

THE CDAC DIFFERENCE

OCTOBER, 2017

VOL. 5 ISSUE 7

Knock knock
Who's there? ~-HIPPA
HIPPA who?

Sorry, I can't tell you
THAT

someecards
user card



*Message from
Leashia*

Unless you're using
evidence-based practices,
I can't hear a word
you're saying.

someecards
user card



Making a difference with a Little

Yes, I charted that I charted
what I previously charted.
Wait, hold on I have
to chart that I told
you about my
charting.

someecards
user card



*Rules
and
Regulations
Humor*



STARTING TODAY,
ALL PASSWORDS MUST
CONTAIN LETTERS,
NUMBERS, DOODLES,
SIGN LANGUAGE AND
SQUIRREL NOISES.



Jennifer Alexander is an MSW intern with the Santa Rosa Rise program working with Amberlyne Greco.

Staff Highlight

My name is **Jennifer Alexander**, and I was born and raised in Owensboro, Kentucky. I joined the Air Force at age 19 and was stationed at the USAF Academy in Colorado Springs, Colorado. I met my husband in Colorado and we married in 2005. I spent four years there, separated from the Air Force, then we moved back to my hometown.

In Owensboro I attended Brescia University and received a Bachelor's in Social Work. After graduation I worked for 2.5 years as a Child Protective Services (CPS) Investigator until the birth of my first son in December, 2012. I became a stay-at-home mom, and my husband was commissioned as a Medical Service Commander (MSC) Officer in the Air Force in January, 2013 (he was not prior service).

My husband's first duty station was Eglin AFB, and we lived in Crestview for a year. He was then transferred to Hurlburt, and we bought a house in Navarre in April, 2014, when I found out I was pregnant with my second son. I continued to stay at home with my boys until this past summer when I started my MSW degree at UWF, which led me to become a RISE Intern at CDAC this year. I love being back in the field and I appreciate the opportunity to serve our community alongside all of you!

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

LIVE UNITED

CDAC's Day of Caring team

included, Charity Hamilton, Leann Knapp, Kathy Asbury, Dorothy Lewis, Ardetta

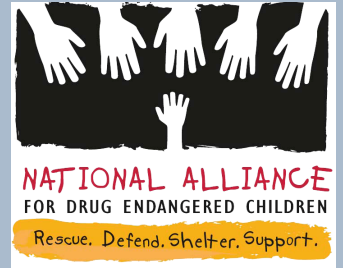
McDougal, Becky Garthwaite, Angela Jackson, Jennifer Luchak, and Lana Kaufman (not pictured.)



They were *helping hands* at **Jim Allen Elementary School** where they prepared learning materials for the teachers.



CDAC recently cosponsored a training presented by the **National Alliance for Drug Endangered Children**. Over 200 people attended three trainings across our region. DEC encourages multi-disciplinary partnerships between existing agency personnel and resources to meet the specific needs of local families and children. Community stakeholders across our region are working to move from awareness to action through a local DEC Alliance. Anyone interested in becoming part of the DEC Alliance should contact Denise Manassa or Linda Wilson at 434-2724.



Red Ribbon Week is October 23 - 31.

WHAT IS RED RIBBON WEEK?

It is an ideal way for people and communities to unite and take a visible stand against drugs. The **Red Ribbon Campaign®** was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs.

What can families do?

- * Take a pledge to be safe, healthy and drug free.
- * Stay connected with your children. Communication is KEY.
- * Create clear messages and rules around not using drugs and alcohol.
- * Make family time fun.



The **National Prescription Drug Take Back Day** aims to provide a safe, convenient, and responsible means of disposing of prescription drugs. Unused or expired medications can lead to potential accidental poisoning, misuse, and overdose, thus becoming a public safety issue.

Pensacola Police Department

disposal box is available any day of the week, at any hour.

711 N. Hayne Street Pensacola.

Escambia County Sheriff's Office

sponsors the following Walgreens locations from 10 am to 2pm

- 85 Beverly Parkway
- 5995 Mobile Highway
- 1841 East Olive Road
- 700 N. Pace Blvd
- 4497 Mobile Highway
- 6314 N. 9th Avenue

Santa Rosa Sheriff's Office

has pick up locations at

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

Parenting for Prevention Success Story

Gabriella (name changed) was a 19-year-old young lady who was in a local women's recovery program a few months ago. She was motivated right from the start and was eager to learn all she could to parent her 2-year-old twins effectively. During her time in the program, she was unable to see her children due to conflicts with the children's caretaker. Not having visits was difficult, and she decided to leave the program after 5 or 6 months. After leaving the program, she contacted Medena and wanted to continue with the parenting program, as she was still working toward reunification with her sons.

Gabriella had already completed the **Nurturing Program**, but Medena was able to offer her the **Incredible Years** program, which she has just recently completed successfully. During this time, she was staying with a very supportive family who helped her to regain custody of her children.

Gabriella is now functioning drug free and parenting her sons confidently and lovingly, something she was so unsure of in the beginning of her journey. She is working in a job that she loves, has a car, and is now looking to find permanent housing. She sings in a praise team at a local church and is helping to encourage others in their recovery. Gabriella is not looking back, but forward! The smiles on her boys' faces are proof that mom is back, and they know they are loved!

Project Boost

The Incredible Years program at Oakwood Terrace hosted a very successful **Parent/Child Interactive Breakfast** where the parents joined their children for breakfast and completed a personalized Dinosaur coloring sheet with their child.

WFIS Case Manager, Jennifer Glass, also joined the Oakwood Terrace Incredible Years class to share a fun activity. The children were so excited!



WFIS Staff Enrichment Day



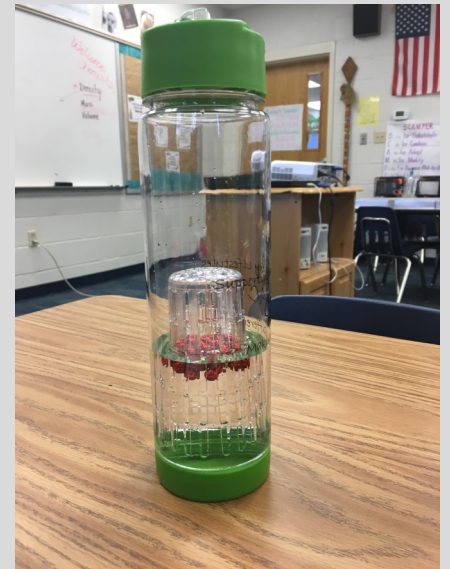
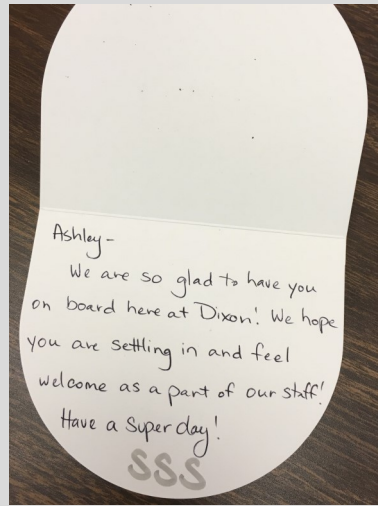
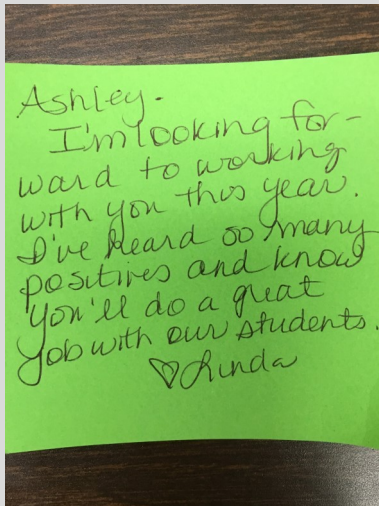
WFIS Making a Difference

Sondra Gingrich received a message from an alumni that stated, "I wanted you to know that we use the stroller WISE bought for us everyday. It has lots of miles on it now that my son is 14 months old! Thank you."



Santa Rosa RISE - Dixon Elementary

Ashley Frobenius is welcomed with open arms at Dixon Intermediate:



Ashley taught her students about social filters using the CDAC

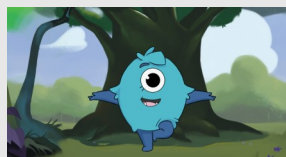
Santa Rosa RISE—Central Elementary



At Central Elementary, the entire first grade is participating in S.S. Grin

group. Both the teachers and the students are all working hard to reinforce the social skills that the students are learning from group in the classroom as well. Parents receive the weekly home connection worksheets so they are learning with their children and reinforcing the skills at home. Next semester the entire third grade will be participating!

Every other week one of the kindergarten classes is participating in presentations about mindfulness. They are utilizing the lessons from Class Dojo to learn how to navigate difficult feelings and "Taming their Beast."



ECHO - Navarre High School




Navarre High School administration, faculty, and staff are focused on safety and inclusion as demonstrated by their participation in the 2017 Unity Day. Unity Day is an anti-bullying campaign sponsored by Pacer.org. Mental health and well-being can be compromised by bullying, and our ECHO program at NHS is happy to be a part of bringing awareness to the students of Navarre. To find out more about Unity Day go to <http://www.pacer.org/bullying/>.

October is
National Bullying Prevention Month.
Uniting Communities to take action to help
keep all children safe from bullying.




Notes of Gratitude

Shout-Out to **Thomas Bradshaw** for all the social media stuff he's been doing! It looks great!




A BIG thanks to **Leann Knapp** for presenting to the CDAC Board on behalf of the school-based programs.
GREAT JOB!

A BIG gratitude to **Thomas M. Bradshaw**. He is always ready and willing to help fix our equipment even when he is busy with another task.



I would like to send a special thank you to **Leashia** and **my whole CDAC family**. A donation was made in honor of my dad to the Benton Hospice Service. The hospice staff were amazing and really helped me and my family during this time. My CDAC family is awesome. Thank you.

Denise Manassa

Thank you United Way Day of Caring Team:
Kathy Asbury, Lana Kaufman, Leann Knapp, Jennifer Luchak, Dorothy Lewis, Ardetta McDougal, Angela Jackson, Becky Garthwaite, and Charity Hamilton.
You are great ambassadors for CDAC to our community.

Thomas B! What would I do without you? We'd all be lost. Thank you so much for your continued assistance and patience while helping me create all of these "fun" excel and Word documents! You are helping us make our team's job easier, which we all appreciate very much.

Thank you!




November Anniversaries

Medena Williams	Nov 21, 2005	12 years
Renee King	Nov 28, 2005	12 years



November Birthdays

Mimi Bogan	Nov 10
Medena Williams	Nov 10
Angela Jackson	Nov 18
Lauren Reeves	Nov 20
Kendra Bozard	Nov 22
Zita Stroud	Nov 24
Linda Wilson	Nov 28



CDAC Supporting Healthy Lifestyles Walking to Canada !



Five people have made it to Birmingham !

Lisa Poissant is in the lead with 840,000 steps.
Sue Nast is in second place with 628,908 steps.
Charity Hamilton is third with 573,866 steps.
Lyissa O'Connor, 522,777 steps.
Monica Davis logged in 517,412 steps.
Dorothy Lewis, 457,300 steps
Isoke DuPont 458,454 steps
Amberlyne Greco, 436,379 steps
Patti Beebe, 345,342 steps

Lauren Reeves, 305,788 steps
Jennifer Alexander, 270,407 steps
Michelle Kistler, 258,990 steps
Ashley Frobenius, 253,024 steps
Autumn Wingate, 250,894 steps
Thomas Bradshaw, 219,329 steps
Chris Salter, 196,977 steps
Jennifer Luchak, 196,031 steps

Pensacola to Birmingham	255 miles	510,000 steps	(total)
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.

Benefits of Walking . . .

Walking wards off heart disease, brings up the heart rate, lowers blood pressure, strengthens the heart and can stop the loss of bone mass.



Keep Tabs on Your Own Mental Health

Once home, **turn off the tech**. Research shows that too much technology leads to depression, sleep disorders and mental health problems. Give yourself at least 120 minutes a day to live tech free. This is healthy for you and your loved ones.

Eat More Eggs! Whole eggs are so nutritious that they're often referred to as "nature's multivitamin." It is a myth that eggs are bad for you.

- ◆ Eggs are high in protein and low in calories.
- ◆ Eggs boost your mood.
- ◆ Eggs help keep your eyes healthy.
- ◆ Eggs can improve your focus.
- ◆ Eggs may protect against breast cancer.
- ◆ Eggs do NOT raise your risk of heart disease and may reduce the risk of stroke.

Keep your breakfast cereal healthy. Dry cereal can be a good option for breakfast at home or on the go - if you make healthy choices. Three key features to consider are fiber, calories and sugar. Choose cereal that has at least 3 grams of fiber per serving, but aim for 5 or more. Opt for cereal with fewer than 160 calories per serving if you're dieting. And, avoid cereals that list sugar among the first few ingredients.

Exercise - Twist and Shout! Twisting exercises are an effective workout for your stomach - but only for increasing muscle mass and movement abilities, not for reducing belly fat. Reminding the body to twist at the hips is one of the most important things you can do. If you regularly incorporate twisting exercises into your workout routine, you should see improved muscle tone and increased range of motion. So, come on baby . . . Let's do the twist!



November Health Observances

November Month-Long Observances

- **American Diabetes Month**, American Diabetes Association, www.diabetes.org
- **Lung Cancer Awareness Month**, American Cancer Society, www.cancer.org
- **Prematurity Awareness Month**, March of Dimes/Birth Defects Foundation, www.marchofdimes.com

November One-Week Observances

- **American Education Week**, Nov 13-17, National Education Association, www.nea.org
- **Tie One On For Safety Campaign**, Mothers Against Drunk Driving (MADD), www.madd.org

November One-Day Observances

- **World Kindness Day**, Nov 13, Random Acts of Kindness, www.randomactsofkindness.org
- **America Recycles Day**, Nov 15, National Recycling Coalition, Inc., www.americarecyclesday.org
- **Great American Smokeout**, Nov 16, American Cancer Society, www.cancer.org

Pensacola Happenings

Blue Angels practice, Nov 1, 7, 9, 11:30 a.m., Naval Aviation Museum

Blue Angels Homecoming Show, Nov 11-12

4th Annual Pensacola Foo Foo Festival, Nov 2-13, various locations

Great Gulf Coast Art Festival, Nov 3-5, Seville Square Park

Pensacola Buskers Festival, Nov 3-5, 90 Intendencia Street, downtown Pensacola

Umbrella Sky Project, Nov 3-Feb 3, Intendencia Street, downtown Pensacola

28th Annual Arts and Crafts Festival, Nov 11, Pine Forest United Methodist Church, 2800 Wilde Lake Blvd

Gallery Night, Nov 17

Elf Parade, Nov 24, Downtown Pensacola

49th Annual Snowball Derby, Nov 30-Dec 3, Five Flags Speedway

