

THE CDAC DIFFERENCE

MAY, 2019

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Message from Leashia

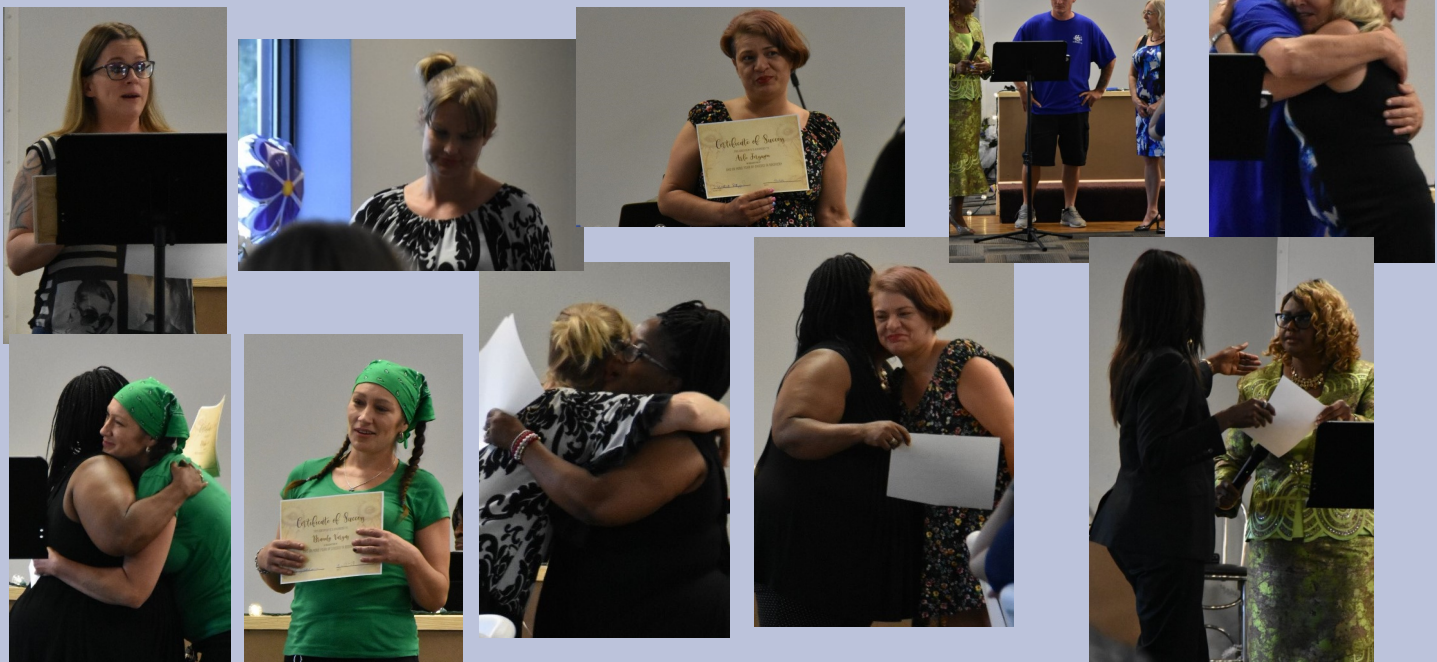
Over the last few weeks I had the great fortune to attend two separate CDAC events that reminded me of why CDAC is so important. The first event was the BOOST Graduation where 30 very proud 4-year olds marched into the room, donned in their caps and gowns, as parents cheered them on. The sense of achievement and promise was reflected in each child's face, and the pride of the BOOST staff was contagious. The overarching principal of such early prevention is that intervening early in childhood can alter the life course trajectory in a positive direction. Intervening early in childhood can both increase protective factors and reduce risk factors, have positive long-term effects, and have effects on a wide array of behaviors. The benefits of intervention are not limited to behavioral or psychological outcomes - research has shown they can also affect physical health. And, just as important, positively affecting a child's behavior through early intervention can elicit positive behaviors in adult caregivers and in other children, improving the overall social environment.

The second event was the annual WFIS Celebration of Success where the focus was on recovery. As the women and men shared their journeys in recovery, each one expressed gratitude to the WFIS Case Managers for their support and encouragement. It was evident from their statements that CDAC embraces and teaches Recovery Oriented principals such as: recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery. The process of recovery is highly personal and occurs via many pathways. Recovery is characterized by continual growth and improvement in one's health and wellness that may involve setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.

Both of these events highlighted our devotion to evidence-based practices and the dedication of the wonderful staff who work so hard to ***Make a Difference*** for each individual.

Leashia

WFIS Celebration of Success Client Recognitions



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

Staff Highlight



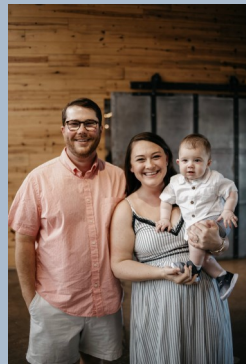
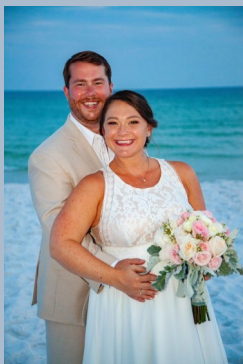
Katelyn English joined the Santa Rosa RISE team in February, 2018. She is the CDAC School Counselor at West Navarre Primary and Holley-Navarre Primary Schools.

I have lived in a few different places, but I call Fairhope, Alabama, “home.” My mom and grandparents still live there, and it’s one of my favorite places to visit. I have an older brother who lives in Birmingham, AL, and a younger sister who is in the process of moving to St. Louis, MO this month; and my dad lives in Houston, TX. My family loves to travel, and we have been known in the past to go on a vacation for the holidays rather than giving traditional Christmas gifts.

I went to LSU for college and ended up transferring to The University of Alabama where I graduated with my Bachelor’s in Psychology (Roll Tide!). I knew I wanted to work in the helping profession and after a lot of research, I ended up at St. Mary’s University in San Antonio, TX, to get my Master’s in Clinical Mental Health Counseling.

My first internship was doing school-based counseling through a nonprofit agency, and I was eventually hired as a Primary Counselor there. After graduation, I moved to Birmingham, AL, and worked in the Substance Abuse Treatment field. I started out at a medication-assisted treatment facility and then worked at an inpatient treatment facility where I was the therapist for the Women’s Hope program that specialized in working with pregnant women.

I met my husband while visiting a friend who was working in Brussels, Belgium, for a few months. They worked for the same company based out of Birmingham. He returned to the U.S. in December, 2016, and we have been together ever since! His job moved us to Florida last year, and we have since gotten married and welcomed our son, Mack. When I’m not working, you can find me at the beach or traveling with my family.



WFIS Success Story

Senior Case Manager, **Sondra Gingerich** received the following message from a WISE client:

“I do love you so much and think of you daily. Without you believing in me and showing me support I would not be where I am today.”

The client’s visits have been extended, and the judge gave leave to extend to overnights and up to reunification with guardian approval. She is a graduate of Road to Recovery; she has a job earning \$450/week and has recently purchased a new (used) car.

Sondra says “This shows me the awesome ways people can change. Who knew **WISE spells HOPE?**”

CDAC's School Programs . . . *Making a Difference*

In the school programs, different group sessions are offered to meet the individual needs of the students. Groups include **SS GRIN, Botvin LifeSkills, Anger Management, Stress Management, Grief Support, Separation Grief Support, School Success, Self-Esteem Building, and Choices.**

CDAC school staff provided over 400 different 10-week groups during the 2018-2019 school year!

As one staff finished up with her **Anger Management (3rd grade) group**, she talked to the students about what they learned and what strategies they might use in the future. One of the students said,

"I learned that I can make better choices for myself. I can stop and think when I get mad and take a deep breath to calm down."

This student participated a lot and the CDAC counselor wasn't surprised by her answer. However, another student in the same group who is very shy and didn't participate much said,

"I can use the "Push, Pull, Dangle" from that Soda Pop Head book we read. I did it in class the other day when I got mad."

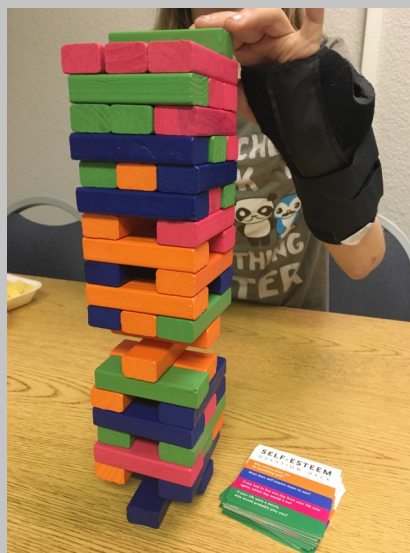
The CDAC staff member shared, *'I WAS SHOCKED! It may not seem like much, but for this student, it was a breakthrough. Not only had he been listening, but he used one of the strategies we talked about! Yay!!'*

One of the high school groups practiced the **Self-Esteem Mirror** exercise, which went really well. Students drew a picture of how they see themselves in the mirror and the negative automatic self-talk that comes to their mind when they look in the mirror. Then they wrote positive affirmations that they will tell themselves to combat the negativity.

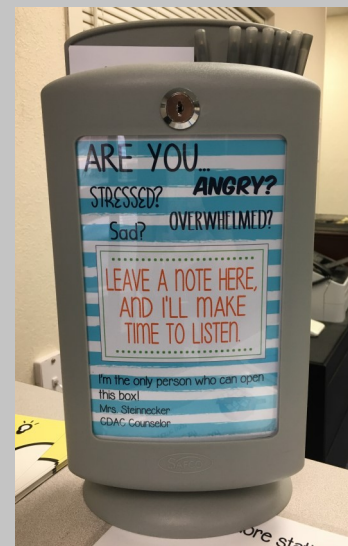
In **Stress Management group**, students learned and used knitting as a way of grounding and coping with stress. Most students reported they continue to enjoy their new found hobby and report it does help calm their thoughts.



Self-Esteem Mirror



Totika™ Well-Balanced: A game of fun, skill, and communication. Self-Esteem Question Deck.



At SRHS, Kyra makes sure her students at any time can leave her a note to request a session.

Parenting for Prevention . . . Making a Difference

Message from Medena Williams:

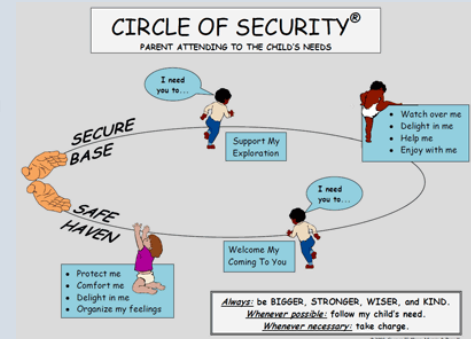
I am not typically a big numbers person and normally prefer to focus on the quality of outcomes with the parents I serve. However, **this year we served the most parents since the beginning of my time at CDAC (2005)**, so I thought I would share how this breaks down.

Twelve parenting groups were held and completed so far this year with three more in the process of completion. Curriculums offered include: **The Incredible Years Program** for parents of young children, **Incredible Years Baby Group** for parents and infants, **Active Parenting of Teens**, and the **Nurturing Program** for parents in Substance Abuse Treatment and Recovery. A total of **106 parents participated** in a parenting program with **89 completing** their program.

This quarter, three programs are being offered: Active Parenting of Teens, IY for Young Children, and a brand new group, **Circle of Security Parenting**. Approximately 29 people are participating in one of these programs at this time. That means **by the end of this fiscal year, we will have served 135 parents in a parenting program!**

Circle of Security is a relationship-based parenting program that focuses on attachment and is particularly helpful for parents of infants and young children who have trauma/abuse backgrounds. We are currently offering a pilot program with mainly clients in the WISE Program. The Circle of Security group will be offered community-wide this summer.

For more information, contact Medena at mwilliams@cdac.info or 439-5626. Parents can be referred or self-refer by completing a referral form online at cdac.info. Click on *Send a Referral*; then click *Parenting for Prevention - Referral Form*.



Project Boost . . . Making a Difference

The Boost staff would like to thank the Woodland Heights and Oakwood Terrace parents, as well as the CDAC staff, for making The Incredible Years 2019 Class Graduation a great success. Twenty-seven Incredible Years participants graduated at a ceremony at the Woodland Heights Community Center on May 9, 2019. The Incredible Years program had 34 participants this year, with 30 completing.



Women and Family Intervention Services - WISE/FIS *Making a Difference*

The WFIS Annual Celebration of Success was held Friday, May 17, 2019. Amy Petty-Falin, Director of the Chautauqua Women's Center, was the guest speaker. WISE alumnus, Clarissa Rutledge, also spoke to the audience and shared her story and words of encouragement. Clarissa's speech captivated the room, and inspired many of the attendees to continue pushing forward despite the difficulties and frustrations that can accommodate the pursuit of recovery. Even the WFIS Case Managers were inspired to continue lending their hope and belief to the men and women they serve until they are able to find their own.

WFIS Case Manager, Deborah Foster closed the Celebration with the song, *The Wind Beneath My Wings*, reminding the clients that they are the reason the Case Managers do the work they do. Deborah's words and the song moved several people to tears.

Twenty-two clients were recognized for success in their recovery with Certificates of Success.





June Birthday

Amberlyne Greco	June 08
Kathryn Craven	June 15
Denise Manassa	June 26
Ellie Henriquez	June 26
Brittany Durlauf	June 27
Katie Howard	June 29
Dawn Brackney	June 30



June Anniversary

Kara Price-Williams	June 13, 2016	3 years
Hayley McCain	June 19, 2017	2 years
Brittany Whitman	June 26, 2017	2 years

Notes of Gratitude



A **BIG** thanks to **Barbara Walker** for all her wonderful counseling assistance with the two whole-school grief events and for helping me keep my sanity as we served such a large number of students with significant needs this spring semester. **You Rock Barbara!**



Special thanks to **Leann Knapp, Barbara Walker, Stephanie Peterson, Ashley Hansford, Kathryn Craven,** and **Samantha Koehler** for assisting with whole-school grief support following the death of a couple of students and a couple of staff members. Your support of the students and faculty is very much appreciated!




A **BIG** Shout Out to **Ellie Henriquez**, UWF graduate intern, for her assistance and leadership in the Incredible Years parent group. She has been a great help to me, assisting with parents, giving input in discussions, and just her overall insight and support during the program. I have really appreciated all her efforts and even leading the group when I was on bereavement leave.


“The way to develop the best that is in a person is by appreciation and encouragement.”

Charles Schwab, Success.com

More Notes of Gratitude




A special note of gratitude to **Linda Wilson** and **Christeia Salter** for helping spread the word and the invites to the WFIS Celebration of Success. As a result, the Health Department donated goody bags for the clients who attended the Celebration.



Special thanks to **Cathy** and **Jeff Henderson** for the amazing food and all of the time and effort that went into preparing for the WFIS Celebration of Success.

Your hard work is truly appreciated!

A very big thanks to everyone who helped with preparation, set up, and clean up of the WFIS Celebration of Success: **Brittany Durlauf, Brittany Whitman, Jennifer Glass, Felicia Leslie, Hayley McCain, Andrea Flynn, and Kendra Bozard**. It couldn't have been done without you!



WFIS Case Manager, **Felicia Leslie** had **two PERFECT scores** on her Case Record Reviews!

Felicia is doing a super job!!!





CDAC

Supporting Healthy Lifestyles

Stay Healthy: Be Summer-Savvy

Summer brings a lot of fun and a lot of health and safety challenges. Take a few minutes to be safe and healthy this summer.

Use U.S. Coast Guard-approved life jackets on the water.

Put on sunscreen and a wide-brimmed hat to protect your skin from the sun.

Drink plenty of water even if you don't feel thirsty.

Put on insect repellent.

Wash your hands often.

Quick and Easy Summer Recipe

Shrimp Boil with Sausage and Spinach

- | | |
|--------------------------------------|---|
| 1 lb. small red-skinned new potatoes | 1 tsp. ground coriander |
| 2 tbsp. olive oil | 1/2 tsp. ground mustard |
| 1 large onion, chopped | 1/4 tsp. cayenne |
| Kosher salt | 3/4 lb. large peeled and deveined shrimp |
| Pepper | 1 c. corn kernels (from 1 ear, or thawed if frozen) |
| 4 oz. kielbasa, sliced | 1 bunch spinach (about 12 oz) thick stems discarded, leaves roughly chopped |
| 2 cloves garlic, finely chopped | |



Place potatoes on plate and microwave on High 2 minutes. Turn and microwave until just tender, 1 to 2 minutes more. Cut in half.

Meanwhile, heat oil in large nonstick skillet on medium. Add onion and 1/2 tsp each salt and pepper and cook, stirring occasionally, until onion is tender, 4 to 6 minutes. Add potatoes and cook, stirring occasionally, until light golden brown, 2 to 3 minutes. Push to one side of pan.

Add kielbasa to other side of pan and cook, stirring occasionally, until starting to brown, 3 to 4 minutes. Add garlic, coriander, mustard and cayenne and cook, tossing 1 minute.

Add shrimp, corn and spinach; cover and cook, shaking pan occasionally, until shrimp are opaque throughout, 2 to 3 minutes.

345 Calories per serving Yields 4 servings Prep time: 15 minutes; Total time: 20 minutes

Take the stairs. The elevator may go up — but it doesn't make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don't ride the escalator – climb it. Those can be active steps, too!





Pensacola Happenings

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

Blues on the Bay, Community Maritime Park, 6:00 p.m., FREE

May 26 - Not Quite Fab

June 9 - Bring on the Benjamins & Classic June

June 23 - Civilized Natives



Blue Angels Practice, 11:30 a.m., Naval Aviation Museum, June 4, 5, 11, 12, 18, 19, 20, 21, 25, 26; July 2, 3, 16



Wahoos Home Games

May 28-June 1, Mississippi Braves

June 2-6, Jacksonville Suns

June 12-16, Tennessee Smokies

June 25-29, Biloxi Shuckers

June 30-July 3, Mississippi Braves



Bands on the Beach—every Tuesday, 7-9 pm, Gulfside Pavilion

June 4 - I'magene

June 11 - Elvis Remembered

June 18 - Reunion Band

June 25 - The Astronauts

July 2 - Johnny Earthquake & the Moondogs



Movies Under the Stars: FREE (Location: From the Ground Up Community Garden, 501 N. Hayne Street)

June 5 - Farris Bueller's Day Off, 6:45



Fiesta Days Celebration (Emmanuel, Shepherd & Condon), May 29, 7 pm - 10 pm, Seville Quarter

Grand Fiesta Parade, May 31, 7 pm - 10 pm, Downtown Pensacola

Fiesta Boat Parade, June 1, 1:00 p.m., Pensacola Bay (Boats depart from mouth of Bayou Chico)

DeLuna Landing Ceremony, June 1, 3 p.m., Quietwater Boardwalk

Local Run / Walk Events:

Graffiti Bridge 5K, May 25, 8:00 a.m., Graffiti Bridge, 317 N. 17th Avenue

Ronald McDonald Firecracker 5K, June 29, 7:00 a.m., Seville Square Park

Pensacola's Rec Plex North Park Run/Walk, weekly March 2 - September 28, 7:30 a.m.-9:00 a.m., UWF Rec Plex North Field, FREE, Please register before your first run.



June Health Observances

June Month-Long Observances

- **Alzheimer's and Brain Awareness Month**, Alzheimer's Association, www.alz.org/abam
- **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

June One-Week Observances

- **Community Health Improvement Week**, Association for Community Health Improvement, www.healthycommunities.org, June 2 - 8
- **Men's Health Week**, Men's Health Network, www.menshealthweek.org, June 10-16

June One-Day Observances

- **National Cancer Survivors Day**, National Cancer Survivors Day Foundation, www.ncsd.org, June 2
- **World Environment Day**, United Nations Environment Program, www.unep.org/wed, June 5
- **Family Health and Fitness Day**, National Recreation and Park Association, www.nrpa.org/events/family-fitness-day, June 8
- **National Children's Day**, www.nationalchildrensday.us, June 9
- **Blood Donor Day**, World Health Organization, www.who.int, June 14
- **National HIV Testing Day**, AIDS.gov, www.aids.gov, June 27

Welcome to Fiesta!

The **Fiesta of Five Flags** is an annual celebration of the founding of Pensacola. In 1559, Spanish Conquistador, Don Tristan de Luna, established Pensacola as the first European settlement in the United States. Since that time five different flags have flown over the City: Spanish, French, British, Confederate, and American. A 10-day heritage celebration, held the first two weeks in June, is one of the oldest and largest heritage festivals in the State of Florida. With events designed to appeal to all ages and interests, Fiesta has always been a significant celebration for the Pensacola Bay Area.

Mission:

To celebrate our heritage, promote tourism and build pride in Pensacola through festive activities which enhance the quality of life in our community.

Vision:

To encourage and help perpetuate in the minds of people, near and far, Pensacola's rich and diverse history and continually foster pride and spirit in our community.

(Fiesta events are listed on the previous page.)

