

WestCare Express

The WestCare Foundation Employee Newsletter



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SAMHSA's Homelessness Resource Center (HRC) Announces New Research on Homelessness and Parenting

Article published by The American Journal of Orthopsychiatry

SAMHSA's Homelessness Resource Center is announcing the release of a Special Section of the American Journal of Orthopsychiatry focused on homelessness and parenting. The Special Section, guest edited by the Homelessness Resource Center, includes the latest research on parenting in the context of homelessness.

Family homelessness in the United States increased by 9% in 2008, according to a recent report by HUD. The increase in numbers of families that are homeless highlights the urgent need for research to inform policy and programs that best support parents and children who are coping with homelessness.

The Homelessness Resource Center is sponsoring free open access to the electronic full-text of articles in the Special Section [http://homeless.samhsa.gov/Organization/Parenting-and-Homelessness - FREE-Access-to-Full-Articles-403.aspx](http://homeless.samhsa.gov/Organization/Parenting-and-Homelessness-FREE-Access-to-Full-Articles-403.aspx). To request a free hard copy of the entire issue, contact: kpaquette@center4si.com.

The Special Section fills a significant gap in research on the challenges of family relationships in the context of homelessness. The articles include policy, practice, and research recommendations to support parents as they stabilize their lives, care for their children, and move out of homelessness.

The seven research articles in the Special Section cover topics including: the importance of social supports and non-traditional family networks for parents; recommended interventions for strengthening the parent-child bond; parent-adolescent violence and risks for behavioral health problems; foster care; family functioning; and supports for parents of adult children

who are homeless.

In addition, two commentary articles provide perspectives about parenting. Gladys Fonfield-Ayinla, a formerly homeless mother, and Betty Schulz, an outreach nurse working with families in Baltimore's urban homeless shelters discuss their experiences.

Research highlights from the Special Section include:

- Determining that providing supports to improve parenting practices can help improve resiliency and emotional and behavioral health among children who are homeless.
- Recognizing the important role of non-traditional family networks among families that are homeless.
- Showing the filial therapy, an evidence-based mental health intervention can empower parents and offer safety and structure to children experiencing homelessness.
- Identifying physical violence between parents and adolescents as a risk factor for later behavioral health problems among youth who become homeless. Noting the importance of supporting parents who have children connected to the foster care system as a means of avoiding future generations of homelessness.
- Revealing the additional, more severe impacts the adverse effects of homelessness can have on families dealing with other family risk factors.
- Highlighting the higher stress levels experienced by parents attempting to support homeless adult children.

Funded by SAMHSA, the Homelessness Resource Center is dedicated to improving the daily lives of

Continued from page one

people who are homeless and who have mental illness, substance use problems, co-occurring disorders, or trauma histories. HRC is funded by SAMHSA's Homeless Programs Branch, within the Center for Mental Health Services' Division of Services and Systems Improvement. HRC's work includes on-site and virtual training, technical assistance, knowledge products, and an interactive

2.0 website targeted to direct service providers.

Entry into the HRC community can be accessed by visiting <http://www.homeless.samhsa.gov/> and clicking on "Register." Registered members can rate and comment on resources, network with other provider and consumer members, and receive regular e-mail updates from the HRC.

The American Journal of Orthopsychiatry is a

publication of the American Psychological Association and is dedicated to informing public policy and professional practice, and to expanding knowledge related to mental health and human development from a multidisciplinary and interprofessional perspective. Visit: www.apa.org/journals/ort.

SAMHSA is a public health agency within the Department of Health and Human Services. The agency is responsible for improving the accountability, capacity and effectiveness of the nation's substance abuse prevention, addictions treatment, and mental health services delivery system.

WestCare California 2009 Fall Graduation

Submitted by the WestCare California Staff

WestCare California held its fall graduation commencement on November 2, 2009 with 28 graduates walking in the ceremony. The event was held at the Tower Theater in Fresno, California with John Wallace hosting and keynote speaker, Retired NFL Atlanta Falcons Player Terrance Mathis, delivering an energetic and inspiring speech.



Terrance Mathis (keynote speaker), Mardi Palacios, Rashid Frye, John Wallace



San Diego Zoo Trip

Submitted by the WestCare California Staff

On October 26, the mothers and children at the San Diego Family Foundations Program were treated to a trip to the San Diego Zoo. One of our on-call staff was able to secure 25 complimentary passes for the adult admission, and during the month of October children enter the zoo for free. The local chapter of Soroptimist International had granted the program a modest donation, which was used to pay for a chartered bus in order to transport our ladies, their children and staff to the zoo. This allowed us to enjoy a day at the zoo at no cost to the program. Accompanying our group was one of our community partners from the San Diego School District who works closely with our infants, toddlers and mothers so she could observe the community in a more natural setting.



South Florida

The Village South's Marie Baptiste, Payroll Clerk, Becomes a Citizen of the United States!

By Wendy Simpkins – *WestCare Florida*



Marie Iphemise Baptiste, a native of Haiti, came to the United States October 25, 1995 with her family, looking to start a brand new way of life. At first, she really missed her homeland, but as the years went on she began to see the great opportunities that the U.S. was going to provide for her.

In February, Marie began the process of

applying for citizenship and on November 6 her dream was a reality. "After 14 years of living in the United States, my dream of becoming a U.S. citizen finally came true. God answered my prayers and I am so thankful. Thank you to God, my mother Marie Dor and my Village co-workers for their love and support through this process" Marie said.

◀ Marie Baptiste (center) with her Village family who attended the ceremony with her.

Oronde Gadsden teams up with the Village South's Adolescent Treatment Program

By Wendy Simpkins – *WestCare Florida*

Oronde Gadsden began his career in the NFL in 1995 playing for the Dallas Cowboys. After two years and a Super Bowl title under his belt, he moved to South Florida to play for the Miami Dolphins from 1998-2004. By the time he retired, he had 23 touchdowns, was number 10 on the all-time receiver list and will go down in history as catching Dan Marino's last touchdown pass.

Now Oronde and his Next Level Foundation has partnered with the Village South to provide activities for the adolescent treatment programs.

In October, he sponsored a Halloween party for the youth, complete with bobbing for apples and a dance contest. In November, Oronde took the adolescents to see the Miami Dolphins play the Tampa Bay Buccaneers at Landshark Stadium. Other activities for November included Mr. D. Hodge, motivational speaker, volleyball and barbeque, and flag football and ice cream social.

We welcome Oronde and his foundation as a part of the WestCare family and look forward to many months of fun activities for our youth.



Nairdays Alvarez, Girls ATP client with Oronde Gadsden enjoying the festivities at the October Halloween party. ▶

PRESS RELEASE: Guidance Clinic of the Middle Keys and Care Center for Mental Health Merge



The Guidance Clinic of the Middle Keys, Inc and Care Centers for Mental Health, Inc merged in October to become one county- wide agency known as the Guidance/ Care Center (GCC) Inc. GCC is an affiliate of the WestCare Foundation.

With this agency name change, GCC will maximize our strengths to further build the relationships and trust we have with the clients and community we serve.

The Guidance/Care Center is a CARF accredited community and comprehensive mental health and substance abuse provider with clinics in Key West, Marathon and Key Largo. Services range from substance abuse prevention, mental health crisis stabilization, detox, psychiatry, school based counseling, brief therapy, walk-in, supportive employment and case management. The GCC employs 135 staff and provides services to over 4500 clients in the Florida Keys.

Nevada



The Veterans of Harris Springs Ranch

Submitted by the WestCare Nevada staff

For many veterans, there are scars and wounds that lay hidden and unhealed, and those scars and wounds often lead them down the path to addiction. At the request of the Veteran Administration, WestCare Nevada began providing long-term co-occurring residential services for men at Harris Springs Ranch October 1, 2008. Since then Harris Springs Ranch has helped more than 41 men regain their sense of self-respect and honor.

Veterans Day is a day dedicated to those who serve our country in good times and in bad, a day to celebrate those who have served and honored this country. To honor the strong and courageous men who have worked to move from the path of addiction to the path of change, the Veterans at Harris Springs Ranch used Veterans Days to create a memorial for all those who will follow in their footsteps onto this path of change. The memorial features an American Flag, where each veteran that comes to Harris Springs Ranch will be invited to place their signature, to be remembered by all who follow. Several of the Harris Springs Ranch staff and clients have proudly placed their signatures upon the flag and wish to invite all WestCare veterans to join them, if you ever visit to Harris Springs Ranch. The memorial was dedicated on Veterans Day November 11, 2009 during a flag ceremony. Afterwards they celebrated by having a traditional American cookout!

Below are some words from the men who have worked hard to change their lives and helped to preserve our way of life.

Robert M. – *I was proud to serve my country, my beloved U.S.A. Today I'm proud to also be a veteran, now served by my U.S.A.*

James R. – *From the Gulf War to today I have learned you can change and get your loved ones back. Thank you HSR and staff.*

Patrick D. – *Since being at Harris Springs Ranch, I have become much calmer and I am working to become clean and sober.*

Eugene T. – *Harris Spring Ranch runs an awesome program for the treatment of addicts. I have learned coping skills and acquired tools to help me live a clean, sober and responsible life.*

New IDOC Director Visits Sheridan

Submitted by WestCare Sheridan

Michael P. Randle, the new director of the Illinois Department of Corrections (IDOC), visited Sheridan Correctional Center on November 3. He was able to briefly attend WestCare's all-staff meeting and introduce himself and some of his staff. Mr. Randle expressed his support for the therapeutic community and was very appreciative of the work we do.

He was also able to observe some of the treatment groups and speak to some of our staff and clients one-on-one. Afterward, Mr. Randle stated, "I was very impressed with the work that WestCare does."

It was also announced that WestCare will begin a pretreatment program at Sheridan

Illinois

immediately. Clients who don't meet all of the criteria for the treatment program (mainly they have too much time to serve) will be housed in a special unit where they will receive approximately two hours of services daily, focusing on how to engage them in the treatment program.

Arizona's Thrift Store Gets a Face Lift

By Tracy Stevens – Area Director

Arizona's WestCare Thrift Store has undergone a face lift over the last few months. Thrift Store manager Dena Dodson, along with her faithful volunteers, have created a friendlier, boutique-style atmosphere.

The store receives donations from individuals, businesses, community organizations and even some of the outlet stores in Laughlin. In addition to the usual clothing and miscellaneous items of furniture that are donated on a regular basis, the store now boasts a shoe corner, an enticing books section, a vintage clothing and accessories section and a household items section. Recently, the store also added a jewelry showcase and display. In the first week, the display had to be refilled two times as the items sold out so quickly.

Our biggest selling item is still clothing, with furniture running a close second. Most furniture delivered to the store for sale is sold within 48

hours. We are well known in the community for carrying good quality items, and there are many "regulars" who visit us weekly. The store operates Monday through Friday, from 9 a.m. until 4 p.m. In addition to Dena, there are five volunteers who work at the store regularly and two women on probation who perform community service work hours at the store. We often also send residents from our sober living homes or Safehouse to help out at the store.

The advantage of the store is that when we need anything for our residential programs, clients or offices, we check the store first, saving us a lot of time and money because we do not have to go out and purchase the items. The store is self-supporting and has been averaging about \$1,000 profit per month. With the Christmas holiday just around the corner and today's economic times, we expect to see sales increase for December. We have many

Arizona

Christmas items stored away, just waiting for their new homes.

West Care Arizona is proud to continue to provide yet another service to our community that not only helps our clients to get the things they need for themselves and their families, but also allows those less fortunate in the community to purchase quality items at a reasonable cost.



Georgia

WestCare Georgia Accepts a Donation from Wal-Mart

Submitted by – *the WestCare Georgia Staff*

John Bascom and Dwayne King accepting a donation from Wal-Mart for WestCare Georgia which was obtained by Ms. Palmore from the Independent Living Staff.



Kwanzaa is Dec. 26th – Jan 1st

Kwanzaa is a unique African American celebration with focus on the traditional African values of family, community responsibility, commerce, and self-improvement. Kwanzaa is neither political nor religious and despite some misconceptions, is not a substitute for Christmas. It is simply a time of reaffirming African-American people, their ancestors and culture. Kwanzaa, which means “first fruits of the harvest” in the African language Kiswahili, has gained tremendous acceptance. Since its founding in 1966 by Dr. Maulana Karenga, Kwanzaa has come to be observed by more than 18 million people worldwide, as reported by the New York Times. When establishing Kwanzaa in 1966, Dr. Karenga included an additional “a” to the end of the spelling to reflect the difference between the African American celebration (kwanzaa) and the Motherland spelling (kwanza).



Kwanzaa is based on the Nguzo Saba (seven guiding principles), one for each day of the observance, and is celebrated from December 26th to January 1st.

- **Umoja (oo-MO-jah)** Unity stresses the importance of togetherness for the family and the community, which is reflected in the African saying, “I am We,” or “I am because We are.”
- **Kujichagulia (koo-gee-cha-goo-LEE-yah)** Self-Determination requires that we define our common interests and make decisions that are in the best interest of our family and community.
- **Ujima (oo-GEE-mah)** Collective Work and Responsibility reminds us of our obligation to the past, present and future, and that we have a role to play in the community, society, and world.
- **Ujamaa (oo-JAH-mah)** Cooperative economics emphasizes our collective economic strength and encourages us to meet common needs through mutual support.
- **Nia (NEE-yah)** Purpose encourages us to look within ourselves and to set personal goals that are beneficial to the community.
- **Kuumba (koo-OOM-bah)** Creativity makes use of our creative energies to build and maintain a strong and vibrant community.
- **Imani (ee-MAH-nee)** Faith focuses on honoring the best of our traditions, draws upon the best in ourselves, and helps us strive for a higher level of life for humankind, by affirming our self-worth and confidence in our ability to succeed and triumph in righteous struggle.

5 Questions with Frank Scafidi, PhD

Frank Scafidi was born and raised in Chicago. He moved to Miami in 1983 to get his doctoral degree from the University of Miami and decided to make Miami his home. He began working with The Village in 1993. He currently is the senior clinical officer for the South Florida Region and the national director of research and evaluation for WestCare.

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

My most rewarding experiences in working with WestCare are the diversity of my responsibilities and the ability to collaborate with everyone throughout WestCare. The biggest challenge also is the diversity of my position and trying to balance the many roles and responsibilities.

2. What do you do in your spare time?

Spare time? I am not familiar with that phrase. However, if I do have any, I enjoy listening to music, having dinner with friends, and attending plays and operas.

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

Most people usually are surprised to find out I was extremely introverted and

shy as a child and throughout high school. I also think people are surprised to find out that I did marine biology research in Jamaica for a summer while I was an undergraduate.

4. Proudest personal or professional accomplishment?

My proudest professional accomplishment was being invited to be a presenter at an international conference in Japan. My proudest personal accomplishment is finding my “soul mate.” We have been together for 10 years.

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

I love live theater, especially Broadway musicals. I also am somewhat of an aficionado on the Golden Age of Hollywood.



WestCare Wellness Watch



What is your New Years Resolution?

Submitted by Wendy Simpkins

Here we are again, getting ready to begin another year. Is this going to be the year you start exercising more? Eating healthy? Quit smoking? Volunteer your time? What is it about the New Year that causes us to begin making life-changing decisions, and why are they so hard to stick by?

According to Wikipedia, "A New Year's resolution is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous." Wow! How many years have you made the same resolution? How many years did you fail? What is it about the New Year that makes us want to change our lives? This year, how can you make resolutions that you will be able to follow? There really is a right way and a wrong way in making a resolution. Here are some simple tips to help make your 2010 New Years resolutions attainable and manageable.

1. Make your list of resolutions – but be realistic.
2. Create a plan – what to do first and what steps are needed to make the resolution a reality.
3. Write down your resolution and your plan – maybe a special notebook where you can also keep track of your milestones in achieving your resolution.
4. When deciding on your resolutions – think year round or life style change – not just immediate future.
5. Remain flexible but stick to it.

Remember, your resolutions and plans will change; life is unexpected and this needs to be taken into consideration on a daily basis so that you don't become frustrated. You may even need to change your resolution in a little or big way but stay focused on your ultimate goal. You need to recognize little successes you have every step of the way, so reward yourself with something that doesn't contradict your resolution. Finally, experts say it takes about 21 days for a new activity (such as exercising), to become a habit and six months for it to become part of your personality. Your new healthful habits will become second-nature in no time, so be patient. Happy 2010!



HAPPY NEW YEAR ... In many languages

Chinese (Cantonese)
Sun nien fai lok

Chinese (Mandarin)
Xin nian yu kuai

Danish
Godt Nytår

Dutch
Gelukkig nieuwjaar

Farsi
Aide shoma mobarak

French
Bonne année

Gaelic
Aith-bhliain Fe Nhaise Dhuit

German
Gutes Neues Jahr

Hawaiian
Hauoli Makahiki Hou

Hebrew
Shanah tovah

Hmong
Nyob zoo xyoo tshiab

Indonesian
alamat Tahun Baru

Italian
Buon Capo d'Anno

Japanese
Akemashite Omedetou Gozaimasu

Norwegian
Godt Nyttår

Pilipino (Tagalog)
Maligayang Bagong Taon

Polish
Szczesliwego Nowego roku

Portuguese
Feliz ano novo

Romanian
La Multi Ani

Russian
S Novym Godom

Spanish
Feliz Año Nuevo

Sudanese
Wilujeng Tahun Baru

Swedish
Gott Nytt År

Turkish
Yeni Yiliniz Kutlu Olsun

Welsh
Blwyddyn Newydd Dda



WestCare Arizona, California and Nevada Staff Members Recently Participated at the Let's Make a Deal Show with Wayne Brady

Campaign Corner

Thirty-eight staff members from WestCare Arizona, California and Nevada recently participated at the "Let's Make a Deal" show with Wayne Brady. It was a fun outing and approximately \$457.00 was raised for WestCare.



During the recording of the show, we were able to get to know each other a little bit better. With friendly camaraderie we laughed, applauded, and shared as we wore our favorite costumes. From a ketchup bottle to a chicken farmer, we showed the world that WestCare employees represent our organization with optimism while we support what we do for our community.

You may watch the shows at www.cbs.com; search for the "Let's Make a Deal" show and search by dates.



WestCare Foundation Endowment Campaign

Raquel Merrigan from WestCare Arizona and husband Joey
Show aired Wednesday, November 11, 2009



WON A BOAT!
Raquel, Joey and their three kids will have a blast in their new boat navigating the Colorado River, which happens to be in their backyard!

Hubert Ergenbright from WestCare Nevada



Show aired Thursday, November 12, 2009

Won \$200.00!

Hubert is used to appearing on TV. His recovery story was featured in the show Intervention <http://www.aetv.com/intervention/index.jsp> episodes 141: Hubert and Jessica and show 152: Hubert and Ryan Follow Up. <http://www.youtube.com/watch?v=-2gV5enmgqA> The "Let's Make a Deal" show expressed interest on interviewing him also. We are proud of being part of his story.

Come see Marvel Universe at WestCare Kentucky

Over 200 men, women and children from the local community participated in the 4th Annual Halloween celebration at the Hal Rogers Appalachian Recovery Center.

Marvel Comics



Marvel Comics



Kentucky

WestCare Kentucky Co-Chair Wallace Taylor participates in a fundraiser for the Estill County CIC. Several hundred people from the community came to watch The WestCare Wildcats play the Harlem Wizards.

