



A personal note from Linda McKinnon, CEO.

**E-News This Week**  
**March 4, 2013**

**Thank you,  
Social Workers!**



**March is National Social Work Month**

National Irish American Month (designated by Congress in 1995). March is also the month of several nationally recognized holidays including St Patrick's Day March 17, the Jewish celebration of Passover beginning March 25, and the Christian holidays of Palm Sunday March 24, Good Friday March 29, and Easter Sunday March 31. The month of March is filled with opportunities to focus on health and well-being, ethnic and cultural heritage, as well as spiritual celebrations.

We continue our E-Meet of Board Membership this issue by profiling Ann Arnall. The complete Board Membership is on our website under a new tab at the top of our home page. All Board Member profiles will be housed there and you can also navigate to read the minutes of previous board meetings.

Finally – folklore says that if March weather “Comes in like a lion, it will go out like a lamb”. Early American settlers used keen weather observations to forecast weather. Oftentimes they observed early March was marked by biting cold and winter storms – beginning like a lion's roar. By the end of the month, however, the weather would be warm, spring-like and docile – like a gentle lamb. Here is hoping we see the lamb by the end of the month!



As always this week's E-News features timely information on special events that recognize people and issues we are passionate about. I hope you will have the opportunity to participate in some of these. Here's hoping your week goes well!

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## Ann Arnall is a CFBHN Board Member

### E-Meet Ann



Ann Arnall is the Director of Human Services for Lee County. Arnall grew up in Fort Myers and graduated from the University of Florida with a Bachelors Degree in Psychology. In 1986, she returned to Fort Myers and began her career with the State of Florida Department of Health and Rehabilitative Services working in public assistance programs such as Food Stamps, Medicaid, and Foster Care. In 1989, Ann went to work for the Lee County Department of Human Services, where she has held various positions. She has held the position of Deputy Director since 2000 and was named the Interim Acting Director in May 2009. Ann worked closely with the local community on issues related to people with a mental illness who are involved in the criminal justice system. She helped start Lee County's Mental Health Court, facilitated Crisis Intervention Team training for over 230 local law enforcement officers, and

worked collaboratively with community partners to secure funding to open the Lee County Triage Center and Low Demand Shelter in April 2009. Over the past 30 years, Ann has been involved with non-profit and civic organizations, including the Junior League of Fort Myers, the Fort Myers Woman's Community Club, Meals on Wheels, Paint Your Heart Out Lee County, and Neighborhood Accountability Boards as a member, volunteer, and/or officer. Ann is a CFBHN Board Member serving as a Community Representative and is the Governance Committee Chair.

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## National Kidney Month in March



### Important vital internal organs need awareness too

The National Kidney Foundation is urging all Americans to give their kidneys a second thought and a well-deserved checkup. Kidneys filter 200 liters of blood a day, help regulate blood pressure, and direct red blood cell production. But they are also prone to disease; 1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure, or a family history of kidney disease. There are more

than 26 million Americans who already have kidney disease, and most don't know it because there are often no symptoms until the disease has progressed. During National Kidney Month in March, and in honor of World Kidney Day on March 14, the National Kidney Foundation offers the following health activities to promote awareness of kidneys, risk factors, and kidney disease:

- **Free Screenings:** On World Kidney Day and throughout the month of March, NKF is offering free screenings to those most at risk for kidney disease – anyone with diabetes, high blood pressure, or a family history of kidney disease. Locations and information can be found at: [www.kidney.org](http://www.kidney.org).
- **'Are You at Risk' Kidney Quiz:** Early detection can make a difference in preventing kidney disease, so it's important to know if you're at risk. Take the online kidney quiz, and find out if you're at risk at [www.kidney.org](http://www.kidney.org).
- **Live Twitter Chat with Dr. Joseph Vassalotti:** The National Kidney Foundation's Chief Medical Officer, Dr. Joseph Vassalotti, will be hosting an interactive kidney Q&A on World Kidney Day, **Thursday, March 14, from 12-2 pm ET**. Ask your questions at [www.twitter.com/nkf](http://www.twitter.com/nkf)
- **Ask the Dietitian:** Dietitian Melissa Altman-Traub, MS, RD, CSR, LDN, will be answering questions all month about diet and what to eat to keep your kidneys healthy. Visit <http://nkfdietitian.wordpress.com/> and ask your questions today.

The kidneys are two, fist-sized organs in your lower back. They maintain overall health through the following functions:

- Filtering waste out of 200 liters of blood each day.
- Regulating of the body's salt, potassium, and acid content.
- Removing drugs from the body.
- Balancing the body's fluids.
- Releasing hormones that regulate blood pressure.
- Producing an active form of vitamin D that promotes strong, healthy bones.
- Controlling the production of red blood cells.

Quick Facts on Kidney Disease:

- Kidney disease is the 9<sup>th</sup> leading cause of death in the country.
- African Americans are three times more likely to have kidney failure than whites.
- More than 26 million Americans have kidney disease, and most don't know it.
- There are over 95,000 people waiting for kidney transplants.
- More than 590,000 people have kidney failure in the U.S. today.

The **National Kidney Foundation** is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk. **For more information about risk factors, kidneys, and kidney disease**, visit [www.kidney.org](http://www.kidney.org)

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## Drug House Odyssey 2013 Is This Week

[A Lee County Prevention Event is free and open to the public](#)

The potential deadly consequences of drinking, drug use, and driving will soon become graphically demonstrated as Drug House Odyssey opens its doors. Located at Cape Christian Fellowship, 2110 Chiquita Boulevard South in Cape Coral, this real-life play follows a quartet of high school students from a casual encounter with drinking and drugs, through the emergency room, arrest, and courtroom. Drug House Odyssey is even more compelling, since it uses actual law enforcement, fire and rescue, and medical professionals, including police officers, firemen, trauma doctors, State Attorney, EMS responders and chaplains, re-enacting their roles in everyday life. Participating organizations include: *The Lee County Sheriff's Office, Lee Memorial Health System, School District of Lee County, Cape Coral Police Department, Fort Myers Police Department, Cape Coral Fire Department, Florida Division of Alcoholic Beverages & Tobacco, Lee County Emergency Medical Services, Office of the State Attorney 20<sup>th</sup> Circuit, Southwest Florida Addictions Services, American Red Cross, Gene's Auto Frame and Towing, Abuse Counseling and Treatment, Cape Coral CERT, Florida Gulf Coast University Serving Learning, Martial Arts University, Stay Alive, Just Drive, Edison Kiwanis, Lee County Health Department, Alcoholics Anonymous, Al-Anon Family Group, Cocaine Anonymous, Law Offices of Shawn Seliger, Park Royal Hospital, NAMI Lee County, Florida Highway Patrol, the Metro Planning Organization, and Cape Christian Fellowship.*

Schools will be sending students on field trips March 5, 6, and 7<sup>th</sup>, and on Wednesday March 6 the event will be open to the public from 6:00 to 8:00 pm. The event is free of charge and no reservations are needed, however it is not recommended for children under 8. Throughout the 3 days, a total of 2,000 people are expected to attend this event and receive information from prevention booths that will be onsite. Contact Deborah Comella, Executive Director, Coalition for a Drug-Free Southwest Florida at (239) 931-9317, Cell: (239) 560-1929 or [executivedir@drugfreeswfl.org](mailto:executivedir@drugfreeswfl.org) for more information.

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## Best Practices for Integrated Co-Occurring Disorders Treatment

[Webinar Invitation from Industry Leaders for Tuesday March 12, at 2PM EST](#)

Join Hazelden, the National Council and Essential Learning for a 60 minute webinar on co-occurring disorders and Hazelden's best practices for therapies. **Learn from Hazelden's substance abuse professionals:**

- The facts about co-occurring disorders
- How treatments for co-occurring disorders differ from traditional addiction therapies
- Ways to integrate Hazelden's best practices for co-occurring disorders into your organization
- Where to access in-depth training programs published by NAADAC and Hazelden

Led by Hazelden's subject matter experts **Dr. Timothy Sheehan** and **Mary Ryan Woods**, this hour long presentation will instruct SA service organizations in the fundamentals of co-occurring disorders and offer guidance for implementing Hazelden's research-based therapy strategies in their own agencies.

[Early Bird Registration Begins Now!](#)

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## Save the Date – Process Improvement Kick-Off March 7 & 8

FADAA/DCF shares process improvement techniques to improve outcomes and increase bottom line

The Florida Department of Children and Families (DCF), Substance Abuse Mental Health Program Office (SAMHPO) and Florida Alcohol and Drug Abuse Association (FADAA) are offering two day training at DACCO, 4422 E. Columbus Drive, Tampa. The focus of training is to:

- Discuss the use of process improvement to support local change programs and system change
- Develop the skill set of the substance abuse/mental health workforce in process improvement
- Showcase provider process improvement success stories
- Increase the capacity of the peer mentor network.
- Call 850-878-2196 or RSVP to Joan Helms at [jhelms@fadaa.org](mailto:jhelms@fadaa.org).

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## Diabetes Glucose Screening Event At Local YMCA

Medicare eligible individuals have no out of pocket costs

This is the first Diabetes Screening for the Center for Medicaid and Medicare Innovation Project (CMMI). There are no out-of-pocket costs for those with Medicare Part A &/or Part B. Please have individuals bring their Medicare ID Card (red, white, & blue). They have the capacity to screen 100-150 Medicare eligible individuals. Walk-ups are welcome or individuals can call Shelley Swapp at 727-895-9622 to make an appointment. Screenings take about 15-20 minutes. The event will take place Friday, March 15th, 2013, from 10:00am-2:00 pm at the Burlington Towers, Main Parking Lot, 1000 Burlington Ave N, St Petersburg, FL 33705. No Fasting Required.

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## National Council March Webinars

Key trends showcased for practices in mental health and addictions treatment

Each webinar requires separate registration. Topics include: Grantwriting Boot Camp, Integrating Treatment for Co-occurring Mental Health and Substance Use Disorders, and Using Consumer Self-Help Tools to Improve Organizational Performance. Go to the following link to register for the webinars: [http://www.thenationalcouncil.org/cs/national\\_council\\_live/upcoming\\_webinars](http://www.thenationalcouncil.org/cs/national_council_live/upcoming_webinars).

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## SAMHSA-HRSA eSolutions Showcase Suicide Prevention in Primary Care

Practical solutions and resources in latest edition

Subscribe to the electronic newsletter that is focusing on making integrated care work. [Sign up](#) to receive this newsletter and other CIHS emails by entering your email address and selecting "News from the SAMHSA-HRSA Center for Integrated Health Solutions" from the options listed.

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## Call for Nominations Now Open

FADAA Awards of Excellence wants to identify potential recipients at Conference

Submit a nomination from the membership of the Florida Alcohol and Drug Abuse Association. Every organization undoubtedly has individuals who are outstanding professionals and community leaders. FADAA encourages you to review and complete the [online nomination form](#) to let us know who should be recognized for their dedication and professionalism in the field of substance abuse treatment and prevention. Act now so you don't miss this opportunity to recognize high performers in your agency. Visit [FADAA's Awards of Excellence](#) to view the criteria and submit a nomination [online](#) today. **Nominations are requested by May 14, 2013.** Contact Michelle Burdick via [email](#), or call 850-878-2196 with questions about submitting a nomination.

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