

# THE CDAC DIFFERENCE

OCTOBER, 2019

VOL. 7 ISSUE 6

## Message from Leashia



Leashia's not been feeling herself lately.

She is pardoned from this month's newsletter.

**National Mental Health Awareness Week** was October 7 - 13, sponsored by NAMI - the National Alliance on Mental Health, [www.nami.org/miaw](http://www.nami.org/miaw).

### MENTAL HEALTH BY THE NUMBERS



Millions of people in the U.S. are affected by mental illness each year. It's important to measure how common mental illness is, so we can understand its physical, social and financial impact — and so we can *show* that no one is alone. These numbers are also powerful tools for raising public awareness, stigma-busting and advocating for better health care.

**1 in 5** U.S. adults experience mental illness each year

**1 in 25** U.S. adults experience serious mental illness each year

**1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year

Suicide is the **2nd leading** cause of death among people aged 10-34

### Ripple Effect of Mental Illness

People with depression have a **40% higher risk** of developing cardiovascular and metabolic diseases than the general population.

**19.3%** of U. S. adults with mental illness also experienced a substance use disorder in 2018.

High School students with significant symptoms of depression are more than **twice as likely** to drop out compared to their peers.

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



Katie is the ECHO school counselor at Pace High School.

My name is Katie Harrington and this past August I started my 3<sup>rd</sup> year with CDAC as a school counselor. I was born in Texas and raised in Pensacola. I got my bachelor's in Social Work from UWF and went back to school to get my Master's at University of Denver. I miss the snow and seasons changing!!

I'm very close with my family and have two younger brothers, one who actually lives in Colorado. I do family dinners at least a couple times a week with my mom, dad, and youngest brother. My mom is my best friend and our favorite thing to do is go shopping together.

I also have an adopted dog named Kyle who is my baby, the love of my life, and spoiled rotten. He is the greatest and cutest dog ever!! We love to go on walks and get tons of cuddle time in together...but even though he is a Florida dog he hates the water so we avoid the beach.

The most exciting thing going on for me is that I'm PREGNANT!! So as of 2020 I'm going from fur mama to baby momma and I couldn't be happier!!



## Community Prevention and Outreach - *Making a Difference*

### Community Discussion

CDAC coordinated its seventh **Community Discussion** on October 8<sup>th</sup> at the Washington High School Auditorium. Approximately 35 community members attended the discussion. The audience asked questions and the panel was informative about the topic of **Treatment and Recovery**. Mollye Barrows Vigodsky was the moderator and guided both the panel members and the audience to engage throughout the discussion. The panelists included **Dr. Reeves**, an addiction medicine specialist with 32 years' experience in private practice; **Autumn McAllister**, LMHC, and **Dustin Perry**, LCSW, CAP, from Lakeview Center; **Owen Jacobs** from Any Length Resources Sober Living; **Brad Garraway** from Twelve Oaks; **Mauri Hackett**, MCAP, MSW, from Waterfront Mission; CDAC's Peer Specialist, **Carol Phillips**; and **Amanda Smith**, community member.

CDAC thanks **Washington High School staff**, **Dr. Williams** and **Barbara Spears**, for providing the venue. We also thank the **Levin Papantonio Law Firm** for their support of CDAC's mission and **Bradford Health Services**, **Twelve Oaks**, and **Journey Pure** for the delicious Bundt cakes that everyone enjoyed at the event.



**Florida's unintentional and undetermined drug overdose deaths more than doubled from 2014 to 2016, with 2,175 deaths in 2014, 2,805 in 2015, and 4,672 in 2016. (FL Department of Health's Bureau of Vital Statistics)**



## Prescription Drug Take Back Day is October 26

The **National Prescription Drug Take Back Day** addresses a crucial public safety and public health issue. According to the 2018 National Survey on Drug Use and Health, **9.9 million Americans misused controlled prescription drugs**. The study shows that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

The next **National Prescription Drug Take Back Day** will be October 26, 2019. National Take-Back Day is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs.

Local drop-off locations are: *(In original container)*

### Walgreens (24/7)

- \*6314 N. 9th Avenue; \*870 E. Cervantes, \*2237 W 9 Mile Rd \*3909 Hwy 90, Pace \*6506 Caroline St, Milton
- \*8220 Navarre Parkway, Navarre

### CVS (24/7)

- \*6888 N. 9th Avenue, \*6501 Caroline St, Milton

### Santa Rosa Sheriff's Office (Mon-Fri, 8 am - 5 pm)

- \*5755 East Milton Rd, Milton, \*1322 College Parkway, Gulf Breeze, \*8597 High School Blvd, Navarre,
- \*4775 Pace Patriot Blvd, Pace, \*3695 Highway 4, Jay



## Red Ribbon Week October 23 - 31

Support Healthy Lifestyles . . . Take the National Red Ribbon Campaign Pledge:

Parent Pledge:

- ◆ As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.
- ◆ We will set clear rules for our children about not using drugs.
- ◆ We will set a good example for our children by not using illegal drugs or medicine without a prescription.
- ◆ We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

Youth Pledge:

I pledge to grow up safely, healthy, and drug free by:

- ◆ Understanding the dangers of drug use and abuse.
- ◆ Respecting myself and being drug free.
- ◆ Spreading the word to family and friends about the importance of being healthy and drug free.

## October is National Bullying Prevention Month

**1** out of **5**  
students is bullied

**5** out of **5**  
can help prevent that

## Stop Bullying on the Spot

When adults respond quickly and consistently to bullying behavior, they send the message that it is not acceptable. Research shows this can stop bullying behavior over time.

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.

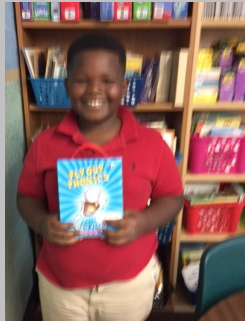
**Prevention: Teach kids how to identify bullying and how to stand up to it safely.**

## Community Prevention - Project Boost *Making a Difference*

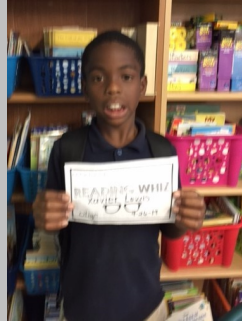
Project Boost staff celebrate the successes of these three participants in the PATTS program who made positive achievements in their classroom last month.



..... learned all his site words!



..... earned a box of books for the most Accelerated Reading Points in his class.

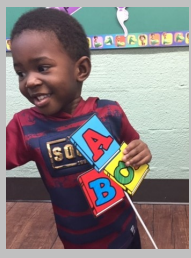
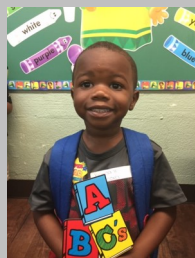
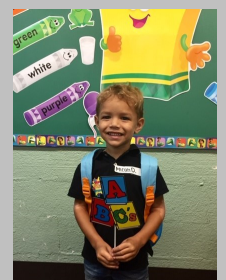


..... earned the most reading points in his class AND will have artwork exhibited at the Pensacola Interstate Fair later this month.



**Peaceful Alternatives to Tough Situations (PATTS)** is an evidence-based curriculum that serves youth K through 5th grades.

## Incredible Years Dinosaurs at Oakwood Terrace celebrate *Back to School!*



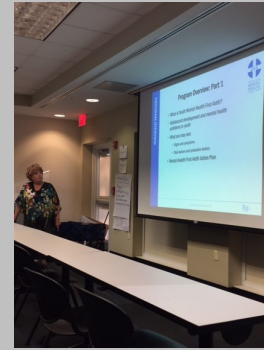
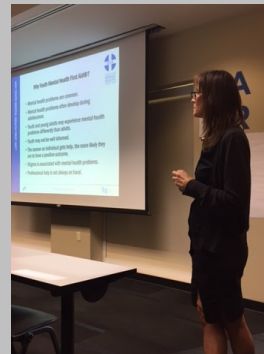
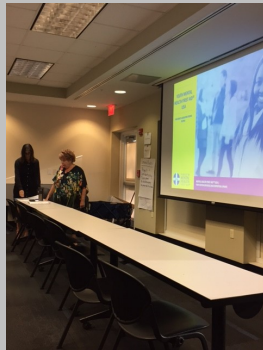
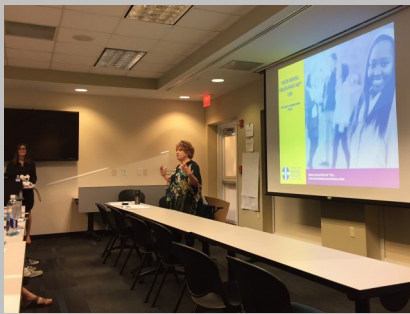
The **Incredible Years Dinosaurs** program is an evidence-based curriculum that serves students that are 3 to 4 years old.

Project Boost staff also offer a homework assistance after school program at Ebonwood Community Center and Oakwood Terrace.

## Community Prevention and Outreach

### *Making a Difference*

Linda Wilson and Denise Manassa presented the **Youth Mental Health First Aid** training at the University of West Florida on October 5th and 6th.



### What is Mental Health First Aid?

Mental Health First Aid teaches how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The course introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, and provides an overview of common treatments. Through role-playing and simulations, it demonstrates how to assess a mental health crisis; select interventions; provide initial help; and connect people to professional, peer and social supports as well as self-help resources.

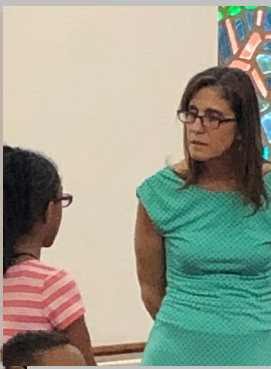
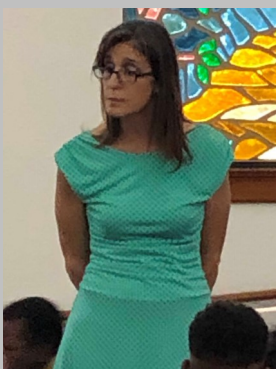
Mental Health First Aid encourages early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The program offers concrete tools and answers key questions like “What can I do?” and “Where can someone find help?” Participants are introduced to local mental health resources, national organizations, support groups and online tools for mental health and addiction treatment and support.

Mental Health First Aid USA is operated by the National Council for Behavioral Health.

**Linda, Denise, and Chris will present the training to your civic or church group. You can call them at the admin office, 434-2724, or their CDAC email (lwilson@cdac.info; dmanassa@cdac.info; csalter@cdac.info)**



Denise did an excellent job with the kids at Jordan Street Seventh-day Adventist Church. Pictured are the elementary school age kids. She also presented to middle school students, high school students, and parents. This Bullying Campaign was a big success, and the kids were very interested in how to prevent bullying and becoming part of the solution for a “Bully Free Zone” School.



## Women and Family Intervention Services (WFIS) *Making a Difference*

### *Howlingly* Great News from Santa Rosa County

In the past three months **six** of our WFIS parents have been **reunified with their children!** We want to congratulate them and celebrate their hard work. Three are graduates of Road to Recovery. One continues to work with Lakeview MAT, and two are graduates of Avalon's outpatient services.

We also want to give a shout out to **two alumni who completed their maintain and strengthen case plans and closed with FFN.** One mom was our very first POSC client. She was able to take her baby home and was reunified with her son a month later. The other was a single dad with a baby who attended the baby parenting class at CDAC and spoke at the Celebration of Success.

I am humbled by the dedication and tenacity of these parents to overcome many obstacles to reach their goals. We are honored to have the opportunity to walk next to them on their path of recovery.

In Santa Rosa County there are **FamiliesFirst Network** Case Managers who see the strengths in families and a **judge** who believes in growth, change and second chances.

**Together all things are possible.**



## HEALTHY HABITS

Treat yourself with guilt-free rewards that are **healthy and good for your mental well-being.**

1. Give yourself a manicure.
2. Take a nap.
3. Read a book.
4. Have a movie marathon.
5. Listen to favorite music.
6. Play with pets.
7. Go for a walk, bike ride or drive.
8. Watch a video tutorial to learn something new.



## CDAC Family Fun Night

Thank you to everyone who came to our CDAC Family Fun Night! We had a blast and are so excited to plan another one for the Spring! Special thanks to Michelle, Charity and Amberlyne for all the planning and coordination!







### October Anniversary

Lisa Viquelia	Oct. 04, 1999	20 years
Jennifer Glass	Oct. 17, 2011	8 years
Amberlyne Greco	Oct. 06, 2014	5 years
Kendra Bozard	Oct. 24, 2014	5 years
Isoke DuPont	Oct. 22, 2015	4 years
Brittany Durlauf	Oct. 01, 2018	1 year

### November Anniversary

Gwen Abrams	Nov. 05, 1997	22 years
Medena Williams	Nov. 21, 2005	14 years
Renee King	Nov. 28, 2005	14 years
Linda Gordon	Nov. 27, 2017	2 years



### October Birthday

Michelle Kistler	Oct. 06
Katelyn Odom	Oct. 06
Kim Brown	Oct. 10
Jennifer Glass	Oct. 13
Stacey Reeder	Oct. 14
Michelle Clifford	Oct. 15
Betty Jo Gilmore	Oct. 22

### November Birthday

Reese Holt	Nov. 06
Medena Williams	Nov. 10
Michael Villanueva	Nov. 16
Angela Jackson	Nov. 18
Kendra Bozard	Nov. 22
Linda Wilson	Nov. 28

*We are Very Happy to **Welcome** to our CDAC Family*

**Sayer Forbes**, ECHO School Counselor, Navarre High School

**Sheri Hundley**, WFIS Case Manager, Walton County

**Angie Spiller**, RISE Santa Rosa School Counselor, Gulf Breeze Elementary, Gulf Breeze Middle

**Tammy Sutton**, RISE Santa Rosa School Counselor, King Middle

**Michael Villanueva**, ECHO School Counselor, Learning Academy

**Crystal Cooley**, WFIS Intern, Okaloosa County

**Krystal Dady**, RISE Santa Rosa Intern, Holley-Navarre Middle

**Brittany Stenberg**, RISE Escambia Intern, Bellview Middle



**“The strength of the team is each individual member. The strength of each member is the team” -- Phil Jackson**

***CDAC - Supporting Healthy Lifestyles; Making a Difference***



## CDAC Supporting Healthy Lifestyles CDAC's Walking Club



The Walking Club is **walking to the music**. First stop is **New Orleans—birthplace of Jazz**.

Even before jazz, for most New Orleanians, music was not a luxury as it often is elsewhere—it was a necessity. Throughout the nineteenth century, diverse ethnic and racial groups — French, Spanish, and African, Italian, German, and Irish — found common cause in their love of music.

Just after the beginning of the new century (1900), jazz began to emerge as part of a broad musical revolution encompassing ragtime, blues, spirituals, marches, and the popular fare of "Tin Pan Alley." It also reflected the profound contributions of people of African heritage to this new and distinctly American music.

The early development of jazz in New Orleans is most associated with the popularity of bandleader Charles "Buddy" Bolden, an "uptown" cornetist whose charisma and musical power became legendary. After playing briefly with Charley Galloway's string band in 1894, Bolden formed his own group in 1895. During the next decade he built a loyal following, entertaining dancers throughout the city (especially at Funky Butt Hall, which also doubled as a church, and at Johnson and Lincoln Parks).

New Orleans Jazz, National Historical Park Louisiana

New Orleans is the birthplace of jazz, the city of Buddy Bolden, Jelly Roll Morton, Sidney Bechet, Louis Armstrong, Louis Prima, Pete Fountain, Harry Connick, Jr. and the Marsalis family.



Buddy Bolden's Band, 1905

### September totals show Amberlyne in the lead with 185.3 total miles or 6.2 miles a day.

Amberlyne Greco	370,650 steps	185.3 miles	Michelle Kistler	168,260 steps	84.1 miles
Angela Jackson	340,428 steps	170.2 miles	Mike Villanueva	165,820 steps	82.9 miles
Sue Nast	291,776 steps	145.9 miles	Katelyn Odom	157,441 steps	78.7 miles
Stacey Reeder	265,616 steps	132.8 miles	Dorothy Lewis	155,013 steps	77.5 miles
Jennifer Crouse	235,707 steps	117.9 miles	Andrea Flynn	124,767 steps	62.4 miles
Cathy Henderson	197,489 steps	98.7 miles	Sondra Gingerich	102,366 steps	51.2 miles
Chris Salter	194,579 steps	97.3 miles	Shawn Caldwell	96,460 steps	48.2 miles
Isoke DuPont	183,901 steps	92.0 miles	Katie Harrington	67,579 steps	33.8 miles

**All staff and interns are invited to join the fun at any time.**

**Just keep track of your steps, and send Becky your total number the first week of every month.**

### Walking to the Music, 2019/2020 walking route

	Miles	Total miles	Steps	Total Steps
Pensacola to New Orleans	203		406,000	
New Orleans to Memphis	395	598	790,000	1,196,000
Memphis to Nashville	209	807	418,000	1,614,000
Nashville to Chicago	473	1,280	946,000	2,560,000
Chicago to Detroit	284	1,564	568,000	3,128,000



## October Health Observances

### Month-Long Observances

- **Domestic Violence Awareness Month**, National Coalition Against Domestic Violence (NCADV), [www.ncadv.org](http://www.ncadv.org)
- **Children's Health Month**, Office of Children's Health Protection, U.S. Environmental Protection Agency, [www.epa.gov/children/childrens-health-month](http://www.epa.gov/children/childrens-health-month)
- **Healthy Babies Month**, March of Dimes/Birth Defects Foundation, [www.marchofdimes.com](http://www.marchofdimes.com)
- **Health Literacy Month**, Health Literacy Consulting, [www.healthliteracymonth.org](http://www.healthliteracymonth.org)
- **National Bullying Prevention Month**, PACER'S National Bullying Prevention Center, [www.pacer.org/bullying](http://www.pacer.org/bullying)
- **National Depression and Mental Health Screening Month**, Screening for Mental Health, Inc., [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

### One-Week Observances

- **National Mental Health Awareness Week**, Oct. 7-13, NAMI - National Alliance on Mental Health, [www.nami.org/miaw](http://www.nami.org/miaw)
- **National Red Ribbon Week**, Oct. 23 - 31, National Family Partnership, [www.nfp.org](http://www.nfp.org)

### One-Day Observances

- **World Mental Health Day**, Oct. 10, World Federation for Mental Health, [www.wfmh.global](http://www.wfmh.global)
- **International Day for the Eradication of Poverty**, Oct 17, United Nations, [www.un.org/en/events/povertyday](http://www.un.org/en/events/povertyday)
- **Make a Difference Day**, Oct. 26, [www.makeadifferenceday.com](http://www.makeadifferenceday.com)

## November Health Observances

### Month-Long Observances

- **American Diabetes Month**, American Diabetes Association, [www.diabetes.org](http://www.diabetes.org)
- **National Healthy Skin Month**, American Academy of Dermatology, [www.aad.org](http://www.aad.org)
- **Prematurity Awareness Month**, March of Dimes Birth Defects Foundation, [www.marchofdimes.com](http://www.marchofdimes.com)
- **Tie One On for Safety Campaign**, (Nov 28 - Jan 1) Mothers Against Drunk Driving, [www.madd.org](http://www.madd.org)

### One-Week Observances

- **American Education Week**, Nov 18-22, National Education Association, [www.nea.org](http://www.nea.org)

### One-Day Observances

- **World Kindness Day**, Nov 13, Random Acts of Kindness, [www.randomactsofkindness.org](http://www.randomactsofkindness.org)
- **National Philanthropy Day**, Nov 15, Association of Fundraising Professionals, [www.npdlove.com](http://www.npdlove.com)
- **Great American Smokeout**, Nov 21, American Cancer Society, [www.cancer.org](http://www.cancer.org)
- **International Survivors of Suicide Loss Day**, Nov 23, American Foundation for Suicide Prevention, [www.afsp.org/survivorday](http://www.afsp.org/survivorday)

### October is Domestic Violence Awareness Month. Join the CDC in Preventing Intimate Partner Violence

All forms of IPV are preventable. Strategies that promote healthy behaviors in relationships are important. Programs that teach young people skills (e.g., communication and problem solving) can prevent violence. These programs can stop violence in dating relationships before it occurs. CDC has developed a technical package, [Preventing Intimate Partner Violence across the Lifespan: A Technical Package of Programs, Policy, and Practices Cdc-pdf\[4.52 MB\]](https://www.cdc.gov/features/intimatepartnerviolence/index.html) to help states and communities prioritize efforts to prevent intimate partner violence. A technical package is a collection of strategies that represent the best available evidence to prevent or reduce public health problems such as violence.

<https://www.cdc.gov/features/intimatepartnerviolence/index.html>



## Pensacola Happenings

**Bands on the Beach**, every Tuesday, 7-9 p.m., Gulfside Pavilion at Casino Beach

- Oct 22 - Rhinestone • Oct 29 - Emerald Coast Blues Brothers



**Tuesday Jazz Jam**, every Tuesday thru November 26, 6:30-9:30 p.m.

Seville Quarter, Lili Marlene's room, 130 E. Government Street



**Saturday Swing-Outs**, every Saturday, Aug 3 - June 6, 8 p.m.-1 a.m., \$5; Breathe Yoga Studio, 505 S. Adams Street; Swing dancing for ages 18+



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

**Blue Angels Practice**, Naval Aviation Museum viewing area, 11:30 a.m.

- Oct 22 - 23 • Oct 29 - 30 • Nov 5, 6, 7



**Blue Angels Homecoming Show**, Nov 8 - 9

**Ice Flyers home games**, Nov 9, Nov 16, Nov 17, Nov 27, Dec 6, Dec 7, Dec 21, Dec 26, Dec 28



**Auto Racing - 5 Flags Speedway**, Snowball Derby, Dec 4 - 8

**Radio Live**, Museum of Commerce, Doors open at 5 p.m.; Show starts at 6 p.m., Tickets \$10;

- Nov 7, Performers: Dave Nachmanoff, Grace Pettis, Kim Carson & The Real Deal
- Dec 5, Performers: Ben Bedford, Hiroya Tsukamoto, The Macs



**Gallery Night in Downtown Pensacola**, (third Friday evening of each month), Nov 15

**Sunset Cruises**, Nov 25, Pensacola Bay Cruises, 750 Commendancia Street, 5:30 pm - 7:00 pm, \$20 adults / \$15 military / seniors. (Pensacola Bay Cruises also offers cruises on Blue Angel practice days to **watch the Blue Angels from the bay**: Oct 22, 23, 29, 30.)



**Oct 17-27, Pensacola Interstate Fair**, Pensacola Interstate Fairgrounds, 6655 Mobile Highway





## Pensacola Happenings



**Oct 25, 26, Haunted House Walking and Trolley Tours,**

Location: Voices of Pensacola, 117 E. Government Street, website: [historicpensacola.org](http://historicpensacola.org)

**Oct 25, Beach-o-ween,** Pensacola Beach Boardwalk, 4 pm - 8 pm

**Oct 26, Halloween at the Museum,** Naval Aviation Museum, 10 am - 12 pm



**Oct 26, 2019 Harvest Market,** Seville Square, 311 E. Government Street, 9am-5pm, FREE

**Oct 26, Santa Rosa Farmers Market Fall Festival,** 6451 Park Avenue, Milton, 9 am - 1 pm, FREE

**Oct 26-27, Family Orchard Farms Fall Festival,** 6930 Highway 99, Molino, FL, 3 pm - 9 pm, \$10/vehicle

**Oct 27, Barktoberfest,** Community Maritime Park, 301 W. Main Street, 10 am - 4 pm, FREE



**Nov 1-3, Great Gulf Coast Arts Festival,** Seville Square Park, Fri/Sat 9-5, Sun 10-4, FREE



**Nov 2, Beulah Craft and Sausage Festival,** First Baptist Church of Beulah, 5805 Beulah Church Rd, 9 - 3

**Nov 9, Pine Forest United Methodist Church 30th Annual Arts & Craft Festival,** 2800 Wilde Lake Blvd, 9 - 3

**Nov 10, Jazz for Justice,** Seville Quarter, 130 E. Government Street, Brunch 11 am; Live Music 3-7 pm



**Nov 10, Pensacola Beach Art & Wine Festival,** Pensacola Beach Boardwalk, 11 am - 4 pm