

THE CDAC DIFFERENCE

FEBRUARY/MARCH, 2018

VOL. 6 ISSUE 2

Message from Leashia



SOCIALWORKERS
leaders. advocates. champions.

Social Work Month in March looks at the vital role of social workers in improving our society. This year's theme is "Social Workers: Leaders. Advocates. Champions."

"The services of social workers are needed now more than ever before as the nation grapples with issues such as income equality, the opioid addiction crisis, the environment and continued struggle for equal rights for all. During Social Work Month, we hope you will take time to learn more about the profession and support the work of social workers in improving the lives of individuals and families and our society."

Our CDAC 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.

CDAC staff with Social Work credentials: **Gwen Abrams**, BSW; **Kendra Bozard**, MSW; **Jennifer Crouse**, BSW; **Kim Crow**, MSW; **Rebecca Dykes**, LCSW; **Deborah Foster**, BSW; **Ashley Frobenius**, MSW; **Becky Garthwaite**, MSW; **Kathleen Guy**, MSW; **Katie Harrington**, MSW; **Michelle Kistler**, MSW; **Leann Knapp**, MSW; **Felicia Leslie**, BSW; **Stephanie Peterson**, LCSW; **Erin Post**, LCSW; **Kara Price-Williams**, MSW; **Stacey Reeder**, LCSW; **Brittany Whitman**, BSW; and **Linda Wilson**, BSW

Leashia

Getting the Right Help for Opioid Dependence or Withdrawal

Do you know someone seeking treatment for opioid dependence or withdrawal? If so, it's important to know this: **products that promise miracle cures or fast results can cost precious time and money, lead to relapse, and even be dangerous.**

- ◆ Dietary supplements, such as herbal blends, vitamins, and minerals, have not been scientifically proven to ease withdrawal or to treat opioid dependence.
- ◆ Products like Kratom, which some claim can help, are actually not proven treatments, and can be addictive and dangerous to your health.
- ◆ Opioid dependence and withdrawal are serious health issues. You can address them with time, hard work, and help. But there are no quick fixes.

If you or someone you know is considering treatment for opioid dependence or withdrawal, start here:

- ◆ Call **SAMHSA's** National Helpline: 1-800-622 HELP (4357). Get live help from this free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for people and families facing substance use disorders.
- ◆ Visit SAMHSA's confidential treatment locator: <https://findtreatment.samhsa.gov> Find a reputable treatment facility near you in a quick, confidential online search.

Before taking any dietary supplement, for any medical reason, ask a health provider these questions:

- ◆ Is there scientific proof it actually works?
- ◆ How reliable is this brand?
- ◆ How will it interact with other supplements or drugs I take?
- ◆ What are the side effects?
- ◆ If it's safe to take, what's the right amount?

Learn more at FTC.gov/DietarySupplements



A Message from the Federal Trade Commission (FTC) and the Substance Abuse and Mental Health Services Administration (SAMHSA)

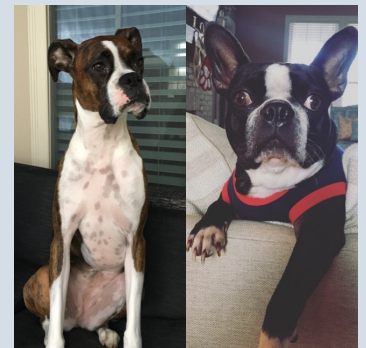
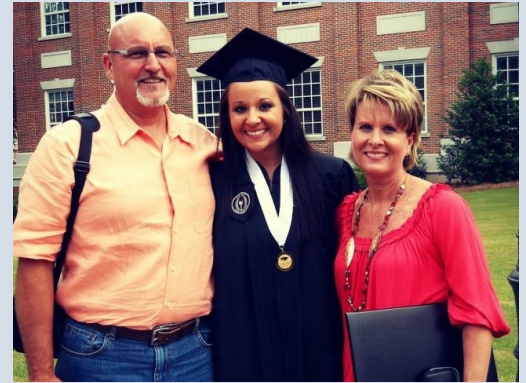
CDAC— Supporting Positive Lifestyles and Choices for Families and Communities through Prevention and Intervention

Staff Highlight

Hayley McCain began working at CDAC in June, 2017, as a WFIS Case Manager in Okaloosa County. Hayley says that her job as a CDAC Case Manager is the first job she has enjoyed, and she actually looks forward to going to work each day.

Hayley was born in Fort Walton Beach and grew up in Niceville as an only child. She received a B.S. in Psychology and a Minor in Human Service from Troy University in 2012. She has two four-legged children – a 4-year-old boxer named Lola, and a 5-year-old Frenchton, named Levi.

Hayley loves paddle-boarding, boating, and laying out at the beach as much as possible. She also loves to travel and is looking forward to her trip to the Mediterranean in June.



Santa Rosa RISE

Ashley Frobenius and the students at **Dixon Primary School** have been busy making their SS GRIN “**Stop & Think**” signs. Students are learning how to be responsive and make good decisions by using the Stop & Think method.



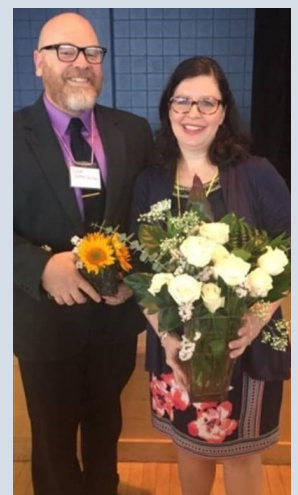
Making a Difference

Kathleen Guy successfully helped a mother and her 6th grade son with truancy issues. Kathleen worked with the mother, the student, and the school resource officer and developed a course of action that left little room for the student to continue refusing to go to school. Kathleen followed up with the student for some individual support and taught him ways to reduce his stress level and anxious feelings associated with school. He is now an active participant in Botvin LifeSkills group and his attendance has been great!



Stephanie Peterson, Kim Crow, Ashley Frobenius, and Michelle Kistler represented CDAC at the **Annual NASW Luncheon** celebrating **Social Work Month**.

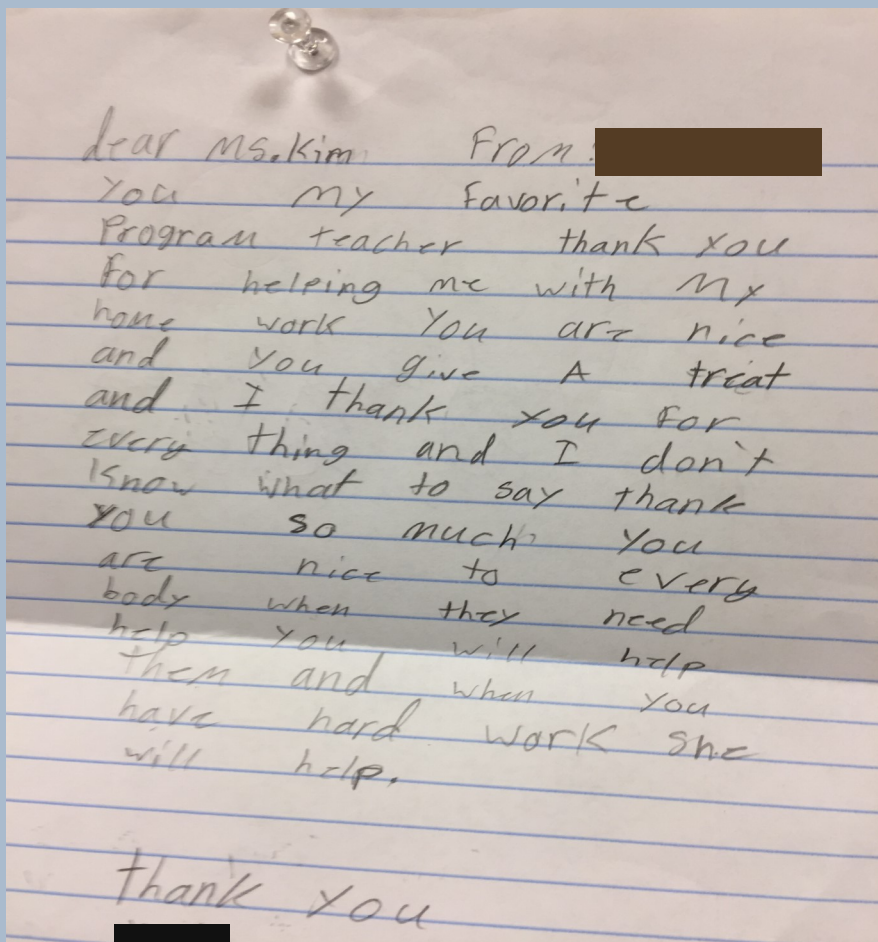
Our own **CDAC Board Member, Lauren Anzaldo** was awarded **Social Worker of the Year NASW-FL Northwest Unit** and her husband **Christopher Scott Satterwhite** was awarded **Public Citizen of the Year NASW-FL Northwest Unit**.



Project Boost



The Incredible Years Children at Woodland Heights learned about butterflies while decorating their own butterflies. A group of butterflies is called a kaleidoscope.



Kim Brown received this note from one of the PATTS students at Forest Creek.

In conjunction with the CDAC Staff, the students who participate in the PATTS group at Ebonwood Community Center started a Walking Club to support healthy lifestyles. On February 14, 12 students were awarded trophies, certificates, and gifts for their efforts. The 1st place participant walked a total of 293 laps. The 2nd place participant completed 236 laps, and the 3rd place participant completed 230 laps.



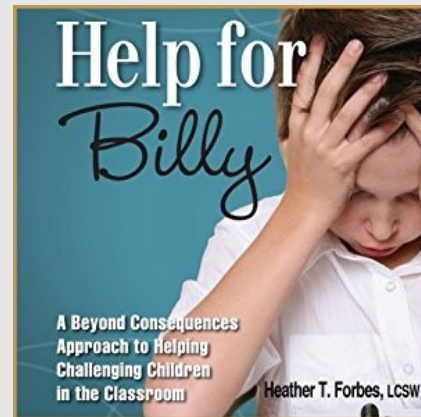
ECHO PPG



At **Pensacola High School**, Preventionist **Lisa Poissant** asked ECHO PPG students to come up with a theme for a bulletin board. The students were eager to do it and wanted to send a message regarding what teenagers could do other than drugs. They created a board that looked like a cell phone screen with “apps.” The board is displaying things students can do other than drugs. The students chose the topic and what they wanted to say.

RISE Escambia

In March, the RISE Preventionist at **Ferry Pass Middle School**, **Erin Post**, will be providing an informational handout to be distributed to all teachers and administration on the topic of **Trauma Informed Care**. Erin was asked by the Behavior Coach/Dean to put together a handout to accompany their book study on “Help for Billy” by Heather Forbes, LCSW, which focuses on the impact of trauma on a student’s performance in school and behavior. Erin’s informational handout will be reviewed and discussed in March when the teachers meet for one of their book study meetings.



Parenting for Prevention

New sessions of the parenting classes are beginning soon.

The next session of the **Incredible Years Parent & Baby Group** begins Thursday, March 29, from 1:00-3:00 pm at the Pathways for Change Family Center, 2050 W. Blount Street, Pensacola. This is a free, 8-week evidence-based program offered to parents/caregivers of babies 0-12 months. Parents and babies play and learn together in a nurturing and safe environment. Parents play, read, and sing with their baby while learning about the specific needs of a baby through the first year of life.

The **Incredible Years: A Parenting Program** is a free 10-week evidence-based program offered to parents/caregivers of young children 18 months – 8 years. This program is offered in both Escambia and Santa Rosa Counties. The Escambia County class begins Wednesday, April 4, from 9:30-11:30 a.m. at the Pathways for Change Family Center, 2050 W. Blount Street, Pensacola. The Santa Rosa class begins Wednesday, March 6, from 2:30-4:30 p.m. at the Avalon Center, 6024 Spikes Way, Milton.

The **Active Parenting of Teens** is offered free to parents of youth 10-16 years of age. This program is offered individually and, periodically, in a group format. Parents learn communication skills that will help them deal with the tough topics. Parents also learn to set rules with their teen that are fair and teach responsibility.

For more information, call Medena Williams at 850-439-5626, or mwilliams@cdac.info. To make a referral go to CDAC’s website, www.cdac.info, click on “Send Referral,” then click “Make a Parenting Referral,” complete and send.

"Tell me and I forget. Teach me and I remember. Involve me and I learn."

-- Benjamin Franklin



CDAC Supporting Healthy Lifestyles



Walking to Canada !

Sue Nast is now in the lead with 2,156,027 steps. She has made it to Indianapolis!

Also passed Indianapolis on their way to Lansing are:

- Lisa Poissant, 2,142,000 steps
- Charity Hamilton, 2,125,709 steps.
- Dorothy Lewis, 2,114,939 steps.
- Lyissa O'Connor, 1,923,665 steps.
- Jennifer Alexander, 1,850,834 steps

Passed Louisville and on their way to Indianapolis:

- Monica Davis, 1,732,606 steps
- Amberlyne Greco, 1,667,753 steps
- Isoke DuPont, 1,391,765 steps
- Patti Beebe, 1,255,197 steps
- Michelle Kistler, 1,249,018 steps

Almost to Nashville:

- Thomas Bradshaw, 866,421 steps
- Chris Salter, 858,199 steps

More Benefits of Walking . . .

- It strengthens your muscles.
- It supports your joints.
- It can stop metabolic syndrome and even reverse the damage.
- It raises your immunity.

Pensacola to Birmingham	255 miles	510,000 steps	(total)
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.



Health & Wellness

HAP Wellness tip (www.hap.org) on **Stress Management**

Humor is a positive mood and emotion changer. **Laughter can help relieve pain and increase happiness.** Movies and TV offer an easy venue to experience laughter while alone or with others. Looking at the silliness of situations



can also shift our way out of the blues. Make arrangements for a **"laugh night"** with family or friends just to relax, laugh, and keep things light.

WebMD - **Surprising Health Rewards of Laughter**

- ◆ **It gives you a natural high.** It lights up the reward center of your brain and releases feel-good chemicals, including dopamine and endorphins.
- ◆ **It burns calories.** 10 to 15 minutes of laughing can burn up to 40 calories. Researchers found that it raises your heart rate 10% to 20%. If you *chuckle gleefully* for 15 minutes every day, you could laugh off 4 pounds in a year.
- ◆ **It may help ease pain.** It releases brain chemicals called endorphins that may help you deal with pain better.
- ◆ **It may help with stress and depression.** Research shows that a good chuckle may lower stress hormones like cortisol and epinephrine and raise serotonin - a brain chemical that helps fight depression.

"A healthy outside starts from the inside."

Robert Ulrich



March Anniversary

Thomas Chen Mar 4, 2013 5 years

April Anniversary

Deborah Foster Apr 18, 1991 **27 years**

Becky Daniels Apr 1, 1996 22 years

Cathy Henderson Apr 1, 1998 20 years



March Birthday

Monica Davis Mar 13

April Birthday

Katie Harrington Apr 02

Jennifer Crouse Apr 03

Samantha Koehler Apr 13

Becky Garthwaite Apr 15

Ashley Frobenius Apr 27

Lisa Viquelia Apr 29



Kathy Asbury celebrated her 27th Anniversary as a CDAC employee on February 15.

Congratulations, Kathy.

Thanks for sticking around.

We welcome three new staff members to the CDAC family.

Katelyn English, Santa Rosa RISE Preventionist at West Navarre and Holley Navarre Primary Schools

Dannielle Taylor, Santa Rosa RISE Preventionist at Berryhill Elementary and Central School (K-6)

Stacey Reeder, ECHO Preventionist at Jay and Central High Schools



Notes of Gratitude



CDAC family, I am so grateful for your prayers, gifts, cards, and encouragement during my husband's recovery from surgery and our forthcoming battle with brain cancer. Your continued prayers are greatly appreciated. It is a great blessing to be a part of such a loving, supportive work family.

Love you all, Becky

A big thank you to **Jennifer Glass** for sharing her creativity with the Incredible Years program at Woodland Heights Community Center. With cardboard tubes, card stock, pipe cleaners, shiny stickers, and googly eyes, seven 3-and-4-year olds made some fabulous Valentine butterflies.

Thanks, Jennifer!



A big note of gratitude to the entire WFIS team for being so helpful to me in my transition into this field. I want all of you to know that I really appreciate all the returned calls, and the answers to the same questions over and over again as I continue to learn and grow stronger in this field.

Felicia Leslie



Jennifer Glass has achieved SOAR certification (SSI/SSDI Outreach, Access, and Recovery). The **SOAR** effort in Florida is an initiative designed to increase access to SSI/ SSDI for eligible adults who are experiencing or at risk of homelessness and have mental illnesses, medical impairments, and/or co-occurring substance use disorders.

Brittany Whitman delivered a healthy, beautiful baby girl named **Caroline Denise Whitman** on Saturday, March 3. Caroline weighted 8 lbs. 9.7 oz. and was 20.5 inches long. Baby and mom are both doing great.

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

March Health Observances

March Month-Long Observances

- **National Professional Social Work Month**, National Association of Social Workers, www.socialworkers.org
- **National Nutrition Month**, Academy of Nutrition and Dietetics, www.eatright.org
- **Workplace Eye and Safety Month**, Prevent Blindness America, www.preventblindness.org

March One-Week Observances

- **National Sleep Awareness Week**, Mar 2-9, National Sleep Foundation, www.sleepfoundation.org
- **National School Breakfast Week**, Mar 5-9, School Nutrition Association, www.schoolnutrition.org
- **National Poison Prevention Week**, Mar 18-24, Poison Prevention Council, www.poisonprevention.org
- **National Youth Violence Prevention Week**, Mar 19-23, National Association of SAVE, www.nationalsave.org

March One-Day Observances

- **Kick Butts Day**, Mar 14, Campaign for Tobacco-Free Kids, www.kickbuttsday.org
- **National Native HIV/AIDS Awareness Day**, Mar 20, www.hiv.gov/events/awareness-days
- **American Diabetes Alert Day**, Mar 27, American Diabetes Association, www.diabetes.org

April Health Observances

April Month-Long 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 Center, www.minorityhealth.hhs.gov
- **Sexual Assault Awareness Month**, National Sexual Violence Resource Center, www.nsvrc.org

April One-Week Observances

- **National Public Health Week**, Apr 2-8, American Public Health Association, www.nphw.org
- **National Infant Immunization Week**, Apr 21-27, CDC, National Immunization Program, www.cdc.gov/vaccines/events/niiw/index.html
- **Medical Fitness Week**, Apr 23-29, Medical Fitness Association, www.medicalfitness.org
- **Alcohol-Free Weekend**, Apr 6-8, National Council on Alcoholism and Drug Dependence, Inc., www.ncadd.org

April One-Day Observances

- **National Alcohol Screening Day**, Apr 7, Screening for Mental Health, Inc., www.mentalhealthscreening.org
- **World Health Day**, Apr 7, World Health Organization, www.who.org
- **Earth Day**, Apr 22, Earth Day Network, www.earthday.net