



WESTCARE
EXPRESS

MAY 2017

THE WESTCARE EXPRESS NEWSLETTER

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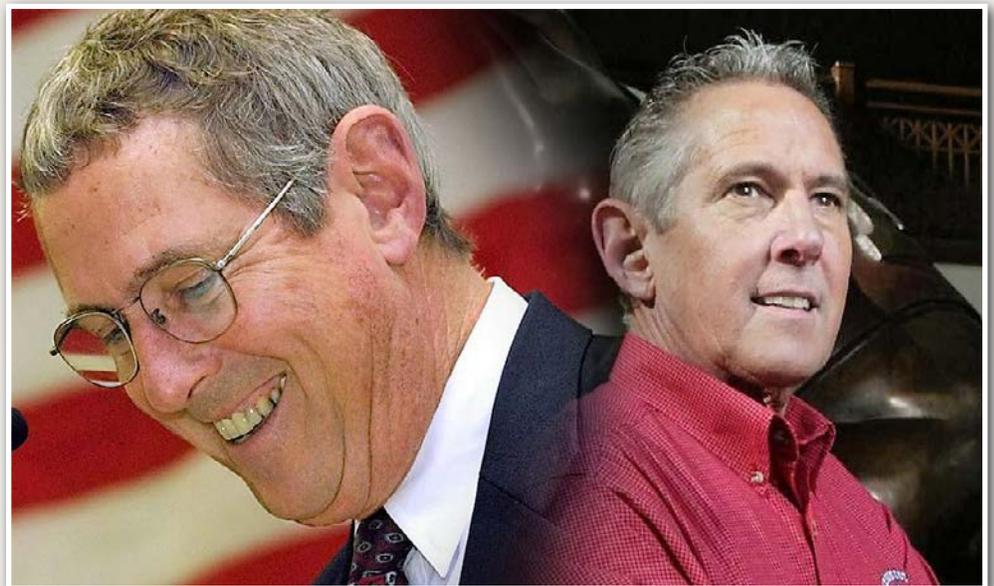
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Remembering John Wallace



WestCare Express Editor **John Wallace** passed away on March 27, 2017. The May issue of the Express is dedicated to honoring his memory and legacy.

John Wallace entered broadcasting after serving in the U.S. Marine Corps. He spent 40 years as a radio and television newscaster and sportscaster and served as President of the San Joaquin Valley Sportswriters and Sportscasters Association. During and after his broadcasting career, John was active in community service.

He had assumed leadership roles in several organizations, as well as serving two terms on the Clovis Planning Commissions. An ardent community advocate, he actively supported several community education initiatives and campaigns. He served on numerous committees and boards before coming to Westcare, where he served as its California Board Chairman.



FOUNDATION: Remembering John Wallace (Con't.)

Tributes to John Wallace Courtesy of the WestCare Family

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"I met John in 1990 as a client of The Third Floor. John was a famous and very popular news caster; handsome, charming and 100% genuine. John cared about us and never forgot a name.

Each time we would see each other I would reach out to shake his hand and say, 'My name is Lynn.' His response was always a warm smile and a hug saying, 'Lynn Pimentel I know who you are, how the heck are you?' John became the provider of unconditional love I needed at a time I was at my worst. He did the same for everyone he met; John changed the world with his commitment to 'Uplifting the Human Spirit.'"

- Lynn Pimentel (CA)

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"I remember the day back in the late 90's when John made a point to bring his son-in-law Trent Dilfer to the Children's Runaway Homeless Emergency Shelter for all the kids to meet this larger-than-life NFL quarterback football player. Trent and John sat in the living room allowing the kids the chance to talk about football, get autographs, take pictures, and ask zillions of questions. Trent had played 13 seasons in the National Football League and today serves as an NFL analyst for ESPN. This act of kindness meant more to the kids than they probably realized. With John's experience in broadcasting, it was evident that the viewers all the way

down to the young children were his passion and that he found ways to spread his meaningful messages. John was very proud of Trent. I will never forget that day they came to visit us. I will miss John's compassion to get the story accurate. There will never be another John. I loved working with him."

- Darlene Terrill (NV)

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"I always appreciated his enthusiasm every time we submitted something for the newsletter. He was always quick with a kind word of encouragement for the various ways we uplift the human spirit. He will be missed."

- Maureen Dunleavy (FL Keys – G/CC)

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"John was just what I needed. I would prepare a narrative including jpeg photos and John would pare it into an article for the Express. At times I had to retell what I wanted to create and John would fix that. In between we would use our senses of humor and John had a marvelous one. He will be missed."

- Dave Turner (MN)



FOUNDATION: Remembering John Wallace (Con't.)

Tributes to John Wallace Courtesy of the WestCare Family

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"I can remember John visiting one of my Communications classes at Fresno State. I remember him being such a humble and kind person then and up until his passing. He encouraged each of us to follow our dreams and be good people who help our community. He told us to stay local – #Fresno #GoDogs! I remember him telling us that he could feel the talent in the room and referred to us as 'real game changers.' He said, 'I am sure I will see and hear great things from every person in this room.' I really hope I live up to that.

When I found out John was with WestCare, I reminded him of that visit/story and he said, 'I knew it! Thanks for staying local!' I let him know I was a fan of his – and he said, 'If it's possible, you made me blush by email.' On just about every WestCare event/occasion, he told me that the tables were turned and that he was now a fan of mine. #GoodStuff

I miss him so much. He was so empowering and encouraging. He really made me feel like I was doing something amazing by sharing about WestCare."

- **Gabriela V. McNiel (CA)**

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"It's so hard to share just one memory of such an amazing person, but growing up, John Wallace was the name that I associated most with local news, and being a Print Journalism

graduate, I was absolutely starstruck when I learned that he worked for WestCare. I nearly fell out of my chair when I received his first email almost five years ago inquiring if I was 'The news guy' for California that could submit monthly content for the Express newsletter. But, despite his legacy as a local broadcast legend with a gigantic heart and a passion for helping others, he was always humble, welcoming, and made it clear from the start that you were a team while giving encouragement along the way. While the Express content deadline of the 20th of each month will certainly never be the same, the impression that he has left on me as a mentor and friend will live on for years to come through my work with this amazing organization. Rest well and thank you for all that you've taught me, John."

- **Michael Mygind (CA)**

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"I remember going to the Admin office on Clinton and he would always be willing to talk, say hi, and just give a good word of encouragement."

- **Raymond Gonzalez (CA)**

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FOUNDATION: Remembering John Wallace (Con't.)

Tributes to John Wallace Courtesy of the WestCare Family

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"Although I did not know John personally, we did speak sometime last year when I emailed him after receiving one of the many wonderful newsletters. Mr. Wallace returned my email with a phone call to let me know how much he appreciated what I had to say. It gave me the impression of a great and knowledgeable man, a kind heart, and a positive person. Our conversation was very pleasant and it felt like we knew each other.

My deepest sympathies go to his family, and I hope they find comfort knowing that he touched so many lives in the most positive ways."

- **Ileana Kluge** (FL Keys - G/CC)

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"I was deeply saddened when I heard of the news. While I did not know John personally, I felt a great connection to him through WestCare Express newsletter. I reached out to John about wanting to acknowledge Masterpiece Barber College for providing tremendous support to the WestCare Safe Haven program, by providing free haircuts and shaves.

I merely mentioned the idea and John would not let me forget! I sent pictures of an event we held at Masterpiece Barber College and John responded, 'Nice pics, story coming soon?' I finally sent the story, and John responded, 'Hi there. If you

have a chance tomorrow, could you resend the Masterpiece story and photos again? I may have accidentally deleted them. Thanks!!!'

John was thinking about my story when I wasn't. And it was published in our February issue. I appreciated John tremendously and will greatly miss him!!

- **Callie Turpin** (NV)

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"John was a truly nice person. He always made me laugh, whether talking on the phone or in his email messages. Sometime ago, I was having my appendix removed and was really scared. John then commented, 'And no one needs an appendix anyway!!'

And after the surgery, John wrote, 'Just checking in to see how you've been feeling lately? And I hope you have avoided bad weather in your area.'

We never met in person, but I felt like I knew him as if we had. I am really going to miss him. You never know that last time you will speak to someone, so always be kind. John was.

- **Joyce Randle** (GA)



FOUNDATION: Remembering John Wallace (Con't.)

Tributes to John Wallace Courtesy of the WestCare Family

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It seemed to me that the newsletter would pop up on, 'one of those days.' Mr. Wallace's quotes and sayings would make rough days easier to handle.

His quotes or jokes would turn things around for me and put me back on a client-centered path. Mr. Wallace uplifted my spirit in this way. My heart will miss that. My deepest regards for his family. God Bless."

- **Sashia Whitmire** (NV)

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"I was fortunate to have had the opportunity to work with John for some time. Together, we produced the WestCare Express newsletter.

He was proud to have worked on the newsletter, and he was even prouder of the fact that he was able to interact with the many individuals who shared their stories. For John, these remarkable stories are what give meaning to 'Uplifting the Human Spirit', and it was something that he wanted everyone to read.

John was a fantastic mentor, and more importantly, a beloved friend. I always enjoyed my interactions with him. His humor was infectious and his general demeanor was just a joy to experience. I was always encouraged with his support

and he always provided me valuable insight, regardless of whether it was work related or not.

He had a unique approach in talking to others and had a knack for putting a smile on your face. John was a polite, humble, and charming gentleman who displayed an inviting sense of kindness that simply drew you in. He will be missed."

- **Carl D.** (Foundation)



John Wallace
1945-2017

GEORGIA: *Expanding Programming in DeKalb Juvenile Court*

By *Miltina Fraser, Outreach Coordinator – WestCare Georgia*



WestCare staff: Dwayne King, Sainabou Njie, Miltina Fraser. Also pictured: Officer Williams (Rebound), Officer Perry (Commitment Alternative Program), Officer Dempsey (Rebound) and Officer Renard (Rebound).

The Cares 2 team has been in partnership for eight years with DeKalb Juvenile Court Rebound, an intensive program for young men ages 13 through 17 who have committed crime(s) and live in DeKalb County, GA. The WestCare team provides Life Skills, HIV/AIDS prevention, and community-based projects for the young men we serve.

The commitment and support the Cares 2 team has shown to the Rebound program has allowed WC-GA to gain ground and expand our involvement in the DeKalb Juvenile Court system with the addition of three programs:

- Commitment Alternative Program (CAP), an intensive, co-ed second chance program for youth, to gain all the necessary support needed to help them avoid long term incarceration;

- Journeys, a mental health program for young women who are not held for trial;
- Programs, a less intensive curriculum designed to address issues youth are currently facing in their communities, establish character building and life skills, and assist parents in dealing with everyday issues.

The Cares 2 team (pictured) is excited to expand their work with youth in the DeKalb Juvenile Court system. This growth is testimony to the quality of services that the Cares 2 team has provided and continues to provide in the Atlanta Metro Area.

FLORIDA: *Family Services Partnership Has an IMPACT*

By Danny Blanco, Outpatient Services Coordinator – WestCare Florida

Village South is currently providing services to families of children ages 0 to 11 who have indicators of substance use disorders revealed by a child maltreatment investigation.

As part of the Miami-Dade IMPACT Project Regional Partnership Grant, Village South houses the team that administers the new intervention program, Multi-Dimensional Family Therapy-FR (MDFT-FR), to families enrolled in the treatment group. It is a randomized controlled trial overseen by Dr. **Linda M. Callejas** at the University of South Florida.

MDFT-FR is a therapeutic intervention with specific protocols developed to guide core areas of work with families experiencing substance use disorder. The model has been implemented and shown to be effective in dependency drug courts and non drug court settings in both Miami and Connecticut, with fathers as well as mothers. The MDFT-FR intervention requires 16 weeks of therapeutic interaction with each family. Following the intensive intervention period, families are offered the opportunity to continue working with a recovery peer specialist for up to eight additional weeks.



Left to right: Gina Bennett, Anne Clacema, Dr. Linda Callejas, Yanaitzu Rodriguez, Izzy Pardinias, Stacy Oliver, Carline Thomas, Dr. Gayle Dakof

The Village South team includes one clinical supervisor and three therapists being trained in the intensive MDFT-FR intervention by Dr. **Gayle Dakof**, the intervention developer. This team was established in November of 2016, as a means of expanding the provider base in the county for families impacted by substance use disorders – an estimated 40 to 60 percent of families entering the child welfare system in the state of Florida.

Having completed initial didactic training, the team is receiving weekly coaching from Dr. Dakof, and is working directly with families enrolled in the IMPACT study. Their caseload is rapidly expanding, with a full roster of 15 cases expected soon. Village South leadership staff, **Danny Blanco** and **Rory Levine**, are working closely with the grant manager and lead evaluator to assess the implementation process and address potential issues to assure the success of the program.



FLORIDA: *Staying Active in the Keys*

Staying active and healthy is a challenge in our busy lives, and no one likes to hear that they need to exercise more. So, **Julia Grattan**, our Peer Specialist at the Guidance Center of the Middle Keys in Marathon, Florida, is always working hard to come up with creative ways for us to stay healthy.

This month, Julia created an obstacle course on our grounds to help those we serve and staff keep mind and body active. Various challenges included maneuvering through tires, bag toss, batting water balloons, fishing for magnetic objects, tug of war, darts, and performing on the balance beam.

Thanks so much to Julia for all her hard work, and we can't wait to see what she comes up with next month!!



FLORIDA: Homeless Veterans Stand Down

By Sandra Patnode, Project Coordinator – WestCare Florida

More than 500 veterans poured into the Bay Pines VA Healthcare System's (VAHCS) annual Stand Down for Homeless Veterans event at the C.W. Bill Young VA Medical Center on April 8. Others came for housing assistance, meals, and haircuts. About 180 veterans in attendance, however, registered for the activity to specifically take advantage of the Stand Down Court.

Conducted through a partnership between the Bay Pines VAHCS, 6th Judicial Circuit Court, Pinellas County Clerk of Courts, County Public Defender's Office, Assistant State Attorney, and others, the Stand Down Court provides an opportunity for veterans to speak with legal experts, a public defender, and others to address outstanding legal issues. In some cases, the court can reduce or dismiss fines or legal fees for veterans with outstanding active misdemeanor warrants. Judge Carballo saw 89 veterans on April 8 and scheduled the remaining 91 veterans for April 19

In total, the judge waived approximately \$190,000 in legal costs and fines, dismissed two warrants without arrests, reduced one veteran's felony charge to a misdemeanor charge, and concluded one veteran's house arrest sentence,



which resulted in his ankle monitor being removed.

Two veterans who are in a WestCare residential treatment program were scheduled to be seen on April 19. If the court dismisses their fines, they will be able to get their driver's license back. One of the two veterans said getting his license back would be a tremendous help in getting to and from his full-time job as a welder. He graduated from a WestCare residential treatment program on Monday, April 17, and has moved into WestCare's Veteran Community Living facility.



FLORIDA: *Expansion of the Healthy Start Program*

Deputy COO **Frank Rabbito** visited The Village Healthy Start office in Miami and shared lunch with the Healthy Start team. The program has recently expanded, and our diverse staff includes four Creole speakers and five Spanish speakers, serving the multi-cultural community of Miami-Dade County. Approximately 2000 clients are served annually.



Healthy Start provides services to pregnant and post partum women and infants identified as high risk for poor pregnancy, health, and/or developmental outcomes, as well as parents who have experienced pregnancy loss or infant demise. Clients receive a range of services including home visiting, care coordination, childbirth and parenting education, and lactation support, as well as psychosocial counseling services and infant massage. A weekly parenting education group is offered at The Village Families in Transition campus.

Program Highlights:

- Implemented in Miami Dade in Fall 2016, Moving Beyond Depression is an evidence based modality, which provides intensive cognitive behavioral therapy in the homes of pregnant and post partum women who are experiencing major depression. This program reduces the frequency and duration of depressive episodes, resulting in improved parenting skills and better child development outcomes. The Village Healthy Start currently has two trained therapists providing this service, there are a total of nine trained therapists in Miami-Dade at this time.
- Over the past year, due to the spread of the ZIKA virus and the particular concern to pregnant women who are at risk of having a baby with microcephaly and other brain disorders, Healthy Start provides ZIKA education and ZIKA prevention kits consisting of insect repellent and condoms to reduce the risk of prenatal exposure. These efforts are ongoing, as the tropical South Florida climate is an ideal breeding environment for mosquitos, which carry the ZIKA virus.
- In an effort to improve child safety in the community, low income families who are unable to afford a safe sleep environment and/or a car seat for their child, placing many infants at risk for SIDS (Sudden Infant Death Syndrome) or potential injury due to an automobile accident, the Healthy Start team provides home based safe sleep and car seat education, along with portable cribs and car seats, which are generously provided by the Healthy Start Coalition of Miami Dade.

WISCONSIN: Youth Group Gets Results for Gun Safety



Devin Davis, President and **Jacquil Wyatt**, Vice-President of the WestCare Wisconsin Youth Action Council, have joined forces with City of Milwaukee leaders to put a gun lock on every gun. A press conference, with widespread media coverage, was held at the City's Keenan Health Center on March 1st with Mayor **Tom Barrett** and Alderwoman **Milele Coggs** joining the call for action.

WestCare Wisconsin is helping spread the word about the locks, in conjunction with their Love Up, Lock Down campaign.

"I'm not telling you guys not to have your guns, I'm just saying protect your firearms, and make sure they don't get in harm's way of your kids and other children," said Mr. Wyatt.





WISCONSIN: *Leadership Doesn't End With a Girl Scout Badge*

WestCare had 24 girls from our Harambee and historic Granville areas in attendance at the annual Girl Day-City Hall event. This event began seven years ago to encourage girls and women from all neighborhoods to get involved in government.

According to the student feedback they received, **Lindsey Goff**, teacher, and **Jalissa Batemon**, parent/chaperone, said the event went exceptionally well.



Pictured are WestCare Wisconsin volunteers, Alderwoman **Chantia Lewis**, and students, parents, and teachers from HOPE Caritas School.



How Anyone Can Support WestCare Online

If you know someone who loves to shop online, they can help WestCare by shopping at **AmazonSmile** (bookmark <https://smile.amazon.com/cb/86-0852629>) and selecting **WestCare Foundation**. A portion of the purchase will be donated to WestCare at no cost to the shopper.



WestCare is registered with **PayPal Giving Fund**. When shopping on eBay or using PayPal online, users can select WestCare as their charity of choice. Donations can be made by visiting <https://www.paypal.com/fundraiser/105865137050618816/charity/74402>.



WestCare is also on **Razoo**, the online fundraising engine. The organization participates in events like #GivingTuesday. Donations can be made by heading to the following link: <https://www.razoo.com/us/story/Westcare-Foundation>.





KUDOS: *Our Monthly Shout-Outs to Exceptional Individuals*



Kudos to **Cheryl Debatt**, Area Director for WestCare Arizona, for completing her Master's Degree in Business Leadership. *"WestCare has empowered me to continue my education and given me the experience I need to be the best I can be,"* Cheryl says. *"My continued education at age 56 has encouraged many staff to return to college. My journey has shown them you're never too old to accomplish your goals and dreams!"*

Cheryl has a BA in Administration of Justice, an AA in Chemical Dependency, and an AS in Social Behavioral Science. In June she will begin work on her Master's in Business Administration. Congratulations, Cheryl!

Staff at WestCare California's Day Reporting Center took the time to thank their Administrative Assistant, **Kathleen Wilkinson**, for her positive outlook and can-do attitude!

Thank you for *Uplifting the Human Spirit*, Kathleen!



ARIZONA: *WestCare Arizona Receives Excellence Award*

WestCare Arizona received the Arizona Department of Transportation 2017 Excellence Award for Outstanding Special Needs Transportation Program.

WestCare Arizona serves all of Arizona and beyond with a fleet of 14 vehicles that provide 24/7 transportation assistance for adults, families, and children without access to transportation.





NEVADA: *Sticking Together Long After Graduation*

By Dee Wirth, Director – WestCare Nevada

March brings about the annual “Spring Fling” sponsored by WestCare Nevada alumni, an event of laughter, food, and fellowship at the residential facilities in Las Vegas. Both the men’s and the women and children’s campuses are given a day of good food, lots of fun, and continuing recovery.



Many of our men and women would never know the joy of clean and sober fun without the WestCare Nevada alumni members. It is an opportunity to give back so that others, who follow in their footsteps, can benefit. As humble servants and graduates of the WestCare Nevada programs, they stick together through thick and thin, encouraging all to do the same when they complete their residential and out-patient programs.

Simply, but true: A group of men and women, for whom drugs and alcohol had become a problem, forging ahead, taking each day as it comes, and hoping they can make a difference in the lives of all they come into contact with. There is strength in numbers, and the PRIDE is in the PACK. GO ALUMNI!!





CALIFORNIA: A Recovery Success Story

It is our pleasure to share a success story on behalf of our WestCare California STOP Area 1 program that assists parolees by linking them to appropriate services, including recovery support and employment assistance.

By Christine J.

My name is Christine. I am 35 years old and in 2014, I was sent to prison for aggravated arson that stemmed from a 19 year meth addiction. This offense ultimately changed the course of my life. I found myself running from parole, homeless, and hopeless, and I knew that something had to change. So, on my son's 15th birthday, I told him my plan and that I loved him and that I would be back.

Today, due to the grace of God and the encouragement and guidance of WestCare California and Pathways, I feel as though I am on the right path to restoring the woman and mother that God purposed me to be. Now at 233 days clean, I am not only employable, but I am employed and just signed the lease to my very own apartment, a home of my own.



Through this experience, I know two things to be true: God is grand and there is beauty in my breaking.

Thank you WestCare California and Pathways for all you have shown me. I would also like to give a special thanks to my mentor and counselor, Shawna H. Go, Team Shawna!

Eight months ago, Pathways found me sleeping on their doorstep begging for help and offered me one last chance to pull myself out of the grip of this hell that I had been living in.



CALIFORNIA: SJVV Staff Learn the Benefits of Equine Therapy

By Gabriela McNeil, Director of Marketing & Michael Mygind, Special Projects Officer – WestCare California

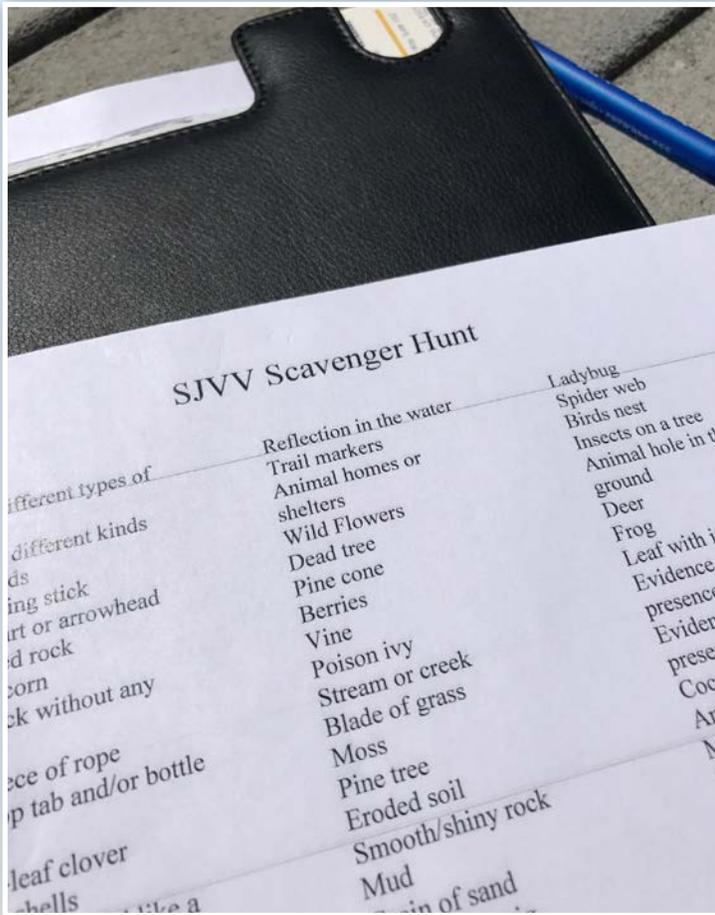


Our San Joaquin Valley Veterans (SJVV) Fresno staff visited the Center for Equine Assisted Recovery & Healing in Coarsegold, CA, to learn about the wonderful services that the program offers to veterans. Through the four week program, our vets can learn to better care for themselves by caring for one of the center's horses.





CALIFORNIA: SJVV Fresno Team Building



Our San Joaquin Valley Veterans (SJVV) Fresno staff spent time at Millerton Lake participating in team-building activities to continue providing effective services to the veterans that they proudly serve. The goal was to strengthen employee cooperation while expanding on relational bonds for effective partnership. They had lunch by the lake and took part in a scavenger hunt activity that required communication, motivation, and teamwork, with a little friendly competition.



LGBTQ: *The Impact of Biphobia and Bi-Stigma*

In March, the 4th annual Bisexual Health Awareness Month (BHAM) was organized to raise awareness of health disparities within the bisexual+ community (including bisexual, queer, pansexual, and sexually fluid individuals) and promote resources and action.

Awareness campaigns like BHAM are important given that most advocacy groups estimate that more than 50% of the LGBTQ community are bisexual+. Bisexual+ people are people who are emotionally, romantically, or sexually attracted to more than one sex, gender, or gender identity (although not necessarily at the same time, to the same extent, or in the same way).

Biphobia or stigma against bisexuality (or just plain confusion), may be rooted in myths that are perpetuated by people in and out of the LGBTQ community. The misinformation suggests that bisexuals are confused, undecided, experimenting, attention seeking, deviant, or hypersexual.

A report from the San Francisco Human Rights Commission

noted: Bisexuals experience high rates of being ignored, discriminated against, demonized, or rendered invisible by both the heterosexual world and the lesbian and gay communities. Often, the entire sexual orientation is branded as invalid, immoral, or irrelevant. This erasure has serious consequences on bisexuals' health, economic well-being, and funding for bi organizations and programs.

Like gay and lesbian people, many people who identify as bisexual+ (including transgender individuals) face striking rates of poor health outcomes including higher rates of cancer, obesity, sexually transmitted infections, substance use disorders, and mental health problems. Often this occurs because a large percentage of bisexual+ individuals (about 35%) don't disclose their sexual orientation to medical providers. Moreover, according to the Human Rights Campaign, more than 40% of the LGBTQ community is comprised of people of color identifying as bisexual+. Many bisexual+ individuals are confronted with additional disparities at the crossroads of homophobia, racism, transphobia, and biphobia.

Organizers of BHAM say that now more than ever, communities need to come together to offer support, stand up to injustice, and plan efforts to help all members of the LGBTQ community, including the bisexual+ community, to survive and thrive.

For more information on issues faced by the bisexual+ community, visit glaad.org or hrc.org. To join WestCare's National LGBTQ Awareness and Advisory Council, contact david.rosynsky@westcare.com.