



**Don't Quit Yet!
You are making a
difference!**

September 30, 2020



cadca.org

GLOBAL | COLLABORATIVE | INNOVATIVE | PASSIONATE | LEADER

Who am I?

- Lindsay Stockman, MPH, CSAPC
- Hickory, North Carolina
- Community Health Coordinator for LiveWell Catawba
- 11 years in Coalition Work
- 14 years in Prevention
- 2018 CADCA Advocate of the Year
- CADCA Trainer
- Teach the CHW class at the community college



Learning Objectives

1. Discover why you and your colleagues are in this work
2. Learn how to make things fun
3. Engage different political/ elected official sectors
4. Discover some tips, tricks and happy accidents that coalition work will bring to you.

Agenda

- SAMHSA's 8 Dimensions of Wellness
- Being Creative
- Communication
- Leading the charge for change
- Why?
- Personal Mission Statements
- Activities/ Group work
- Tip, Tricks and Happy Accidents of Coalition Work
- Parking Lot



Other Items



Acronyms

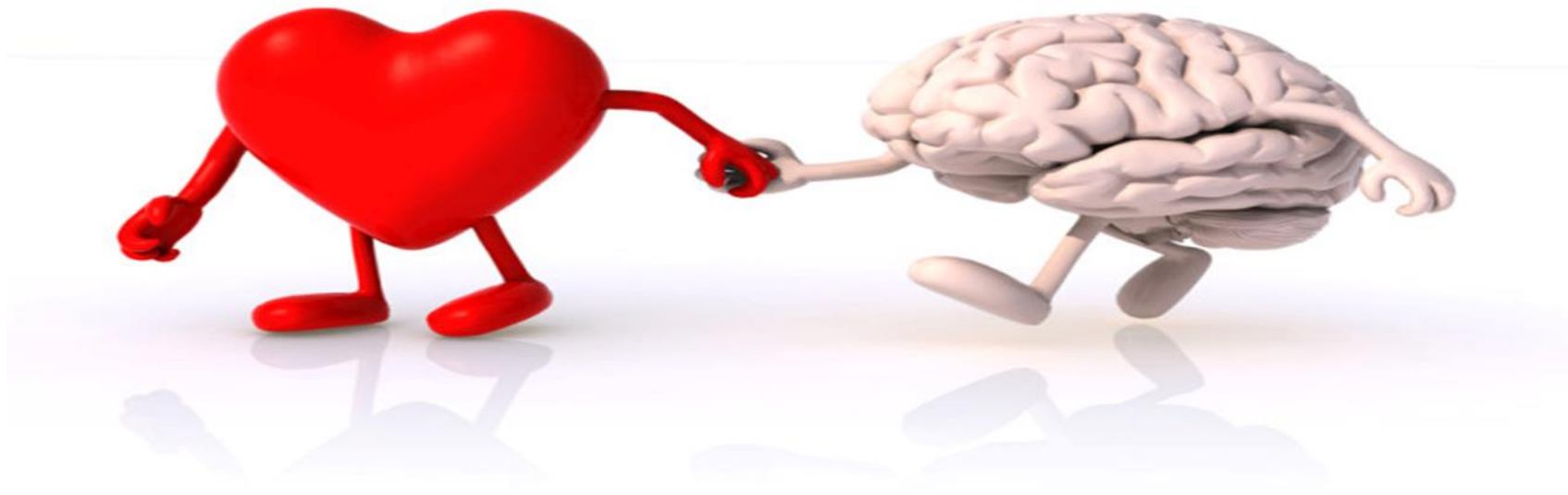
- CADCA- Community Anti Drug Coalitions of America
- DFC- Drug Free Communities
- CSAPC- Certified Substance Abuse Prevention Consultant
- Block Grant- dollars that are ear marked for providers that come through the state to LME/MCO
- LME- Local Management Entity/ Management Care Organization
- NCA- National Coalition Academy

8 Dimensions of Wellness



Emotional

- Coping effectively with life and creating satisfying relationships





[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

Spiritual

- Expanding a sense of purpose and meaning in life.



Intellectual

- Recognizing creative abilities and finding ways to expand knowledge and skills.



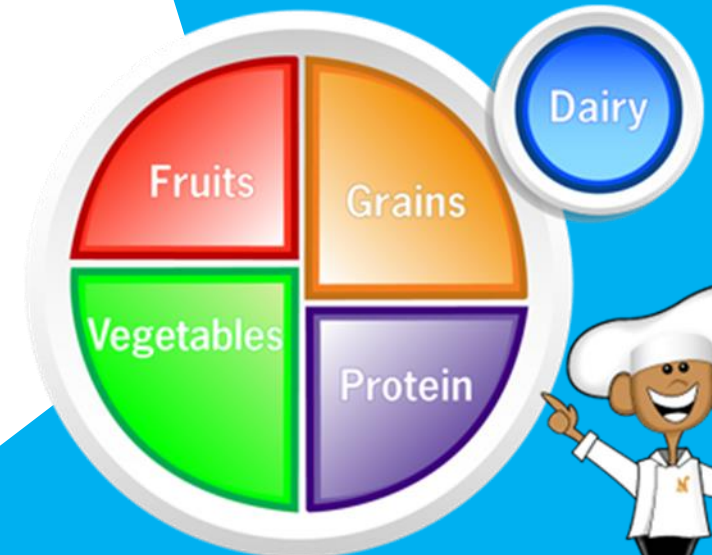


Physical

- Recognizing the need for physical activity, health foods and sleep!



I need some exercise!



Environmental

- Good health by occupying pleasant, stimulating environments that support well being.



Financial

- Satisfaction with current and future financial situations.



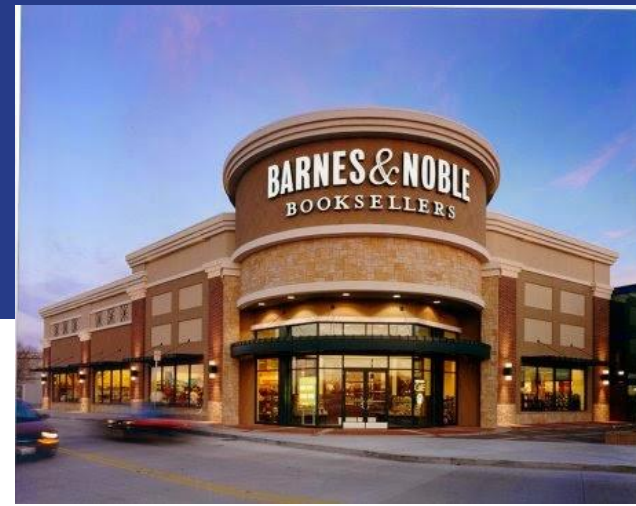
Occupational

Personal satisfaction and enrichment
from one's work.



Social

- Developing a sense of connection, belonging, and a well-developed support system.



Be creative!

According to Webster, the definition of creative is, “relating to or involving the imagination or original ideas, especially in the production of an artistic work.”



Tik Tok



Creativity doesn't stop in the work place...









Ways to incorporate creativity

- Make it fun
- Play a game
- Go outside!
- Buy the cookie cake!
- Celebrate!
- Incentivize people
- Share a meal together



Did you know...

- That if you work 40 hours a week for 50 weeks out of the year that equals 2,000 hours!
- If you work 2,000 hours a year for 30 years that is 60,000 hours!

**We spend more time
with our colleagues
and in our offices than
at home... so make it
fun!**



Communication



Communication is about more than...



Conveying your needs

- Be honest with yourself
- Be transparent with your coalition
- Take a mental health day- and call it that!
- Schedule an office cleaning day
- Schedule YOU time on YOUR calendar!
- Get out of the office
- Get an intern!



Why.

- “People don’t buy what you do, they buy why you do it” Simon Sinek.
- Video
<https://www.bing.com/videos/search?q=simon+sinek+why+video&view=detail&mid=FC7EBC8AC82FD9755892FC7EBC8AC82FD9755892&FORM=VIRE>



Activity

- Think about why you are in this work or why you volunteer.
- Get as personal as you'd like.
- There is no right or wrong answer.



My most current why



Personal Mission Statement

Step 1:

Think of someone that you admire. What qualities do they have? It can be their accomplishments, their personality, etc.

Step 2

Think about the person that you want to become. What does that person look like? Are they a leader? Are they more patient? Have they developed their grant writing skills? Etc.

Step 3

Thinking of your coalition:

How do you want them to think of you? If you were to retire tomorrow, what would you want your coalition members/ staff to say and remember about you?

Step 4

What are your goals for your life when it comes to physically, emotionally, intellectually, and financially?

Step 5

What are all of your strengths? No matter how big or small, what do you do well?

Step 6

Write at least 1 SMART Goal for yourself.
(Specific Measureable Achievable Relevant and
Time Sensitive)

Step 7

Now write a personal mission statement.

Be positive. Think about you now and you in the future with who you want to be. It can be short or long but think of this as something that you can read daily to motivate you. It could be a mantra.

Step 8

Re-do!

It could take a while to really create a mission statement that you are happy with. Take some time over the next wee, re-read, read aloud and revise it!

Activity! The line game...

Question 1: Type yes in the chat if... you have led a meeting before

Question 2:

Type yes in the chat is... You have a boss/ you are the boss.

Question 3:

Type yes in the chat if... you went to college.

Question 4:

Type yes in the chat if... You have a pet.

Question 5:

Type yes in the chat if... you have children.

Question 6:

Type yes in the chat if.. This is your first CADCA webinar!

Question 7:

Type yes in the chat if... you wish people understood what you did more.

Question 8:

Type yes in the chat if... you have taken a vacation or vacation days since COVID started.

Question 9:

Type yes in the chat if... you or someone you know suffers from a mental illness.

Question 10:

Type yes in the chat if... you or someone you know if in recovery or is currently addicted to a substance.

... You are not alone.



Tips, Tricks and Happy Accidents

What no one told me, I learned on
my own...



Tips

- Make Friends- Always be Nice, Polite, Considerate and Respectful!
- Be confident! – Yet, never be afraid to say “I don’t know”.
- Get certified! And go through NCA!
- Follow-through and up!
- Be Political!- Carefully!
- Always be prepared!- 30 second elevator speech/ Materials
- Annoy but don’t stalk!
- Be open to new ideas!
- Be a leader but learn to follow.



Being Political- Retired Sheriff Van Duncan



Relationships with your local representatives



You are now
Bi-Partisan!



30- second elevator speech...



Tricks

- Make it FUN!!!
- Buy THEM Coffee
- Buy the Cookie Cake
- ALWAYS be a resource!
- Hire the social media person
- Send Handwritten “Thank You Notes”
- Engage all different kind of learners! (true colors)



@kennethn



Happy Accidents

- Examples:
- Needing a document signed by the Sheriff
- Unexpected funder
- Call from Staffer's in D.C.
- Call from Congressman
- University partnerships



What no-one told you about coalition work

- As paid staff you will do a lot of the work.
- Sometimes you have to reward yourself.
- Coalition work can be like herding cats.
- You will get put on the spot... a lot!
- You will now be in charge of all kinds of PAPER!
- Must be organized!
- Must be political! Locally and Statewide
- You don't have to chase funding.
- Not everyone will want to be involved...



It's okay to...

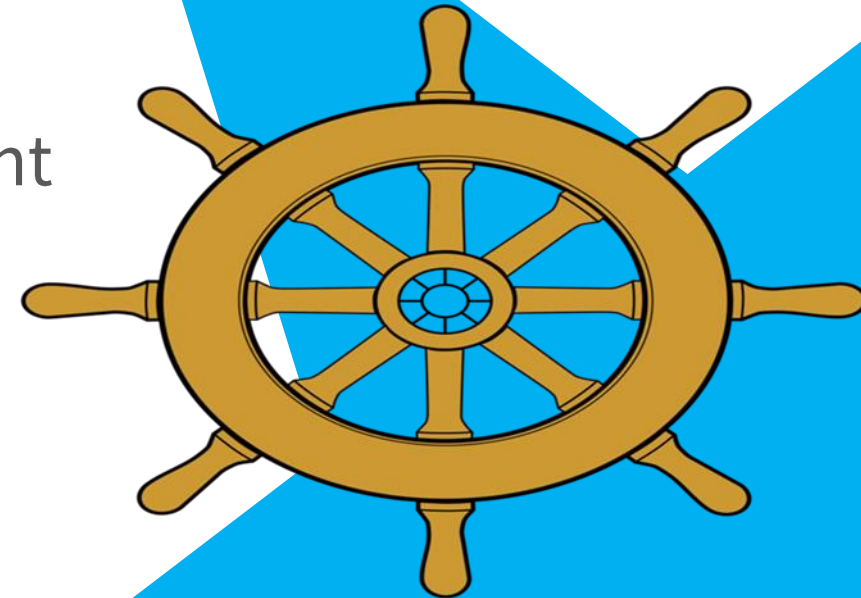
- To call someone if they don't respond to your email!
- Name drop if you need too.
- To brag about the work the coalition is doing!
- Reward/ brag on your coalition members
- To ask for HELP!
- To practice self care!
- If you decide to try a different career path.



More wellness/ self care

There can be an overwhelming and burnt out feeling in coalition work. How to prevent this:

- Take breaks frequently
- Find friends in the field that you can call/ vent to
- Don't wait until the last minute
- Don't reinvent the wheel
- Take mental health days- and no checking email!



Parking Lot/ Goals for today...



Questions...



Thank you!

Lindsay Stockman, MPH, CSAPC

lcstockman@gmail.com



Stay Connected!



CADCA



CADCA



CADCACoalitions



CADCAorg



CADCA



community.cadca.org