and Choices for Families and Communities through Prevention and Intervention

Staff Highlight

Patti Beebe joined CDAC as Finance Director in September, 2016, bringing over 20 years' experience in governmental and financial accounting. She served as Finance Director for a local municipality for 12 years and retired in 2014.

Patti earned both her Bachelor and Master of Science Degrees in Accounting from Troy State University. She later started as an adjunct professor at Northwest Florida State College teaching Fundamental Accounting Principles (Accounting I & II), Managerial Accounting and Accounting Concepts and Practices. After 15 years teaching, she taught her last class in December, 2016.

Patti was born and raised in Corning, New York, and has two children (son and daughter) and five grandchildren. She currently lives in Crestview, Florida but intends to move to the Pensacola area in the near future.



Gulf Power Celebrates Pensacola Service Organizations

Gulf Power annually awards the **Power of Service** award to local service organizations in recognition of their dedication to improving the lives of others. This year, one of the recipients was the **Northwest Florida Community Outreach**, directed by our own **Chris Salter**. Northwest Florida Community Outreach is dedicated to ensuring that individuals and families from all generations have the resources necessary to lead more meaningful and productive lives.

It is through the Northwest Florida Community Outreach that Farm Share food boxes are provided to CDAC clients.

Santa Rosa RISE Making a Difference

Mimi Bogan's student told her that his older brother had been taken to get help for a drug problem. He told Mimi, *"I'm the one who told my parents to get my brother help, like this program (RISE) has helped me."* He is "paying it forward!" This fits so well for staff in the K-5 classrooms where we don't get to see the students in their home environment, but it is evident that this student is definitely **using what he is learning to help others**.

Santa Rosa RISE Locklin Tech/Santa Rosa High School

Monica Davis is currently providing services for over 36 students this semester and has recently provided a Power Point presentation to approximately 230 Locklin Tech/Santa Rosa High School students, staff, and faculty on **Dating Violence**. Several student referrals came from the presentation after realizing that they were in emotionally abusive relationships. The same presentation was later provided to the remaining students, staff, and faculty in April, approximately 170 additional people. In addition, about 50 Locklin Tech/Santa Rosa High School staff and faculty received procedures for handling **suicidal students** in the classroom, which led to a number of referrals for services.

Santa Rosa High School has given SR RISE the platform for Botvin Life Skill groups to be facilitated twice every nine weeks with **the intention to reach every student at SRHS before they graduate**.

Parenting for Prevention

When parents enter recovery, they are faced with the awareness of how their addiction has negatively affected their children. This awareness is painful, but with the proper treatment, healing is possible. One of the activities in the Nurturing Program is for parents to write a letter as if from their child(ren) or family members to their addiction. Below are two letters written by moms who now understand how their addiction has impacted their children. (Letters used by permission.)

Dear Addiction,

I hate you. You took my mommy from me. You made her mean to me and always made her sleepy. You made her be mean to my daddy and now our home is ripped to pieces. You made her careless and miserable. Now I have to live with daddy without mommy. You made her go to jail and now she is not allowed to see us cause daddy says she is sick. You are more important to her than us. She don't love us; she loves you! I hate you. I wish my mommy would hate you too.

I want you to give me my mommy back. She was mine first.

Signed,

Mommy's children

Dear Addiction,

You have taken so much of my mother from us. So much of her time has been consumed by you. She's always on the phone trying to borrow money. She's always making phone calls to strange men. Then they come over and she always goes in the room and closes the door. After a little while, we always have to leave the house as soon as she comes out of the room where we go to this same house. Sometimes we have waited in the car a long time waiting for the person to get there with the drugs. When she comes out, though, she's always sooo happy. I wish she could always be happy like this without you, addiction . . . or is it good since it makes her happy?

Written by mother of teens.

Project Boost

The Boost staff are happy to announce that three Early Risers participants at Oakwood Terrace were on the "A" honor roll and six were on the A/B Honor roll at C. A. Weis Elementary School. Also, an Early Risers participant received **Student of the Month** at Weis Elementary.

ECHO – Gulf Breeze High School

The ECHO program at Gulf Breeze High School has once again been quite busy providing opportunities for students to learn and practice positive coping skills in individual and group sessions. Some of the skills covered in the past month include: risk and substance use, resisting risky media messages, managing strong emotions, family communication skills, guided imagery relaxation, stretching, the sun salutation and other yoga stretches, how to improve resiliency and positive outlook skills, the thought-feeling connection, the rope dangles analogy and simple CBT skills to decrease distress, ways to challenge negative thinking including the use of positive affirmations and coping thoughts and writing cognitive logs.



Notes of Gratitude

Thanks to Renee for all her help cleaning up mistakes and typos in our data!

Thanks for all the kindness shown toward our family with the birth of our baby boy.

Thomas Bradshaw



A great big thanks to all the CDAC staff who have put in extra time and effort to get us ready for the COA audit.



A huge thanks to Sue Nast for her countless extra work hours, keen eye for detail, and dedication to getting everything ready for the COA audit!



Thank you, Jennifer Glass, for taking the time from your busy day to visit the Incredible Years kids at Oakwood and spending time reading to them and providing arts and crafts activities.



We are thankful for being recognized and appreciated for our years of service to CDAC. *It's always nice to get flowers.*

Cathy and Becky

A word from Kathleen Guy and Amberlyne Greco . . .

This year we had the pleasure of working with **UWF Master of Social Work intern, Michelle Kistler**. Michelle's internship was split part-time between each of us. The first semester, Michelle learned all about CDAC, the Santa Rosa RISE program, and the individual schools. During the second semester, she met with students one-on-one and conducted groups with little-to-no assistance.

Having an intern this year has been such a great experience! Michelle brought a fresh perspective as well as new information in the field of social work. She brought new ideas and activities to use with students, including making "Calm Down Bottles" with food coloring and glitter. The students were very excited and loved making their own bottles. Many of the students stated that they were still using the "Calm Down Bottles" weeks later to de-stress and calm down.

Having Michelle there with us enhanced our work considerably. We were able to do so much more with the students. If we were busy with a student, and another student needed to talk to someone, Michelle was able to help them without the student having to wait.

Having an intern has been beneficial to our learning process as well. Through instruction to Michelle and her input and collaboration, our groups were implemented with higher fidelity. By teaching Michelle, we learned as well. We have greatly benefitted from having her and her ideas here at CDAC. It has been a phenomenal experience. We are going to miss her!

Thanks, Michelle. We wish you the best in all your endeavors.



CDAC

Supporting Healthy Lifestyles



Walk Thru Florida

Six Walkers have Walked 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 2,375,404 steps!

Close behind her is Angela Jackson with 2,372,319 steps.

Charity Hamilton passed Dorothy Lewis somewhere between Key West and Miami and has logged in 2,043,051 steps with Dorothy close behind with 2,014,158 steps. They have all passed **Miami** and are on their way to **Orlando!**

Monica Davis, with 1,958,371 steps, and Isoke DuPont, with 1,886,078 steps, are almost back to Miami from Key West.

Orlando:

- ***Lauren Reeves***, 1,297,321 steps
- ***Autumn Wingate***, 1,205,473 steps

Jacksonville:

- ***Stephanie Peterson***, 745,899 steps

Tallahassee:

- ***Chris Salter***, 613,910 steps
- ***Thomas Bradshaw***, 528,845 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

Walking lowers Alzheimer's risk

A study from the University of Virginia Health System in Charlottesville 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.



It's Cupboard cleanout time! Go through your cupboards and get rid of items that you may have bought that are high in sodium, fat or sugars. Replace them with healthier choices.

10 Best Foods for your Pantry: unsalted or lightly salted nuts; low-salt canned beans; low-salt canned tuna or salmon; lower sugar instant oatmeal; whole-grain breakfast cereals; extra virgin olive oil and canola oil; whole-grain or whole wheat pasta; whole-grain quinoa; green tea bags; dark chocolate with 60% cacao or unsweetened cocoa

10 Worst Foods for your Pantry: soda and sweetened beverages; high sugar, low fiber breakfast cereals; snack cakes and cupcakes; mega butter microwave popcorn; chips and Cheetos; packaged muffins and cereal bars; crackers (made with refined flour); yeast breads (made with refined flour) store-bought cookies; canned soup and instant noodle cups.



May Anniversaries

Christeia Salter May 12, 1997 **20 years**



May Birthdays

Jennifer DeVries May 07
Isoke DuPont May 14

Things to Do . . .

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

Wahoos home games, May 8-12, 18-22, 30- June 3

Blues on the Bay, Sunday evenings, select dates,
May 14-Aug 20, Community Maritime Park, 6-8 p.m.

Pensacola Children's Chorus presents "Showtime",
May 5-7, Saenger

Disney on Ice, May 12-14, Pensacola Bay Center

Gallery Night, May 19, Downtown Pensacola

Memorial Day Celebration, May 28, Veterans
Memorial Park and Wall South, 11:00 a.m.

May Health Observances

One-Month Observances

National Mental Health Month, National Mental Health Association, www.nmha.org

National Physical Fitness and Sports Month, President's Council on Fitness, Sports, and Nutrition, www.fitness.gov

Better Sleep Month, The Better Sleep Council, www.bettersleep.org

National Melanoma/Skin Cancer Awareness Month, American Academy of Dermatology, www.skincancer.org

One-Week Observances

National Physical Education & Sports Week, National Assoc for Sport & Physical Edu, www.shapeamerica.org, May 1-7

National Nurses Week, American Nurses Association, www.nursingworld.org, May 6 - 12

Women's Health Week, Office on Women's Health, Dept of Health & Human Services, www.cdc.gov/women/, May 14 - 20

Bike to Work Week, League of American Bicyclists, www.bikeleague.org, May 15 - 19

One-Day Observances

Perfect Aces Day (All Children Exercise Simultaneously), Youth Fitness Coalition, Inc., www.projectaces.com, May 3

School Nurse Day, www.nasn.org, May 10

World Fair Trade Day, World Fair Trade Association, www.wfto.com, May 13