

THE *Express*

OUR WESTCARE STORIES FROM AROUND THE WORLD



Welcome from Ken Ortals

Chief Executive Officer

WestCare Family,

As one month of being Chief Executive Officer (CEO) comes to an end, I would like to share my background with you. My journey with WestCare began in the fall of 2015 when WestCare was in the market for an electronic health record system. As luck would have it, my job in Kansas City was working for a non-profit and a few years earlier, we had developed an electronic health record and had been licensing it to other non-profits around the country. A person at WestCare learned about it and that led me to a meeting in Henderson, NV to present the software to WestCare's senior leadership team. While we ended up not licensing the software to WestCare, I was offered (and accepted) a job as the Chief Information Officer (CIO) – what a turn of events!

I spent the first few years of my career with WestCare managing technology and helping us continue to develop our own electronic health record system. I also worked with the team to move our systems into the cloud to provide greater stability, availability, and reliability. Thankfully, we finished this effort just in time as a few of our facilities were hit by hurricanes that could have destroyed our records had they been physically on site. Assisting the information technology team in this innovative move gave me a taste of what it means to be a part of the WestCare Family and I knew that I was in the right place.

It was a Friday night before an annual board meeting when I received a phone call from Peggy Quigg asking me to step in as the interim Chief

Financial Officer (CFO). Peggy knew that I had a background in operations, finance, and technology - which made me a good fit. The interim position turned into being the full-time CFO, while I continued to act as the CIO. Eventually, (and thankfully) Dwayne Stevens came on board as the vice president of information security and shortly after became the CIO. Not long afterwards, I was presented with the opportunity to become the executive vice president, which made me responsible for all of our administrative functions while also balancing my responsibilities as CFO. As you may have gathered, I have always had the philosophy of never turning anything down – sometimes you just figure things out as they come. That's how I was able to go from CIO to CFO to CEO; what a journey! Speaking of the CEO position, I am thrilled to step into this role because it allows me to continue developing and learning how to successfully lead WestCare as both the need for our services and organizational opportunities grow. The future is bright as we continue to pursue opportunities to better serve the communities that we live and work in.

In the years I have been at WestCare I have learned a lot about the work we do around the globe, in all the different capacities. I have always been impressed by our quality of service and our diverse clientele – I find great pride in the fact that we help all people no matter what their journey looks like. I have spent the majority of my career living in Kansas City with my beautiful wife, Becky, and my two kids, Taylor and Hayley. Taylor recently got married and his wife, Jessica, has joined our family. We are passionate about all things sports. The Kansas City Chiefs, Kansas City Current (*women's professional soccer*), and Sporting Kansas City (*men's professional soccer*) are three of our favorite teams.

I am sincerely humbled to have the opportunity to walk alongside each of you as we collectively learn, grow, and serve each other and our communities. Thank you for all that you do to Uplift the Human Spirit in all the unique ways that you do. In my journey, I have found 'Uplifting the Human Spirit' to be synonymous with hope, hope for a better future, hope for recovery, and hope for belonging. So, with that, my wish for you is that you never stop holding space for great hope both personally and professionally.



Congratulations to Our Newest Laughlin Drug Court Graduate

By Emily Selby, Behavioral Health Technician

WestCare Arizona is proud to be part of the **Laughlin Drug Court Team**. This program provides clients with an alternate route to change their life! Using treatment, group therapy, incentives, and sanctions, their program has proved to be successful over the years. Our most recent graduate, Greg B., is pictured here with the team and was in the program for just over a year. He is a prime example of what the program is about, has plans to further his education, and is currently a peer for many with substance abuse problems - using his own experiences to help others. We are excited to see what the future holds for Greg as he continues to work on his recovery. On behalf of the Laughlin Drug Court and WestCare Arizona, congratulations, Greg!

Pictured from left to right: Emily Selby (WCAZ), Chaz Martinez (WCAZ), Greg B., Judge Tim Atkins, and Jeff Vega (WCAZ)



WestCare Arizona



@westcareaz



The Women of CTRP – San Diego Help Prepare San Diego Youth for the New School Year

By Stephanie Bertrand, Program Director

On Saturday, August 6, five clients from our **Custody to Community Transitional Reentry Program (CTRP)** in San Diego were chosen to help volunteer in a community-wide event presented by **SupplyBank.org**, a non-profit organization that provides stigma-free access to essential supplies for underserved communities. Clients worked tirelessly from 9 a.m. - 12 p.m. to help assemble over 10,000 back-to-school bags for less fortunate and homeless children living throughout San Diego County. All five women stated that this was the first time that they had participated in an activity where they gave back to their community. Following their service, they all felt emotional, humbled, and grateful having each grown up in a neighborhood where poverty was the norm.



WestCare California



@WestCareCA



@westcarecalifornia



Guara Bi and the National Drug Council: A Partnership for Community Service

By Victoria Osuna, Executive Director

Our Chief Operating Officer of WestCare's Caribbean and Latin American Region/**Guara Bi Inc.**, Mr. Cristian Duarte, and I attended a meeting with General Jaime Marte Martínez, President of the **Dominican Republic's National Drug Council/Consejo Nacional De Drogas (CND)**.

During a visit to the office by General Martínez with the our team at Guara Bi - Dominican Republic, who specialize in treatment and rehabilitation for those with a substance use disorder (SUD), they were able to network and coordinate joint activities that will support those within our community who have a SUD.

With this meeting, the governing body for drug abuse prevention in the Dominican Republic and the National Drug Council will maintain the policies that support the fight against substance abuse.



Guara Bi



Camp Mariposa Creates More Summer Memories for Local Youth

By Jennifer Bryhn-Lash, *Camp Director*

Camp Mariposa in St. Petersburg has had a busy couple of weeks! With another successful camp in the books, we worked on communication skills through games and team building. We made stress balls with balloons and sand and discussed healthy coping skills and overall, just had some good ol' camp fun. We also received a generous donation of back-to-school supplies from **Baldwin Roofing** which were passed out on family fun day along with gift certificates to Shoe Carnival! Thank you, Baldwin Roofing, for your generous support of our campers and their families!



 WestCare GulfCoast - Florida




G/CC Supports Law Enforcement and the Florida Keys Community at National Night Out

By Maureen Dunleavy, LMHC, *Regional Vice President*

On August 2, the **Monroe County Sheriff's Office** and the **Key West Police Department** sponsored **National Night Out** events at four sites throughout the Florida Keys. This is an annual national event with the goal of bringing the community together and heightening crime prevention awareness.

All events were family-friendly and featured food and refreshments. This was a great chance to meet neighbors, members of local law enforcement, firefighters, members of the military as well as many others community partners involved in the public safety of the Florida Keys. Some of the sites had military boats, animals from the Sheriff's farm, and fire trucks, which turned out to be a lot of fun for the kids! The **Guidance/Care Center** had prevention staff and mobile crisis team staff on hand at all National Night Events to highlight our partnerships and services which include substance abuse and suicide prevention. It was a fantastic turnout with our staff reaching over 580 individuals combined!



 Guidance/Care Center by WestCare



The WestCare Georgia Youth Academy Gives Back at the Keenagers Luncheon

By Micheal Bigby, Program Director

Recently, the boys served by the **WestCare Georgia Youth Academy** were able to give back to the local community. They attended the **Keenagers Luncheon** where they were able to assist with cooking, feeding, and spending quality time with the elderly. This gave them the opportunity to learn how to interact and communicate with others as well as learn new games that were introduced by the elderly residents from back in the day! This event provided an opportunity to interact in a healthy and substance-free setting! The boys enjoyed their time and were grateful for the opportunity. The elderly residents were blessed with the presence of the boys and even wrote a letter back stating how well mannered, respectful, and impactful they were during this time! We hope to be able to spend more time with them in the future!



WestCare Georgia



@westcarega



FAVA Supports Forest City Puckerbrush Days

By Jennifer Cleveland, Support Services

Forest City Puckerbrush Days is a two-day annual community event held every July in Forest City, Iowa. This year, the Forest City Lions Club sponsored the parade and the registration fees went towards programs designed to help local children and adults that are hearing impaired.

In addition to a parade, the event featured a 5k walk/run, a car show, live entertainment, games, food vendors, a craft fair, a community picnic, and a fireworks show. Included along the parade route was the large brick building that houses our **Family Alliance for Veterans of America (FAVA)** office where we serve Veterans and their families with supportive services and housing. The event also celebrated the Forest City Fire Department's 125th Anniversary. Meanwhile, the Winnebago International Travelers' Grand National Rally happened simultaneously in Forest City, the birthplace of the brand.

This year, I joined the Rotary Club in serving sandwiches and loading nachos. FAVA's Healthcare Navigator, Robin Jaquis, and Lead Veteran Navigator, Rose Holmes, made sure that the "Battle of The Businesses" games competition between local businesses ran smoothly. Rose also volunteered in the community picnic portion by handing out medallions to children who won in their game competitions. It was a well-attended event by the community and we were proud to once again be a part!



FAVA (Family Alliance for Veterans of America)



The Women of Logan Correctional Celebrate Pride Month

By Linda Cox, BA, CADC, *Clinical Supervisor*

In the last week of June, the **WestCare Illinois' Dual Diagnosis** and **Women of Dignity** programs at the **Logan Correctional Center** participated in a LGBT Pride Month event. We had a peer-led group to help others better understand the LGBTQIA+ community and the challenges that they have faced. We also talked about stigma and radical acceptance. Our clients made posters and were allowed to go to the yard for a pride walk. We had our walk and participants were allowed to share their pride stories. The women enjoyed the experience and it was the first group that we were allowed to hold outside - opening the door to having other outside groups.



WestCare Illinois



The WestCare Nevada Marketing Mobile Has Hit the Streets



By Andrew Moran, *Development Director*



The next time that you are driving around the greater Las Vegas area, you may see **WestCare Nevada's** latest marketing, food, ice cream, and recovery truck dubbed "The Marketing Mobile." It was donated to us by a family that is near and dear to our hearts and to everything WestCare and will be used toward *Uplifting the Human Spirit* at the many community events attended by our Nevada Team. The truck is a vintage 1978 Chevrolet Step Van and in its previous life, served as a Ben & Jerry's ice cream truck. The new design comes directly from the expertise of our WestCare Marketing Team and the vehicle wrap was completed by a supporter of ours, Mr. Kyle Regimbal at **Square Foot Printing**. The truck is equipped with a generator, two freezers, a soon-to-be-purchased flat top grill, and all of the necessary WestCare marketing tools and literature so that whatever event we attend, we will be able to provide resources and continue our efforts toward meeting the needs of some of the more vulnerable members of our community. Thank you to everyone who has made this form of marketing a reality!



WestCare Nevada @westcarenevada @westcarenevada



The East End Miracle Makers Children's Choir

By Jan Lepore-Jentleson, *Executive Director*

Ellen Mays, Director of Education for **WestCare Ohio/East End Community Services** shared with us that the **East End Miracle Makers Children's Choir** held their first ever public presentation on their final day of the Summer Miracle Makers camp on Thursday, July 21. The choir has been a dream for a long time and we were finally able to pull it off thanks to our partnership with **Muse Machine Productions** who brought incredible adult talent to teach and lead our little ones!

This performance was preceded by the **Q the Music** orchestra, made possible by our long-standing relationship with **The Dayton Performing Arts Alliance**. As part, their kids learn to play viola, violin, and cello. This gives them a pathway into **Stivers School for the Performing Arts** for middle school and high school students. The new choir also creates that pathway.

Altogether, we had 180 children in this summer's six-week camp that also marked the 25th anniversary of the camp! The Summer Miracle Makers camp focuses on academic, social, and emotional learning as well as parent engagement.

To enjoy a clip of the final celebration, visit <https://westcare.link/dggc6w>



East End Community Services



@eastendcommunityservices



Welcome to the Team, Jennifer and Brittany

By Raymond Powers, *Program Director*

I would like to introduce two new employees to **WestCare Oregon/VETcare** with our new **Homeless Veterans Reintegration Program (HVRP)** grant. Through their hard work and dedication to our Veterans, the HVRP grant will be able help Veterans achieve steady full-time employment. Full-time employment is the first step to becoming self-sufficient and getting their lives back on track. **Jennifer Oneill** joins us as an employment specialist and **Brittany Crauder** as a case manager for HVRP. We will also be adding an outreach specialist soon. Welcome to WestCare Oregon/VETcare!



A Summer of Growth and Learning for Pacific Island Youth

By WestCare Pacific Islands' Youth Enhancement & Treatment Programs

What a sensational summer it was! **WestCare Pacific Islands' Youth Empowerment and Treatment** programs hosted a series of summer programming. This collaboration offered participants activities to enhance mental health and well-being, increase their capacity to make positive choices, become leaders in their community, and engage in pro-social activities. Youth gained skills to cope with peer pressure, build healthy relationships, and increase their self-esteem. Additionally, participants enhanced both their knowledge on mental health concerns such as depression and anxiety as well as their strategies for how to cope with them.

Our teams continue to be inspired by the youth's resilience to overcome obstacles. As each program prepares for the next school year, we look forward to re-engaging with our community partners and returning to the classrooms.



WPI's Thrive, Steer, Maolek Na Lina'la at the Guam Police Department's Project U Summer Program in partnership with Guam Behavioral Health & Wellness Center's Substance Abuse Block Grant.

WPI's I Lina'la Hu, Maolek Na Lina'la, and Thrive hosted a one-week summer camp in partnership with the Dededo Mayor's Office.

WPI's I Ma'lak Na Ha'ani, Lina'la Hu, Maolek Na Lina'la, and Thrive hosted a one-week summer camp in partnership with the Guam Behavioral Health & Wellness Center's Focus on Life.



WestCare Pacific Islands



@westcare.pi



The Guaitiao Project Educates Local Youth on STI Prevention

By Elizabeth Roldan, *Administrative Assistant*

Throughout the month of July, the **Guaitiao Project** prevention team participated in various community outreach events including visits to different beaches, night activities in various parts of the island, and outreach in the municipality of Cidra where they managed to impact more than 200 young adults! The main objective was to impact young people in the places that they frequent to discuss the importance of prevention as well as the correct and regular use of condoms as a method of preventing Sexually Transmitted Infections (STIs) such as the Human Immunodeficiency Virus (HIV) as well as unwanted pregnancies.



Guara Bi



The 22nd Annual NADCP RISE Conference

By Renee Salyers, Regional Administrator

WestCare Tennessee attended the National Association of Drug Court Professionals' (NADCP) RISE 22 conference from July 25 - 28 in Nashville. With over 6,000 in attendance and 250+ workshops, NADCP is more than a conference, event, or training - it is a movement. It is a union of forces and the making of a way forward. It is aspirational, uplifting, and inclusive. It is about finding common ground and motivating a new way of thinking. How far we have come only inspires us to see just how far we can go. It starts here: Onward. Upward. RISE.

Since 1995, NADCP has convened the only national conference for treatment court professionals. Over the past 27 years, our numbers have grown to include a wide array of public health and public safety leaders working to expand treatment for people with substance use and mental health disorders who have become involved in the legal system

Pictured Left to Right: Sydney Jernigan, Ashley Potter (Morgan County Recovery Court Coordinator), Sonya Gibson, Ross Wells, Renee Salyers, Judge Michael Davis, and Kaitlyn Schaub attending the opening ceremony and gospel concert with Leslie Jordan and The Hunker Downers, featuring Travis Howard. Special guests, The War and Treaty, performed with a tribute to our Veterans.



Pictured Left to Right: Kaitlyn Schaub, Ross Wells, DJ Moody, Sydney Jernigan, Renee Salyers, Josh Gibson, Sonya Gibson, and Courtney Williams (Not pictured: Dr. Dustin Cantrell).



WestCare Tennessee



WestCare Texas Works with the UISD to Help Prep School Counselors

By Jessica Cerda

The **WestCare Texas** team in Laredo recently helped facilitate a major gathering of school counselors to better prepare them for the large challenges that they'll face with local substance abuse, narcotics, human trafficking, and mental health issues that have been elevated by the proximity to the U.S./Mexico border between Laredo, Texas and Nuevo Laredo, Mexico.



Working with **United Independent School District (UISD)** Director of Counseling and Guidance, Melissa Ramirez, our team gave opening remarks and invited local substance and mental health providers that presented up-to-date information and resources during the August counselors workshop with UISD, **Drug Free Communities (DFC) Support Program**, and **Family Assistance & Community Empowerment (FACE)** at the Alexander High School cafeteria.

"Ms. Ramirez wanted to discuss some topics on how to avoid what happened at Robb Elementary School. In addition, address our challenges in the 78046 zip code, the area from Zapata Highway 83 South and colonias [neighborhoods] El Cenizo and Rio Bravo less than half a block from the Rio Grande covering much of the UISD School Districts," said DFC and FACE Coalition Chairman, Jaime Arizpe. "We have three major cartels with 'pods' in those neighborhoods recruiting and using children as mules to carry drugs onto campuses. It is important to arm the school counselors with as much information as possible to provide a higher level of service for the students who encounter these obstacles."



Approximately 60 UISD Counselors were in attendance including Licensed Chemical Dependency Counselors, Guidance Counselors and Career Counselors. WestCare Texas Laredo provides substance abuse and mental health workshops to school staff and youth for the greater Laredo area throughout the year via its DFC Support Program.



WestCare Texas



Uplifting the Human Spirit, One Person at a Time

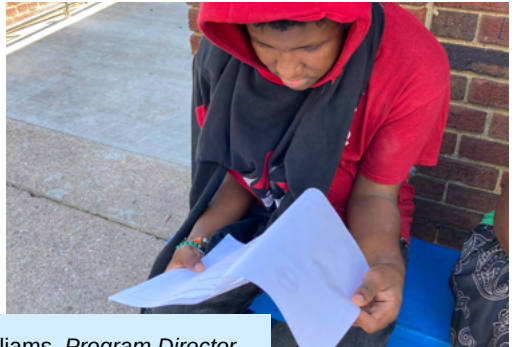
By Donald Lachman, *Special Projects Coordinator* and Andrea Talmadge, *Regional Coordinator*

The day was ideal for a community event as volunteers from **The Home Depot** gathered outside **Mary's Place**, a respected organization serving homeless Puget Sound area families including Veterans. There was no rain or extreme heat to greet volunteers that day - only the animated faces of children gathered at the windows. Their eyes followed a sea of orange shirts moving purposefully unloading trucks filled with mysterious containers, sweet smelling lumber, and many tools. Before the end of the day, these families benefitted from new raised garden beds as well as an upgraded kitchen storage area - simple acts advancing the very essence of WestCare's motto of Uplifting the Human Spirit!

Perri is a 10-year member of The Home Depot team working at the Garden Center. She is also a very attentive mother, grandmother, and proud mother-in-law to an army Veteran. Her boss and district team captain, Jason Pellow, trusts her knowledge and exceptional organizational skills to manage the scores of details required for organizing positive community events. Some of these skills she honed as a former air traffic controller where effective communication and multitask tracking is essential. Most importantly, Jason knows that Perri shares his heart for giving back to the community.

WestCare Washington/WAServes has nurtured a special relationship with The Home Depot and its employees, leading to over 50 events. There is a common factor that many of these successful individual stores, as well as district-wide events share: coordination and oversight by Home Depot Associate, Perri DeMeritt.

I asked Perri her thoughts on the lessons learned from organizing community events. She emphasized the special blessing that we are given to help improve the daily lives of people whether that involves an in-store customer or in our local neighborhoods. She also described something special that she referred to as the "reveal" during these community events. It means that while people have gathered for a specific purpose, interactions with the participants, volunteers, and neighbors often "reveal" other opportunities to elevate a person's life or the community.



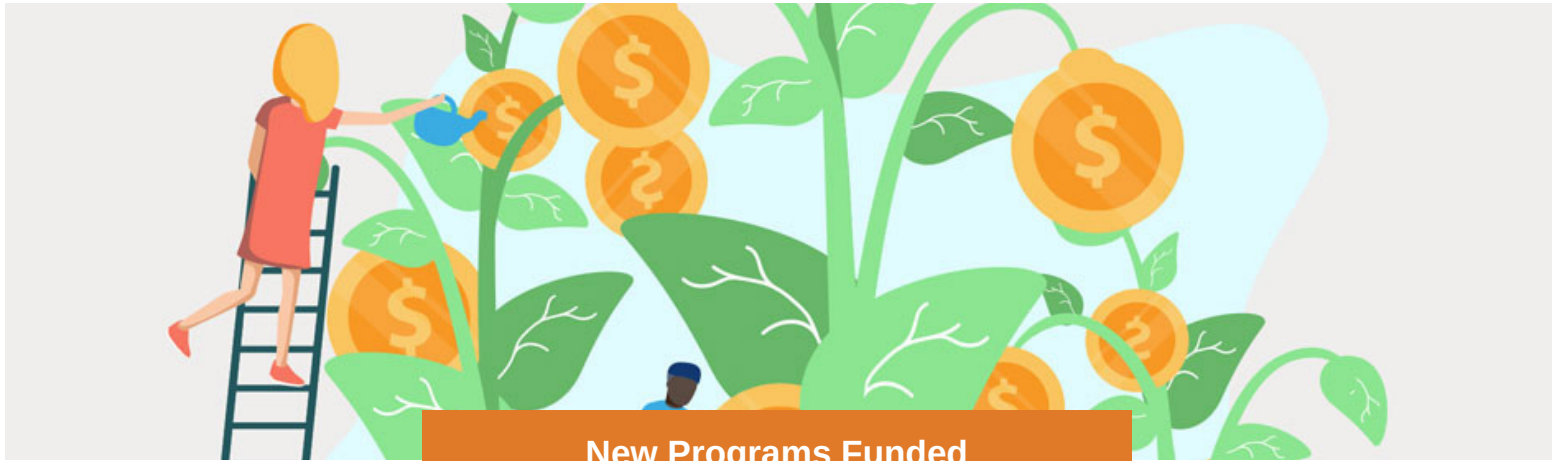
WestCare Wisconsin's DFCC Reaches a Goal with Their Youth Outreach

By Felicia Williams, *Program Director*

We want to share the **Wisconsin Drug Free Community Coalition's (DFCC)** accomplishment of reaching our goal of completing 100 youth surveys! We were determined to get to that number and we did it! It was not easy, especially after encountering a few closed doors that discouraged us; but we refused to give up. Then, we had a park full of teens at the Milwaukee Recreational Center located on the grounds of the North Division park area. They were hesitant, but thankfully our enthusiasm was at an all-time high and it caught their attention. We quickly ran out of personal hygiene bags, but since staff had kids in the building, they were a big help and saving grace. We made it! We reached our goal of 100 youth surveys! We want to thank everyone who helped us. We are a great team!



Grants & Resource Development



New Programs Funded

By Lisa Jackson, GPC, Interim VP of Grants, WestCare Foundation

This year, WestCare has been fortunate to be awarded four new grants from proposals authored in 2019, 2020, and 2021. The funders have reached back into their past applications to find deserving programs that they can now fund. **WestCare Pacific Islands (WPI)** was awarded \$400,000 from a 2020 application for the **Substance Abuse and Mental Health Services Administration's (SAMHSA) Grants for the Benefit of Homeless Individuals (GBHI)** program. Additionally, they have awarded another \$400,000 GBHI grant to WestCare Georgia that was authored in 2019. These were happy surprises that the programs are working hard to prepare for implementation. They are both scheduled to begin providing services on September 30, 2022. This funding will support programming for the next five years in each location.

WPI proposed **The Project Håtsa or Uplift**, an intensive outpatient treatment, case navigation, mental health services, and supportive services project. It will utilize the Housing First model to assist homeless and chronically homeless families in obtaining permanent housing and treatment for substance use disorders (SUD) and/or co-occurring disorders (COD). In **Georgia**, the grant will support **The Women's Place (TWP)** by serving homeless adult women with SUD/COD's in Atlanta and Fulton County, Georgia.

Additionally, **WestCare Illinois** was awarded a **SAMHSA Treatment, Recovery, and Workforce Support** grant authored in 2020. This grant will provide Illinois \$500,000 for five years to provide workforce programming to the Chicago neighborhoods of Little Village, Englewood, and the City of Markham (A south suburb of Chicago). In partnership, WestCare Illinois and **Hope Technology and Education Center** will provide integrated SUD and workforce development services for adults diagnosed with SUD who need workforce development assistance.

Last but not least, **WestCare Texas** wrote a grant for **WestCare Foundation** that was awarded \$582,000 for the first year and \$600,000 for years two through four to provide trauma-informed ministry training in Texas and other WestCare regions over the next five years. WestCare Foundation will work with clergy and their congregations to develop and disseminate an effective and culturally-responsive Trauma-Informed Ministry (TIM) model to 620 faith-based organizations nationally. This training will enable faith-based organizations to use their platforms to build bridges between formal and informal systems of care and promote individual and communal trauma recovery.

But, this is just the beginning, the award period for most federal funding has not started yet! WestCare is still waiting for many of our continuations and new competitions to be awarded. During the coming months, the grants team will keep you informed as we learn what programs are approved for implementation. Good luck to all of our programs!

Information Technology



Windows and Office Tips & Tricks

How to Recover a Microsoft Office File You Forgot to Save

You are working diligently on an Excel spreadsheet making sure that all the figures are accurate and everything looks great when a power outage shuts your PC down before you had a chance to save. Now, you must start all over! Not so fast: If you accidentally closed out of a Microsoft Office document without saving for any reason, you do not need to worry about starting from scratch. There is an easy way to get the file back using a recovery tool built right into the Office app you are using. When you are working on a document in Word, Excel, or another Office app, the file is not only backed up when you hit the “Save” button. The app in question has the data for that file saved to its roaming folder in your user account’s AppData folder. This folder, typically out of sight for most users, saves data from various Windows apps for your user account. In most cases, a recently closed unsaved Office document can be found here. To start, open the app you closed out of originally, click the “File” tab in the top left, then choose “Info.” Now, click “Manage Document.” Then, click “Recover Unsaved Documents.” Here, you should see the file you closed without saving. Select it, then click “Save As” to make sure you do not lose it again.

How to Copy More Than One Thing to Your Clipboard at a Time

You probably use your computer to copy and paste some text, a link, or an image from one place to another dozens of times a day. You do not even think about it. That is, until something goes wrong, or you are working on something that requires you to do it over and over and over. If you ever need to copy multiple things from one place to another or have a habit of misplacing the link you copied 30 minutes ago but forgot to paste, you need to use the basic clipboard history tool that comes with Windows 10 and 11. Enable the feature from Settings > System > Clipboard > Clipboard History. Then, use the Windows + V keyboard shortcut to bring up a floating panel where you will see a list of text that you have recently copied to the clipboard. You can click on an entry to paste it into the text, and the “Pin” button to pin that entry to the top.

How to Access the Hidden Special Characters on Your Keyboard

There are times when you will need to type a character that is not displayed on your keyboard, be it a letter with an accent, the degree symbol, or a currency symbol. Special characters are common in many languages, but they are rarer in English. So much so that by default, there is no obvious way of entering them without switching to an entirely new keyboard layout - but that is not always necessary if you just need to enter a special character here or there. Windows 10 and 11 come with a versatile emoji and GIF picker, but there is also a section where you can enter any special character. Windows 11 supports characters from various languages like Latin, Greek, and Spanish. Getting there is easy: Use the keyboard combination Windows + Period (.). Then, go to the “Symbols” section (*It is the fifth section at the top*). Here, you will see a list of supported characters. Characters are divided into multiple categories and you can scroll through them at the top. Once you find something, just click the symbol to enter it in the text field.

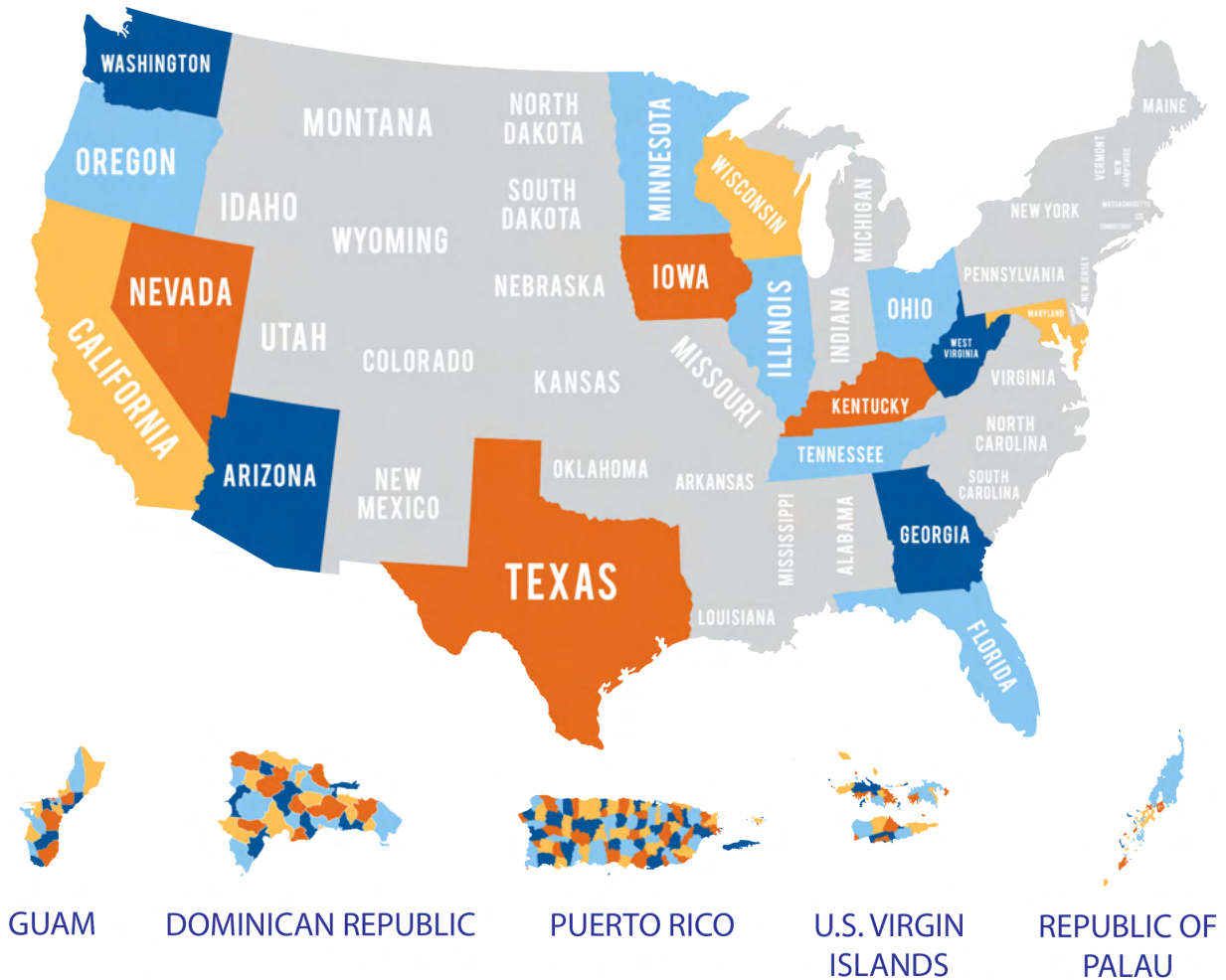
This article was compiled from content from [Lifehacker](#):

- <https://lifehacker.com/how-to-recover-a-microsoft-office-file-you-forgot-to-save-1849429735>
- <https://lifehacker.com/how-to-copy-more-than-one-thing-to-your-clipboard-at-a-1848711373>
- <https://lifehacker.com/how-to-access-the-hidden-special-characters-on-your-key-1848929877>

Uplifting the Human Spirit since 1973

WestCare, a family of tax-exempt nonprofit organizations founded in 1973, provides a wide spectrum of behavioral health and human services in both residential and outpatient environments. Our service domains include Treatment and Rehabilitation, Mental Health, Veterans Services, Criminal Justice, Housing Opportunities, Education, Prevention, and support for those fleeing Domestic Violence. These services are available to adults, children, adolescents, and families. We specialize in helping people traditionally considered difficult to treat, such as those who are indigent, have multiple disorders, or are involved with the criminal justice system.

Proudly serving seventeen states, three U.S. territories, the Dominican Republic and the Republic of Palau



Follow along online



WestCare



@WestCareFoundation



youtube.com/westcare



@WestCare



WestCare Foundation



Tag us online with #WestCare



Storytelling is part of *The Express*

The Express is made possible through stories submitted by our amazing WestCare teams around the world. We know that each and every day, a positive change is happening for our clients with our support.

Have a story to tell? Please email marketing@westcare.com and let's share the impact WestCare makes in Uplifting the Human Spirit.



Shopping on Amazon? WestCare Foundation participates in AmazonSmile! AmazonSmile donates a percentage of your purchase at no cost to the shopper.

Head to smile.amazon.com and select WestCare Foundation as the recipient.



WestCare Foundation is registered with PayPal Giving Fund. Users can select WestCare Foundation as their charity of choice and have 100% of their donation given to our organization. A donation can be made at paypal.com/fundraiser/charity/74402



Gabriela McNiel
Vice President of
Marketing &
Communications



Andrea Calderon
Marketing Specialist,
CA & NV



Justin Kamimoto
Director of Marketing &
Communications



Michael Mygind
Director of Marketing,
CA & NV



Victoria Ponce
Digital Media
Specialist