

THE CDAC DIFFERENCE

CDAC Behavioral Healthcare, Inc.



Supporting Healthy Lifestyles
and Making a Difference

Language Matters

Language is powerful – especially when talking about addictions.
Stigmatizing language perpetuates negative perceptions.

“Person first” language focuses on the person, not the disorder.

When Discussing Addictions...

SAY THIS NOT THAT

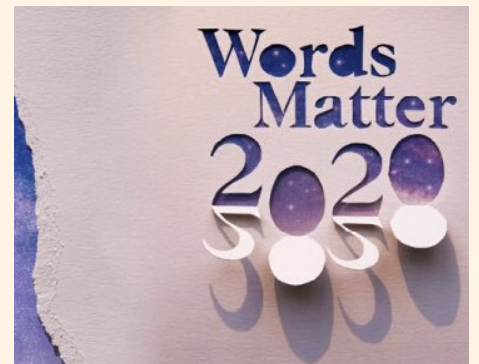
Person with a substance use disorder	Addict, junkie, druggie
Person living in recovery	Ex-addict
Person living with an addiction	Battling/suffering from an addiction
Person arrested for drug violation	Drug offender
Chooses not to at this point	Non-compliant/bombed out
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery	Stayed clean
Positive drug screen	Dirty drug screen



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH
STATE ASSOCIATIONS OF ADDICTION SERVICES
Stronger Together.

Leashia's Message

As we begin this new year and new decade, let's commit to **make a difference** by always remembering that



*Chose your words wisely,
Leashia*

CDAC - Supporting Healthy Lifestyles and Choices for Families and Communities through Prevention and Intervention.



Substance Abuse Prevention Advocacy Day at the Capitol

On December 11, 2019, Denise Manassa represented CDAC at the Substance Abuse Prevention Advocacy Day at the State Capitol in Tallahassee.

Substance Abuse Prevention Advocacy Day is an opportunity to educate legislators on the importance of prevention services and to inform them of the prevention and intervention services provided by CDAC in the four-county area of Circuit One.

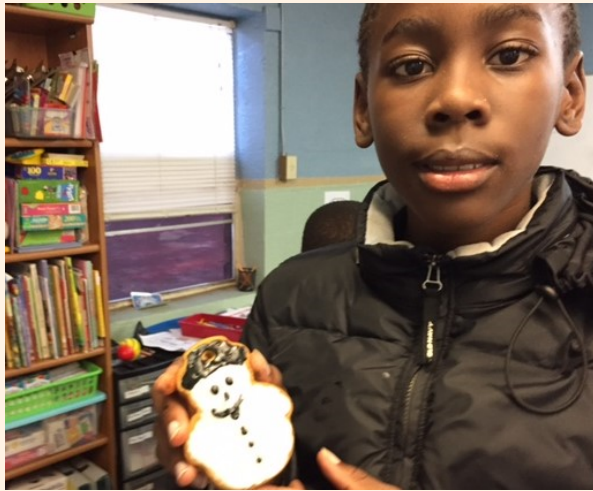
Denise spoke with six legislators, including FL House Representative Mike Hill from our district. She provided them information on the issues that are most impacting our youth - Vaping and Marijuana.

Denise also provided educational material developed by FADAA on Prevention, Vaping, and Marijuana to fifteen legislative offices.

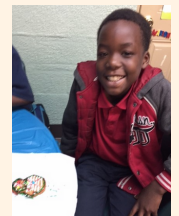
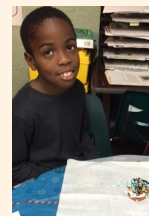
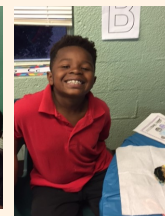


Project Boost - After-School Homework Program

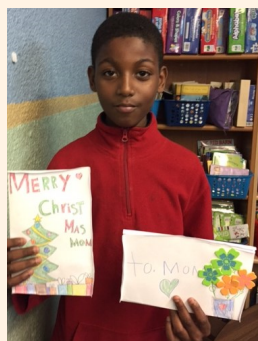
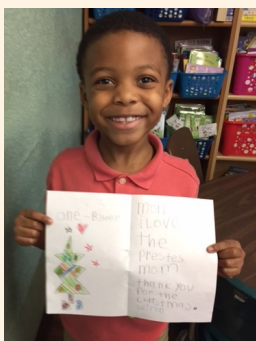
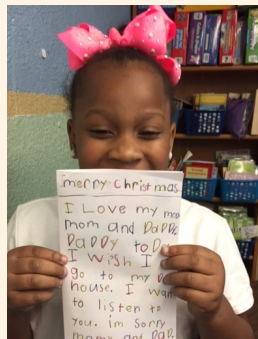
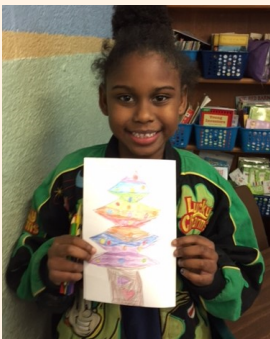
Decorating cookies . . .



This bright Project Boost participant is the Spelling Bee Champion at C. A. Weis Elementary School.



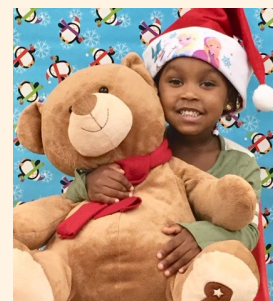
. . . and making cards



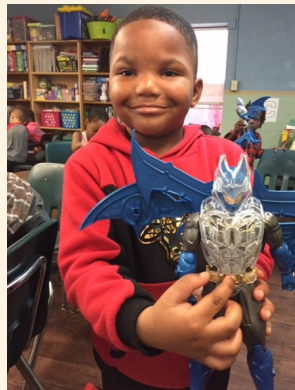
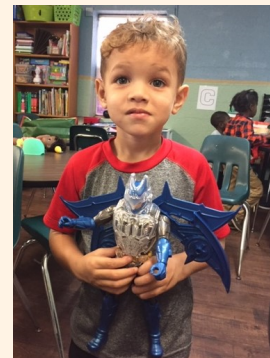
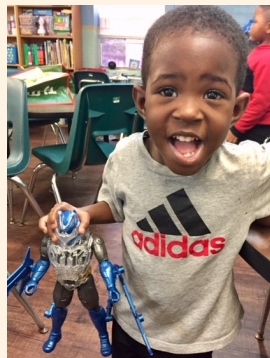
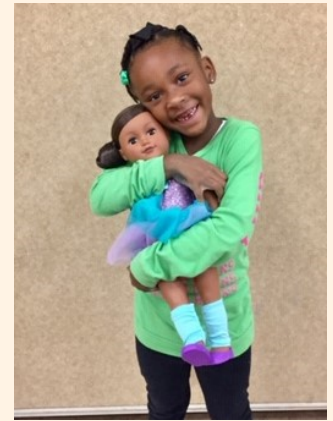
Project Boost is a family development prevention program designed to build on the strengths of individuals and families living in high risk communities. Project Boost provides programs for youth three years old through 5th grade.

Project Boost - Incredible Years Dinosaurs

The Incredible Years kids enjoyed lots of fun holiday activities. These pictures were used to make cards for their Moms.



Project Boost - Incredible Years Dinosaurs Fun Christmas Party



CDAC Board and Staff Luncheon

Over 100 people attended CDAC's Annual Board and Staff Luncheon at the Pensacola Yacht Club on December 17, 2019. CDAC presented its annual Spirit of Prevention Award to Mollye Barrows Vigodsky and the first annual Spirit of Recovery Award to Dr. Terrance R. Reeves and Ms. Lucy Cornell.



Mollye Barrows Vigodsky was presented the **Spirit of Prevention** Award her support of CDAC's mission in our community. Mollye volunteered to moderate a CDAC-sponsored Community Discussion on addiction. She was also instrumental in developing CDAC's partnership with the Levin Papantonio Law Firm's public service announcements promoting addiction awareness.

Dr. Terrance R. Reeves, a certified physician in vascular surgery, general surgery and addiction medicine was presented the **Spirit of Recovery** Award for his support as a volunteer panel member in CDAC's Community Discussions. Dr. Reeves has been instrumental in raising awareness of the disease of addiction and the many treatment options for individuals in recovery. His passion is expressed in his desire to promote healthy lifestyles and wellness for the community and clients he serves.



Lucy Cornell, Child Welfare Case Manager, Star Mentor, with FamiliesFirst Newtork, was awarded the **Spirit of Recovery** Award for her diligent, non-judgmental approach to assist her clients while ensuring the safety of their children. When Lucy's parents have substance abuse needs, she works closely with the WISE Case Managers to understand the struggles and setbacks many of the clients face in regard to their addiction. Despite the stress that comes with child welfare, Lucy remains positive, supportive to her peers, and optimistic that she can positively impact one family at a time.

Community Prevention reports that CDAC 's Project Boost program received a very **generous donation of toys from the Salvation Army** on January 9, 2020. The toys will be given to the three and four year old Incredible Years Dinosaur students and the K-5th grade PATTS students. The BOOST ladies, Kim Brown, Dorothy Lewis, and Ardetta McDougal, have developed amazing partnerships and the smiles on the children's faces will be all the appreciation that is needed.

Leroy Williams is an inspirational man who continues to give back to our community. The Community Prevention staff have worked directly with Leroy for many years. He supports CDAC's efforts and is gracious with his support. On January 10, Leroy asked the BOOST staff if the families in the program would be open to receiving food donations. Leroy's donation provided a very **generous supply of oranges, apples, small cartons of milk, yogurt, and cheese sticks** to families at Oakwood Terrace. The families were very grateful as the Boost staff went door-to-door at Oakwood to deliver the food.

The **Circle of Security Parenting Series** began new sessions on Thursday, January 9, at CDAC. The COS parenting class is for parents or caregivers of infants and toddlers from birth to three years of age. To make a referral, go to CDAC's website, cdac.info, click on "send referral", then "parenting for prevention." For more information, contact Medena Williams at 850-439-5626, 850-449-4315, or mwilliams@cdac.info.

Northwest Florida Community Outreach, Inc. (NWFCO)

is a local nonprofit organization under the directorship of CDAC's very own Chris Salter. NWFCO provides various food items for CDAC clients on Tuesdays and Thursdays. (All are welcome to partake.) NWFCO provided Christmas gift bags for the women in the WFIS groups to play Dirty Santa without having to spend any of their own money to have a little fun. Recently, NWFCO was able to give the women non-food items, such as household items and even toys! Chris Salter says . . . "giving makes me happy and it is just a part of who I am."

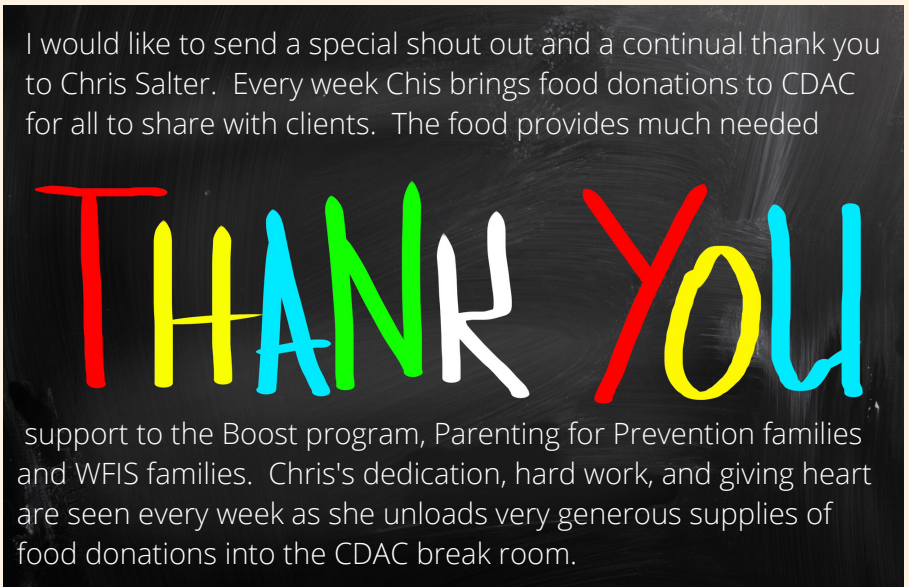




I have coached football, baseball and basketball. I was also a boxing trainer. Basketball, baseball, and football are team sports. Boxing is an individual sport, although you may be on a team, i.e. the Olympic Boxing Team. Being a WFIS Case Manager appears to be an individual sport like boxing; however, a better comparison would be WWE Tag Team Wrestling as we fight for restoration of families and recovery for our clients. **Our WFIS team** has individual strengths. One may be gentle, another tough, another a beacon of hope because of their own life experiences. The greatness of a team is being able to tag your teammate to get the job done. **I appreciate and celebrate the strength in the diversity of my teammates.**



Thank you Carol Phillips for helping clients while I was on vacation.



I would like to send a special shout out and a continual thank you to Chris Salter. Every week Chis brings food donations to CDAC for all to share with clients. The food provides much needed

support to the Boost program, Parenting for Prevention families and WFIS families. Chris's dedication, hard work, and giving heart are seen every week as she unloads very generous supplies of food donations into the CDAC break room.



Jennifer Bennett joined the CDAC family on January 6 as the ECHO **School Counselor at Central High School and Milton High School.**

Wendy CdeBaca-White joined the CDAC family on January 6 as the Santa Rosa RISE **School Counselor at Central K-6 and East Milton Elementary School.**



CDAC

Supporting Healthy Lifestyles



CDAC Walking Club

Amberlyne Greco is in the lead with a total of **1,542,129 steps or 771 miles** walked. She has passed Memphis and is on her way to Nashville - home of country and western. In December, Amberlyne walked 191 miles or just over 6 miles a day!

The December steps and the total number of miles walked for the CDAC Walking Club

- Sue Nast** - 318,237 steps in December - 1,177,354 total steps - 589 total miles
- Stacey Reeder** - 283,536 steps in December - 1,085,323 total steps - 543 total miles
- Angela Jackson** - 152,635 steps in December - 1,013,882 total steps - 507 total miles
- Cathy Henderson** - 238,606 steps in December - 945,808 total steps - 473 total miles
- Jennifer Crouse** - 206,410 steps in December - 884,413 total steps - 442 total miles
- Chris Salter** - 198,275 steps in December - 812,279 total steps - 406 total miles
- Charity Hamilton** - 202,190 steps in December - 780,364 total steps - 390 total miles
- Michelle Kistler** - 156,746 steps in December - 727,204 total steps - 364 total miles
- Dorothy Lewis** - 174,776 steps in December - 677,257 total steps - 339 total miles
- Katelyn Odom** - 177,723 steps in December - 675,688 total steps - 338 total miles
- Mike Villanueva** - 182,400 steps in December - 615,620 total steps - 308 total miles
- Sondra Gingerich** - 103,523 steps in December - 410,936 total steps - 205 total miles
- Shawn Caldwell** - 113,159 steps in December - 347,176 total steps - 174 total miles

One Benefit of Walking
- It boosts immune function -

Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

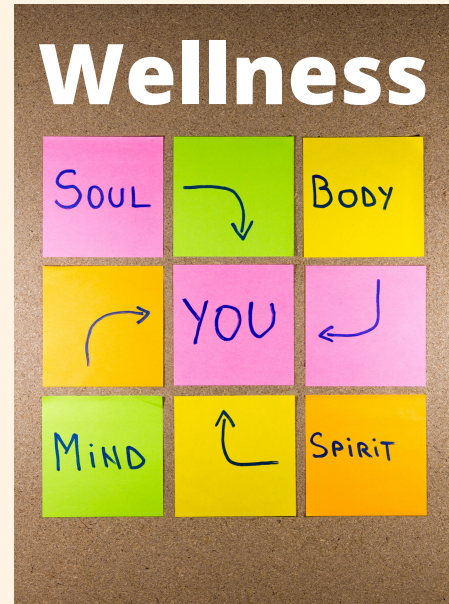
CDAC

Supporting Healthy Lifestyles

Improve Emotional Wellness - Reduce Stress and Smile

To help manage stress:

- **Get enough sleep.**
- **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- **Build a social support network.**
- **Set priorities.** Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- **Think positive.** Note what you've accomplished at the end of the day, not what you've failed to do.
- **Try relaxation methods.** Mindfulness, meditation, yoga, or tai chi.



Life is better when you are happy but life is best when other people are happy because of you!

Be an inspiration, give peace, share your smile.



Smile at a stranger today!

Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.

Health and Wellness Observances - February 2020

American Heart Month American Heart Association, www.americanheart.org

National Cancer Prevention Month American Cancer Society, www.cancer.org

National Children's Dental Health Month American Dental Association, www.ada.org

Wise Health Consumer Month American Institute for Preventive Medicine, www.healthylife.com

February 2 - National Wear Red Day

a National Awareness Campaign for Women About Heart Disease, www.goredforwomen.org

February 6 - National Girls & Women in Sports Day

Women's Sports Foundation, www.womenssportsfoundation.org

February 10-16 - Random Acts of Kindness Week

Random Acts of Kindness Foundation, www.randomactsofkindness.org



Pensacola Events

Historic Pensacola Trolley Tours

Tuesdays and Thursdays, Jan 21 - March 24, 10 am & 2 pm; \$20
(Discount coupon available at Visit Pensacola information desk;
Pensacola Visitor Information Center; Reservations requested.)

School House Rock LIVE !

Pensacola Little Theater, Jan 30-31; Feb 1-2, 6-9; 7:30 Fri & Sat, 3:00 Sun

Glenn Miller Orchestra 2020

Feb 4, 7-9 pm, Naval Aviation Museum, \$35

Mardi Gras Pensacola

Feb 21 - Krewe of Lafitte Mardi Gras Parade, 7 pm, Downtown Pensacola
Feb 22 - Pensacola Grand Mardi Gras Parade, 2 pm, Downtown Pensacola
Feb 23 - Krewe of Wrecks Mardi Gras Parade, 2 pm, Pensacola Beach, Avendida 10

2020 Double Bridge Run, 15K Run

Feb 1, 7:30 am - 12:00 pm, Wahoos Stadium