

# THE CDAC DIFFERENCE

NOVEMBER, 2017

VOL. 5 ISSUE 8

*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
1/2 cup	Trauma-Informed Care
4 cans	Collaboration
3 bunches	Ongoing 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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## Staff Highlight



**Pam O'Brien**, WFIS  
Case Manager for  
Escambia County.

I came to CDAC as a WFIS case manager in May, 2017. I absolutely love it here! Everyone has been so welcoming and helpful!

I moved from Ocean Springs, MS to Pensacola in 1999 to attend college at UWF and be closer to my siblings. I completed my BSW in 2003 at UWF and my MPA at Troy State in 2008. I have two canine sidekicks, geriatric shih tzu pups named Buttercup and Gus, and two kids about to celebrate their first birthday, Bootsie and Catfish Collins. They're both full bred fainting goats.

Prior to CDAC, the majority of my professional life was at Lakeview Center. I worked in mental health residential, ASU, Family Care, and then the Friary during my 13 years there.

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

## Project Boost

The Forest Creek **Incredible Years** students celebrated Drug Free Week.



Shades = Blocking the Bullies



Hats = Putting a Top on Drugs

## Santa Rosa RISE

Mimi Bogan's **RISE** students at West Navarre Primary and Holley-Navarre Primary schools are making "**angry airplanes**." The students write their anger/worries on the wings of the airplane, go outside, and fly them up into the sky, letting go of their feelings.



## Prevention Education and Awareness



CDAC was invited by the Gulf Coast Citizen Diplomacy Council to speak to international delegates from Nigeria on substance abuse prevention. **Denise Manassa**, CDAC's Prevention Education and Awareness Coordinator, met with the delegates and presented information on evidence-based substance abuse prevention and how it impacts the individual, the family, and the community.



### 2018 United Way Campaign

Look for the contribution forms in your boxes.

Donate 1-Hour of Pay Per Month  
to Earn an Extra Day of Leave!

Eligible donations can be to United Way or Boost.



CDAC Staff Continues to

***Make a Difference***

in the community.

***Congratulations !***

**Chris Salter is now a Certified Adult Mental Health First Aid trainer.**

**Linda Wilson is now a Certified Wellness Recovery Action Planning (WRAP) facilitator.**

**Blair Diamond was voted Employee of the Month at Pea Ridge Elementary School.**

*“Have you ever wondered what happened to the kid next door? One day at school I was introduced to our CDAC Prevention Specialist, Blair Diamond. His name sounded familiar; he was the kid next door. Mr. Diamond is my neighbor at work now. He grew up to be a person that extends help when children need a special friend. He brings sunshine when skies are gloomy. He walks by my office with the children smiling, laughing and encouraging each of them. He has been a delight. **Pea Ridge Elementary is a better place because he is here.**”*

## **CDAC’s Substance Abuse Outreach program *Making a Difference***

Linda Wilson received a call from Lakeview MAT regarding a client who was pregnant and using IV Heroin. The client stated that she didn’t know what to do – she didn’t want to get in trouble with DCF when the baby was born. The staff at Lakeview told her about the WISE program, but the client was reluctant because she thought that CDAC was DCF. Linda met with the client and talked to her about “wellness” telling her that CDAC could help her and her baby on their journey toward wellness. When Linda asked the client what she wanted to do, she cried and told Linda, ***“I want me and my baby to be well.”*** The client completed the WISE referral that day, and began that first step toward wellness for herself and her baby. Linda stated that ***“this is the heart of what the Substance Abuse Outreach Program is all about – one person at a time.”***





Notes of Gratitude



Thanks so much to **Lana Kaufman** for presenting to the staff at Holley-Navarre Middle School on their Professional Development Day. Lana presented tips for managing stress and even had the staff dancing.



A big thank you to **Deborah Foster** for all of the help she provides in seeing the WFIS clients at Road to Recovery and The Friary. It is great for the clients to have multiple people they can reach out to for help and to know Deborah is an additional support for both them and the WFIS case managers.

Thank you **Jennifer Glass** for taking time out of your schedule to visit the Incredible Years students at Oakwood Terrace. You are such a joy to our class!



Thanks to **Sue, Stephanie, and Leann** for working so hard in adjusting to new responsibilities and keeping the school staff functioning without hiccup.  
We love you! - PPG



December Anniversary

Zita Stroud	Dec 21, 2005	12 years
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December Birthdays

Charity Hamilton	Dec 05
Thomas Bradshaw	Dec 06
Doris Rawls	Dec 17
Cathy Henderson	Dec 20

*Remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.*



CDAC  
Supporting Healthy Lifestyles  
Walking to Canada !



*Lisa Poissant and Sue Nast have made it to Nashville!*

Lisa Poissant is in the lead with 1,100,000 steps. Sue Nast is in second place with 935,152 steps.

**Seven people have passed Birmingham:**

- Lyissa O'Connor is third with 895,118 steps.
- Charity Hamilton, 884,963 steps.
- Dorothy Lewis, 783,607 steps.
- Monica Davis, 756,824 steps
- Isoke DuPont, 714,489 steps
- Jennifer Alexander, 595,712 steps
- Patti Beebe, 551,594 steps

**On their way to Birmingham:**

- Lauren Reeves, 457,075 steps
- Michelle Kistler, 407,904 steps
- Thomas Bradshaw, 330,462 steps
- Chris Salter, 325,125 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 . . .**

- Your mood will improve
- Your creative juices will start flowing
- Your jeans will get looser
- You will start to get more "regular"
- Your balance and coordination will improve



An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others - **especially your coworkers**. When more people get vaccinated against the flu, **less flu can spread through that community**.

**Together We Can Beat the Flu**

6 Tips to Stay Healthy this Flu Season

- Get the Flu Vaccine: The flu vaccine is the first step in protecting yourself
- Avoid touching eyes, nose, mouth
- Wash your hands
- Cover your sneeze/cough
- Stay home if you're sick
- Avoid contact with sick people



**Mental Health Tip.** Since this is the season to "be thankful" write down something you are grateful for. Gratitude has been clearly linked with improved well-being and mental health as well as happiness. The best-researched method to increase feelings of gratitude is to keep a gratitude journal or write a daily gratitude list. Generally contemplating gratitude is also effective, but you need to get regular practice to see a long-term benefit. Find something to be grateful for, let it fill your heart, and bask in that feeling.

## Tips for a Healthy Thanksgiving

Making healthy and smart food choices can be challenging during the holidays. Studies say that some people may consume 3,000 to 5,000 calories around the Thanksgiving table. Here are a few tips for a healthier Thanksgiving.



1. **Watch your portion sizes.** Enjoy your favorite holiday treat but take a small portion. Fill half your plate with fruits and vegetables.
2. **Think Maintenance.** Don't try to diet during the holidays. Try to maintain your current weight.
3. **Eat before you eat.** Don't skip breakfast, and enjoy a healthy snack - yogurt, fruit, salad - before the family gathering.
4. **Be mindful and make only one trip to the buffet table.** Look at all your options before making your final food choices; make sure all the calories you consume are worth it. Choose only the foods you really want and keep your portions moderate. Consider skipping the appetizers.
5. **Eat slowly and chew your food well.** In one study, fast eaters consumed around three ounces of food per minute, while slowpokes only ate about two ounces. Chewing slowly could mean less calories consumed.
6. **Don't deny dessert.** The holidays shouldn't be about restricting certain foods - just try to enjoy them in moderation.
7. **Meditate.** Whether enduring too much family time or unable to resist eating a whole pumpkin pie, meditation can help lower stress levels. All you need is a few minutes and a quiet corner.

## CDAC Family Thanksgiving Traditions, Recipes, and Travel Plans

**Lauren Reeves**, her husband, Corey, and little Corey, always travel to Gainesville to visit Corey's family for Thanksgiving. This year they are making sweet potato casserole and green bean casserole. While in Gainesville, they love to go to the Florida Museum of Natural History and the Devil's Millhopper.

Mimi Bogan's family is changing their tradition this year and spending Thanksgiving in Gainesville with their daughter, and - as a house divided - attending the FSU/FU football



**Sue Nast**, her sisters, and mom are taking a cruise out of Miami to the Western Caribbean - Jamaica, Grand Caymen Islands, and Mexico.



**Heather Moller** is looking forward to hosting her first Thanksgiving dinner and is excited to provide a plant-based meal for her guests. Below is the stuffing recipe she will be serving.

### Simple Vegan Stuffing

#### Ingredients

- 1 large loaf whole-grain bread or 2 small baguettes, cubed & set out to dry overnight (9 cups loosely packed)
- 3/4 cup uncooked green lentils
- 3 T. olive oil or vegan butter
- 1/2 cup white onions, diced
- 3/4 cup celery, diced
- Salt & pepper
- 1 flax egg (1 T. flaxseed meal + 2 1/2 T. water)
- 3/4 tsp dried sage, or 1 1/4 tsp fresh sage, chopped

#### Instructions

1. The night before, cube the bread and set it in a large bowl to dry out.
2. Cook the lentils by thoroughly rinsing 3/4 cup lentils in cold water, then adding to a small saucepan with 1 1/2 cup veggie broth or water
3. Cook over medium-high heat until a low boil is achieved, and then lower to a simmer and continue cooking uncovered for 20-30 minutes. Set aside.
4. Preheat oven to 350 degrees and line a 9x13 pan with foil or spray with nonstick spray. Also prepare flax egg and set aside.
5. Saute' onion and celery in the olive oil or vegan butter and season with a bit of salt and pepper. Cook until fragrant and translucent - about 5 minutes. Set aside.
6. To the bowl of bread, pour most of the broth then add the remaining ingredients (sage, cooked veggies, flax egg, and lentils) and mix with a wooden spoon. The key is to make sure it is about the consistency of a meatloaf. If it's too dry, add more broth and mix again. If it's gotten too wet, add more bread.
7. Transfer to the prepared pan and cover with foil. Bake for 45 minutes. Then remove the top layer of foil so the top can brown. Increase heat to 400 degrees and bake for another 10-15 minutes or until the top is well browned and crisp.
8. Remove from oven and let cool slightly before serving.

## December Health Observances

### December Month-Long 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 Administration, [www.nhtsa.gov/Driving-Safety/Impaired-Driving](http://www.nhtsa.gov/Driving-Safety/Impaired-Driving)
- **Safe Toys and Gifts Month**, Prevent Blindness America, [www.preventblindness.org](http://www.preventblindness.org)

### December One-Week Observances

- **National Handwashing Awareness Week**, Dec 3-9, Henry the Hand Foundation, [www.henrythehand.com](http://www.henrythehand.com)
- **National Influenza Vaccination Week**, Dec 3-9, Center for Disease Control, [www.cdc.gov/flu/nivw](http://www.cdc.gov/flu/nivw)

### December One-Day Observances

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

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## *Pensacola Happenings*

**Palafox Market**, weekly on Saturday until Dec 16, Martin Luther King Plaza, downtown, 9 am - 2 pm

**Santa's Photo Party**, recurring weekly on Fri, Sat, Sun Nov 17 - Dec 24, Downtown Pensacola

**A Christmas Carol: A Ghost Story of Christmas**, Dec 1, 2, 8, 9, UWF Center for Fine & Performing Arts, Bldg 82

**Choral Society of Pensacola Presents: Handel's Messiah**, Dec 2, 7:30 pm, Saenger Theater

**Lighted Boat Parade & Fireworks**, Dec 2, 6:30 pm, from Sabine Marina to Pensacola Beach Boardwalk

**Merry Marketplace Retail & Business Expo**, Dec 1, 1 - 7 pm, Versailles Event Center, 1504 W. Intendencia, Free with non-perishable food item.

**Santa's Puppy Party**, Dec 2, Escambia County Government Building Plaza, 223 S Palafox Place, 1-4 pm, Santa is bringing puppies to Winterfest. **Children will have the opportunity to pick a puppy courtesy of the Escambia County Animal Shelter.**

**Pensacola Children's Chorus: Christmas on the Coast**, Dec 8, 9, 10, Saenger

**Ballet Pensacola's The Nutcracker**, Dec 15, 16, 17, Saenger

**Gallery Night**, Dec 15, Downtown

**New Year's Eve Fireworks**, Dec 31, Pensacola Beach Chamber of Commerce

**Pensacola Symphony Orchestra Presents Celebrate the New Year**, Dec 31, 7-9 pm, Saenger

