



WESTCARE EXPRESS

IN THIS ISSUE

Cover Story	01
Nevada	03
In the News	05
North Carolina	07
The Question Corner	08
Washington	09
Georgia	10
The Green Corner	11
California	12
Kudos!	13
Illinois	15
Pacific Islands	16
WestCare Snapshots	17
Calendar of Events	18

THE WESTCARE EXPRESS MONTHLY NEWSLETTER

JUNE 2016

Recovery: Mind, Body and Yes, SPIRIT

WestCare
Spiritual Care Chaplain Program

SPIRITUAL DIRECTOR
CH. Ryan Michael

Uplifting the human Spirit!

HOSPITAL VISITATION
CH. Warren Vandenhoff

GRIEF SPECIALIST
CH. Annette P.

SYSTEMS SPECIALIST
CH. Nicole Webster

June marks the one year anniversary of the integration of spiritual care into professional services offered by WestCare Foundation. The *Spiritual Care Chaplain Program*, developed by WestCare Foundation Spiritual Director, **Chaplain Ryan Michael Creelman**, is recognized by all witnesses as a great success! In fact, it has received a great number of client compliment reports and references in over 100 surveys with zero complaints.

Dispelling initial fears by offering an all-inclusive approach, clients demonstrate tremendous gratitude, and it shines from the reports that each individual's unique cultural, history and spiritual/religious beliefs are being considered in treatment. For most, it's the first time anyone educated them about a practical understanding of the spiritual aspects of the disease of addiction.

Great attention and interest in optional recovery models, methods, practices, and available community groups and services in accordance with their respective religious/spiritual beliefs is commonly expressed. In fact, some of the most active participants are clients who identify as

NEVADA: *Recovery: Mind, Body and Yes, SPIRIT (Con't.)*

Atheist, Humanist, or Non-Affiliates. And we have been told:

"How refreshing it is to be heard and be directed to groups and services of like-minded recovering people."

The SCCP also services the spiritual care needs of staff and has served them more than was initially anticipated by Senior Staff. The truth is, physical and mental health usually takes precedence in a person's life and their spiritual nature is neglected.

Many staff in Southern Nevada have benefited from the spiritual professionalism of the SCCP and our non-mandated reported responsibilities as Clergy. The SCCP is now available in both Harris Springs Ranch and the Women and Children's Campus residential facilities in Las Vegas, offering multiple spiritual care groups, one on one Chaplain sessions, spiritual text and practices groups, as well as full church services onsite.

All SCCP services are optional and non-mandatory, yet most inpatient clients are excited to attend. *Whole Health Recovery Tri-pod Model: Mind, Body, and Spirit.* The SCCP success is accredited to welcoming WestCare's Directors and Psychological Counseling Staff. Their openness to professional spiritual care by Chaplain Ryan and a team of 22 volunteers to meet the spiritual and religious needs of their clients has made *"Uplifting the Human Spirit"* a reality in Nevada.

WestCare

Spiritual Care "Church Services"



"Uplifting the human Spirit!"

Women & Childrens Campus

Pastor Jerry & Marisa Camacho
Calvary Chapel Spring Valley



HARRIS SPRINGS RANCH

Pastor Michael & Kathy Craft
TerraNova Ministries

NEVADA: *Creating a Legacy in Las Vegas*

By Susan Decker and Darlene Terrill



WestCare Nevada's Women and Children's held a dedication ceremony on May 19 to unveil their new look. Approximately 150 people celebrated with us, including WestCare's Executive Staff, Foundation Board members, Nevada Community Action Council members, donors, staff and clients. We were able to showcase renovations made possible thanks to a very generous grant of \$350,000 from **Nevada Women's Philanthropy**. In addition, **HomeAid Southern Nevada** secured donations of labor and materials from 14 companies. These in-kind donations were valued at \$214,000.

Changes included replacing a damaged roof, adding energy efficient windows and installing new exterior doors. With the cost savings negotiated by HomeAid,

we were able to dramatically increase the impact of Nevada Women's Philanthropy's generosity. We were able to add a new water softener, air conditioner, security system and an upgraded phone system.

Additional donors stepped forward during the renovation, allowing us to complete some interior *makeovers* as well. The computer lab now sports new paint, ceiling fans, computers, furniture and art work. The nursery is now bright and cheery with Dr. Seuss characters on the walls, lovingly hand-painted by a donor. It also has new lighting, ceiling fans and floors, and it features separate areas for infants and toddlers. There are designated areas for creative play-stations, snacks, children's library, quiet time, reading and play.

NEVADA: *Creating a Legacy in Las Vegas (Con't.)*

We were also able to add a boutique which gives our clients an opportunity for a pleasurable shopping experience at no cost. The boutique offers a variety of clothing, shoes and accessories which have been donated. It even features a fitting room and chandeliers! The exercise room rivals other gyms in town on a smaller scale. It is complete with an entire wall of mirrors, new floors, modern fitness equipment, large screen television, and exercise videos.



Countless individuals played important roles in this renovation process. This legacy was made possible through the coordinated efforts of **FitzHouse Enterprises, WestCare Nevada Community Action Council**, community members, staff and clients. Today, the Women and Children's Campus is a modern and efficient facility which will continue *"Uplifting the Human Spirit"* as we serve women and their families for many years to come.



WestCare Chief of Staff Peggy Quigg. Photo by Martin Fuentes.

IN THE NEWS: *Florida's Drug Crisis Comes to Capitol Hill*

(Excerpted with permission from the Bradenton Herald)



Florida's heroin and prescription opioid problem hit Capitol Hill recently when lawmakers from across the state got an update about the destructive force of abuse and addiction that's rocking families from Key West to Jacksonville.

U.S. Reps. **Vern Buchanan**, R-Sarasota, and **Alcee Hastings**, D-Fort Lauderdale, organized the meeting for Florida's congressional representatives just days after a state medical examiner's commission report showed heroin overdose deaths in the state increased 900 percent from 2010 to 2014. From 2013 to 2014 alone, heroin deaths in Florida jumped from 199 to 447. That's up 684 percent from just 57 in 2011.

As heroin's grip on the entire state continued to grow, dealers began blending it with the powerful additive

Fentanyl.



"Fentanyl is 80 to 100 times more potent than morphine and 40 to 50 times (more powerful than) pharmaceutical-grade heroin," said **Frank Rabbito**, a Miami-based regional deputy chief operations officer at WestCare, which operates rehab facilities in Florida and nationally. Fentanyl is also used to manufacture counterfeit Xanax and oxycodone, anxiety and pain medications.



IN THE NEWS: Florida's Drug Crisis Comes to Capitol Hill (Con't.)

"All you have to do is send away for these chemicals (from) Asia, Mexico, get the equipment shipped to your house and start producing knock-off pills. Extremely, extremely dangerous," Rabbito said.

Jennifer Ellison, a recovering heroin addict from Miami who has been drug-free for *"four years, four months and 28 days"* after undergoing rehabilitation at WestCare, told lawmakers she began taking drugs at age 12. Ellison, 35, said her father was a heroin addict and her mother was

addicted to pills. Both are dead.

Ellison is now pursuing a degree in sociology and attending community college. She echoed the call for more funding for drug treatment and said that without it, *"I probably wouldn't be sitting here today."*

Full article can be found online at the following link:

<http://bradenton.com/news/local/heroin-epidemic/article74491627.html>



IN THE NEWS: Prince's Painkiller Addiction Hidden From Closest Friends

(Express Editor's note: The link to opioids has been mostly anecdotal and speculative to this point, and as of the June 1st distribution of this newsletter, no official cause of Prince's death has been announced. Article courtesy of <http://jointogether.com>)



Prince's addiction to opioid painkillers, which has come to light since his death, was hidden from even some of his closest friends, *The New York Times* reports.

The mega star had a reputation for leading a clean lifestyle, avoiding alcohol and marijuana and eating a vegan diet. While many people close to him say they never saw Prince take any pills, evidence is mounting that he had become dependent on painkillers, according to the newspaper.

His dependence on pain pills became so great that friends called Dr. Howard Kornfeld, a California specialist who treats people addicted to pain medication. Dr. Kornfeld

sent his son Andrew to meet with Prince at his Minnesota home, but he arrived too late.

In April, Prince's private jet made an emergency landing in Moline, Illinois after he became unresponsive. City records show emergency responders rushed him to the hospital, where he was treated with a shot of the opioid overdose drug Narcan (naloxone). He stayed in the hospital for a few hours and flew back home.

Prince suffered hip pain after decades of strenuous performances, the article notes. He regularly jumped onstage in platform heels. He began taking painkillers for his hip pain years ago, and had hip surgery in the mid-2000s. He was then prescribed more pain medicine, according to an anonymous person who worked with Prince.



N. CAROLINA: Academy Girls Score High at Ecology Event



Seven of the students from the WestCare Girls' Academy participated in an ECO challenge with four area middle and high schools from North Carolina and Virginia. The volunteer team of students involved many hours of study

and preparation. The topics were Hydrology, Aquatics, Herpetology, Interpretive, Endangered Wildlife, Tree ID, Soil, and Wildlife. Our girls placed 2nd in their category in five of the eight areas. They also received a large 2nd place trophy for Overall.

We are so proud of the girls. They come to us most of the time not having been in school for a long time or little to no interest in school. They had four weeks to study the material, while the other schools had longer because they are in the same school for the whole year and our girls are with us for 4-6 months. So all things considered, this was a HUGE accomplishment!!!



FATHER'S DAY: Sunday, June 19th

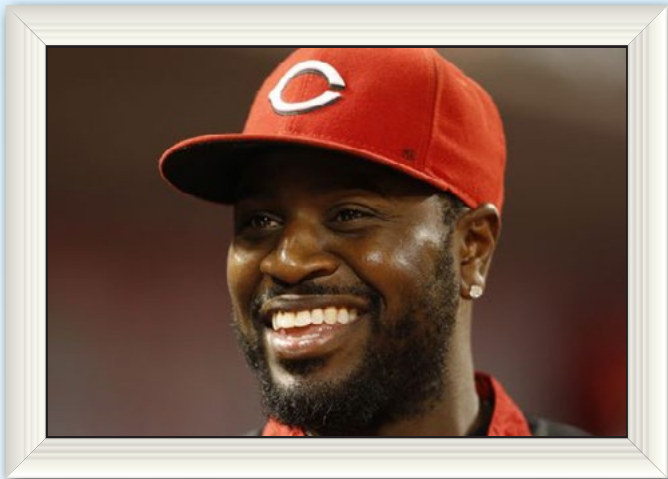
After Mother's Day became part of the calendar, efforts to establish Father's Day quickly followed. And not without controversy, as critics called it an attempt by merchants to create a second gift-buying Christmas.



A bill to accord national recognition of the holiday was introduced in Congress in 1913. President **Calvin Coolidge** recommended in 1924 that the day be observed

by the nation, but stopped short of issuing a national proclamation. Two earlier attempts to formally recognize the holiday had been defeated by Congress. In 1957, Maine Senator **Margaret Chase Smith** wrote a proposal accusing Congress of ignoring fathers for 40 years while honoring mothers, thus "[singling] out just one of our two parents". In 1966, President **Lyndon B. Johnson** issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President **Richard Nixon** signed it into law in 1972.

This Month's Question: *"Who is your favorite professional athlete, male or female?"*



*My favorite athlete is **Brandon Phillips**, second baseman for Cincinnati Reds. There are many reasons, including his ability, his love for the game, his love for his fans, but most of all because he is always smiling through his errors and his accomplishments on the field. He shows the young people in the world that it's ok to make a mistake, just smile and keep striving to be the best you can be.*

-Janice Church, ADA Counselor, Tennessee



*"My favorite athlete currently is **Stephen Curry**, although my all-time favorite is **Michael Jordan** because not only his superior athletic skills helped him win all those championships, but also his indomitable will to win was god-like. The stories I hear and see about Curry are that he is definitely a role model and displays a good amount of respect, which is why I am cheering for his success!"*

-Marc Bordner, Peer Support Specialist at SOS, California



For July: *"What is your dream summer vacation destination?" Send your answer and a photo of yourself by **June 20th** to john.wallace@westcare.com.*

WASHINGTON: *Gold Star Mothers, Sacrificing for Our Freedoms*

By Donald Lachman, Washington State Department of Veteran Affairs

George Seibold was like many other young Americans who volunteered for the British Royal Flying Corps in WW 1, believing it was the right thing to do. He obtained his wings in Canada and then was rapidly off to join the air war over France. The young officer corresponded regularly with his mother Grace and then suddenly no more letters arrived. Weeks fell by as the family held out hope that he was safe. But then, his mother received confirmation that her son was killed in combat.

Grace Siebold was devastated but knew that she needed to direct her profound grief to something positive. She decided to devote her time to caring for injured Veterans as well as providing comfort and friendship to other mothers whose sons died in combat. She organized a group consisting solely of these special mothers, with these purposes. On January 5, 1929, the organization was formally incorporated and recognized.



That tradition of service continues today through **Gold Star Mothers**. They know that we are still a country at war and sending our young men and women into dangerous and volatile countries. While there are no special federal, state or even community programs dedicated to assisting our Gold Star Mothers, members continue to turn inward to provide that comfort as well as support. **Captain Joseph House Foundation** is an example of that tradition.

Established to honor Captain Joseph William Schultz, this special bed and breakfast type residence will provide Gold Star families a unique setting for respite in a healing community. WestCare Foundation is proud to join the Washington State Department of Veteran Affairs and other partners in raising community awareness and provide opportunities to support their important mission.



To learn more information about this special organization serving Veterans, visit:

<http://captainjosephhousefoundation.org>

GEORGIA: *First Graduates From Veterans Treatment Court*

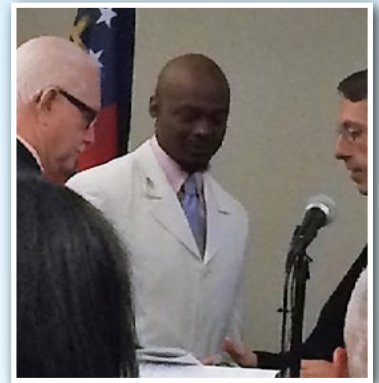
By Ray Cox, Program Manager

U.S. Senator **Johnny Isakson**, Senior Senator from Georgia and Chairman of the Veteran Affairs Committee, was the keynote speaker at the very first graduation of the Cobb County Veterans Treatment Court, held on May 13th.

The Court accepted its first participants in January of 2014 and its first two graduates were celebrated by more than 200 members of the community, including their families, mentors, and The Veterans Court Treatment Team, which was led by Presiding Judge **Ruben Green**.



Keynote speakers, Senator Isakson (pictured) and Colonel **Thomas H. Blackstock, Jr.**, the US Property and Fiscal Officer for the Georgia National Guard Bureau, joined in expressing their appreciation to both graduates for their service to our country and for protecting the many liberties we enjoy as a nation.



Graduates Brandon Musser (left) and Willis Hatfield-Reevus (right)

Both graduates gave emotional and powerful statements on the positive transformational impact that their Veteran Court experience had on their lives and expressed gratitude for the opportunity. Their families shared their experiences with their loved one describing the before, the “during” and the now. The Judge then gave the graduates their certificates and their Veterans Court medallion.



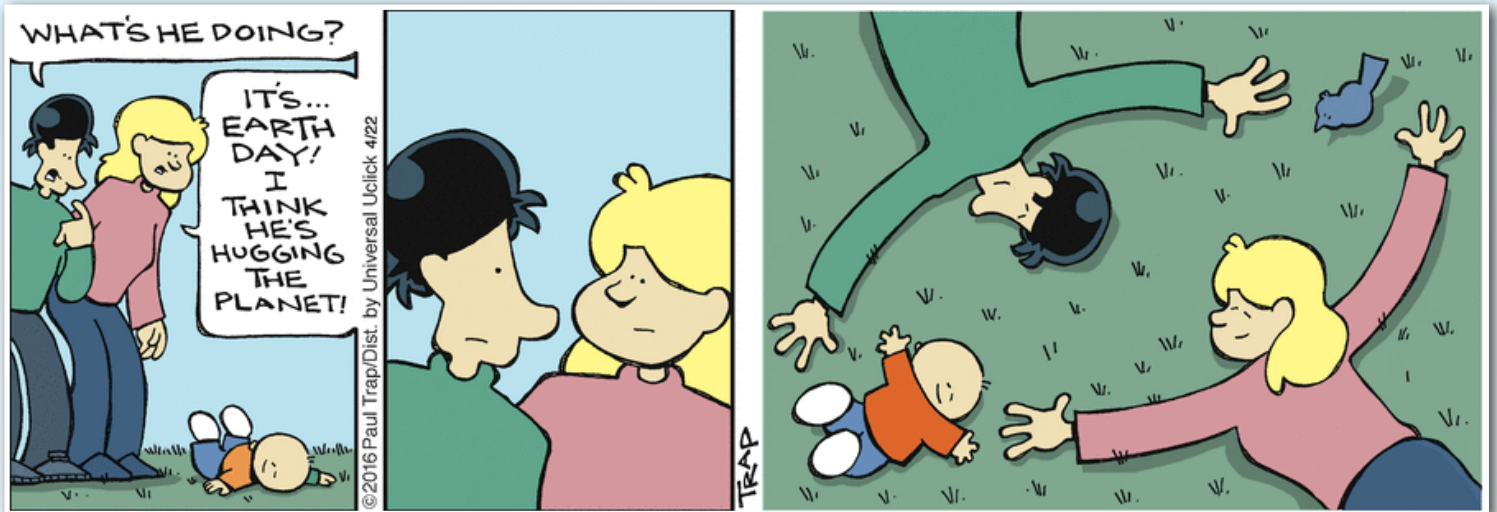
“This is a great day for the Cobb County Drug Court Team and hopefully, one of many more to come” said **Peggy Quigg**, WestCare Chief of Staff, who also attended on behalf of WestCare Foundation.

THE GREEN CORNER: *Earth Day Funnies*



Submitted by Cecily Moreland and the WestCare Green Committee

Mother Nature has taken center stage in the funny pages since 2008 when cartoonists began to engage in a comic initiative to raise awareness about the environment and the health of the planet. On April 22 the funny pages were full of Earth Day-themed strips on this 46th year of the movement that continues to motivate people to action. Here are a few favorites:



Courtesy of Kleefeld on Comics by Sean Kleefeld



Courtesy of The Born Loser by Art Sansom



CALIFORNIA: *The Right Job, The Right Look*

Ladies at the *Custody to Community Transitional Reentry Program* (CCTRP) site in Stockton have begun a tradition of “*Dressing for Success*” every Wednesday.

They wear clothing that matches the job that they would like to see themselves in, whether it’s business attire for an office job or clothing that would be more suitable for a blue collar job such as a mechanic. The hope is that by carrying on this tradition, the ladies are empowered to envision and reach their dreams!



CALIFORNIA: *Together... We Can Do This*



The WestCare team attended Supervisor **Henry Perea’s Homeless Veterans Summit** in early May.

San Joaquin Valley Veterans Program Coordinator, **Joshua Golden** (far right in photo), spoke on programs in place to help end veteran homelessness. **Preston Prince**, Fresno Housing Authority CEO and WestCare California Community Action Council (CAC) member, announced a new \$2.6 million dollar collaborative program to house up to 40 of the targeted veterans.

Through continued exposure and community partnerships, WestCare is playing a major role in ending veteran homelessness in California.

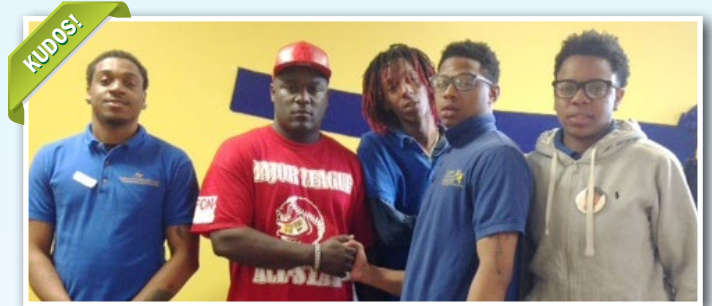
KUDOS! *Our Monthly Shout-Outs to Exceptional Individuals*



The Community Council in Kentucky held a special luncheon to honor **Erdil Looney** for 10 years of service at WestCare. Mr. Looney served as Area Director, and is now a nurse at Pikeville Medical Center.

(Presenting the award are **Stephen Wright** and **Bill Baird**)

Great to have locally popular rapper **Belo** drop by to talk with ASA students participating in WestCare Illinois' Face Forward program in Chicago. Belo talked about overcoming his own struggles growing up in Chicago and offered words of encouragement. The *Academy of Scholastic Achievement* charter school serves youth ages 16-21 and includes the Labor Department-sponsored *Face Forward* program.



Great social and moral compasses possessed by the folks at Nevada's Harris Spring Ranch. Staff and residents wore denim on April 27 in support of *Denim Day*, designated to understand the facts and the misperceptions about sexual assault. NO definitely means NO.



Outstanding work by **Edgar Rivera** with the WestCare / State of Washington Department of Veterans Affairs Rural Veterans program. He arranged to provide an electric wheelchair for Vietnam veteran **Michael Atteridge** who had diabetes and was unable to afford one.

Says Edgar: *'We are always trying to help veterans in need.'*



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

WestCare Pacific Islands Intern **Joaquin Muna**, a University of Guam intern, not only graduated with a degree in social work, he was also commissioned into the United States Army on May 21st. Joaquin will be heading to “*Ranger*” school in Georgia early in 2017. “*Biba*” to 2nd Lieutenant Muna!



From a bottled water drive to fund-raising events and staff involvement in social causes, **Michael Mygind** and **Gabriela McNiel** continue to shine. They are special projects and marketing whizzes who continue to keep WestCare California at the forefront of positive civic and social activity in the San Joaquin Valley and the far reaches of the state.

Baron, a veteran who is getting assistance through *San Joaquin Valley Veterans* is paying it forward by collecting donations of food in front of grocery stores for his fellow brothers and sisters that are served by WestCare California and AmVets. Baron is waiting to start work as a security officer.



Another group of clean and sober clients were honored at WestCare California’s Spring Graduation Ceremony. What a wonderful sight when new alumni sing with a voice of pride in front of hundreds of relatives and friends. Best wishes to all as they rejoin their families and their communities.



ILLINOIS: *The Mental Health Aspect of Corrections*

By Lauren Holt, Assistant Program Director

Jennifer Hilton, WestCare's Director of Training and Technology Transfer, recently came to Illinois for three days to conduct training on Mental Health First Aid for the Sheridan Correctional Center and Logan Correctional Center staff.



The training started with an ice breaker where each person had to identify two truths and one lie about themselves as a way for everyone to get to know a little more about their coworkers. The training was very informative and interactive. We were challenged on the stigma of mental health, suicide, and self-harm.



We discussed debilitating mental health and medical disorders and how mental health is looked at by some as being not as severe as a medical disorder. We learned that one of the largest mental health institutions in the U.S. is right here in Illinois. At the Cook County Jail!

This training was helpful with the work that we do on a day-to-day basis. We encounter many offenders inside the institutions that are struggling with co-occurring disorders, and this training provided us insight on how to better help those individuals to be successful out in society and cope with their mental health and addiction.

Let's Have a Laugh

- I, for one, like Roman numerals.
- Doctor: *"You have hypochondria."*
Me: *"Just what I was afraid of!"*
- I used to be indecisive. Now I'm not sure.
- Nostalgia isn't what it used to be.



PACIFIC ISLANDS: *Guam Hosts Pacific Arts Festival*



WestCare employees and clients joined fellow islanders in welcoming visitors from two dozen Pacific island countries and territories for the 2016 Festival of the Pacific Arts. FestPac is held every four years, and Guam is the host for this latest celebration, bringing together

artists and cultural practitioners from around the Pacific region for two weeks of festivity. It is recognized as a major regional cultural event, and is the largest gathering in which Pacific peoples unite to enhance their respect and appreciation of one another.





WestCare Snapshots

Prevention Counselor **Derek Weintrab** had the enviable drummer's gig at the annual Battle in the Bay boat races in The Keys.

Guidance/Care Center participants raised over \$12,000 for WestCare's *Heron House*!



CALENDAR OF EVENTS: *June 2016*

June 01 (4pm-4:30pm AZ Time)

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

June 04 (All Day)

Nevada - CTC Facility Painting & Landscaping (*Las Vegas, NV*)

Notes: Crossing Church Volunteer Group

June 08 (10am-12pm PT / 1pm-3pm ET)

Florida - Guidance/Care Center - CAC Meeting (*Marathon, FL*)

June 14 (3pm-4:30pm PT / 6pm-7:30pm ET)

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

Notes: City Center Office

June 21 (8am-9am PT / 11am-12pm ET)

Executive Committee Teleconference Meeting

Event Name (10:30am-11:30am PT / 1:30pm-2:30pm ET)

Eastern KY - CAC Meeting

June 29 (4pm-5pm AZ Time)

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

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 Observances

- Cataract Awareness Month
- Fireworks Safety Month
- Hernia Awareness Month
- Men's Health Month
- Myasthenia Gravis Awareness Month
- National Aphasia Awareness Month
- National Congenital Cytomegalovirus Awareness Month
- National Safety Month
- National Scleroderma Awareness Month
- Scoliosis Awareness Month
- PTSD Awareness Month