



WESTCARE EXPRESS

THE WESTCARE EXPRESS MONTHLY NEWSLETTER

JULY 2016

Progress...But Much Work to be Done

By David Rosynsky, Director of Special Projects

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Last Sunday marked one year since the Supreme Court ruled in favor of marriage equality in all 50 states. At the time, the LGBT community and its allies understood that the Supreme Court's historic ruling was not the end of the fight for equality, but only the beginning. Last month's shooting in Orlando impacted the LGBT community, the Latino community, and millions of Americans, personally or from afar. In addition, recent anti-LGBT efforts in several states served as reminders that the journey towards equality for all is not over.

Yet, as we celebrated national LGBT Pride Month in June, the nation also came together to stand with Orlando, to witness the dedication of the Stonewall National Monument, to see the first woman to be a major party's presumptive nominee for president, and to learn of plans to allow transgender men and women to openly serve in the military.

The ebb and flow of progress demonstrate that the work to achieve diversity, inclusion, and equality for all is far from over. Within our own field, there are still more opportunities to understand and address the behavioral health disparities among non-majority populations and to improve access, quality of care and outcomes.

In May, WestCare's senior leadership team unanimously approved the establishment of a national WestCare LGBT Awareness and Advisory Council.

The aim is to bring together a diverse group of employees, clients, and community members in a safe space to start a dialogue that advances our organization towards further understanding and action.

The council will have three primary functions:

- *Provide guidance regarding policies, procedures, treatment models, training, grants, and more, as they relate to non-majority populations, such as LGBT Americans.*
- *Help to increase agency-wide awareness and knowledge about diversity, inclusion, and equality.*
- *Encourage fellowship and connections among diverse employees, clients, family members, and their allies.*

Membership in the council is open to all employees, current and alumni clients. Twelve individuals will comprise a leadership committee that will guide the council. Two of the leadership slots will be reserved for a current or alumni client. Council membership will be open to an unlimited

number of employees, current and alumni clients, and family members of current and alumni clients.

For more information about the council, contact David Rosynsky at david.rosynsky@westcare.com.

Soon after the Orlando tragedy, staff at WestCare in Miami joined fellow Floridians in donating blood.



Miami staffers donate blood.



PRIDE events take on a new meaning.

ILLINOIS: *Welcome Back, We Missed You*

By Melissa Lee, Clinical Supervisor

Sheridan Correctional Center and WestCare recently hosted another successful re-entry summit with special guests including Chief Director **Marcus Hardy** and former WestCare client **Tim Ryan**. This year's re-entry summit included community groups and state and government agencies that provide resources and opportunities for the inmates to prepare them for a smooth reentry into society.



Brad Gerke and Tim Ryan, both with "A Man in Recovery"

Warden **David Gomez** welcomed vendors and clients and encouraged all clients to take advantage of the available resources. Mr. Ryan, who does motivational speaking, drug addiction awareness, recovery groups, placement, coaching, and community outreach to students, facilities, and parents, spoke about how he ended up as a client at Sheridan.

He shared about his addiction, coming to Sheridan, his counselors, cellmates, his divorce, and the death of his son. He shared his painstaking story about being dope sick, and in Stateville (Correctional Center), praying to please come to Sheridan, that he was ready to change his life. It was the very next day that he was told that he was going to Sheridan and that he was going to get the help that he so

desired. He shared that he was *"the happiest man at Sheridan"*. Mr. Ryan knew early on that when he got out he wanted to help others just like him. He did his research at the library and decided that he was going to start his own business, so he and his cellmate put together a business and recovery plan that is now known as *"A Man in Recovery."*

Mr. Ryan shared with the clients about the real test not happening until he left Sheridan. He spoke about his son who passed away from an overdose nine months after he got out and the first thing he did upon learning of his death was go to a meeting. He ended his story with him getting married, having a child and being able to enjoy his child's life sober, which is something he was never able to do before.



Goodwill hires ex-felons. Great partnership.

I had the opportunity to speak with Mr. Ryan as he was one of my clients when he was here. He said that he was thankful for getting the help from his counselors, cellmates, officers and WestCare director **John Zidek**. These were all the people that believed in him and helped him along his way.

ILLINOIS: *Always Great to See Daddy*

By John Zidek, Program Director



Congressman **Danny Davis** from the 7th district in Chicago recently visited Sheridan Correctional Center. This is the second year his office has provided transportation for 29 family members and their children for Family Connections' "Visits to Dads" program." Due to transportation issues, some families had not seen their loved ones for years. It was heartwarming to see our clients visit and interact with their children, who ranged from 18 months to 18 years.

After the families visited for a few hours, Congressman Davis and seven clergy from faith-based communities met with the clients alone. Congressman Davis stressed that children need fathers in their lives. In this small group

activity, WestCare clients stated how the Inside Out Dads and CBT curricula, in addition to WestCare staff, have helped them learn how to be a responsible parent.

Of course, as heartwarming as the beginning of the day was, it was equally heart wrenching when the families had to leave for the day. Clients were very grateful and some cried because they had not seen their children in more than five years.

Congressman Davis and the ministry that accompany him complimented the hard work and dedication from the WestCare staff in helping the clients each day.



ILLINOIS: *In the News*

(Excerpted with permission from the Chicago Tribune.

Link: <http://www.chicagotribune.com/news/ct-juvenile-probation-running-club-met-20160617-story.html>)



Dealing with reality can be difficult for youthful offenders once they've been released on probation, but a running club created in March by **Francisco Arenas**, a probation officer supervisor and grants coordinator for the Cook County Juvenile Probation Department, could help them avoid returning to the system. Organizers say *Run4Change* is the first program in the country to integrate physical activity, cognitive behavioral therapy and interactive peace circles, where participants share their highs and lows. 18 year old **Marvin Humphries** was referred to the pilot program a couple of months after he was released from the detention center.

"The runs really have helped me work through and cope with everything that I've been going through," Humphries said. "I should be doing life right now, but they gave me a second chance at life, so I'm using that chance to do way better than what I've done. I'm thankful for what they have done for me and for my fellow peers. Most people would just give up on us."

During the program, the teens train weekly for a 5K race in eight parks around Chicago and attend therapy sessions twice a week with counselors from WestCare Foundation, a nonprofit behavioral health organization.



Behavioral therapy has been shown to be effective with juvenile offenders and addresses problems associated with criminal behavior, such as rage, anger and defiance, according to **Stacy Munroe**, acting Vice President of WestCare.



FLORIDA: Miami Nice...Walking With Purpose

Submitted by Carolina Botero, Coordinator-Midtown Wellness Center

The village clients and staff enjoyed a beautiful day at Miami Beach participating in the AIDS Walk 2016. This event was educational, motivating and supportive for the community, families and individuals living with AIDS and HIV. It's a 5K walk-a-thon fundraiser through the picturesque streets of South Beach benefiting over 15,000 individuals living in our Miami-Dade and Broward Communities who have been affected by or infected with HIV/AIDS.



The event continues to be Miami's largest HIV/AIDS awareness fundraiser and attracts thousands of participants who walk for different reasons, but walk together for one common cause: to support [Care Resource](#) and [Food For Life](#)

[Network](#) food bank and its work to prevent new infections, maximize the health outcomes of those infected, and to end the epidemic here in South Florida.



Let's Have a Laugh

Editorial cartoons courtesy of Cagle Cartoons



GEORGIA: *Dinner With a Soldier*

Submitted by Terrence Drayton, Recreation Therapist

Memorial Day weekend is a time of laughter, cooking out and a time of social activity. This is usually the case for most families and even for most workplaces. However, this year at WestCare Georgia's Boggs facility, a different approach was taken. The Boggs program hosted a magnificent military dinner.

It was held in honor of fallen heroes and those who are still living today. A special program was held allowing local veterans and active duty military a chance to speak to our youth about their experiences in the military. This platform provided the opportunity for growth in the young men and encouraged them to look at their future. One of the residents stated, *"I learned that the military can impact my life for the better. I've gotten into a lot of trouble and I learned that the military can help me to succeed and gain the necessary discipline I need."*

After dinner, the veterans spoke again, giving the young residents more time to ask questions about their experiences and gain more insight into military life. The program concluded with the residents awarding the guests a plaque in honor of their service to our country.

What started out being a simple event ended up becoming a life changing experience for some of our residents and staff. What an impact a few words can make on our youth! Cooking out with our families is awesome; but nothing beats good inspiration.



Timothy Anthony



Oliver Frasier, Sr.



As WestCare employees can tell you, **Fish Eye Marine Park** is full of the wonders of the South Pacific Islands, and a popular tourist site attracting over 180,000 visitors annually. The underwater observatory built in the Piti Bomb Hole Marine Preserves is home to an abundance of fishes and marine life. The outdoor restaurant theater is set in a tropical atmosphere surrounded by natural flora with a man-made lagoon and waterfall. Marine activities may be enjoyed in the brilliant sea during the day and an authentic and exciting Polynesian Dinner Show at night.



Nevada's 2nd annual Employee and Family Pool Party was held Saturday, June 11th at the Whitney Ranch Park and Recreation Center. Nearly 300 people attended.



Here's a happy lady, taking part in a *Juneteenth* celebration in Milwaukee. WestCare youth were again involved in this event, which annually celebrates the end of a historical stretch of slavery in our country. The **Youth Action Council** guided WestCare's involvement. Of course!!



WESTCARE SNAPSHOTS (Con't.)



Little Miss Leyba, Admission Specialist **Jeff's** spirited daughter, happily sports Daddy's "Uplifting" chip. She was born on Fresno's residential campus in 2012.



Staff in the U.S. Virgin Islands rock their new shirts on a WestCare Wednesday. Lookin' sharp!



Did You Know?

Here's an obscure fact regarding Independence Day.

According to author **Kenneth C. Davis**, July 2nd is the real day of Independence, but it's celebrated on the fourth because that's when congress accepted Jefferson's declaration.

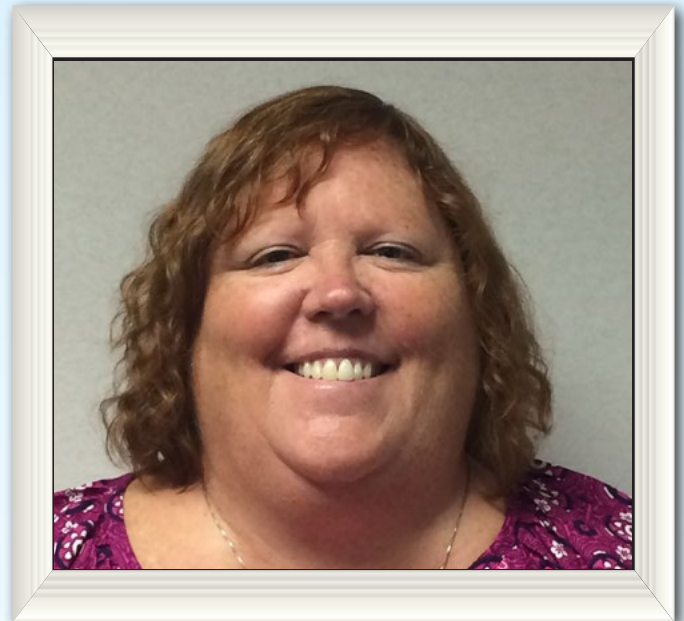


This Month's Question: *"What is your dream summer vacation?"*



"I would like to travel across country with my family in a camper to visit some National Parks. I would like to head west towards the Grand Tetons, then to the Grand Canyon, Yosemite National Park, Joshua Tree, and Yellowstone. I am a liver transplant survivor of over three years. I have a second chance at life and I am living it like there is no tomorrow!"

- Nancy Fowlkes, Counselor, Tennessee
(Pictured: Blake, Chris, Nancy, and Madison Fowlkes)

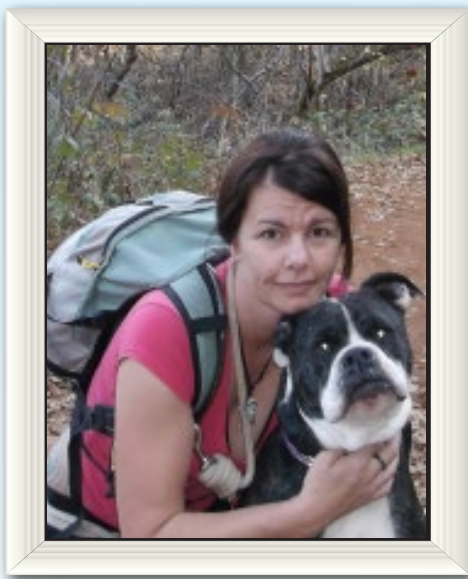


"My dream summer vacation would be a trip to Africa and go on a real "Safari". I would love to see the wildlife (elephants, tigers, lions, etc) living their life in their own habitat!"

- Brenda LaRock, Counselor II, Florida - GulfCoast



THE QUESTION CORNER: July 2016 (Con't.)



"Jasper National Park in Canada. I love camping and hiking and just being in the great outdoors. I have seen pictures and it looks lovely. Also, Canada would add another stamp to my passport! :)"

– Megan Jesus, Program Director, California

THE QUESTION CORNER: Question for August 2016

For August: *"What good advice would you give to a teenager growing up in today's world?" Send your response with a photo by Friday, July 15th to john.wallace@westcare.com.*

NEVADA: *In Loving Memory of Barbara*

By Darlene Terrill - Director of Development, and Susan Decker - Electronic Communications Coordinator



WestCare Nevada is mourning the sudden passing of our dear friend and supporter, **Barbara L. Mullholland**, a dedicated member of the Community Action Council (CAC) and instrumental in helping raise over \$500,000 for recent renovations at our Las Vegas Women and Children's Campus.

Barbara worked in public relations in Las Vegas, most recently at Citigroup where she enjoyed a rewarding career as the Senior Vice President of Global Community Relations for Nevada, until her retirement in 2012.

Fellow CAC members and staff shared fond remembrances about Barbara. She was a sharp, lovely, feisty woman with an amazing, energetic spirit who cared deeply about people in need – especially children.

John Jeppsen, Chair of the Nevada CAC, stated *“What a difference she made immediately to the CAC. She was an amazing person, passionate, caring and smart. She had an amazing ability to see how to get things done. CAC will not be the same without her”*.

CAC member **Russell Swain** said, *“She was ‘All In’ with her dedication to WestCare”*.

And, in the words of **Erin Kinard**, Area Director of Nevada: *“She was a driving force for the Council which helped our state receive many blessings”*.

CAC Vice Chair **Marilyn Moran** and CAC members **Mary Ann Rivera** and **Nancy Mays** jointly commented: *“We knew when Barbara joined us on the CAC (2013) that things would never be the same. But we could not have imagined the impact she would have on the board, the Women and Children's Campus and us personally! She was not only the brains and brawn of our little group, she was its heart! She loved WestCare and believed we were making a difference! She has left a void that no one can fill!”*

Rest in Eternal Peace, Barbara Mullholland.

NEVADA: 4th Street Makeover

Submitted by Darlene Terrill and Susan Decker



Temperatures soared to 110 degrees in Las Vegas the first week in June, but that didn't deter hundreds of volunteers from working on the desperately needed exterior renovations at our facility on 4th Street. Crossing Church and non-profit SHARE organized the event, brought supplies and coordinated the volunteers to do some major upgrades to our property in downtown Las Vegas. Renovations included new landscaping in the front, fencing, and the beginning of construction of raised garden beds.



Visitors to the former Community Triage Center are in for some surprises. In front of the building, the grass and decaying brick planter were removed. It now features beautiful desert landscaping and showcases neatly trimmed shrubs. The parking area received gravel around the trees and in the islands. New fencing was installed around the courtyard. This area will eventually feature new outdoor furniture and a recreation area complete with a privacy fence.

For decades the 160 foot long area behind the building was rocky and had been overrun with weeds and was unusable. Today, the area is under construction. Once the garden beds are done, residents from the men's Safe Haven and coed Step-Down detoxification programs will be planting vegetables, herbs and flowers. Lowe's donated hundreds of seed packets, so we expect a big harvest and fresh veggies on the table in our newly renovated 4th St. Café!

A special thank you to Deputy Administrator of FitzHouse Enterprises, **Rob Adams**. His efforts resulted in a 160 foot long trench to install an irrigation system needed for the garden. Kudos to Rob for tackling this monumental task! No water, no garden.....

Thank you very much for everyone's hard work and dedication to make this happen. Families, including young children, came as expected on this very trying first extreme day of summer heat. Miracles do happen in spite of Mother Nature.

HUMAN RESOURCES: *Thank You, Mike Shields*

(Editor's note: Michael Shields is retiring, ending a long and successful tenure as WestCare's VP of Human Resources. His professionalism is matched by his wit and wisdom.)

Thanks, WestCare!

Depending on when this is distributed, I am either at my home office, Lake Tahoe, Michigan, The Woodstock Museum, Flagstaff, AZ or somewhere I hadn't even planned on yet.

In the words of legendary baseball star (per SNL) Chico Esquella, *"Retirement is 'beddy, beddy good to me!'"*

I wanted to give one final thanks to everyone I have ever worked with, or for, in the 14 years I was blessed to be a part of WestCare. Some of you were here when I joined the Team and are still here! That's amazing. WestCare has grown from about 300 employees in three States when I started, to 1400+ in 18 States, two US Territories, and at least one entirely different country. With more growth to come.

It's been quite a ride!

When I joined WestCare, courtesy of a friend's magical recruitment powers, I was charged by **Dick Steinberg** and a previous COO to *"take care of the people who take care of the people"*. That right away said a lot to me about WestCare. The primary goal is to take care of our Clients, and help communities improve. MY role, which I took seriously (yeah, like you guys think I take ANYTHING

seriously!) was to make sure we treated employees with dignity and respect.

While Human Resources certainly had its weird moments in my 40-year HR trip, the folks who care for our clients have the hardest job in the world. I wouldn't swap with any of you. God watches over folks like you. We need to watch over you as well.

I thank **Dick Steinberg**, the **Board** and the **Senior Management Team**. You all have always been supportive, and trusted my direction and decisions. When we were not 100% in agreement, we agreed to disagree. No harm. No foul. That's the way it should be.

I love, respect, and will certainly miss my **HR Team**, AKA *"Mike and The Mikettes"*! I am proud to have been able to know and work with each of you. You will always have a special place in my heart!

My hope for all of you is that you keep WestCare moving forward, with *"Uplifting the Human Spirit"* first and foremost in your mind, both in the way you treat clients, and the way you work with each other.

The *"Golden Rule"* always was important, and always will be. Do the hard work you do, and have fun doing it! Break up the serious work you do every day with some mindless giggling.



HUMAN RESOURCES: *Thank You, Mike Shields (Con't.)*

Remember my motto, *"You are only young once, but you can always be immature!"*

Speak kindly of me, and remember me fondly. I did my best to follow what Dick told me to do on Day 1. If you wonder what I am doing, the picture will give you a clue. *(Editor's note: The other photo confirms Mike as the 2nd Greatest!)*



Peace. **Mike**

Happy Trails, Mike. WestCare will be forever grateful for your service.



CHARITABLE DONATIONS: *How You Can Support WestCare*

If you shop online, you can help WestCare by shopping at **AmazonSmile** and selecting **WestCare Foundation**. A portion of the purchase will be donated to WestCare. You can give by going to <https://smile.amazon.com/cb/86-0852629>.



WestCare is registered with **PayPal Giving Fund**. When shopping on eBay or using PayPal online, users can select WestCare as their charity of choice. Donations can be made by visiting <https://www.paypal.com/webapps/mpp/search-cause?charityId=74402>.



WestCare is also on **Razoo**, the online fundraising engine. The organization participates in events like #GivingTuesday. Donations can be made by heading to the following link: <https://www.razoo.com/us/story/Westcare-Foundation>.





WestCare is moving to LED lighting in every building possible!

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Reduced Energy Costs

LED lighting can save you up to 80% on your existing energy bill. Plus, you may qualify for an Energy Rebate.

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The life of other lighting sources average between 1,000-20,000 hours. LED lighting has a 50,000 hour life. This means lower maintenance and relamping costs.

50,000



Environmental Advantage

LED lighting is mercury free and generates less heat. Ideal for sustainability and Green solutions.



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- Low-Profile Design - Install Flush to Ceiling
- Instant Full Brightness
- For 120V 60Hz Installations
- Dimmable to 10%**
- Suitable for Damp Locations
- Starts Reliably to -20° F
- Dimensions: 47.2 in W x 11.9 in L x 0.8 in H

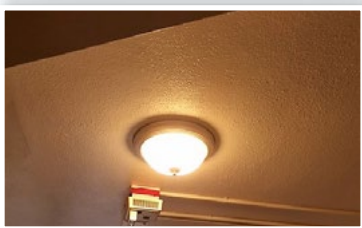
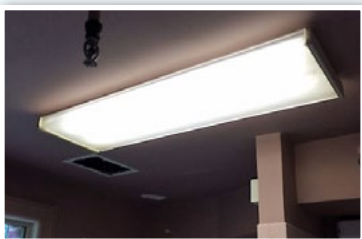


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LIFE OF THE
FITTURE*

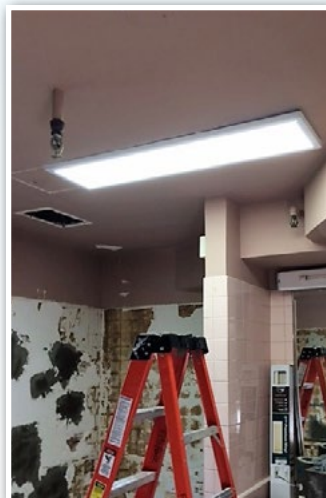


Upgrades are currently being completed by FitzHouse using this lighting in Orting, Washington, which houses a new *Veteran Women's Transitional Center*.

BEFORE



AFTER





CALIFORNIA: *Here's a CORE Idea to Consider*

WestCare California has launched the **CORE** (Characteristics of Remarkable Employees) staff recognition program!

Monthly winners (such as **Ms. Lara**, pictured) are honored for best exemplifying going “*above and beyond.*” Employees nominate from among their own...candidates who are especially creative with their fresh ideas and innovations.



CALIFORNIA: *Continuing a Leadership Role With City*



Led by Vice President **Shawn Jenkins**, WestCare joined other local agencies at Fresno Mayor, **Ashley Swearengin's** 2016 State of the City luncheon. Through a continued collaboration with fellow providers and support



from local officials, WestCare continues to play a key role in helping end chronic homelessness in and around the community.

KUDOS! *Our Monthly Shout-Outs to Exceptional Individuals*



In Florida, Healthy Start childbirth educator **Brenda Floyd** continues to draw praise, teaching expectant moms proper infant care and safety. The Healthy Start program provides a wide variety of services throughout Miami-Dade County with the goals of reducing the rates of infant mortality and pre-term labor, ensuring that every pregnant woman has a healthy pregnancy and positive birth outcome, and that all children have good health and good development.

Congratulations to GulfCoast-Florida's Clinical Services Director **Denise Gibbons**, who graduated with her MBA from Webster University. Way to go, Denise!



WestCare Wisconsin's Community Organizer, **Ken Brown II** was accepted to the Roy Wilkins Fellows Public Policy Workshop being held in Minneapolis, MN. Ken will learn more about public policy and ways to create social, economic, and racial justice on a global playing field. Thank you, Sir, for all the work you do in the Harambee Community.

WestCare Wisconsin Case Manager **Diana Weatherall** recently graduated from the Springfield College, with her Bachelors degree in Human Services. She has over twenty seven years in the field of clinical and behavioral health.





KUDOS! *Our Monthly Shout-Outs to Exceptional Individuals (Con't.)*

Adolescent Counselor **Valentin Ferrel** was recently recognized at the Kings Partnership for Prevention (California) annual meeting for his outstanding and invaluable service to the community.

His honor was documented by Congressman **David G. Valadao**. Val is constantly out in the community speaking about our services and the importance of gang prevention.

He talks, you listen. Terrific employee. Congratulations, Val.



WISCONSIN: *And the Children Shall Lead...*

In Milwaukee, the *Face Forward Youth Action Council* has been hard at work. Among their significant projects, they issued a press release about their concerns over a huge increase in carjackings, thefts, and fatal crashes with teenagers under various influences.

Pictured is the *FFYAC Officers Installation Ceremony*. These young leaders are admired by their peers in the community, and are dedicated to personal growth and safe, thriving neighborhoods.



KENTUCKY: *Programs in Eastern Kentucky Get Funding Boost*

(Excerpted from news release)



WestCare Deputy COO Frank Rabbito with Kentucky State Attorney General Andy Beshear and staff

WestCare services for men struggling with drug and alcohol abuse were bolstered by a \$400,000 commitment from State Attorney General **Andy Beshear**. State lawmakers had appropriated funds recovered from the Purdue Pharma case to 15 different recovery facilities and drug treatment centers.

“As a result of this court settlement, my office is able to provide support to WestCare Kentucky and other deserving drug treatment and recovery agencies throughout the Commonwealth,” Beshear said. “The Hal Rogers Appalachian Recovery Center has been saving lives for more than 11 years. I am honored to support what they are doing to improve the lives of men and their families throughout the eastern Kentucky region.”

*“We in the WestCare family are extremely excited to be afforded the opportunities that this funding will allow us to explore,” said **Stephen Wright**, Regional Director, WestCare Kentucky. “It will enhance our current programming as well as allow us to explore other options to fight against this epidemic that has plagued us for so many years. With the current downturn in our economy, it is more urgent than ever that we have every resource available.”*

CARRIBEAN: *Exciting Growth, Remembering the Basics*



While young people are honored and move toward their careers, and volunteers work to maintain our property, WestCare in the Caribbean looks to bring its wide range of services to places like, well like Argentina.



Senior Vice President - Caribbean / Latin America, **Cristian Duarte** recently travelled with COO **Maurice Lee** to South America to discuss with government leaders how WestCare could be of service to their citizens. We have grown this way since in the 1970s. Not intrusive. Just willing to help where needed. While elsewhere in the WestCare family, young people study and find work, buildings are improved, and individuals and communities become whole again.

WestCare is saddened by the tragic act of violence that occurred at Pulse nightclub in Orlando, Florida. This tragedy has taken the lives of 49 individuals, left more than 50 individuals wounded, and touched the hearts and minds of millions of people in our country and around the world. Our hearts are broken for the victims, their friends, families, and for our entire country.

This act of terror and hate occurred while millions of LGBT Americans and their supporters celebrated National Pride Month. It has robbed many Americans, especially LGBT Americans, of feelings of safety and security within their own communities.

WestCare stands in solidarity with the LGBT community and its allies against all forms of hate and violence.



WE STAND WITH ORLANDO



WESTCARE EXPRESS CALENDAR OF EVENTS: July 2016

July 1 - 4 (All Day)

Nevada - 4th of July Alumni Fundraiser (*Las Vegas, NV*)

Notes: Fireworks booth

July 4

Independence Day (WestCare Observed Holiday)

July 12 (3pm-4:30pm PT / 6pm-7:30pm ET)

Florida - GulfCoast CAC Meeting (*St. Petersburg, FL*)

Notes: City Center Office

July 13 (12pm-1:30pm PT)

Nevada - CAC Meeting (*Henderson, NV*)

Notes: Foundation Office

July 19 (8am-9am PT / 11am-12pm ET)

Executive Committee Teleconference Meeting

July 21

Guam Liberation Day

July 27 (4pm-5pm AZ Time)

Arizona - CAC Meeting (*Bullhead City, AZ*)

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

July Observances

- Cord Blood Awareness Month
- International Group B Strep Throat Awareness Month
- Juvenile Arthritis Awareness Month
- National Cleft & Craniofacial Awareness & Prevention Month
- National Black Family Month
- Social Wellness Month
- Bereaved Parents Awareness Month
- National Minority Mental Health Awareness Month
- Smart Irrigation Month
- National Make-a-Difference to Children Month