



WESTCARE EXPRESS



The WestCare Foundation Employee Newsletter

Page 1

July 2013

WestCare Cares!

By Julie LeFils – *Communications Director, WestCare Foundation*

For 40 years, WestCare has been in the business of serving. For 40 years, we have continually met the needs of each community we enter. Our organization is unique, and we offer a wide variety of programs and services. So many services, in fact, that it can be hard to keep up!

So how many of us know about all the great things we do? Sure, we know everything about our

a daily 'good morning' email from yours truly, Julie LeFils. As the new Communications Director for WestCare Foundation, I am honored to be part of this great campaign to bring us all together! Let's learn more about who we are, what we do, and how we are changing the world.

Each week we will have a different target focus (ex: substance abuse, veterans services, etc), and we will share and learn more about what we do within that area. Every day a great WestCare employee will be spotlighted, and it is up to YOU to submit the nominations! This WestCare Bear award will honor those who go above and beyond, and **the winner of each week receives a Teddy Bear AND a gift card!** (Please see the nomination form attached). We will also have several competitions for you to take part in, and we strongly encourage everyone to participate! This is a fun-filled way of coming together to celebrate our incredible organization! Because **WestCare Cares!**



own programs, but there is so much more! It's time to come together. It's time to unite as WestCare employees. It's time to celebrate each other and show just how much we care. In honor of our anniversary, we are hosting an internal campaign for 40 business days, **WestCare Cares.**

Beginning Monday, July 8th, you will be getting



UPLIFTING THE HUMAN SPIRIT

In This Issue

- Page 1
WestCare Cares!
- Page 2
The Girls Occupy Ronald McDonald House
Did You Ever Wonder?
- Page 3
AmeriCorps/WestCare Arizona Spaghetti
Dinner Fundraiser
- Page 4
Re-Entry Summit Offers Post-Release Hope,
Success, and Encouragement
The Month of July
- Page 5
In-Program Resident Graduates with
His Senior Class
Point in Time Survey
- Page 6
July Calendar and July Health Observances
- Page 7
An Act of Kindness and Patriotism
Fresno Pride Parade
- Page 8
Information Technology – IT Corner
All in the WestCare Family
- Page 9
Expressions Corner: They're Watching Us
Did You Ever Wonder?
- Page 10
Huge Clothing Donation to WestCare Programs
Another Great Year for Diversion Program
- Page 11
Foundation News
Did You Ever Wonder?
Parents Day is July 27th, 2013
- Page 12
Summer Fun, Summer Fun
Success Stories from GulfCoast Florida's
Emerge and Mustard Seed Inn Residential
Programs
- Page 13
Kudos
- Page 14
Happy Independence Day!

The Girls Occupy Ronald McDonald House!

By Kimberly Marino – Program Director

On Wednesday, June 26, several young ladies from the North Carolina Girls Program visited the Ronald McDonald House in Durham, NC to offer their kindness, support, stories and even food and supplies for use by the families staying at the center. While our girls knew the visit would probably be emotionally difficult, they didn't know that they would return to their own facility with a renewed sense of gratitude for their own health and the ability to work towards a better future, within this program.

Residential Counselor Supervisor Latonia Glover arranged the visit, and ensured that our girls were prepared. The girls arrived and met 55 families from all over the state whose children are hospitalized at Duke Medical Center. Many families had lost their jobs due to taking care of their kids who are, unfortunately, hospitalized there for months at a time, and they could not afford to pay the daily expenses required to maintain a home in the meantime. The Ronald McDonald House is totally free for families of sick children, and runs solely off of donations and volunteers. Our girls met several of the families, and delivered the cards they had worked on throughout the week. Staff from WCNC also donated money to the cause, and the girls delivered this to the Director. The girls also met several of the young patients, and were brought to tears over their stories.

What might be the most amazing aspect of the day occurred upon arrival back to our

WestCare facility. The girls participated in a group session, where the focus was resolving conflict regarding the sharing of supplies, including nail polish and hair care products. During the group, one of the clients, Zaikiayah, threw her hands up and stated, "Everyone stop talking, I have something to say!" "Kia" went on to talk about how lucky our girls are to have their health, daily necessities, and even the "extras." She reminded the girls that they had just spent an afternoon with other children who, despite their best wishes and efforts, could not control their futures, due to terminal illnesses. Kia reminded us all that nail polish and hair care products, however plentiful to those children, would not make them "cured." She then went on to speak about how many of those children would trade places with our clients in an instant, and how unimportant the things they were arguing about seemed, after spending time with the families at the Ronald McDonald House. The other clients agreed, resolved the conflict, and then focused the group session on how they could give back even more to the community. Plans were made to assist at the Durham Rescue Center, and all went back to

North Carolina



▲ Connie with her new pal, Ronald

the dorms feeling grateful for the fact that the majority of their issues could be "fixed," while those the children at the center were dealing with likely could not be.

As staff, we sat in awe. I believe wholeheartedly, there is never a lesson we teach our clients that we cannot learn from ourselves. So as we sat in the dorms tonight, we reflected on our talents, our hearts, and our ability to give back, as we will continue to incorporate such lessons in their recovery.



Did You Ever Wonder . . . ?

During the 1500s, taking a bath meant sitting in a big tub filled with hot water. The tub was filled once and ONLY once – for the entire family!

The man of the house had the privilege of the first tub and the nice clean water, then all the other sons and men, then the women and finally the children. Last of all, the babies. (*Perish the THOUGHT, yet true.*)

By then the water was so dirty you could actually lose someone in it. Hence the saying, "**Don't throw the baby out with the bath water.**"



AmeriCorps/WestCare Arizona Spaghetti Dinner Fundraiser

By John Szimhardt – Veteran Peer Leader/Peer Support Specialist, AmeriCorps National Member

It was a warm and sunny day in late May in Community Park in Bullhead City. National AmeriCorps Members could not have planned a better day to have an outside dinner with live music from a local band playing if they had to do it again.

Members of Mohave High School Junior ROTC Color Guard kicked off the inaugural fundraiser by posting the colors in full military respect and dignity under the careful eyes of their Commander Lt. Col. Nolan Boyle. They also had CareFlight of AZ fly one of their medical helicopters in to really get the crowd going.

Outside dinner with a live music by a local band



Arizona



CareFlight of Arizona flew in one of their medical helicopters to get the crowd going



ROTC Color Guard kicked off the inaugural fundraiser



They had numerous prizes to raffle off from autographed footballs and pictures to hotel and buffets donated by some of the casinos in Laughlin NV. They also had local businesses from both Bullhead City and Lake Havasu City donate items. Overall, they served about 175 people from the community. AmeriCorps National Member Frankie Lyons said, "Thanks to the community we were able to raise enough money to continue to help our Veteran population here in Mohave County." AmeriCorps National Member Gordon Snyder said, "Overall for the first time doing something on this scale I am happy with the outcome."

Great job, AmeriCorps and WestCare Arizona!



Re-Entry Summit Offers Post-Release Hope, Success, and Encouragement

By Charlene Hamman – *Recreation Therapist*

Illinois

WestCare Sheridan recently participated in Sheridan Correctional Center's semi-annual Re-Entry Summit for all clients nearing their release date. More than 14 vendors, 200 clients, and the deputy director for the Illinois Department of Corrections (IDOC) attended this summit.

Clients from WestCare's re-entry unit with less than six months on their sentence were invited to attend, as were general population inmates meeting the same criteria. Clients were encouraged to visit and participate in discussions with the vendors in areas of continuing education, parole requirements, veterans' affairs, continued treatment through Stepping Stones, family services, community advocates through Cease-Fire, health care services, and religious services. Each vendor presented a brief overview of their services to the entire group, and then clients were able to meet individually with specific vendors. WestCare staff helped out in areas such as handing out pamphlets to all participants, distributing brochures and newsletters to clients from vendors, offering suggestions, and encouraging clients to take time to speak to as many vendors as possible. Staff also took pictures, offered snacks and drinks, as well as helped with crowd movement and organization throughout the day. For lunch, all vendors and staff volunteers enjoyed a wonderful five-course



Stan Brooks, WestCare Sheridan Director; Darryl Coleman, Assistant Warden of Programs; Jesse Montgomery, Assistant Deputy Director; David Gomez, Deputy Director; Marcus Hardy, Warden; Mike Magana, Assistant Warden of Operations.

meal provided by the culinary arts students. Many clients stated that they were excited to have been one of the lucky ones to be involved in this summit and gain information about possible job openings and educational opportunities within the next few months, making going back into the community an easier, more hopeful and positive transition. Other clients also seemed to find the summit a beneficial aspect of the WestCare program, offering that the summit gave them the chance to talk with people that would not

have been easily accessible once they were back in their communities. It also offered one-on-one time to get questions answered and hear valuable information. The summit was attended by all of WestCare's re-entry unit staff, as well as many other counselors, administrative staff, supervisors, assistant directors, and director. Many of the IDOC staff that attended included all three wardens, the deputy director, case counselors, and supervisors.

The Month of July

July Birthstone: The Ruby is associated with devotion, integrity, courage and happiness. The Traditional Metaphysical Properties for the July Birthstone Ruby are vitality, confidence and strength. The healing properties of the July birthstone are reputed to be effective for health problems relating to the blood and infection and increasing positive thought patterns.

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

Sign of the Zodiac and Dates: Cancer – June 22 - July 22.

Characteristics of Cancer: Imaginative, Sympathetic, Placid, Intuitive and a Home Lover.



In-program Resident Graduates with His Senior Class.

Submitted by Garrett Gorta – *Boggs Resident, Burke County High School Class of 2013*

Since my high school graduation, if someone were to ask me how I am doing right now, I would have to respond by saying “I’m in the building and I’m feeling myself.” In other words, life is good and I feel on top of the world. Today people say that I am cocky or arrogant. But I am just confident in myself and have accomplished things I never thought I would do. All of this excitement did not come easy; in fact it took a lot of hard work.

It all started at WestCare Boggs on December 18, 2012, when I finally began my journey not only of recovery but also to becoming a high school graduate. Prior to coming to Boggs, I would not have graduated on time. I worked hard to become a senior as I had to put extra work in and go to summer school just to be on track to graduate. My life became so unmanageable that I was throwing away everything I worked for and stopped going to school in September 2012. Being out of school allowed my addiction to flourish and thrive. At this point and time I was doing things that made me lucky to be alive this very day. My life finally became unmanageable when I kept going to jail and cried out for help, I was sick and tired of living my life on edge.

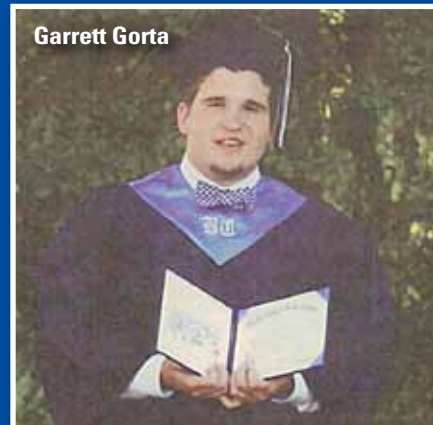
My father searched and searched for a treatment program until God allowed him to

find WestCare. Even though a treatment program is probably one of the last places on earth a person would want to find himself in, I feel WestCare was one of the greatest things to ever happen to me. People like Michael Blackwell have inspired me to want to succeed in life and be the ‘best me I can be’ and not change who I am for anybody. I entered this program with such a negative self image, but all of the staff supported me in uplifting myself.

I feel graduating on time really is a big deal as I had the disadvantage of beginning school in January and I am the first resident at WestCare Boggs to earn their high school diploma. I told Mrs. Green at intake that I was going to graduate here and stayed true to what I said. Thanks to Noel Merritt’s hard work and positivity, I became enrolled in the Plato online classes of the Burke County School System. Burke County was skeptical in regards to if I was going to be able to graduate on time in May and had the idea that I would be a liability towards their graduation rate. Many people said I could not make it and wouldn’t be able to graduate this year. But I had ample support which kept me on track and motivated to do what I needed to do.

As my days left in treatment are diminishing I look back and am so proud of myself. I have

Georgia



Garrett Gorta

come so far and gone above and beyond what is expected of me. At the time of my intake in the program my brain felt absolutely fried out. Now I truly realize how smart I am and overcame the odds against me towards graduation. I came in barely being able to run half of a mile, but just last week I ran 6 miles without stopping. I truly hope my story is heard and inspires people to rise above what people tell them they can’t do. The fact of life is that if you can do anything you want, just set goals for yourself and follow through with them.

California

Point in Time Survey

Submitted by Michael Mygind



Staff from WestCare and San Joaquin Valley Veterans recently volunteered their time to help in the recent Point in Time Survey to account for Fresno’s homeless population. Pictured are: Michelle Holly, Patricia Dunne and Kao Vang.

July Calendar

July 1st – July 4th

Fireworks Booth, Clinton & Blythe
Fresno location

July 4th

Holiday – Independence Day

July 5th

11:00am - 1:00pm

San Joaquin Valley Veterans BBQ
4928 E. Clinton, Suite 101
Fresno, CA 93727

July 9th

3:30pm - 4:30pm

FLGC CAC Meeting
3:30pm/PT – 6:30pm/ET
City Center, 100 2nd Ave. S. #10

July 10th

5:30pm - 6:30pm

PI-CAC Meeting 5:30pm/Guam time
Core Pacific Building, Ste. 301
Tamuning, Guam

July 12th

10:00am - 11:00am

Eastern KY-CAC Meeting
1:00pm/ET – 10:00am/PT

July 12th

1:30pm - 2:30pm

CA-CAC Meeting
(#1245) MLK Facility, Fresno, CA

July 16th

8:00am - 9:00am

Executive Committee Meeting
Pre-Board Meeting/Teleconf.
8:00am/PT – 11:00am/ET

July 16th

12:00pm - 1:30pm

NV-CAC Meeting
Noon/PT

July 21st

Guam Liberation Day

July 27th

8:00am - 10:00am

East/West Board Meeting
8:00am/PT – 11:00am/ET
Video Conf.

July 27th

Parents Day

July Health Observances

July is Eye Injury Prevention Month In the Blink of an Eye

Courtesy of www.foh.dhhs.gov

That's how quickly it can happen - in the blink of an eye. You have no time to react. That's why it's so important to protect your eyes from harm.

According to the American Academy of Ophthalmology, an estimated 90 percent of eye injuries are preventable with the use of proper safety eyewear. Even a minor injury to the cornea – like that from a small particle of dust or debris – can be painful and become a life-long issue, so take the extra precaution and always protect the eyes. If the eye is injured, seek emergency medical help immediately.



Dangers at Home

When we think of eye protection, we tend to think of people wearing hardhats and lab coats. We often forget that even at home, we might find ourselves dealing with similar threats to our eyes. Dangerous chemicals that could burn or splash the eyes aren't restricted to chemical laboratories. They're also in our garages and under our kitchen sinks. Debris and other air-borne irritants are present at home, too, whether one is doing a home construction project or working in the yard. The debris from a lawnmower or "weed wacker," for example, can be moving at high speeds and provide no time to react. Some sports also put the eyes at risk of injury from foreign objects moving at high speeds. For more information, go to: <http://www.foh.dhhs.gov/nycu/eyeinjury.asp>

July is UV Safety Month

Courtesy of www.healthfinder.gov

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer. UV damage can also cause wrinkles and blotchy skin.

The good news? Skin cancer can be prevented! Communities, health professionals, and families can work together to prevent skin cancer. Make a difference: Spread the word about strategies for preventing skin cancer and encourage communities, organizations, families, and individuals to get involved.

How can UV Safety Month make a difference?

We can all use this month to raise awareness about skin cancer and help people take action to prevent it – both at home and in the larger community. Here are just a few ideas:

- Encourage families to adopt good habits together, like wearing sunscreen and limiting their time in the sun.
- Motivate teachers and administrators to teach kids about the harm of UV rays and why it's important to protect yourself.
- Identify youth leaders in your community who can talk to their peers about taking steps to prevent skin cancer. For more information go to: <http://healthfinder.gov/nho/JulyToolkit.aspx>



An Act of Kindness and Patriotism

By Anna Coleman

AmeriCorps Members Delores Lowe and Patricia Stotridge partnered with a newly formed nonprofit organization, Freedom Riders of Kentucky, to make a mother's wish come true. Myers Towers is an elderly and disabled apartment complex and they asked for a flag at their facility. There are several veterans living in the facility, but one in particular caught our hearts. She is the mother of a soldier who gave his life for our country. Her son died in Vietnam and her husband served in WWII.

The AmeriCorps members had a 2 day yard sale to raise money for the flag and flag pole. The Freedom Riders set the pole, and on Friday May 24th there was a flag raising ceremony. Pictured is the thankful mother. Also on site that day were several of the tenants of Myers Towers, WYMT News and members of the community.

It was an honor to be part of such an amazing event!



AmeriCorps Members Delores Lowe and Patricia Stotridge



Kentucky

The Freedom Riders and a thankful mother

California

Fresno Pride Parade

Submitted by Michael Mygind

The Living Room took part in the 23rd annual Pride Parade in Fresno's historic Tower District. And not surprisingly, we took the ultimate prize, the CEO's award! This year's theme was "The Tides of Change." The Living Room's float showed an ideal beach scene with beach bums, a surfer, a hula girl and two sharks – one of which was 'hunting' the crowd while the "Jaws" theme was played over loud speakers. The float was put together beautifully by WestCare staff and Living Room clients.



Information Technology

An occasional column of advice from our Information Technology team

IT Corner

Full Disk Encryption

By Sean Harrigan – WestCare Systems Administrator, Foundation

In order to maintain regulatory compliance, and to keep our data safe, we have begun implementing whole disk encryption on all new and re-imaged laptops.

What Is Encryption?

Encryption, as it pertains to data, scrambles readable data so that it cannot be read by anyone without a key. Once data is encrypted it appears as random characters that make no sense.

Why is Encryption Important?

If an unencrypted laptop is lost or stolen, anyone can view the data contained on the

laptop. Encryption makes data unreadable to anyone without a key, and therefore protects the data from being accessed by unauthorized parties.

How Does This Affect You?

If you have a laptop, it will eventually be encrypted. If you've ordered a laptop, it will come to you encrypted. If you send a laptop in for repair, it will be returned to you encrypted. The only difference you will see is an extra login screen requiring a pass phrase whenever the computer is turned on, rebooted, or resumes from sleep or hibernation.

Your laptop will be assigned a pass phrase, which does not change. In order to properly secure this pass phrase, it will be sent to you and your supervisor via email. You should memorize this pass phrase, and should never write this pass phrase down. Here is a sample pass phrase:

The reaction edits the joy.

This is a randomly generated sentence, and doesn't make any sense, but it's easy to remember. In order to use this pass phrase



you should type it just like you see it. Include the capital letter at the beginning, any spaces, and the period at the end.

If you forget the pass phrase, and can't access your email from another source, you can give the helpdesk a call at 702-410-7595 option 1. One of the help desk staff will be able to retrieve the pass phrase for your computer.



All in the WestCare Family

Okay, kids. Let's have some fun.

If you won a multi-million dollar lottery jackpot, what would you do with the money?

Please send me your answers in 25 words or less by the 15th of this month. Also, attach a jpg personal photo. I will select a few responses to include in the August edition of the Express. Woo-hoo!

John.wallace@westcare.com

EXPRESSIONS Corner

They're Watching Us

An essay by Richard Harris – Educator-TREES program, WestCare California

As I move along in my career at WestCare, I've become more aware of my clients' personalities and reactions to life situations. My scope of practice does not include counseling per se, but teaching has its own form of talk which can include some forms of advising clients. Clients' learning styles are directly affected by their life experiences so I have to adjust for individual needs. This is part and parcel of a teacher's job. My willingness to adjust and be flexible has helped me get through to some clients who have had negative educational experiences in the past. What I'm finding in some instances is that my willingness to be flexible is proportional to my clients' willingness to receive what I have for them. This, however, is not the most fascinating and wonderful part of all of this.

I am dealing with lung disease and other complications from an as yet unknown cause. Most of my clients are aware that I have breathing issues and I still use oxygen from time to time. This has changed our relationships in many ways for the better. I believe there is a purpose for everything. After I left the hospital, I determined I would still walk, live, and work with purpose. The adolescent and young adult clients we see day to day are intuitive and observant; it's simply a survival skill for them. They can spot a phony better than anyone I know. I determined that my purposefulness and persistence in fighting my illness had to be real, so they could use that example in their own lives. ***They'll fight how they see me fight.*** If I fold up and wither, they will too. If I press on and refuse to give in, I think they might be more encouraged do the same.

I am amazed every day that I get up and have the ability to go to work. I am actually getting my strength from the fight and from my Higher Power. I need to be here every work day doing what I can to get them moving on to better things. I was always inspired at the end of the Jerry Lewis Telethons every year when Jerry would sing, "You'll Never Walk Alone" from the musical *Carousel*. It didn't matter if he cracked some notes or had trouble following the music at times, what mattered was he was present singing ***every year*** and encouraged millions. If I can be inspiration to even just a few, than all this will be a choice well made and a life well lived.



Richard Harris



Did You Ever Wonder . . . ?

Houses in the 1500s had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof.

When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying . . .

"It's raining cats and dogs."

Huge Clothing Donation to WestCare Programs

By Nicolette Davis – Supervisor-Crisis Stabilization unit/Voyage Program

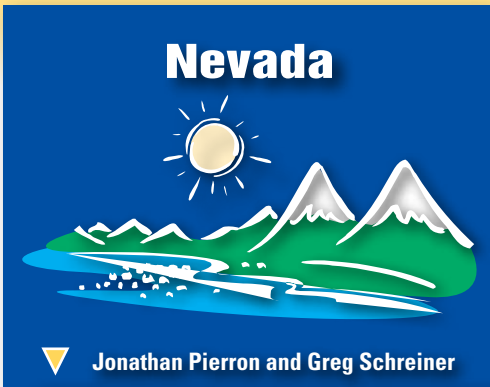
The Las Vegas Veterans Village, Venetian Hotel and Casino, and WestCare collaborated for a delightful opportunity for individuals and families in need in the Las Vegas Valley.

WestCare’s Director of Development, Darlene Terrill, secured a colossal donation from the Las Vegas Venetian Hotel and Casino of approximately \$400,000 in brand new uniforms including suit pants, jackets, shirts, jackets, blazers, shorts, polo shirts, and many other valuable items. The Veterans Village Thrift Shop was gracious to let WestCare use their 33,000 square foot warehouse to store 72 pallets of items. WestCare’s Women and Children’s Campus Director, Heather Frost, AmeriCorps members, Safe Haven Employees, and other staff worked diligently to get all of the items sorted into sizes and categories in the recent weeks. Half of the items were brought to the Women and Children’s Campus for use by the clientele served. The remainder of the donations will be sold by the Veterans Village Thrift Store as a “Thank you.” The Veterans Village is a nonprofit organization providing transitional housing for veterans and their families in the Las Vegas Community. Proceeds from this substantial donation will benefit those individuals and families in need who have served our country and now face their own barriers.



Nevada

WestCare crew helps load and unload the cache of goods! ▲



Another Great Year for Diversion Program

By Alyson Martinez – Coordinator-CIC

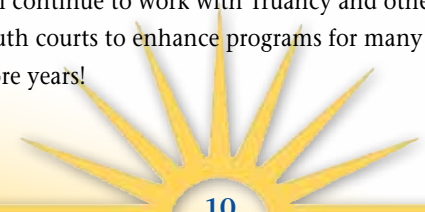
WestCare Nevada’s Prevention and Outreach Specialists have been working hand in hand with local adolescent courts. The Truancy Diversion Program is overseen by the Eighth Judicial District Family Court Judge Jennifer Elliott. The 10-year-old program assigns each of the volunteers to one of 38 schools,

all missing work, looking up career paths that the students want to pursue when they are older, and raising their grades in certain classes, plus any additional goals as seen appropriate.

In June 2013, all providers involved with Truancy Court celebrated side by side at the annual “End of the Year” party. WestCare staff Jonathan Pierron, Katie Amos, AmeriCorps Member Greg Schreiner and Community Involvement Center Director Bradford Glover were honored with certificates of appreciation for their service to the youth in Clark County. Greg stated he was very surprised by the certificate, saying it was nice to be acknowledged and receive it. He has enjoyed helping the youth and working as a team with the courts to ensure services were being provided. WestCare will continue to work with Truancy and other youth courts to enhance programs for many more years!



where they hold weekly counseling sessions with frequently-absent students in an effort to solve whatever problem might be hampering daily attendance. Truancy Diversion Program is in high schools, middle schools, and elementary schools. Through this program, students are given goals to complete. Such goals are attending school every day, catching up on



Foundation News

WestCare Doctor Educates Congress

WestCare was well-represented at a recent hearing for congressional staffers on the Affordable Care Act. Among those attending the standing room only D.C. session was Dr. Herbert Cruz, our Medical Director in California.

Dr. Cruz eloquently shared vital information about dealing with the population we serve. Specifically, he educated the attendees about the critical role of residential treatment as an essential level of care in this country. It saves us all major expenditures in emergency care. Also, patients are well-protected by getting this level of care.

Several lawmakers picked right up on that and used it the very next day. It was a very effective presentation. – Thanks, Dr. Cruz.

Submitted by Judi Kosterman – Senior Vice President



Dr. Herbert Cruz



Did You Ever Wonder ... ?

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms.

Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are 'limbs,' therefore painting them would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg.' (Artists know hands and arms are more difficult to paint).

Parents Day is July 27th, 2013

Parents' Day is celebrated in the United States to recognize and promote parenting as a crucial part of families and the wider community. On this day, parental figures in the United States receive the recognition for the role they play in their children's lives. The day aims to promote responsible parenting and to recognize positive parental role models. It celebrates the special bonds of love between parental figures and their children.

Parents' Day promotes the message that the role of the parent is important in human development, which requires investment, focus, and commitment. In 1994 President Bill Clinton signed into law a resolution adopted by the US Congress to establish the fourth Sunday of every July as Parents' Day. This day is similar to Mother's Day and Father's Day. According to the Congressional Resolution, Parents' Day is established for "recognizing, uplifting, and supporting the role of parents in the rearing of children." Parents' Day is a national observance but it is not a public holiday in the United States.



Summer Fun, Summer Fun!

By Tauheeda Miles – *Recreational Therapist Counselor*

Summer is here and school is out! Kind of. The ladies of the WestCare Girls Program in Manson, NC are enjoying a partial break from school, and Ms. Nancy Snyder, our School Principal, came up with the wonderful idea of a scavenger hunt, among a number of other exciting activities.

Our WestCare staff was more than willing to jump on board for the mission. We have 16 beautiful and COMPETITIVE girls! We received our clues and instructions, chose our teams of 4 and were off. Down “the path frequently traveled,” past the “place where we put things we don’t want,” to the “first place of rest” and beyond.

We ran, we screamed, we playfully bantered, we encouraged! Our girls learned teamwork and came up with GREAT strategy concerning figuring out the clues and obtaining the items. It’s hard work having so much fun but someone has to do it!



Success Stories from GulfCoast Florida’s Emerge and Mustard Seed Inn Residential Programs.

Sometimes we never know the effect we have on people, not just the ones in our programs, but also in our community. This is why we do what we do . . .

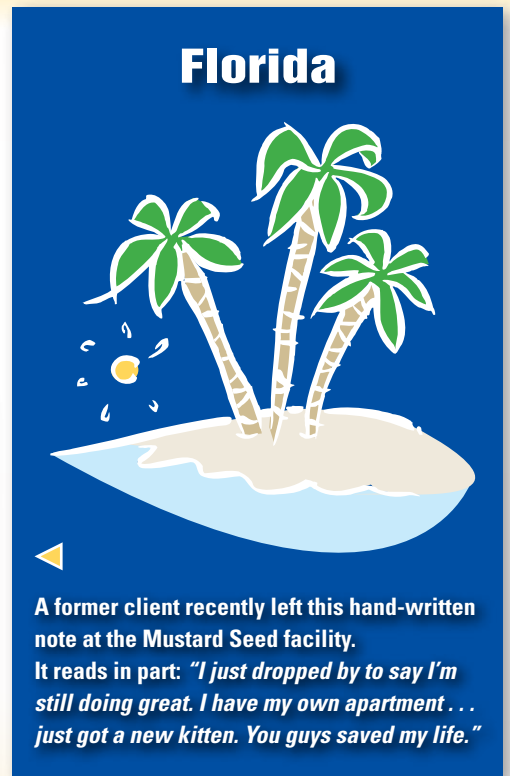
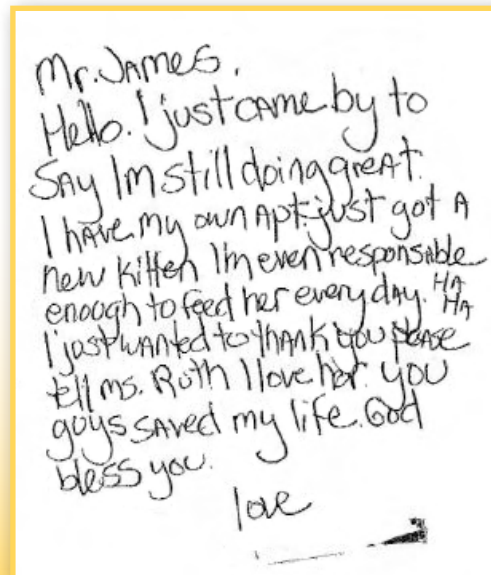
I work for Sunstar EMS in St. Pete Fl and was dispatched to a call at 1725 MLK S. I had to transport a resident to Bayfront Medical Center and another resident accompanied the patient to the Hospital. She told me her name (name removed) and said she was hoping to get released this year. She was sincere and so complimentary of what she has learned at your facility I felt I had to write you.

I used to work as a drug addiction counselor and from her conversation I knew she was receiving group counseling. She (name removed) stated she wanted to attend school and become an addiction counselor someday. She was so sincere and honest; any person could tell she had a life changing event in her life.

I write to encourage and congratulate your program for an impressive job your doing, as well as, I ask that you encourage her

(name removed) to continue her dream.

Thank the counselors and staff for a job well done. – Sunstar EMS



Kudos!

WestCare Honors Its 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.

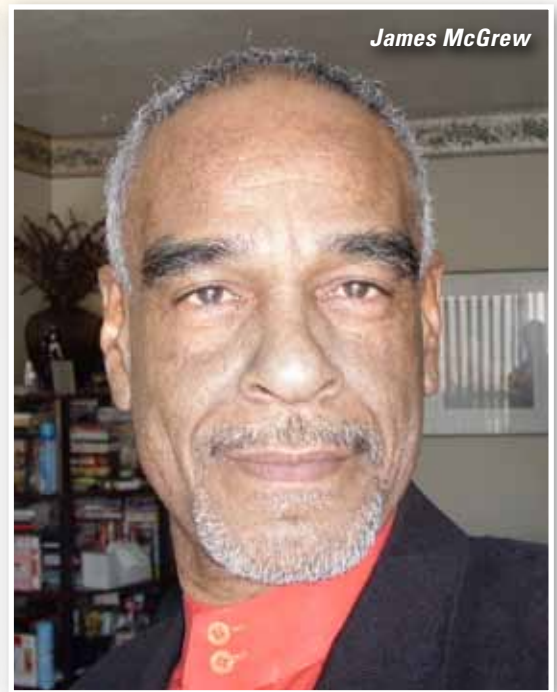
California

Brittney Beer ▶

At WestCare California, they're wishing 'Happy Trails' to **Brittney Beer**, who will be leaving San Joaquin Valley Veterans (SJVV) in July to further her education. "We would like to wish you the best and thank you sincerely for lending your determination, kindness, and compassion to help further the entire WestCare cause. Good luck on your journey ahead, you will truly be missed."



Brittney Beer



James McGrew

Illinois – **James McGrew** ▲

From WestCare Illinois, this nugget of praise for **James McGrew** who is widely respected as an outstanding counselor at the Cook County corrections center's WestCare Impact Program. He is compassionate, understanding and sympathetic and is the Master of Ceremony (MC) for their events. James is also a talented poet, the organizer of the successful 24/7 program, and a motivational speaker at Loyola University as well as DePaul University. As co-workers tell it: "Through his education, personal life experiences, and personal hunger to help others, he continually gives back to the community. We greatly appreciate all the extra work he does for our WestCare Impact Program. His contributions and services truly make a difference with in our program. Mr. McGrew is an invaluable asset not only to us but our clients as well."

Nevada – **Ricardo Singleton** ▶

A big shout-out to Ricardo Singleton, a Mental HealthTech at the Las Vegas Community Triage Center. He has been catering to clients' every need since he started last October. As you can see, Ricardo is a 'cut above!'



Ricardo Singleton



Happy Independence Day – July 4th



Fireworks Safety Tips:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees – hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.



For additional information on Firework Safety log onto the US Consumer Product Safety Commissions web site at:
<http://www.cpsc.gov/info/fireworks/index.html>