

# WestCare Express

The WestCare Foundation Employee Newsletter



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## What Lies Ahead for 2009

By WestCare Arizona CDC Staff

As we go forward into 2009, one can reflect on the year that has passed. Layoffs are at an all-time high, bills are piling up and individuals are struggling daily to make ends meet. In relation to poor economic conditions, we tend to see a rise in theft, substance abuse and violence. We not only have higher occurrence of crime on our streets, but also in our homes and schools. In these tough economic times, there are also factors outside of ourselves that we cannot control. Family stressors have picked up momentum, and adults are most directly affected. As a consequence, children suffer when they see their role models struggling to stay ahead of the curve. Our children need to learn behaviors that will keep them healthy, open-minded individuals that have a sense of belonging in today's society.

Now is the time to remember the strengths in ourselves and the resources in our communities. WestCare Arizona is starting 2009 with a brand new program for youth, which was unveiled in December 2008.

WestCare received a grant to provide a program for youth and adolescents funded through the

Department of Health and Human Services, Center for Disease Control, National Center for Injury Prevention and Control. The program's objectives will meet one of the focus areas of the Department of Health and Human Services: Healthy People 2010 – Injury and Violence Prevention. This new program is called Children Developing Creatively (CDC). With this grant, WestCare Arizona has the opportunity to provide the CDC program at no cost to the participants, including transportation for those who request it. Additionally, incentives for participants and their parent(s)/guardian(s) will be offered.

CDC will offer groups that educate youth ages 6–17. These eight- to ten-week groups will promote pro-social behaviors such as anger management, problem solving and conflict resolution skills, as well as address the

importance of communication to anti-bullying and anti-violence ideologies.

As we think about what lies ahead for 2009, there will be some uncertainties and some unpredictable, stressful situations. Many solutions to these issues are still unknown.

## Arizona



CDC staff: Top left, Nathan Blais; top right, Chad Graham; seated, Erika Maxon; not pictured, Kellie Boff.

# No Schoolmarms at WCBS

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

WestCare California opened the doors January 4, 2009 to their new WestCare Center for Behavioral Studies (WCBS) in Fresno. WestCare wants to encourage staff to continue their personal growth and education in the field of drug and alcohol counseling to better support the clients we serve. Searching for the best certification option, WCBS sought approval of the curriculum from the California Association of Alcoholism and Drug Abuse Counselors (CAADAC), one of the highest levels of certification in the state. WCBS is proud to offer three levels of education approved for CAADAC certification: Certified Alcohol and Drug Counselor Associate (CADCA), Certified Alcohol and Drug Counselor I (CADC I) and Certified Alcohol and Drug Counselor II (CADC II).

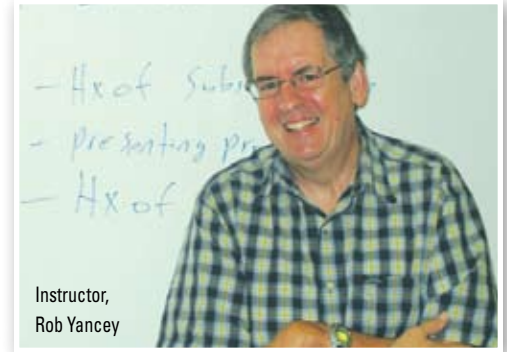
Classes will be offered in three different sections to accommodate staff work schedules. These tracks

include Friday/Saturday classes, evening classes and morning classes. Each track lasts nine months and covers several areas of study, such as “Specific Mental Disorders and Cross-Cutting Issues” and “Disease Concept and Addiction Theories.”

One of the best parts of WCBS is that tuition is free to any employee of WestCare, with the exception of books and CAADAC fees. Members of the general public have also taken notice of WCBS, as have our colleagues from other service agencies. Classes are open to those who are not employed by WestCare, but they are charged the full tuition rate.

Since the enrollment of WestCare employees into WCBS is limited to those within driving distance to the campus, it is hoped that courses will soon become accessible via the Internet. “I am impressed with this fantastic and unique opportunity that WestCare is offering to its

## California



Instructor, Rob Yancey

employees,” said Robert Yancey, Ph.D. instructor of the program at WCBS. “I hope that all WestCare employees across the country will soon have the option of attending.”

### South Florida

### January 16

### Village South

### Graduation

### Ceremony

Florida Department of Children and Families Secretary George H. Sheldon was the guest speaker at the January 16 Village South graduation ceremony.



# Be on the lookout for the upcoming photo contest for employees!



**Calling all shutter bugs** employed by WestCare! We are asking our employees to assist us in developing a photo library we can use for our new branding. In our new branding strategy, we would like to use more WestCare photos featuring our own clients and landscape photos of our own regional areas as opposed to stock photography in our marketing materials. We will need all of your help and assistance to develop this new resource. So, we’re having a photo contest to kick off this effort! So get your cameras ready and start clicking NOW! Contest rules will be posted within a few weeks.



# The Spirit of Giving Through the Eyes of a Child

By Darlene Terrill – Director, Women and Children's Campus

## Nevada



The WestCare Nevada Women and Children's Campus had a wonderful surprise during the holidays. A neighbor, Amber Fudenberg, has been donating a variety of items to the program for the last several months. This year her seven-year-old daughter Anna talked to her school classmates about her gift wish list for her upcoming birthday. Anna informed her friends that what she really wanted was for them to buy pajamas for infants, toddlers and young children, as she wanted to donate them to the Campus. The class did as she asked, and Anna and her mother gave them to the children residing in the Healthy Families Program.

One of the mothers in treatment wrote the following in her thank you:

"I am currently living in WestCare's Healthy Families Program, trying to change my life for me

and my children. I never expected to be inspired by a child! I spoke with the mother who said she had nothing to do with her daughter's decision to organize this. Mother shared that it was Anna's idea and wish to give up her gifts to those who did not have as much as she had. What an unselfish act! I learned a valuable lesson that day . . . while we try to teach our children all about life, our children teach us what life is all about."

A special book with thank you letters was crafted by the mothers and given to Anna expressing their gratitude for her reaching out to those she did not know. It is believed that Anna's compassionate nature is what inspired her to give rather than receive on her birthday. She is wise beyond her years, and we appreciate all she taught us that day.

## 5 Questions with . . .

**Peter Ventrella** is a first-generation Italian who grew up in Chicago, Illinois. He graduated from Southern Illinois University in 1986 and passed all parts of the CPA exam at the age of 21. Peter is chief financial officer and works with CEO Richard Steinberg to oversee the fiscal needs of WestCare Foundation. Peter began his tenure at WestCare in 1989. He is based in Las Vegas, where he resides with his wife, Toni; 10-year-old daughter, Jenna and 8-year-old son, Payton.

### *What is your most rewarding experience and biggest challenge working for WestCare?*

My most rewarding experience has been to be part of the growth and evolution of WestCare Foundation. I am especially proud of the personal and working relationships that I have developed with other staff at WestCare. The people and staff that have joined WestCare Foundation over the years—from Fresno to Georgia to Miami—are so interesting, kind and friendly.

### *What do you do in your spare time?*

I enjoy staying active by running, working out in the gym and mountain climbing with my children. I also enjoy assistant coaching for my children's sports teams.

### *What would everyone be surprised to learn about you?*

I have a phobia of shopping in malls and supermarkets. I barely can tolerate airplanes, but only because Mr. Steinberg requires some necessary travel.

### *What is your proudest personal or professional accomplishment?*

I am most proud of my two children – and their great enthusiasm for life. I am also proud of how the millions of dollars in public funding received by WestCare Foundation and affiliates have been so "ethically" administered by its leadership.

### *What is your favorite TV show?*

I enjoy watching any type of sports. I am a fan of all Chicago sports teams. I grew up less than a mile from Wrigley Field, and we named our son (Payton) after my childhood sports hero, Walter Payton. Plus, we are Chicago Bears season ticket holders!



# Trash Pickup in Estill County by Lady Engineers Basketball Team



## Kentucky

WestCare Kentucky in Estill County with the help of the Estill County High School "Lady Engineers" basketball players have volunteered to make a difference in the community that we live in by picking up trash along county roads.



# WestCare Georgia Partners with the Georgia State Board of Pardons and Paroles

By Dottie Thomas

WestCare Georgia recently entered into a partnership with the Georgia State Board of Pardons and Paroles to provide Adult Methamphetamine Outpatient Services to parolees in DeKalb County and Richmond County, Georgia. These services are provided at no cost to the clients and are funded by the Georgia Department of Human Services, Division of Mental Health, Developmental Disabilities and Addictive Diseases.

Dottie Thomas (CACII), lead substance abuse counselor, was instrumental in developing the

partnership with the Board of Pardons and Paroles. Dottie and Jeannie Lewis, program director, met with Marta Daniell, manager of Georgia State Board of Pardons and Paroles, and Cynthia Sneed, administrator of DeKalb Parole Center, to introduce the Atlanta Meth Intensive Outpatient Program model that resulted in approval to provide off-site meth treatment at the Parole Center. During this meeting, Marta Daniell stated, "Thanks so much for your efforts in establishing this valuable program in our district. I am impressed with the information received from WestCare's staff."

Cynthia Sneed, DeKalb County Parole and Pardons administrator later wrote, "I really enjoyed meeting you guys yesterday. We appreciate your willingness to provide services to our parolees in the DeKalb district. There is a great need for intensive services for our population." The Atlanta meth team established a schedule and began the first IOP group on January 8, 2009.

WestCare is excited with this new relationship and the possibility to provide IOP services statewide for the Georgia Board of Pardons and Paroles.



## Georgia

WestCare Georgia staff: Dottie Thomas, Atlanta-based outpatient substance abuse counselor; John Bascom, community relation specialist and Jeannie Lewis, director of outpatient services



WestCare Georgia Regional Vice President Michael Langford and Resource Development and Community Relations Specialist John Bascom help feed 30,000 hungry and homeless at Turner Field for Hosea 38th annual M.L. King Jr. Day Celebration.



## Did You Know?

Research reveals that more than half of the U.S. population celebrates Valentine's Day by purchasing a greeting card. (Source: Hallmark research)

Over 50 percent of all Valentine's Day cards are purchased in the six days prior to the observance, making Valentine's Day a procrastinator's delight. (Source: Hallmark research)

There are 119 single men (i.e., never married, widowed or divorced) who are in their twenties for every 100 single women of the same ages.

The number of dating service establishments nationwide as of 2002. These establishments, which include Internet dating services, employed nearly 4,300 people and pulled in \$489 million in revenues.

2.2 million marriages take place in the United States annually. That breaks down to more than 6,000 a day.

72%: The percentage of men and women ages 30 to 34 in 2005 who had been married at some point in their lives - either currently or formerly.

4.9 million opposite-sex cohabitating couples maintained households in 2005. These couples comprised 4.3 percent of all households.



## Happy Valentine's Day! – February 14th

## WestCare at Sheridan Celebrates the Holidays with Song

By Loretta Berry – *clinical manager*

### Illinois



Ice, Sleet and Lots of Snow . . .



December 2008 marked WestCare's first annual holiday caroling event at Sheridan Correctional Center. When the announcement was made requesting client volunteers, the initial response was small. As the clients spoke with each other, the numbers grew. The clients were very eager to share some holiday cheer, and their spirit encouraged more participation.

Ten caroling groups, comprised of 52 clients in all, provided traditional holiday songs to staff and other clients on December 22–24. The groups sang for two

hours over the lunch time. The three days of song were complicated by poor weather conditions, including significant cold and snow; but that did not discourage our singing groups. Some clients went as far as creating their own Christmas jingles and modifying tempos and rhythms of traditional songs.

When the caroling was done, all of the participants enjoyed cookies, hot chocolate and eggnog. Charlene Hamann, recreation therapist, expressed surprise and pleasure at the number of clients who participated. She is very encouraged for next year, hoping to double the size of the Caroling event.

Charlene Hamann, Sheridan Recreational Therapist - On her way to organize the Christmas Carolers . . . making Christmas a little brighter for the Sheridan guys!!!

## Chili Cook-off

By Sandy Patnode – *Sandy Patnode, community and vocational liaison*

Due to the leadership of the EmployAble Program, the Mustard Seed Inn participated Nov. 27, 2008 in a community Chili Cook-off, sponsored by the Grand Central District Business Community. EmployAble member and veteran "LF" developed the recipe and prepared four gallons of chili for the event. Several other Mustard Seed Inn clients volunteered for the event, and as a result, one of the clients was hired by a local business because of her enthusiastic and personable presentation on the day of the event. EmployAble's participation in this community event showcased the value and abilities of disabled citizens for the business community. As a gesture of thanks, the Grand Central District Committee presented the program with a pizza party for both clients and staff.

## Gulf Coast Florida

▼ Pictured below: Donna Bargar, (employee)  
Lee Friedman (client) James Holland (employee).

### Southwest Texas Chili from The Mustard Seed Inn

2510 Central Avenue,  
St. Petersburg, Florida

#### Ingredients:

2 Pounds Ground Grilled Pork  
2 Pounds Ground Grilled Shirt Steak  
3 Large Yellow Onions - Diced  
1 Green Bell Pepper – Diced  
1 Red Bell Pepper – Diced  
10 lb. Box Pulled Chicken  
3 Cups of Chili Powder  
½ Cup Cumin  
½ Cup Fresh Garlic  
¼ Tablespoon Crushed Red Pepper  
¼ Tablespoon Garlic Powder  
3 Cups Chicken Base  
2 Cans #10 Kidney Beans  
½ Cup Sugar  
¼ Cup Salt  
2 TBS Black Pepper  
2 Large Cans of Tomato Paste  
1 Cup of Flour



#### Directions:

1. Mix well all the meat in a large pot and brown. (Cut open all meat casings and squeeze out)
2. Mix well until done.
3. Add tomato sauce and all the seasonings.
4. Cook over low to medium heat for 30 min. stirring occasionally to avoid sticking.
5. Then reduce heat to low and cover and cook 1 hour more.
6. Stir occasionally.
7. Sample, sample and sample.
8. Add more of whatever you think it needs (you make the call).
9. Turn heat off and let cool.
10. Place in the refrigerator over night (yep over night).
11. Reheat the next day and serve it your way!
12. Enjoy!!!!

## WestCare Gulf Coast Florida Holiday Party 2009

By Sandy Patnode – *Community & Vocational Liaison, WestCare Gulf Coast Florida*

WestCare Gulf Coast Florida, Inc. held their annual holiday party December 4 with 67 employees and guests in attendance, including board members Tom Walsh and Mary Miller. The theme for the holiday event was "We are the Uplifting Light of Change." Clients from the Mustard Seed Inn and A Turning Point wrote quotes on how staff members have impacted their recovery process. The quotes were shown on a PowerPoint® presentation that ran continuously throughout the evening. In addition, each quote was presented on a scroll and placed at each table setting. More than 57 items were raffled off, including two \$200.00 gift certificates for cable service donated by Brighthouse Network. Included in the activities was a holiday singalong of "The Twelve Days of Christmas." Individuals were formed into groups of 12, and each group had their part in singing this holiday song. The evening provided great food, smooth sounds provided by Romantic Expressions and a fun evening for all.





## Superman Joins the Endowment Campaign!

By Jim Schaitel – *The DuBois Group*

# Campaign Corner

**B**asketball fans will quickly recognize who we're talking about. Dwight Howard, Jr. is known as "Superman" for the Orlando Magic! Joining his father, Dwight Howard, Sr., they readily agreed to serve as Georgia state co-chairs for the Endowment Campaign. Both men are highly respected and great role models, and we're honored to have their leadership and support.

The Howards are another example of the great people offering their support to the Endowment Campaign and giving back to their communities. Michael Langford, WestCare Georgia regional vice president, working with Fulton County District Attorney Paul Howard and the WestCare Georgia board, announced their participation this past week.

DA Howard has a long association with WestCare, starting as

part of the original team that researched WestCare Foundation, toured facilities and saw programs up-close, and played a pivotal role in bringing WestCare to Georgia. And he just happens to be Dwight Sr.'s brother and Dwight Jr.'s uncle.



### Up Close and Personal

#### Dwight Howard, Jr.

Dwight D. Howard, Jr. was born in Atlanta and became the first player in NBA history to start in all 82 games during his rookie season directly out of high school.

As an early entry candidate in the 2004 NBA Draft, Dwight was chosen number one overall by the Orlando Magic. Dwight was a unanimous selection to the NBA's All-Rookie First Team and finished third in voting for NBA Rookie of the Year. He averaged 12 points per game and is one of only eight players in the NBA to average a double-double and the first rookie (along with Charlotte's Emeka Okafor) to average a double-double since Shaquille O'Neal and Alonzo Mourning accomplished the feat in 1992-93.

When he's home in Atlanta, he attends the Fellowship of Faith Church, International in East Point, Georgia. Dwight is still involved and active with the youth programs at the church. Children and family relationships are very important to him. Dwight believes that without the Lord in your life, you cannot fulfill your dreams.



#### Dwight Howard, Sr.

Dwight David Howard is the fifth of seven children born to the late Reverend Paul Howard, Sr. and Gussie Howard. Dwight's early life was spent in the rural South Georgia town of Midville. At the age of 13, the family moved to Swainsboro, Georgia. Two great things happened in Swainsboro: Dwight graduated from Swainsboro High School after having three great basketball seasons, and he met his wife, Sheryl.

After graduation, Howard moved to Atlanta where he attended one year at Morehouse College and three years at Georgia State University. After college, Dwight began a 21-year stint in law enforcement, beginning as a corrections officer for the City of Atlanta. After six years, he became one of Georgia's first Georgia State Patrol officers in which he served for 15 years.

During this same period of time, Howard followed his heart with a love for children and began his work as a coach at his church. He has coached track, football, baseball and basketball at his church.

Dwight is currently the athletic director at Southwest Atlanta Christian Academy in Atlanta and the executive director of the Dwight D. Howard Foundation, Inc. He has been married to Sheryl for more than 27 years and has four children, David, Tashanda, Dwight, Jr. and Jahaziel. He also has two grandchildren, Tiara and Kareem, and will soon be the proud grandfather of a third grandchild.



Dwight Howard Sr. and Dwight Howard Jr.