

# WestCare Express

The WestCare Foundation Employee Newsletter



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## Meet Your Grants Professionals: "Grant Season" at WestCare

By William F. Stone – *WestCare Foundation Director of Special Projects*

April, May and June have been "grant season" in WestCare's seven states and the US Virgin Islands. "Grant season" is the busiest time of the year for identification of funding, grant and program development, and grant submission. This year, with the release of federal stimulus package dollars by the Obama Administration, is an even busier grant season than seen in year's past. We have submitted more than 120 grants since January, 2009 so far representing more than **\$10 million** in grant awards, and another **\$25 million** in potential revenue for WestCare's programs and services.

We invite you to meet your grants professionals located across the country in this issue of the WestCare Express.

**Barbara Mason** is our grants specialist in Las Vegas, Nevada. Barb has been working with WestCare for several months,

joining our team with extensive supportive housing, grant administration and county planning experience in Idaho. Her primary responsibility is leading the grant efforts for WestCare Arizona and WestCare Nevada.

**Laura Sandoval** moved from Los Angeles to Fresno, California at the end of 2008 to join the WestCare California team, writing grant after grant for California since she arrived. She worked for 8 years in development for a large LA Community Health Center, and prior to that had a training and day care background as well.

**David Rosynksy** is our grants specialist in the Eastern/Offshore Division of WestCare at our St. Petersburg, Florida offices. David is primarily responsible for the grants program of GulfCoast Florida, but as is the case with all of our grants specialists, has written grants for many of our WestCare regions as well. In addition, David dedicates a portion of his time as WestCare's Director

of the WeDirect National Direct AmeriCorps volunteer program. David has worked for WestCare for more than five years, began his career as the manager of an after-school tutoring program for children whose mother's were victims of domestic violence. He has worked for many Florida non-profit service organizations for over ten years in the area of fund development.

WestCare works with many consultants to cover

its busy grants schedule. **Cindy Kane and Rita Arnett** dedicate regular hours each month under contract to WestCare and write grants for many of our regions and program locations. Cindy is based in Tampa, Florida, has her own consulting firm specializing in grant development, social enterprise and sustainability planning for non-profit organizations. She began writing grants for WestCare's The Village, Virgin Islands Partners In Recovery (VIPIR) programs last year, and has contributed time this year to assisting WestCare Kentucky and WestCare Florida, in addition to the Virgin Islands. Rita is based in Las Cruces,



Laura Sandoval

*Meet Your Grants Professionals: continued from page one*

New Mexico and is the Chief Executive Officer of Echelon Group, Inc. providing consultation on program development, reports, operations manuals, and grant applications since 2002. She was the Deputy Director for Planning, Development and Compliance prior to that for a drug treatment, prevention and education non-profit in El Paso, Texas and has been the lead author for WestCare on many of WestCare California's largest programs, as well as for many of our other states including Florida, Illinois and Georgia.

Finally, **Bill Stone** coordinates our national grants program throughout the WestCare system, joining our staff almost five years ago in Georgia. He is the lead author on almost all of WestCare Georgia's grants but has also written grants for almost all of the regions in our system. Bill assigns lead writers to our grant schedule, works with everyone to insure quality submissions and tracks the status of all our funding opportunities. He started working in the substance abuse field for therapeutic communities

in New York City in the early 1970's, worked for large substance abuse treatment agencies and community mental health centers in St. Petersburg,



▲ Cindy Kane and David Rosynsky

Florida in the 1990's, and prior to joining WestCare, spent ten years in Tampa, Florida coordinating the funding, training, technical assistance and grants development program of a special taxing district for children's concerns.

Keep in mind that every WestCare grant is the

result of a team of program, finance, administrative and grants professional staff, working together for many hours to develop, edit, review and submit the grant. Accountants from our Finance Department develop the budgets, staff from our Research and Evaluation team design and write evaluation components, program staff designs the services, and support staff assists us in copying and mailing them, and helping us to get community support letters.

Your grant professional is hard at work during WestCare's busy grant season while you read this issue of the WestCare Express on behalf of the programs and clients of WestCare. As CEO, Dick Steinberg said recently at a Board of Directors meeting in one WestCare region, "while President Obama was hard at work to accomplish results during the "first 100 days" of his administration, our WestCare grant professionals were also busy submitting 100 grants during the first 100 days of 2009."

## WestCare California Spring Graduation Commencement

By WestCare California Staff

### California



**W**estCare California held its spring graduation commencement on Thursday, May 7. We had 29 men, women and adolescents participate in the ceremony that was held at the Tower Theatre in Fresno, CA. Chairman John Wallace hosted the event, and the keynote speaker was Gregory Barfield, Homeless Prevention & Policy manager from the city of Fresno.

*"This is the second most important day of my life; the first was when I asked for help from WestCare and they took me in. I will never forget how it feels to finish something I started and to know I did a good job."* – Anonymous graduate.



▲ Spring Graduates  
Maurice Lee,  
Maryellen Pistalu,  
Rashid Frye  
(Staff) ▼



▲ Left top: Rashid Frye, Richard Steinberg, Greg Barfield (keynote speaker), Shawn Jenkins and Maurice Lee.

Left bottom: Mardi Palacios, Jenny Gonzalez, Claudia Dos Santos



# WestCare Georgia is Pleased to Welcome KaTrinia Arthur

By WestCare Georgia Staff

WestCare Georgia is pleased to welcome KaTrinia Arthur as the Direct Care Supervisor for the Independent Living Program (ILP). KaTrinia is a native of Shreveport, LA and has been living in metro Atlanta for approximately two years. She brings a wealth of talent and creativity to the ILP. KaTrinia holds a Bachelor of Business Administration in Organizational Management, an Associate of Arts in Health and Human Services, and an Associate of Arts in Early Childhood Education. Her schooling, coupled with her experience as a paraprofessional classroom instructor, has equipped her to handle children from all walks of life. She has considerable experience working with children and adolescents.

KaTrinia has eagerly accepted the challenge of providing quality service to the youth placed in WestCare Georgia's ILP. She has expressed her desire to become actively involved in the lives of WestCare children and has hit the ground running. She is committed to going above and beyond to enhancing the quality of our program and ensuring that the children in the ILP are afforded every opportunity to make a smooth transition into young adulthood.

The Atlanta office is very fortunate and grateful to have KaTrinia as a team member. We hope that you will help us welcome KaTrinia to our team. Please offer her your words of encouragement and support as she embarks upon her new endeavor.

## Georgia



KaTrinia Arthur

## Georgia Briefs

The judging for the Georgia Traffic Prevention Institute's 2009 Safety Belt Poster Contest took place March 9, 2009 at the Institute's Training Center in Conyers, GA. Out of the 18 middle and high schools located in Richmond County, the judges selected a WestCare Augusta student's artwork as the school district's county-level winner. Cyprus C's poster will advance to the state-level competition.

Four WestCare Georgia students were administered the GED test. All four passed the test and two passed with distinction. Two students were administered the Georgia High School Writing Test. Both students passed the writing criteria for graduation, and we are awaiting the results for the content test areas.

## 5 Questions with . . .

**MaryBeth O'Hara** is the office manager for WestCare at Sheridan Correctional Center in Illinois. A lifelong Illinois resident, she has worked at Sheridan since it reopened in December 2003. In addition to her everyday tasks of supporting the Sheridan team and senior vice president Leslie Balonick, MaryBeth also edits the WestCare Express and any other major marketing pieces for WestCare. She has a bachelor's degree in journalism from Bradley University and worked in the editing field for 11 years before coming to Sheridan.

### *What is your most rewarding experience and biggest challenge working for WestCare?*

Because I'm in the administrative office, I don't have a lot of interaction with the clients. However, I hand out the certificates to our clients at the monthly recognition ceremony, and it's such an honor and joy to congratulate the clients on their achievements – many of are so proud of themselves to finally get positive recognition. My biggest challenge is that since this is a prison, we can't have all of the normal office "tools." You find creative ways to open packages and cut things when you're not allowed to have scissors!

### *What do you do in your spare time?*

Usually I'm with my two sons, Jaycob (11) and Jack (9). When the weather permits, we're outside doing some sort of physical activity, otherwise, we're inside perfecting our Rock Band songs! When I'm alone, my passion is reading.

### *What would everyone be surprised to learn about you?*

I would love to attend a race car driving school. However, I never mastered driving a manual vehicle, so I don't think I'd do very well!

### *What is your proudest personal or professional accomplishment?*

Professionally, I worked for several years as an editor at a management consulting firm. During that time we self-published two 300 page books that I edited. It was quite an undertaking, but an incredible thrill to see my name on the acknowledgments page of the final versions. Personally, I'm very proud of my sons and what they've accomplished so far in their young lives.

### *What is your favorite TV show?*

The only TV shows I really try to make time for are "Ugly Betty" and "Grey's Anatomy." I'd much rather read a good book than watch TV.



# Elyse Dermer Recognized at the 10th Annual Drug Court

By WestCare South Florida Staff

## South Florida



**E**lyse Dermer, Village South admissions therapist, was recognized recently along with five other individuals as an Outstanding Drug Court Graduate. Elyse said, "I remember the days of my addiction and the effect that it had on my family every day."

For Elyse, addiction was a living nightmare that can never be repeated. She had gone through substance abuse treatment before but always for someone else – her family, her job. It wasn't until after she was arrested, incarcerated and ordered by the court to attend another residential treatment program that something different happened. Elyse was hired by the Village South as a prevention specialist and was promoted to admissions therapist, where she has received training and has been certified in several evidence-based practices, such as Motivational Enhancement Therapy and Seeking Safety.

If you ask Elyse what her greatest accomplishment is after getting sober, she will tell you it is her relationship with her children and family. Her life now revolves around her family and her profession. We commend Elyse for her accomplishments and wish her the best of luck in her journey of recovery.

◀ Former director of the National Office of Drug Control Policy, General Barry McCaffrey & Elyse Dermer

# Village South Child Care Center Prepares for Gold Seal Accreditation

By Dr. Anslie Stark-Bloom – *Children's Service Center Director*

**T**his month, the Village South Children's Services Center received a required Annual Certificate of License for a Child Care Facility from the Department of Children and Families (DCF). The program is committed to providing the best care for our children and is now going to apply for the Gold Seal Accreditation for meeting the highest standards in child care.

The Village South Children's Services Center provides a therapeutic, nurturing environment to children ages birth to 12 years old whose parents are residing in the Village's Families in Transition program. The full-service therapeutic daycare helps both child and parent develop their parenting and bonding skills in order to lay the foundation for a stable family life. Comprehensive psychiatric and psychological evaluations are conducted to assess each child's developmental and educational levels, in order to provide individualized therapeutic service plans to the children.

Children are also given full comprehensive case management needs assessments, which identify overall social needs including medical, dental, school preparation and collaboration with outside agencies. Clinicians provide a full array of in-house services including individual, play and group therapy. Storytelling and individualized education plans are provided to enhance language and academic skills.



One of our many children enjoying the playground ▶

# Regional Partnership Grant Training Institute: "Bridging Between Partners"

By Dee Wirth

I was fortunate to have been asked to speak at the Regional Partnership Grant Training Institute on May 4 in Reno, NV. I participated in a special panel titled "Bridging Between Parents," which was a discussion about how biological parents, foster parents and children are affected by methamphetamines and other drugs. I was asked to be the "parent consumer" as a recovering meth addict and talk about the myths and delusions that meth users cannot recover. I was in the company of judges, service providers, community partners and Foster parents.

My story disclosed a history of drug abuse, domestic violence and homelessness. I shared how a 15-year history with methamphetamines led me to a life of crime and poverty.

My motivation was to dispel the notions of "once a user, always a user." That mentality would not have aided me when coming to recovery. What did help was the staff from WestCare who did not see themselves

as taking a risk with me, but in actuality taking the time to rehabilitate me to society and to being a parent. My children and their successes were the highlight of my presentation. Having been in the custody of Child Protection Services (CPS), they have been able to overcome any stigmas attached to "drug-born babies."

I was grateful to have had a part in changing the way that the community views people in recovery. I am just one of many who are currently living a drug-free life, and we have been able to do so because we were given the opportunity to do so in a safe and healthy environment.

I look forward to continuing to educate others and will continue to educate myself, so that I may be of service. I am honored that I have been asked to speak at the National Conference in Arlington, VA in January 2010. I am truly grateful for this experience.

## Nevada



Dee Wirth



## The Endowment Train Keeps on Rolling

Campaign Corner

WestCare's Endowment Campaign is in full swing across the entire organization! Currently, the campaign is up and running at all WestCare affiliates and is nearing an astounding \$1.5 million in pledges to date.

The phase of the Endowment Campaign dealing with contributions from employees and members of the various boards of directors is almost completed. Community donation efforts have been launched in Nevada, Georgia and Kentucky, with the other states where WestCare provides services to be added into the mix soon.



WestCare Foundation Endowment Campaign

Kirby Burgess, senior vice president for the Endowment Campaign, recently said, "I am very pleased with the support and enthusiasm that everyone involved with the campaign, from volunteers to employees to board members, has shown so far. It's hard work for a great cause, and it's fantastic to see people get behind it so fully!"



## Unexpected Gifts

By Tracy Stevens – WestCare Arizona Area Director

WestCare Arizona has always had an incredible ability to garner community support, donations and volunteers. In these tough economic times, we have seen many of the other local nonprofit organizations struggle to get donations.

Recently, I was more than pleasantly surprised when I received a call from Ms. Dupree from Lewis Prison in Buckeye, AZ. Ms. Dupree informed me that she wanted to apologize for the small financial donation they had sent us in April (it was a check for \$15.95). She felt bad about the small amount after they had raised \$18,000 for us last fall. After I closed my mouth, which had fallen open and regained my composure, I explained to her that I did not know anything about an \$18,000 donation. Ms. Dupree explained that the staff at her prison had held a fundraiser for WestCare Arizona last fall by selling linens to the community, staff and inmates. They had heard about WestCare Arizona through some of their staff, some of the inmates and the State Employee Charitable Campaign (SECC). They were very impressed with the programs we have and the work we do to help the adults and children within our community.

Ms. Dupree further explained to me that they had sent the money to the SECC through their donation program. The SECC is a state employee donation/giving program, similar to the United Way. Two years ago, we submitted an application with the SECC to be on their list of charitable organizations. Our local United Way had

reorganized and cut funding to several of our programs. The SECC was a way to get the WestCare Arizona name out across the whole state and to let all state employees know about us and the work we do.

After a week of emails and some telephone calls to the SECC, we found the check. It had been sent to the wrong address. We were amazed at the generosity of the staff and inmates at Lewis Prison. Out of all the nonprofit organizations across the state, they chose to support us, and Ms. Dupree told

me that WestCare Arizona was going to be the charitable organization they were going to continue to support. We finally did receive the check, and it was in the amount of \$20,674.21!

## Arizona

Peter Ventrella, Tracy Stevens and Shawn Jenkins all smiles over receiving a very generous donation from Lewis Prison in Buckeye AZ.



## Fathers Day is June 21st

Father's Day is celebrated popularly on the 3rd Sunday in June in many parts of the world. The idea for creating a day for children to honor their fathers began in Spokane, Washington. A woman by the name of Sonora Smart Dodd thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909. Having been raised by her father, Henry Jackson Smart, after her mother died, Sonora wanted her father to know how special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.



# WestCare Wellness Watch



## De-stressing Your Life!

By Wendy Simpkins

**T**oday, we are all under more and more stress at work, at home and with life in general. The major obstacle to de-stressing your life is the idea of “fight or flight.” To relax during a stressful situation feels like you are letting your guard down and becoming vulnerable to the stresses you are facing, thus heightening the anxiety. Although many of us are able to find stress relievers that work for us, they tend to be only temporary fixes. Studies have shown that the most effective way to permanently reduce stress is to change your responses to stressful situations. We also need to be careful of the foods we eat in times of stress.

### *Stress-Free Diet*

Stress and your diet interact in two ways. When we are under stress, our bodies use up important vitamins and minerals faster. We feel run-down mentally and physically. This makes it hard to remain objective about what is causing stress. In addition, our immune systems are adversely affected, making us more susceptible to illness. When we eat poorly, we make it hard for our bodies to withstand the chemical demands of stress. We also put ourselves at risk for illnesses such as heart disease and high blood pressure.

### *Foods that Combat Stress*

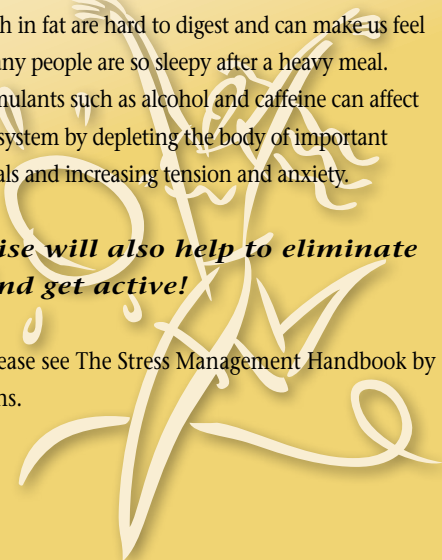
- If we are under intense but short-term stress, citrus fruits and other sources of Vitamin C will help balance the negative effects of stress.
- For ongoing pervasive stress, we need to continually supply our bodies with protein (lean meat, fish, chicken, nuts, etc.), calcium (milk, yogurt, cheese, etc.) and potassium (fruits and vegetables).
- If we need to settle our nerves when under stress, reach for carbohydrates – not candy or cookies because they can take your metabolism from boundless energy to exhaustion. Better choices are foods such as pasta, yogurt, popcorn, nuts, etc.

### *Stress-aggravating Foods*

- Deep fried foods high in fat are hard to digest and can make us feel tired. That’s why many people are so sleepy after a heavy meal.
- Depressants and stimulants such as alcohol and caffeine can affect the central nervous system by depleting the body of important vitamins and minerals and increasing tension and anxiety.

***Remember, exercise will also help to eliminate stress – get out and get active!***

For more information, please see *The Stress Management Handbook* by National Press Publications.





## Breaking the Cycle *Boyd Lockup Launches Rehab Program*

By Kenneth Hart - *The Independent*

# Kentucky

Officials unveiled a new program at the Boyd County Detention Center aimed at breaking the cycle of drug addiction and incarceration. The Boyd lockup is now one of only 16 in Kentucky with an in-house substance-abuse treatment facility.



Ray Cox,  
WestCare Counselor  
in the Boyd County  
Jail Program.

The program, which is for male low-level felony offenders who have already been finally sentenced, actually began operations last month. The 32-bed lock-down facility is housed in the new wing of the detention center, apart from the rest of the inmate population.

The jail recovery is funded by the state Department of Corrections. It began as a pilot program in 2005 in nine facilities. It expanded to 13 counties the following year, and, last year, as a result of research presented by the University of Kentucky, the General Assembly allocated \$4.5 million to expand the existing programs and to establish new ones. The state's goal is to have programs in 25 facilities. WestCare's jail recovery program was established in light of mounting evidence that simply locking up people who are addicted to drugs does not work, said Ray Cox, program director and counselor for the Boyd County program. "History has shown that people with untreated addictions usually return to drugs after they are released from jail and wind up committing crimes that land them right back in custody," he said. The program also is designed to address the underlying issues that lead an individual to become addicted to drugs in the first place, Cox said. "An active addiction is just a symptom of a disease," he said.

The jail recovery program is a three-phase one that lasts for six months, Cox said. It utilizes various components that have been proven successful in the treatment of addiction, including group and behavioral therapy, peer accountability and "lots of homework," Cox said.

The program also makes use of the 12-step process pioneered by programs such as Alcoholics Anonymous and Narcotics Anonymous, Cox said. In addition to treating patients' addictions, "We've got to help teach these people what it means to be clean and sober," Cox said. The program is strictly voluntary, and

the only inmates eligible for it are those who have been convicted of non-violent Class D felonies – crimes that could range from shoplifting to drug possession to fourth-offense driving under the influence. Also, only prisoners whose cases who have been adjudicated and who been finally sentenced in circuit court can qualify for treatment, Cox said.

However, state Sen. Walter Blevins, D-Sandy Hook, said the program could eventually tie in with legislation that was signed into law last month by Gov. Steve Beshear. According to Blevins, Senate Bill 4 allows drug offenders the opportunity to receive treatment during the pre-trial phase of court proceedings. If they successfully complete treatment, they might never incur a subsequent felony charge. Blevins also said current statistics show that about 85 percent of Kentucky's prison inmates are locked up for crimes involving drugs. "We can't just throw (drug addicts) in jail and warehouse them because they come right back out and do the same thing again," he said. "I think this program will make a difference in a lot of peoples' lives."

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