



My name is Kirsten Castinado (Mrs. C) and I am the CDAC Counselor here at WBMS. I have a Master's of Science in Clinical Mental Health Counseling and a Bachelor's of Science in Psychology. I am a Registered Mental Health Counselor Intern in Florida. This is my third year at Woodlawn and I am so grateful to be working with such a phenomenal team of administrators, counselors, teachers, and staff. CDAC Behavioral Healthcare Inc. is the agency I work for and my job falls under the Santa Rosa RISE (Resiliency Increasing Skills and Education) program. The goal of this program is to help students develop healthy coping skills while they are young so that they are more prepared for whatever life throws at them in their future. Students can participate in groups and/or individual counseling. The following groups are offered: Botvin LifeSkills, School Success, Stress Management, Anger Management, Self-Esteem, Social Skills/Life Skills, Grief, and Separation Grief. If these are services you believe would benefit your student, you may contact the school for more information or I can be reached via email, castinadok@santarosa.k12.fl.us or 850-934-4010 ext. 131.

For more information about the program or to sign the digital parent consent form please visit:

<https://cdac.info/program/rise/>

To fill out the consent form you will need to type in your name, your students name, and scroll to my name (Kirsten Castinado).

