



# WESTCARE EXPRESS



February 2010

## A Season of Change

By Richard E. Steinberg – *President and CEO*

Provide the best possible care to the greatest number of people in need, whoever and wherever they may be, with the resources we have available. This has been a guiding principle for me throughout my 31 years with WestCare and continues to shape my thinking today.

During this time of both national and international economic crisis it's no secret that we are all being asked to do more with less. Cities, Counties and States are slashing budgets to make ends meet and the vital services we provide are often among the first to go, leaving us with the challenge of how to continue to fulfill our mission and serve those in our communities in need of help. As we

navigate through the ups and downs, I am constantly amazed and energized by the talent and dedication of our staff, particularly those members of the WestCare family who are on the front lines helping people to change their lives everyday. Because of the work you do, thousands of people across the country and around the world get the help they need and for that I want to say THANK YOU.

Providing quality service however is not enough, I strongly believe that WestCare must constantly evolve to meet the challenges we face today and to lay the groundwork for a successful future. To that end we are engaging in significant restructuring from top to bottom, everything is up for review from our Corporate Governance and Executive Leadership Structure to Policies and Procedures, Public Relations Efforts and more. You will see many changes in the coming months, steps taken to ensure a strong, dynamic WestCare continues to be a national leader in the non-profit behavioral healthcare arena.

As we go forward WestCare will set the pace and serve as a model for other agencies to emulate. While there may be bumps along the way, the goal will remain the same to provide the best possible care to the greatest number of people, whoever and wherever they may be.

***Together, all of us at WestCare will continue to strive to Uplift the Human Spirit.***



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# The King's English

**Directions:** Translate the following statement into an everyday common English expression.

**Members of an avian species of identical plumage congregate.**

**E-Mail your answer to:**

**Anthony.Williams@westcare.com**

the first person from each state to answer correctly will be noted in next month's newsletter.



## Cirque du Monde

By Jennifer Hilton – *Director of Men's and Adolescent Services, WestCare Nevada*

### Nevada



Who hasn't been under Big Top? What if you had the chance to learn how to perform like a circus pro?! We all say cool, but when it comes down to it would you learn how to do a back flip, walk on stilts, walk a tight rope, or even balance and twirl from a hoop 25 ft. in the air? Well WestCare Nevada's Young FACES and BOYS programs are very lucky to get this exact opportunity twice a year! Cirque du Monde is the charity funded by Cirque De Soil and they run "social circus" programs all around the world.

The programs work with "at risk" youth, teaching them confidence, motivation, to expand their horizons, and to take the rush they get from their at risk behaviors and channel in a healthy way all through circus skills. Every summer Cirque du

Monde brings the WestCare Adolescents together and for a 10 week period they work to teach the youth basic skills, juggling, tight rope walking, and tumbling. At the end of the ten weeks the youth put on a performance show for their families, probation officers, and of course their staff. Every year they amaze us with what they learn and how they grow. From boxing matching on stilts to pyramids.

The very next week though they are back at it! They start another 10 week set of class, where they partner with two other programs in the Vegas area that have participated the class as well earlier in the year, St. Judes Ranch and Andre Agassi Preparatory Academy Students. At the end of the training session all of the youth performed at the Andre Agassi Performance center. The Harris Springs Ranch BOYS had all their creative juices going when they compose and performed all the music to the show. Several brave youth swung from the rafters in a ring and did eye popping stunts.

What is more amazing than the shows? The lasting effects it has on the youth involved, for example Kyle BOYS graduate; he completed both training sessions in 2008 with Cirque du Monde and then went on to be an assistant coach all the session they presented this year, as a tool to keep him clean! Kyle now 17, has 1½ years clean and he says "WestCare brought me the circus", that's what's keep me going. This year we have three additional young gentlemen that are volunteering to begin assisting to teach starting February 2010! Who knew that the BIG TOP could help bring recovery!

We want to say to all those who took that chance and let go to learn, from this can only come healing,

growth, and change. May you continue to carry your new gifts with you for the rest of your bright future. Also thank you to those who helped these amazing youth to imagine the possibilities, believe that they could accomplish their hearts desire, and achieve that bright future over the horizon. Thank you coaches Dave, Missy, Suzanne, Jeffery, Suzy, Ilars, Clifford, Brandy, and Billie.



# Music On The Mountain

By Dee Wirth – *WestCare Nevada Program Coordinator*

The event of Music on the Mountain is always a special event; When the Alumni of West Care can bring their gifts to all the clients. When Santa Clause comes through the door, has a seat and the clients have a seat upon his lap and He asks “What Do You Want For Christmas” the responses are very warm and heart touching. Some of the things asked for were “I want to see my Grandma for Christmas”, “I Want a Healthy Baby,” “ A New Life,” “Happiness,” “Another Baby Sister” and yes even “ A Puppy.”

To have had snow on the ground at Harris Springs Ranch truly made it a White Christmas all the joy and laughter heard through out the ranch as the children were playing in the snow and sliding down the hill on their sleds defiantly let you know that it was a holiday event.

At the rancho Women’s and Children’s Campus the laughter of the children and the smiles of all the Mother’s when they saw Santa Clause was enough to melt your heart and bring tears to the eyes.

Not to mention at both facilities there was a meeting of recovery where the Alumni shared their

stories and let all of the clients know that we are all truly the same addict and that recovery is truly possible no matter where your story starts, the message is that all of our stories can end the same and begin again in a new light.

The Alumni gave gifts to every single client on the campus for the event and those that were out on passes. One of the most important messages is that no one is ever forgotten no matter where you are. To see the look on every ones faces when they were given a gift and when The Alumni counted to three and everyone opened their gifts it was as if you were watching a bunch of little kids on Christmas Morning.

This is one of the most amazing events at WestCare, if you have been here for awhile and especially if you are new to the program it gives you a sense of not being alone on the Holidays.

Thank you once again to the WestCare Alumni for bringing this special event to all of the clients at Harris Springs Ranch and The Women’s and Children’s Campus.

## Nevada



## South Florida



▲ Above: Peter Bell

# “Going Above and Beyond”

By Sean Furey – *Executive Assistant*

Peter Bell is an Employment Specialist with the Jail In-house Program of the Guidance/ Care Center, Inc. He has a BS from San Diego State University and is a native of Madrid, Spain. Since 2007, he has worked primarily out of the Monroe County Detention Center in Key West where he looks to link program participants with employment opportunities and skills so that they can be successful upon their release from incarceration.

The Jail In-house Program (JIP) is a six month drug and alcohol treatment program located in the Monroe County Detention Center. The program works closely with the Monroe County Drug Courts and provides treatment for men and women who have substance abuse issues that have brought them to incarceration. The JIP program is a co-occurring capable program.

Peter earned a letter of endorsement from the Chief of the Bureau of Corrections Tommy Taylor

for his work with a female client and her Spanish speaking grandmother. The female client needed to be released into the custody of her grandmother. Peter helped well after hours in bridging significant communication gaps which existed between jail staff and the grandmother. He kept in contact with the client and the grandmother to advocate for each of them and assured the smoothest transition possible. Chief Taylor describes Peter in his letter: “Good people make it their mission in life to make good things happen. This was certainly a good thing.” On behalf of the WestCare Family, thank you Peter for going above and beyond and for representing us in the community.



## February is American Heart Month!

By Wendy Simpkins

Did you know that cardiovascular diseases are our nation's number one killer? Since 1963, Congress has required the president to designate February as American Heart Month to help urge Americans to join the battle against these diseases. About every 25 seconds an American will have a coronary event. We should all learn more about our heart, the signs and symptoms of an attack and how to live a healthy lifestyle to help fight the disease.

According to the Center for Disease Control and Prevention, "Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea, or light-headedness.



## WestCare Wellness Watch



A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day (or less than 1,500 mg if you are in a higher risk group for high blood pressure).
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.

## Did You Know?

**A cough releases an explosive charge of air that moves at speeds up to 60 mph, while a sneeze can exceed the speed of 100 mph.**

# Blanket Atlanta Is On The Move!

By Canzada Twyman – Program Manager

Yes! Blanket Atlanta is on the move linking addiction treatment with comprehensive wrap-around services such as primary health care, housing assistance, 12 step meetings, recovery support services, community outreach, job readiness, and any needed referrals required. Our program participants are homeless adults, veterans and chronic public inebriates, with behavioral health disorders. Currently, Blanket Atlanta is providing weekly services for the Metro Atlanta Task Force for the Homeless and Santa Fe Villa; the National

Additionally, WestCare, Georgia was pleased to receive an honored guest in our Atlanta office the American Idol sensation General Larry Plate "Pants On the Ground" which the lyrics of this tune is informational, intentional, and impactful to the nation.

Church Residencies (NCR) Trinity Towers and Lakewood Manor which services are provided.

On Thursday, January 14, 2010 the WestCare, GA. Blanket Atlanta Team attended the Addiction Recovery Awareness Day at the Georgia State Capitol and got the message to the legislators, 'the need for housing and treatment in the state of Georgia'. The Team was able to discuss the need of housing and continuous addiction treatment with the newly elected Mayor Kasim Reed and the world renowned Martin Luther King Jr., III.



## Georgia



▲ Canzada Twyman [left]  
Mayor Kasim Reed [middle left]  
Miltina Frazier [middle right]  
Rekeda Rountree [far right]  
Dewayne King [back right]

◀ Rekeda Rountree [left]  
Martin Luther King, Jr. III [center]  
Canzada Twyman [right center]  
Andre Garrison [far right]

## Valentine's Day is February 14th



## They All Add Up – By Jeff Bohrer

When my wife and I were dating in high school (about 7 years ago), for Valentine's day, I got a dozen roses for her. Instead of giving the entire bouquet to her at once, I gave them to her one class at a time.

I arranged for a friend of hers in each of her classes to pick up a rose from my locker and give it to her during that class. For one class, I even had to ask a teacher to present it to her! Attached to each rose, I had a (very) short poem written that pertained to that class (music, math, etc.) and my affection for her.

To my surprise, she has kept every one of those little notes, and we read them not too long ago with tears in our eyes. Those were probably tears of amazement or sadness because I don't think I've lived up to that romantic moment since. (I'm convinced it was Divine intervention working through me then!)

This idea could be modified for those couples who work or take college courses and know each others' schedules and locations during the day.

*This was one of many online stories and ideas for Valentines Day found at: [www.theromantic.com](http://www.theromantic.com)  
Happy Valentine's Day!*

## Thought for the month

*Adversity has the effect of eliciting talents, which in prosperous circumstances would have lain dormant.*

– Horace (65 BC - 8 BC)



## GulfCoast Florida



# Westcare Educates Journalists on Criminal Justice Reform

By Bob Neri – *Senior Vice President and Chief Clinical Officer* and Susan Rinaldi – *WestCare Foundation Human Resources*

The Pew Institute, John Jay College, and WestCare were sponsors of a workshop in St. Petersburg, Florida on October 30-31, 2009, which was attended by 30 journalists and media professionals. The conference focused on training the media on the topic of criminal justice reform, including initiatives that are being done across the nation.

Experts on policy and subject matter presented perspectives on the need for more prison diversion

and re-entry models, instead of continuing the prison building that has occurred over the last decade in the state of Florida. WestCare Sr. V.P.'s were involved in these trainings, Bob Neri in Florida and Leslie Balonick in Nevada and Illinois.

The end result is a much more educated journalist, who now writes about both policy and personal stories, relating to criminal justice reform and treatment alternatives.

## Meet WestCare Arizona Transportation

By Tracy Stevens – *Area Director*

WestCare Arizona's Transportation Program is run by Coordinator, Michele Walker. Michele has been with WestCare Arizona for 6 and ½ years relocating from Pennsylvania with her two sons in October 2003. Michele began working for WestCare part time at the CRRYS facility as a case worker aide. After working as a case worker aide for approximately a year and a half she moved to the swing shift supervisor position.

For the past four years Michele has held the position of WestCare Arizona Transportation Coordinator. While managing a fleet of seven vehicles and two part-time staff, Michele is a working Coordinator. She is often out transporting clients in between managing her administrative duties and maintaining working relationships with our referral resource agencies, the Division of Children, Youth and Families/Child Protective Services, the

Division of Employment and Rehabilitation Services, Rehabilitation Administration, the ADES Office of Community Partnership and Innovative Practices/Family Connections and the Department of Developmental Disability. Michele as well as her drivers often goes above and beyond our contract requirements to ensure the best possible service for the clients. Michele also provides training regularly for her drivers and all other WestCare staff that may drive a WestCare vehicle.

In addition, Michele participates consistently in the WestCare wide Operations committee meetings. Michele is currently the Chair person for the WestCare Operations Vehicle Sub-Committee. It is one of the most active Operations sub-committees.

## Arizona



Michele's dedication and hard work has helped move along standardization for vehicles across all WestCare agencies nation wide.

In her spare time, Michele spends time with her family. Michele and her boys have been active Cub Scouts for the past three years. Michele is the Secretary Treasure, an active committee member, and Den Mother for her boys, Austin and Ryan's Cub Scout Den the Bears. Michele you ROCK!

## Birthday's in February



**Thomas Edison: Born February 11, 1847**

**Abraham Lincoln: Born February 12, 1809**

**Susan B. Anthony: Born February 15, 1820**

**George Washington: Born February 22, 1732**



# 5 Questions with David Lee

System Administrator – WestCare Foundation, Nevada

I was born in Kentucky but moved to Las Vegas when I was 6 months old. I have lived here my entire life and I consider it the best place in the world. My position at WestCare is foundation system administrator and I have been with WestCare for almost 3 years. In that time I have probably talked to or assisted 99% of the company so it would be nice to put a face to the voice. And remember folks, please submit all technical related requests to helpdesk@westcare.com, thanks.

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

I would say being able to help fellow co-workers with their technical issues is my most rewarding experience. It always feels good when you can help others even if it's the smallest things, like resetting passwords. Also working with a great group of colleagues in the IT department is a very rewarding experience.

**2. What do you do in your spare time?**

I started to play golf last year and I can't get

enough of it. And what better city to live in for golf than Las Vegas!

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

I am the head of a secret society that rules the world. Just kidding . . . Hmmm I really don't know. I guess it would be I don't like the taste of cilantro.

**4. Proudest personal or professional accomplishment?**

The first time I broke 100 in golf last summer. I track and record every round I play so it was nice to be able to see my progression from when I first started to now.

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

My favorite TV shows are The Office, Modern Family and Big Love. My favorite type of music is breakbeats and dubstep.



## Kentucky



The clients and staff at the Hal Rogers Appalachia Recovery Center worked diligently to clear off several miles of roadway near the facility.



## Neighbors Helping Neighbors

In late December Kentucky experienced one of the worst snow and ice storms in recent history. Many of the residents in Pike County were without electricity and water for up to 10 days.



A neighbor living close to the facility brought cookies for the entire house as a thank you stating that "I would not have been able to get to work without WestCare."





## An Update on the Endowment Campaign

By Chris Argento

# Campaign Corner

**W**estCare's Endowment Campaign is still moving along steadily, led by Kirby Burgess, Sharon Steinberg, and the rest of the Endowment Team with great support from the entire WestCare family.

In the past few months, the Endowment Team has met with numerous members of the local communities where WestCare does business regarding donations and partnerships. Recently, generous donations have come in from some very supportive donors in Kentucky. Wayne Supply has agreed to not only make a generous contribution to our cause but have also committed to putting on additional fundraisers for the Endowment Campaign, showing the dedication of the people in the Bluegrass State to our mission!

Three major fundraising events, including a charity golf tournament on April 29th scheduled to coincide with festivities for the Kentucky Derby as well as celebrity fundraisers, have been planned for the spring to be held in Las Vegas, Atlanta, and Louisville. Professional athletes and celebrities, including 7 time World Series of Poker Champion Phil Ivey amongst others, have agreed to endorse and participate in these events and the Endowment Team is very excited to be associated with these fine folks.

Sharon Steinberg is currently working with professional football players, music producers, and entertainment professionals in the Miami area to establish an annual fundraiser as well as continuing corporate support in southern Florida.

Kirby Burgess and the rest of the Endowment Team are committed to putting on events that will thrust WestCare into the non-profit spotlight in not just the communities that we provide services, but the nation as a whole. Keep your eyes out in the future for more exciting Endowment Campaign news!



**WestCare Foundation  
Endowment Campaign**

## February is Black History Month

### Just A Few Black History Facts:

Black History Month began as "Negro History Week," which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

- On February 12, 2009, the NAACP marked its 100th anniversary. Spurred by growing racial violence in the early twentieth century, and particularly by race riots in Springfield Illinois in 1908, a group of African American leaders joined together to form a new permanent civil rights organization, the National Association for the Advancement of Colored People (NAACP). February 12, 1909 was chosen because it was the centennial anniversary of the birth of Abraham Lincoln.

- John Mercer Langston was the first black man to become a lawyer in Ohio when he passed the Bar in 1854. When he was elected to the post of Town Clerk for Brownhelm, Ohio in 1855 Langston became one of the first African Americans ever elected to public office in America. John Mercer Langston was also the great-uncle of Langston Hughes, famed poet of the Harlem Renaissance.

- George Washington Carver developed 300 derivative products from peanuts among them cheese, milk, coffee, flour, ink, dyes, plastics, wood stains, soap, linoleum, medicinal oils and cosmetics.

- Thurgood Marshall was the first African American ever appointed to the United States Supreme Court. He was appointed by President Lyndon B. Johnson, and served on the Supreme Court from 1967 to 1991.

- Shirley Chisholm was the first African American woman elected to the House of Representatives. She was elected in 1968 and represented the state of New York. She broke ground again four years later in 1972 when she was the first major party African-American candidate and the first female candidate for president of the United States.

*For more black history facts, please go to:*  
[www.history.com/content/blackhistory/black-history-facts](http://www.history.com/content/blackhistory/black-history-facts)  
[www.suelebeau.com/blackhistory.htm](http://www.suelebeau.com/blackhistory.htm)

