



# WESTCARE EXPRESS



March 2010

## Increasing Substance Abuse Levels among Older Adults Likely to Create Sharp Rise in Need for Treatment Services in Next Decade

Taken from a National Survey by SAMHSA

**A**ccording to a new report, need for substance abuse treatment among Americans over age 50 is projected to double by 2020.

A new study done by the Substance Abuse and Mental Health Services Administration (SAMHSA) indicates that the aging of the baby boom generation is resulting in a dramatic increase in levels of illicit drug use among adults 50 and older. These increases may require the doubling of substance abuse treatment services needed for this population by 2020, according to the report.

"This new data has profound implications for the health and well-being of older adults who continue to abuse substances," said SAMHSA Administrator, Pamela S. Hyde, J.D. "These findings highlight the need for prevention programs for all ages as well as to establish improved screening and appropriate referral to treatment as part of routine healthcare services."

Substance abuse at any age is associated with numerous health and social problems, but age-related physiological and social changes make older adults more vulnerable to the harmful effect of illicit drug use.

"This study highlights the fact that older Americans face a wide spectrum of healthcare concerns that must be addressed in a comprehensive way," said Assistant Secretary for Aging, Kathy Greenlee. "The Administration on Aging is committed to working with SAMHSA and all other public health partners in meeting these challenges."

The latest SAMHSA short report, Illicit Drug Use among Older Adults, shows that an estimated 4.3 million adults aged 50 or older (4.7 percent) used an illicit drug in the past year. In fact, 8.5 percent of men aged 50 to 54 had used marijuana in the past year (as opposed to only 3.9 percent of women in this age group). The SAMHSA report also shows that marijuana use was more common than nonmedical use of prescription drugs among males 50 and older, (4.2 vs. 2.3 percent), but among females the rates of marijuana use and nonmedical use of prescription drugs were similar (1.7 and 1.9 percent).

Although marijuana use was more common than nonmedical use of prescription drugs for adults age 50 to 59, among those aged 65 and older, nonmedical use of prescription drugs was more common than marijuana.

The report, which examines the prevalence of any illicit drug use, marijuana use, and nonmedical use of prescription drugs, is based on data collected during 2006 to 2008 from a nationally representative sample of 19,921 adults aged 50 or older who participated in SAMHSA's National Survey on Drug Use and Health. The full report is online at <http://www.oas.samhsa.gov/2k9/168/168OlderAdults.cfm>.

Copies may also be obtained free of charge at <http://ncadistore.samhsa.gov/catalog/productDetails.aspx?ProductID=182466>.

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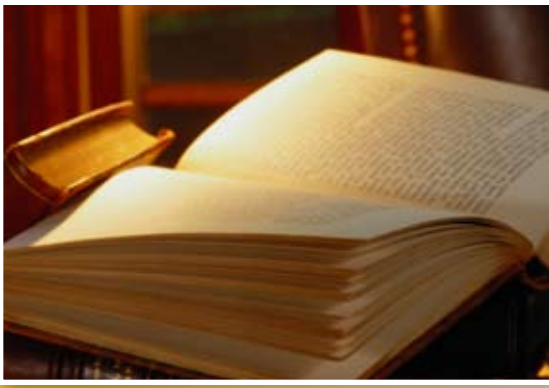
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# The King's English

*Directions:* Translate the following statement into an everyday common English expression.

*March Phrase* – Pulchritude possesses a solely cutaneous profundity.

*E-Mail your answer to:* [Anthony.Williams@westcare.com](mailto:Anthony.Williams@westcare.com)

The first person from each state to answer correctly will be noted in next month's newsletter.

*February Answer* – "Birds of a Feather Flock Together"

Congratulations to Kim Mitchell, Robert Brown, Wendy Simpkins, Lisa Carrico, and Juan Toplin!

## WestCare California Clients Get "On Track"

By John Wallace – *WestCare California*

For those in recovery, giving back can make all the difference in the world. In February, several WestCare California clients gave their time and talents to a tremendous Fresno event, Run for the Dream. This annual two-day track and field extravaganza, held in the 15,000 seat Save Mart Center and backed by the dairy industry, attracted 1,200 grade school, high school, college and Olympic athletes. WestCare clients, while not among the competitors, nonetheless were golden and helped make the event a great success!

Twenty clients from the Therapeutic Community and Residential Multi-Service Center programs made themselves available to event organizers, volunteering for a number of very visible duties: setting and resetting pole vault and high jump bars, raking the long jump pit, and generally assisting wherever needed. WestCare staff member Devon Hulunian said, "Community involvement is so important because it shows our clients how to have a good time and be responsible while being clean and sober."

Resplendent in their official Run for the Dream polo shirts, the clients impressed event leaders, including one who said, "They were outstanding. We were impressed with their professionalism, commitment, attitude and work ethic."

It certainly was an inspirational experience for the clients. Salvador P. said, "This is what keeps the kids off the streets and out of trouble."

WestCare was honored to be a part of this event and we look forward to participating next year.

### California



 Above: Clients from the Therapeutic Community and Residential Multi-Service Center programs

## Fun Facts

**Human knowledge is growing so fast that 90% of what we will know in 50 years has not yet been discovered.**





## Training for Growth and Change

By Jennifer Hilton – *Director of Men's and Adolescent Treatment*

WestCare's mission for more than 37 years has been to "empower everyone with whom we come into contact to engage in a process of healing, growth and change." WestCare Nevada is proud to say that we take that to the next level with our staff, by offering more than 12 trainings a month. The trainings range from basic orientation and quality improvement, to specific skills trainings for all different levels of staff.

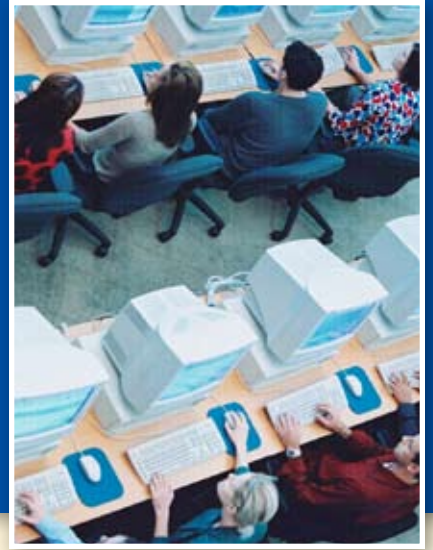
In working with all the different departments in WestCare Nevada, we have 19 staff that work hard to ensure that our 24 different trainings are delivered to all staff on a quarterly basis. This takes coordination between departments, trainers, supervisors and management to ensure that everyone gets what is required, as well as what they would like to help them continue to grow as staff. It means that a committee of staff established a system of checks and balances to ensure that all 150 Nevada staff are tracked and accounted for.

In 2006 we started with a three-person training committee and began working on the basics: staff orientation one-day training. We now provide 119 trainings a year. The most recent addition is a four-week orientation to all staff on a consistent monthly basis. We also began a new counselor

introduction training that was developed to ensure all counselors received basic core competency skills and to set the standard and consistency for the approach to counseling, use of evidence-based practices, and how to form therapeutic alliances with all clients.

Next we are looking to show our training skills off to everyone else! We hope to have some of our trainings certified for CEU's, first in Nevada and then other areas. By 2011, we hope to have at least four trainings we provide available to other members of our community and maybe even some of our WestCare family in other states!

## Nevada



***Special Thanks the WestCare Nevada Training Committee for your hard work, we wouldn't be where we are with out you!***

Jennifer Hilton – *Director Men's and Adolescent Services – Chair*

Alyson Martinez – *Counselor for Community Involvement Center*

Brandy Jordan – *Lead Tech for Healthy Families*

Dee Wirth – *Coordinator of Women's Treatment Services*

Tammy Singletary – *Lead Tech for Youth Crisis Stabilization Unit*

Karen Conrad – *Adult Community Triage Center*

Kimberly Roach – *Supervisor of the VOYAGE Project*

David Shea – *Director of Facility Operations*



***Happy St. Patrick's Day!***

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage and their displeasure with English rule.

## Did You Know?



## American Red Cross Month

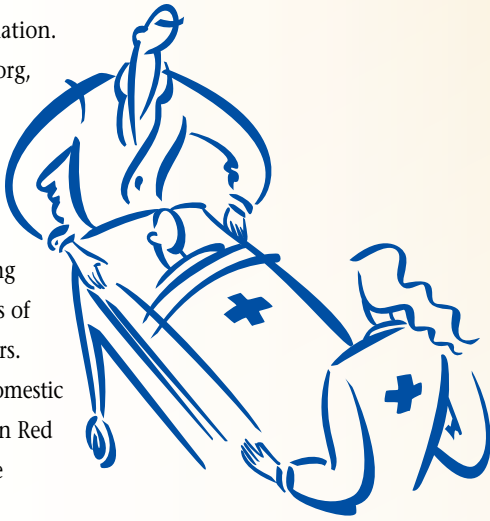
By Wendy Simpkins

March is National American Red Cross Month around the nation.

According to the redcross.org, since its founding in 1881, The Red Cross has been the nation's premier emergency response organization, distinguishing itself by also aiding victims of devastating natural disasters.

Today, in addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas:

community services that help the needy; support and comfort for military members and their families; the collection, processing and distribution of lifesaving blood and blood products;



# WestCare Wellness Watch



educational programs that promote health and safety; and international relief and development programs.

What can you do to help? You can help save someone's life by performing CPR because you've been certified. Or enjoy going to the beach without fear of drowning because you took Red Cross swimming lessons. You can also help by giving blood. Pay it forward this month and help out an organization that does so much for so many.

## Illinois



Above: Tricia Horaney ▲

## Sheridan's Hall of Fame Staff Member

By Roberta Cline – *Historian*

to recognize excellence in achievement for those who attended Ottawa Township High School and who have made significant contributions to their communities since graduating high school.

Tricia was one of eight individual nominees and one team to be inducted for 2010. She was recognized for being a two-time State Shot Put Champion in 1992 and 1993. Tricia still holds the Ottawa Township High School record of 46'-2". She received nine varsity letters during high school, participating in volleyball, basketball and track & field. She was nominated six times to NCIC all-conference teams and upon completion of high school was ranked 5th in the nation.

Tricia continued her athletic and academic career at the University of Illinois Champaign-Urbana, to which she received an athletic scholarship. She lettered in track and graduated with a bachelors degree in sociology in 1997.

After college, Tricia dedicated her life to counseling. She has counseled individuals for the past 12 years, joining the Sheridan team in 2004.

Tricia has been a volunteer for the Streator Community Youth Program since 2000, a member of Grandma's Team Relay for Life since 2002 and a licensed foster parent since 2008.

Tricia has been happily married to her husband Emmett since 2004 and considers her biggest accomplishment and blessing her six-month-old son, Emmett James.

Tricia is a pleasure to work with as she leads as a role model with high ethical standards. She knows the importance of being a team player, and shows a strong dedication supporting hope and change to the staff and clients with which she works

Congratulations on your accomplishments, and thank you for your dedication to the WestCare family and your community.

**T**ricia Horaney, a clinical supervisor at WestCare Sheridan, was honored at a banquet February 13, 2010 as she was inducted into the Ottawa Township High School Hall of Fame. The Ottawa Township High School Hall of Fame was established in 2006



## Georgia



Candied Apples ▲

The students and staff ate the treats and then discussed how to increase an environment that is built on strengthening and uplifting those around us. ▶



## Promoting the Caring Concept

By Dr. Margie Waters – Augusta DJJ Education Administrator

February is associated with the concept of caring and compassion for each other. The WestCare Augusta residents were challenged to participate in events to enhance partnership, affection and love. Using the five steps of writing (i.e., prewriting, writing, revising, editing, publishing), the students wrote letters of kindness and adoration to family and friends. The letters were mailed to the intended individuals. It is our expectation that the recipients will return the gesture and write the students a letter.

February is also Georgia Bully Awareness Month.

To promote awareness of teamwork and the theme of love, the residents reviewed candy recipes and voted to make candy apples. To ensure the candy apples were crafted according to the recipe, each group was given a specific job to complete. Throughout the project, teachers and students reflected on the importance of positive teamwork skills, such as creating a work environment without criticism and fighting. Once the candy apples were complete, the students and staff ate the treats and discussed how to increase an environment that is built on strengthening and uplifting those around us.



## March is Women's History Month

National Women's History Month's roots go back to March 8, 1857, when women from New York City factories staged a protest over working conditions. International Women's Day was first observed in 1909, but it wasn't until 1981 that Congress established National Women's History Week to be commemorated the second week of March. In 1987, Congress expanded the week to a month. Every year since, Congress has passed a resolution for Women's History Month, and the president has issued a proclamation.

## Thought for the month

*Measure wealth not by the things you have, but by the things you have for which you would not take money.*





## Expressive Art Therapy Healing in Gulf Coast

By Patrick Donatelli – *AmeriCorps member/artist*

Through an artistic eye of illustration in oil painting and drawing over a 30-year career, I have been fortunate to help people find their passion for art. I am currently working as an AmeriCorps member to introduce Expressive Art Therapy. I paint and sculpt with the clients in the GulfCoast EMERGE DOC Residential Program and the Prevention Program with adolescents.

My first opportunity was given to me from the Prevention Program with a 16-year-old male who had a big interest in art. He was already talented with fabric paint, creating his own cartoon characters and Super Heroes. I challenged him to participate in a project, painting Super Heroes and to attach a heroic virtue to each one. Our goal is to finish a body of work for his own art show, explaining why he chose each Super Hero and the virtue.

Simultaneously, a recommendation came from our EMERGE Residential Program about a client who had artistic skills. He painted a picture of his family that only a master painter could do. His eyes confirmed the warmth he felt for his family. I asked if he would help me out and paint on the Heroic Art Project, and he agreed!

Now we have two clients/artists collaborating on one project, not knowing each other's identity, when a beginning bond started to emerge in their Expressive Art Therapy. For the final answer to the mystery of their love to paint with each stroke of their brush in their work, one must look deeper sometimes between the strokes to really find the answer. You see, they are father and son.

## GulfCoast Florida



 Above: Homer J., client and Patrick Donatelli

## Men's Program Makes a Move

By Tracy Stevens – *Area Director*

The end of 2009 brought some changes for WestCare Arizona's men's sober living home. In an effort to get maximum utilization in our facilities, we combined our domestic violence transitional housing into our Legacy Apartment complex and moved the men's sober living into the vacant Diamond House, one of our WestCare facilities. We had previously leased a five-bedroom house and had ten beds for the men. Although the "new" sober living home only has seven beds, we are pretty much always guaranteed a full house now. The men did a great job moving and have really made the facility a home.

The program is three to six months long. The men are required to find employment, take care of all current and outstanding legal obligations, attend a mandatory house meeting once a week facilitated by staff (Jack Ballum, a certified substance abuse

counselor), attend other house meetings if not working, attend a 12-step meeting daily, submit to random UA tests, and if assessed and warranted, they are required to engage in mental health services, substance abuse treatment groups or domestic violence groups. We occasionally have guests come to the facility to present on specific topics and recently had Tim Rogers from Northland Cares Program of Prescott, Arizona, facilitate a great HIV/AIDS education presentation. The guys also had the opportunity to be confidentially tested for free.

Residents must sign in and out, complete daily chores, help maintain the property and be home by curfew unless they are at work or a 12-step meeting. I visited the house a few days ago and was amazed at how clean and nice it looked. We have a great on-site supervisor, Mark Johnson. Mark was a former resident and now manages the house.

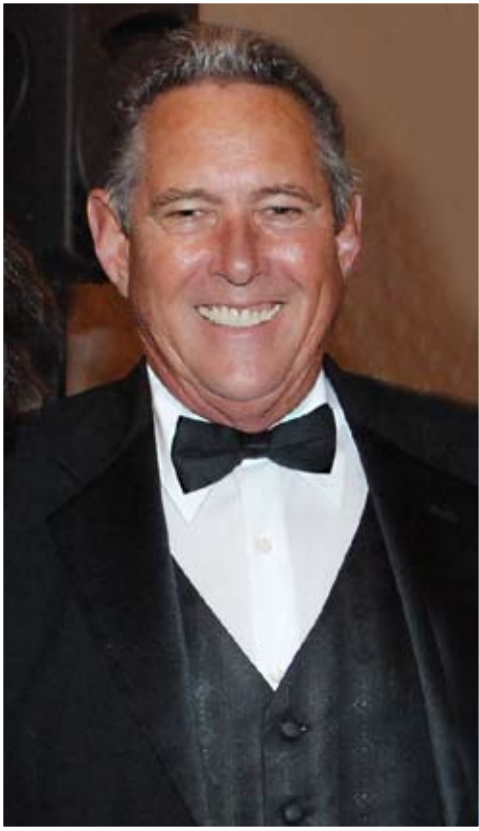
## Arizona



He spends a lot of time with the guys at the house helping them with early recovery concerns, taking them to meetings, assisting them with taking care of the house and is an overall no-nonsense, do the right thing, sobriety first guy. We love him.

# 5 Questions with John Wallace

Resource Development Coordinator – WestCare Foundation



I have worked and volunteered in several capacities with WestCare over the years, including serving as Board Chairman in California. I recently ended a 40 year career in radio and television news broadcasting. I am currently a Resource Development Coordinator for WestCare.

My wife Cheri and I have 5 children and 8 grandchildren and reside in Fresno.

**1. What is your most rewarding experience or biggest challenge working for WestCare?**

The growth of our clients is awe-inspiring, especially when reconnecting with them in the community.

**2. What do you do in your spare time?**

I am a crossword puzzle/Sudoku/KenKen junkie. (do we have a program for that?) I also serve as Fresno State Bulldog Foundation chairman.

**3. What would everyone be surprised to learn about you?**

As a newscaster, I interviewed Elvis Presley, covered the Gulf War, and my very first news assignment was at a nudist camp. It was radio, fortunately.

**4. Proudest personal or professional accomplishment?**

I recently was surprised with a beautiful gift for 25 years of service to WestCare.

**5. What is your favorite TV show? If you do not watch TV what is your favorite type of music?**

I am a regular viewer of The Simpsons, TruTv, and Jeopardy!

## Kentucky Receives Funding for HEARTH Program – Press Release

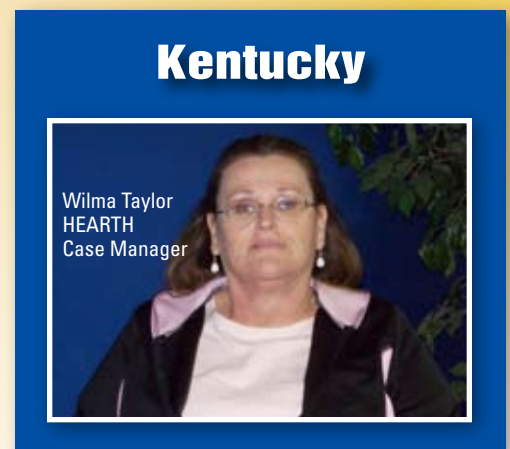
Kentucky Governor Steve Beshear, along with Kentucky Housing Corporation (KHC) Chief Executive Officer Richard L. McQuady, announced that WestCare Kentucky has received \$119,000 from Kentucky’s Housing and Emergency Assistance Reaching The Homeless (KY HEARTH) Program. This initiative is part of the national American Recovery and Reinvestment Act (ARRA) of 2009 and the federal Homeless Prevention and Rapid Re-Housing Program.

KY HEARTH, administered throughout most of the state by KHC, is a federal program that helps prevent individuals and families from becoming homeless and helps those who are experiencing homelessness to be quickly re-housed and stabilized.

“The Kentucky 2009 Point-In-Time Count of the homeless revealed that almost 7,000 people, outside of the two largest metropolitan areas in the state, were on the verge of homelessness, meaning precariously housed,” said Governor Beshear.

Precariously housed includes those who are doubled- or tripled-up with family or friends, living in substandard housing conditions, or expecting eviction within seven days with no community support network to assist them. Governor Beshear added, “These individuals typically have not been eligible for assistance because they do not meet the definition of homelessness used by other federal housing programs. This new KY HEARTH funding can be used to assist these individuals and prevent them from becoming homeless.”

“We are grateful that the WestCare Kentucky Homeless/Emergency Shelter and Community Involvement Center was selected to receive HEARTH funding from the Kentucky Housing Corporation. During these difficult times, we are seeing more and more individuals who need these services, and this grant will make a difference in so many lives,” stated Erdil Looney, area director for WestCare Kentucky.



WestCare Kentucky will use these funds to provide case management, rapid re-housing and homeless prevention services to the citizens of Pike County.

