



JUNE 2014

## THE WESTCARE EXPRESS

IN THIS ISSUE

### Father's Tribute

*To all of the guys who truly understand the importance  
of being a positive role model for their children....*

*Any man can be a father.... It takes a special one to be a DAD.*



**Joseph Fank**  
Barbara Ruiter, Iowa

“My father, **Joseph Fank**, was a gift to my six siblings and me. He loved his children and grandchildren so much and treated us like queens and kings. I always knew I was his favorite child. However, after he died, my siblings each said they were his favorite. Pretty incredible for a man to treat each of his seven children in a way that each believed himself / herself to be ‘THE favorite’.

My dad was a friend to everyone and brought in to our home many homeless or troubled adults and teenagers and cared for them until they were ready to go out on their own again. The old electrical spool pictured here was his psychiatric couch. He would pat the seat beside him and say, ‘Sit down and tell me what’s troubling you, Babs.’ And we would talk about life.”

**Pernell Brown** is a Columbia River Corrections Counselor at WestCare Oregon.

Pictured here with son Germain and grandson Joseph, Mr. Brown says simply:

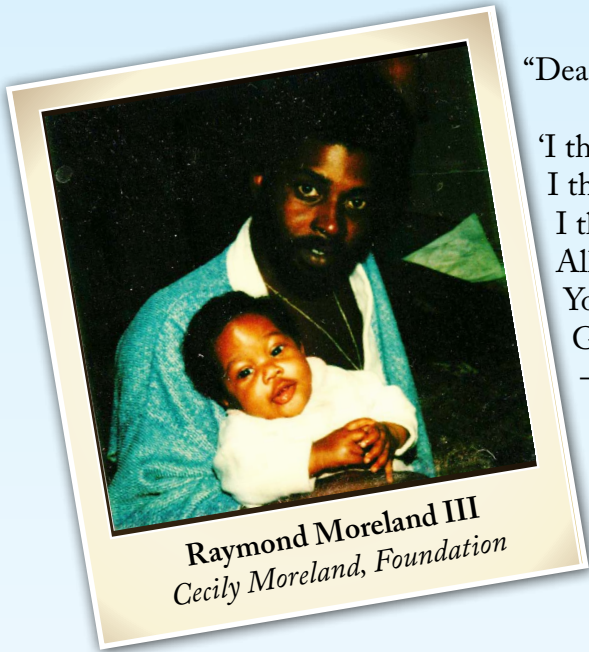
“The job is never done.”



**Pernell Brown**  
With Germaine & Joseph, Oregon

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**FATHER'S TRIBUTE:** *Honoring the Fathers of the WestCare Family (Cont.)*



**Raymond Moreland III**  
*Cecily Moreland, Foundation*

“Dear Daddy,

I thought of you today, but that is nothing new.  
I thought about you yesterday and days before that too.  
I think of you in silence, I often speak your name.  
All I have are memories and your picture in a frame.  
Your memory is a keepsake from which I'll never part.  
God has you in His arms but I have you in my heart.’  
—unknown author

Missing my Dad (Raymond Moreland III) since 2012”

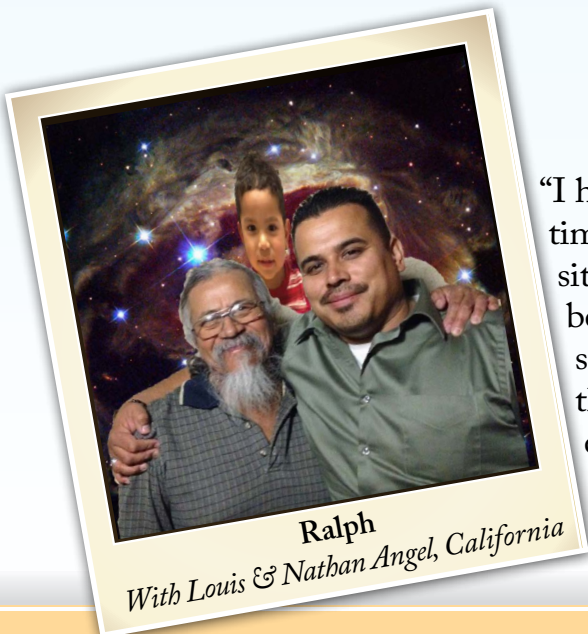
“My dad, Wes, has been a real inspiration to me in my life. I learned my work ethic from him as well as my sense of humor, how to fish, shoot a gun, work on cars, how to cook a pizza, and much more.

My dad passed last October and I miss him every day. Even though I had bumps and bruises on the road to recovery he never gave up on me and loved me unconditionally, and I'm thankful that he knew that my life was stable when he passed.”



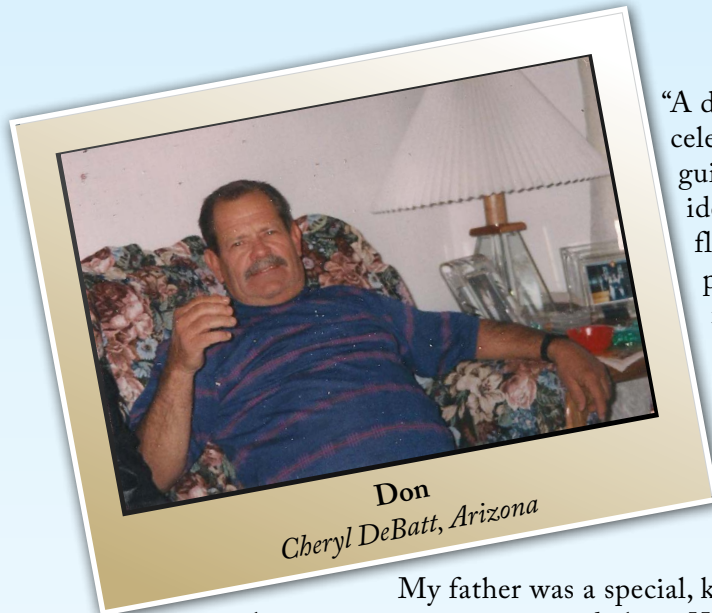
**Wes**  
*With Erin Shelton, California*

“I have learned from my father Ralph how to be patient in stressful times. My dad has always been very good when faced with a situation that presents itself as problematic. I believe that it's because of him that I am able to remain calm and collected. My son Nathan is a sponge and I always see him doing the exact things I do and say everyday. He is a future leader and the examples I set are a strong foundation for his path in life, too.”



**Ralph**  
*With Louis & Nathan Angel, California*

## FATHER'S TRIBUTE: *Honoring the Fathers of the WestCare Family (Cont.)*



**Don**  
*Cheryl DeBatt, Arizona*

"A day to remember; "Father's Day" is a day most of us celebrate with family. A father is an individual that gives guidance and instructions about life. When the person so idolized is no longer on this earth, the memories come flooding in more so than any other day. Fathers are special people holding a place in our hearts that many others never will touch.

When a father is taken very suddenly we are only left with the memories of that one special man in our lives. Unfortunately, I had to experience such a tragedy; we lost our father to brain cancer 15 years ago.

My father was a special, kind man with so much pride always teaching me and my three younger sisters to stand alone. We learned very young that we were as strong as any other. With learning very young to work hard and persevere, taking each challenge as if it were a learning experience, difficulties were only a thought as it was believed there is nothing we couldn't accomplish if we set our mind to it. To include working on our own vehicles, changing tires and yes even the oil every so many miles, relying only on ourselves. We learned the strength only a father is able to teach.

The memory of my father lies in my heart as if it were yesterday, his gentle touch, thoughtful guidance. For those who have their father beside them this very special time of the year; take the time to say I Love You, get a hug and even sit on his lap because one day it will only be a memory.

For all the fathers, dads and daddys... enjoy your special day as it only comes once a year and before you know it those days are only memories and we are forced to spend them remembering rather than experiencing.

**HAPPY FATHERS DAY TO ALL!"**

## THE QUESTION CORNER

This month's question is:

**"Where in your state do you recommend for a quick, cheap and relaxing summer getaway?"**

Please send a brief description, plus a photo of you and/or the location, to [john.wallace@westcare.com](mailto:john.wallace@westcare.com) by June 20th.



## ILLINOIS: *Supporting the Soldiers Behind the Troops*

*By Stephanie Wright, Clinical Supervisor*

During the month of April, **WestCare Sheridan** showed our respect and admiration of military spouses and their children by proudly wearing purple on Fridays. Our clients were able to see staff model their support of the families of service men and women throughout the month. And our steadfast and continued thoughts, prayers, and support continue for our military families waiting to welcome home their loved ones.



## WYOMING: *Inside Looking Out - A Peer Mentor's Point of View.*



*Article by Bryan Taylor*

*Submitted by R. Trusty, CSW Senior Counselor/Outpatient Program Coordinator*

As a peer mentor in a penitentiary setting, I have been able to benefit daily as I share my life with others with an open mind and willingness to change. I have been blessed with the opportunity to examine my destructive behaviors and develop new skills to correct the thought patterns that I have utilized in the past. Taking a daily inventory, using thinking reports, process groups, self-help meetings, and making myself available to help others in their programming are some of what my job as a mentor entails.

I have completed an **Intensive Treatment Unit (ITU)**, and continue to group a minimum of 13 hours per week, as well as various other job duties that are presented to me daily. I must work side by side with staff and inmates without embracing the "convict code". I present myself as a pro-social model, a face and voice for recovery in prison. There is definitely a stigma that this job holds, however I strongly believe that if I keep my side of the fence clean, then I can balance a level of integrity that I must maintain between staff and my fellow inmates and be effective as a peer mentor.

I am building a new life on the foundation of sobriety, by habitually practicing honesty and integrity daily. I am overcoming tainted core values and re-developing structure. I am defeating the foes within me and becoming myself. I am reaching my own expectations and maintaining a legitimate level of serenity to be capable of sharing with others.

## WYOMING: Road Trip to Visit Neighbors

*By Robert Branham Area Director*

On May 2nd, WestCare Wyoming staff from Newcastle and Torrington traveled to Spearfish, South Dakota to participate in the South Dakota Counseling Association annual conference. Counselors Jamie Dahl, Tammy Harper and Megan Watt, (Megan and Jamie pictured) along with Area Director Rob Branham, set up the WestCare Wyoming booth to distribute information about our programs and to answer questions from the more than 100 attendees.

The South Dakota Counseling Association members made us feel very welcome and were very interested in what WestCare is doing in Wyoming. Many attendees expressed interest in employment and others were in need of internship opportunities. Contact information was shared at the conference and several follow up interviews have been scheduled.

Recruiting qualified staff for the rural sites in Wyoming is difficult and participation in state conferences such as the one in South Dakota seems to be a proven strategy for overcoming this challenge. Participation in similar conferences in Wyoming, Colorado, Nebraska and other surrounding states is already in the works!



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

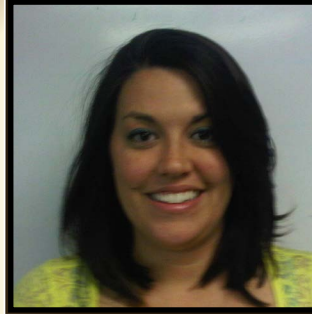


**California Men's Residential Clients**  
*California*

Eight volunteers came together as a team to give back to the community. These men met at Woodward Park for an inspirational concert in the beautiful Fresno venue. They were in charge of general clean-up and received praise for their awesome work. Nice going, guys!

(Back, Left to Right) **Javier P., Raymond V., Justin M.**

(Front, Left to Right) **Troy S., Silver G., Jerry B., Tyson B.**



**Beth Kruse**  
Behavioral Health Therapist  
*Florida (South)*

Key West High School nurse Dana Portillo says: "I just wanted to acknowledge all of **Beth Kruse's** work here at the school. I am sure you are aware of the psychological challenges our students unfortunately face. She is a consistent resource to our students and me. (Beth is) a great counselor that I have the privilege of working with on a daily basis."



**Dr. Mary Okada**  
Pacific Islands Board Chair  
*Pacific Islands*

A big Hafa Adai shout-out to one of WestCare's hard-working volunteers. **Dr. Okada** was sworn in as the Vice Chair of the Presidents Commission on Asian and Pacific Islanders. The swearing in took place May 6th in Washington D.C. during the opening ceremony celebrating Asian American and Pacific Islander Heritage Month.



**Barbara Blair**  
Prevention Coordinator  
*Guidance/Care Center, Florida*

"A successful school year is coming to a close at Key West High School. The Guidance/Care Center, Inc. provides a substance abuse prevention program called Too Good for Drugs and Violence for tenth graders, an evidenced based, ten week curriculum that focuses on life skills, decision making and conflict resolution. The program helps youth to make better choices when confronted with substance use by their peers. The outcomes for this program have shown that the information given during the program has made an impact in their perceptions. **Barbara Blair**, Prevention Coordinator, has been providing these services at all three high schools in the Florida Keys since 2010. This year the tenth graders at Key West High School presented Barb with a t-shirt commemorating the program with "Ms. Barbara" noted on the back. They also included a card thanking her for doing so much and so willingly. Barb responded that she loves the program and her job. Congratulations to Barb and her staff on another successful year!"

- Maureen Kempa, MA, NCC, LMHC, *Director, Children & Families*

**KUDOS!** *Our Monthly Shout-Outs to Exceptional Employees (Cont.)*



**Henrietta Ricketts**  
Adult Services  
*Florida*



**Debra Jeffery Thompson**  
Adult Services  
*Florida*



**Cleadus Shelton**  
Program Coordinator, *California*

"I've had the pleasure of being helped by two of your staff members (and) I'd like to pass along their names. One evening when visiting my son, a lady named **Henrietta Ricketts** helped me to accomplish leaving some money for him at the desk. It was just a brief encounter, but I found myself lingering to be encouraged by her positive words. Just wanted to say it was lovely to have met her, and glad to know that a person like her is having a helping influence on my son.

There was also a lady named **Debra Thompson**, who we had the pleasure of visiting with on another occasion. She works in the department where the residents are transitioning to a job search. I was able to observe her interaction with my son, and I thought her gentle sternness was admirable. At any rate, there us so much publicity about things going wrong, I just wanted to pass along a little about what went right.

Thank you for all you do,  
Carolyn Jimenez"

The photo shows **Renate** leading the WestCare contingent at the community **WAVE** at a busy Guam intersection. The May 19th gathering promoted **Asian and Pacific Islander HIV/AIDS Awareness Day**. Thanks for your leadership, Renate!

One of WestCare's greatest success stories, Cleadus recently addressed reentry volunteers at a prison in Mendota, California. In his words: "This was a very big moment for me due to being approved to enter a Federal Prison when I had been an inmate in the Federal System for numerous years. My last trip to Federal prison was in 2007 and when released was sent directly to WestCare."

And Cleadus went on to get a college degree and become a valued employee of WestCare. Well done, Sir.

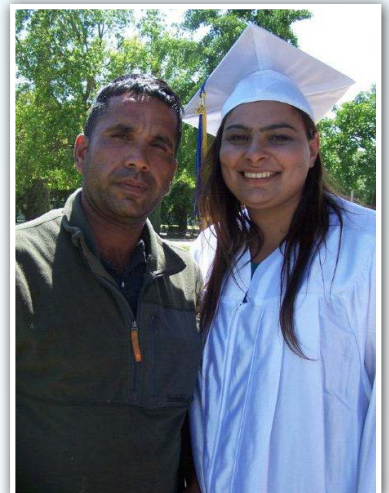


**Renate Alik**  
Risk Reduction Counselor, *Pacific Islands*

**CALIFORNIA:** *Spring Graduation - A Family Affair*



**Thirty five** graduates from **WestCare California's** various programs walked across the stage to celebrate their successful personal accomplishment. As depicted in these photos, they joyfully shared this milestone in their newly paved road to recovery with those most important in their lives: *Their family.*





## CALIFORNIA: Another Great "Give-back"

*By Derrick Bressel, Vocational Specialist*

On May 10, staff from the Residential Multi-Service Center (RMSC) -- **Cedric Herrera, Rath Vann, Jenny Magdaleno and Derrick Bressel** -- took a group of **25 residents from the MLK Campus** to help set-up and participate in the 10th Annual NAMI Walk at Woodward Park.

**NAMIWalks** is a nationwide fundraising and mental health awareness program that is held in more than 80 communities around the country. It is expected that these walks will raise approximately 12 million dollars in 2014, so NAMI can offer more support and services to the hundreds of thousands of individuals and families across the country affected by serious mental illness.

In addition to supporting NAMI, the residents were happy to give back and obtain additional information from the education booths they help set-up.



## CALIFORNIA: *Serving a New Population*



*By Michael Mygind, Special Projects*

In recent months, **WestCare California** has brought representatives from local tribes together to form the **Tribal Advisory Committee**. They have been meeting monthly to help us provide more culturally sensitive services to those we serve in the Native American community.

The committee and WestCare have since taken part in numerous local Pow Wows and recently visited the **Friendship House**, a residential facility located in San Francisco that has provided culturally centered

services to its Native American client-base since 1963. Their unique services incorporate the use of drum circles and a sweat lodge into their treatment plan, while following the values set forth by the **Red Road ideology** and the **Ten Indian Commandments**.

We hope to share more great news regarding this committee and how we hope to better serve our Native American clients by incorporating similar practices into optional treatment plans.



## KENTUCKY: *WestCare Women Assist New Moms*

*By Debby Baily, Women's Clinician - Jail Recovery Program*



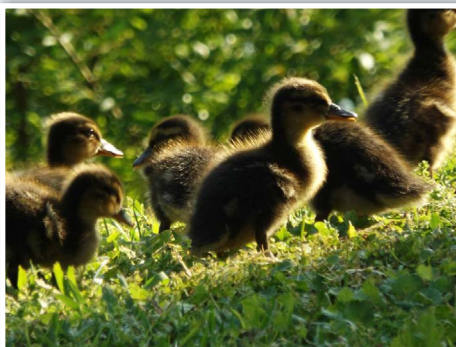
The **WestCare Women's Program in the Pike County Detention Center** has a weekly creativity class. Last fall, one of the clients asked if they could do something to help mothers with new babies. She had given birth the previous year to a son who died at six weeks of age due to SIDS. While she was in the hospital, she was given a box with his personal items to keep as a memento. Inmates from a local jail had decorated and donated shoeboxes to the hospital.

The **Appalachian Pregnancy Care Center**, a local agency that works primarily with single mothers was contacted and asked if there was something along that line our group could do for their agency. A representative suggested they could use bags to give mothers with items for their new baby.

The WestCare women wholeheartedly threw themselves into the project and decorated bags for new mothers. Since last fall, groups have decorated and donated bags three different times to the Appalachian Pregnancy Care Center. This project has been a great way for our clients to do something to give back to the community.

## KENTUCKY: *Everything It's Quacked Up to Be*

*By Anna Coleman*



Spring has sprung at the **Emergency Shelter in Pikeville**. We have over 40 new baby ducks in our pond behind our facility and the children at the shelter really enjoy feeding them. The pond also offers paddle boating, fishing and just good old springtime Kentucky fun!

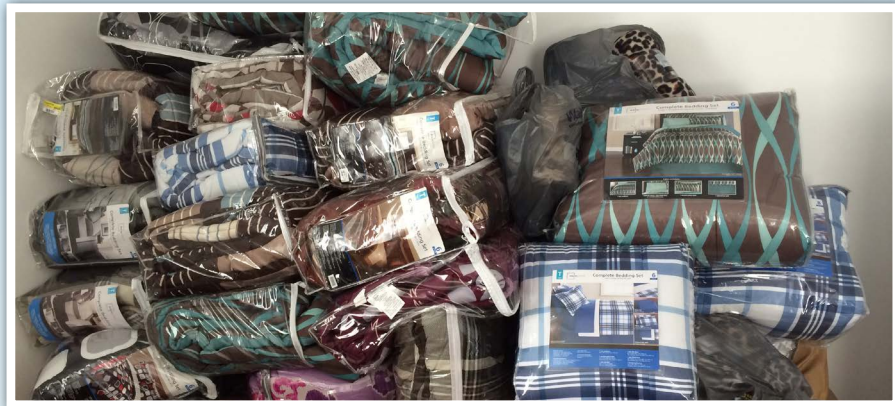


## **KENTUCKY:** *Kids Team Up for the Homeless*

*By Anna Coleman*

The **Emergency Homeless Shelter and Community Involvement Center** was recently the recipient of 30 new comforter sets donated by **Pikeville United Methodist Church “Team Kids”**. The children raised money by having a bake sale and also sold hand painted wood carved bunnies for Easter. They raised close to \$2000. They delivered the items to the shelter on May 7 when they met the residents living on site and also toured the facility.

The shelter was also chosen as **Columbia Gas’ Charity of the Month** for May. The employees of Columbia Gas purchased 30 gallons of paint and supplies. Spring cleaning has begun and we will have a fresh new look, all thanks to Pikeville United Methodist Church “Team Kids” and Columbia Gas!



## **KENTUCKY:** *An EGGstra Fun Day!*

*By Anna Coleman*

The **Emergency Shelter and Community Involvement Center** celebrated Easter on April 19th. Current and former residents were treated to a community cookout (courtesy of Grill Master and Direct Care Worker, Thomas Olcott), egg hunt and 31 children received Easter baskets. It was a day filled with fun, excitement, laughter and love. The baskets were donated by several businesses, private donations and Pike County Drug Court Staff. The community support is amazing in our small town!

## **KENTUCKY:** *Hatfields, McCoy's, Shriners and WestCare*

*By Anna Coleman*

April 24-26 was Pikeville, Kentucky's **38th Annual Hillbilly Days** festivities. Hillbilly Days offers loads of fun for all participants, but there is true meaning behind the event. Shriners faithfully travel all over the United States and Canada to help crippled children.

WestCare sold soft drinks and handed out literature about our Kentucky Programs. It was a chance for all the WestCare Kentucky Staff to work together to serve two great causes.



## THINGS TO START DOING FOR YOURSELF

*(Editor's note: Here are 10 more great personal tips sent along by Robert Valdez from California. The last of the list of 30 in next month's Express.)*

11

**Start giving your ideas and dreams a chance.** – In life, it's rarely about getting a chance; it's about taking a chance. You'll never be 100% sure it will work, but you can always be 100% sure doing nothing won't work. Most of the time you just have to go for it! And no matter how it turns out, it always ends up just the way it should be. Either you succeed or you learn something. Win-Win.

12

**Start believing that you're ready for the next step.** – You are ready! Think about it. You have everything you need right now to take the next small, realistic step forward. So embrace the opportunities that come your way, and accept the challenges – they're gifts that will help you to grow.

13

**Start entering new relationships for the right reasons.** – Enter new relationships with dependable, honest people who reflect the person you are and the person you want to be. Choose friends you are proud to know, people you admire, who show you love and respect – people who reciprocate your kindness and commitment. And pay attention to what people do, because a person's actions are much more important than their words or how others represent them.

14

**Start giving new people you meet a chance.** – It sounds harsh, but you cannot keep every friend you've ever made. People and priorities change. As some relationships fade others will grow. Appreciate the possibility of new relationships as you naturally let go of old ones that no longer work. Trust your judgment. Embrace new relationships, knowing that you are entering into unfamiliar territory. Be ready to learn, be ready for a challenge, and be ready to meet someone that might just change your life forever.

15

**Start competing against an earlier version of yourself.** – Be inspired by others, appreciate others, learn from others, but know that competing against them is a waste of time. You are in competition with one person and one person only – yourself. You are competing to be the best you can be. Aim to break your own personal records.

16

**Start cheering for other people's victories.** – Start noticing what you like about others and tell them. Having an appreciation for how amazing the people around you are leads to good places – productive, fulfilling, peaceful places. So be happy for those who are making progress. Cheer for their victories. Be thankful for their blessings, openly. What goes around comes around, and sooner or later the people you're cheering for will start cheering for you.

## THINGS TO START DOING FOR YOURSELF (CON'T.)

17

**Start looking for the silver lining in tough situations.** – When things are hard, and you feel down, take a few deep breaths and look for the silver lining – the small glimmers of hope. Remind yourself that you can and will grow stronger from these hard times. And remain conscious of your blessings and victories – all the things in your life that are right. Focus on what you have, not on what you haven't.

18

**Start forgiving yourself and others.** – We've all been hurt by our own decisions and by others. And while the pain of these experiences is normal, sometimes it lingers for too long. We relive the pain over and over and have a hard time letting go. Forgiveness is the remedy. It doesn't mean you're erasing the past, or forgetting what happened. It means you're letting go of the resentment and pain, and instead choosing to learn from the incident and move on with your life.

19

**Start helping those around you.** – Care about people. Guide them if you know a better way. The more you help others, the more they will want to help you. Love and kindness begets love and kindness. And so on and so forth.

20

**Start listening to your own inner voice.** – If it helps, discuss your ideas with those closest to you, but give yourself enough room to follow your own intuition. Be true to yourself. Say what you need to say. Do what you know in your heart is right.

## YOUR HEALTH

*Provided by Delta Dental*

### June is Employee Wellness Month. Chew on this:

- Calcium and vitamin D supplements decrease the risk for tooth loss.
- Always keep your mouth moist by drinking lots of water. Saliva protects oral tissues.
- Avoid soft, sweet, sticky foods, such as cakes, candy and dried fruits; they promote tooth decay.
- When you eat crackers, cookies and chips, eat them as part of your meal. Combinations of foods neutralize acids in the mouth and inhibit tooth decay.
- Eat apples, celery or raw carrots to help keep teeth clean.
- Chew sugarless gum sweetened with Xylitol



## **NEVADA:** *Helping Meet Mental Health Needs*

*By Darlene Terrill, Development Director*

Nevada is pleased to announce the opening of another project in the Reno area.

On May 1, WestCare, in partnership with **Armor Correctional Health Services**, took over all behavioral health services provided in the Washoe County Detention Facility (photo courtesy Washoe County Sheriff's Office). The facility is considered to be the largest mental health program in that city. It averages 1,000 inmates on a daily basis, with a large number of those needing mental health treatment.



Working in the program are mental health professionals including LCSW's and psychiatrists who will assist inmates with education on mental health and wellness, medication management, and connecting with services once no longer offered in the facility.

The program will join the growing WestCare presence in the Reno area and will help to meet the ever growing needs of the mental health community.



## **NORTH CAROLINA:** *We Love Our Teachers and Nurses*

*By Paula Bowden- Administrative Assistant, Girls Campus*

On May 6th the clients and staff at WestCare North Carolina honored **Nancy Snyder, Education Coordinator (Teacher Appreciation Week)** and **Deborah Harrison-McKevie, RN (National Nurses Week)**. Each client presented Nancy (right) and Deborah (left) with a flower and spoke from their heart about how each lady has affected their life. There was some laughter, some tears and a whole lot of spirits uplifted that afternoon. At the end, both ladies had beautiful bouquets of flowers.



*"When you're a nurse you know that every day you will touch a life or a life will touch yours." ~Author Unknown*

*"A teacher affects eternity; he can never tell where his influence stops." - Henry Adams*

**FLORIDA:** *Clients, Staff Join Forces to Help Fight a Scourge*



Every year, staff and clients of the Village South participate in the **AIDS Walk Miami**. A 5K walk-a-thon fundraiser benefiting Care Resource, South Florida's oldest and largest HIV/AIDS community organization providing primary medical care, dental, psychosocial, case management, outreach, prevention and education to over 15,000 residents living in Miami-Dade and Broward Counties who are either affected by or infected with HIV/AIDS.

The fundraiser also benefits **Food For Life Network Food Bank** providing meals and groceries, as well as nutritional counseling and education, to eliminate malnutrition and starvation in children and adults living with HIV/AIDS. In addition, this annual fundraiser

serves as a vital vehicle to raise awareness and funds to combat the effect HIV/AIDS continues to have on the South Florida region.



## FLORIDA: *Seas the Day*

By Sandi Lightfoot, Florida Keys

**Q:** Tell us about your facebook page, Seas the Day! What is it all about?

**A:** At Seas The Day, our goal is to enrich lives and make the world a better place one positive statement, picture, phrase, story, and video at a time. Seas the day is a place to share positive thoughts, good news, and interact with others that have the same intentions. We want people to enjoy the page and leave with a smile on your face. It was designed with the intention that it is time for the positive thinkers in this world to come together to try and counter balance the negative. Each day we will have a topic listed and ask our PT's (positive thinkers) to share motivational, inspirational and positive quotes, phrases, and/or personal stories that relate to the topic. Positive thinking is approaching life's challenges with a positive outlook. It does not necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of potentially bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light.

**Q:** Why did you decide to start Seas the Day?

**A:** A co-worker/friend of mine were talking one day about how we didn't like watching the news because all they talked about was bad things that are happening in the world. It is very rare that you hear about good news on television. So we decided that we should make a Facebook page that only published good news articles, quotes and pictures etc.. We began the page in November 2013 and it has grown at a steady rate over the months, now with over 1,000 likes!

**Q:** What got you interested in social media?

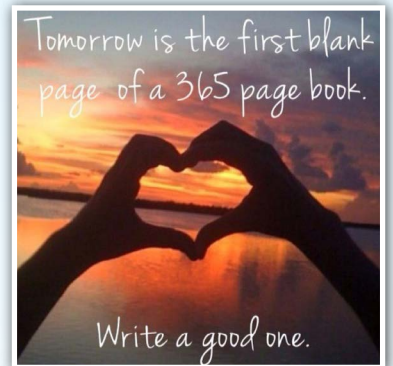
**A:** I really just wanted a place to be able to express and share good news, positive thoughts and quotes; Facebook seemed like a good place to start. Hopefully it will give people a place to go that isn't focused on negative things.

**Q:** What is your favorite thing about what you do through Seas the Day?

**A:** My favorite part of Seas the Day is designing the memes (pictures with quotes) which I do on my iPhone with a few apps. I love it when people respond to the post and express how much the page has helped them and how they look forward to the daily positive words and pictures of encouragement. I do this because it helps to remind people (including myself) that even if you're feeling down and having a bad/sad day, tomorrow is always a new day! Stay positive and think of the good things in our lives, because it's scientifically proven that having a positive attitude improves our mood and our lives in general.



*Sandi Lightfoot at Key West*



**FLORIDA:** *Thanking Our Administrative Professionals and Nurses*

The month of May held many observances, including **Administrative Professionals Day** and **Nurses Day**. Some hard-working staff members in the Sunshine State and the Virgin Islands were thanked for their steadfast service to WestCare and its clients.



## **GEORGIA:** *Medically Assisted Treatment - A Success Story*

*By Ray Cox, Program Manager*

Here in **Cobb County Georgia**, we have several clients in need of medically assisted treatment for their opiate addiction. We have had a few that were fortunate enough to have insurance either on their own or with their parents that have been able to connect to this care. This has been the exception rather than the rule.

I would like to share a success story in regard to connecting someone with medically assisted treatment. I have a client, an adult living independently, who has struggled with relapse with opiates while in out-patient treatment. As a part of our individual sessions I have asked him to explore the government health care for coverage available to him.

After doing his research and actually accessing the website, he selected the coverage he could afford. Upon securing his medical coverage he made an appointment with his psychiatrist and asked him about naltrexone. The client was given a prescription and began to take the medication as prescribed. After a few months he asked the doctor about getting the vivitrol injections. The doctor, in conjunction with a vivitrol representative, examined his medical coverage and determined that he would be eligible under the plan to receive the injections. With some negotiating the client has secured medically assisted treatment with the vivitrol for a co-payment of two months injection and then the remaining 10 injections will be covered. This agreement is renewable at the beginning of the next insurance year.

This particular client reports that the difference he has experienced between the naltrexone capsules and the vivitrol injection is a consistency. He reported that the feelings of being *even* have been achieved.





**WESTCARE CALENDAR OF EVENTS:** *June 2014*

**JUNE**

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					



**June 3** (2:30pm-3:30pm PST / 5:30pm-6:30pm EST)  
**Village South - CAC Meeting**  
169 E. Flagler Street, Suite 1300, Miami, FL

**June 6** (9:30am-1pm PST)  
**CA-CAC Meeting & Tours**  
Admin. Bldg., 1505 N. Chestnut, Fresno, CA

**June 9** (10am-11am PST)  
**CTC Workgroup Meeting w/ Amy Roukie**  
Dial: 530-881-1212, Use ID: 146-936-002

**June 10** (3pm-4pm PST / 6pm-7pm EST)  
**FLGC-CAC Meeting**  
Dial: 530-881-1212, Use ID: 293-872-005  
City Center, 100 2nd Avenue

**June 12** (10am-11am PST / 1pm-2pm EST)  
**Eastern KY-CAC Meeting**  
162 Second Street, Pikeville, KY

**June 17** (8am-9am PST / 11am-12pm EST)  
**Executive Committee Teleconference**  
Dial: 855-212-0212, Use ID: 407-244-934

**June 25** (6pm-7pm Arizona Time)  
**AZ-CAC Meeting**  
Dial: 855-212-0212, Use ID: 407-244-934  
Bullhead City