



WESTCARE EXPRESS



The WestCare Foundation Employee Newsletter

Page 1

August 2013

Forever Changed; A New Path to Recovery

Editor's note: The clients and staff at WestCare's Harris Spring Ranch, northwest of Las Vegas, have returned to their property with the huge Carpenter 1 fire finally tamed. It scorched 43.5 square miles (15,000 acres) of brush and timber, making it one of the largest in North America.

This is the account by Jennifer Hilton – *Harris Springs Ranch Director*

With a crack of thunder and a flash of light on July 1st, 2013, the history and landscape of the Spring Mountains changed forever. Home to WestCare Nevada's **Harris Springs Ranch**, often called the "Flag Ship" of WestCare, the Spring Mountains began to be ravaged by the "Carpenter 1 Fire;" the largest fire in the area's history. Harris Springs Ranch has been working to help people onto the path of Recovery since 1979 and never had it been so close to losing its own way.

Harris Springs Ranch saw and reported the fire that started on the 1st of July and for three days waited tensely and watched it burn. On the 4th of July, as many were beginning to play with their fireworks, the call came to the Director of Harris Springs Ranch that we had to evacuate the camp

immediately. Staff from all of Southern Nevada's programs all jumped in to help out, with three vans driving up to transport over 48 people and one "Lucky" dog off the mountain. With the other campus directors coming in to help make beds and provide emotional support. The evacuation was completed in less than 2 hours and the camp was left in the path of the fire, with many hopes and prayers that we would be able to return.

On July 7th, the US Forest Service moved their first type 2 "crew" of 20 men onto the camp, as the fire began to come dangerously close. By the morning of July 8th, Harris Springs Ranch was swarming with 2 Hot Shot Crews and 3 type 2 crews, over 100 men on camp working right up next to the fire now surrounding the camp. Chief

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UPLIFTING THE HUMAN SPIRIT

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Forever Changed; a New Path to Recovery *(continued from page one)*

Mark Blunkenger of the Nevada Division of Forestry volunteered his time on camp, as he has been a resident of Mt. Charleston since 1988 himself and stated he couldn't imagine the mountain without Harris Springs.

On July 10th Chief Blunkenger, reported with tears in his eyes that the camp had been saved. He said that in his 30 years of fire fighting he had never seen so much passion to save something, his two "inmate" crews stepping up and pushing as hard as and sometimes harder than the Hot Shot crews. Several of the "inmates" said they had come through our recovery camp and wouldn't be alive if not for Harris Springs Ranch, and if they had just listened they wouldn't be where they are now.

With the camp saved, the fire beginning to cool, and a landscape forever changed, ***the Road to Recovery for Harris Springs now begins.***

A VERY SPECIAL THANK YOU to the ***Rocky Basin Incident Management Team #2 and amazing FIRE FIGHTERS*** from all of us at Harris Springs Ranch and the thousands of lives that we hope help move onto their own path of recovery, your hard work makes ours possible.



WestCare CARES!

Win me!
Your chance every week.
Read Julie LeFils' emails!



Following the Yellow Brick Road C26 D-Hall Thespians stage their own “Wizard”

By Erin Doebler and Charlene Hamann

On July 3, 2013 in the Re-Entry Program clients, adapted the story “*The Wizard of Oz*” and played the various roles using the theme of addiction and recovery. The play was performed twice, once during morning group and again during afternoon group. The “*Wizard of Oz*” had 15 participants to act out the different recovery roles. For example, *Dorothy* represents the recovery role (Going home to seek support). *The Tin Man* portrayed someone who lost his heart (and deadened his emotions through the use of drugs.) *The Scarecrow* skipped along (looking for a brain, after he had destroyed it by using drugs and alcohol). The fearsome, but *Cowardly Lion* lost his courage (through too much marijuana, alcohol use and peer pressure). Let’s not forget about *Toto* (portraying co-dependency by just being along for the ride). These five characters eventually met up with the *Wizard* as Toto unveiled the Wizard of Oz’s “mask of addiction.” Unfortunately, The Wizard of Oz keeps coming back to prison because he continually relapses as he thinks he “has all the answers.” The final characters included, *the munchkins*, (They are

only in the background and have not committed to recovery), *The Wicked Witch of the West*, (who portrayed the drug dealer, the tempter and later in a scene agonizingly melts at hearing the sounds of the “*Brother, Brother*” song), *The Flying Monkeys* (sent by the wicked witch to create chaos in treatment), and last but not least, *Glenda the Good Witch of the North* who represents a WestCare counselor by teaching the 12 steps and daily right living.

This group did a remarkable job of putting together something meaningful and creative in treatment. Each of the actors made their character unique. Congratulations on a job well done!! Two thumbs up for a great production!!
(Do we see a Tony Award in the future for this production?)

Illinois



California

Makin’ Noise . . . and Bucks



This year’s fireworks sales for WestCare California ended with a bang! Thanks to the efforts of staff and client volunteers that helped run the booth in Fresno for the week that it was open, we raised well over \$6,000 in profits for WestCare California! Seven clients from the TC and RMS programs also received temporary jobs with the Phantom Fireworks warehouses, assisting with post-sales procedures. Great work, everyone!



Life is a Highway . . .

Recently, a Caltrans subcontractor made an agreement with the Day Reporting Center (DRC) to hire on WestCare clients for beautification projects along the 99, 41, 180, and 168 freeways in the Fresno area for 90 day periods, with bi-weekly pay and 40 hours a week. Following completion of the work contract, they may be hired on a permanent basis with Caltrans or an affiliated organization. Whether it leads to work or not, the experience will look great on their resumes. It has also been written into the DRC's client contract. Great work, guys!

Two WestCare work crews



California



Reunited and It Feels So Good

A group of Bakersfield's residential clients shared a fun-filled day at Six Flags Magic Mountain. But for Daniel V., his son Daniel Jr. & his grandchildren, it continued a long overdue reunification process. Daniel Sr. and Daniel Jr. have not been in contact for over 30 years until now, and it was here at WestCare that the reunification process began. Daniel Sr. has had the opportunity to go on Saturdays to Outpatient and participate in Family First with his son and his grandchildren. Daniel Jr. took his father to the movies the weekend after Father's Day to see Iron Man on the first outing they shared before the trip to Magic Mountain. Daniel Sr. is pleased to have his son and grandchildren back in his life!



Three generations reconnect

Training in a Vast Footprint of Services

By Lydia Gutierrez – Senior Community Services Coordinator

During the month of June, our Director of Criminal Justice Services, Don Smith held our annual Community Based Provider Training Sessions in three counties of our existing service area, Kern, Fresno and Sacramento. WestCare SASCA Region I has been overseeing Substance Abuse treatment and Community Based Providers serving the State of CA for 14 years. As a contractor with the California Department of Corrections and Rehabilitation (CDCR), we oversee and serve 33 counties from Kern up to the Oregon Border. WestCare SASCA is contracted with 37 Substance Abuse Contractors, who operate more than 100 facilities that include Residential, Out-Patient and Sober Living modalities within Parole Region I. It is a huge undertaking that Mr. Smith guides with great skill, and our staff members carry out their duties with excellence.



Don Smith leads the discussion



Contracted providers at a recent training session



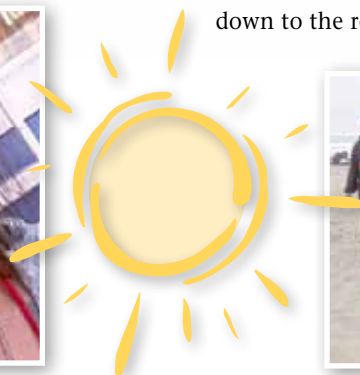
California



Keeping Up With . . . Barbara Varner

Editor's note: For several years, The Express has been following the busy life of this septuagenarian WestCare California Data Specialist. This is her latest adventure.

"I just returned from a missionary trip to an orphanage in Mexico. They don't do fireworks in Mexico. We painted the girls dormitory, attended the school graduation, did arts and crafts with the kids based on Bible stories, took them to the beach, and showed them a movie about 'Joseph and the coat of many colors.' I also climbed a cliff, with the aid of a native cliff climber, but no ropes and no safety equipment. It was about 500 feet straight down to the rocks on the beach, if I slipped. I didn't."



Boyle County SAP in the News . . . Again!

Courtesy of Kendra Peek of the Advocate Messenger-Central Kentucky

When inmates are released from prison, returning to the outside world can be a difficult task, especially for those recovering from drug and alcohol addictions.

"You're asking somebody that's got a drug and alcohol problem to get out of jail, leave here, take care of adequate housing, go get a job, become a dad . . . pay child support, pay all their bills. That's so foreign to them. They've never done that before," said Jerod Thomas, deputy administrator of WestCare, a nonprofit organization that works within the Boyle County Detention Center, facilitating the center's Recovery Program.

That is why Thomas and Jailer Barry Harmon are working to obtain a grant from the Bureau of Justice Assistance, of \$300,000 over two years to be dispersed as \$150,000 each year. The grant will be used to create a mentor program, pairing individuals with community volunteers. There will be about 70 participants to match with 70 volunteers; however, Thomas said they expect to start with about five of each and gradually grow the numbers.

Mentors will be tasked with trying to train individuals on how to do things, such as get a

job or a place to live.

"You can't just say, 'OK, you go get a job,' and then walk away from them. You've got to teach them how to do it. You've got to facilitate," Thomas said.

Thomas expects they will learn in September if they receive the grant. When they find out, plans will begin moving quickly, he said, and the mentoring program could start within the year.

Mentors will undergo a training process. They will meet the inmates while still incarcerated to give them time to get to know one another. After the inmates are released, the pairs will continue to meet and work together. The mentors can take the participants on fun trips, as well, Thomas said, such as to baseball games, which will be covered by the grant money.

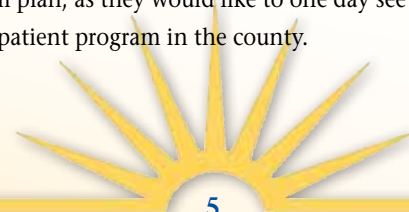
Only inmates from Boyle and Mercer counties who are participating in the Substance Abuse Program can take part in the mentoring program. According to Thomas, the counties have been supportive of jail programs, and this would be one way to give back.

Kentucky



Jerod Thomas with Boyle County Jailer Barry Harmon

Starting the mentoring program will help the inmates transition to life outside incarceration. It is the first in Thomas and Harmon's long term plan, as they would like to one day see an outpatient program in the county.



August Calendar

August 7th

Road to Recovery Television Series
Young Adults in Recovery: Meeting the Needs of the "Millennial Generation"

August 9th

1:30pm - 2:30pm
CA-CAC Meeting
(#1245) MLK Facility, Fresno, CA

August 13th

3:00pm - 4:00pm
FLGC CAC Meeting
3:00pm/PT – 6:00pm/ET
City Center, 100 2nd Ave. S. #10

August 14th

VJ Day

August 20th

8:00am - 9:00am
Executive Committee Meeting
Teleconference
8:00am/PT – 11:00am/ET

August 22nd

9:00am - 10:00am
G/CC-CAC Meeting
Noon/ET
3000 41st Street, Ocean, Marathon, FL

August 23rd

Health Unit Coordinator Day

August 26th

Women's Equality Day



August Health Observances

August is

National Immunization Awareness Month (NIAM)

Courtesy of www.vicnetwork.org

Each year in August, National Immunization Awareness Month (NIAM) provides an opportunity to highlight the need for improving national immunization coverage levels. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases. In 2013, the National Public Health Information Coalition will coordinate NIAM activities.

People of all ages can protect their health with timely vaccination.

CDC develops immunization materials our partners can use in local outreach and education efforts during NIAM and year-round. Below are links to

National Immunization Awareness Month



materials you can use during NIAM to:

- Encourage parents of young children to get recommended immunizations by age two; reach out with posters, video PSAs, tweets [2 pages], Facebook posts [3 pages], and more
- Help parents make sure older children, preteens, and teens have received all recommended vaccines by the time they go back to school
- Remind college students to catch up on immunizations before they move into dormitories
- Educate adults, including healthcare workers, about vaccines and boosters they may need
- Educate pregnant women about getting vaccinated to protect newborns from diseases like whooping cough (pertussis)
- Remind everyone that the next flu season is only a few months away

Check with your state or local health department to see if they have additional immunization resources you can use during NIAM, or plans to celebrate the month.

<http://www.cdc.gov/vaccines/events/niam/default.htm> – For more information

August is National Eye Exam Month

By Nicole Brierty – <http://freedom-homehealthcare.com>

August is here and although the summer is shortly coming to an end, the UV Rays are still high and it's important to take proper precautions to protect yourself from the sun. August is National Eye Exam Month, a month dedicated to the importance of eye health and safety. Sears Optical founded National Eye Exam Month in 1989 and since then, most ophthalmologists promote eye safety throughout the month. Most sponsor EyeCareAmerica, a campaign for seniors ages 65 and up that can qualify for a free eye exam.

You may think you have healthy eyes and have no symptoms of vision problems, but if you are between the ages of 40 and 65, you should have your vision checked every 2-4 years; and at 65+, every 1-2 years. Some individuals may have a family history of eye disease or a chronic illness that can affect your vision. This puts you at a greater risk of vision problems, and therefore it is vital that you get your eyes checked more often than most.

Dove House Provides Peaceful Setting

Submitted by Rhonda Shields and Jarett Oroszi

WestCare Reno has expanded its programs to meet the needs of their community by collaborating with State Mental Health staff in opening the new Dove House. The 16-bed transitional living facility serves the chronically mentally ill and those who are unable to thrive independently in the community. The program for adults coming out of the hospital and jails will assist in stabilizing these individuals through medication management, life skills and social skills, to prepare them for more independent living in the future.

Nevada

Regional VP Amy Roukie, left, with Northern NV Mental Health staff



State Mental Health staff, along with WestCare employees Michelle Zeigler, Melissa Andrade-Garcia, Gamilier Gonzalez, Robert Kaiser, Mike Lopez, Diane McNeal, Karina Martinez.



Parents Express Gratitude for “Caring, Positive Experience”

Dear WestCare Staff,
 About 20 days ago my husband and I dropped off our son Zachary C, at your facility. We have been through detox with him two times before, sitting up with him for hours each night trying to help him through withdrawals. His sister has been through it as well, making him sleep next to her bed so that she could make sure he wouldn't leave. It has been a rough road he was basically being cut-off from all family until he really wanted to get clean. We wanted to thank you for basically saving his life, if it had not been for the caring, positive experience he had at your facility I have no doubt he would have taken off and would not be where he is today.

I'm sure you are aware that he is now at WestCare Home Front and doing great, we are so thankful for your facility. We live in Carson and there is no place for people in his situation to turn for help unless you have a lot of money to check yourself into the hospital

or an expensive rehab facility. Basically, the people with no money who need/want the help have no place to turn so they typically turn back to the drug use, hence the mess society is living with.

Enclosed is a small donation to say, “thank you.” Maybe this will help another individual to get the resources to turn their life around. I know he will struggle every day with his addiction, but for today he is clean and I have “my” son back.

Have a wonderful day and keep up the good work! – *Kathy and Dan C.*



Recovery Works, If You Work It!

By: Cinnethea Springer – Substance Abuse Counselor

This is a powerful statement that has shown to be true as the WestCare Georgia family celebrated the accomplishments of the sixteen (16) Blanket Atlanta Champions, graduating Class of 2013 from the Blanket Atlanta Outpatient Treatment Program. This wonderful celebration took place on Friday, July 12, 2013 at Emmanuel Baptist Church in Atlanta, Georgia. The graduates received words of encouragement and praise from the President (CEO)-Mr. Richard Steinberg; Senior Vice President-Mr. Jeffrey Caudill; Regional Vice President-Mr. Michael Langford; Board Chairman-Dr. Eugene Walker and the Blanket Atlanta Team. The graduating class also received words of encouragement from their peers: Valedictorian – Mr. Michael Winder and Salutatorians – Mr. Alfred Stinchcolmb and Ms. Juanita Jones. The guest speaker Mr. Yomi Makanjuola CCS, CAC-II, State Director of Treatment Services for Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) in the Division of Addictive Diseases, challenged the graduates to embrace the positive changes that they have made to improve their lives and to continue to grow throughout their recovery as they embark on new beginnings. Congratulations Class of 2013!!!!

Georgia



Proud graduates queue up for their big moment



More praise from well-wishers



CEO Dick Steinberg addresses the graduates



The Month of August

August Birthstone: Peridot, Sardonyx – The Traditional Metaphysical Properties for the August Birthstone Peridot are fame, dignity, and protection. The healing properties of the August birthstone are reputed to be effective for health problems relating to the lungs, lymph, breast and sinuses. The Peridot is also used to enhance prosperity, growth, and openness.

August Birth Flower: Gladiolus
The meaning of the August Birth Flower, the Gladiolus is sincerity and symbolizes strength of character. The hidden message of the Birth Flower, the Gladiolus, so favored during the Victorian era was "Love at first sight."

Sign of the Zodiac and Dates:
Leo – July 23 - August 23.

Characteristics of Leo:
Honest, Generous, Self-motivated, Warm-hearted, Enthusiastic



Information Technology

An occasional column of advice from our Information Technology team

IT Corner

Avoiding the Help Desk

By Sean Harrigan – *WestCare Systems Administrator, Foundation*

Computer problems can often be resolved without ever having to contact the help desk. These basic troubleshooting steps can help you solve the problem on your own.

Is it me?

Some issues affect just one person, and some affect the entire office. It's important to know which the case is. When a problem affects multiple users, the help desk needs to be involved. If the problem is affecting just one person, the following steps may be helpful.

Is it plugged in and turned on?

A large number of issues are caused by loose cabling or a device not being switched on. The cables on the back of the computer connect you to the network, monitors, power, keyboard, and mouse. If you're having problems make sure all of the cables are in and tight on both ends. If you're using a power strip or surge protector make sure it's plugged in to the wall and the switch is turned on.

Have you rebooted?

If your computer is running slow or a

program isn't working right rebooting will often solve the issue. Many computer problems are caused by software, services, or processes that either don't terminate properly or don't release resources properly. Over a period of time these can add up and cause strange errors and poor performance. Rebooting the computer reclaims these resources, and gives you a fresh start.

Can't print?

Some software will only print to the printer that has been selected as default. If the proper printer isn't set as default, you may be sending print jobs to the wrong printer, or to nowhere at all. You can verify this by accessing your printers from the Start menu and verifying that the proper printer is selected as default. If it is not, right-click the printer that should be default and select "set as default."

If all else fails . . .

Of course these steps won't solve all problems, and that's why the help desk is available. You can use the form on the WestCare Employee Portal to submit a help desk ticket, or send an

email to support@westcare.com. If you can't access the website or email you can call 702-410-7595, or 10200 from a Polycom phone. Make sure you detail what troubleshooting steps you've already taken, and provide current contact information so that someone can reach you.



Women's Equality Day – August 26th

In 1971, after much work, and at the urging of U.S. Representative Bella Abzug (D-NY), Congress designated August 26 each year as "Women's Equality Day." This day was selected to commemorate the passage of the 19th Amendment to the Constitution on August 26, 1920. This amendment granted women the right to vote. This was the culmination of decades of effort by women suffragettes and other groups. Their efforts dated back to first women's rights convention in 1848 at Seneca Falls, New York.

A Summer of Great Personal Achievement

Editor's note: A number of WestCare employees in the Sunshine State recently reached milestones in various areas. We congratulate them all!

Village South



Kevin Brooks – Bachelor's Degree from University of Miami

Marie Baptiste – Florida International University with her Bachelor's in Criminal Justice



Pedro Betancourt – US Citizenship



Elena Hoyos – US Citizenship

Rodney Branch – Bachelor's Degree in Social Work from Florida International University



Gulf Coast



Ann DePoole – received LCSW



Mary George – received LMHC

Florida



U.S. Virgin Islands



Kichelle Williams – Master's of Science in Mental Health Counseling and National Certified Counselor Certificate



Election Season at the Personal Growth Center

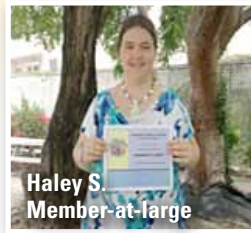
By Lisa Poos – PGC Program Director

Florida

About 50 miles north of the southernmost tip of the United States is a clubhouse called The Personal Growth Center. PGC provides psychosocial rehabilitation services for persons with mental illness in a consumer-run environment. It is a place where adults with mental illness can go to fulfill the goals and aspirations of their lives in a friendly, relaxed atmosphere.

Members have significant roles, participating in necessary and meaningful work vital to PGC's day to day existence.

Every year, PGC holds an election for their Advisory Board Committee. The ABC consists of a Chairperson, Vice Chairperson, Treasurer, Secretary and 3 Members at Large. The ABC meetings are held weekly and are a time for all the PGC members and staff to come together to discuss clubhouse issues, get updates, make announcements, decide on the next months Member Spotlight, vote on weekly outings and decide how to spend profits made in the Small Biz thrift shop.



Haley S.
Member-at-large



James C.
Member-at-large



John W.
Treasurer



Michelle B.
Secretary



Wayne L.
Chairman



Mario C.
Vice Chair



Laura M.
Member-at-large

During the month of June, Members were nominated and given an opportunity to campaign for their spot on the Committee. All members and staff were given the chance to vote using a paper ballot. PGC held an inauguration for the elected individuals on June 26, 2013. Pictured above are the individuals that make up our 2013-2014 PGC Advisory Board Committee.

All in the WestCare Family

If you won a multi-million dollar lottery jackpot, what would you do with the money?

Amy Roukie, Reno: "I would first take care of my family, and make sure they are all comfortable and have money for their futures. I would buy-out my parents' house and give it to them. I would pay all of my bills and buy a beautiful house on the hill . . . and on the beach . . . and one with the most amazing view . . . and I would set-up a savings account for my daughter, my son and my grand-daughter (pictured here) so that they could enjoy their lives without a care in the world, and so that my little diva could have all of the pretty clothes that she desires, because I think that she is the cutest-ever.

I would then buy Rhonda the building she wants for the Residential Treatment program in Reno . . . and a thrift store. And then, I would become a consultant for WestCare and one of those on the Board who offers donations and rebuilds programs and develops systems to improve our services including expanding so that we can treat more people! "

Jennifer Hilton, Las Vegas: "Besides a Bahamas vacation, I would donate to the US Forest Service Fire protection Program and to the US Forest Service firefighters!"

NEXT MONTH'S QUESTION: "In your personal life, do you communicate more face to face, talking on the phone, texting or emailing? And why?" Please email your response and a photo by the 15th of August!

John.wallace@westcare.com



Amy's granddaughter



Fire damage at Harris Springs Ranch



'Right Living' Down on the Farm

By Steven Goold – *Senior Counselor*

This summer, WestCare Wyoming relocated a seventy two (72) bed Therapeutic Community to the Wyoming Honor Farm in Riverton Wyoming. The Wyoming Honor Farm is a minimum security facility that has a functioning farm attached that includes a wild fire control program, wild horse program, beef program, and crop programs. The WCWY staff facilitates recreational, psycho educational, group counseling, and individual counseling services within a therapeutic community. In the therapeutic community, the inmates help each other develop the skills to engage in 'right living,' helping each other stay focused on developing positive pro-social attitudes.

Prior to the initial startup of the ITU, WestCare Wyoming staff and Wyoming Department of Corrections staff participated in two day training on aspects of how to run an effective therapeutic community. Correctional officers, caseworkers, and counselors all attended the training provided by Dr. Igor Koutsenok, an expert in the treatment of criminally addicted offenders. The training focused on how counselors, correctional officers, and caseworkers can

all work within their respective roles to help clients develop and maintain motivation to address problematic behaviors. The training



also focused on the history, theory, and practice of a therapeutic community

The program start-up went smoothly, in large part because of the close working relationship between the Wyoming Department of Corrections (WDOC) and WestCare Wyoming staff.

The correctional staff and caseworkers with the WDOC have been invested in a smooth transition. Both WDOC and WestCare staff have been invested in applying the principles

of a therapeutic community to help clients develop the skills necessary to help clients engage in right living.

As the transition continues to unfold, the WestCare counselors and staff have helped the clients adjust to the change as well as helped them understand that part of life is change and how they cope with changes will ultimately lead to their being successful when released from prison.

From the Newsroom

Courtesy: jointogether.org July 19, 2013

Young Children's Personality Traits Linked to Teen Alcohol Use

A child's personality traits before age 5 may help predict whether they will use alcohol in adolescence, a new study suggests.

The researchers followed about 12,600 children from the time they were born. Parents were asked about their children's personalities in the first five years of life; after that, the researchers interviewed both the children and their parents, **Fox News** reports. By age 15 ½, 4,600 teens were still participating. The researchers were able to statistically extrapolate results from the teens who had dropped out of the study.

They found the personality traits in toddlers most closely associated with teen alcohol use

fell into two categories: emotional instability and relatively low sociability, and high sociability, which may lead to "sensation seeking" later in life. The findings appear in the journal **Alcoholism: Clinical and Experimental Research**.

"This underscores the fact that drinking during adolescence is largely a social phenomenon," study co-author Danielle Dick of Virginia Commonwealth University said in a journal news release. "However, this doesn't mean it's less problematic; we know from other studies that most adolescent drinking is high risk – for example, binge drinking – and can

lead to numerous negative consequences."

She added, "People don't enter adolescence as blank slates; they have a history of life experiences that they bring with them, dating back to early childhood. This is one of the most comprehensive attempts to understand very early childhood predictors of adolescent alcohol use in a large epidemiological cohort." She noted the study indicates that troubled children are not the only ones who start to use alcohol. "It's also the highly sociable kids as well. Parents should be aware of this."



Recommended Viewing Road to Recovery Television Series

Courtesy of SAMHSA

August: Young Adults in Recovery: Meeting the Needs of the “Millennial Generation” (Premieres: 08/07/2013)

Young adults increasingly are joining the ranks of people in recovery. The needs of young adults (ages 18–25), an age group sometimes called “the Millennial Generation,” differ from the needs of older and younger generational groups. This show will focus on the particular needs and preferences of young adults as they engage in treatment for mental and substance use disorders and follow their journey of recovery. Effective strategies for preventing young adults from initiating substance use, escalating their substance use, or developing mental disorders will also be explored. Young adults have been raised in an

era in which the Internet provides vast quantities of information with rapid access to this information facilitated by mobile technologies. Also, these lifestyle factors – which have strong implications for prevention strategies, treatment approaches, and recovery systems for this age group – will be examined.

To find out how you can access the television series in your state, go to:

<http://www.recoverymonth.gov/Multimedia/Road-to-Recovery-Television-Series.aspx>

ALSO: YouTube offers an eye-opening look into the scourge of methamphetamine. **‘Fresno . . . the City Addicted to Crystal**



Meth’ is a brilliant documentary by Louis Theroux. **WestCare California** is prominently featured in the film.



Health Unit Coordinators Day, August 23

IMaGiNE
believe
ACHIEVE
August 23, 2013

Health Unit Coordinator Day is the time each year when you can demonstrate the importance of Health Unit Coordinators in healthcare.

Show your support for your profession, staff, colleagues and friends with gifts from the NA-HUC and Jim Coleman, Ltd.

<http://www.nahuc.org/HUC%20Day%20August%202013.htm>



The Growth of Many

Contributors: Jason Simpson, Jeremy Johnson and Jeff Baxter

As the morning sun rises slowly over the mountains of Eastern Kentucky at Ashcamp, a new day is born. The sun brings light and hope to all the residents in the facility, much the same way these residents are becoming shining examples of community action and service work.

It is a staple of the WestCare Foundation way that our residents give as much back to this beautiful community as a day's time will allow. We are constantly ingrained in the fabric of community action and beautification projects all around our county. Volunteer work has become a vital aspect of every man's journey to recovery in this facility. Recently, we helped construct the travelling Vietnam Memorial Wall at Bob Amos Soccer Field in downtown Pikeville. We greeted veterans and their families. We gave thanks for their selfless and heroic efforts to enable everyone the opportunity to enjoy liberty and freedom throughout this great nation. Their stories inspired us and gave all a new outlook concerning their lives and the beauty of that life. A seed of hope and love for our fellow man was planted in the hearts and minds of every resident who experienced the sanctity of these brave men's strife, struggle and safe return home. As empathetic as we were, it

was staggering and humbling as those fearless patriots told us we were the brave ones to take up arms and make a stand in our own personal war.

A few other seeds have been planted as well back on campus. Certified Master Gardener Jeff Baxter and resident Phillip Hall assembled one of the finest landscaping crews I have personally witnessed to take on the task of beautifying an already pristine and breathtaking campus.

Nestled in the foothills of Appalachia, WestCare Ashcamp has the eclectic feel of down home mixed with the serenity and hope of Sunday morning in the South. This hope of serenity grows boundlessly in the fertile minds of the men here and these same men dedicate their time and energy to the fertile soil found in this place which signifies rebirth and a new inner peace for so many. Now, thanks to Mr. Baxter and his tireless group of volunteers, we have an outward symbol of this to share with all who wish to partake. Primary to our

Kentucky



Living, breathing, growing. Symbolism meets reality.

horticultural endeavors is our vegetable garden. Our garden will produce enough tomatoes, corn, green beans, cabbage, cucumbers, peppers, and watermelons to also be able to provide something special for families less fortunate in the region who may not have been as blessed as we have been. When asked about the garden, Mr. Baxter told me that "In recovery change sometimes happens slowly, and I have spent my addicted years hindering my growth and that of those around me. But to be able to have this vision and see it come to fruition through the dedication, sweat and from the hands of men just like me gives me the peace I have not known in a very long time."

Yes, much as the living sun logo of the WestCare sign represents hope, love, and a new beginning. This garden and these community action projects represent to these men the capability of making something beautiful from the meager beginning of a new life of sobriety.



"WestCare" is formed in foliage



Foundation News

Movers and Shakers . . . *New Leadership Roles*

It has been a busy summer for executive promotions within WestCare. These individuals have earned respect within and outside our Family and continue to guide our efforts with tremendous professionalism and belief in our cause and mission.

Congratulations to:

- Maurice Lee** – Chief Operating Officer
- Leslie Balonick** – Senior VP Correctional Program Services
- Richard Jimenez** – Senior VP Washington, Nevada, Arizona, Texas, Wyoming, Oregon,
- Jeff Caudill** – Senior VP Georgia, Tennessee, Kentucky, North Carolina
- Shawn Jenkins** – Senior VP California
- Mike Shields** – VP Human Resources
- Amy Roukie** – Senior VP Community Triage Centers
- Kevin Morss** – Regional VP Nevada
- Dr. Cherri Lester** – Regional VP Wyoming



Maurice Lee



Leslie Balonick



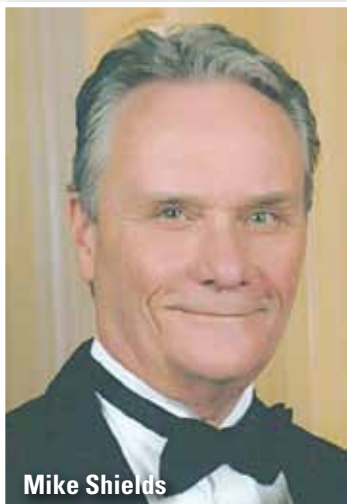
Richard Jimenez



Jeff Caudill



Shawn Jenkins



Mike Shields



Amy Roukie



Kevin Morss



Dr. Cherri Lester

Kudos!

WestCare Honors Its Employees and Clients
 Our monthly shout-out to members of the WestCare family, who stand tall and 'uplift' others in their care and peers around them. Please submit your nominees by the 15th of each month.

◀ Florida

Cindy McKnight

On July 26th, 1990, President George W. Bush signed the ADA into law which promises to support equal accessibility, civic, economic and social life for all individuals with disabilities. On June 19th, 2013, the Monroe County Commission took time during their meeting to recognize the ADA chapter in Marathon, Florida. Monroe County Mayor George Neugent then presented Guidance/Care Center's Discharge Planner **Cindy McKnight** with an award. All County Commissioners then spoke about Cindy's work in the ADA chapter and the community. ***Congratulations Cindy and keep up the great work!***



Cindy is pictured with Dr. Scott Burns, Guidance/Care Center Medical Director



Tamra Vieira and her team

California – **Tamra Vieira** ▲

For several years, **Tamra Vieira** – a Vocational Counselor at California's main residential campus in Fresno – gathers an able and enthusiastic group of clients to assist in staging the Run for the Dream track and field extravaganza. Recently, the North American Pole Vault Association saluted WestCare for its outstanding service to this event and to the community. ***Thanks to these wonderful guys for making us all proud!***

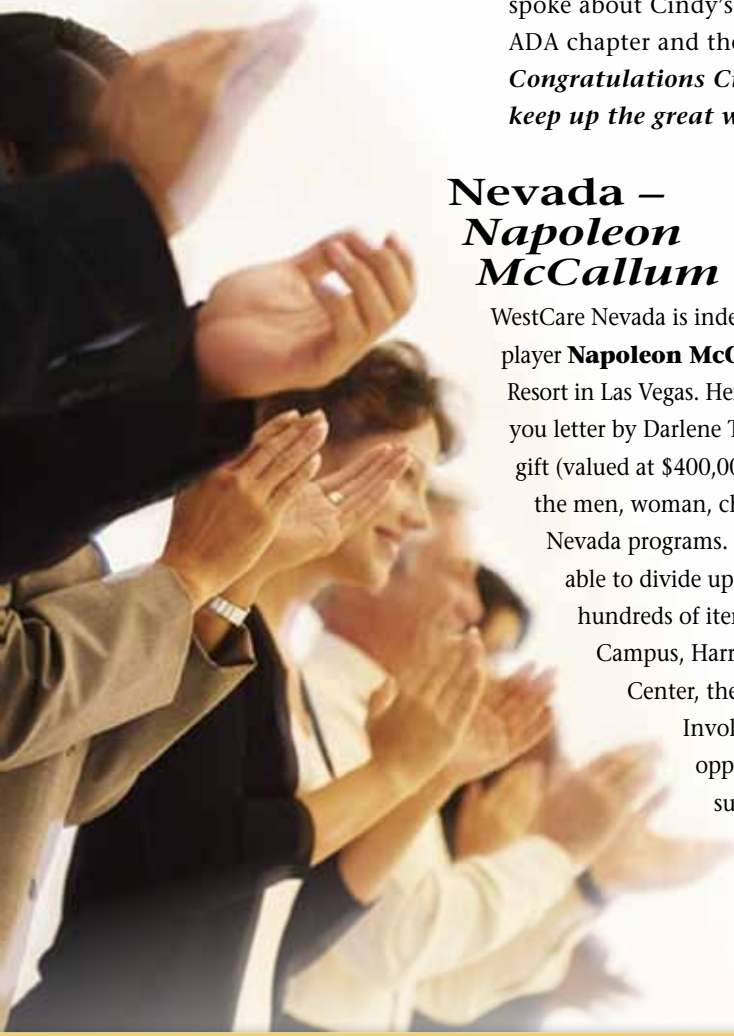
Nevada – **Napoleon McCallum**

WestCare Nevada is indebted to Navy veteran and former pro football player **Napoleon McCallum**, now an executive with the Venetian Resort in Las Vegas. Here's why, as expressed in a portion of a thank you letter by Darlene Terrill: "Thank you for your recent generous gift (valued at \$400,000) of brand new clothing and uniforms for the men, woman, children and Veterans served by all WestCare Nevada programs. Thanks to donors like you, WestCare was able to divide up the 48 pallets of clothing and distribute hundreds of items of clothing to the Women and Children's Campus, Harris Springs Ranch, the Community Triage Center, the Veterans program and the Community



Napoleon McCallum

Involvement Center in Las Vegas and Pahrump. Your clothing donation provided an opportunity for the clients to dress for job interviews, report to work sites "dressed for success," attend social functions, wear to school and / or just be able to dress with a brand new look . . . Again, thanks for all you do for our organization."



Setting Records!

National HIV Testing Day (NHTD), first observed on June 27, 1995, was established as an annual observance to promote HIV testing. In Guam, 244 HIV cases have been reported to the local department of public health since 1985. The Centers for Disease Control and Prevention estimates that 1.1 million people in the U.S. are living with HIV and nearly one in five of them are not aware that they are infected with HIV.

The theme for this year's NHTD was Take the Test, Take Control. HIV testing is a critical first step in taking control and responsibility over one's health – care and treatment services are available.

The WC Pacific Islands, GUAHAN Project, with our partners from the Department of Public Health and Social Services (DPHSS) and Guam's Alternative Lifestyle Association (GALA), worked tirelessly to promote the event through outreach and social media – and what a successful commemoration we had!

With extended hours, in total, 37 HIV tests were administered at Guahan Project with an additional 4 conducted at DPHSS! We not only set an agency record for a single day, but a

record for the island of Guam's commemoration of NHTD!

The following week, the Pacific Island's continued to challenge our strengths, abilities and community outreach by administering more than 160 STD tests between July 1st and 3rd! Our risk reduction counselors reached our most vulnerable youth populations by providing free testing at the Juvenile Detention Center, the Juvenile Drug Court, and door to door outreach in Zero Down.

WestCare staff from all programs finished the month long activities by doing outreach and condom distribution during one of the island's biggest yearly events – The Liberation Day Parade! This commemorates the island's freedom from the Japanese occupation and thousands line the streets of Marine Corps Drive to watch the parade, which often lasts all day, and do what we do best – BBQ and eat Kelaguen!

Submitted by Kelly Jensen

This year the Pacific Islands is liberated in knowing we helped 37 individuals Take the Test, Take Control – and more importantly we are liberated by knowing everyday we are helping to make a healthier, independent community.

A special thanks to Tim Dela Cruz, Wilma Dueanes, Phil Villanueva, Mama Char, Vince Aguon as well as the entire staff at the DPHSS STD/HIV Program!

Pacific Islands



Chicken Kelaguen

Ingredients:

Finadene Sauce

- 1 cup soy sauce
- 1 cup lemon juice
- 1 large onion, finely chopped
- 5 hot peppers, finely chopped

Chicken

- 1 whole broiler-fryer chicken, cut up
- 1 fresh coconut
- lemon juice
- 4 green onions, finely chopped
- 3 hot peppers, finely chopped
- 4 -6 pita bread

Directions:

1. Mix soy sauce with lemon juice. Add finely chopped onion and peppers. Let sit a few days in the refrigerator to let the flavors blend.
2. Marinate the chicken in the Finadene sauce overnight. Grill/broil the chicken, basting with the sauce. After it is done, cool the chicken, debone and shred it.
3. Open the coconut and discard the liquid inside. Grate the coconut meat. After the coconut is grated, pick it up in your hands and squeeze it over a bowl to collect the milk. Mix the milk with an equal amount of lemon juice and chill.
4. Mix the green onions, peppers, and coconut meat to the chicken. Slowly mix the coconut milk and lemon juice into the chicken, stirring well.
5. Serve warm on or in pita bread or tortilla



GREETING CARD SALE

A fundraiser of the Personal Growth Center, Marathon, FL



Set of 5 Glossy Cards (with envelopes): \$10

Set contains one of each image, blank inside.

(Details coming soon on Holiday Cards! Stay tuned)

Call (305) 434-7660 x31128, or email us: personal_growth_center@yahoo.com

The artwork used to craft these cards was created by Kimble K., a member of the Personal Growth Center (PGC) in Marathon, Florida. PGC, a project of the WestCare Foundation, is a clubhouse where adults with psychiatric disabilities can go to fulfill the goals and aspirations of their lives in a friendly, relaxed atmosphere. Members have significant roles, participating in necessary and meaningful work vital to the clubhouse's day to day existence. All proceeds from the sale of these works of art are directly reinvested into further development of

Personal Growth Center's small business program.

A place to go . . . A place to grow . . .

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