



July 2012

## The Young Horse Whisperers of Harris Springs

By Kelly Gutierrez – Harris Springs Ranch Counselor

The WestCare-Nevada Harris Springs Ranch adolescent program has been fortunate enough to have the opportunity to link with Grace Ranch in Las Vegas, which provides the adolescent clients the rare experience of equine therapy. Equine therapy, also known as horse therapy, has been a positive addition to the adolescents' treatment program as it provides a new outlook on "being in therapy" or obtaining traditional treatment. The clients have had opportunities to work on increasing their coping skills in regards to anger management and communication skills, have developed new skills in setting healthy boundaries, and have increased their self efficacy in regards to their abilities to face their fears and work through situations that are foreign to them or make them uncomfortable.

Many likely think to themselves, why horses? Horses, for most, are naturally intimidating because of their size and strength. Because of this, they provide an opportunity for our clients to increase their self efficacy in overcoming fears, which increases their confidence. Horses additionally require their people to work. Much work is required in both caring for their needs, and when working with them in therapy or other ways, such as riding them. Many times our clients are in search for an easy fix or immediate gratification, and while working with the horses, they find patience, physical work, and constant engagement is required to complete the tasks in their weekly activities. Lastly, and possibly most important, horses mirror our body language and are honest. Clients can



Learning about "horse sense"

often become frustrated reporting "I don't think this horse likes me," or "this horse doesn't listen and is stubborn!" These become lessons for the clients, with them often coming to the conclusions such as "maybe I am the one who doesn't listen and is stubborn!"

Our clients have been successful in identifying their past behaviors while using drugs and alcohol and how they affected others around them through the activities assigned while in equine therapy. The clients have been observed learning how to work as a team and build healthy communication skills.



Ready for the Triple Crown?

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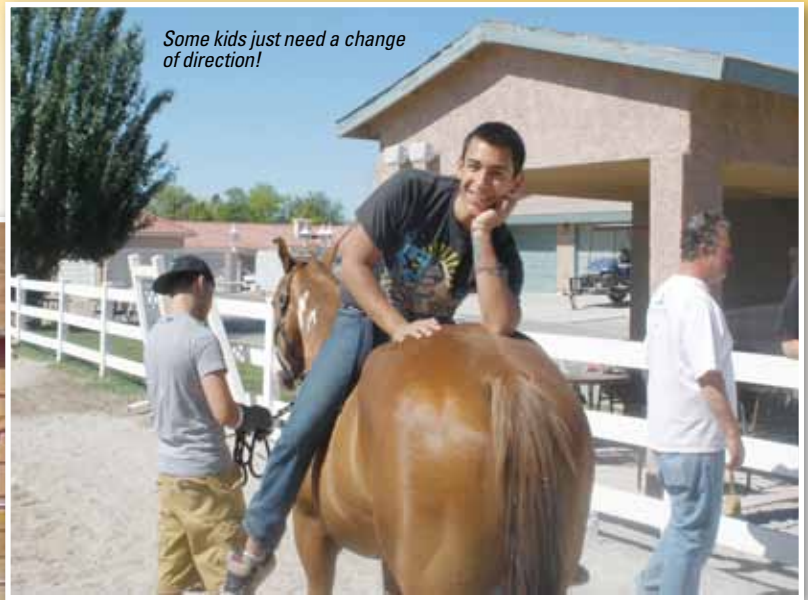
Kudos

*Continued from page one*

The equine therapy has additionally provided an outlet for the youth to have healthy and fun recreational time while learning some big life lessons. The youth have stated it's insightful when you discover you can have fun and be happy without the use of drugs and alcohol.



*Nevada teens get interest "spurred"*



*Some kids just need a change of direction!*

"I've realized things like how I act can come off to people." – Bryan S.

"We are learning how it relates to our recovery. Like when we was trying to get the horse over the jump and it wouldn't. Like when my mom told me to do stuff and I didn't." – Todd S.

## Clients Welcome Counselor's New Arrival

By Adam Thompson – SAP resident

### Kentucky



*Beautiful Olivia . . . pretty in pink!*

Parenting Education Classes have started at the Boyle County Detention Center Substance Abuse Program. This comes just weeks after Ms. Laura Schwarz, one of the program's top counselors, returned from maternity leave. She and her family welcomed Olivia, an 8 lb, 9 oz, bouncing baby girl. Olivia was born on March 29, at 9:05 am in Lexington, KY.



*Laura, Curtis and their growing family*

Staff and residents will start the summer refining communication skills we use in parenting and everyday life. Residents will also learn parenting responsibilities while providing love, attention and care to their children when they return home.

The program will stress the importance of understanding a child's feelings and behaviors while providing the affirmation they need.

Congratulations to Laura on the addition to your family, and welcome back!



## WestCare Has That ‘Emerald Touch’

By John Wallace – *Express Editor*

Once again, WestCare’s staff and clients of The Living Room and SMART 2 delighted the thousands of spectators at the annual Pride Festival Parade in Fresno’s historic Tower District.

The perfectly costumed riders on the cleverly decorated float eased on down the yellow brick road (Olive Avenue) and easily became the people’s choice, capturing the CEO’s Award for best float in the parade.

Congratulations to all who worked hard on this great project, including the cast of Oz characters: Jayda (Dorothy), Keith (Tin Man), Richard (Cowardly



*Some of the thousands who lined Olive Avenue for Fresno’s annual Pride Festival Parade.*

Lion), Daniel (Wicked Witch), Ruben Z. (The Wizard), Shawn (Scarecrow), and Maryellen (The Good Witch). Toto played himself, we’re told.

And The Living Room crew of Toni Harrison, Ricardo, Ruben C., and Fabien, along with Maryellen Pistalu (Smart 2) and her family were real troopers!

This June 2nd parade has become a tradition in Fresno, to embrace tolerance and personal pride. And WestCare continues to gain new friends with its award-winning participation.



*Somewhere . . . over the rainbow . . .*

## California



*Ruben Z., Jayda, Keith and Maryellen*

## Peanuts and Cracker Jack

Submitted by Erin Shelton

WestCare California, Inc. says THANK YOU to the Fresno Grizzlies for their support! Our men’s residential treatment clients enjoyed a night of fun and relaxation with the best AAA baseball team around! The men’s TC and RMSC clients at the MLK facility in Fresno work hard at their recovery and were rewarded with a sober night out at the ball park on June 13, 2012.

*Editor’s note: “Thank You’s” are a big part of California’s outreach efforts. It’s a good practice. The smallest contributions to our cause deserve proper acknowledgement.*



**Sober Night Out In Fresno, CA**

## Feedback

*Editor’s note: we are always appreciative of input to make the Express meaningful for our readers.*

*“What a wonderful story on page 1 (June issue). It made me cry.”*

– Marianne Benvenuti, WestCare Florida Keys

*“I learned so much about what is going on across the country, see names and faces of employees I have talked to and never met. I understand more about what we have cooking in new regions.”*

– Carol G. Renard, Program and Staff Development, Foundation



# IDOC and WestCare Sheridan Offer Re-entry Summit

By Charlene Hamann – *Recreation Therapist*

Sheridan Correctional Center/Illinois Department of Corrections and the vendor contractors, including WestCare, recently hosted a Reentry Summit. There were representatives from approximately 15 outside agencies that spoke at the summit, offering much valuable and helpful information to about 435 WestCare clients who are nearing their release dates.

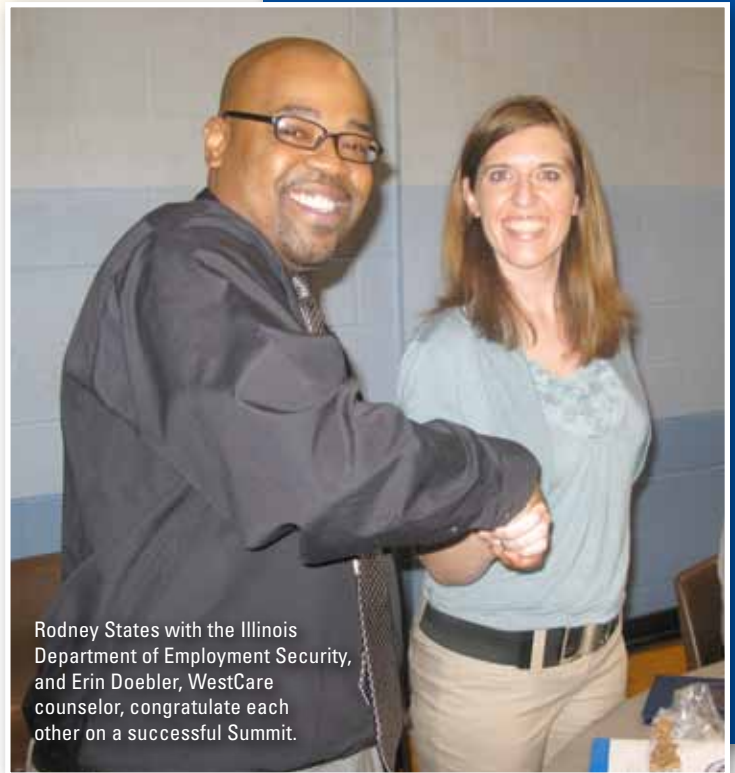
Wendy Clodi from the Department of Healthcare and Family Services/ Paternity Establishment Liaison spoke about issues dealing with paternity and child support. She informed clients that they could pay child support while in prison, if possible, to lessen the mounting cost once released. She also suggested genetic testing for anyone who is uncertain about a child before paying support to the mother. Wendy stated in closing that every child has the right to know who their parents are, and it's the clients responsibility to give that to them.

Rev. James Coleman, Charles Hardwick, and Roger Ehmen, representing Community Supportive Advisory Council (CSAC), talked more to the clients about being responsible,

not only to their children but in their neighborhoods; standing up for what they know is right; living right; and being role models to youth in our society. Charles Harwick stated, "When I took myself out of the company of 'bad people', my life started to change. If you do the right thing long enough, you will be rewarded in ways you could never imagine."

Roger closed with talk about the "will" to want to work and to learn skills in the next three months you have left at WestCare Sheridan to gain knowledge in what you need to get a higher paying job for the next 40 years.

## Illinois



Rodney States with the Illinois Department of Employment Security, and Erin Doebler, WestCare counselor, congratulate each other on a successful Summit.

At the conclusion of the day's presentations, clients were allowed to ask questions of individual speakers if they were unclear or uncertain about any of the information given.

Some of the other agencies that spoke at the summit include the Veterans Administration, Illinois Department of Employment Security, Secretary of State's Office, Gateway, Christian Community Health Center, Bridge to Freedom Ministries, People's Resource Center, Illinois Manufacturing Institute, Stepping Stones, Illinois Institute of Addiction Recovery, and Parole Agencies.

Overall the Reentry Summit was a huge success with staff, administrators, and the agencies expressing positive remarks about how receptive and attentive the clients were, as it clearly showed in their eagerness and willingness to ask questions in the end.



Banner welcomes vendors and agencies to the Re-entry Summit, attended by some 450 Sheridan clients.

# A Special Calling

By Lilia McBride – *Guidance/Care Center Nurse*

**Florida**

One hundred words will not be enough if I will write why I chose nursing as my profession. It was the year 1964 when my mother brought me to a tiny hospital on a small Island in the Philippines. When my Grandfather was sick, that was the first time I saw these young and older women wearing uniforms and white shoes. What especially caught my attention as a 10 year kid was the stiff white cap. I knew I would be like them when I grow up and be able to help the sick and care for those who needed help in their miserable, painful, lonely state of life.

At that young age I decided to be a nurse, and I was very lucky when my mother agreed and sent me to nursing school where I graduated at 21 years of age. This profession gave me all the opportunities in life, especially when I came in this great country 32 years ago. To this day, being a nurse for 36 years is still the best thing that happened to me as a person and a mother to my 4 children and 3 grandchildren. I am still enjoying my profession and will be until I decide later to relax and enjoy life. This profession has given me a chance to make the money I needed on my retirement days.

I would love to see young nurses feel the same way I did 36 years ago, in which every

*Editor's note:* For Nurses Week celebration, the Guidance/Care Center held a contest asking participants why they chose nursing as a profession. The following is the winning essay submitted by Lilia McBride



Lilia McBride

time you come to do your jobs as a nurse you feel excitement, dedication and most specially contentment that you have helped people in need physically and mentally. This is the only profession I know that will do that over long term. So CONGRATULATIONS to

all the "Nightingales" out there, and most of all to my co-workers that give their life and dedication to this pretty damn good profession call NURSING. Let's do good work together as a team!



## Teacher Appreciation Day

The Village South makes extensive use of classroom teachers in its long menu of services.

In this photo, several ATP clients pose with four of their wonderful teachers and staff: Teacher **Alina Olachea** (holding the flowers) and the assistant teacher **Ms. Blandon** (first left). The BHT staff is **Cynthia McNealy** and **Debbie Cheremond** (Back row).

Thank you, ladies. You make a world of difference in the lives of these young people.





# Let's Celebrate 4th of July!

## *Independence Day in United States*

Independence Day is annually celebrated on July 4 and is often known as "the Fourth of July." It is the anniversary of the publication of the declaration of independence from Great Britain in 1776. Patriotic displays and family events are organized throughout the United States. Many people display the American flag on their homes. The celebrations have deep roots in the American tradition of political freedom.

## When and How to Display the U.S. Flag

By David Johnson

The United States Flag Code stipulates that as the symbol of a living country, the flag is considered in itself a living thing and should be properly displayed and cared for. The code outlines the proper ways to display the American flag.

- Raise the flag briskly. Lower it ceremoniously.
- Never allow the flag to touch the ground or floor.
- Do not fly the flag in bad weather, unless it is an all-weather flag.
- The flag can only be flown at night if properly illuminated. Otherwise, it should only be flown from sunrise to sunset.
- The flag should always be allowed to fall free.
- The flag should never be used to carry, store, or deliver anything.
- Never fly the flag upside down except to signal an emergency.



## Flag Maintenance

- The flag should never be carried flat or horizontally, but always aloft and free.
- Care should be taken not to let the flag get torn, dirty, or damaged.
- The flag should never have placed upon it, nor attached to it, any mark, insignia, letter, word, figure, design, picture, or drawing.

## When to Fly the Flag

*The flag can be displayed on all days, but in particular it should be flown on:*

- New Year's Day, January 1
- Inauguration Day, January 20
- Martin Luther King Jr.'s Birthday, third Monday in January
- Lincoln's Birthday, February 12
- Washington's Birthday, third Monday in February
- Easter Sunday (variable)
- Mother's Day, second Sunday in May
- Armed Forces Day, third Saturday in May
- Memorial Day (half-staff until noon\*), the last Monday in May
- Flag Day, June 14
- Independence Day, July 4
- Labor Day, first Monday in September
- Constitution Day, September 17
- Columbus Day, second Monday in October
- Navy Day, October 27
- Veterans Day, November 11
- Thanksgiving Day, fourth Thursday in November
- Christmas Day, December 25
- Other days as may be proclaimed by the President of the United States
- The birthdays of States (date of admission)
- State holidays



## July Calendar

**July 4th**  
American Independence Day  
and Holiday

**July 5th**  
FL G/CC CAC Meeting  
9:00am PT / 12:00pm ET

**July 10th**  
Executive Committee  
Pre-Board Meeting  
8:00am PT / 11:00am ET

**July 10th**  
Florida FLGC-CAC Meeting  
3:30pm PT / 6:30pm ET

**July 12th**  
FAVA Board Meeting  
3:00pm PT / 5:00pm CT

**July 13th**  
CA CAC Meeting  
1:30-3:00pm PT  
MLK Campus, Fresno

**July 16th**  
Central KY CAC Meeting  
3:00 ET / 12:00pm PT

**July 16th**  
AZ CAC Meeting  
6:00 PT-7:00pm PT  
MLK Campus, Fresno

**July 19th**  
NV CAC Meeting  
12:00pm -1:30pm PT  
401 S. MLK, Las Vegas NV

**July 21st**  
Guam Liberation Day

**July 22nd**  
National Parents Day

**July 28th**  
Foundation East/West  
Board Meeting  
8:00am PT -11:00am ET  
Video Conference

## 4th of July *Recipe!*

### *Pulled Pork Barbecue* Recipe courtesy Tyler Florence



#### Directions:

Mix the paprika, garlic powder, brown sugar, dry mustard, and salt together in a small bowl. Rub the spice blend all over the pork. Cover and refrigerate for at least 1 hour, or up to overnight.

Preheat the oven to 300 degrees F. Put the pork in a roasting pan and roast it for about 6 hours. An instant-read thermometer stuck into the thickest part of the pork should register 170 degrees F, but basically, what you want to do is to roast it until it's falling apart.

While the pork is roasting, make the barbecue sauce. Combine the vinegar, mustard, ketchup, brown sugar, garlic, salt, cayenne, and black pepper in a saucepan over medium heat. Simmer gently, stirring, for 10 minutes until the sugar dissolves. Take it off the heat and let it sit until you're ready for it.

When the pork is done, take it out of the oven and put it on a large platter. Allow the meat to rest for about 10 minutes. While it's resting, deglaze the pan over medium heat with 3/4 cup water, scraping with a wooden spoon to pick up all of the browned bits. Reduce by about half. Pour that into the saucepan with the sauce and cook 5 minutes.

While the pork is still warm, you want to "pull" the meat: Grab 2 forks. Using 1 to steady the meat, use the other to "pull" shreds of meat off the roast. Put the shredded pork in a bowl and pour half of the sauce over. Stir it all up well so that the pork is coated with the sauce.

To serve, spoon the pulled pork mixture onto the bottom half of each hamburger bun, and top with some slaw. Serve with pickle spears and the remaining sauce on the side.

#### Ingredients – Dry Rub:

- 3 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon brown sugar
- 1 tablespoon dry mustard
- 3 tablespoons coarse sea salt
- 1 (5-7 lb.) pork roast, shoulder or butt

#### Ingredients – Cider-Vinegar Barbecue Sauce:

- 1 1/2 cups cider vinegar
- 1 cup yellow or brown mustard
- 1/2 cup ketchup
- 1/3 cup packed brown sugar
- 2 garlic cloves, smashed
- 1 teaspoon kosher salt
- 1 teaspoon cayenne
- 1/2 teaspoon freshly ground black pepper
- Pan drippings from the pork
- 12 hamburger buns
- 1 recipe Cole Slaw, recipe follows
- Pickle spears, for serving

Total Time: 9 hr 35 min • Prep: 20 min • Inactive: 3 hr 0 min • Cook: 6 hr 15 min • Yield: 12 servings

## *Cole Slaw*

#### Ingredients

- 1 head green cabbage, shredded
- 2 carrots, grated
- 1 red onion, thinly sliced
- 2 green onions (white and green parts), chopped
- 1 fresh red chile, sliced
- 1 1/2 cups mayonnaise
- 1/4 cup Dijon mustard
- 1 tablespoon cider vinegar
- 1 lemon, juiced
- Pinch sugar
- 1/2 teaspoon celery seed
- Several dashes hot sauce
- Kosher salt and freshly ground black pepper

#### Directions:

Combine the cabbage, carrots, red onion, green onions, and chile in a large bowl. In another bowl, stir together the mayonnaise, mustard, vinegar, lemon juice, and sugar. Pour the dressing over the cabbage mixture and toss gently to mix. Season the cole slaw with the celery seed, hot sauce, salt, and black pepper. Chill for 2 hours in the refrigerator before serving.





# Veterans 'Peer Mentor' Leadership Training in Arizona

By John Szimhardt – Peer Support Leader, AmeriCorps member

*“There’s a light at the end of the tunnel, and it’s not a train wreck.”*

That’s the kind of hope Abel Moreno offers fellow veterans suffering from the effects of war and combat. Moreno, an Army veteran of two wars and Co-Founder and Executive Director of Vets 4 Vets, a nationwide, non-profit peer support network for Iraq and Afghanistan era veterans, has devoted his career to helping veterans heal from psychological trauma.

On May 19-20 Moreno facilitated a Vets 4 Vets peer support workshop at America Legion Post #60, located in Laughlin Nevada.

He has found an important ally in Area Director of WestCare Arizona, Tracy Stevens. Their missions are aligned – to offer hope and an opportunity for healing to veterans in our CEO’s, Richard Steinberg’s AmeriCorps Veteran Program that started in November in 2011.

WestCare has a long history of helping uplift the human spirit. It was the perfect setting for what the peer support workshops aim to achieve. Reconnecting with nature is important, but connecting with veterans is the key to recovery.

“In order for peer support to work, you need to talk with someone who can and does understand what you’re going through,” Moreno said. In the case of veterans, that someone is another veteran. “Unless you have actually walked in our skin you cannot ever understand where we’ve been and what we’ve been through,” Moreno said.

WestCare Arizona has two veterans working on the WestCare AmeriCorps Veteran Project since November. They are John Szimhardt, a retired ARMY veteran of 20½ years and Ted Martello, who is currently serving with 11 years of service. They are both combat veterans and have helped numerous veterans and family members since the program began.

We had 23 people from various agencies that WestCare Arizona works with on a daily basis for resources assisting veterans and clients and their families. We all got so much knowledge from this class.



Abel Moreno, Vets 4 Vets



John Szimhardt, AmeriCorps



Ted Martello, AmeriCorps



## AmeriCorps-Florida



**C**elebrating Memorial Day by wearing his uniform is the Village South’s AmeriCorps employee Michael Reynolds, with Sr. VP Frank Rabbito.





# WestCare *Foundation*

*Editor's note:* WestCare's Program and Staff Development Director Carol Renard sends along a fascinating article, which is excerpted here. It should be of special interest to counselors and program directors. The full article can be found on [addictionspro.com](http://addictionspro.com)

## Managing Over-alignment with Staff

By Heidi Voet Smith, LPC – *Clinical Director, Burning Tree Recovery Ranch*

The longer I work in the field of addiction, I am coming to realize more and more the importance of managing over-alignment of staff with clients. There are many other terms for this issue, including counter-transference, losing objectivity, co-dependency and favoritism.

Let me be clear – I am not coming from a

- 1) The staff member becomes the client's "defense attorney" and feels the need to defend their actions to other staff.
- 2) The staff member makes exceptions to the rules on the clients behalf, the staff member does special favors for the client.
- 3) The staff member spends extra or excessive time with the client.
- 4) The staff member's primary focus is on the client's comfort.
- 5) the staff member is not open to feedback about how to work with their client, and/or the staff member believes other staff is mistreating their client.

place of judgment, because I too have over-aligned with clients more times than I wish to admit. The truth is, it is a natural human response when working with people.

Here are some of the identifying signs that a staff member might be over-aligning with a client:



Over-aligning with a client can be incredibly detrimental to a client's progress because they are robbing them of the experiences, feelings and accountability that are necessary for emotional and spiritual growth. It can also be harmful to other clients in a community when they see a peer being treated differently.

## Know the 4 Ps When Shopping for Health Care.



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health care information is as easy as any online shopping experience.

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# Big Sky Happenings

By Richard Jimenez – VP WestCare Wyoming

On June 6th, 2012, WestCare Wyoming (WCWY) received a contract renewal for two years from the Wyoming Department of Corrections. The total amount of the award for substance abuse and co-occurring services was Six Million (6.1) dollars for fiscal years 2012-2013 and 2013-2014.

WCWY manages a two thousand male and female clinical data base and waiting list for inmates having a substance abuse and co-occurring disorders waiting for placement into In-Prison Substance Abuse programs. WCWY provides all levels of care in Wyoming and all program are licensed and certified by the Wyoming Department of Health, Behavioral Health: Residential TC, Intensive Outpatient, and Out Patient Programming. The program include the one hundred and forty four (144) bed Therapeutic Community for men at Wyoming Medium Corrections and fifty four (54) bed female therapeutic community at the Wyoming Women’s Center. WCWY also conducts in-prison treatment, intensive out patient and out patient with 4-6 month treatment, and slots at the Wyoming Honor Conservation Camp and the Wyoming Honor Farm and a sixty four (64) bed Youthful

Offender Program Boot-Camp in Newcastle Wyoming.

WCWY was also awarded an additional contract for one million and seven hundred thousand (1.7) dollars to provide a sixty four (64) bed in- custody sex offender TC and out patient services, provide assessments and develop transition plans for offenders being released to the community.

WCWY in a joint venture with Richard Patterson, Ph.D., P.C. / Forensic Clinical Services (FCS) will implement evidence-based Sex Offender Treatment Services for adults in eastern Wyoming at the following three (3) correctional facilities:

- Wyoming Medium Correctional Institution (WMCI) Torrington
  - Wyoming Women’s Center (WWC) Lusk
  - Wyoming Honor Conservation Camp and Boot Camp (WHCC/WBC) Newcastle
- Evidence-based services at the three identified facilities will include:
- Women’s Outpatient Sex Offender Treatment Services
  - Men’s Outpatient Sex Offender Treatment Services
  - Men’s Sex Offender Therapeutic Community

## Wyoming

Treatment Program

- Treatment services will be comprehensive and based on the sex offender treatment methodology as collectively defined by:
  - 1) Standards set forth in the Association for the Treatment of Sex Abusers (ATSA) Practice Standards and Guidelines for the evaluation, treatment and management of adult male sexual abusers (2005), The ATSA Professional Code of ethics; and
  - 2) Bodies of the professional literature generally recognized as the standard for the evaluation and treatment for sex offenders.

WestCare, Vice President, Richard Jimenez stated *“We welcome the opportunity to provide a full range of substance abuse and other forensic services that will help reduce recidivism and improve public safety in the communities we serve.”*



Dedicated staff members at WestCare Wyoming





# FAVA News! Family Alliance for Veterans of America

## Iowa

Seriously, who doesn't love pets . . . especially service dogs that represent America and its military? Well, by popular demand we are occasionally updating the 4 legged heroes on the FAVA team.

Rhonda Jordal, Chairman of the Family Alliance for Veterans of America, sends along these photos of Allegiance, one of the agency's canine crusaders. She's checking out the business department in the new Iowa office, and quickly getting accustomed to her newly assigned area!



FAVA spokesdog, Allegiance.



WestCare CEO/President Dick Steinberg with the other FAVA spokesdog, Honor.



FAVA spokesdog, Allegiance.



## North Carolina

### “It Takes A Village To Raise A Child”

By Kimberly Moreno – N.C. Girls Program Manager



The entrance to the Girl's Program main building

Our WestCare North Carolina Girls Program recently held an official Open House to kick off what has been a phenomenal start to an amazing program! In attendance to support the event were not only members of WestCare's Senior Executive team: Dick Steinberg, John Sheehan, and Leslie Balonick, but also North Carolina's Deputy Secretary Linda Hayes of the Division of Juvenile Justice, and her entire administrative team. Furthermore, Court and Chief Court Counselors, local and regional board members, including Doris Michaux, and several

Continued on page 12



Continued from page 11

## “It Takes A Village To Raise A Child.”

community advocates attended to show their support, as well.

The girls in our program opened the ceremony with the Pledge of Allegiance. Underneath the formality of the event was the humbling realization that almost everyone in that room was a stranger six months before, and simply shared a vision of helping young women. While all of the staff celebrated the success of hard work and such a collaborative effort, the girls saw something different. They woke up early that morning, a bit nervous, because they had spent the previous two days preparing for their guests. Four tables were covered with appetizers and desserts, all made by the girls themselves. Posters outlining recent “I Am Me” projects done by all of the young women were hanging around our large great room, and, of course, all of the girls looked beautiful, because they spent two hours fixing their hair and adjusting their polo’s and khakis until everything was “just right.” They were proud of themselves!

Even in the short time the program has been open, we already see inspiring changes in the young women we work with every day. One resident (who arrived two months ago very angry) stated recently that she wants to stay in the program “as long as it takes to make the change she came here to make,” because she is proud of who she is becoming. A day prior to the Open House, the girls pulled off a wonderful Mother’s



Tynisha and her girlfriends wore their best smiles for the Open House visitors

Day Banquet, where they read poems they had written for the event, and talked about the importance of family and staying out of trouble when they return home.

We wouldn’t be where we are this quickly without the guidance of our Administrator, Sandra Grace. She’s worked diligently with our NC DJJ Contract Administrator, Wayne Smith, and her staff here at the facility, to ensure the success of every young lady who comes through our doors. We have also had continued support from WestCare, including visits from Dawn Ruzich to assist

with data collection and analysis, Carol Renard and Susan Rinaldi who continue to train our employees, and Dr. Harvey Milkman, who has written the CBT curriculum that we use daily. Of course, a special thanks to Leslie Balonick whose vision created this program! She hasn’t stopped visiting, caring and guiding since day one!

We are very proud here in North Carolina to be a part of WestCare, and we will continue to work hard to ensure the continued success of this program.



## National Parents Day – July 22, 2012

National Parents Day is a special day to honor your mother and father. And, its a time to celebrate the family structure and family values. The family unit is an important structure for the health of children, and the nation. That structure, and those values, are established and nurtured by your parents.



# Kudos!

## WestCare Honors Their Employees and Clients

Our monthly shout-out to members of the WestCare family, who stand tall and 'uplift' others in their care and peers around them. Please submit your nominees by the 15th of each month.

Several WestCare employees have earned special recognition from their supervisors:

### From Nevada

#### Hubert Ergenbright

from Harris Springs Ranch constantly goes above and beyond the call of duty. In just the last month he volunteered for three weeks in a row with clients at the Mt. Charleston Spring Cleanup, fire prevention event, where he helped to clean up around the elderly residents' cabins. He also volunteered for the Hope Help Homeless census project on 6/11/12, where he was out on the streets of Las Vegas at 3 o'clock in the morning helping find homeless individuals and getting them the services they need.

#### Irma Magrdichian

from the Las Vegas Community Involvement Center is always willing to help and teach others, provides excellent client service, always has a positive attitude, took it upon herself to create a Spanish only OP group, is a great team player and is committed to her job.



Hubert Ergenbright



Irma Magrdichian



Jaclyn Sutton-Rangel

#### Jaclyn Sutton-Rangel

from Crisis Stabilization Unit has worked hard to develop a fun filled daily schedule with several ways for the clients to earn fast food coupons to a variety of restaurants, clothing and accessories, and horseback riding packages. She also generated \$1500 grant money from the Enterprise Corporation to purchase passes to go swimming all summer, YMCA, Sky Zone, ice skating etc.

Thanks and congratulations to Hubert, Irma and Jaclyn!



# Kudos!

## WestCare Honors Their Employees and Clients

Our monthly shout-out to members of the WestCare family, who stand tall and 'uplift' others in their care and peers around them. Please submit your nominees by the 15th of each month.

And a follow-up to California's unique Facebook "like" contest. Winning Subway coupons were:

**Carmen Soriano** of Sacramento (not pictured), **Christine Vargas**, Parole Agent II in Bakersfield, and **Heather Mahan**, from SASCA in Bakersfield. The contest attracted hundreds of 'likes' from throughout the country and beyond!

### From California

And a shout-out to a new temporary employee, **Michael Mygind**, who is assisting the SASCA program in California and helping create a new blog.

Check out [westcarecalifornia.wordpress.com](http://westcarecalifornia.wordpress.com) for some of Michael's work.



Christine Vargas



Michael Mygind



Heather Mahan



## The Month of July

### July Birthstone:

The Ruby

### Sign of the Zodiac and Dates:

Cancer - June 22 - July 22

### Characteristics of Cancer:

Imaginative, Sympathetic, Placid, Intuitive & Home Lover

### July Birth Flower: Larkspur

The meaning of the July Birth Flower, the Larkspur is an open heart and ardent attachment

