



January 2011

WestCare Kentucky Hosts Transitional Living Apartments Ribbon Cutting and Open House

Renee Alexander – Central Kentucky Area Director

The Estill County Community Involvement Center, located in Irvine, Kentucky, sponsored an open house and ribbon cutting event on December 3, 2010, for its new Transitional Living Apartments. The event, hosted at 108 Main Street, was attended by members of the community, grantors, local politicians and staff.

Attendees were welcomed by Jenifer Noland, Vice President of WestCare Appalachian Region with an invocation by Rev. Don Hatton of Irvine United Methodist Church. Special Tribute was given by County Judge Executive Wallace Taylor focusing on the journey toward bringing transitional living apartments to Irvine. Judge Taylor also serves as Vice Chair of West Care Kentucky Board of Directors; he was joined on the agenda by Kathy Samples, CEO of Citizens Guaranty Bank in addition to two grantors of the



Jessica Wells from the Federal Home Loan Bank of Cincinnati speaks at the Ribbon Cutting.

project, Jessica Wells with Federal Home Loan Bank of Cincinnati and Anita Bowles with Housing and Urban Development. Special Guest Speaker was Dick Steinberg, President/CEO of WestCare Foundation. Benediction was conducted by David Boggs, CEO of Opportunity for Work and Learning. Attendees were treated to a tour of the facility and apartments.

The furnished apartments consist of 4 units of transitional living housing to occupy the second floor of the existing Community Involvement Center (CIC). These units contain 1 or 2 bedrooms, a living/dining area, kitchen and bathroom. The project will target clients experiencing substance abuse and domestic violence issues. All utilities are included in the rent. "This project is a perfect example of all three branches of government, private foundations, and local support working together to make a difference

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County Judge Executive and WestCare Kentucky Board Vice Chair, Wallace Taylor

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Anita Bowles from the Louisville Kentucky Housing and Urban Development (HUD) Office.

in a community,” stated Judge Wallace Taylor.

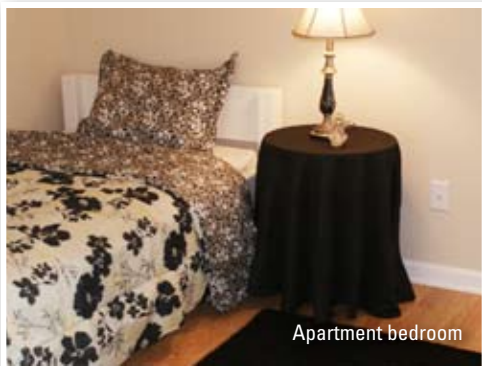
The WestCare Community Involvement Center, located on the first floor, provides clients with services which include individual and group counseling, alcohol and drug education, anger management, parenting, and domestic violence classes and DUI Assessments and Counseling, orientation to community-based self help meetings (NA, AA & Lifeline), educational and vocational rehabilitation assistance, and community referrals for additional needed services.

Not only is the opening of the Transitional Living Apartment complex a noteworthy achievement for Estill County, it is also the only facility of its kind in the surrounding area. “We all know someone whose life has been destroyed by an addiction, said Judge Taylor, it can seem like all is lost and there is nowhere to turn. That is where WestCare can help.”



Dick Steinberg, President/CEO WestCare Foundation

Transitional Living Apartments



Apartment bedroom



Apartment Living Room



Apartment bedroom



Apartment Living Room



Apartment bedroom



Apartment Living Room



Kentucky

Drug Treatment Program to Benefit Inmates in the Boyle County Detention Center

Boyle County Jailer Barry Harmon announced that WestCare Kentucky has been selected to provide substance abuse treatment services in the Boyle County Detention Center. This program will benefit as many as 80 inmates per year.

“Ninety-five percent of all individuals incarcerated will eventually be released and return back to their communities. The services WestCare provides to the inmates will give them an opportunity to make a safe

and successful transition from jail to the community,” Mercer County Judge Milward Dedman said.

Judge Harold McKinney states “I am impressed with WestCare’s background and experience with the criminal justice system, both nationally and in Kentucky, and to their commitment to the individuals and families they serve.”

The Kentucky Department of Corrections established in-jail substance abuse treatment

programs in 2006 and because of their positive outcomes have now expanded to 18 programs in 20 jails throughout the Commonwealth. Boyle County began offering services earlier this year.

“We are delighted to have the confidence and support of Jailer Harmon, Boyle County Judge Executive Harold McKinney and Mercer County Judge Executive Milward Dedman” said WestCare Vice President Jenifer Noland.

Semper Fi! WestCare Joins the Marines!

By Devon Hulunian – RMS Vocational Specialist

From December 6 through December 17, The RMSC men and women along with the TC Men and TC women, PPW and M’ella women had the opportunity to assist the United States Marine Corps at the Toys for Tots Warehouse. They had to unload delivery trucks, sort toys according to age group and gender and fill the many orders that the community was getting for this year. Working in the warehouse is a lot of work and gives us the opportunity to see all of the hard work and time that goes into making sure that each and every one of our children receives a gift. It is also a wonderful feeling to help serve our military and give back to them as they fight for our country. This is the second year in a row that we have had this opportunity. RMSC client Da’Montae H. states, “It is gratifying being

able to give back to the kids.” We hope to continue this tradition of putting smiles on the faces of the children in our community.



California

Fresno’s TC and RMSC men and women, along with PPW and M’ella clients, all pitched in this year to help the U.S. Marine Corps in their annual Toys for Tots drive.

SMART 2, Living Room Win Top Parade Honors!

By Maryellen Pistalu, MS – SMART 2 Program Director

WestCare California staff members and clients were thrilled when they learned their entry in the Fresno Holiday Parade won FIRST PLACE in their division! With a theme of ‘Fairy Tale Christmas,’ SMART 2 and Living Room representatives put together the winning float. They are pictured with Santa, City Council member Cynthia Sterling and WCCA Deputy Administrator Lynn Pimentel.



Santa joins the WestCare group at this year’s Holiday Parade in Fresno



Nevada Graduation Ceremony

By Dee Wirth – Program Coordinator

Nevada

This fall, we celebrated a graduation for the clients who have completed their treatment programs at the College of Southern Nevada's Horn Theatre. We had approximately 100 clients walk, but far more graduated. We were also very fortunate to have Al Unser Jr. as our keynote speaker. He offered a moving rendition of his life struggles to help provide inspirations to our graduates, filling them with hope of the life after treatment. We were also graced with a motivational presentation of the poem "Lighthouse" that utilized the clients to encourage each other to be pillars of strength and guidance to one another; to help keep each other accountable and alive. All in all, this year has proven to be a success and our clients' graduation is really the proof.



I Will Be The Lighthouse

An original poem by Dee Wirth

When the world seems dark and no light in sight

I will be the lighthouse

When times are tough and problems arise

I will be the lighthouse

When you see only one set of footprints in the sand

I will be the lighthouse

When you cannot think of a reason to smile

I will be the lighthouse

When you have forgotten where you came from

I will be the lighthouse

When you forget your worth

I will be the lighthouse

When you lose your inspiration

I will be the lighthouse

When one day at a time seems too long

I will be the lighthouse

When dreams feel out of reach

I'll be the lighthouse





<i>Language</i>	<i>Happy New Year!</i>
Afrikaans	Voorspoedige nuwe jaar
Arabic	Kul 'am wa antum bikhair
Basque	Urte Berri on
Bengali	Shuvo noboborsho
Chinese (<i>Cantonese</i>)	Sun nien fai lok
Chinese (<i>Mandarin</i>)	Xin nian yu kuai
Czech	Stastny Novy Rok
Danish	Godt NytÅr
Dutch	Gelukkig nieuwjaar
Esperanto	Bonan Novjaron
Finnish	Onnellista uutta vuotta
French	Bonne ann�e
German	Ein gl�ckliches neues Jahr
Greek	Eutychismenos o kainourgios chronos
Hawaiian	Hauoli Makahiki hou
Hebrew	Shana Tova
Hungarian	Boldog uj evet
Indonesian (<i>Bahasa</i>)	Selamat Tahun Baru
Italian	Felice Anno Nuovo or Buon anno
Japanese	Akemashite Omedetou Gozaimasu
Korean	Sehe Bokmanee Bateuseyo
Laotian (<i>Hmong</i>)	Nyob Zoo Xyoo Tshiab
Latin	Felix sit annus novus
Nigerian (<i>Hausa</i>)	Barka da sabuwar shekara
Norwegian	Godt Nytt År
Philippines (<i>Tagalog</i>)	Manigong Bagong Taon
Polish	Szczesliwego Nowego Roku
Romanian	La Multi Ani si Un An Nou Fericit
Samoan	Ia manuia le Tausaga Fou
Spanish	Feliz a�o nuevo
Swahili	Heri za Mwaka Mpya
Swedish	Gott Nytt År
Thai	Sawatdee Pi Mai
Vietnamese	Chuc mung nam moi
Welsh	Blwyddyn Newydd Dda

From Infoplease.com

Happy New Year!

New Year's Around the World

From from Infoplease.com



Spain

The Spanish ritual on New Year's Eve is to eat twelve grapes at midnight. The tradition is meant to secure twelve happy months in the coming year percent.

The Netherlands

The Dutch burn bonfires of Christmas trees on the street and launch fireworks. The fires are meant to purge the old and welcome the new.

Greece

In Greece, New Year's day is also the Festival of St. Basil, one of the founders of the Greek Orthodox Church. One of the traditional foods served is Vassilopitta, or St Basil's cake. A silver or gold coin is baked inside the cake. Whoever finds the coin in their piece of cake will be especially lucky during the coming year.

United States

Probably the most famous tradition in the United States is the dropping of the New Year ball in Times Square, New York City, at 11:59 P.M. Thousands gather to watch the ball make its one-minute descent, arriving exactly at midnight. The tradition first began in 1907. The original ball was made of iron and wood; the current ball is made of Waterford Crystal, weighs 1,070 pounds, and is six feet in diameter.

A traditional southern New Year's dish is Hoppin' John – black eyed peas and ham hocks. An old saying goes, "Eat peas on New Year's day to have plenty of everything the rest of the year."

Another American tradition is the Rose Bowl in Pasadena, California. The Tournament of Roses parade that precedes the football game on New Year's day is made up of elaborate and inventive floats. The first parade was held in 1886.

Widely Observed New Year Symbols and Traditions

Resolutions: It is believed that the Babylonians were the first to make New Year's resolutions, and people all over the world have been breaking them ever since. The early Christians believed the first day of the new year should be spent reflecting on past mistakes and resolving to improve oneself in the new year.

Fireworks: Noisemaking and fireworks on New Year's eve is believed to have originated in ancient times, when noise and fire were thought to dispel evil spirits and bring good luck. The Chinese are credited with inventing fireworks and use them to spectacular effect in their New Year's celebrations.



WestCare South Florida Celebrates!

South Florida Leadership Team honors staff members at their traditional Christmas party. They also celebrated Frank Rabbito's birthday!



Elyse Dermer – Clinical Employee of the Year



Shonte Everett – Clinical Employee of the Year



Angie Lobo-Martinez – Admin. Employee of the Year



Heather Baker – Prevention Employee of the Year



South Florida



Leo Martinez – Village Leadership Team Member of the Year



Ophelia Rudd and Billy Mitchell – Program of the Year (Juvenile and Family Court Drug Screening)

Florida County Wants to Finance Drug Treatment Through Alcohol Tax

From jointogether.com

Polk County, Fla.'s County Commission will ask state legislators to allow it to seek a 1 percent tax on retail alcohol sales to pay for substance abuse treatment and related services.

Chief reported Dec. 16 that the Polk County Commission is modeling its effort after an initiative in Miami-Dade County, where commissioners won legislative approval to pursue a local option food and beverage tax to finance services for the homeless, including drug and alcohol treatment. Polk County

would like an alcohol tax to fund substance use treatment services for all residents in need.

If the state Legislature approves the county's request in 2011, the county then would establish a service provider task force and would seek voter approval for the tax.

A County Commission resolution that passed on Dec. 15 states that Polk County lacks treatment programs as well as facilities to provide education, training and vocational support services for

individuals with substance use problems.

County Attorney Michael Craig indicated that if a referendum were to pass, the county might consider a public-private partnership to establish and operate the needed services.



WestCare Wellness Watch



Positive Mood Seems to Boost Creativity

Happy people are better able than sad people to think innovatively, study finds.

HealthDay News – Monday, Dec. 20

People who are seeking creative inspiration should try to look on the bright side, the results of a new study suggest.

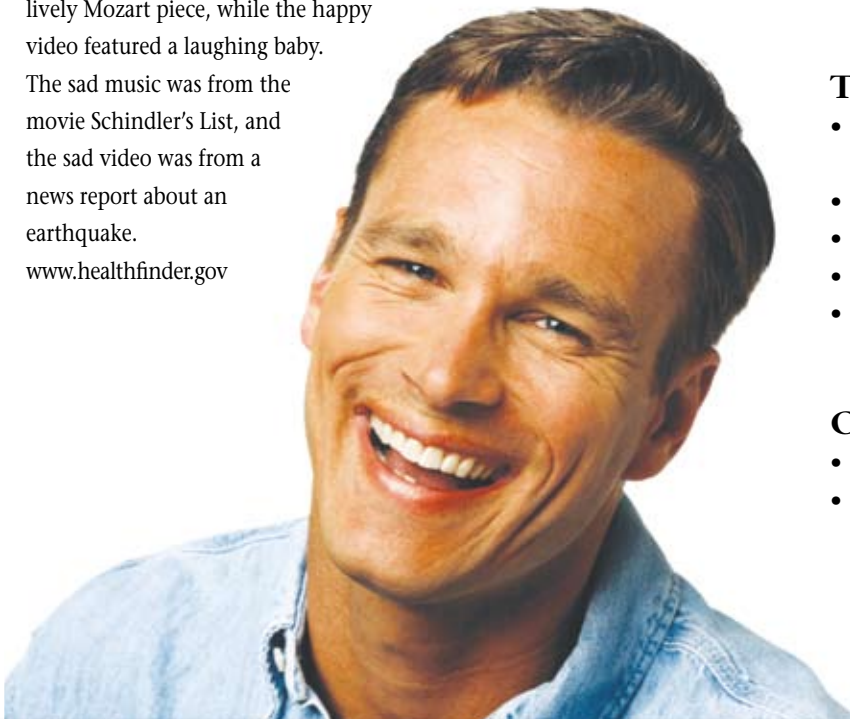
Canadian researchers used happy or sad video and music clips to put participants into different moods and then had them learn to classify sets of pictures with visually complex patterns.

People in a happy mood were better able to learn a rule to classify the patterns than those with sad or neutral moods, said Ruby Nadler, a graduate student at the University of Western Ontario, and colleagues.

The happy music used in the study was a lively Mozart piece, while the happy video featured a laughing baby.

The sad music was from the movie *Schindler's List*, and the sad video was from a news report about an earthquake.

www.healthfinder.gov



Healthy Eating: Conversation Starters

Sometimes a family member or friend just needs encouragement to make a healthy change. Use these tips to start a conversation about eating healthy.

From healthfinder.org



Say why eating healthy is important.

- "I care about you and want you to live a healthy life."
- "A healthy diet can help protect you from high blood pressure, diabetes, heart disease, bone loss, and some types of cancer."
- "Little changes, like drinking water instead of soda and eating more fruits and vegetables, can make a difference in your health."

Take the lead. Do it together.

- "There are simple things we can do, like eating oatmeal or whole-grain cereal for breakfast."
- "Let's go grocery shopping together for healthy foods."
- "Let's try to cook and enjoy a healthy meal together at least twice a week."
- "Let's try eating at least 2 vegetables with dinner."
- "Next time we go out to eat, let's share a meal. Or we can each order our own, but only eat half. We'll save the other half for lunch the next day."

Offer to help.

- "How can I help you eat healthy?"
- "What is the hardest thing about eating

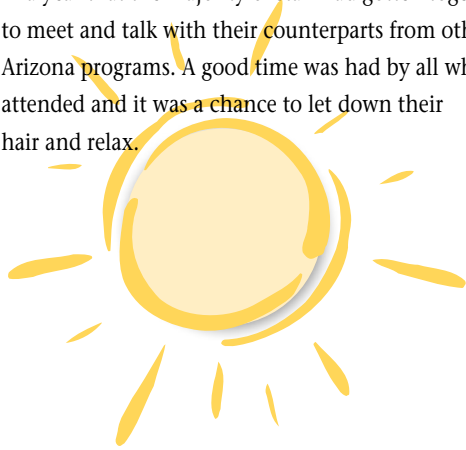


Arizona Staff Celebrate the Holiday Season

By Tracy Stevens – Area Director

WestCare Arizona held its annual Christmas party at Coliannos Italian Restaurant in Bullhead City. Staff and their guests enjoyed an Italian buffet of lasagna, fettuccini, pasta, salad and chocolate cake for desert. The highlight of the evening was the infamous gift exchange where the most popular gifts this year were chocolates, a Starbucks coffee gift set and lottery scratcher tickets. Transportation Coordinator, Michele Walker had her choice of gifts “stolen” at least four times. There was a lot of laughter and joking as Michele tried to hold on to a gift.

Area Director, Tracy Stevens prepared individual goodie bags filled with candy for staff. Each employee got to pick a bag from the table and 4 of the bags also contained Chili’s gift cards. As this was the first time in a year that the majority of staff had gotten together in one place, many took advantage of the opportunity to meet and talk with their counterparts from other Arizona programs. A good time was had by all who attended and it was a chance to let down their hair and relax.



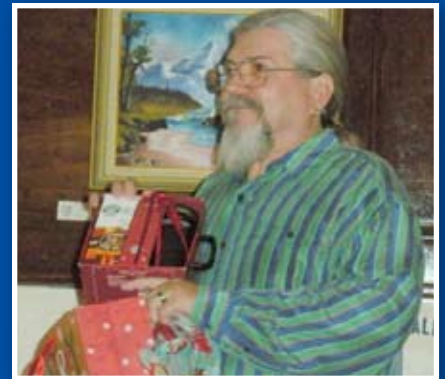
Michele Walker, Transportation Coordinator



Arizona



Lisa Berry, AFF Counseling



Jack Ballum, DUI Screening

5 Questions with Brittney Beer

WestCare California

Brittney Beer is completing her second year of service to WestCare’s San Joaquin Valley Veterans program.

What is your title/duty at WC/SJVV and how long have you worked here?

I serve as a Case Manager for the Workforce Investment Act grant and a Coordinator for the Community Circles Strength at Home Project we have at SJVV. I started volunteering at WestCare in December of 2008 and came on as an employee March 3, 2009.

What is your personal connection to the military?

My connection to the military begins in my home with my husband. I met and fell in love with him two weeks before his second tour to Iraq. We were married 8 months later before this third tour.

What are the challenges and joys of your work?

The challenges of my work are minimal; they usually include my caring more about the success of my veterans than the veteran themselves, finding ways to keep them motivated, and finding that perfect balance of caring without becoming overly involved. The joys are constant; helping those who feel they have no where else to go, working with the most incredible staff an agency

could offer, and constantly learning about the services Fresno has to offer.

What do you do in your spare time?

I have very little spare time, but what I have I try to put into my very large and supportive family. My husband and I are huge fans of traveling- the picture is of me in Cairo, Egypt. I also enjoy reading anything I can get my hands on, cooking, and watching Bones.

What are your hopes for the year 2011?

I have some very intense wishes for year 2011, one of which is to apply and be accepted into a graduate program.



Prevention Comes First in St. Petersburg

By Jean Jones – *Gulf Coast Director of Outpatient Services*

The GulfCoast Prevention Program has taken off with the addition of two new grants targeting African American boys and girls in high crime/drug involved zip codes of Midtown St. Petersburg, Fla. The grant awards are through the Dept. of Juvenile Justice for the purpose of decreasing the disproportionate minority representation in the juvenile justice system. WestCare GulfCoast operates three tracks under the Prevention Program

- Alternatives Prevention Program is the existing service which is an after school program for both delinquent and pre-delinquent youth ages 8-17. The Alternatives Program focus is on building social and life skills.
- The UPSIDE – Utilizing Positive Strategies in Developing Efficacy is an after-school, diversion program targeting youth who attend a local middle school. Youth who are eligible for this program may exhibit severe behavior problems, poor academic performance, and have or is at-risk of having a delinquency referral.
- Girls Circle of Support is a diversion program for middle school aged female adolescents who have or are at risk of receiving a delinquency referral and have at least one parent who is involved in the criminal justice system.

We give credit to the dedicated Prevention staff of Linda Rogers, Prevention Coordinator, Christopher Culbreth, Prevention Specialist and part time employee, Loretta Poole for managing a program of 30 challenging participants. Nineteen of the current participants are involved in Alternatives program and are serving juvenile probation; eleven are middle school students, pre-delinquent and referred for behavior and attendance and we will soon admit

participants under the Girls Circle of Support.

The program started as a grass root effort and has developed to include computer skills, tutoring, and social presentation skills. These services are provided by volunteers who dedicate their time and effort in assisting our youth in building the skills necessary to compete in this world.

It has been increasingly necessary to utilize various creative strategies to impact the youth that are often very challenged by their lifestyle, exposure to aberrant behavior, crime and drugs and what seems to be a lack of empathy and compassion for others. Much of our efforts have been aimed at instilling positive values, and consideration for others. The program has instituted several practices that have demonstrated positive results. Each of the strategies is designed to meet the needs of the youth.

- The Prevention Program and the Men's Residential Program have forged a mentoring relationship where the men are assigned a younger male to meet with bi-weekly for mentorship. This strategy targets the lack of male role models in the community.
- Prevention bucks – a behavior modification approach whereby youth earn "prevention bucks" for positive behavior to purchase merchandise from the prevention store which is stocked with donations. Incentives work! This strategy enables a youth to purchase necessary items without publicizing their need.
- Certificates of recognition for accomplishments. "Troubled" or "at risk" youth achieve few successes and are often recognized for their failures. We seek to build self esteem by awarding certificates for their accomplishments. We find that our youth love certificates.

GulfCoast Florida



Please join me in applauding a hard-working and dedicated staff that consistently shows up to tackle the difficult and often daunting task of attempting to affect the lives of our youth.

Thought for the Month

"The New Year, like an Infant Heir to the whole world, was waited for, with welcomes, presents, and rejoicings."

– By Charles Dickens



January Calendar



January 1st
New Year's Day Observed

January 4th
8:30am CAC Minnesota
8:30am – PT/10:30am CT
(VICTRI, Minneapolis, Minnesota)

January 5th
12:00pm CAC Monthly Report Due
(Executive Committee)

January 8th
2:00pm – 6pm WestCare California
Poker Tournament

January 12th
8:00am Executive Committee
Pre-Board Meeting

January 18th
8:30am CAC Minnesota
8:30am – PT/10:30am CT
(VICTRI, Minneapolis, Minnesota)

January 21st – 22nd
Annual Foundation
Board Meeting (TBD)

January 26th
8:00am Exec Committee
Post-Board Meeting – Wrap-Up

January 26th
6:00pm AZ CAC Meeting
(Bullhead City, Arizona)

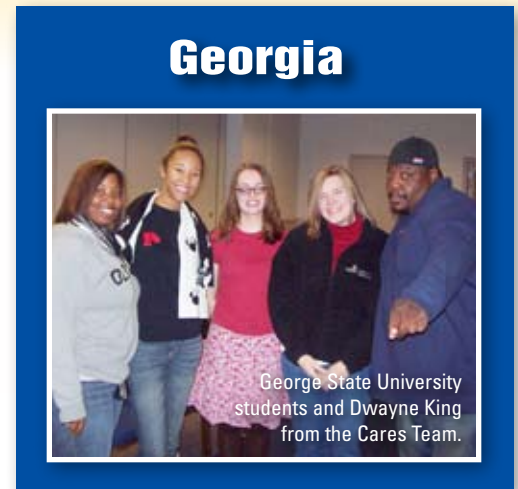


New Partner for the New Year!

By Miltina Fraser – *The Cares Program*

The Cares Team partner with Georgia State University to start providing HIV Testing and HIV Prevention Services to their students. The Student Health Promotions department has been extremely supportive in advertising our services and volunteering at events.

Our outreach efforts started in November and there was a huge turn out. We also developed a volunteer pool, and an upcoming training to begin our peer initiative program along with dorm, evening testing, and round table discussions regarding prevention methods. Georgia State University partnership has given us an extra edge to apply health wellness educational at Georgia Perimeter College and Agnes Scott College. On Worlds AIDS Day we tested 101 people and gave out over 100 safe sex kits. The students express their appreciation for us being there and agreed to follow up with additional activities we have planned.



Georgia

Georgia State University students and Dwayne King from the Cares Team.

The Cares Team has great hopes for the new College peer initiative program and partnerships that has been formed, we believe it has strengthened our program and contributed a great deal of success toward the agency and the Metro Atlanta Community.

Blanket Atlanta GBHI Site Visit

By Jeannie Lewis – *Program Director*

During the week of December 1st – 3rd the Blanket Atlanta team in Atlanta received a site visit from a 3 person team to begin the process of performing the cross site evaluation of the program. Blanket Atlanta is funded by the Substance Abuse and Mental Health Services Administration through the Center for Substance Abuse Treatment portfolio of Grants for the Benefit of Homeless Individuals (GBHI) program began in 2001. This discretionary grant program funds grantees to provide services to expand and strengthen treatment to those with substance use or co-occurring substance use and mental disorders, link treatment services with housing, and increase the number of those who are stably housed and receive treatment.

The entire GBHI program has not previously been evaluated. In fall 2009, CSAT funded RTI and its partners Advocates for Human Potential, Danya International, and Brandeis University to conduct a cross-site evaluation with the following objectives:

- OBJECTIVE 1: Examine the feasibility, utility, and sustainability of future Treatment for Homeless cohorts through the review of planned and actual outcomes.
- OBJECTIVE 2: Determine the impact of the Treatment for Homeless grant program on the existing treatment system.
- OBJECTIVE: Recommend actions to SAMHSA and CSAT that will improve future grantees within the Treatment for Homeless portfolio.

Our site visit was very productive. We brought 10 clients for a focus group with our visitors where they discussed the program and its impact on them. The client's gave us glowing recommendations. One client stated that "Blanket Atlanta is a perfect fit for me." We also brought in our collaborating

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partners who discussed our relationship and the ways we have all worked together. Our visitors also sat in on a group therapy session with one of the counselors and stated that they observed the clients being actively engaged in the process. One of the neatest things to come out of the visit was a very

detailed flow chart of how clients move through the program and the services and support that they receive from us. This flow chart will be very useful as we continue to market the program to other service providers in the Atlanta metro area.

The 3 day visit was very intense and productive

for the staff of the program. We were glad to hear that the clients are receiving quality and effective services from us and that our partners are happy with the services we provide to their clients as we all continue to work toward uplifting the human spirit.

Uplifting Human Spirits Through Giving

Those who work at WestCare, at most any non-profit charity for that matter, are some of the 'richest' employees you'll find. It's a wealth that builds in the spirit and the soul . . . knowing that their compassion for those who are struggling is making a huge difference . . . in families, in communities, in the world.

It is no secret that charitable giving is often predicated by the economy. Yet, true believers in worthy causes will never hesitate to help. WestCare is an agency for which employees and funding sources alike have great respect. It is one of those solid providers that toils in relative obscurity, yet, steadfastly, forges ahead with the challenges at hand.

Some of the most memorable quotes ever preserved are from philanthropists, great men and women. I have selected these four to share: *"When it comes to helping out, I don't believe in doing it for media attention. My goal is to support the organizations that need help."* – Paul Allen

"I resolved to stop accumulating and begin the infinitely more serious and difficult task of wise distribution." – Andrew Carnegie

". . . true happiness...is not attained through self-gratification, but through fidelity to a worthy cause." – Helen Keller

"Charity is a supreme virtue, and a great channel through which the mercy of God is passed on to Mankind." – Conrad Hilton

With the uncertainty and unreliability of traditional funding sources, the year 2011 will mark the beginning of a strong self-sustainment effort by WestCare to ensure the continuance of high quality services to our clients. It's what we do. And we are blessedly richer for it.

To discuss supporting WestCare in its many projects in the States and off-shore, please contact Sharon Steinberg, at 702-385-2090 or Sharon.steinberg@westcare.com.

By John Wallace – *Express Editor*



Unsung Nonprofits are the Big Story

By Todd Cohen – *Inside Philanthropy*

It must be official: The "biggest event in philanthropy this year" was the pledge by 40 of the wealthiest Americans to donate at least half their wealth to charity, according to The New York Times in the annual report on giving it published last week.

The so-called "giving pledge" by billionaires Bill Gates and Warren Buffett is indeed important: In addition to generating a lot of media coverage, or maybe because of that coverage, the pledge holds the promise of inspiring other Americans to give, whether they are wealthy or not.

But do not let the Times' declaration that the

giving pledge was the year's main charitable event mislead you: Like the rest of the mainstream media, the Times pays attention to the charitable world mainly when people who are rich and famous make big gifts, or when big charities or charity leaders make big mistakes.

In the trenches of the charitable world, the giving pledge pales in comparison to the heroic work that nonprofits perform every day in the face of an economic crisis that has escalated demand for services and pushed many nonprofits to the brink of extinction.

Also dwarfing the giving pledge is the innate and

abiding generosity of Americans, from all backgrounds and walks of life.

Despite the dismal economy and uncertain future, Americans give their money, time and know-how to help people and places in need.



Illinois



▲ WestCare Illinois Cook County Jail "Impact" program team and Dawn Ruzich, evaluator



▲ Dr. Dennis Deer



Sheridan Prepares to Launch New Curriculum

By Jeffrey Clausen

– *Clinical Manager, Sheridan Correctional Center*

WestCare Sheridan prepared to launch a new curriculum by holding a training session at the end of November with Dr. Harvey Milkman. Dr. Milkman presented training on Cognitive Behavioral Therapy (CBT) and Chemical Dependency. The three-day training was the kick-off for our new curriculum based on Dr. Milkman's book *Criminal Conduct and Substance Abuse Treatment: Strategies For Self-Improvement and Change*. The first day of training was an overview of CBT for our entire clinical staff and part of the Cook County Jail/Impact Program team. The second and third days of the training allowed 28 of our staff to be immersed in the curriculum. The training focused on the presentation of the program and how it should look to our clients. It was a wonderful opportunity to have Dr. Milkman and it showed the incredible investment that WestCare has for its employees.

Learning and Celebrating All in One Day

Submitted by MaryBeth Ohara

– *Office Manager, Sheridan Correctional Center*

On December 22nd WestCare Sheridan celebrated the holidays with an enlightening training session on motivational interviewing with Dennis Deer in the morning hours and a wonderful luncheon where everyone could relax, share stories and get to know coworkers a little bit better in the afternoon hours. Other vendors from the Sheridan project were also invited to join in the festivities by WestCare Senior Vice President Leslie Balonick. Staff truly enjoyed this time to "break bread" with peers they have not had time to talk with because of the busy schedules kept by staff on a daily basis. It was a great afternoon and the perfect ending to a positive year for West Care, as we continue to 'Uplift the Human Spirit' in 2011.



Holiday Fun for Everyone

By Charlene Hamann

– *Recreation Therapist, Sheridan Correctional Center*

During the weeks before the holidays WestCare Sheridan clients participated in a facility wide unit decorating contest. All the clients took part in transforming each housing unit into winter wonderlands, all filled with festive décor and holiday spirit. Bounded by therapeutic themes, each unit used 'official decorating' materials to show treatment steps, recovery progress and future sobriety goals as well as commitment to change; clients used creativity and tied these together with the holiday spirit. With many units decorated so gallantly, it made it difficult for the judges to choose just one winner for the 1st pizza party, but in the end housing unit C-17 came away with the 1st place honors using "A Christmas Future" as their motivating theme; getting out, staying out and having many future Christmas' at home with their families and not in prison.

