

WestCare Express

The WestCare Foundation Employee Newsletter



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April is Alcohol Awareness Month

Article published on the – *SAMHSA Health Information Network website.*

When many people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games or at unsupervised parties. However, alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be:

- College students who binge drink at local bars.
- Pregnant women who drink and put their babies at risk for fetal alcohol syndrome.
- Professionals who drink after a long day of work.
- Senior citizens who drink out of loneliness.

In 2003, almost 23 percent (54 million) of Americans participated in binge drinking within 30 days prior to taking SAMHSA's National Survey on Drug Use and Health (NSDUH). That same year, approximately 21.6 million adults abused alcohol or were alcohol dependent.

To recognize the serious problem of alcohol abuse, April is designated “Alcohol Awareness Month.” April 8 marks the annual observance of National Alcohol Screening Day (NASD). At locations across the United States, people can be screened – anonymously – to see if their drinking habits may be risky.

Participants who come into a screening site on April 8 will have the opportunity to view an educational presentation and pick up educational materials, such as a questionnaire that screens for risky drinking and dependence. People can also meet one-on-one with a health professional to discuss any concerns. The screenings are free and anonymous.

Last year, more than 203,000 people participated in NASD activities at more than 5,400 screening sites nationwide—the largest NASD yet!

If you suspect that you might have a drinking problem, or you know someone who abuses alcohol, please contact SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) at 1-800-729-6686 or find a screening site located near you.



Warning Signs of Alcohol Abuse

If you answer “yes” to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

April 8th is National Alcohol Screening Day, if you suspect that you, a friend or a loved one has a problem with alcohol, find a screening site near you. Go to www.samhsa.gov for more information.

WestCare Kentucky Collaboration with University of Kentucky Center for Rural Health

By Staff – WestCare Kentucky

WestCare Kentucky Community Involvement Center in Estill County has collaborated with the University of Kentucky Center for Rural Health to house Kentucky Homeplace case manager Samantha Bowman. This collaboration provides free case management to WestCare's clients as well as families in surrounding communities.

Kentucky Homeplace provides access to medical, social and environmental services by networking with a service provider at the lowest cost possible. Samantha is able to decrease uncompensated hospitalization and emergency room visits by educating individuals on how to access appropriate health care. She also acts as a liaison on behalf of individuals and their families by networking with multidisciplinary agencies. Samantha promotes improvements in quality of life by providing education on primary and preventive care. She also works with clients to identify and remove barriers that exist for uninsured and underserved individuals through analysis of health trends, socio-cultural and economic factors. Samantha helps clients gain access to the health care delivery system by collecting and evaluating data that the client provides.

WestCare has always been dedicated to working in collaboration with the communities and agencies we serve. WestCare's philosophy is to devote our best collective and individual efforts to better the human condition, and through the Kentucky Homeplace collaboration, we are able to consistently improve, expand and strengthen the quality, efficacy and cost-effectiveness of everything we do. Wherever there are insufficient services to meet the needs of growing communities, we strive to fill the gaps

Kentucky



Samantha Bowman, Kentucky Homeplace, Estill County Community Involvement Center

5 Questions with . . .

Frank C. Rabbito, Sr. Vice President, manages the operations of substance abuse and mental health programs and services for WestCare's Florida operations, that include: Pensacola, Gulf Coast, Village South, Guidance Clinic of the Middle Keys, and the Care Center for Mental Health of Key West and Tavernier. Frank earned a Bachelor of Social Work Degree and Master of Science in Management Degree from Florida International University.

What is your most rewarding experience or biggest challenge working for WestCare?

My most rewarding experience is also my most challenging – I am extremely proud of the high quality of work and professionalism of our Florida operations staff. The services they provide on a daily basis have a significant impact on the quality of life of our clients, their families and community. All of our staff, whether back office or clinical make a valuable contribution towards “uplifting the human spirit.” The most challenging aspect of my job is to continually work at affording individuals access to our services.

What do you do in your spare time?

Simply stated, I just like to relax and spend time with my family.

What would everyone be surprised to learn about you?

I stay away from large crowds and quietly obsess about most aspects of my work that involve finance and reporting deadlines. I also love to cook.

What is your proudest personal or professional accomplishment?

My proudest personal accomplishment is the birth of my children and watching them grow into wonderful young adults. Professionally, all of the advocacy and legislative efforts that yield improvements to our infrastructure and services.

What is your favorite TV show?

24 – never miss Jack and I hate to reveal this . . . but General Hospital – I love Carly and have an autographed picture of her on my desk.



WestCare Georgia Lends Support to, “Let Us Make Man” Conference in Augusta, GA

By WestCare Georgia Staff

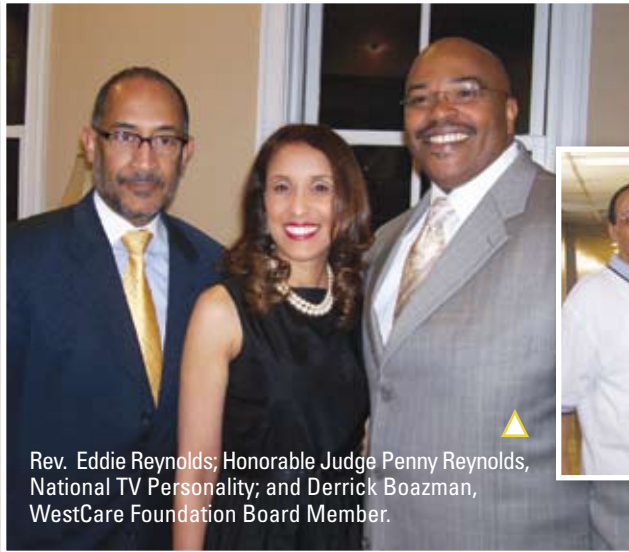
WestCare Georgia has teamed with several local community groups and civic leaders in Augusta to present “Let Us Make Man” Conference. The conference will take place June 21, 2009 on the Campus of Historic Paine College. “It is a gathering to reclaim Black manhood and restore Black families,” stated Derrick Boazman, a convener of the event and a WestCare Georgia board member. Boazman stated that the gathering will attract approximately 800 participants and will cover a series of sessions, including spiritual growth, educating Black youth, mentoring and law and Black society.

The conference is pleased to have the active participation of three Georgia State senators and high-profile national role models, including actor Danny Glover and Judge Penny Reynolds of the nationally syndicated family T.V. show “Judge Penny.”

Organizers are committed to making this an annual statewide gathering, with next year’s conference slated for Savannah, GA.

Georgia

John Bascom, WestCare Georgia Staff; Danny Glover, Actor and Activist; and Derrick Boazman, WestCare Foundation Board Member. ▼



Rev. Eddie Reynolds; Honorable Judge Penny Reynolds, National TV Personality; and Derrick Boazman, WestCare Foundation Board Member. ▲



Nevada



The day of Survivor Day was inspired by a traumatic event that happened February 1, 1993. I was kidnapped and violently raped at gunpoint. For 5 1/2 hours I held on to the piece of me that wanted to live. I ran and hid, received help and then pressed charges.

After two years of court appearances and testimony, my perpetrator was sentenced to 55 years in State prison for what he had done to me. I used to dread February 1. Not anymore! After many hours of intense therapy, my counselor, Sara Peterson, suggested that I look at this day in a different light. “Change the negative into a positive,” she said. “Give yourself a party to celebrate your survival.” So, I planned a party for myself. I thought, “Hey, I’m not the only one who has ever been violated; there are countless other women just like me.” I decided to make February 1 for all women who have been violated or victimized at some point.

My counselor has instilled in me that I’m not a victim – I’m a survivor!

The party I had on February 1 turned out to be of even more importance to me because of the

Survivor Day

By Elizabeth Barrett, *Serenity Program*

magnitude of emotions by others that surrounded the meaning of this party. I kept being reminded that I am a survivor. We are survivors. I decided to celebrate us and our will to live. There is a new sense of freedom. I now have within me as a result of this day.

February 1st will always be a day, our day of celebration, **SURVIVOR DAY!**

The WestCare Women and Children’s Campus has made all this possible with their team Darlene Terrill, director of Adult Women Services; Jennifer Hatterman, coordinator; Heather Shoop, Program Coordinator of Nevada; Candice Kidd, deputy administrator; and their wonderful staff.



A Community on the Move to Reduce Underage Drinking

By Marina Aviles – Miami Beach Coalition Coordinator

The communities of Miami-Dade County came together recently with a show of strength and conviction to bring much-needed attention to reducing underage drinking. A press conference was held January 29 in the courtyard of the Department of Children and Families titled “South Florida’s Call to Reduce Underage Drinking – Mayors on the Move.”

Homestead Mayor Lynda Bell, Miami Beach Mayor Matti Herrera Bower, and Miami Gardens Mayor Shirley Gibson are on a mission and “on the move,” spearheading efforts to focus on the problem of illegal consumption of alcohol by children under 21 years old. The goal was simple: to reduce underage drinking in South Florida by raising awareness,

imploping action, encouraging wise parenting and underscoring the need to reduce accessibility especially by vendors such as gas stations, convenience stores, bars and night clubs who illegally sell to youth under the age of 21.

The three mayors, who intimately know the joys and heartaches that go hand-in-hand with motherhood, joined some key agencies and partnering organizations, who have united to form the South Florida Coalition Alliance: The Miami Coalition and the Miami Beach Coalition for Safe and Drug-Free Communities; The Miami Gardens Opa-Locka Coalition; We Care of South Dade; Florida’s Division of Alcoholic Beverages and Tobacco; the Police

Departments of Miami Beach, Miami Gardens, Opa-Locka and Homestead; Mothers Against Drunk Driving and the Department of Children and Families.

South Florida



Matti Herrera Bower (Miami Beach), Lynda Bell (Homestead) and Shirley Gibson (Miami Gardens)

The Injury Free Mobile provided mothers with the proper instructions for car seats.

Healthy Start Program Continues to grow!

By Francine Daphnis – Healthy Start Program Manager

The Healthy Start Program at the Village South gives guidance and assistance to pregnant and new moms at no cost. The program is making a tremendous impact by providing parenting, breastfeeding, nutrition and childbirth education, smoking cessation support, psychosocial counseling and care coordination services to clients. In February, they sponsored a baby shower that allowed pregnant and new moms to learn effective ways of caring for their babies in a relaxing and fun environment

Al Unser Jr. Speaks Out About Recovery



Staff picture with Unser – Charles Griffith, Journey Magazine, Janet Nichols, Sharon Crippen, Al Unser, Frank Rabbito, Wendy Simpkins.



Clients at The Village in Miami were treated to meeting and hearing Al Unser Jr. speak in February. Mr. Unser was in Florida for some Indy racecar promotions and asked to see some of the work that WestCare is doing there. After a brief tour of The Village, he spoke with a women’s recovery group and later with a men’s group. Hopefully you’ll have an opportunity to hear Mr. Unser speak at your facility. He is very willing to tell his personal story of his recovery from alcohol and is a great example to clients of how they can overcome addiction and have a great life! Mr. Unser tells his story in a way that is truly motivating and uplifting. Don’t miss listening to him when he comes to your state!

Women Helping Women

Reprinted from Mohave Valley Daily Newspaper

The Colorado River Women's Council recently sponsored "Women Helping Women," an event held annually that helps women and children currently residing in the WestCare facilities. The members of Women's Council, in conjunction with businesses in the community, donate their time and talent to make this event possible.

As the children were treated to four hours of movies, crafts, video games and one-on-one time, their mothers were experiencing a day in a spa-like environment.

Women Helping Women provided a hair stylist, nail technicians, make-up experts, facials, and massages. While some were being pampered others were shopping.

New clothes were provided by Stage and other individuals to make each lady feel special. Entertainment included line dancing and belly dancing.

The last part of the event was dedicated to motivational speakers. The ladies were given information on proper attire for job interviews, resumes and nutrition.

They were also given hope from survivors who have overcome their situations and moved on to become a valuable part of the community. They encouraged and enlightened the ladies on the many opportunities available to them.



From Left: Tonya Boyett, Arizona Families First Coordinator, WestCare Arizona
Francine Collier, DV Services Coordinator, WestCare Arizona
Shawnee Mack, Event Co-Chair, Women Helping Women



WestCare Exhibit Display Now Available To Use

We now have a WestCare exhibit display board available for your use. If you are planning on attending a conference or having a special meeting in your region, this is an ideal way to share with others the WestCare story. The dimensions for the floor display are 72" W x 72" H. To reserve the display, please contact Denise Johnson-Williams at least three to four weeks before your event. Denise can be reached at the WestCare Las Vegas Foundation Office (702) 385-2090 ext. 232 or denise.j.williams@westcare.com.





The Endowment Campaign Train is Rolling and Some Great People are Already on Board!

By Jim Schaitel – *The DuBois Group*

Campaign Corner

Nearly every state has named top leadership for their portion of the Endowment Campaign. The latest additions include California's state chair Alan Autry and community chair John Wallace, Georgia's state co-chairs, and Georgia's community chair Debra DeBerry.



Alan Autry may be best known for his role as Captain Bubba Skinner in the television show *In the Heat of the Night* (1988-1995). Or you may know him as the most recent mayor of Fresno, CA. He left office in January 2009 after two terms and agreed to serve as the state chair for our California Endowment Campaign. Alan Autry and co-star on *In the Heat of the Night*, Randall Franks, joined forces in 1991/1992 to produce a Christmas CD that raised money for drug abuse prevention charities. Mr. Autry is public with his successful personal battle against drugs and alcohol after his career with the Green Bay Packers.



WestCare Foundation
Endowment Campaign

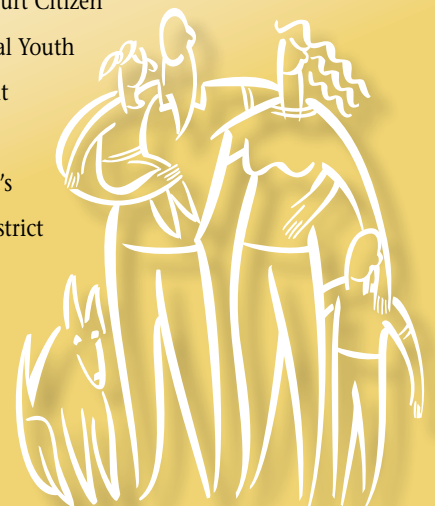
John Wallace is a very familiar face in California as an anchor for major TV news programs, and equally familiar as the very active Board Chair for WC-CA. Mr. Wallace also had a recent role as Public Affairs Officer serving in Alan Autry's mayoral staff. He agreed to chair the community division of the California Endowment Campaign as well.



Debra DeBerry is chief deputy clerk for DeKalb County Superior Court Clerks Office. In addition, she serves on the DeKalb County Juvenile Court Citizen Review Panel. Ms. DeBerry is a board member for RYDC (Regional Youth Detention Center) and also serves on the board of UYAC (United Youth Adult Conference). She is an advisor for WestCare - Georgia and a proud member NACM.



Debra serves on the DeKalb County Juvenile Court Citizen Review Panel, as a board member of the Regional Youth Detention Center and of the United Youth Adult Conference, as an advisor to WestCare Georgia, as a Family Violence Advocate with the Women's Resource Center and with the Fulton county District Attorney's Crimes Against Women and Children Program.



WestCare Bakersfield Will be Teaming Up with the Mayors Office

By Oscar Acosta – WestCare California

With spring and warmer weather approaching, WestCare California Bakersfield Residential is getting more involved in the community.

WestCare will be teaming up with the mayor's office now through late June to beautify Bakersfield City freeways and streets. We send 7-14 WestCare participants and staff to volunteer for the beautification process. Some of our participants are inmates, while others are on parole. WestCare and Harvey Hall has teamed since 2008 and look forward to another successful year.

This year we have also teamed up with Kern County and the "Rebuilding Together Kern County" team. This is a great project that gives our participants the opportunity to help people less fortunate and in desperate need of help. Our participants will help Mrs. Lopez, who has lived in her home since 1952 and is a retired nurse who suffers from schizophrenia. Recently, she fell walking out her front door. According to Mrs. Lopez's daughter, Mrs. Lopez has not been outside since January



2009. There are three days scheduled to assist Mrs. Lopez become more self-sufficient: April 4, 18, and 25. WestCare will send 14 participants to help build a ramp for the porch, paint, replace windows, and complete other necessary repairs.

WestCare will also send 15 fathers from the Bakersfield Residential Program to the Bakersfield's Fatherhood Conference, sponsored by Community Action Partnership of Kern. While there, the participants will be provided services to assist fathers in bonding, parenting skills, housing, employment and participation in bonding activities and support groups. The conference will include dynamic speakers and community booths.




Celebrate Earth Day April 22nd

Earth Day is a time to celebrate gains we have made and create new visions to accelerate environmental progress. Earth Day is a time to unite around new actions. Earth Day and every day is a time to act to protect our planet.

Earthday.gov is a cooperative effort across the entire U.S. government.

Take Action!

- Save energy
-
- Use less water
-
- Reduce/reuse/recycle
-
- Handle toxics properly

The Environmental Protection Agency (EPA) was born in 1970 – a time when rivers caught fire and cities were hidden under dense clouds of smoke. We've made remarkable progress since then in protecting human health and safeguarding the natural environment. To learn more, go to Earthday.gov and/or www.epa.gov

