



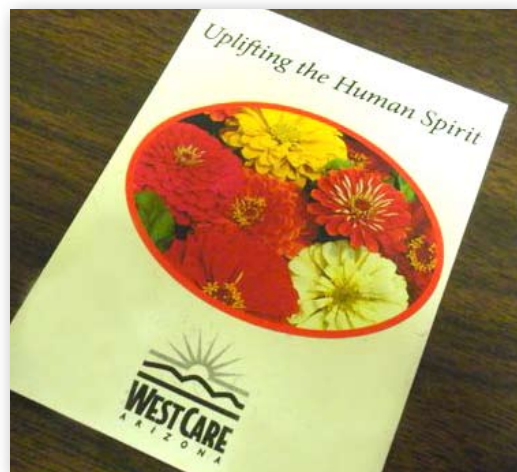
April 2010

## Volunteers Plant The Seeds Of Kindness

By Kim Mitchell – Office Manager, WestCare Arizona

April is National Volunteer Month! Merriam Webster's Dictionary defines a volunteer as – a person who voluntarily undertakes or expresses a willingness to undertake a service with no monetary compensation. WestCare Arizona has been fortunate to have a large community support with many individuals and organizations volunteering their time to help our clients, programs and mission. Some of these include: Legacy Foundation, Southwest Gas, Harrah's Laughlin, the local Women's Council and the Las Vegas Metro PD.

"Seeds Of Kindness." Where customized WestCare flower seed packets and potted plants will represent all the volunteers that help grow our organization. The reception begins with dinner followed by each coordinator speaking briefly about each volunteer and their role within their program. Then each volunteer is presented with a certificate and gift bag. Following the individual recognitions is the highlight of the evening: the Volunteer of the Year Award. Prior to the event, the management staff decides on a winner who receives a plaque at the reception. Each year the Volunteer Recognition Dinner averages around 100 attendees. Westcare Arizona is proud of all their volunteers whose combined work hours equal approximately 15,600 hours a year which is the equivalent of \$124,800.00 in salaries!



In keeping with the yearly tradition, WestCare Arizona is planning their annual Volunteer Recognition Dinner. Each year a theme is chosen in which to plan the evening around. Prior years' themes have included, "Key to Our Success" (which focused on keys), "You're an Essential Piece" (which featured a large custom Westcare jigsaw puzzle) and "Beyond the Call" (where telephones rang throughout the event to give away prizes). This year's theme is "Volunteers Plant The



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# 5 Questions with Bev Flannigan

**Thrift Store Volunteer – WestCare, Arizona**



We would like to highlight Bev Flannigan, a volunteer at our Thrift Store. She has volunteered for many years, but this year she has been called to extra duty opening and closing the Thrift Store and managing it during days where staff hours have been reduced. You will see her every day working the Thrift Store, rain or shine! Our Thrift Store is so popular, it has a “following”, people that come in every day to see the new arrivals.

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

Seeing the clients that have passed through WestCare programs, doing well and dropping in to say hello.

**2. What do you do in your spare time?**

Artwork, any kind that is challenging.

**3. What would everyone be surprised to learn about you?**

Nothing I ever do surprises anyone.

**4. Proudest personal or professional accomplishment?**

Raising my three daughters; they are awesome.

**5. What is your favorite TV show? If you do not watch TV what is your favorite type of music?**

I love Rock and Roll!

## Children and TV Violence

By The American Academy of Child and Adolescent Psychiatry

American children watch an average of three to four hours of television daily. Television can be a powerful influence in developing value systems and shaping behavior. Unfortunately, much of today's television programming is violent. Hundreds of studies of the effects of TV violence on children and teenagers have found that children may:

- Become “immune” or numb to the horror of violence
- Gradually accept violence as a way to solve problems
- Imitate the violence they observe on television; and
- Identify with certain characters, victims and/or victimizers

Extensive viewing of television violence by children causes greater aggressiveness. Sometimes, watching a single violent program can increase aggressiveness. Children who view shows in which violence is very realistic, frequently repeated or unpunished, are more likely to imitate what they see.

Children with emotional, behavioral, learning or impulse control problems may be more easily influenced by TV violence. The impact of TV violence may be immediately evident in the child's behavior or may surface years later. Young people can even be affected when the family atmosphere shows no tendency toward violence. While TV violence is not the only cause of aggressive or violent behavior, it is clearly a significant factor. Parents can protect children from excessive TV violence in the following ways:

- Pay attention to the programs their children are watching and watch some with them.
- Set limits on the amount of time they spend with the television; consider removing the TV set from the child's bedroom.
- Point out that although the actor has not actually been hurt or killed, such violence in real life results in pain or death.
- Refuse to let the children see shows known to be violent, and change the channel or turn off the TV set when offensive material comes on, with an explanation of what is wrong with the program.
- Disapprove of the violent episodes in front of the children, stressing the belief that such behavior is not the best way to resolve a problem.



### Children and TV Violence – “Facts for Families”

To offset peer pressure among friends and classmates, contact other parents and agree to enforce similar rules about the length of time and type of program the children may watch.

Parents can also use these measures to prevent harmful effects from television in other areas such as racial or sexual stereotyping. The amounts of time children watch TV, regardless of content, should be moderated because it decreases time spent on more beneficial activities such as reading, playing with friends, and developing hobbies. If parents have serious difficulties setting limits, or have ongoing concerns about their child's behavior, they should contact a child and adolescent psychiatrist for consultation and assistance.





## Methodologies Project Update

By Elizabeth Winter – *Supervisor, WestCare Nevada*

“Somebody once told me the world is gonna rule me, I ain’t the sharpest tool in the shed” the lyric from the soundtrack for the Methodologies show blared as a confident young actor walked into the spotlight. The sound coming from 800 freshmen and sophomores screaming almost knocked him over.

After three years into the project, the Methodologies show finally performed for an assembly at their own school. On October 12th, twelve student actors performed two back-to-back shows in the Pahrump Valley High School gym for 1500 of their peers.

Due to the rural populations of Nye and Esmeralda counties, the total audience count is not always a true measure of success for this Project, which is funded by the State of Nevada through Nye Communities Coalition (NCC). The theatrical background of WestCare’s Prevention staff lead the NCC to inquire about creating a youth performing group that would provide a younger voice to Prevention. A focus group of 25 students from Pahrump resulted in the initial material for the show, as well as several student created commercials. New subject material has been introduced as students, staff and statistics identify new areas of concern.

While touring rural schools, the performers became comfortable interacting with other kids in small communities. By getting a better idea of the differences and similarities between their own lives and of those of their audience, the student actors encouraged rural youth in making choices that did not include substance abuse, bullying, or self harm. The challenge at the PVHS October shows was the sheer mass of humanity. The ability for comedic timing and delivery for the next line when 800 people are laughing is a learned skill, which though it can

be explained, ultimately comes with experience.

After their PVHS show, the students performed in December for a very different group: thirty members of the local branch of Rotary International. Following their performance they received a standing ovation and praise from a local business leader: “I had no idea our young people could put on something of this caliber. I have never been prouder of Pahrump’s youth.”

What was once a group of performers from Pahrump is not the case anymore. In August 2009, performers from Beatty High School were incorporated into the group and were invited to be the opening event for the Nevada State Youth Leadership Camp in Tahoe. With the newly formed group, this meant rehearsing in 2 different locations almost 80 miles apart, as well as combining the two groups for performances. This proved to be challenge that the young actors handled without missing a step. Over the last five years, WestCare Prevention has presented the Positive Action program in Beatty Schools and credits the strong and supportive relationship with the school’s staff and students for the opportunity to expand the project.

After working with the existing show students continued to bring ideas and new material which would be incorporated once it is ready for an audience. By March the show toured to Beatty to perform for both the middle and high school students. There the cast added live singing to the show and belted out the uplifting lyrics of “Lean On Me” for their new closing.

The following week Michael Hartnett, an actor and instructor for many years with the “Second City” comedy/improv group, taught them improvisation and listening skills thus working towards fulfilling

## Nevada



another goal of the group; adding workshops for young audiences where participants use semi-scripted situations and role playing to problem solve challenges they encounter. The trial run for this new arm of the project is set for a May conference, for children in foster families, in Pahrump.

In April, a shorter version of the Methodologies show will join young musicians from Pahrump’s Positive Action Guitar Program in a concert/recital at the House of Blues. Through this partnership with The International House of Blues Foundation’s Action for the Arts program, which is now in its 4th year, the two student groups are able to perform together.

The buzz from staff and students following school performances continues to be strong and supportive; the message is being heard! Though future funding may be uncertain, the passion and talent of the young people in the Methodologies Project is not.

## Fun Fact About Volunteering

**In 2008, 61.8 million Americans (26.4% of the population) contributed 8 billion hours of volunteer service worth an estimated 162 billion dollars.**

# National Stress Awareness Month

By Wendy Simpkins

Life is full of surprises and they are not always good which brings about stress. Stress is an epidemic affecting us all at some point or another. From your home life, to school life, to work life – it seems to be a never ending cycle. To increase public knowledge about stress, The Health Resource Network (HRN) has declared April as National Stress Awareness Month.

High levels of stress can be damaging to your health, from increasing the risk of heart disease to high blood pressure. It really is a key component of your overall physical and mental health. What can you do to help relieve some stress in your body? Only you know what you can do to personally get some relief, but some examples are:

- Get a massage – Remember you don't always have to go to a spa or pay for a massage. There are many varieties of home massagers including foot and handheld massages as well as massage chairs and pads. Any variety of these can relieve your muscles and give you some relief of the strain of stress on your muscles.
- Spend some time in the sun – Take a trip to your local park, sit on your back porch with a good book or take the kids and fly a kite



# WestCare Wellness Watch

on a windy day. Enjoying the outdoors can really relieve the tensions of everyday life . . . even for a little while.

- Get up and Move! There is no better way to relieve stress in the body AND mind then to exercise. Activities like walking, jogging, or even cleaning can be very healing exercises – as your body gets into the movement, you can let your mind go for a while and be stress free . . . if only for the moment.

It's very important to take care of ourselves so during this month of April, do something to relieve a little stress from your life and spend some time to stop and smell the roses.

## Good Morning Family

By Jeffrey Clausen MHA, M.S. – LCPC Clinical Manager WestCare – Sheridan Correctional Center

### Illinois



Above: Jeff Clausen, MHA, MS, LCPC, WestCare Clinical Manager at Sheridan is overseeing the implementation of our new pre-treatment track at Sheridan which will take our Sheridan population from 950 to 1367.

“Good morning family” is a statement that can be heard throughout Sheridan Correctional Center every day. The concept of family is one of the tenets of our therapeutic community (TC). When I first arrived, I was pleasantly surprised to hear this statement at Sheridan. This is my second time that I have worked at Sheridan and during my first tenure, the concept of a TC was not a consideration. While Sheridan’s mission today is much different than it was ten years ago, the progress in our clients is worlds apart with the implementation of the WestCare TC model. Hope and forward progress come in months not years.

Three months ago, WestCare opened a new pretreatment program track at Sheridan. It is the first step toward a different life for many of our clients that have been on waiting lists while housed in other IDOC institutions pending transfer. We began this program with 20 clients and today we have a census of 118.

The Illinois Department of Corrections’ (IDOC’s) goal is to increase the pretreatment “waiting list” population at Sheridan to 417. The pretreatment unit’s mission is designed to start the clients in a positive direction in preparation for assignment to a TC treatment unit at Sheridan and provide a starting place for our clients’ movement into the TC program.

Every day in pretreatment, we start the day off with the statement “good morning family.” It really sums up the beliefs and values that we hold dear here at WestCare. Hope and forward progress is a wonderful place to start our day. So from our Sheridan Correctional Center, I would like to say, “good morning family.”





## Nature Trip

By Margie Waters – *WestCare Georgia*

The WestCare Augusta and Boggs students visited the Georgia Nature Center, where they were exposed to acres of rolling hills, creeks, springs, meadows, fern grottos and hardwood forests known as the Indigo Preserve. The students visited an organic farm, where they examined dozens of species of heirloom fruits and vegetables grown without synthetic pesticides or fertilizers. The students visited a carnivorous plant greenhouse and viewed rare wetland plants, which have evolved to capture and digest live prey from insects to animals as large as frogs, lizards and small mammals.

As the students walked the nature trails, they viewed orchids, small waterfalls and dozens of mushroom species, including the Indigo Mushroom for which the preserve is named. They examined the remains of hundred year old trees that have been uprooted by tornadoes. The students observed the “Next Generation Home,” which is an underground solar powered residence with an all-glass main floor cooled by geothermal earth tubes. The home is powered only by the sun and wind. This trip introduced the residents to different environments, new living modes and forestry occupations.

## Georgia



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▶ The students visited a carnivorous plant greenhouse and viewed rare wetland plants

## Servant Leader Joins WestCare Georgia’s Management Team

By Margie Waters – *WestCare Georgia*



▲ Above: Sydney White

WestCare Georgia is pleased to announce that Sydney White, a visionary leader with a deep compassion and heart for serving youth, has joined The WestCare family as Director of our 16 bed intensive drug treatment program for adolescent males, located on the historic Boggs campus in Keysville, Georgia.

Sydney is a Florida Native. She has a Master of Science in Management from Saint Thomas University and a Bachelor of Science degree in Criminology from Florida State University. She comes to WestCare Georgia from the Maryland Department of Juvenile Services where she served

as the Assistant Director for the Office of Quality Assurance & Accountability-Program Evaluation Unit.

Sydney is committed to creating and maintaining a high performance environment at Boggs, which will be characterized by positive leadership and a strong team orientation through quality assurance and continuous improvement. “We Welcome Sydney White”



# Promoting the Joy of Reading

By Pam Ungvary and Andres Savransky – *WestCare Florida/Village South Research Assistants*

**D**id you know that a child who reads independently 20 minutes a day outside of school will gain 3000 new vocabulary words per year? As it was once said by Joseph Addison, an English poet, “reading is to the mind what exercise is to the body.”



While conducting the biannual perception surveys with the Adolescent Treatment Program (ATP) the Research Department at The Village South in Miami, FL came across a wonderful opportunity to provide the young clients with a library of their own. The clients expressed a desire to use their free time more constructively. One idea they all mentioned was to have books available within their facilities. They requested a vast range of genres, including Mystery, Classics, Sports, Self-Help and Youth Literature.

Quickly, a plan for an employee-sponsored book drive was created. The idea of an “honor library” would not only encourage reading among the ATP adolescents, but also teach them responsibility. The outpour of support from the employees was remarkable and with the help of the administrative and clinical offices approximately 300 books were



## South Florida

collected in a two week period. All the employees at The Village South hope that the ATP Honor Library will inspire the youths to read and share this privilege with others.

## California



▲ Above: Family Fun Center Activity at Chucky Cheese.

# Strengthening Families to Build Resilient Children

Submitted by WestCare California Staff

**A** few months ago we advised the WestCare family of the mini grant we received from the county of Kern entitled “Strengthening Families to

build Resilient Children.” With guidance from the Deputy Administrator of California, Lynn Pimentel, we developed an intergenerational activities program. Since the activation of these programs (we were awarded 2 of 5 grants) one at our residential and the other at the outpatient facility we have done many exciting things with the families such as decorating Christmas hats, putting together puzzles, and family puppet shows. We have had three outside activities, two trips to the family fun center (Chucky Cheese) and Family bowling with all ages from 3 to 53 participating.



▲ Above and to the left: Family Fun Center Activity at Chuck Cheese.







# The King's English

**Directions:** Translate the following statement into an everyday common English expression.

**April Phrase** – Freedom from incrustations of grime is contiguous to divinity.

**E-Mail your answer to:** Anthony.Williams@westcare.com

The first person from each state to answer correctly will be noted in next month's newsletter.

**March Answer** – "Beauty is only skin deep"

**Congratulations!** Michele Walker, Deborah Freeman, Sarah Wagner, Diana Heller, Joyce Holys, Audrey Mack.

## WestCare Residents Provide More Than 4,100 Hours of Volunteer Service to Community, Youth in 2009

By Dale Morton – *Communications Director Operation UNITE*

Residents at WestCare Kentucky's facilities in Pike County provided 3,050 volunteer hours of service for community service projects including Operation UNITE's youth initiative during 2009.

Clients of the residential substance abuse treatment facility in Ashcamp along with the homeless shelter and community involvement center in Pikeville were instrumental in park litter control, emergency flood relief efforts, a high school athletic facilities project, UNITE's basketball, football and school anti-drug club programs.

In addition, those in the treatment program provided 224 hours to WestCare's Emergency Homeless Shelter and 888 hours assisting in preparing the former Lookout Elementary School property for a new women's substance abuse treatment center.

"Recovery is not always about what you can get, but also about what you can give back," said Mike Williams, Clinical Services Director for the WestCare

Hal Rogers Appalachian Recovery Center in Ashcamp. "The affirmation of worth and appreciation that they get from the community and from helping others is vital to their recovery."

WestCare's mission is to empower everyone to engage in a process of healing, growth and change benefiting themselves, their families, co-workers and communities. This is accomplished through collective and individual efforts designed at "uplifting the human spirit."

"Our guys have been in a pattern of living that has been so selfish and self-centered that they have no sense of pride in doing things for others," Williams noted. "When they get an opportunity to do things for their communities they get to feel that sense of pride and ownership in positive, selfless activities."

And the community benefits as a result.

"Since the day their doors opened, WestCare's staff has asked how they can become involved with



UNITE and PRIDE," said Karen Engle, who directs both the anti-drug and environmental education organizations throughout southern and eastern Kentucky.

"We are so blessed by their enthusiasm, spirit and tireless work ethic," Engle continued. "For the first time in a long while these men believe in themselves and see hope for their future – and they're not shy about sharing that joy and message with others."

Residents of the Homeless Shelter provide year-round assistance to keep Pikeville City Park free of trash and litter. In 2009 they logged 784 service hours on 68 clean-up days.

## Thought for the Month

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome. – Anne Bradstreet



## 40th Anniversary of Earth Day is April 22, 2010



**F**orty years after the first Earth Day, the world is in greater peril than ever. While climate change is the greatest challenge of our time, it also presents the greatest opportunity – an unprecedented opportunity to build a healthy, prosperous, clean energy economy now and for the future.

Earth Day 2010 can be a turning point to advance climate policy, energy efficiency, renewable energy and green jobs. Earth Day Network is galvanizing millions who make personal commitments to sustainability. Earth Day 2010 is a pivotal opportunity for individuals, corporations and governments to join together and create a global green economy. Join the more than one billion people in 190 countries that are taking action for Earth Day.

### Start planning your Earth Day 2010 event and take action today. Tools to Get Started –

#### Earth Day Network's Campaign for Earth Day 2010:

*Global Days of Service – April 17-18* – Join millions around the globe to make your community and the world cleaner and more sustainable.\* Earth Day 40th

*Help Generate a Billion Acts of Green™* – Register individual, community or business service acts and take action for Earth Day.

#### Events on The National Mall in Washington, DC

- Earth Day 40th Anniversary Events – April 22
- Change the Climate Rally – April 25
- Exhibitions and Performances on The National Mall – April 17-25

Go to [www.earthday.net/earthday2010](http://www.earthday.net/earthday2010) for more information and ideas on how to contribute!

## April is National Volunteer Month: What are you going to do?

By Sheryl Kayne

**V**olunteers are people who give and receive. If you are one of those people who would like to give more but can't quite figure out how to do it, then this column is for you. April is national volunteer month and the people, places, and events all around you will eagerly accept your interest, abilities, time and talent.

But it all starts with you and what you'd like to do. Are you passionate about working with people, communities, wildlife, the environment or preserving our national parks? On the local level, you can find out about needs in your own backyard through the Points of Light Institute ([www.pointsoflight.org](http://www.pointsoflight.org)).

They believe that each person is able to make a difference and contribute to creating healthy communities. Their HandsOn Action Centers enable you to search for volunteer opportunities in your local community if you are interested in using your skills to help people or causes that are important to you, want to meet people who share your interests, and learn how to get involved, visit [www.handsonnetwork.org](http://www.handsonnetwork.org), go to Action Centers and click on your state to find an affiliate. Volunteer opportunities will be listed by city and organization with a key that provides links to directory information, Web sites, online volunteer matching, and volunteer management training.

*Sheryl Kayne is the author of IMMERSION TRAVEL USA: THE BEST & MOST MEANINGFUL VOLUNTEERING, LIVING & LEARNING EXCURSIONS. Her next book, out Summer 2009, is VOLUNTEER VACATIONS ACROSS AMERICA. Read more about Sheryl at her website: [www.immersiontraveler.com](http://www.immersiontraveler.com)*





# Royal Kentucky Celebrity Golf, Basketball, Gala & Party

– April 29th 2010 –



*WestCare invites you to participate  
in these prestigious fundraising events benefiting  
Muhammad Ali Center, Budding Ivey Foundation,  
Rodney Harrison Youth Sports Foundation  
and Westcare Foundation, Inc.*



**Locations:**

**Golf:** 8am

Chariot Run Golf Course, 8191 Chariot Run Drive, Laconia, Indiana

**Basketball:** 8pm (*Location to be announced*).

**Royal Kentucky Celebrity Gala & Party:** 10pm

Horseshoe Casino, Laconia, Indiana  
(*Laconia, Indiana is 15 minutes from  
downtown Louisville, Kentucky*).



Celebrity Golf & Basketball Classic

**For more information please visit:**

[www.royalkentucky.com](http://www.royalkentucky.com)

or contact Kirby Burgess or

Sharon Steinberg at

**702-385-2090**

