

THE CDAC DIFFERENCE

MAY, 2018

VOL. 6 ISSUE 4

Message from Leashia

May is Mental Health Awareness Month

Mental Health Facts

- 1 in 5 adults in the United States lives with a mental health condition.
- 1 in 25 (10 million) adults in the United States lives with a serious mental illness.
- 60 million people in the United States face the day-to-day reality of living with a mental illness.
- Half of all lifetime mental health conditions begin by age 14 and 75% by age 24, but early intervention programs can help.
- African Americans and Hispanic Americans used mental health services at about half the rate of whites in the past year, and Asian Americans at about one-third the rate.
- 90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the United States, but suicide is preventable.



There's a virus spreading across America. It shames the 1 in 5 people with mental health conditions into silence. In some cases, it even takes lives. What virus are we talking about? Stigma. Stigma is when someone, or you yourself, views you in a negative way because you have a mental health condition. Some people describe stigma as shame that can be felt as a judgement from someone else or a feeling that is internal, something that confuses feeling bad with being bad.

Learning how to cope with stigma and how to avoid and address stigma are important for all of us. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure. Join me and @NAMICommunicate by taking the quiz on how to #CureStigma: www.curestigma.org

Leashia

MAY IS 2
MENTAL 0
HEALTH 1
MONTH 8
#4mind4body



TAKE THE CHALLENGE
by visiting bit.ly/MHChallenge.
SHARE YOUR PROGRESS
by posting with #4mind4body.
LEARN MORE AT
mentalhealthamerica.net/may.

A well-balanced diet, a healthy sleep schedule, exercise, gut health, and hydration all affect our mental health and our physical health equally. Our bodies and mind act as one unit, and, therefore, it is important to care for both our emotional and mental states as well as our physical health. This year's campaign #4Mind4Body encourages individuals to focus on healthy aspects of their daily lives in order to promote mental wellness.

Change Your Health by Changing Your Habits

(See Suggestions for Healthy Habits on page 7.)

Taken from an article in *Psychology Today* by Kristen Fuller, M.D.

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

Staff Highlight



Linda Gordon
became CDAC's
Finance Assistant
in November, 2017.

I am the "snowbird" that decided to become a permanent Floridian. My husband (Randy) and I were on vacation and decided to spend a few days at the KOA in Milton to visit with an old friend who lived in Cantonment. We fell in love with the Pensacola area (what's not to love, right?) and, with much coaxing from our friend, we decided that we should start thinking about retirement and moving to this area.

The hardest part of moving was leaving my son, Matt, my granddaughters Caroline, 16, Rachel, 12 and my daughter-in-law, Lori back home in VA. Matt is a Deputy US Marshal. He is working toward relocating to Pensacola by joining the USMS here. Caroline hopes to attend college here as well so I am very excited about the possibility of having my family here one day!

I moved here from the mountains of SW Virginia bordered by NC, TN, and WV, within an hour of Virginia Tech. One thing I have not missed is the extreme cold temperature including the snow and ice storms! We made our permanent move to Cantonment in 2013 and enjoyed retirement for a few years, but I decided I was just not content without a job.

Randy and I became friends with the owners of 5 Flags Speedway and decided to form a small concession business called PJ's PitStop Concessions. We are always asked why PJ's? That is the name of

my nephew who lost his life a few years ago, and we wanted to honor his memory and his love for racing. We operated the pit concessions for a few years, and we still cook on the VIP deck for their spectacular Blizzard Race sponsors each season. Since we are devout racing fans, this works out great, and we have made many wonderful friends there as well.

We have been working with dachshund rescues in both FL and VA for many years and our pet project is adopting senior doxies that have spent their lives with breeders or in other unfortunate circumstances.

We adopt them and shower them with love and attention. Of course, we also spoil them rotten! We are dedicated to making sure they live out their final years knowing they are



loved and happy. Our limit is four so as each one crosses the Rainbow Bridge, we find another one that needs us. They reward us with as much happiness as we give them, and we cannot imagine a life without our babies. By the way, if anyone is interested in adopting and sharing your life with a sweet pet, I can provide info.

Before moving to FL and retirement, I worked as Contracts Administrator for a pharmaceutical company as well as Office Manager for my husband's business back home in VA. This is the type of work that I love but never in my wildest dreams did I anticipate an opportunity for employment in a company as impressive as CDAC! The leadership, management, co-workers and acceptance are the very best, and I absolutely love my job as Finance Assistant and being a member of the CDAC team. I am amazed daily by the great work being done by the various programs and how lives are touched and changed through the accomplishments of CDAC! Yes, it is definitely my dream job and I look forward to my future with CDAC!



The Rescued Rescuers

Twitter: WeRescueDogsOrg
Instagram: Rescued_Rescuers
Facebook: facebook.com/TheRescuedRescuers

The Rescued Rescuers: Dachshunds and Friends of the Emerald Coast! The Rescued Rescuers was founded to rescue dachshunds and occasionally other breeds that are in need of a loving, safe and healthy home in the Florida Panhandle. Our mission is to save dogs in kill shelters, turned over by their owners, or confiscated by the authorities from "backyard breeders".

Boost Making a Difference

In April, one of the PATTs students at Forest Creek completed the Star Reading Enterprise Test. The test report stated that the **4th grader's** test performance was **"comparable to that of an average sixth grader after the second month of the school year."** The student scored **greater than 82% of students nationally in the same grade.** As a reward for his hard work, the student received a prize gift pack from the Boost staff.



PATTs STUDENTS EARN STUDENT OF THE MONTH

Three K-2 PATTs students at Forest Creek were awarded **Student of the Month** at Warrington Elementary School



INCREDIBLE YEARS STUDENTS GRADUATE

It's graduation time for the children in Boost's *Incredible Years* programs at Woodland Heights and Forest Creek. Below, the children at Forest Creek say **"Hip Hip Hooray!"**

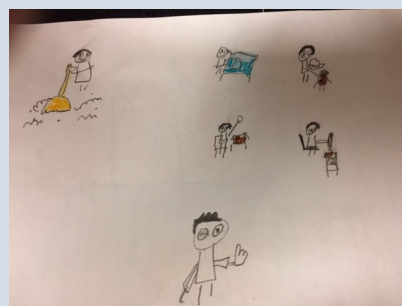


Responsibility Poster Contest

Forest Creek PATTs students drew pictures of themselves being responsible at home, school or in the community.



First Place



Second Place



Third Place

RISE and ECHO Making a Difference

Santa Rosa RISE

Becky Garthwaite, school preventionist at West Navarre and Holley-Navarre Intermediate Schools, provides interactive activities for her students to teach new skills and keep the students engaged.

During one session, she read the book *Little Tree* by Loren Long, about a little tree that holds onto his leaves and will not let go. This ends up preventing him from growing big and healthy. He begins to see the other trees around him becoming taller and growing pretty green leaves while his are brown and brittle. The tree finally makes the choice to drop his leaves, and when he does, new growth happens.

Becky's students identified what "leaves" they were holding on to, and they wrote them on the brown and yellow leaves. Then, the students wrote on the green leaves the "new growth" that they wanted in their lives.

One of the children spoke about how she did not want to let go of her dad, who recently went to prison for addiction issues. Another student opened up to the group about how she was shy and she wanted to gain confidence in herself.

Once the green leaves were completed, the students placed them around the top of the tree. This activity allowed students to open up about issues that cause them stress, worry, sadness, fear, and other uncomfortable emotions. This also allowed students to find solutions and practice gratitude for the positive elements in their lives.



Green leaves represent new growth - things the students wanted in their lives.

Brown and yellow leaves represent things the students are holding onto that they need to let go.

ECHO, Santa Rosa

Lyissa O'Connor, school preventionist at Navarre High School, led her students in a **Mask Making Project**.

Lyissa asked, *"Have you ever considered what face you show to the world? Is it your 'brave' face? Your 'I don't care' face? Your 'Everything is GREAT!!!' face? Have you ever considered what is really going on underneath the face you show the world? Your 'hidden' face. The face that you may feel is unacceptable to others, but really part of who you are?"*

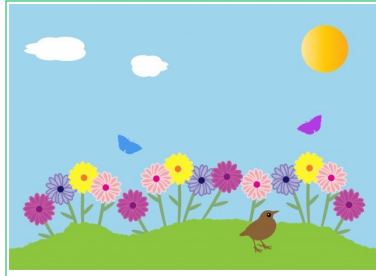
Lyissa then led the students in an exercise that began with the front of the mask, which represents the face they show the world. The back of the mask was the representation of their internal (hidden) landscape. Over the course of two groups, as the students worked on the front of the masks, they progressively opened up and shared struggles with home life, reasons why they couldn't show what really goes on inside, and ways they cope. The students dug deeper as they worked on the back of their masks over the course of two more groups.

Lyissa helped guide their communication while they began to share their perceptions of each other, identify their feelings, and examine their strengths. During the last session of the mask project, the group shared their masks - explaining what the colors and designs represented.

The level of insight and emotion expressed by the 11th and 12th graders was remarkable. They were able to use the medium to examine the walls they hide behind and what they do to protect themselves from vulnerability, in addition to recognizing their level of resilience and strength. The process and outcome was very meaningful, and the group benefited by learning new ways to express emotion, communicate and connect with others, relaxing methods of coping with problems, and how to discern between protective patterns vs openness.



Notes of Gratitude



A special thanks to **Linda Gordon** for her dedication and support during a difficult time. I appreciate her holding everything together while I was in New York. And, also to **Leashia** for her support on the multiple trips that I had to take to New York this past year.

above & beyond

A HUGE thank you to **Kim Crow** and **Jennifer Crouse** for filling in to help cover the programs at Berryhill Elementary and Central K-6. They made time in already busy schedules to travel to the schools and provide groups and individual services so the RISE programs there could continue serving students. **Thank you so much for providing top notch services while still managing to cover your other schools as well!** The kids and staff at Berryhill and Central are extremely lucky to have you both helping out there this semester. **You both exemplify “going above and beyond” for sure!**

TEAM
AWESOME

A very special thank you to **Kim Crow, Jennifer Crouse, Stephanie Peterson, and Leann Knapp**

for providing coverage at Central Elementary, Berryhill Elementary, and Pensacola High. Your flexibility and willingness to provide continued services to the students during this transition period is greatly appreciated. Thanks for going above and beyond!

Tons of *gratitude* for a great attitude to **Thomas Chen** while helping us with all our computers.

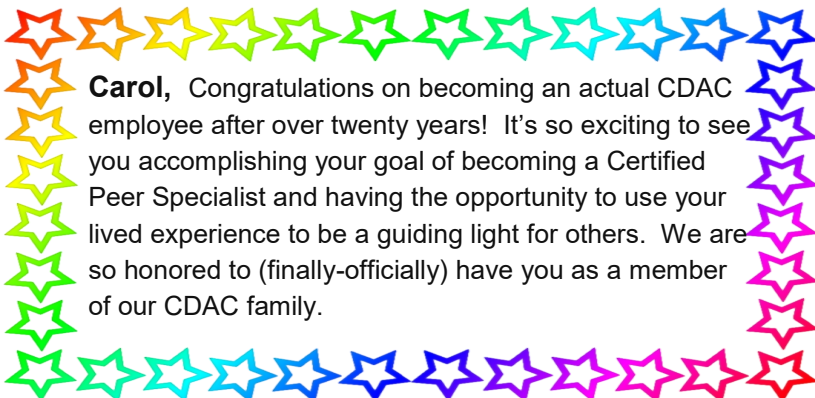
Special recognition and note of gratitude to **Chris Salter** for her tireless efforts to make the “**Lunch and Learn**” events very successful learning experiences for OB/GYN doctors and their staff as well as residents in Santa Rosa County. The “Lunch and Learn” events focus on the health and wellness of pregnant women with substance use disorders. Chris has met with several medical staff and provided information on CDAC’s women’s services. Her presentations have been very well received. Thank you, Chris, for all you do to **Make a Difference** in the lives of women and families in our area.

Patti, thank you for your ongoing patience with us in the WFIS program. We all see when you are adapting to our world and being flexible at times when I know you want to strangle us.



We appreciate all you do to work with us and every time you step out of your own comfort zone to make something happen for one of our clients.

Judy, thank you for all your hard work and dedication in doing whatever it takes to reach our clientele in the WFIS program, to meet them where they’re at, and to be brave enough to retell your own story over and over again. You’ve been willing to work with us as we “build the plane while flying it” and we are incredibly blessed to have you on our team.



Carol, Congratulations on becoming an actual CDAC employee after over twenty years! It’s so exciting to see you accomplishing your goal of becoming a Certified Peer Specialist and having the opportunity to use your lived experience to be a guiding light for others. We are so honored to (finally-officially) have you as a member of our CDAC family.



June Anniversary

Kara Price-Williams	June 13, 2016	2 years
Hayley McCain	June 19, 2017	1 year
Brittany Whitman	June 26, 2017	1 year



June Birthday

Amberlyne Greco	June 08
Kathy Asbury	June 23
Denise Manassa	June 26
Dawn Brackney	June 30



We welcome a new psychology intern beginning May 21.

Kathryn Cravin will be with us for a full year, but only Mondays and Wednesdays during the summer term.

She will be joining us at the luncheon on May 30. Look her up and tell her how glad we are she will be with us.



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Michelle Kistler was recognized at Oriole Beach Elementary School for “Going for the Gold.” It was released to the entire school staff that “*She always has a smile and is so easy to work with. She doesn’t have to, but she volunteers to help out in*

car rider line so she can get to know more OBE students. Anytime one of the students she sees has an issue, she jumps right in and helps that student to process/calm down. Thanks for all you do, Ms. Kistler - we love having you here as part of the OBE family!!!

Continued from page 1.

Change your Health by Changing Your Habits

This year’s Mental Health Month campaign #4Mind4Body encourages us to focus on the following healthy aspects of our daily lives in order to promote mental wellness:

- ◆ Maintain uninterrupted sleep for 8 hours each night.
- ◆ Take time for yourself every day.
- ◆ Practice mindfulness or meditation on a daily basis.
- ◆ Engage in positive thoughts and conversations.
- ◆ Stay away from toxic thoughts, toxic people, and toxic conversations.
- ◆ Avoid “screen time” and engage in more “in person time.”
- ◆ Stay present in your daily relationships.
- ◆ Engage in a physical activity at least 30 minutes a day.
- ◆ Avoid sugars, greasy foods, salts, processed foods and saturated fats.
- ◆ Eat 2-3 well-balanced meals per day. ◆ Drink at least 3 liters of water per day.
- ◆ Consume natural probiotics such as yogurt, miso, sauerkraut, kefir, and kimchi.

**Small changes
have
big impacts.**





CDAC Supporting Healthy Lifestyles Walking to Canada !



The following walkers have passed *Lansing, Michigan*, and are almost in Sault Ste Marie, Ontario!!!

Sue Nast, 2,786,806 steps

Dorothy Lewis, 2,759,208 steps

Charity Hamilton, 2,625,939 steps

Jennifer Alexander, 2,510,910 steps

Lyissa O'Connor, 2,414,736 steps

Passed Indianapolis - headed toward Lansing:

Monica Davis, 2,296,088 steps

Amberlyne Greco, 2,198,960 steps

Isoke DuPont, 1,836,120 steps

Passed Louisville on their way to Indianapolis:

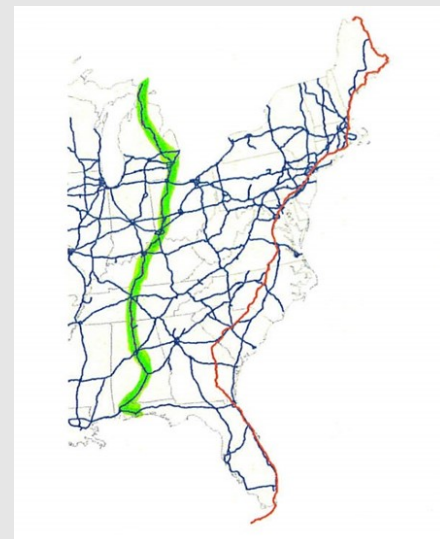
Michelle Kistler, 1,637,273 steps

Patti Beebe, 1,627,979 steps

Passed Nashville, headed to Louisville:

Thomas Bradshaw, 1,197,133 steps and

Chris Salter, 1,086,576 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.

A tasty way to reduce carbs. Try it, and let me know what you think.

Cauliflower-Potato Salad with Horseradish

1 1/2 lbs. small new red and or purple potatoes, halved or quartered

4 cups small cauliflower florets

1/2 cup nonfat plain Greek yogurt

1/4 cup light mayonnaise

1 T. whole-grain mustard

2 t. prepared horseradish

2 t. red-wine vinegar

1/4 t. salt

1/4 t. ground pepper, plus more for garnish

1 cup chopped red bell pepper

1/2 cup sliced green onions

Place potatoes in a 6-qt pot with water to cover. Bring to a boil and cook for 6 minutes. Add cauliflower; cook until the vegetables are tender, about 4 minutes more. Drain, rinse with cold water to cool and drain again.

Combine yogurt, mayonnaise, mustard, horseradish, vinegar, salt and pepper in a very large bowl. Add the cooked vegetables, bell pepper and green onions and toss to coat. Top with freshly ground black pepper, if desired.



June Health Observances

Month-Long Observances

- **Cataract Awareness Month**, Prevent Blindness America, www.preventblindness.org
- **National Safety Month**, National Safety Council, www.nsc.org
- **Men's Health Month**, Men's Health Network, www.menshealthmonth.org

One-Week Observances

- **Men's Health Week**, Men's Health Network, www.menshealthweek.org, June 11-17
- **43rd Annual National Wellness Conference**, National Wellness Institute, Inc., www.nationalwellness.org, June 18-20

One-Day Observances

- **National Cancer Survivors Day**, National Cancer Survivors Day Foundation, www.ncsdf.org, June 3
- **World Environment Day**, United Nations Environment Program, www.unep.org/wed, June 5
- **National Children's Day**, www.nationalchildrensday.us, June 10
- **National HIV Testing Day**, AIDS.gov, www.aids.gov, June 27

Pensacola Happenings

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

Blue Angels Practice, every Tues / Wed, 11:30 a.m., Naval Aviation Museum viewing area

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

Wahoos home games, June 3-7 (vs Biloxi), June 13-17 (vs Mobile), June 28-July 3 (vs Mississippi)

June 1 - Movies in the Park, Community Maritime Park, 7:50 p.m., Jumanji: Welcome to the Jungle, FREE

June 2 - Centennial Imports Fiesta Boat Parade, Pensacola Bay, 1:00 p.m.

June 7 - Christopher's Concerts, 3200 N. 12th Avenue St. Christopher's Episcopal Church, 6 - 8 p.m., Bay Bridge Band (Classic Rock Band with Horn Section)

June 10 - Blues Angel Music Blues on the Bay Concert Series, Community Maritime Park, 6:00 p.m., Bay Bridge Band

June 15 - Gallery Night, 5 p.m. - 9 p.m., downtown

National Women's Health Week starts each year on Mother's Day to encourage women to make their health a priority. All of us should take the following steps to live a safer and healthier life!

Get Recommended Screenings and Preventive Care - Protect your health by getting the care you need.

Get Moving - Get out and about and enjoy the spring and summer weather (and our beautiful beaches).

Enjoy a Healthy and Balanced Diet - Nutrition is an essential part of a healthy lifestyle.

Prioritize Mental Health - Keep your mind and body healthy.

Practice Healthy Behaviors - Daily decisions influence overall health.

Women's Health Week, www.cdc.gov/women/