

# THE CDAC DIFFERENCE

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*As we gather our favorite recipes for Thanksgiving,  
I decided to include a special CDAC one from years past.....  
from our Kitchen to Yours.*

*CDAC is renowned for its commitment to a healthy community.  
This holiday season, we share our secret recipe.*

## RECIPE FOR A HEALTHY COMMUNITY

**Serving Size:** The entire community, especially the 1 in 5 who live with substance use and mental health disorders.

### INGREDIENTS

1 pound	Prevention
2 bottles	Mental Health First Aid
1 quart	Health Education
1 bushel	Case Management
1 gallon	Treatment
1 cup	Trauma-Informed Care
4 cans	Collaboration
3 bunches	Recovery Support

### DIRECTIONS

1. Line the pan with prevention so fewer children and adults suffer.
2. Begin with Mental Health First Aid so everyone can recognize and help those in need.
3. Inform the community of health-related services and needs.
4. Add in Case Management to remove barriers and ensure access.
5. Mix with treatment to promote recovery.
6. Fold in collaboration with child welfare, criminal justice, schools, and public health.
7. Sprinkle with trauma-informed care to ensure respect for all.
8. Bake with continued support.

**Enjoy your healthy community!**

*Leashia*



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We had a real treat this Halloween when CDAC was chosen as one of eight providers visited by **Senator Darrell Rouson** during his tour of the Panhandle. The Senator met with staff from our various programs, and he was especially engaged in meeting several WFIS clients. He shared his story of addiction and recovery while recognizing the accomplishments of the clients as they shared their experiences. Janice George from Big Bend Community Based Care was also present and informed the Senator of the great work that CDAC does. Senator Rouson said that the purpose of the tour is to help him to be well-informed on the status of treatment services in the state. He pledged his commitment to work diligently to secure additional funding for treatment and other needs such as housing and healthcare. The visit was a wonderful opportunity for us to spread the word about how we **“Make a Difference”** in our community and the State.



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

## Board Highlight

**Kelly Merritt Richards** joined the CDAC Board in July, 2018. She is an Assistant Public Defender for Circuit One.

I was born in Stuttgart, Germany. My father was in the Army and my mother joined him there. She always said that he was "playing war" since World War II had been over for many years. I grew up in Pensacola and have always been very proud to be an 8th generation Pensacolian. After Ivan, I wondered just who were those people who could live here before air conditioning??

I went to college in New Orleans at Tulane University. I wanted to go to University of Florida where many of my friends were going, but my parents thought Gainesville was "too wild" for their little girl. Go figure! After I had been at Tulane for a couple of years, my dad asked if I still wanted to go to University of Florida? At that time I could NOT remember why I ever wanted to go to Gainesville in the first place. I did not transfer.

I moved to Texas after college and eventually went to law school at South Texas College of Law in Houston. I had been working as a para-legal and office manager in a law firm. One day when the attorney that I was working for could not find a Motion that I had prepared for him the day before and placed in his chair (he was sitting on it), I decided that if he could handle law school perhaps I could as well. I worked full time and went to law school at night and on Saturday mornings. I am licensed in Texas and Florida.

Dave and I met racing sailboats on Galveston Bay. Eventually, I persuaded him to move with me back home to Pensacola. We have been married for 35 years with two grown daughters, both college graduates. I have been working for the State of Florida in indigent criminal defense for 35 years, mostly at the Public Defender's Office. Dave is a sole proprietor of a fiberglass manufacturing and repair business working mostly in the boat industry. He has recently begun building tanks for Pensacola Bay Oyster Company. Haley is a middle school teacher at St. Paul's Catholic School, and Alison is a beach attendant at Perdido Beach Services. We have a male cat, Chester, and 2 chocolate lab grand-dogs, Bates and Anna. I must confess that now we actually have 4 cats. Chester brought home a momma cat and two kittens. I kept meaning to take him to the vet ... who knew he would bring home a family!

I am excited to be a new board member and quite impressed with the scope of the work accomplished by CDAC Behavioral Healthcare, Inc. Thank you for the opportunity to serve on the board of this impressive organization.

## Staff Highlight



**Felicia Leslie** joined CDAC's WFIS team in August, 2017, as a Case Manager in Okaloosa County.

I grew up in the great city of Milton, Florida, and was born in none other than Pensacola. I attended college at THE Florida A&M University, found on the highest of 7 hills in Tallahassee, Florida, and known as the Number One HBCU in the world! After graduating with a Bachelor's Degree in Social Work, I worked for Healthy Families for two years on the beautiful "Forgotten Coast" (Apalachicola/East Point). I then worked with FFN in DeFuniak Springs for almost five years.

I have one sister and one brother — I'm the baby of the crew. I have a two-year old son named Kannon. I love to scrapbook, though I haven't done so in a while, and reality TV shows are my guilty pleasure.

Two things that most people don't know — I help with Sunday School at my church and my son was born at 24 weeks, weighing 1 pound 9 ounces. He was in the NICU for 6 months and taught me how precious and beautiful life can be.

## Women and Family Intervention Services (WFIS)

**CDAC's WFIS case managers** are some of the most selfless people one can meet. I have seen a case manager go home late to her husband and children in order to make sure a client arrived safely to treatment. I have seen a case manager call to assure a client's needs were met, all while having her own medical crisis. I have listened to another talk about maintaining steady contact with a client throughout the day while that client stood strong to avoid relapse while waiting for a bed in treatment the next day. I've seen tears over our clients' struggles, and joy at their successes. I've watched a case manager as she advocated for her client, all the while knowing, that while what she said was correct and true, it also was not the most popular stance to share. While March is officially recognized as month of the Social Worker, every month is a good month to recognize the amazing, strong, caring, compassionate case managers of the WFIS program.

**WFIS Case Managers continuously  
Make a Difference  
in the lives of their clients.**

### WFIS Success Story

Case Manager, Kendra Bozard, began working with a client last year after a DCF investigation resulted in his children being removed from his custody. After that, over the next six months he truly lost everything – his home, his job, his marriage, and even his freedom after being arrested on some significant criminal charges. After three months in jail, he was released, entered a six-month residential program, and finished!

He and his wife have **reconciled their marriage;**  
he is **working a good job;**  
has a **stable home again;**  
and **has been reunified with their children.**

***His family is now completely back together!*** Add to that the fact that they ***just celebrated a year of recovery!***

It's been a long road, but he has worked really hard, and we celebrate his successful efforts!



**Be Well ! Stay Well ! Know Your Status !**

On Thursday, November 8, 2018, CDAC began providing free, confidential HIV testing at their Ninth Avenue office. **Fifteen people** were tested on that first day. The AHF Mobile Unit will be at CDAC every **2<sup>nd</sup> Thursday** from 3:00 p.m. to 6:00 p.m. The OASIS mobile unit will be there every **4<sup>th</sup> Tuesday** from 10:30 a.m. to 1:30 p.m.

CDAC's objective is for clients, staff, and the community to be well, stay well, and know their HIV status. HIV, Human Immunodeficiency Virus, weakens a person's immune system by destroying important cells that fight disease and infection. No effective cure exists for HIV; but with proper medical care, HIV can be controlled. Some groups of people in the United States are more likely to get HIV than others because of many factors which include sex partners and risky behaviors.

There are over 2,000 people in Northwest Florida living with HIV, but many people at risk do not get tested. CDAC encourages everyone to get tested to support healthy lifestyles and a healthy community.



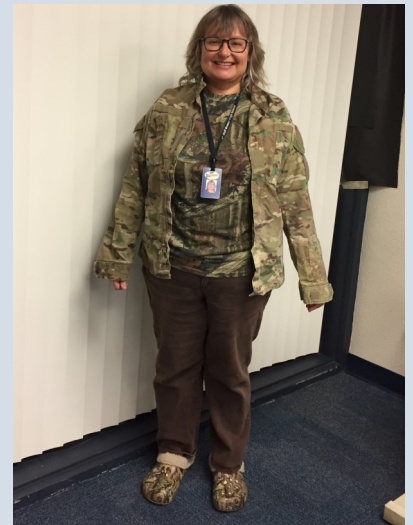
## School Programs - ECHO

At Pensacola High School, Laynie Gibson is working hard to develop a culture of unconditional support and positivity. She put together a “**Take what you need. Give what you can.**” interactive bulletin board. Students can take an inspirational word, phrase, or affirmation (whatever they need that day) or leave an inspirational word, phrase or affirmation for another student to take with them. Students have enjoyed leaving positive affirmations for each other and come to group every week excited to “take one or leave one.”



Leann Knapp returned as the ECHO School Counselor at **Gulf Breeze High School** in September. The faculty and staff have been very welcoming and supportive during the staff change. The ECHO program is off to a busy start this year. Thirty-one students are participating in Botvin Transitions groups or Stress Management groups this semester. Another 60+ students have benefited from learning healthy coping skills so far this school year.

Leann dressed for “Camouflage Day” during the dress up days for the Gulf Breeze / Navarre annual rivalry week.



## School Counselors Making a Difference

Autumn Wright, the Coordinator of Mental Health Services for the Santa Rosa County School District, sent Sue Nast the following comments in emails:

**“I saw the principal and assistant principal at Hobbs (Middle School) at a retirement celebration last week and they made a point to tell me how much they LOVE Eileen (Wolfe) and what a wonderful job she is doing at their school. They could not be more pleased with her services and said she has truly made a positive impact on their school culture. They’ve been hit with some serious situations this year as you know, and they said they would not have been able to get through them without the support of Eileen.”**

**“I was in a meeting today with the ECHO counselor at Jay High School (Stacey Reeder) and she is doing a great job over there. I know first-hand that the environment over there can be a tough place to work, but she really is doing a great job. Mrs. Kaupp, the school counselor, was also complimentary of her and told me how much she has helped her.”**

**“. . . Also wanted to let you know I had stopped by Rhodes Elementary and the principal made a point to tell me how appreciative they were to sit down with you (Sue Nast) and said you were very helpful regarding CDAC services at their school.”**

## Community Prevention

### Parenting for Prevention *Making a Difference*

#### When the group goes “off script”

For those of us who facilitate groups, we often use a curriculum and have a plan for teaching and sharing the information with our clients. We experience days when everything goes as planned, when our clients are attentive and respond positively with understanding. So, this is about those days when things don't go as planned, no matter how well intentioned and prepared we may be.

Welcome to the **Incredible Years Baby group** where parents and their first year infants gather to learn and play together. Most of these parents have case plans and are required to participate in a parenting program that helps to build their protective factors while learning about the growth and development of their young infants.

This was week two of the program and the topic was on crying. The curriculum includes short vignettes showing parents interacting with their babies. The goal is to discuss the various reasons why babies cry and how parents can respond to them. The topic was presented as parents began to watch the vignettes. However, one baby began crying and became quite distressed. The mom tried various ways to calm her, but nothing seemed to work. I noticed that the baby looked at mom as though saying, “I don't know you”. Mom was frustrated by her inability to calm her baby. She finally handed the baby over to the aunt who had current temporary custody. She made the right choice, but nonetheless, it was a challenging moment in the group. The other parents couldn't really focus because of the crying. As a facilitator, I felt it would be insensitive to continue with the teaching as planned. It was time to go “off script” and be in the moment with that mom and her baby. To ignore her distress and continue on would not have been helpful or effective.

So, we talked about how mom was feeling. Other parents offered support. It was a real moment of talking about what to do when your baby is crying and you don't know what to do. We focused on asking for help too and that it is okay. It was a “teaching moment” that I took advantage of. However, at first, I have to admit that I was a little frustrated too; that I wasn't going to get through “my plan”. However, at the end, I knew that it all happened for a reason. This mom didn't feel judged, but supported and encouraged by the group. This moment connected the parents in a way that may not have happened otherwise.

So, next time you have one of those moments that may seem like a distraction to your plan, recognize that the “teachable moment” may be all the teaching needed at that time.

Medena Williams  
Parenting for Prevention Group Facilitator





### Notes of Gratitude

I would like to say thank you to everyone for so much support as I have made the transition into my new role as WFIS Program Director. Everyone has been supportive and kind, and I appreciate it greatly! I am still working on figuring out the balance between my various duties, and I've been lucky to have several case managers jump in to pick up where I've left off several times when I was pulled in different directions. Charity has been such a helpful support from an HR perspective, and Leashia always makes herself available when needed. I've no doubt I am missing someone I owe thanks to, and will look for opportunities to do so in person. Many thanks to everyone!

Kara

A special thanks to **Kim Crow, Ashley Frobenius, Dawn Nicholson, Stacey Reeder,** and **Stephanie Peterson** for providing grief support to students at Jay Elementary School following the tragic death of a first grade student. The school staff and administration gave such positive feedback about how well you worked with the students.

A special thank you to **Denise Manassa, Chris Salter,** and **Linda Wilson** for coming to my church, Deliverance Tabernacle "DT" Christian Center and providing both the Mental Health First Aid Adult and Youth trainings. Those in attendance are still talking about how much they learned and enjoyed the presentations. Also, they stated that they feel better equipped to talk to someone in crisis because they have learned the appropriate language and techniques to use until professional help could be sought.



### Congratulations

*Felicia Leslie* has achieved certification as a *Certified Behavioral Health Case Manager (CBHCM)*

*Way to Go, Felicia!*



### December Birthday

- Charity Hamilton Dec 5
- Thomas Bradshaw Dec 6
- Cathy Henderson Dec 20

Note: There are no employee anniversaries in December.



Prepping for Hurricane Michael



## CDAC Supporting Healthy Lifestyles



CDAC's Walking Club is making progress through our **Hollywood Walk of Fame**.

The following walkers have made it past **Juliette, Georgia** and are on their way to Savannah:

- \* Angela Jackson, 1,179,442 steps
- \* Cathy Henderson, 1,146,298 steps
- \* Charity Hamilton, 907,607 steps

Passed **Millbrook** on their way to Juliette:

- \* Sue Nast, 895,196 steps
- \* Dorothy Lewis, 883,869 steps
- \* Monica Davis, 790,916 steps
- \* Michelle Kistler, 714,442 steps
- \* Jennifer Crouse, 690,065 steps
- \* Chris Salter, 654,856 steps
- \* Stacey Reeder, 571,263 steps

Passed **Destin** on their way to Millbrook:

- \* Thomas Bradshaw, 404,335 steps
- \* Amberlyne Greco (out on maternity leave)

### Surprising benefit of walking:

**It helps tame a sweet tooth.** A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

Pensacola to Destin	94,000 steps	Total
Destin to Millbrook, AL	366,000 steps	460,000 steps
Millbrook to Juliette, GA	436,000 steps	896,000 steps
Juliette to Savannah	380,000 steps	1,276,000 steps
Savannah to Jacksonville	282,000 steps	1,558,000 steps
Jacksonville to DeLand	220,000 steps	1,778,000 steps

**A healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood.**

### Tips for Good Health

**Copy your kitty.** Learn to do stretching exercise when you wake up. It boosts circulation and digestion, and eases back pain.

**Don't skip breakfast.** Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight.

**Get what you give!** Avoid compassion fatigue. Give to yourself and receive from others, otherwise you will get to a point where you have nothing left to give.

**Bone up daily.** Remember your bone density declines after the age of 30. Keep your bones strong with calcium and Vitamin D.

**Eat your stress away.** Eating unrefined carbohydrates, nuts and bananas boosts the formation of serotonin, another feel-good drug.



**Enjoy a Happy  
Healthy  
Thanksgiving**



For most people the meaning of Thanksgiving is feasting. Some thoughts for a happy and healthy Thanksgiving:

**Skip the appetizers.** Reduce calories. Skip the crackers and cheese and enjoy the main course.

**Eat sitting up straight** (and not standing up). A good posture will help you to naturally breathe properly and will support digestion.

**Fill at least one third of your plate with vegetables and fruits.** This will help control your hunger, while getting adequate nutrients.

**Don't punish yourself.** That just gives you more stress. Enjoy eating with family and friends. Just be conscious of the food you are eating.

## December Health Observances

### December One-Month Observances

- **International AIDS Awareness Month**, International HIV/AIDS Alliance, [www.aidsalliance.org](http://www.aidsalliance.org)
- **National Drunk and Drugged Driving Prevention Month**, National Highway Traffic Safety, [www.nhtsa.gov](http://www.nhtsa.gov)

### December One-Week Observances

- **National Hand Washing Awareness Week, Dec 2-8**, Henry the Hand Foundation, [www.henrythehand.com](http://www.henrythehand.com)
- **National Influenza Vaccination Week, Dec 2-8**, [www.cdc.gov/flu/nivw](http://www.cdc.gov/flu/nivw)

### December One-Day Observances

- **World AIDS Day, Dec 1**, AIDS.gov, [www.aids.gov](http://www.aids.gov)
- **Human Rights Day, Dec 10**, United Nations Human Rights, [www.ohchr.org](http://www.ohchr.org)



## Pensacola Happenings

**WUWF Radio Live, Dec 6**, 6 pm, Museum of Commerce, downtown, tickets \$10 in advance online

**Surfing Santa Beach Parade, Dec 2**, 2:00-3:00 pm, Via De Luna, Pensacola Beach

**Pensacola Children's Chorus presents: Christmas on the Coast, Dec 7-9**, Saenger Theatre, 7:30-9:30 pm

**Pensacola Christmas Parade, Dec 8**, 5:00 pm, Downtown Pensacola

**The Best Christmas Pageant Ever: The Musical, Dec 7-16**, Pensacola Little Theatre

**A Charlie Brown Christmas, Live on Stage, Dec 13**, 7:30-9:00 pm, Saenger Theatre

**White Tie Rock Ensemble presents A White Tie Christmas, Dec 15**, 8:00-10:00 pm, Saenger Theatre

**Tis the Season to Sing Along, Dec 16**, 5:00-6:00 pm, The Rex Theater, 18 N. Palafox Street, downtown, FREE

**Twas a Girls Night Before Christmas: The Musical, Dec 16**, 7:30-9:00 pm, Saenger Theatre

**Gallery Night, Dec 21**, downtown Pensacola

**Pensacola Ice Flyers home games, Dec 7, 8, 27, 29**, Pensacola Bay Center

**Pensacola Symphony Orchestra Presents:**

**Celebrate the New Year!, Dec 31**, 7:00-9:00 pm, Saenger Theater

