

# THE CDAC DIFFERENCE

JULY / AUGUST, 2017

VOL. 5 ISSUE 5

## *Message from Leashia*

As we begin this new fiscal year, we are entering a “Season of Transition” and we are delighted to announce that our name changed from Community Drug and Alcohol Council, Inc. to **CDAC Behavioral Healthcare, Inc.** Why the name change? We want our name to better reflect who we have become and where we want to go as an organization.

As we launch our new brand identity, I am excited about the energy and enthusiasm this has created at CDAC. Organizations grow by continually reassessing what works, what does not work, and what can be improved. CDAC continues to challenge itself on a daily basis

Change is never easy, and it is important for us to honor the work of those who came before us and helped build our organization while we continue our journey and create a new identity. This is why we kept our long-trusted “CDAC” as part of our new name. Your help is needed to assure our stakeholders that though we are in transition and our name may be changing, our services are still here and as effective as ever. We have a long history of serving our community and will continue to do so. Please join me in helping to get the word out!

*Leashia*

## **CDAC Making a Difference**

The work of our CDAC staff is uniquely profound in affecting lives. By promoting healthy lifestyles and connecting people to their hopes and dreams, we respect and support the whole health of the individuals we serve. The relationships we build every day matter. During Fiscal Year 16-17, CDAC staff worked diligently to serve their clients. Below are the end-of-year numbers.

### **CDAC's RISE and ECHO programs served**

- 1,090 high school students with 710 group sessions and 4,711 individual sessions
- 530 middle school students with 824 group sessions and 2,349 individual sessions
- 531 elementary students with 1,056 group sessions and 2,412 individual sessions

### **Project Boost served**

- 124 preschool and elementary youth
- Over 300 families in low-income communities

### **Prevention Education and Awareness served**

- 8,705 community members through presentations and health fairs
- 110 parents through the Parenting for Prevention classes

### **Substance Abuse Outreach program served**

- 1,300 community members through wellness, substance abuse, and mental health education
- 81 pregnant women through presentations and education on services available

### **Veteran's Treatment Court program served**

- 49 veterans connecting them with treatment and services necessary to live productive, healthy lives

### **Women and Families Intervention Services served**

- 1,294 women and families
- 60 pregnant women
- and, celebrated 35 babies born drug free

### **Continuing Education Program served**

- 152 behavioral health professionals (unduplicated)
- In 13 trainings, providing
- 40 CEUs

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



Denise and Lisa represented CDAC at the Pensacola and Milton **National Night Out** events on Tuesday, August 1<sup>st</sup>.

**National Night Out**, which began in August, 1984, is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. **National Night Out** enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Our local **National Night Out** was sponsored by CDAC, the Pensacola Police Department, Escambia County Sheriff's Office, Pensacola Parks and Recreation, Milton Police Department, Santa Rosa Sheriff's Office, Santa Rosa Health Department, and Target. This was the first **National Night Out** event for Milton, and it was very well received by community members with approximately 650 people in attendance. Pensacola's event had approximately 1,000 community members in attendance.

Target provided food and school supplies. Over 40 agencies and businesses were present providing valuable resources to community members. Other agencies included Bradford Health Services, Klaas Kids, Children's Home Society, PACE Center for Girls, Camp Fire, Big Brothers/Big Sisters, BRACE, Lutheran Services, Healthy Start, Epilepsy Foundation, Guardian Ad Litem, and many more.



NNO, Pensacola, at Legion Field



NNO, Milton, Guy Thompson Community Center



The National Alliance for Drug Endangered Children is providing a free 6.5 hour training titled, ***Moving from Awareness to Action to Sustainability***

Date/Location: Tuesday, September 26, 2017, Pensacola State College, Milton Campus, Room 4902

Time: 9:00 a.m. – 4:30 p.m.

Session One: 9:00 a.m. – 12:00 p.m., ***Core DEC Awareness – Identifying Drug Endangered Children: A Collaborative Approach***

Session Two: 1:00 p.m. – 4:30 p.m., ***The DEC Approach “Moving from Awareness to Action . . .”***

For more information, and to register for the Milton training on September 26, go to CDAC's website at [www.cdac.info](http://www.cdac.info) and click on CEU.

**Note: There is also a training in Okaloosa County on Wednesday, September 27, 2017, at Northwest Florida State College, Building 400, Rooms 132 and 133. Registration is required: [https://www.surveymonkey.com/r/DEC\\_Training](https://www.surveymonkey.com/r/DEC_Training). For more information, contact Amanda Colwell at [amanda.colwell@flhealth.gov](mailto:amanda.colwell@flhealth.gov) or 850-833-9240 x 2103.**

## Parenting for Prevention Making a Difference

One of Medena Williams' moms who successfully completed the Baby Group recently wrote Medena regarding sharing some of the parenting information with friends in her native Bangladesh.

*Ms. Medena, I enjoy writing. I was thinking to write about few materials in my native language that I learned from your class. For example, we can't spoil a child, trust of cycle, technology issue. I already wrote and sent an article about some stereotype ideas during pregnancy. The editor of the newspaper liked it. If they agree, I might write more about parenting experience. Is it ok if I use some information from my handouts in my writings?*

This mom further shared with Medena that she gives her child a xylophone or keyboard to play with, rather than put her in front of the TV, while she does housework. She has also shared with a local friend the parenting handout about limiting children's TV time.

Medena continues to **Make a Difference** one mom at a time – just as all CDAC staff **make a difference** in the life of one client at a time – which affects families and communities and future generations . . . even as far away as Bangladesh.

## WFIS Making a Difference

Note to Rebecca Thomas from Amy Petty-Falin at Chautauqua Healthcare Services (COPE):

*"I just wanted to take this opportunity to let you know how much I enjoy getting to collaboratively work with your staff/case managers to provide services to the clients!!! **Betty Jo, Debbie, and Kristin** are the case managers that I have worked with closely and they are awesome!!!"*



### Congratulations!

**Lauren Reeves**  
for achieving your  
LMHC Licensure



We sadly say "Goodbye" to two  
WFIS Case Managers

**Kristin Majka**  
**Debbie Flynn**

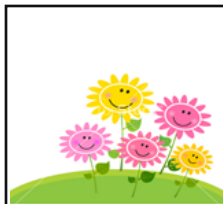
We wish you the best!  
Keep in touch!

## Notes of Gratitude



**Teamwork makes the dream work.**  
I just want to acknowledge  
**Dorothy Lewis** for her awesomeness.

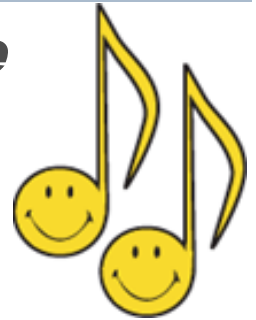
I conducted a presentation at Ebonwood Community Center when I was not feeling well at all! I pushed my way through, and I want everyone to know that I could not have done it without Dorothy! She took care of everything as if it was her presentation. I am thankful for how she helped coordinate the opportunity to present to the community members and for helping me get through it.



### Leashia and Board:

Thank you, Thank you,  
Thank you, for the end of  
the year supplement!

It made all the difference in my summer! I was able to do lots of fun things I would not have been able to afford otherwise! I just wanted you to know that you truly made a difference in my and my family's life this summer! Now I will be fresh and ready for another great year!



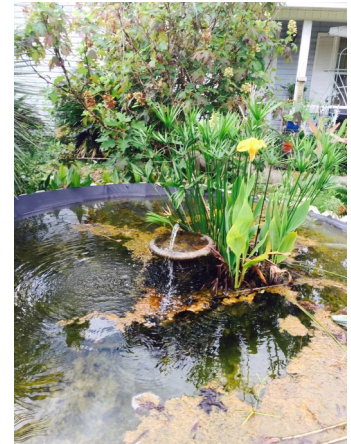
## Summer Fun



Leashia on a motorcycle adventure in Colorado.



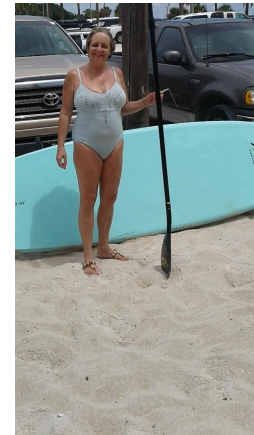
Monica and son, Kevin, at the Grand Canyon.



Sondra's peaceful staycation.



Blair's fun family time — even on rainy days!



Sondra paddle boarding for her 60th birthday.



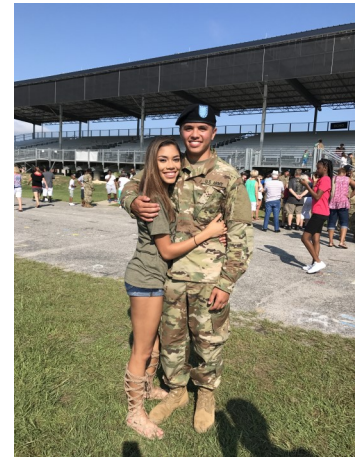
Sue and Kit celebrating their 25th anniversary in Highlands, North Carolina.

Kendra and Abigail have been exploring a new park every weekend. Here Abigail is enjoying the splash pad at Wee Care Park in Defuniak Springs.



Sue and her mom celebrating a birthday.

## More Summer Fun



Lisa and her family enjoyed a trip to Fort Jackson, SC, to see her son, Dyllan, graduate from Army basic training. Lisa, Stacey, and Dyllan's wife, Charlene, traveled from Pensacola; and, Lisa's parents, Steve and Kate Massey, traveled from Nevada.

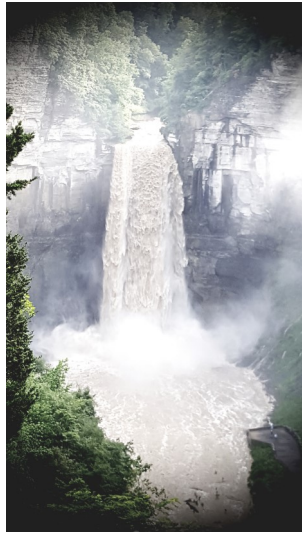


Leann Knapp enjoyed three wonderful trips over the summer. She visited a good friend in Sante Fe, NM; stayed in a mountain cabin at Lake Catherine, AR; and visited friends in Geneseo, NY.



Jennifer Luchak enjoyed a wonderful time with family and friends this summer. Her summer fun began when she and friends walked in the first Niceville Pride Parade in June. Then she visited her home town of Houston, TX, where she and family members visited lots of Houston sites. "I cannot recall a happier visit back home," Jennifer says about her trip.

# More Summer Fun



Linda's beautiful rock art from pieces she collected during the waterfalls exploration.

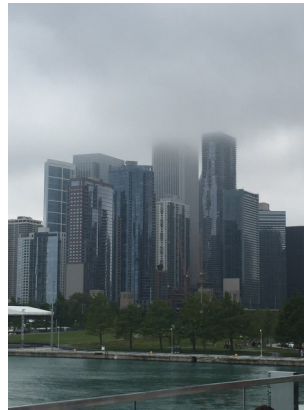
Linda and Cecil chasing waterfalls in North Carolina, West Virginia, and New York.



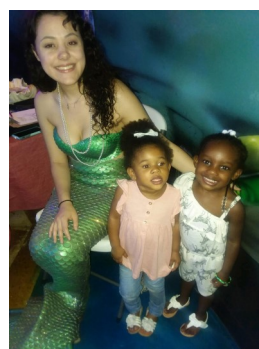
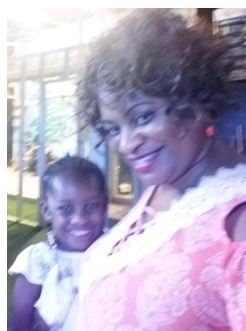
Autumn, Brett, and Emerson at that wonderful, magical, wonderland.



Zita, Zoe, and Zarin having fun in Chicago.



Becky enjoying grandkids, Kara and Carter, visiting from Colorado Springs. Fun at the mall, Lego exhibit at Art Museum, and, of course, lots of beach time.



Cathy celebrating her granddaughter's 3rd birthday at the Aquarium in Austin, Texas.



CDAC

Supporting Healthy Lifestyles

Walking to Canada !

CDAC's *Walking Club*

starts on a new route to **Canada** on August 1.

*New members welcome!*



Email your August steps to Becky the first week of September.

Here's our route along I-65:

			<u>Total Steps</u>	<u>Potential timeline starting August 1</u> <u>10,000 steps (5 miles) per day:</u>	
Pensacola to Birmingham	255 miles	510,000 steps		7 weeks	Sep 15
Birmingham to Nashville	193 miles	386,000 steps	896,000	3 months	Oct 31
Nashville to Louisville	174 miles	348,000 steps	1,244,000	4 months	Nov 30
Louisville to Indianapolis	288 miles	576,000 steps	1,820,000	6 months	Jan 31
Indianapolis to Lansing	250 miles	500,000 steps	2,320,000	8 months	Mar 31
Lansing to Sault Ste Marie, ON	290 miles	580,000 steps	2,900,000	10 months	May 31

Everyone should make it to Canada by the end of the fiscal year — June 30.



**Adults Need Vaccines, Too**

August is **National Immunization Awareness Month**. Our need for immunizations doesn't end when we become adults. We should get vaccinated to protect ourselves and our loved ones from serious diseases.

**Which Vaccines Do You Need?**

The specific vaccines you need as an adult are determined by your age, job, life style, health conditions, where you travel, and which vaccines you've had in the past. CDC recommendations are:

**Seasonal Influenza**, 1 dose annually, all adults

**Pneumococcal (pneumonia)**, 1 dose of PCV13 and at least 1 dose of PPSV 23, depending on age and health; generally 65+, but may be recommended for younger adults with certain risk factors

**Varicella (chicken pox)** – All adults without evidence of immunity to varicella should receive 2 doses of single-antigen varicella vaccine or a second dose if they have received only 1 dose. (for those who have close contact with persons at high risk for severe disease or at high risk for exposure or transmission.)

**Shingles**, 1 dose, adults 60+ (even if you have had shingles)

**Tetanus, diphtheria, pertussis**, Td booster every 10 years + 1 dose of Tdap, all adults

**Measles, mumps, rubella (MMR)**, All adults born in 1957 or later should have documentation of 1 or more doses of MMR

**Hepatitis A and Hepatitis B** may be recommended, depending on health

**HPV**, 2-dose series for routine vaccination at age 11 or 12 and for those aged 13-26, if not previously vaccinated. (Male and female vaccines differ.)



**August Anniversaries**

Leashia Scrivner	Aug 22, 1994	23 years
Leann Knapp	Aug 29, 1995	22 years
Kimberly Brown	Aug 01, 2001	16 years
Jennifer Crouse	Aug 01, 2010	7 years
Stephanie Peterson	Aug 10, 2010	7 years
Mimi Bogan	Aug 11, 2014	3 years
Kathleen Guy	Aug 11, 2014	3 years
Ashley Hansford	Aug 11, 2014	3 years
Heather Moller	Aug 11, 2014	3 years
Lana Kaufman	Aug 15, 2014	3 years
Kim Crow	Aug 10, 2015	2 years
Lauren Reeves	Aug 10, 2015	2 years
Monica Davis	Aug 02, 2016	1 year
Jennifer DeVries	Aug 02, 2016	1 year

**September Anniversaries**

Denise Manassa	Sep 13, 2004	12 years
Erin Post	Sep 10, 2013	4 years
Autumn Wingate	Sep 26, 2014	3 years
Lisa Poissant	Sep 02, 2015	2 years
Patti Beebe	Sep 06, 2016	1 year
Thomas Bradshaw	Sep 26, 2016	1 year



**August Birthdays**

Sue Nast	Aug 04
Christeia Salter	Aug 29
Stephanie Peterson	Aug 30
Lisa Poissant	Aug 30

**September Birthdays**

Becky Daniels	Sep 01
Erin Post	Sep 05
Kara Price-Williams	Sep 10
Ashley Hansford	Sep 11
Thomas Chen	Sep 23
Deborah Foster	Sep 30
Renee King	Sep 30



*We are happy to welcome eight new staff members to the CDAC family.*

- Hayley Martin**, WFIS Case Manager, Okaloosa County
- Brittany Whitman**, WFIS Case Manager, Okaloosa County
- Felicia Leslie**, WFIS Case Manager, Okaloosa County
- Samantha Koehler**, ECHO PPG Preventionist at Pine Forest High School
- Michelle Kistler** and **Ashley Frobenius**, who interned with CDAC last year, are joining the Santa Rosa RISE team.
- Becky Garthwaite**, Santa Rosa RISE
- Linda Gordon**, Finance Assistant

**WE'RE MOVING!**



**Four staff members have moved to new positions:**

- Leann Knapp** is now the School Coordinator for Quality Assurance and Training.
- Stephanie Peterson** is the School Coordinator for Staff and Program Development.
- Lana Kaufman** is the ECHO Preventionist at Gulf Breeze High School.
- Brianna Pagano** has joined the Santa RISE team.

## August Health Observances

### August Month-Long Observances

- **National Immunization Awareness Month**, Center for Disease Control & Prevention, [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)
- **National Breastfeeding Month**, U. S. Breastfeeding Committee, [www.usbreastfeeding.org/](http://www.usbreastfeeding.org/)
- **Children’s Eye Health and Safety Month**, American Academy of Ophthalmology, [www.aao.org](http://www.aao.org)

### August One-Day Observances

- **National Night Out**, August 1, National Night Out, [www.natw.org](http://www.natw.org)

## September Health Observances

### September Month-Long Observances

- **National Recovery Month**, Substance Abuse and Mental Health Services Administration (SAMHSA); National Clearinghouse for Alcohol and Drug Information, [www.recoverymonth.gov](http://www.recoverymonth.gov)



Every September, SAMSHA sponsors **National Recovery Month** to increase awareness of behavioral health conditions and support those in recovery. This celebration promotes the message that **behavioral health is essential** to overall health, **prevention works, treatment is effective, and people can, and do, recover** from mental and substance use disorders.

- **Baby Safety Awareness Month**, Juvenile Project Manufacturers Association, [www.ipma.org](http://www.ipma.org)
- **National Sickle Cell Disease Awareness Month**, Sickle Cell Disease Association of America, [www.sicklecelldisease.org](http://www.sicklecelldisease.org)
- **National Cholesterol Education Awareness Month**, National Heart, Lung, & Blood Institute, [www.cdc.gov/beaturess/cholesterolawareness/](http://www.cdc.gov/beaturess/cholesterolawareness/)

### September One-Week Observances

- **Suicide Prevention Week**, Sept 10-16, American Association of Suicidology, [www.suicidology.org](http://www.suicidology.org)

### September One-Day Observances

- **Backpack Awareness Day**, Sept 20, The American Occupational Therapy Association, [www.aota.org](http://www.aota.org)
- **International Day of Peace**, Sept 21, United Nations, [www.un.org/en/events/peaceday/](http://www.un.org/en/events/peaceday/)
- **Family Dinner Night, Sept 25**, The National Center on Addiction and Substance Abuse at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use illegal drugs.

**STAND UP FOR  
SITTING DOWN TO DINNER  
9.25.17**

