



June 2013

## From Their Point of View

National Guard and Reserve Post-Combat Conference Presented by WestCare and UNLV

By Julie LeFils – Communications Director

From May 21st- May 22nd, the Richard Tam Alumni Center at the University of Nevada Las Vegas was filled with nearly 100 individuals gathered to make a difference in the lives of our service members. Focused specifically on National Guard and Reserve post-combat issues, the conference uniquely addressed every topic ‘from their point of view.’

It began with a keynote address from retired U.S. Army Brigadier General Rebecca Halstead. A 1981 graduate of the United States Military Academy, Halstead achieved a historic milestone



Army National Guard Color Guard

as the first female graduate of West Point to be promoted to General Officer. Halstead’s address focused on ‘One team. One Fight. Mission First. People Always.’ Our attendees listened mesmerized as she shared her personal story and post-combat issues. She reminded us that we are in this together, and together we will create a better future.

After diving into dynamic panels discussing Combat Trauma, PTS, Addiction, Suicide Prevention, Reintegration, Justice Involvement, and Resiliency, the conference ended with a capstone by Pulitzer Prize-winning journalist Eric



Keynote speakers Eric Newhouse and General Halstead

Newhouse. Author of *Faces of Combat: PTSD and TBI*, he addressed what he had learned about the ‘invisible wounds’ our soldiers face after returning home from combat. He encouraged all attendees to not lose hope – there are organizations such as WestCare that are working to address these issues, uplift spirits, and help rebuild lives. You can learn more through his blog: <http://www.psychologytoday.com/blog/invisible-wounds>.

Overall the conference provided profound knowledge, valuable insight, and invigorating discussion on the issues our National Guard and Reserve face post-combat. WestCare was proud to be involved!



WestCare President/CEO Dick Steinberg

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# Harris Springs Ranch Veterans Attend UNLV Conference

Leo Magrdichian – Program Coordinator, Harris Springs Ranch

Veterans receiving treatment at Harris Springs Ranch Program attended a two day conference sponsored by WestCare Foundation and the UNLV College of Education. The conference titled From Their Point of View: National Guard and Reserve Post-Combat Conference consisted of several

panels of service providers/professionals from California and Nevada joined with veterans from all branches of service including our Army National Guard to provide key information on topics such as Combat Trauma, Suicide Prevention, Reintegration, Justice Involvement, and Resiliency.

The impact that this conference had on the veterans at Harris Springs Ranch can be best described in their own words.

*“When dealing with PTSD and suicide I was informed that there are differences between Vietnam era soldiers and Gulf War soldiers. The impact that this has on me is that I feel like I fall right in the middle. I feel like I might be suffering from PTSD and I am now willing to ask for help.”* – Gary C.

*“First, I want to extend my gratitude toward program staff for allowing me to attend this seminar. What I took from this seminar was priceless. The information that was presented was clear in its objective, and it made me more aware of my issues. Additionally, I was given a direction to take in getting the help I need right here in my community. An essential ingredient afforded to me was an opportunity and better understanding of where I fit in my categorization*



▲ Harris Springs vets and staff at UNLV conference

*and treatment plan. Lastly, I was able to rub elbows with people that are connected to community resources. This familiarity will afford me an upper hand in attaining the help I need.”* – Paul V.

*“I learned that there is a connection between the thrill seeking I craved through dirt bikes, later joining the Marines with a combat MOS, and the rush that I got from using drugs. It is good for my recovery to hear stories of struggle*

*from others that served because now I don't feel so alone.”* – Dustin L.

*“What I felt was important was that every service member or veteran doesn't have PTSD at the same time and that some my show up months, even years later. I was also astonished at the suicide rates of veterans. The numbers are staggering and it's good to know that there are programs out there where veterans can get the help they need.”* – Ron J.

## Nevada

## California

# ‘Biggest Winner’ Contest Begins!

Submitted by Michael Mygind

Irene Gutierrez and our Health & Wellness Committee has posed a challenge to WestCare California's staff to begin a healthy new chapter in their lives. The Biggest Winner weight-loss challenge began on May 1st with 22 staff members weighing in and paying a \$10 entry fee. Thus, a grand prize of \$220.00 will go to the winner, to be determined at the final weigh-ins on August 2nd. Second and third place winners will receive gift baskets full of healthy goodies.

Since the beginning of the challenge, Irene has been sending out words of encouragement as well as recipes to all of the contestants. Along with the Health and Wellness committee, she is encouraging staff to benefit their lives with healthier choices and activities.





# My Experience Helping Flood Victims in Marseilles, Illinois

By Reece Klaudt – *Sheridan WestCare client*

**M**y experience in Marseilles as an OCI (outside clearance inmate) worker was very fulfilling to me. I have always had a job as long as I can remember, but can't recall ever doing any service work. This April, Illinois was hit with a lot of rain and caused flooding in many towns. I was called out to help the town of Marseilles.

The first day started with making and placing sand bags, but then suddenly something drastic happened with the dam and the barges sitting near there and major flooding continued. Peoples' houses were greatly damaged from the flooding; basements and first floors of homes were submerged, as well as the Marseilles Elementary School, where students were displaced and moved into other community's schools and churches to continue the school year. I empathize for the people because they have nearly lost everything.

When I got called to help with the cleanup effort crew, I got a good feeling inside from helping. The community accepted me and thanked me for all the hard work that was being done to help clean up the town. It seemed as though people looked at me as a hero for all the help and work that was getting done because the community alone could not have done this work. I look forward to helping people in my own community that need help once I get released. It was awesome to

see people come together in this devastating time of peoples' loss. I am glad to be a part of it and witness the unity from everyone. I would gladly do it again.

What I did made me feel important to serve and help those in need. That is just a piece of what I have learned at Sheridan Correction Center's Therapeutic Community with WestCare: to think of others before myself, being a positive person in the community, being pro-social, and many more skills I have learned to be a better person.

I have great faith, and I believe I am and will be a better MAN and a FATHER once I leave prison. Thank you Sheridan WestCare for this opportunity!

## Illinois



▲ Reece Klaudt



The devastating flood in Marseilles, Illinois

# The Month of June

**June Birthstone:** The Pearl is associated with loyalty, faithfulness and friendship. The Traditional Metaphysical Properties for the June Birthstone Pearl are modesty, chastity and purity. The healing properties of the June birthstone are reputed to be effective for health problems relating to the heart, spleen, stomach, intestine and ulcer problems.

**June Birth Flower:** The Rose. The meaning of the June Birth Flower, the Rose are passionate love and beauty.

**Sign of the Zodiac and Dates:** Gemini – May 21 - June 21.

**Characteristics of Gemini:** Inquisitive, Clever, Adaptable, Lively and Communicative



# Reaching Out in Yona

By Carmelita Calvo – EITAP Project Coordinator

WestCare Pacific Islands and its Veterans Early Intervention & Transition Assistance Program (EITAP), in partnership with the Mayors of Guam, launched its first series of village outreach for Veterans and their families in Yona. Agencies within the U.S. Department of Veterans Affairs, the Guam Veterans Affairs Office and other federal and local agencies, and non-governmental organizations that provide services to veterans and their families were invited to support and participate in this outreach event, as well as all future outreach events.

The goal of the Village Outreach project is to provide information to veterans and their families on benefits and available resources that they may be eligible to receive, and to encourage and support their pursuit of those services and benefits.


Veterans EITAP Lead Coordinator Anthony Nangauta says he encourages all veterans to seek the services because they have earned and are entitled to them. Nangauta is also hoping residents will spread the outreach through word of mouth to bring veterans in to break down barriers that prevent them from seeking services. "We are serious and sincere about this," he said.

These outreach events are free and open to veterans and family members, in gratitude for their sacrifices in support of the Global War on

Terrorism, Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn. More outreaches are scheduled later this month.

WestCare Pacific Islands is contracted with the U.S. Department of Veterans Affairs Vet Center to perform Veterans EITAP Outreach. Mr. Anthony Nangauta and Carmelita Calvo are employed by WestCare Pacific Islands as Outreach Coordinators to perform this service in Guam and the Commonwealth of Northern Mariana, namely Saipan, Tinian, and Rota.

## Pacific Islands



(Left to right) Carmelita Calvo, Theresa Puzan, Brittany Funes, Vince Borja, Angelika Castro, Tony Nanguata



# World Environment Day is June 5th

World Environment Day is held each year on June 5. It is one of the principal vehicles through which the United Nations (UN) stimulates worldwide awareness of the environment and enhances political attention and action.

World Environment Day is celebrated in many ways in countries such as Kenya, New Zealand, Poland, Spain and the United States. Activities include street rallies and parades, as well as concerts, tree planting, and clean-up campaigns. In many countries, this annual event is used to enhance political attention

and action towards improving the environment. This observance also provides an opportunity to sign or ratify international environmental conventions.

World Environment Day was established by the United Nations General Assembly in 1972 to mark the opening of the Stockholm Conference on the Human Environment. Another resolution, adopted by the General Assembly the same day, led to the creation of UNEP. It is hosted every year by a different city and commemorated with an international exposition through the week of June 5.





# Human Resources

# Corner

## The WestCare Philosophy

By Michael Shields – *Human Resources Director, WestCare Foundation*

Just as a reminder, I wanted to revisit some very important pieces of the overall WestCare philosophy.

We established the WestCare Mission and Vision statements many years ago. Virtually all employees were asked to meet and discuss these statements, and come up with something that truly represents what WestCare is all about. Here's what came from the discussions:

### **Mission:**

WestCare empowers everyone with whom we come in contact to engage in a process of healing, growth and change benefitting themselves, their families, coworkers and communities.

### **Vision:**

WestCare devotes our best collective and individual efforts toward "uplifting the human spirit" by consistently improving, expanding and strengthening the quality, efficacy and cost-effectiveness of everything we do in building for the future.

What we need to remember as WestCare Employees is to treat everyone, from Clients to everyone at all levels of the organizational chart, with dignity, respect and professionalism. Everything we do should be to make it a better day-and a better life-for everyone around us. The morals and ethics we were all taught when we were little kids-stuff like "Do unto others"-should guide our every move as individuals, co-workers and as an organization. Simple stuff, but easy to forget. "Baby steps" in that direction will take us a long way!

Say something supportive to someone today. Start a trend of "Random acts of WestCare kindness"!!!!



## International Day Against Drug Abuse and Illicit Trafficking – June 26th



The United Nations' (UN) International Day Against Drug Abuse and Illicit Trafficking falls on **June 26** each year to raise awareness of the major problem that illicit drugs represent to society. This day is supported by individuals, communities and various organizations all over the world.

The UN Office on Drugs and Crime (UNODC) has, over the years, been actively involved in launching campaigns to mobilize support for drug control. The UNODC often teams up with other organizations and encourages people in society to actively take part in these campaigns.

Governments, organizations and individuals in many countries, including Vietnam, Borneo and Thailand, have actively participated in promotional events and larger scale activities, such as public rallies and mass media involvement, to promote the awareness of dangers associated with illicit drugs.

## A 2nd Chance and “Spiritual Enlightenment.”

By Taylor – *WestCare client*

This is my story about what is called “Spiritual Enlightenment.” Where do I begin? I have been in and out of jails and institutions since 2008, due to my addiction.

I was discharged from The Village South-WestCare Keys to Recovery Program for using drugs on the facility. So after two days of trying to withdraw money from the bank, I wasn’t allowed due to a restricted account, I called my family for money. My mother sent me \$100.00 by Western Union. After I spent some money on food and cigarettes, I decided to head downtown. After a while, I decided to go get high. On my way to purchase drugs, I realized that I had lost my wallet, meaning I had no money, no place to live, and nowhere to go and I was experiencing a sense of desperation.

After being homeless for three nights, I called my father to come get me, because I hit a new bottom. After I climbed out of the woods, I met with my father, had lunch with him since I hadn’t eaten right in three days. I was angry, frustrated and just desperate. I just wanted to turn myself in and go to jail; anything seemed better than what I’ve been through. After we finished our meal, my father asked me if I wanted to talk. I looked at him confused, and didn’t know what to say. I just said sure, let’s talk. Then he told me The Village wanted to sit down and talk to me. He asked me if I would be willing to go back into the program. I was in shock. I said yes. My father and I had a conference with the staff members. From the beginning of my treatment, I was never honest about my drug use on the facility, which if I was honest from the beginning I would have probably gone through this. I was asked to answer honestly and I told them about my drug use and I felt like a burden was lifted. Soon I was readmitted to The Village. I’ve never had a second chance and The Village gave me a second chance.

Unknown to me, my therapist had received a phone call from a woman who was visiting from California. She said she had been walking downtown, and she found my wallet. My identification, \$87 and my Social Security Card were in my wallet, along with my therapist’s Village business

card, which is how my therapist was notified. The woman said her son had overdosed and passed away four years before and after seeing the business card she believed I was also having a problem with drugs. She then arranged to send the wallet to The Village. It arrived one day after I was readmitted. She also sent an Easter Card and a note.

### *“To Taylor*

*I think it was karma that I found your wallet 1 day after I last saw my son's face 4 years ago. He died from an overdose about a year after that on the mean streets of Sacramento, CA. It broke my heart when I looked thru your wallet because I just knew that you must be dealing with the same issues. Please stay strong and know that the power to stay clean and sober is within you. Life is full of ups and downs no matter what. But a clear mind can deal with the downside much better than using substances to blot it out. You are very young and have a full life ahead of you, no matter what is in your past. Take advantage of the help that is out there for you. I wish you good luck in your recovery and I'm sure there are many people who are pulling for you as well.*

### *Best wishes from a Grieving Mother”*

After my experiences being discharged for my own actions, a stranger finding my wallet when I lost it, and the bank not allowing me to withdraw money preventing me from purchasing drugs and The Village allowing me the opportunity to become totally honest and giving me a second chance to start my life over.

I procrastinated and was anxious and nervous to call her and thank her and express my gratitude. What was unknown to me was when I called her on Good Friday, it was the day her son had passed away from an overdose 4 years ago.

Through my struggles with addiction for many years, I’ve come to realize I’ve always had a conflict with the concept of a power greater than myself. After these unexplained occurrences, I couldn’t ask for a better message than if God Himself struck me in the ass with a lightning bolt.





## 2013 Florida State Legislative Roundup

By Frank Rabbito – Senior Vice President

Consistent with the past 2 legislative sessions, the Governor's budget had no cuts to state SAMH funding in the Department of Children and Family Services, Juvenile Justice and Corrections, which are the most important to our Florida operations. Initially, the Senate HHS budget included the elimination of \$62M in previously funded legislative projects. Included in that amount was \$26M in SAMH projects of which \$800K was at The Village South. All of that revenue was restored and made a permanent part of the state's base budget. A new initiative includes \$8.967M to expand substance abuse treatment services for pregnant women and their affected families. This funding was based on the recommendations of the Statewide Task Force on Prescription Drugs and Newborns. Additionally, the Legislature appropriated an additional \$44M to the Transportation Disadvantaged Trust Fund. An increase is anticipated for our Keys operations as we are the provider of this service for Monroe County.

On the criminal justice side, funding was maintained for existing community and institutional substance abuse treatment

services, along with a little additional funding to begin restoring community beds lost over the past 5 years. Some of this funding will restore beds in our St. Petersburg and Miami locations. The subcommittee conference chairs agreed to continue funding for the post-adjudicatory drug court totaling \$5.543 million including, \$600K for Veteran Treatment Courts in 4 counties which includes Pinellas.

The Governor and Senate agreed to accept federal Affordable Care Act Medicaid expansion revenue of \$50 Billion over 10 years and adding an additional 1 million uninsured Floridians to the Medicaid program. The House did not adopt the program and expansion did not pass. The Governor may call a special session to deal with Medicaid expansion.

Overall, we expect to receive state revenues consistent with the current year and likely will have opportunity for additional state funding based on increased and new allocations.

### Florida

Pictured: SR. VP Frank Rabbito with Senators Anitere Flores (R) and Oscar Braynon (D)



## Prevention Team Conducts Outreach at One of Miami's Premiere Events

By: Erik Lieux – M.S. Reach Out Miami Coordinator

One of South Florida's biggest events (and possibly loudest), Ultra Music Festival is an annual outdoor electronic music festival that takes place in downtown Miami. This large festival amasses well over 165,000 people over a three day period with attendees known to engage in risky decision making behaviors, namely drug use and underage drinking. Ironically, the event takes place just blocks away from WestCare's new downtown office location.

Several staff from our prevention department worked the event and as a team educated youth, conducted outreach, and spread a positive message of healthy decision making and real life consequences. This is

the third year that the youth street outreach program Reach Out Miami, as well as Project Style (one of our comprehensive substance abuse and HIV prevention programs) attended the event with additional Village South teams joining in as well. While having a booth setup inside the festival grounds over the three day weekend at Bayfront Park, thousands of people were engaged by a creative method of using games like "Drug Jeopardy" and "The Wheel of Misfortune" to disseminate vital knowledge on alcohol and substance use, decision making and alternatives, HIV/AIDS awareness, and how those elements tie into other aspects of life. The engaged youth would play a game, learn something, and



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# Prevention Team Conducts Outreach at One of Miami's Premiere Events

## Florida

*(Continued from page 7)*

win a prize (sun glasses, sunscreen, and several other items with our contact information on them). The prevention team also distributed over 6,000 condoms at the event! Jackie Hernandez, from project HIP (which provides counseling and testing for Miami's growing HIV/AIDS epidemic) distributed 2,500 condoms in a single day!! Our youth street outreach team also made a high number of substance abuse and shelter referrals at the event. In addition, some table goers offered small donations and over \$500 was collected during the weekend which is being used to assist in outreach.

A very big THANK YOU to our Village Staff from ROM, Project Style, HIP, and The Miami Beach Coalition for making this team effort a great success.



# Learning Through the Eyes of a Consumer

Submitted by Graciela Jiménez Cartagena – *student intern*

## Pacific Islands



▲ Shirley Untalan - *Project Coordinator with student intern*  
Graciela Jimenez Cartagena



I have just finished my first internship at the WestCare Sagan Mami homeless drop-in and enrichment center. I became aware of the project during an open house at the University of Guam during a social work fair. As a young person and a student trying to support myself, I too have been on the cusp of being homeless and was very interested in knowing and serving this particular population. I am aware all too well that the stigma of being homeless follows them everywhere they go.

As a student social work intern, I have had to learn to juggle my schedule and be on top of what's going on not only daily, but weekly, monthly and annually. As a result of my internship I have learned to be better at organizing, and learned the true definition of prioritizing both professional and personal time in order the serve myself as well as we serve others.

These are the things I learned from our consumers: Many people who are homeless are in need of mental health services or have

a behavioral disability, they are some of the kindest people I have ever met, they care, they are practical and live a very simple and sustainable life, some actually like being homeless and choose not to seek out permanent housing, they are intelligent, they are VERY MUCH aware of labeling and discrimination, they are comedians, they have unique needs, and with the right opportunities they would probably be able to balance the national budget in no time flat!

I hope to come back and visit Sagan Mami and everyone I have shared my time with here at my practicum site. I hope to continue working with the homeless population here in Guam and in other places in the world. I have experienced my passion, and I hope to continue improving the quality of my life and the lives whose paths will be crossed with mine.





# Information Technology

An occasional column of advice from our Information Technology team

# IT Corner

## The New and Improved Mail Archive!

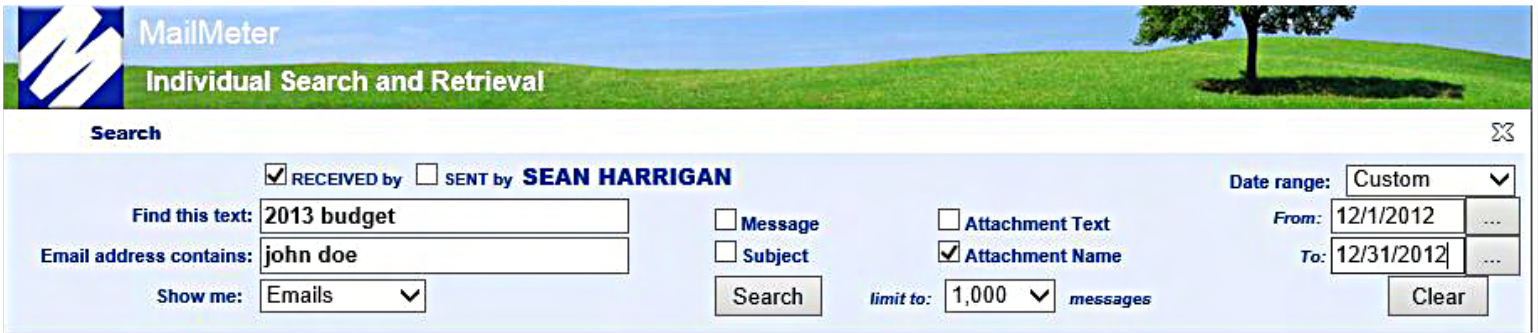
By Sean Harrigan – WestCare Systems Administrator, Foundation

WestCare’s mail archive system saves a copy of every email you have ever sent or received using your WestCare email account. This allows us to keep an easy to access record of our mail traffic for regulatory purposes, and also gives you an excellent tool for finding old documents and email. Whether you’ve lost a document that was emailed to you, or you need to find a message that someone sent 2 years ago, this tool can do the job.

If you’ve used the mail archive in the past, you’ve surely spent some time waiting on search results to show up, maybe even

wondering if they would ever show up. You’ll be happy to know that we have updated the software to a new version that improves the functionality. The search engine is now much, much faster.

If you haven’t used the mail archive, go take a look. You can access the mail archive using your email credentials at: <https://mailarchive.westcare.com> After you’ve logged in, you’ll find a powerful search engine that allows you to search your entire mail history with options to search a broad variety of the email’s content:



You can search sent or received email, or both. You can search the message, the subject, the names of attachments, or even within

attachments, or all of the above. You can specify a date range, or search all email. You can search only email with attachments, or without

attachments, from specific senders, or to specific recipients. With all of these search options, you’re sure to find what you’re looking for.



# First Day of Summer is June 21st

In the United States and the rest of the northern hemisphere, the first day of the summer season is the day of the year when the Sun is farthest north (on June 20th or 21st). This day is known as the Summer Solstice.



## June Calendar

**June 5th**

World Environment Day

**June 6th**

D-Day Invasion Anniversary

**June 11th**

3:30pm - 4:30pm

FLGC CAC Meeting

3:30pm/PT - 6:30pm/ET

City Center, 100 2nd Ave. S. #10

**June 13th**

8:00am - 9:00am

WY CAC Meeting

9:00am/MT - 6:30pm/ET

Deacon's Restaurant

1558 S. Main St. Torrington, WY

**June 14th**

Flag Day

**June 14th**

1:30pm - 2:30pm

CA-CAC Meeting

(#1245) MLK Facility, Fresno, CA

**June 16th**

Fathers Day

**June 18th**

8:00am - 9:00am

Executive Committee Meeting/Teleconf.

8:00am/PT - 11:00am/ET

**June 21st**

First Day of Summer

**June 23rd**

United Nations Public Service Day

**June 27th**

National HIV Testing Day

**June 27th**

PTSD Awareness Day



## June

## Health Observances

### June 27th is National HIV Testing Day

Courtesy of [www.plhivpreventionresources.org](http://www.plhivpreventionresources.org)

National HIV Testing Day (NHTD) is an annual campaign coordinated by the National Association of People with AIDS to encourage people of all ages to "Take the Test, Take Control." Early HIV diagnosis is critical, so people who are infected can fully benefit from available life-saving treatments. Currently, almost 40 percent of people with HIV are not diagnosed until they already have developed AIDS. That can be up to 10 years after they first became infected with HIV. Finding out whether you are infected with HIV is the first step to improving your health and the health of your partners and your family.



### PTSD Awareness Day is June 27th

The more we know about dealing with trauma and PTSD, the more we can help others.

This June, the VA's National Center for PTSD needs your help to increase PTSD awareness. Here are some things you can do:

- Visit [www.ptsd.va.gov](http://www.ptsd.va.gov) to learn more about trauma and PTSD. Special postings will be made each week throughout June.
- Print educational materials from the site to hand out.
- Post a PTSD Awareness Day flyer (PDF) in a common area, where it can be seen.
- Add a link to [www.ptsd.va.gov](http://www.ptsd.va.gov) or a PTSD Information Badge onto your Website or Facebook page.



Stay up-to-date throughout the year on PTSD treatment and research. Invite anyone who has dealt with trauma or works with trauma survivors, and others like you, to sign up for this PTSD Monthly Update. Almost everyone who goes through a traumatic event will have some stress-related symptoms. Nightmares, intrusive thoughts, being easily startled or jumpy, and other reactions are common. These post traumatic symptoms can be similar to PTSD symptoms, but having these reactions does not automatically mean someone has PTSD.





## Beautification of Recovery in Progress

Submitted by Jennifer Olsen – Program Director  
Columbia River Correctional Institution

The Recovery In Progress Program at Columbia River Correctional Institution in Portland, Oregon has been open almost ten months. As the therapeutic community has evolved, residents have taken a healthy pride and ownership of our corner of the prison by completing three murals and painting the door frames bright colors. The residents enjoy living in a colorful community and say it's a welcome change from the institutional grey or white surfaces. And it all contributes to a peaceful environment.



## California



▲ Lyn with his constant companion!

▼ Mr. Lyn Poitz



## First Person: A Veterans Plaza Success

By Lyn Poitz – WestCare client

My name is Lyn Poitz and I am 65 years old. I wanted to write a few words in appreciation for all of the help I have received from both of these agencies and also the V.A. for getting me off the dangerous streets of Fresno, CA.

In the winter of 2011 – 2012, I was homeless for the first time in my life. I was enrolled at Heald College, taking a Pharmacy Technician course. It turned out that my Social Security was not enough to cover my expenses of everyday living. I was evicted from my apartment just before Thanksgiving 2011 and had no place to go. The school let me park my truck in the back parking lot and I was told to go see the housing representative at the V.A. I did just that and they finally had an opening in one of their transition houses in February 2012. It was pretty cold for my little poodle and me. I had to start up my truck every one to two hours to get warm. The staff at school helped me out in many ways.

When I was finally notified about the housing, I was grateful to be in a warm house, although my dog had to be kept at the Animal Rescue of Fresno. I could only see her on weekends. She is now almost 13 and I would miss her if I

didn't have her. I finally received notification through WestCare that San Joaquin Valley Vets was opening a new facility here in Fresno. I was put on the list as a potential tenant in this complex. It is a beautiful, completely renovated apartment building. I was the first to be able to pick my apartment and was told that I could have my dog with me! I was totally elated. I moved in on the 24th of July 2012. Through this wonderful program, I have learned where my priorities lie and the importance of changing my life to achieve my goals. I graduated from college on the 16th of April and will be moving up north to the border area of California to be near my children and grandchildren.

If it had not been for this WestCare program, my life would still be a day by day event of wondering where I would stay next week. I appreciate all of the hard work of the staff and some of the other residents at Veterans Plaza.

Sincerely,  
Lyn Poitz



# “I Now Have a New Family.”

By Michael Mygind

## California

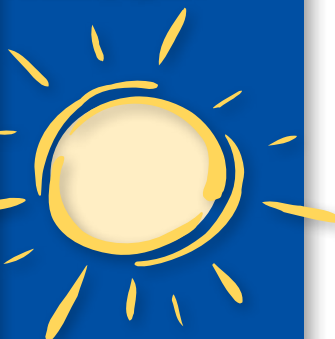
Thirty one graduates crossed the stage in honor of their successful completion in various WestCare California programs while keeping their sights focused on the future. In tune with the night’s theme, “The Sky is the Limit”, various graduates posed a challenge to current clients to find out what they are good at and to set goals for themselves.

As usual, the night featured thoughts on the road ahead as well as reflecting on how far the graduates have come. “Your past doesn’t have to define your future or define you as a person. You will do that”, commented Shawn Jenkins, Regional Vice President of WestCare California. However, the words that will be remembered most were from the clients themselves. “The only person that’s going to get you up here and to a new life is you,” said Allan Brickly as he addressed the current WestCare clients. An emotional Mary Crockett gave an teary-eyed thank you to every person that helped her through her recovery beginning with the staff member that admitted her into the program at 4:30pm on a Friday afternoon. Jamell Williams, accompanied by his son , Samir, discussed their rough move from New Jersey and stated, “I came here with no family but me and my son. I now have a new family, my WestCare family.”

WestCare California’s bi-annual graduations have always been an emotional night of celebration and this latest commencement was certainly no exception.



Proud graduates of Fresno’s programs



Bakersfield graduates stand tall



# Flag Day is June 14th

Courtesy of [www.timeanddate.com](http://www.timeanddate.com)

People across the United States celebrate Flag Day on June 14 each year to honor the United States flag and to commemorate the flag’s adoption. On the same day, the United States Army celebrates its birthday.

Flag Day falls within National Flag Week, a time when Americans reflect on the foundations of the nation’s freedom. The flag of the United States represents freedom and has been an

enduring symbol of the country’s ideals since its early days. During both events, Americans also remember their loyalty to the nation, reaffirm their belief in liberty and justice, and observe the nation’s unity.





# Saluting Our Administrative Professionals

During World War II, there was an increased need for skilled administrative personnel, particularly in the United States. The National Secretaries Association was formed to recognize the contributions of secretaries and other administrative personnel to the economy, to support their personal development and to help attract people to administrative careers in the field. The association's name was changed to Professional Secretaries International in 1981 and, finally, the International Association of Administrative Professionals (IAAP) in 1998.

WestCare's mission could not be accomplished without the 'glue' that keeps our systems rolling. You are encouraged to salute your programs' internal heroes in The Express at any time. Here's a look at those honored in one of our states and the Caribbean.

## Florida



Shantel Albert - Virgin Islands



Ileana Kluge - Keys



Cindy McKnight - Keys



Nelly Rivers - Virgin Islands



Fnan Gaim - Village South



Pam Ungvary, Elena Hoyos, Ann Michelle Vera - Village South



Carolyn Baker - Village South



Ronda Lieberman - Gulf Coast



Shurtonda Duffie, Laquanda Peterson, Michele Sanders, Ida Boyd, Deborah McElroy - Gulf Coast



Kathy Rodman - Gulf Coast

Joy Rawls - Village South



Angie Lobo - Village South



# Georgia



Scenes from Georgia's Youth Summit



## #YOLO: You Only Live Once. Set the Standard. By Sainabou Njie – Prevention Specialist

**B**elieve. This one word, although it can be a hard thing to do, is a word that opens doors for many opportunities. Some youth have difficulty with the task of believing in themselves, so it is up to us as adults to show them that, when they believe, all things are possible.

On May 4th, the Governor's Office of Children and Families hosted their annual Youth Summit for all grantees and their youth programs to attend. This year's theme, created by both youth and adults, was *#YOLO: You Only Live Once. Set the Standard.* The theme was created to empower youth to make the best choices in the one life that they have been given. The summit also charged the youth that were invited to showcase their many talents through music, testimonials, abstinence education activities and creative stepping. The youth had to request to participate by submitting their talent via email in February.

Now you may be wondering how the word *believe* fits into this. One of WestCare Georgia's I.C.E. (Individuals Choosing Empowerment) teen program sites called *IamWE* (Inspiring All Men and Woman to Excel) in Atlanta accepted the challenge to submit a video of their newly developed step team of 15 male and female steppers ages 12-18. There was just one small

problem. Once they heard that they would be performing in front of over 1,500 of their peers from all over the state of Georgia, they wanted to withdraw their submission. Afraid that they were not capable of successfully meeting the challenge, they did not *believe* they had what it took to create a complete step show with a positive message to encourage the youth at the summit.

It took adults such as Ms. Janelle Smith, a Fall 2013 Physician Assistance candidate and volunteer step master, many of the staff at Ben Hill Recreation Center and I to encourage the youth to believe that they had the knowledge, creativity and capability to do anything they put their minds and hearts to accomplish. Sometimes all we need is someone else to believe in us in order to believe in ourselves. So what happened to the *IamWE* Steppers? Did they pull out of the summit due to their lack of confidence or did they rise up to the challenge? Well, they had a flawless performance and it was all because WE BELIEVED!!

Continue to motivate our youth to never quit believing in themselves, because the saying is true: *#YOLO: You Only Live Once!* Anything is possible!



Some of *IamWE's* talented step dancers





# 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.

## Florida ▶

Maureen Kempa, Children and Families Director sends along this salute to G/CC honorees at the 10th annual Juvenile Justice Success luncheon in the Florida Keys. **Dr. Joseph O'Lear**, Psychiatrist and **Kaley Casper**, Behavioral Health Therapist were honored for their outstanding contribution as community partners. Kaley works on site at the Monroe Regional Juvenile Detention Center (MRJDC) providing assessment, outreach and therapy services to youth who have been detained. She is the liaison between Department of Juvenile Justice and G/CC to ensure continuity of care and treatment for those leaving detention. In addition, she helps to coordinate psychiatric services that are provided by Dr. O'Lear.

Dr. O'Lear responds on site to the detention center when youth are detained who are in need of a psychiatric evaluation or medication management to ensure stability while detained. This is in addition to the over 800 clients he sees at the Key West site of G/CC His commitment and dedication to these youth ensures that they will receive the treatment they need even while detained.

Congratulations Kaley and Dr. O'Lear for receiving the Outstanding Community Partner Award at Monroe Regional Detention Center!



*Kaley Casper, Behavioral Health Therapist; Lawanna Tynes, Superintendent of MRJDC; Dr. Joseph O'Lear, MD*

## California

Many WestCare staff members were part of their own graduation ceremonies in May. In California, **Louis Angel** (Outpatient) received his Associate's degree in Human Services while **Caroline Martinez** (Violet Heinz) and **Eddie Duran** (RMSC) both received their Associate's degrees in Drug Alcohol Counseling. **Joel Wissner** (Occupational Counselor), had the pleasure of receiving his Master's degree in Rehabilitation Counseling along with his wife, Eva, who received the same honors.

Congratulations, everyone!



*Program Director Mark Leanhart shares in outpatient client Louis Angel's pride*



# Happy Fathers Day

## June 16th

### A Dad Is A Person

A Dad is a person  
who is loving and kind,  
And often he knows  
what you have on your mind.  
He's someone who listens,  
suggests, and defends –  
A dad can be one  
of your very best friends!  
He's proud of your triumphs,  
but when things go wrong,  
A dad can be patient  
and helpful and strong.

In all that you do,  
a dad's love plays a part  
There's always a place for him  
deep in your heart.  
And each year that passes,  
you're even more glad,  
More grateful and proud  
just to call him your dad!  
Thank you, Dad . . .  
for listening and caring,  
for giving and sharing,  
but, especially, for just being you! – *Author Unknown*



### A Father Means

A Father means so many things –  
An understanding heart.  
A source of strength and of support  
Right from the very start.

A constant readiness to help  
In a kind and thoughtful way.  
With encouragement and forgiveness  
No matter what comes your way.

A special generosity  
with always affection, too  
A Father means so many things  
when he's a man like you.

*Author Unknown*

## Daddy's Girl

By Cecily Moreland – *Grant Assistant, WestCare Foundation*

My first day at WestCare was followed one month later by the death of my Daddy, Raymond Arthur Moreland III on July 13, 2012. A great gain followed by my most painful lost yet.

My Dad was a Real Detroiter (I am sure you have met at least one of us here at WestCare), and a proud and loving family man, the greatest father anyone can have. He taught me to walk (and Temptation walk), talk, and drive. His advice was priceless! Without that wise voice, today's challenges are a little more difficult. My Dad taught me that Faith is Power and the knowledge of "The Force" is real! He taught me to communicate intellectually, and to always extend two helping hands.

In his later years, Daddy was an advocate for annual doctor visits. It was because of not visiting the doctor regularly that he ended up

with hypertension, kidney disease, aneurisms, bad vision, and 11 years of dialysis. But he was strong and his spirit lives on!

My Dad may not be around anymore but now I can share him with all of those who didn't have a dad. So Happy Father's Day and I pray Raymond Moreland III's legacy lives on in all of us, so make sure to visit the doctor and always have faith in what you believe.



Ancestral Blessings from Daddy's Girl  
Cecily Moreland –  
*Grant Assistant, WestCare Foundation*