

THE CDAC DIFFERENCE

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Message from Leashia

According to Linda Rosenberg, President and CEO, National Council for Behavioral Health, during **National Recovery Month** this September, we must do the next right thing until we get this right. She reminds us that to make a difference:

We must understand that addictions are preventable and treatable, and people can and do recover.

There is greater openness and awareness about addictions than ever before – fueled not only by the opioid epidemic, but by people young and old, and their families, freely telling their stories. People are sharing their struggles and celebrating their recovery.

We must walk the talk.

Every one of us can be the difference ([#BetheDifference](#)), if we know what to say and what to do. That's why Mental Health First Aid will begin training First Aiders in use of naloxone nasal spray to reverse an opioid overdose.

We must understand that beds are necessary, but not sufficient.

There will never be enough beds if we continue to underemphasize comprehensive care in the community where people return to live and work. And medication-assisted treatment (MAT) alone isn't enough. Relegating long-term cognitive treatments, illness management strategies and social connections to the sidelines contradicts the standard treatment of chronic disease. Yet, in addiction treatment, these important sources of recovery capital are, for the most part, ignored or financially starved.

We must fight injustice in all its forms.

We're emphasizing treatment over punishment. We learned that we cannot arrest and incarcerate our way out of the opioid crisis, and now we know that a week of detoxification and a 28-day stay in a residential facility isn't enough.

Let's keep doing the next right thing, not just during Recovery Month, but every month, until every person in this country who needs it can get the treatment and recovery services that will keep them well.

*Making a Difference,
Leashia*



National Recovery Month is sponsored by SAMSHA to increase awareness of behavioral health conditions and support those in recovery. This celebration supports the message that **behavioral health is essential to overall health, prevention works, treatment is effective, and people can, and do, recover from mental and substance use disorders.**

SAMHSA has delineated **four major dimensions that support a life in recovery:**

Health—overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being

Home—having a stable and safe place to live

Purpose—conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society

Community—having relationships and social networks that provide support, friendship, love, and hope. Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery. A person's recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members.

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

WFIS Making a Difference

A WFIS Success Story . . . Three Years Later (Testimony of a client)

"When I was using I never expected to be alive this long. I had been diagnosed with cancer, no health insurance, I should be able to numb my pain! The first time I got involved with the Department and WISE, I went through the motions. I had no intention of giving up marijuana for real. It doesn't hurt anyone. My husband and I smoked in our own home. The second time a report was made, they took my youngest. My teenager had gone to live with a friend. She didn't want to live with us. When Carol showed up at my door, I was hiding in the closet in a pile of dirty laundry. I was so ashamed. We were living in a run down trailer, barely getting by. Carol did not give up on me. The second time around I rediscovered my faith and my personal strength. My husband and I went through recovery together. I went through WISE parenting with Sondra and learned how to be a better parent. My family life did not prepare me to be a parent. We now have a nice place. I bought and paid off my own truck! My youngest was reunified and the Honorable Mrs. Goodman was very proud of us. My teenager wanted to come home. Now I'm the manager of a Taco Bell. We are a two income family. My children have role models at home! I still have health problems. Now I have strength to deal with them and a better prognosis because I am active, I eat a better diet, and get medical care. I walk through each day thankfully. I know God is by my side."

Another **WFIS Making a Difference** story . . .

While Sondra Gingerich was grocery shopping recently, she was approached by a WISE client from two years ago. The client was in the baby group in Santa Rosa County. The client told Sondra she recognized her and wanted her to know that she has another baby now and is moving into her own place. The client shared pictures from her phone of her family. She wanted Sondra to let Jennifer (Glass) know that she was doing well and WISE did **make a difference**.

And another . . .

Note from Margot Doelker to Leashia:

*"I just wanted to reach out and tell you how appreciative I am of **Rebecca** (Thomas). Rebecca was very supportive of Stepping Stones during this stressful period. I'm very thankful that we are such GREAT partners!"*

ECHO PPG at Escambia High School

ECHO PPG at Escambia High School is off to a great start. Fifty-six students have already signed up! Escambia High will offer **Anger Management** and **Transitions** groups this semester.

Lauren is most excited about the Anger Management group. Those students have issues with maintaining self control when in emotional overload. Many of the students who have signed up for this group have little support outside of the school realm. In group, they will be able to build support with each other and learn cognitive, emotional, and social skills needed to better manage their emotions and grow into happy, healthy adults.



Students at Escambia High now know more about the ECHO program through the new "Counseling Corner." Established to help students see the types of issues their school support team can help with, it also adds a pop of color and fun to the main hallway.



Notes of Gratitude

A special thank you to Rebecca Thomas for the awesome in-service training. Great POV and I learned so much!



Special thanks to Ashley Hansford for always being a team player and helping out when needed! We are lucky to have you in ECHO!

Big Gratitude to Kathy Asbury for her help with the Early Risers program while her program at Ebonwood Center was on break.

Great Big Note of Gratitude to the new WFIS Case Managers: Hayley Martin, Brittany Whitman, and Felicia Leslie. They have really jumped feet first into the work which has made the transition of losing staff a lot easier to manage! We welcome you aboard, and we are glad you are part of our WFIS family!

Kim Crow, thank you for helping train our new school staff on SS GRIN. You are always ready to lend a hand and help others. We are all so fortunate to have you on our team!

Thanks to all the CDAC staff for your support, kindness, strength and prayers. Denise Manassa



Michelle Kistler and Heather Moller, thank you for letting our new intern spend the day with you! Way to step in and help out! We are lucky to have you! !



Thank you for my beautiful Sunflower bouquet on my 22nd anniversary with CDAC. Sunflowers are my favorite. That made the gift triple special that you all went to the trouble of ordering sunflowers! I couldn't ever imagine being at the same company for so long! The longest job I held prior to CDAC was 4 years. All the staff here at CDAC ROCK! It is like a family where everyone helps each other out. I am lucky to be party of such a caring and professional agency.

Leann



CDAC Supporting Healthy Lifestyles Walking to Canada !



The following people are participating in CDAC's 2017-2018 **Walking Club**.

Everyone is welcome to join any time.

Lisa Poissant is in the lead. She has passed Birmingham and on her way to Nashville!

Sue Nast is following close behind Lisa with an August total of 307,041 steps

Other **August** totals are:

			<u>(total)</u>
Charity Hamilton , 268,592 steps			
Monica Davis , 268,394 steps	Pensacola to Birmingham	255 miles	510,000 steps
Lyissa O'Connor , 267,027 steps	Birmingham to Nashville	193 miles	386,000 steps
Amberlyne Greco , 252,246 steps	Nashville to Louisville	174 miles	348,000 steps
Isoke DuPont , 228,615 steps	Louisville to Indianapolis	288 miles	576,000 steps
Jennifer Luchak , 196,031 steps	Indianapolis to Lansing	250 miles	500,000 steps
Dorothy Lewis , 180,936 steps	Lansing to Sault Ste Marie, ON	290 miles	580,000 steps
Lauren Reeves , 163,436 steps			2,900,000
Autumn Wingate , 119,415			
Thomas Bradshaw , 108,174			
Ashley Frobenius , 97,536 steps			
Michelle Kistler , 95,727 steps			
Chris Salter , 88,141 steps			



Health & Wellness

Be Smart with Your Smartphone!

Did you know that how you use your smartphone can affect your spine?

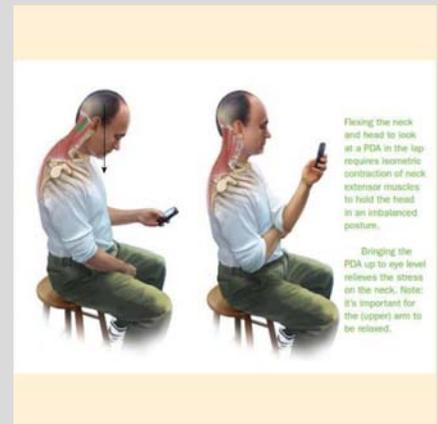
Symptoms associated with forward head:

- Upper back pain ranging from a chronic, nagging pain to sharp, severe upper back muscle spasms.
- Shoulder pain and tightness, possibly resulting in painful shoulder muscle spasm.
- If a cervical nerve becomes pinched, pain and possibly neurological symptoms can radiate down your arm and into your hand.

Stop Slouching. Looking down can strain neck and back ligaments. Your head weighs 10 to 12 pounds, but focusing downward can increase forces on the neck by five times or more, leading to poor posture and pain. Straighten up. **Carry your cell phone at chest height with head up, chest open and shoulder blades back.** Move just your eyes downward. And, then **take a break.** Your neck is not supposed to stay stuck in one position for a long period.

Other safety tips:

- **Carry your phone properly when you must carry it close to you.** "If you must carry your cellphone on you, keep the keypad position toward your body and the back toward the outside to have the electromagnetic fields move away from you, rather than through you." (Lizette Borrelli, *4 Ways to Make Your Cell Phone Safer*)
- **Use flight mode when your smartphone or cell phone is not in use.** "Flight mode turns off the wireless transmitter thereby reducing exposure to radiation fields. Make it a habit to either switch to flight mode or turn it off altogether when not in use. (Andrea Fabry, *10 Cell Phone Safety Tips*)





October Anniversaries

Lisa Viquelia	Oct 04, 1999	18 years
Doris Rawls	Oct 17, 2002	15 years
Jennifer Glass	Oct 17, 2011	6 years
Amberlyne Greco	Oct 06, 2014	3 years
Kendra Bozard	Oct 24, 2014	3 years
Isoke DuPont	Oct 22, 2015	2 years



October Birthdays

Michelle Kistler	Oct 06
Kim Brown	Oct 10
Jennifer Glass	Oct 13
Blair Diamond	Oct 13
Betty Jo Gilmore	Oct 22
Heather Moller	Oct 30



We are happy to welcome to the CDAC family . . .

Katie Harrington, ECHO PPG Preventionist at Pine Forest High School

Becky Garthwaite, Santa Rosa RISE Preventionist at West Navarre and Holly-Navarre Intermediate Schools

Linda Gordon, Finance Assistant

Jennifer Alexander, MSW Intern, with Santa Rosa RISE at Woodlawn Beach Middle and Holley-Navarre Middle with Amberlyne. Greco

Hannah Tilden, MSW Intern with Santa Rosa RISE at Avalon Middle and Sims Middle with Kathleen Guy.

Karen Kimsal, MSW Intern with Escambia RISE at Ransom Middle with Isoke DuPont.



*Congratulations Angela Jackson
For achieving certification as a
Certified Recovery Support Specialist*



October Health Observances

October Month-Long Observances

- **Children's Health Month**, Office of Children's Health Protection, www.epa.gov/children/childrens-health-month
- **Domestic Violence Awareness Month**, National Resource Center for Domestic Violence, www.nrcdv.org
- **Healthy Babies Month**, March of Dimes/Birth Defects Foundation, www.marchofdimes.com
- **National Bullying Prevention Month**, PACER's National Bullying Prevention Center, www.pacer.org/bullying/
- **National Depression and Mental Health Screening Month**, Screening for Mental Health, Inc., www.mentalhealthscreening.org

October One-Week Observances

- **National Mental Illness Awareness Week**, Oct. 1-7, NAMI—National Alliance on Mental Illness, www.nami.org/miaw

October One-Day Observances

- **World Mental Health Day**, World Federation for Mental Health, www.wfmh.org
- **Make a Difference Day**, www.makeadifferenceday.com
- **National Red Ribbon Celebration**, National Family Partnership, www.nfp.org

Pensacola Happenings

Bands on the Beach, every Tuesday, 7:00 p.m.

Blue Angels practice, Oct 11, 17, 18, 24, 11:30 a.m., Naval Aviation Museum

Pensacola Seafood Festival, Sept 29-Oct 1, Seville Square Park

28th Annual Peanut Festival, Oct 7-8, Gabbert Farm, Jay, Florida

Pensacola Greek Festival, Oct 13-15, Greek Orthodox Church of the Annunciation, 1720 W. Garden St, Pensacola

St. Rose of Lima International Fall Festival, Oct 13-15, St. Rose of Lima Catholic Church, 1401 E. Gregory St.

Pensacola Interstate Fair, Oct 19-29

Gallery Night, Oct 20

Art & Wine Festival, Oct 22, Pensacola Beach

Boo at the Zoo, Oct 21, 22, 28, Gulf Breeze Zoo

Halloween at the Naval Museum, Oct 28

Trick or Treat Indoor, Oct 28, Miles Antique Mall, Brent Lane

Wahooloween, Oct 28, Blue Wahoo Stadium

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

