

WestCare Express

The WestCare Foundation Employee Newsletter



In This Issue

Page 1

WestCare Foundation Celebrates
35 Years of Uplifting the Human Spirit

Page 2

WestCare Nevada Awarded Regional
Partnership Grant Funding

WestCare Completes Purchase of
Lookout Elementary for Woman's
Treatment Facility in Kentucky

Page 3

WestCare Arizona Nominated for
Social Service Agency of the Year
Safe Place is All Over Dekalb County
Our Youth Takes A Step Upward

Page 4

Project HIBISCUS
Begins Prison Project Initiative
Campaign Corner

Page 5

Keys to Recovery
Dick Steinberg on the
35th Anniversary of WestCare

Page 6

WestCare Y-Max Program in the
Historic China Alley
Let's Celebrate!



WestCare Foundation Celebrates 35 Years of Uplifting the Human Spirit

By Seanna Herring-Jensen – *Special Projects Officer, WestCare California*

WestCare turns 35 years new on August 23rd. The vision of a few to offer services to heroin addicts has grown to help thousands with a wide spectrum of health and human services in both residential and outpatient environments. Services have grown to include homeless and runaway shelters, domestic violence treatment and prevention, and mental health programs for adults, children, adolescents, and families. WestCare is well known for its ability to assist those who are traditionally considered difficult to treat, such as those who are indigent, have multiple disorders, or are involved with the criminal justice system.

Many of our staff and colleagues do not know that WestCare started off on August 23, 1973 in Las Vegas, Nevada as the Fitzsimmons House (affectionately known as the "Fitz House"). The house was started on \$50k grant awarded by Frank E. Fitzsimmons, Chair of the National Teamsters Union. Robert "Bob" McNutt, and Dick Thomas (Chair of Teamsters Local 995) joined Zel Lowman to start Fitz House. It was Bob's personal experience's that caused him to see the need for substance abuse treatment and he served these many years on the WestCare Board of Directors until his recent passing earlier this year. Mr. Thomas still serves today as the 2nd Vice-Chair on the WestCare Board of Directors. The Fitz House went through many different program designs before becoming a therapeutic community in 1975. Today the legacy continues with 74 program sites under the WestCare name.

In 1981 the Board of Directors reincorporated

the agency under Western Counseling Associations, Inc. (WCA) and grew to include adult outpatient and day treatment services, and a substance abuse education and prevention school for adults who were convicted of driving under the influence. Soon the programs grew to include a residential facility and day treatment programs for youth and the Regional Family Resource Center offering shelter and drug abuse prevention services to runaway, homeless, and exploited youth; adult social model civil protective custody and detoxification program.

In 1987 the agency changed its name to WestCare to reflect the diversity of treatment alternatives available to the community. Soon, neighboring states began to request assistance from WestCare in developing treatment programs for both youth and adults. WestCare grew rapidly with services (listed on WestCare's website at <http://www.westcare.com/aboutus.jsp>) across 7 states and the Virgin Islands. Our services include residential and out-patient substance abuse services for youth, adults, and families; runaway shelters, domestic violence shelters, and programs for the homeless; veterans programs, mental health programs, correctional programs, and services for those who are affected or infected with HIV/AIDS.

The list of services and programs is long and continually growing longer as communities come forward with needs that WestCare can assist with. We are a humble and committed family of caregivers that collectively make WestCare into the quality organization that it is with the reputation that it has.

WestCare Nevada Awarded Regional Partnership Grant Funding

By Heather Shoop – Program Coordinator, Woman’s Treatment Services, WestCare Nevada

Nevada



Heather Shoop B.A, CADCI

In 2007, WestCare Nevada was one of many programs awarded Regional Partnership grant funding to expand programming for women and children and to facilitate partnerships with other community agencies.

Heather Shoop, Program Coordinator of WestCare Nevada’s Healthy Families program attended the 2008 Annual Regional Partnership Grant meeting in Washington DC on July 1st and 2nd. Several hundred partners from across

the United States were in attendance for this two day conference, all participating in discussions regarding education of grant protocols and data collection, sustainability and maintaining effective and healthy partnerships.

It was energizing and inspiring to participate in this conference with so many treatment partners from around the country. There was a true “we’re in this together” spirit and a true sense of community.

WestCare Completes Purchase of Lookout Elementary for Woman’s Treatment Facility

By Mary Music – Staff Writer, The Medical Leader, Pikeville, Kentucky

WestCare Kentucky is a step closer to its goal of opening a residential substance abuse treatment facility for women in Pike County.

WestCare currently operates a residential substance abuse treatment facility for men, the homeless shelter in Pike County and in-jail treatment programs at the Pike and Floyd County Detention Center’s. We also paid off the remaining \$92,000 of the \$217,000 purchase price for the former Lookout Elementary School. The money, approved by the fiscal court, filtered through single-county coal severance tax funds.

Jenifer Noland, WestCare’s Vice President, said the organization has been and will continue to apply for grants to remodel and complete the facility – a task that she said will cost approximately \$800,000 and take, once funding is in place, about a year to complete. The building will have to be gutted and refurbished, she said.

WestCare operates facilities for women in other

states, but the Lookout location will be the first such center in eastern Kentucky. Women who are treated there can bring their children. “Women who have their children with them during treatment tend to stay longer and have better results,” Noland said.

At a ceremonial check presentation on July 3rd, officials talked about the fight against addiction. Some officials talked about breaking free from their own addictions. Others talked about how addiction has damaged their family or the lives of friends.

“I don’t stand here proud of the fact that I have been an addict,” said Pike County District Judge Kelsey E. Friend and WestCare Kentucky Board Member. “I stand here proud of the fact that we can recover.”

Kentucky



WestCare Officials present a check to members of the Pike County Board of Education for the purchase of Lookout Elementary School.



Estill County Judge Executive and WestCare Kentucky Board Co-Chair Wallace Taylor presents a welcome basket made with items from Estill County to Anna Maria Farias the Director of Faith Based and Community Initiatives for HUD. Director Farias was in KY at a HUD training session and took some time to visit WestCare sites in Estill and Pike Counties.

WestCare Arizona Nominated for Social Service Agency of the Year

By Tracy Stevens – Area Director, WestCare Arizona

Arizona



Left to right John Zirkle, Norma Jean Van Horn, Francine Collier, Jennifer Card, and Tracy Stevens

WestCare Arizona was nominated for a Community Achievement Award in the category of "Social Service Agency of the Year" in the Laughlin Chamber of Commerce's annual Community Achievement Awards event. The award dinner was a black tie affair held at the Avi Hotel and Casino on June 14th. Sr. Vice President, Kirby Burgess along with his wife attended, in addition to WestCare Arizona's Area Director, CRRYS Coordinator and three Arizona Board members and their spouses. The dinner was a who's who of the tri-state area. Although Westcare did not receive the award, it was an honor to be nominated. WestCare received a beautiful nominee plaque to hang on the wall. Kudos to the staff as Arizona would not have been nominated if it were not for their passion and hard work helping to *Uplift the Human Spirit* on a daily basis.

Did You Know?

There are 94 vehicles in WestCare's Fleet and we own or maintain 74 property sites throughout the country.

Safe Place is All Over Dekalb County

By Crystal Mathis – Intake Specialist, WestCare Georgia-Atlanta

On May 20, 2008, Dekalb County Commissioner Burrell; Dekalb County CEO Vernon Jones and WestCare/Project Safe Place signed a Proclamation with the Dekalb County Fire Rescue Department. As a result of this Proclamation, all of the Fire Stations in the county have become Safe Place Sites! There are 27 Fire Stations in the county. With this Proclamation being signed this gives the runaway and homeless children in the county more places to seek help 24 hours a day 7 days a week. In addition, as a result of the signing of the Proclamation; May 20th has been named National Safe Place Day in Dekalb County.

Georgia



Dekalb County CEO Vernon Jones and WestCare/Project Safe Place signed a Proclamation with the Dekalb County Fire Rescue Department

Our Youth Takes a Step Upward

WestCare Community Housing had three residents graduate this year from high school. They are all going to be continuing their education. One young man will be attending Dekalb Area Technical School; the other young man is interested in attending Lincoln College for computing programming and last but not least; we have a young lady that has received a four year scholarship to Georgia State University. She was also accepted at Hawaii University but decided to attend Georgia State.

Project HIBISCUS Begins Prison Project Initiative.

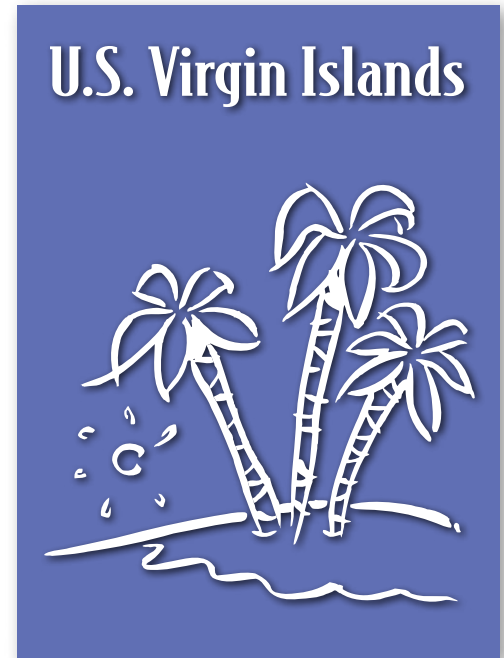
By Magdalena Santana-Nieves, NCMA – Program Coordinator
Hep-C Integration Project The Village-Virgin Islands Partners In Recovery

Project HIBISCUS (Hepatitis Integration by Incorporating Strategies for Communities United & Strong), is a program of The Village-Virgin Islands Partners In Recovery on St. Croix, U.S.V.I. This program is funded by a grant by SAMSHA/ CSAP, providing Hepatitis, HIV, & Substance Abuse prevention training. Project HIBISCUS will begin servicing the re-entry population at the Bureau Of Corrections in September of 2008, providing our twelve week curriculum training. While servicing these clients, Project HIBISCUS will continue providing presentations on the different topics of Hepatitis, HIV, Substance Abuse, and different STD's to staff of the Bureau of Corrections and inmates that are incarcerated, both male and female populations.

Project HIBISCUS will also be providing the same curriculum training to those of the Youth Rehabilitation Detention Facility, categorized as

re-entering society. The same presentations will also be provided to those of the incarcerated population. A youth organization also part of The Village, IMPROV, will assist Project HIBISCUS with bringing visual interpretation of the topics discussed, to the youth. This brings important prevention information from an early age, reducing the harm to themselves and others.

Project HIBISCUS is dedicated to the prevention of Hepatitis, HIV, and Substance Abuse. We are committed to educating others against the dangers of high risk behaviors. Things they learn are in turned shared with members of their families, friends and loved ones to include sexual partners. According to our evaluations, satisfaction has been close to 100%. Making our program proud of its accomplishments, is the only one of its kind known in the Caribbean. Providing a prison initiative full circle to include adults and their families and those



of the youth population, all connected by the same prison system society strides to change.



Endowment Campaign Moves Forward!

By Jim Schaitel – *The DuBois Group*

Campaign Corner

In the last WestCare Express we announced the decision to launch an Endowment Campaign that will help secure the future of WestCare Foundation and the valuable work you all do for our clients.

We are rapidly organizing the campaign and will announce the name of our Campaign Chair very soon along with some Regional kick-off dates. I have been assigned as the campaign director (I was part of The DuBois Group team which did Feasibility Study interviews in Arizona, California, Georgia, Florida, Kentucky and Nevada).

How does an endowment campaign vary from a traditional campaign? Most of us are familiar with campaigns to fund operational needs or a bricks-and-mortar project (constructing or refurbishing a building) but an endowment campaign raises funds that are set aside for a myriad of *future* needs. We will set up a separate, dedicated trust for the endowment with a board of trustees who will invest and supervise the trust. The principle in an endowment trust should never be touched, but rather only use the earnings to support our programs and our work.

\$10.4 million is an ambitious goal and will take a lot of work and support from volunteers and donors alike. The initial response from WestCare employees has been very positive, mirroring the response we heard during the Study interviews so we are confident we'll make our goal. We hope we can count on you!

I will keep updating you as each Region launches its area campaign *and* fill you in on good news as it happens!

Keys to Recovery

Today Gonzalo and Annie have a good life. He has his own business; she works the photo department at Walgreen's. "Smooth sailing." In 1992 Gonzalo was arrested for drug trafficking. He was leading a double life. He was a family man, a drug dealer. He

By Jane Martinson – AP Clerk, Guidance Clerk of the Middle Keys

and Annie were raising a family. A nice home, nice and a job. "No problem here." From 1992 to 2004 he popped in and out of jail. Court dates were always the same. "Just give me my time."

Gonzalo became increasingly depressed with the lies that were his life. In 2004 he asked the judge to send him to Keys to Recovery, a three phase program in Marathon, FL for men serving time for substance abuse convictions. The judge sentenced him to six months at KTR. "I was ready to quit and needed help."

Annie had supported a friend at KTR and knew the program. She brought her daughter Yaemin to family groups. "We enjoyed being there. The staff was great." Gonzalo arrived in 2005. The program helped with anger and substance abuse problems. He began thinking before acting and was ready to "let go of the lies and come clean." "The hardest

part was to realize that I had a problem."

Annie joined him for meetings. "Involving my family was a big part of my recovery." It was not one aspect of the program but the program as a whole that helped. "Nadine (Director) is tough but fair. The staff believes in what they do, they know it works." "Fran was there to answer questions. I learned as much as Gonzalo." says Annie. He participated in KTR Aftercare to receive counseling and attend meetings.

Gonzalo now speaks at meetings, volunteers at DJJ, and helps others in danger of relapse. "Helping others helps me." "Next to my family, KTR is the best thing that ever happened to me. We are blessed to have the Guidance Clinic of the Middle Keys and Keys to Recovery in this community."

South Florida



Dick Steinberg on the 35th Anniversary of WestCare

By Seanna Herring-Jensen – Special Projects Officer, WestCare California

On April 1st 1978, the now CEO of WestCare, Dick Steinberg, was hired by Fitz House as an intake counselor fresh out of college. He accepted the position but secretly planned to stay only for three months since he was waiting for another position to open elsewhere. Guess the April Fools joke was on him because a few months later the Director left the Fitz House and Dick became the Interim Director. At that point, the program was operating off a 230k grant, accepting food stamps, but was operating at a large deficit.

Dick had organized fundraisers while working at the YMCA, so he put together a Fitz House "Country Fair." Being located in Las Vegas had its advantages. The two honorary co-chairs for the event were Bill Cosby and Paul Anka. Admission

was only \$1.00 and every entertainer in town came to the Country Fair. The participation was huge! Milton Berle sang a Robert Goulet song off key until Mr. Goulet himself appeared on stage, took the mic from Mr. Berle, and finished the song the way it was meant to be sung. The event earned \$20k. It was an annual event after that and WestCare was well on its way to growing into what it is today.

When talking about the past 35 years of impressive yet *unexpected* growth then asked about the future plans for WestCare, Dick Steinberg responded that he didn't know . . . for sure. With the typical twinkle in his eye, he grinned and said he was "only sticking around for another 20 years or so." I think we can expect the same impressive growth for the next 20 years, or so.



WestCare Y-Max Program in the Historic China Alley

By Seanna Herring-Jensen – Special Projects Officer, WestCare California

In Hanford, California WestCare provides intensive services at the Juvenile Hall facility and satellite services at two local high schools through the Y-max program. The Y-max program includes individual and group counseling for adolescents as well as optional individual counseling for parents of the adolescent clients.

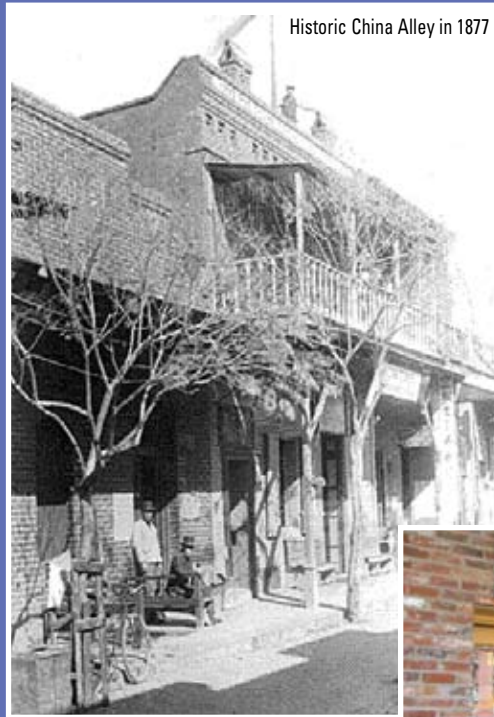
To further encourage the involvement of the youth in the program, WestCare has leased a nearly 7,000 square foot building in the historic China Alley to be used as a youth drop-in center. It's a very unique setting for a very unique program! Back in 1877, the bricks went up and the mystic China Alley was born. What once housed a turn of the century general market, laundry, a Taoist Temple, and the infamous Wing's Chinese restaurant, is now where the WestCare Y-Max program is located complete with big screen TV, Wii game system, X-Box, video conferencing, group rooms, and a computer lab. A legacy was also born in the Alley from the hard work and the commitment of a family working together through their struggles. The Wing family was honored at the WestCare Y-max Open House on July 23rd in front of 150 community members and dignitaries. The WestCare drop-in center for youth was renamed The Wing Family Youth Center in honor of their commitment to the community.

China Alley resident, Bessie Sue, tells of the China Alley from her childhood in Hanford. "Umbrella trees lined the Alley and when their purple blossoms

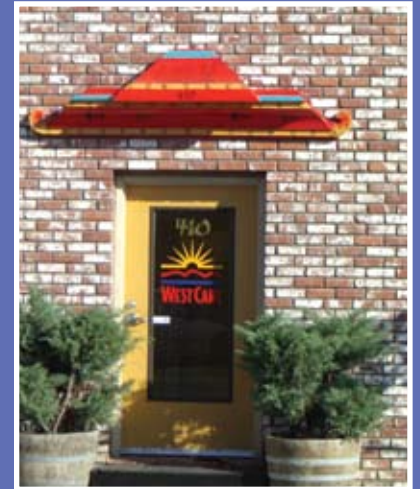
would bloom, the fragrant smell would waft into the businesses that lined the unpaved street." Bessie's father, Sue Chung Kee, opened a general merchandise store and kept fifty canaries. Once, the birds escaped

and people up and down the Alley were trying to capture the excited birds. It is a fitting memory to be shared of China Alley for the many youths who are struggling to be free from their substance abuse issues.

California



Historic China Alley in 1877



Let's Celebrate!

The entire WestCare organization will host an event at each site on August 22, 2008 to celebrate our 35th Anniversary. Please make sure you take lots of pictures to commemorate this special day!

