

THE CDAC DIFFERENCE

APRIL, 2018

VOL. 6 ISSUE 3

Message from Leashia

(In keeping with the premise of Earth Day, Leashia is "recycling" this article from the April, 2015, newsletter. Enjoy - and practice.)

Earth Day is recognized in the month of April. Earth Day broadens the base of support for environmental programs, rekindles public commitment and builds community activism around the world. Earth Day is the largest civic event in the world, celebrated simultaneously around the globe by people of all backgrounds, faiths, and nationalities.

In recognition of Earth Day, here are some tips on how to be more eco-friendly in our offices.

- **Use electricity wisely** – Turn off all computers, printers, photocopiers, and other equipment that doesn't need to be left on at the end of the day, and leave them off until you need to use them again. Check that all computers/monitors are set to their most energy efficient settings (e.g., monitor set to shut off after 15 minutes of no use.)
- **Reduce, reuse, recycle** – means more than just throwing old notepaper in the blue bin (though you needn't stop doing that). Really think about everything you use. Set up files to save emails instead of printing them out. Proof documents on screen and preview before printing. Use print preview to avoid printing extra pages at the end of the document or having to reprint due to unacceptable page breaks.

- **Green your air** – Plants do more than just pretty up your work space. Plants also absorb indoor air pollution and increase the flow of oxygen.
- **Revamp your to-do list** – For those who prefer to write out daily lists and cross items off as completed, consider making this method more sustainable to avoid pushing too much paper. You can digitize your to-dos on a smartphone.
- **Adjust your print settings** – Color printing generally uses more ink, so print in black and white when you can; or to conserve even more ink, print in draft mode. Print duplex or double-sided whenever possible. Set duplex printing as the default and change it on an individual print basis only when you have to.



Little by little,
a little becomes
A LOT.

(Tanzanian Proverb)

We can do our part and
Make a Difference.

Leashia

April is

SEXUAL ASSAULT AWARENESS MONTH

Practice safety for you and your loved ones by knowing the resources for sexual assault.

- Speak with an advocate at the 24-hour Victim Services Hotline 850-433-7273.
- Learn about Victim Services at: eLakeviewCenter.org
- Call 911 if you see someone in danger.



NATIONAL CHILD ABUSE PREVENTION MONTH

Report children who have been abused, abandoned or neglected by calling the Florida Abuse Hotline at 800-962-2873, or for hearing impaired call 800-453-5145. If it is an emergency, call 911.

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

CDAC Peer Recovery Specialists Making a Difference

The Florida Department Of Children and Families Substance Abuse and Mental Health Office is working to develop a **recovery-oriented system of care (ROSC)** in Florida to ensure that an appropriate mix of substance use disorder services and recovery supports for youth, adults and families is available and accessible throughout the state. Moving from the current acute care model to a chronic care approach requires the entire system to embrace a **recovery management approach** to support those affected by substance use disorders (SUDs) and to expand the current continuum of care.

Peer Recovery Support Specialists are individuals who are in recovery from substance use or co-occurring mental health disorders. Their life experiences and recovery allow them to provide recovery support in such way that others can benefit from their experiences. **Peer Specialists** provide non-clinical direct services in efforts to inspire hope for recovery.

There are certain knowledge areas and skills that are required to provide effective peer recovery support services to individuals living with behavioral health disorders. **Certified Peer Recovery Specialists** must demonstrate the ability to provide effective services including advocacy, mentoring, education, recovery support, and engage in ethical responsibility. In addition, **Certified Peer Recovery Specialists** must provide services with whom they have experiential expertise, and be knowledgeable of the integrated services provided by the behavioral health systems.

CDAC Behavioral Healthcare, Inc. is a ROSC Champion for the NW Florida Region and a role model agency for the effective integration of peers into a behavioral health setting. **We are honored to have two Certified Peers working with us serving the role of “Recovery Specialists” in the WFIS Program, and we look forward to expanding our Peer program in the future**



Carol Phillips began employment at CDAC as a **WFIS Recovery Specialist** on March 14, 2018. Below is Carol’s story.

It is an honor to be an employee of CDAC/WISE because it has such a special meaning to me. This is where my road to recovery began. I am a CDAC/WISE Alumni.

In 1991, I was introduced to WISE. I was a mother with a drug dependency, and the state of Florida had given custody of my children to my mother. A representative of WISE came to the Escambia County Jail and told me about the WISE program. A day later I was released from jail and transported to my first treatment facility, and although it took me going to several treatment facilities before I got clean, WISE and my case manager, Deborah Foster, did not give up on me. For some reason they believed in me more than I believed in myself.

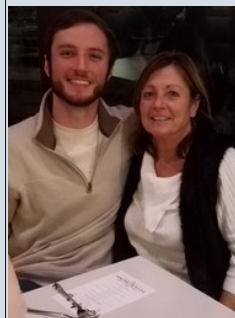
In 1996, I was sentenced to drug court, and, I graduated drug court in 1997. I have remained drug free for 21 years. I continued to come back to WISE to the groups they provided, for support, and/or for refuge. I stayed connected to them even when I became ill and couldn’t be here physically. I spoke them often. After a lengthy illness I came back and started volunteering in groups. WISE/CDAC was the beginning of a new life for me and my children.

I come from a large close knit family. I have 3 children - a set of twin daughters, and a son. The twins graduated from UCF; one teaches school in Escambia County, and the other is a Case Coordinator for CPS in south Florida. My son is on a path to become a Truck Driver.

My hobbies are reading, I love the feel of turning the pages of a good book. I enjoy music, and spending time with my grandchildren.

I thank God every day for this opportunity to spread the message of hope, and recovery.

* * * *

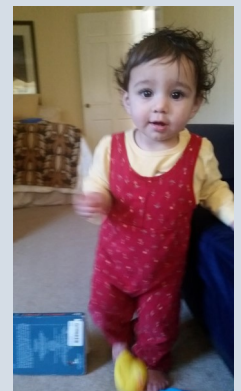


Judy Savage joined CDAC in January, 2018, as a **WFIS Recovery Specialist**.

Her previous employment included working for the Department of Defense for 37 years as a Budget/Financial Analyst. She also has experience as an upholsterer.

Judy was born in Sacramento, CA, and has lived in San Antonio, Texas, and in Germany for 10 years. She has one son, Alexander, two god daughters, Ashlie and Destinee, and a granddaughter, Sasha.

Her favorite past-times are walking on the beach, babysitting, and pet-sitting.



Notes of Gratitude



Kim Crow and Jennifer Crouse,
Thank you so much for doing a fabulous job covering other schools. You are both amazing at your job and are the epitome of **team players!**



A Great BIG Note of Gratitude to Judy Savage and Carol Phillips for the work you are doing as Certified Recovery Peer Specialists. It is awesome to see you connect with the WFIS clients. It's been great having you as part of the WFIS Team!



I would like to express gratitude to the entire BOOST staff for their words of encouragement and random acts of kindness shown as my mother recuperates from hip replacement surgery.

Thanks, ladies!

Isoke DuPont and Amberlyne Greco,

Thank you for your willingness to mentor UWF Social Work Interns all year. What a great experience this has been for both Karen and Jennifer! Our interns have learned so much from you and from the Santa Rosa and Escambia RISE programs. Thank you to those who have let the interns spend a day with you and for making them feel like they were a part of the CDAC Team.



I would like to express gratitude to the **anonymous person** who suggested the "Notes of Gratitude" page in the newsletter. I love reading about all the kindness CDAC staff show one another and all the "above and beyond" undertakings staff take on to make CDAC such a great agency.

This is one of my favorite pages in the newsletter. It truly shows CDAC does **Make a Difference.**

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. —Maya Angelou



CDAC Supporting Healthy Lifestyles Walking to Canada !



The following walkers have reached *Lansing, Michigan*, and are on their way to *Sault Ste Marie, Ontario!!!*

Lisa Poissant, 2,514,000 steps

Sue Nast, 2,485,393 steps

Dorothy Lewis, 2,454,123 steps

Charity Hamilton, 2,322,257 steps

The following walkers passed *Indianapolis* - headed toward *Lansing*:

Jennifer Alexander, 2,167,146 steps

Lyissa O'Connor, 2,083,036

Monica Davis, 2,029,337

Amberlyne Greco, 1,967,428

Passed *Louisville* on their way to *Indianapolis*:

Isoke DuPont, 1,611,486 steps

Michelle Kistler, 1,451,072 steps

Patti Beebe, 1,416,066

Passed *Nashville*, headed to *Louisville*:

Thomas Bradshaw, 1,050,952 steps and Chris Salter, 974,000 steps



Pensacola to Birmingham	255 miles	510,000 steps	<u>(total)</u>
Birmingham to Nashville	193 miles	386,000 steps	896,000
Nashville to Louisville	174 miles	348,000 steps	1,244,000
Louisville to Indianapolis	288 miles	576,000 steps	1,820,000
Indianapolis to Lansing	250 miles	500,000 steps	2,320,000
Lansing to Sault Ste Marie, ON	290 miles	580,000 steps	2,900,000

Everyone is welcome to join any time.



What you eat nourishes your whole body, including your brain.

Carbohydrates (in moderate amounts) increase serotonin, a brain chemical that has a calming effect on your mood. Protein-rich foods increase norepinephrine, dopamine, and tyrosine, which help keep you alert. And vegetables and fruits are loaded with nutrients that feed every cell of your body, including those that affect mood-regulating brain chemicals. Include foods with omega-3 polyunsaturated fatty acids (found in fish, nuts, and flaxseed) because research shows these can improve mood and restore structural integrity of the brain cells necessary for cognitive functioning.

SIMPLE, HEALTHY RANCH DRESSING

As you grill vegetables, seafood and meats this spring, don't undo your healthy eating with processed salad dressings. Use this dip for your skewers instead.

- 1/2 to 3/4 cup of plain Greek yogurt
- 1 teaspoon dried dill weed
- 1 small clove of garlic, crushed
- 6 tablespoons olive oil
- 2 tablespoons parmesan (optional)
- Sprinkle of salt and pepper



Place yogurt, garlic and spices in a blender or food processor. Blend until smooth. Add in the oil slowly and blend on low until it mixes well. Serve immediately. Store any leftovers in the fridge for up to one week.

Recipe was adapted from wellnessmama.com. Serves 4.

“Let food be thy medicine and medicine be thy food” ~Hippocrates



May Anniversary

Christeia Salter	May 12, 1997	21 years
Jennifer Luchak	May 1, 2017	1 year



May Birthday

Jennifer DeVries	May 07
Isoke DuPont	May 14
Gwen Abrams	May 20
Brittany Whitman	May 23



Cathy Henderson celebrated her 20th Anniversary as a CDAC employee on April 1st.

Congratulations, Cathy.

Thanks for sticking around.



We welcome two new staff members to the CDAC family.

Carol Phillips, WFIS Recovery Specialist

Andrea Flynn, WFIS Case Manager for Escambia County

Did you know?

Of CDAC's 61 employees, 18 have been with CDAC 10 years or more. Of those 18, 10 have been with CDAC 20+ years.

CDAC is a great place to work !!!

We are family!

May Health Observances

May Month-Long 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
- **National Teen Pregnancy Prevention Month**, Advocates for Youth, www.advocatesforyouth.org
- **National High Blood Pressure Education Month**, NHLBI Information Center, www.nhlbi.nih.gov
- **National Bike Month**, League of American Bicyclists, www.bikeleague.org
- **Better Sleep Month**, The Better Sleep Council, www.bettersleep.org

May One-Week Observances

- **National Nurses Week**, May 6-12, American Nurses Association, www.nursingworld.org
- **National Hospital and Healthcare Week**, May 7-13, American Hospital Association, www.aha.org
- **Women's Health Week**, May 13-19, Office on Women's Health, Dept of Health/Human Services, www.cdc.gov/women/
- **Bike to Work Week**, May 14-18, League of American Bicyclists, www.bikeleague.org

May One-Day Observances

- **World Red Cross/Red Crescent Day**, May 8, American Red Cross, www.redcross.org
- **School Nurse Day**, May 9, www.nasn.org
- **Bike to Work Day**, May 18, League of American Bicyclists, www.bikeleague.org
- **National Senior Health & Fitness Day**, May 30, www.fitnessday.com

Pensacola Happenings

Blue Angels practice - every Tuesday and Wednesday at 11:30 a.m., Naval Aviation Museum

Bands on the Beach - every Tuesday, 7:00 p.m., Gulfside Pavilion

Wahoos home games - May 2-6 and May 17-27

Pensacola Children's Chorus - May 4, 5, 6, Saenger Theater, 7:30 p.m.

Pensacola Crawfish Festival - May 4, 5, 6, Bartrum Park, Admission \$5

Curiosity Day - AstronoMay - , May 5, Pensacola M.E.S.S. Hall, 1-4 p.m., \$8 adults and kids over 3

Palafox Market Anniversary Celebration - May 5, 9 a.m. - 2 p.m.

Gallery Night - May 18, 5 p.m., Downtown

Music for Families - May 19, Saenger Theater, 9:30 a.m. - 12:00 p.m., \$5 general admission