

THE CDAC DIFFERENCE

CDAC Behavioral Healthcare, Inc.



**Supporting Healthy Lifestyles
and Making a Difference**

This month I want to share with you the following part of a message from Charles Ingoglia, President and CEO of the National Council for Behavioral Health. On the following page are results of new polling conducted by Morning Consult for the National Council as part of the Unite for Behavioral Health campaign.

I find Chuck's message and the results of the survey inspiring and a guide for us all to **Make A Difference in Our Community, Our State, and Our Nation.** *Leashia*

Chuck's Message

No matter where you turn, it's hard to escape political news these days – who's up, who's down ... who's in, who's out. It can feel like an exciting roller coaster, a drawn-out soap opera or, depending on your mood, a bit of a never-ending nightmare. In the midst of the noise, what should you pay attention to? What matters? What unites majorities of Americans?

Turns out, Americans are united in their commitment to reverse the national overdose and suicide crisis and expand mental health and addiction treatment.

Leading up to the November election, we will be exposed to lots of political messages that seek to draw distinctions between Republicans and Democrats. We will be reminded that we are a nation divided when it comes to many issues. But, somehow, in the midst of all the noise, I am hopeful for the future. I am hopeful that strong bipartisan consensus to expand mental health and addiction treatment will translate into near-term policy changes and long-term impact. As a nation, it is in our common best interest to further invest in mental health and addiction prevention, treatment and recovery services – to take care of each other. Only then can our nation be truly healthy and strong. Let us hope that our recent polling results turn out to be a foreshadowing of good things to come.

Voters Show Strong Bipartisan Support For Members Of Congress Who Promise To Do More To **Expand Mental Health and Addiction Treatment**

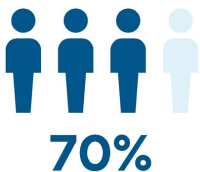
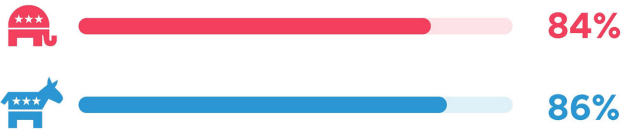
In the midst of a national overdose and suicide crisis, Republicans and Democrats strongly support increased federal funding to expand services.

Only 20% of voters say access to mental health and addiction **treatment has improved** in their community over the past 4 years.

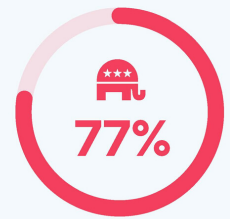
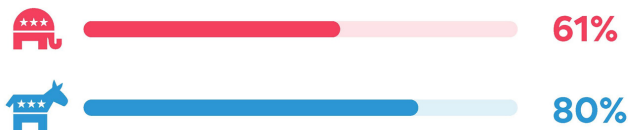
A bipartisan majority of voters think it is **important the federal government increase funding to expand access to mental health and addiction treatment.**



More than 4 in 5 voters would be more likely to support their Member of Congress who promised to do more to **ensure veterans and active duty military can receive mental health and addiction treatment care tailored to their needs.**



Nearly 3 in 4 voters would be more likely to support a Member of Congress who promised to do more to **expand 24/7 mobile crisis mental health services to respond to a mental health crisis instead of or along with law enforcement.**



“Today, 113 Certified Community Behavioral Health Clinics in 21 states are providing access to integrated, high quality mental health and substance use treatment and 24/7 crisis care while collaborating with law enforcement, hospitals and schools to make a difference in their communities. Bipartisan congressional leadership has made this important progress possible, and will continue to be essential if we are to achieve the long-term goal of extending CCBHCs to all 50 states.”



Chuck Ingoglia
 President and CEO,
 National Council for
 Behavioral Health

Methodology

This poll was conducted from January 23-24, 2020 among a national sample of 1,990 registered voters. The interviews were conducted online and the data weighted to approximate a target sample of registered voters based on age, race/ethnicity, gender, educational attainment, and region. The results from the full survey have a margin of error of +/- 2%.

Staff Highlight



Zach Benn joined the CDAC family on July 9, 2019, as the Data Analyst.

I was born in Presque Isle, Maine – the only actual city in a rural potato farming county bordering New Brunswick, Canada. My family eventually migrated farther down the state to South Portland, Maine - an area known for its lighthouses and lobster fisheries. I double majored in Journalism and Philosophy at the University of Maine, then went back to school for a degree in Information Technology when the philosophy jobs didn't manifest.

In the summer of 2019, my girlfriend Hannah and I packed up our pets (Molly the cat and Penny the Shih Tzu) and headed for Pensacola. Since then, we've been spending our time getting to know the area and making improvements to our house. The majority of Maine's coastline is rocky and jagged, and the water temperature ranges from cold to bone-chilling, so we immediately fell in love with the emerald coast. Hannah is a tenacious beach comber, and I am a dedicated sunbather and beach reader. The house improvements, I fear, will go on in perpetuity, but the process has been mostly enjoyable; few things can compare to the thrill of purchasing a new power tool.



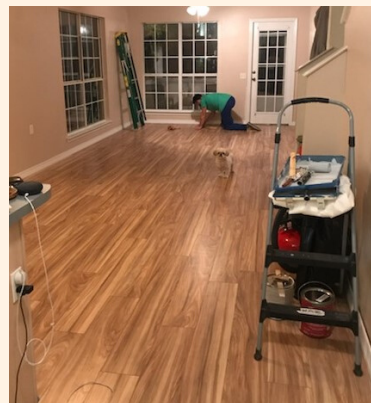
Hanna and Zach



Penny



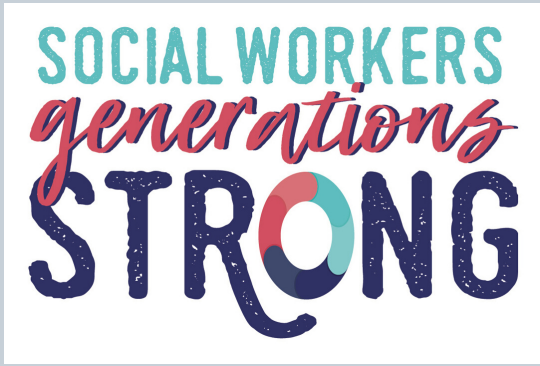
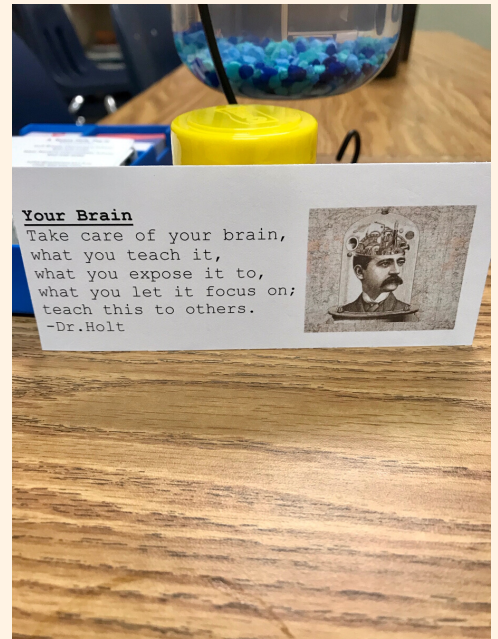
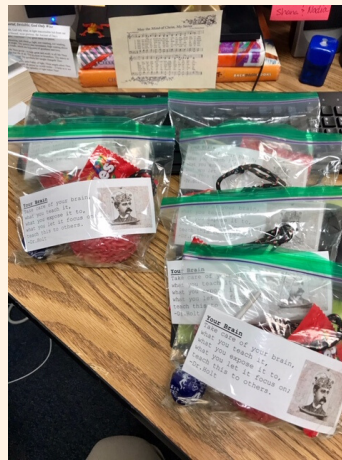
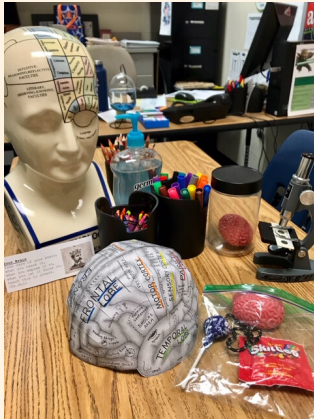
Molly



Zach's Home Improvement Skills

Santa Rosa RISE Making a Difference

Students in the **School Success group** at **West Navarre Intermediate School** learned about the brain anatomy and how coping skills affect their brain. Dr. **Reese Holt**, the Santa Rosa RISE counselor, created this interactive lesson. Check out the student "brain hats" and the incentive bags!



National Social Work Month celebrates the contributions of social workers and looks at the vital role of social workers in improving our society. This year's theme is "Social Workers: Generations Strong" to emphasize the positive impact the social work profession has had on our society for generations - from the Greatest Generation to the Z Generation.

CDAC's Social Workers are a vital part of our agency. Thank you all for the great work that you do in *Supporting Healthy Lifestyles and Making a Difference* in our community.

Gwen Abrams, BSW
Kendra Bozard, MSW
Jillian Bradsell, MSW
Shawn Caldwell, MSW
Jennifer Crouse, BSW
Kim Crow, MSW
Brittany Durlauf, BSW
Christina Ferguson, MSW

Deborah Foster, BSW
Becky Garthwaite, MSW
Katie Gossman, MSW
Kathleen Guy, MSW
Katie Harrington, MSW
Michelle Kistler, MSW
Leann Knapp, MSW
Felicia Leslie, MSW
Jennifer Luchak, MSW

Erica Mack, MSW
Dawn Nicholson, MSW
Jessica Posey, MSW
Stacey Reeder, LCSW
Angie Spiller, MSW
Tammy Sutton, MSW
Barbara Walker, MSW
Brittany Whitman, BSW
Linda Wilson, BSW



Denise Manassa at the Drug Free America Summit 2020



Denise Manassa and Lana Kaufman attended the 8th Annual Drug Prevention Summit hosted by the Drug Free America Foundation. The two-day February event brought together various agencies and providers from across the country to address drug use and abuse, prevention, and policies. One of the Summit's sessions included a presentation by the Surgeon General of the United States, Dr. Jerome Adams, on "Discussing Substance Misuse: The Effects of Marijuana and Opioids on our Nation's Youth, Health, and Future."



Proof that visibility is not necessary to make an impact, Ella Baker is one of history's lesser-known civil rights heroes, yet one of the most important. If Martin Luther King Jr. was the head of the civil rights movement, Ella Baker was its backbone. (Trudy Joseph and Callan Mathis)

A granddaughter of slaves who graduated valedictorian from Shaw University in Raleigh, NC, in 1927, Baker spent nearly half a century raising the political consciousness of Americans, and played a major role in three of the 20th century's most influential civil rights groups: the National Association for the Advancement of Colored People (NAACP), the Southern Christian Leadership Conference (SCLC) and Student Nonviolent Coordinating Committee (SNCC).

Ella Baker was born on December 13, 1903 in Norfolk, Virginia, and died on December 13, 1986 – her 83rd birthday.



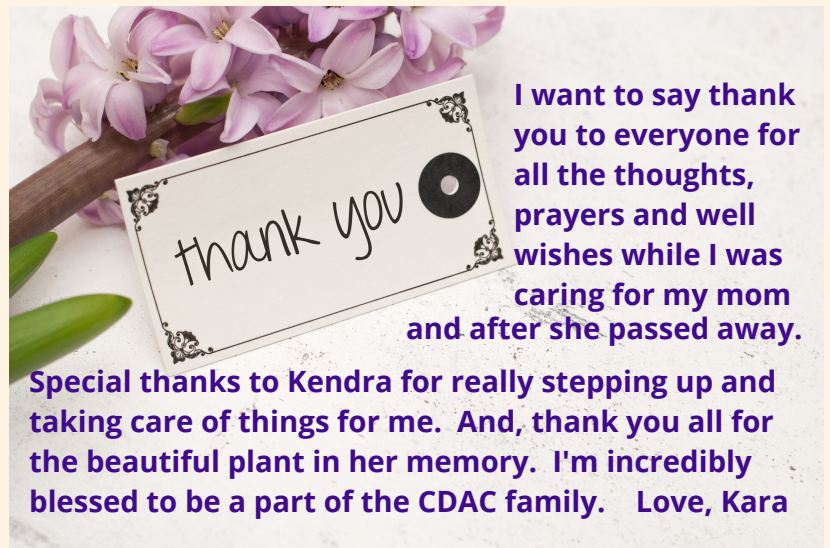
I have always thought that what is needed is the development of people who are interested not in being leaders as much as in developing leadership in others.

— Ella Baker —

AZ QUOTES

The Boost kids enjoyed a fun Valentine's Celebration





Research confirms that gratitude effectively increases happiness and reduces depression.

Psychology Today, April 3, 2015

CONGRATULATIONS

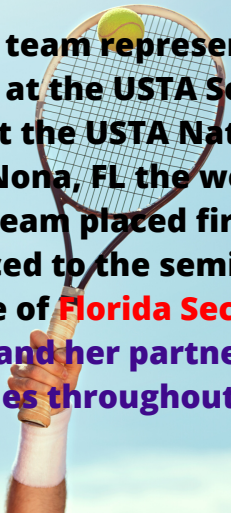


Judy Savage is celebrating 6 years sobriety on February 21. Congratulations, Judy!



Someone recently celebrated their 40th anniversary. Can you guess who it is?

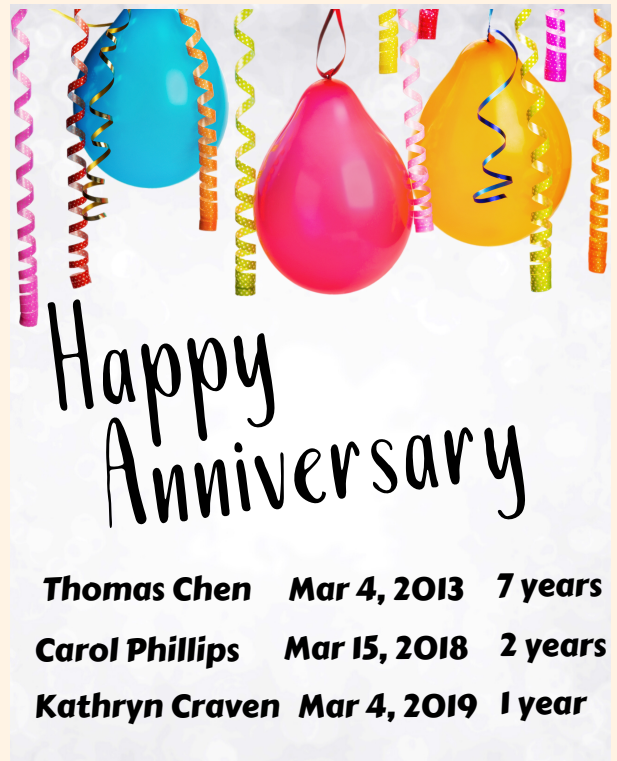
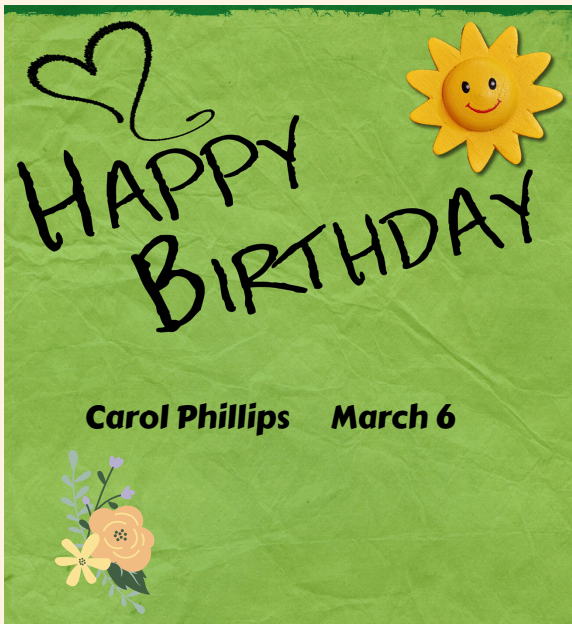
Sue Nast and her team represented Escambia County at the **USTA Sectional Championships** at the **USTA National Campus** in Lake Nona, FL the weekend of January 25. The team placed first in their flight and advanced to the semi-finals and finals for the title of **Florida Section Champions**. Sue and her partner, Anna, won all of their matches throughout the tournament.





Kimberly Waldron joined the CDAC family on February 5 as the Santa Rosa RISE School Counselor at **Berryhill Elementary School**.

Tanya McIntyre joined the CDAC family on February 5 as the Escambia RISE School Counselor at **Bellview Middle School**.



CDAC will celebrate 50 years in 2021.

2021 will be a busy year for CDAC. Not only will we achieve reaccreditation with COA next year, but we will celebrate CDAC's 50th Anniversary.

Fun Fact # 1:

CDAC was incorporated as **The City-County Drug Abuse Commission, Inc.** on July 26, 1971.

CDAC

Supporting Healthy Lifestyles



CDAC Walking Club

Amberlyne Greco is in the lead with a total of **1,870,418 steps** or **935 miles** walked.

Angela Jackson was the **high-stepper for the month** of January with **305,205 steps** walked - or **153 miles**.

Passed Memphis and on their way to Nashville:

- Sue Nast** - 297,862 steps in January - 1,475,216 total steps - **738 total miles**
- Stacey Reeder** - 299,818 steps in January - 1,385,141 total steps - **693 total miles**
- Angela Jackson** - **305,205 steps in January** - 1,319,087 total steps **660 total miles**
- Cathy Henderson** - 251,927 steps in January - 1,198,735 total steps - **599 total miles**

Passed New Orleans and on their way to Memphis:

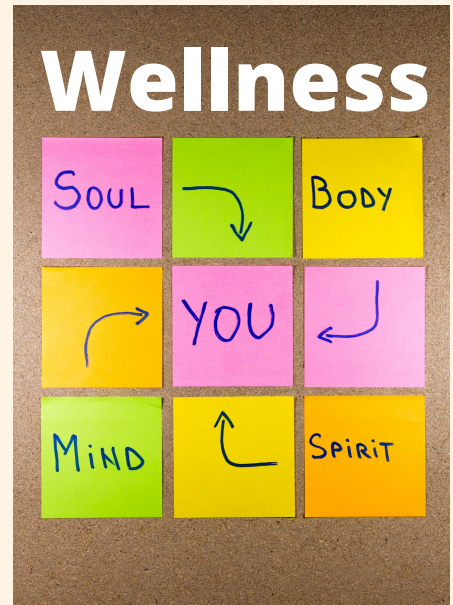
- Jennifer Crouse** - 204,790 steps in January - 1,089,203 total steps - **545 total miles**
- Chris Salter** - 232,078 steps in January - 1,044,357 total steps - **522 total miles**
- Dorothy Lewis** - 233,609 steps in January - 910,866 total steps - **455 total miles**
- Michelle Kistler** - 170,1312 steps in January - 897,335 total steps - **449 total miles**
- Katelyn Odom** - 174,275 steps in January - 849,963 total steps - **425 total miles**
- Andrea Flynn** - 159,686 steps in January - 1,870,418 total steps - **397 total miles**
- Mike Villanueva** - 143,200 steps in January - 758,820 total steps - **379 total miles**
- Isoke DuPont** - 182,039 steps in January - 566,228 total steps - **283 total miles**
- Sondra Gingerich** - 105,346 steps in January - 516,282 total steps - **258 total miles**
- Shawn Caldwell** - 106,009 steps in January - 453,185 total steps - **227 total miles**
- Katie Harrington** - 94,428 steps in January - 408,988 total steps - **204 total miles**

A Benefit of Walking
- It eases joint pain. -

Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints - especially the knees and hips, which are most susceptible to osteoarthritis - by lubricating them and strengthening the muscles that support them.

CDAC

Supporting Healthy Lifestyles



February 17 was **Random Acts of Kindness** Day.

Not only do acts of kindness bring joy to the receiver, but they spread positive reactions to the giver, too.

Kindness Increases

- The Love Hormone
- Energy
- Happiness
- Lifespan
- Pleasure
- Serotonin

Kindness Decreases

- Pain
- Stress
- Anxiety
- Depression
- Blood Pressure



Health and Wellness Observances - March 2020

National Professional Social Work Month

National Association of Social Workers, www.socialworkers.org

American Red Cross Month

American Red Cross, www.redcross.org

National Nutrition Month

Academy of Nutrition and Dietetics, www.eatright.org

Workplace Eye Health and Safety Month

Prevent Blindness America, www.preventblindness.org

One-Week Observances

March 1-8 - National Sleep Awareness Week

National Sleep Foundation, www.sleepfoundation.org

March 15-21 - National Poison Prevention Week

Poison Prevention Council, www.poisonprevention.org

March 30-April 3 - National Youth Violence Prevention Week

Poison Prevention Council, www.poisonprevention.org

One-Day Observances

March 20 - Kick Butts Day

Campaign for Tobacco-Free Kids, www.kickbuttsday.org

March 20 - National Native HIV/AIDS Awareness Day

www.hiv.gov/events/awareness-days

March 24 - American Diabetes Alert Day

American Diabetes Association, www.diabetes.org

March 1-8 is National Sleep Awareness Week

Some benefits to Better Sleep are:

- Sharpens Mind and Increases Learning.
- Improves Focus and Reaction Time.
- Refuels the Heart and Vascular System.
- Repairs Cells and Releases Growth Hormones.
- Boosts Immune System
- Regulates Appetite





Pensacola Events

Palafox Market Martin Luther King, Jr. Plaza, N. Palafox, every Saturday, 9:00 a.m. - 2:00 p.m.

Pensacola Ice Flyers Pensacola Bay Center Mar 6, 7, 8, and 21

Pensacon Pensacola Bay Center, Feb 28 - Mar 1

Radio Live Museum of Commerce, Thurs, Mar. 5, doors open at 5 p.m.; show begins at 6 p.m. \$10

Music Under the Stars Ground Up Community Garden, 501 N. Haynes Street
7 - 9 p.m., \$15 - \$18; March 6 - Cary Morin; March 20 - Ross Newell

43rd Annual McGuire's St. Patrick's Day 5K Mar 7, McGuire's Irish Pub, 600 E. Gregory

Smokin' in the Square Barbeque Competition, March 20, 12:00 p.m., Seville Square Park

Pensacola Beach Music Fest March 21, Red Fish Blue Fish, 12 p.m. - 10:30 p.m., FREE

Gulf Breeze Celebrates 26th Annual Arts Festival March 28-29, GBHS parking lot
Saturday 9 a.m. - 5 p.m.; Sunday, 10 a.m. - 4 p.m., FREE

Blue Angels Practice March 31 - April 1, Naval Aviation Museum, Practice Begins at 11:30 a.m.,
Best to arrive by 9:30 a.m.

