



WESTCARE EXPRESS



The WestCare Foundation Employee Newsletter

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March 2012

Our People, Their Lives

WestCare Illinois 'Country Bumpkin' . . .

By Charlene Hamann – Recreation Therapist

Trista is 27 yrs old and has been with WestCare for over a year and already moved up from Historian to Research Assistant. In her short time in the working world so far Trista says she enjoys the challenges of her new position, multi-tasking and being ultra-efficient in many areas is not new to her as she is a full time mom, wife, works full time, tends to the family farm (horses, a pig, chickens, and 2 dogs) and still finds time to enjoy a rather soothing part time job making others beautiful. Taking a moment to ask Trista some personal questions, here is what she had to say.

Hobbies: Horseback riding and dirt bike racing

Favorite Family activity: I enjoy spending time on the family farm with my husband Randy and son Ryder, either tending to our horse Princess or spending weekends at the motorcycle track.

Story Behind Ryder's Name: After meeting my husband working at the motorcycle races, both of us having a love for racing, once I found out we were having a boy, we both decided on a name that fit our love of the sport and instantly agreed upon Ryder without any ado.

Favorite Movies: Ironically "Pure Country" and "8 Seconds" both movies are icons of my passion for a county lifestyle and my love of horses.

Favorite Music: All-time favorite is country music specifically George Strait's song "I Cross My Heart." I do listen to some old Southern Rock as well.

Other Interests: I enjoy finding time to make others beautiful w/ my part time job as a Mary Kay beauty consultant.



Future Goals: I would really like to extend our family, wanting our children someday to follow in our footsteps by either showing horses, being involved in FFA, 4H or racing motorcycles. We plan to continue living in the country as we do love the peacefulness and quiet evenings it offers, you can't beat summer in the country. Sometimes I will come home from work and saddle up Princess and just go for a long ride to relax and clear my mind before spending the evening with Randy and Ryder. We would love to someday purchase a bigger home with more land to extend our "farm family", our love for the country and the wonderful life it gives us.

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Is Opportunity Knockin'?

WCWY Team Dedication:
A Key to Success:

Trista Riveland! In her own words:

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The life of being a full time mom, working full time as the research assistant for West Care Foundation and taking care of all the animals on the farm. At times my life seems a little overwhelming and I sometimes ask myself how I do it? The truth is, I just do it because it is what I love. Since I have started working at West Care back in November of 2010 I have learned to look at things in life

for what they are and not what I think they should be. To not always take things for granted because truthfully things could be much worse. Being the research assistant and working with the clients on a weekly basis two days a week, you get to really see the work in progress not only in them but as well in the staff and in myself. With my previous work experience I believe it has prepared me

for this position as far as my time management, computer skills and teamwork come into play.

I have learned to start giving back instead of always taking. Working in the TC has made me become not only a better person but a better mom!

The Play's the Thing! "Sleeping Indoors"

By Marianne Benvenuti
– Regional Controller, Guidance/Care Center, WestCare Florida

During the day, I work with numbers. After hours, I become a different person – literally. I am a late-blooming thespian. I felt the call of the theatre in high school, but I didn't actually take the stage until well into adulthood. I became an active member of the Marathon Community Theatre in 1995. While I am proud of my 20+ performances, it was not until this last fall that I felt so very honored and blessed to be a part of a production that not only entertained but also helped those in need.

In November and December 2011, the Marathon Community Theatre staged performances of a play called "Sleeping Indoors" by Savannah resident Jim Holt. In lieu of royalties, Jim asked that we showcase a non-profit organization that helps the homeless and/or animals. Three local organizations were affiliated with the production: KAIR, the Marathon food bank; Independence Cay, the Marathon homeless shelter; and Forgotten Felines, an organization that helps find homes for cats. The organizations were at the theatre for every performance providing information about what they do and accepting donations. We were thrilled that Jim brought his family down to the Keys, attended one of the performances, and gave his blessing to our interpretation of his literary child.

The play itself is about family, a homeless

man, and unexpected gifts. Nora Barefield, who has taken in five abandoned cats, asks Dwain, a homeless man, home for Christmas – not without some reservations expressed by her husband. Nora's sister Nicole takes to Dwain quite well, maybe too well.

It turns out that Dwain has led a really hard and amazing life which he has documented in a notebook that he shares with the Barefields. Paul Barefield, who is an American Lit professor and book reviewer, reads the notebook and realizes that it is a real treasure.

The next Sunday, when he comes to dinner, Paul and Nora let Dwain know how much they enjoyed reading his story. Paul wants to have it published and offers Dwain "a whole new life." After dinner, Dwain leaves without saying goodbye and Nora finds the notebook burning on the front lawn. It is destroyed. Dwain returns and eventually admits that he burned the notebook and that he is very ill. Dwain thanks the family for their hospitality, but it is clear that he does not to stay with them or accept their help with his illness. Nora reveals that she had the notebook copied and presents the copy to Dwain – "to do with as he sees fit." Dwain gives the

Florida



▲ (left to right) Michael Wagner, Marianne Benvenuti, Kevin Eick, Noelle Belden

copy to Nora before he leaves for good, granting permission to have it published.

The play is full of laughter and, yes, some tears, but the audiences left with a smile. It is clear that they were touched by the story and left with an appreciation of those who are "unknown and unnoticed."

My Story: *by Ahuva Katzin*

(Editor's note: The Village South Adolescent Treatment Program has a history of beautiful success stories. What a joy to read this first person account.)

I walked into the Village South and the only thoughts running through my mind were how a girl like me ended up in such a place. I started using at eleven and a half and my progression was so very fast. I was sent from program to program even once out of the country for help. Opiates had a grip on me and I didn't know any way out. Throughout my addiction I suffered from some serious trauma and every time I tried to get clean the flashbacks and nightmares were driving me to use again.

My first day in the village I was sent to the psychiatrist; I wanted to die. I wasn't happy sober and I was miserable using. Thank God for my therapist at the Village South who showed me a way out. She did "seeking safety" with me which taught me to cope with the trauma on a daily basis. But most of all, my therapist showed me such a bubbly positive attitude that was just contagious.

Today I can smile again. Thanks to my therapist and the Village South I am now in college after not being a day in my life in high-school. Imagine that! Miracles really do happen and I'm living proof!

Florida



California

Susan Shaw, at left, hosts a media visit at Home Front. ▼



Organizing Change at Home Front

By Julie LeFils – *Special Projects Officer*

Susan Shaw, coordinator for the Home Front program of WestCare California (a transitional living program for underserved female veterans and their children) saw a need to revitalize their food pantry at the facility. They were constantly short on many staple items and overstocked on others. It was time for a change – but organizing such an initiative does not happen overnight. Getting donations is hard work, and getting the word

out that you are in need of donations can be even harder. It takes time, dedication, and motivation to make it happen. The goal of the Home Front program is to assist veterans in achieving economic self-sufficiency by providing residential stability, increasing

life-skills, and empowering clients in positive decision making. What better way to achieve this than by being a role model herself? She inspired the veterans by putting in the extra effort needed to organize and fully stock their food pantry. Now they have a system that works and a pantry that seems to stay full. How did she do this? By finding support throughout all different areas of the community! Every donation counts – whether it be a case of flour or a couple cans of chicken broth – the donor is vitally important and truly appreciated. Thank you Home Front, for proving that we can do more and achieve more; we just have to be willing to try.



Lighting The Way

By Noel Merritt – *Teacher, WestCare Boggs*

Georgia

Through the sounds of power saws, sanders, and hammers; the residents at WestCare Boggs are expressing themselves in a non-conventional way. The residents have built lamps made from wood (soft pine). The wood was cut into various sizes (or pieces), sanded smooth, and then assembled together with glue and nails. During this process, residents were exposed to mathematical concepts, carpentry skills, and using a little elbow grease.

Once assembled the lamps were equipped with an electrical assembly that housed the on/off switch, bulb, cord, and supports for the lamp shade. Lastly, the lamps were spray painted in the color of the resident choosing. The lamp project accomplished the following goals: (1) built self confidence, (2) learned how to use their hands, and (3) provided a therapeutic setting outside of a classroom.



Below are comments from some of the residents:

Jacob – “I got happy from making the lamps because I got something that I constructed.”

Daniel – “It was a fun learning experience and it helps a lot in the dorm at night. Also, the lamp does not disturb anybody else or my roommate when reading at night. Making the lamp was fun and very creative.”

Austin – “Making the lamp made me feel good because it showed me I could build something like that by myself. It also gave me some confidence and I’m glad I made the lamp. I really enjoyed the project and I would like to do something like that again.”

Deonte – “The process of making my lamp was very interesting. I learned hard work, well, I would not call it hard work but hands on labor. Pride in my work and being different from everyone else blue prints. I am familiar with hands on work and I think a man should get his hands dirty sometimes. Its how much work you put in your lamp, because what you put in – is what you get out. So I took my time and learned patience,

and that’s a strong word to reflect on. While working on this project, I had to be willing to accept what was told to me and become a good listener, as well as, a hard worker.”

Grant – “I learned that making the lamps were difficult to put together. There were a lot of pieces. You have to work hard to make the lamp look good. You have to take your time to sand the pieces so they turn out good.”

In the future, residents are looking forward to making more lamps and getting involved in other projects that will benefit WestCare Boggs and the surrounding communities.



March Calendar

March 1st

Village South CAC Meeting
2:30pm PT/5:30pm ET
3050 Biscayne Blvd, Suite 900
Miami, Florida

March 6th

Tech Adv. Committee Meeting
for Youth
8:30am – 9:30am MT
WestCare Kingman, AZ office

March 7th

CAC Monthly Report Due
12:00pm / 1:00pm
(Executive Committee)

March 8th

Pacific Islands CAC Meeting
6:00pm PT on 3/8
(3/9 at 11:00am Guam time)
WCPI – PRTC

March 8th

International Women's Day

March 11th

Daylight Savings Time Begins

March 12th

FAVA Board Meeting
3:00pm PT/5:00pm CT

March 13th

Florida Gulfcoast CAC Meeting
3:30pm PT/6:30pm ET

March 17th

St. Patrick's Day

March 20th

Executive Committee Meeting
8:00am PT/11:00am ET

March 20th

Beginning of Spring

March 23rd

California CAC Meeting
1:30pm – 2:30 PT
MLK Fresno

Foundation News

Treatment Communities of America-Winter Board Meeting February 8th -11th, 2012

Senior Vice President's, Maurice Lee, Robert Neri, and Vice President, Richard Jimenez attended TCA's Winter Board Meeting in Washington, D.C. During the meeting a variety of issues and concerns were discussed regarding the Affordable Care Act (ACA) and Substance Abuse Treatment, Federal Block Grants.

The gentlemen participated in numerous round table discussions with the following government officials and staff, Yvette Fontenot, Deputy Director U.S. Department of Health and Human Services, Dr. Jag Khalsa, National Institute of Drug Abuse (NIDA), Ruby Qazilbash, Associate Deputy Director of Justice Systems, Bureau of Justice Programs US Department of Justice, and U.S. Surgeon General, Regina Benjamin, M.D., MBA.

The event allowed WestCare staff to meet with Federal Officials and advocate for the vulnerable populations we serve. Of particular concern for WestCare staff was the intensity and duration of the services Veterans, Women and Children, Offenders and other special populations would receive are part of any essential health care benefit considered for inclusion in the ACA and for the continuation of Federal Block Grants for Mental Health and Substance Abuse Treatment.



(Left to right) Richard Jimenez-VP WC Wyoming, General Regina M. Benjamin, Maurice Lee-VP WC Western Region

Sharing Within the WestCare Family

Arizona Thanks Our Sister State, Nevada for Training and Support

By Tracy Stevens – Area Director

WestCare Arizona had the opportunity over the first few weeks of February to have some of WestCare Nevada’s staff from Harris Spring Ranch, otherwise known as “The Mountain”, come down and provide training and support to the staff at Arizona’s Sage House, a Level III Behavioral Health Group Home for adolescent boys.

Jennifer Hilton, WestCare Nevada’s Director of Men’s and Adolescent Treatment Services along with staff members, John Harris, Arturo Gonzales and Richard Cervera spent time with Arizona staff providing training on various skills Arizona staff can implement to help them work with the adolescent clients, which can often be a challenging population. Additionally, Jennifer worked closely with Sage House Program Coordinator, Luann Gardner providing her with some extra supervisory training and tips to keep staff and clients motivated. We have also scheduled Jennifer to come back for a few more trainings over the next couple of months.

WestCare has so many talented individuals and valuable resources within our own

organization; I know sometimes when I am so busy and a need comes up, I forget to look at the resources and experience within our own WestCare family. Arizona’s wants to thank Candy Kidd and her Nevada staff for taking the time to share resources and provide some extra support to Arizona. WestCare’s working together is the true definition of the WestCare 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.* Thanks Candy, you and your Nevada team really ROCK!

Arizona



Jennifer Hilton and residents of Sage House.



The Month of March

March Birth Flower:

The March Birth Flower is the Jonquil (aka Daffodil or Narcissus), as shown in the opposite picture.

Meaning of the March Birth Flower: The meaning of the March Birth Flower, the Jonquil (aka Daffodil or Narcissus) is friendship and domestic happiness

March Birthstone:

The Aquamarine

Sign of the Zodiac and Dates:

Pisces - February 20 - March 20

Characteristics of Pisces:

“Romantic, Generous, Receptive, Honest and Affectionate. Typically have a high IQ, are more open to new experiences and keen on novelty and stimulation,” lead researcher James White of Cardiff University in the United Kingdom said in a news release.

The researchers published their findings in *the Journal of Epidemiology and Community Health*.



Healing Families Support Group

By Leo Magrdichian, MSW – Adult Counselor, Harris Springs Ranch

WestCare Nevada certainly understands the importance of involving families in the treatment process. Addiction is family disease, and for the families and friends of clients participating in our programs the second Saturday of every month is proving to be nothing less than a truly rewarding experience, both for the attendees and the WestCare staff involved.

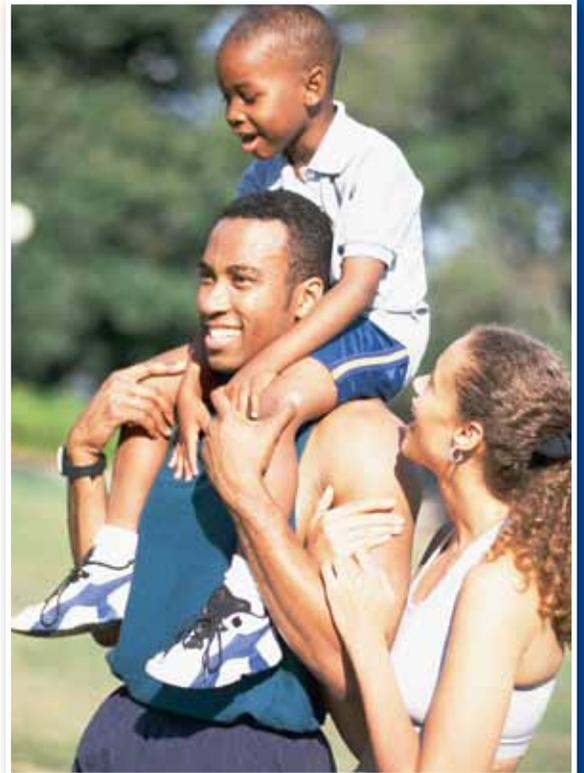
What began as a prerequisite for visitation and a way of initially engaging families of clients in our residential programs has blossomed into a day of education, empowerment, healing and support. Staff from our Women’s and Children’s Campus, Harris Springs Ranch, Community Involvement Center, and several women who are in treatment all come together and volunteer their time towards “Uplifting the Human Spirit.”

The day begins with an overview of the

services WestCare Nevada offers. Attendees are then educated on What Makes an Addict an Addict; Codependency, Enabling and Setting Boundaries; the Stages of Change and Recovery; and finally, What is Relapse. A continental breakfast, lunch, and refreshments are also provided to the participants.

The overall feedback associated with this monthly event has been outstanding, and it definitely signifies how vital it is to involve families in the treatment and recovery process of the clients WestCare Nevada serves. It is an honor and privilege to be a part of such a wonderful, client-centered, team approach to treatment.

Nevada



The New/Old Epidemic – It’s Back. in a Strong Way

By Jennifer Hilton
– Director, Harris Springs Ranch

In the last several years the Nevada community has seen an increase in a dangerous drug with one of its most precious populations. Teens and young adult Heroin use is scary thought, but reality for many in our battle born state.

Today’s heroin is estimated to be 15 times more potent than in decades past. Compounded by the fact that the drug is more accessible to teens and a lot cheaper we are in for the fight of a generation.

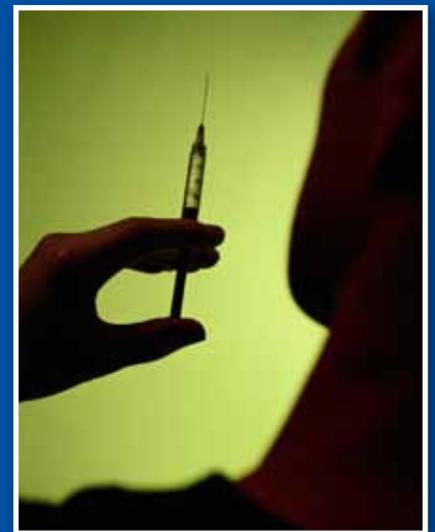
Many of the current users admit that they started with prescription pills such as Oxycontin and Lortabs. When they couldn’t afford or access any more they moved on to heroin use. Most start off smoking the drug but quickly progress to using intravenously

(IVDU). Besides the risk of overdose IVDU drug uses are exposed to more health risks like Hep C, HIV, etc.

In 2010 Harris Springs Ranch programs had 21.2% admission rate for a drug of choice as opiate for men and boys 28 and younger. The number rose to 32.2% in 2011, with a 13% decrease in admissions. Another scary number is the amount of these youth that are placing themselves at even greater risk by using with needles, aka intravenously (IVDU). In 2010 the 15.8% of the residential admission were IVDU versus in 2011 an increase to 22.7%!

The next questions for us is what do we do now to help combat this growing problem?

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The New/Old Epidemic – It's Back. in a Strong Way

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Surveys conducted by various health personnel estimate that at least 2.4 million Americans have tried heroin at one or the other point, in their lives. A large percentage of this number, over 60%, are young adults, below the age of twenty six and indulged in it at a party or through friends. Drug related Emergency department data shows that over 14 % of such episodes form heroin abuse."

– *From Sober College – online*

Roxy's made me hate my life. I was so concerned on getting them that I couldn't do anything but rob and steal to get money for them and when I would smoke them I would fall sick the rest of the day. My family started not to trust me and I got kicked out and got locked up for a while. Now I am getting clean. " *Collin – age 16.*

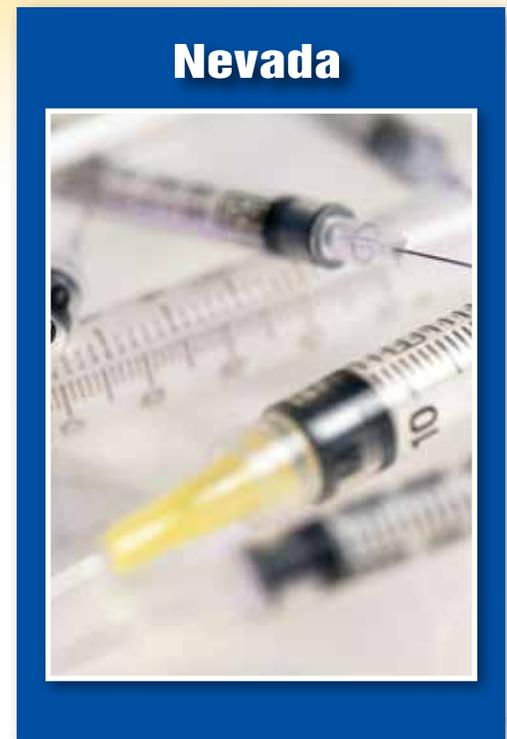
I first found opiates when I was 14 years old. I after several uses I found a considerable liking for the drug. I eventually built a strong addiction to any and all opiates with the exception of heroin . . . When I took opiates I felt, right. It soon came to a point were I didn't strong or comfortable enough to do anything without them. They began to not work me as well as they previously had, so I started to take more to get the same feeling I had before. I started doing sick thing to get money for my pills.

My brother had also been fighting a heroin addiction and away from a heroin overdose. He had been clean for 6 months. The corner reported that it wasn't a great amount of the drug but because he had had time away from the drug that his body just couldn't handle it. I didn't even start using heroin until a couple months after he passed away.

Dylan E. – age 18

Opiates have effected my life in horrible ways. When I started using heroin in the 10th grade it was all fun and games. I had a great family that loved me and supported me as well as a supportive girlfriend, car, job, and money saved up. Within the course of two years I had lost the trust and support of my family, my girlfriend left me, totaled my car, lost my job, and all the money I had saved was gone. I was left hanging to steal and hustle everyday to support my habit and rid myself of horrible withdraws. It has lead to me to 10 overdoses in the last year and this last one while I was in rehab. I was care flighted out and died in the helicopter but brought back, and then left in a drug psychosis for three days. Now I am back in rehab and healthy I look back at all these losses and realize opiates can and will ruin our life, but its never too late to stop.

Collin B – age 20



Opiates have put me in jail more than enough times and now in a rehab. Rehab has brought me back to life. Opiates changed who I really am. When I was high nothing mattered to me, didn't have a care in the world. If I never got addicted to opiates I could have kept my little brother close to me and safe . . . He is only 17 years old and being charged as an adult facing any where from 2 to 15 years in a maximum security prison because of his addiction to opiates. They will make you do the most insane things to get your next fix. *Ozzie – age 18*

St. Patrick's Day Non-Alcoholic Bever-



Shamrock Punch

Ingredients:

- 1 quart of lime or lemon sherbet
- 1 cup of lime juice
- 1 half cup of cold water
- 2 liters of lemon-lime soda
- Lime wedges

Directions:

Pour lime juice and water into a punch bowl. Add sherbet, and stir the punch until it reaches a smooth consistency. Slowly pour lemon-lime soda into the mixture, stirring constantly. Pour the drinks over crushed ice, and garnish them with lime wedges.



St. Patrick's Day is March 17th

St. Patrick's Day History and Origins

Saint Patrick was born to Catholic parents about 385 in Britain. His father was a nobleman and a deacon. But Saint Patrick's privileged life came to an end at age 16 when he was captured by slave raiders from Ireland. With a large group of prisoners, Saint Patrick was transported to the then pagan island.

Sold as a slave to a king in the northeast, Saint Patrick had the lonely task of tending the pigs and sheep. In the midst of these harsh living conditions, Patrick's faith flourished as he turned to God in prayer.

After being held captive for six years, Saint Patrick heard a voice in his sleep say, "Soon you will go back to your homeland." A short time later, he heard the same voice say, "Your ship is ready."

Trusting in God, Saint Patrick set out on a 200-mile journey through unknown territory. When he arrived at the ship, the captain at first refused

to take him. But Patrick prayed to God for help, and the captain changed his mind. Then began a lifetime of dedicating his life to becoming a priest. He envisioned returning to Ireland to teach the Irish about Christianity.

During his 30 years in Ireland, Saint Patrick founded more than 300 churches and baptized more than 120,000 people. Yet he still encountered much opposition, "Daily I expect either murder, robbery, or enslavement," he wrote in his Confessions. He escaped from 12 attempts on his life. Saint Patrick died a natural death on March 17, 461.

By the end of the 7th century, many legends had developed about Saint Patrick. One, of course, says he charmed all the snakes in Ireland and led them to the sea to drown. Another, probably the most popular, is that Saint Patrick used the three-leafed shamrock

to explain the concept of the Holy Trinity to unbelievers. This is probably why shamrocks, now Ireland's national flower, are worn by the Irish on St. Patrick's Day.



St. Patrick's Day History: What You Need To Know

St. Patrick's Day is celebrated each year on March 17th. This day marks the accepted date in 493 CE of St. Patrick's death.

As St. Patrick is the figure most prominently associated with bringing Christianity to Ireland, St. Patrick's Day is celebrated by the Roman Catholic Church in Ireland as a solemnity and holy day of obligation. The holiday is also officially celebrated by the Church of Ireland, the Irish branch of the Anglican Communion.

The day is marked with special liturgical programs and a breaking of Lenten fasts.

Few historical details are known about St. Patrick's mission to Ireland, although innumerable popular legends are associated with

his work and play a major role in Irish culture. The shamrock's association with St. Patrick's Day comes from the popular myth that says St. Patrick used the three leaves of the plant to explain Catholicism's holy trinity to the Irish.

The holiday is also widely celebrated as a secular celebration of Irish culture. Cities around the world hold St. Patrick's Day parades and festivals to mark the occasion, with many people participating in the "wearing of the green." Popularized by Irish immigrant communities, festivities usually include traditional Irish food and drink such as corned beef and Guinness beer.



Happy St. Patrick's Day!



Staffer Combines Personal Growth and Professional Leadership

By Jerod Thomas – *Boyle County Detention Center*

My home group is a group from Lexington, KY. that meets everyday at noon Monday through Friday in a basement at Gratz Park. Most home groups are a place for people in a 12 step program to develop friendships and to be held accountable. However, that is not all that my home group did for me. My home group loved me until I could love myself. They have supported me in every part of my life. They taught me how to be a good citizen, a good father, a good husband , and a good friend. They are – quite simply – my family. We go to sporting events together, we have dinner, we go to movies and much more. Sometimes we laugh and sometimes we cry, but whatever it is, we do it together. My job with WestCare has taken me from Ashcamp, Kentucky to Danville, Kentucky, so I do not get to my home group much these days. But

when I do, they are all still there loving me and each other. It is amazing that as soon as I hit the door, I know I am home. I wanted to thank my home group for their recent contribution to the WestCare SAP program. They donated the following books: 40 AA Big Books, 10 Living Sober, 10 Twelve Steps and Twelve Traditions, 5 Twenty-four Hours a Day, and 5 Daily Reflections. But most of all I would like to thank my home group for saving my life. *Thank you Gratz Park!*

Kentucky



A heart felt thank you to Gratz Park for their donation to the Boyle County SAP (Substance Abuse Program).

Pictured (from left to right) program director Jerod Thomas, Rondall Smith, Nathan Navarre, Billy Pence, Wayne Sullivan.

News from Around the Treatment Industry

Courtesy: jointogether.org

Whitney Houston’s Death an Opportunity to Discuss Prescription Drug Abuse Dangers, Says ONCDP Director



R. Gil Kerlikowske, Director of the White House Office of National Drug Control Policy, says singer Whitney Houston’s death is an opportunity to talk about the dangers of prescription drug abuse.

Although it is not yet known whether prescription drugs were linked to Houston’s death, she had acknowledged struggling with substance abuse in the past. “Her death is absolutely tragic and this brings attention to the problem that she had talked about in the past and that certainly is prescription drugs,” Kerlikowske told CBS News. “It affects a huge number of people in this country and has driven deaths to very, very high numbers – well over 15,000.”

He added, “I think it is what we might call a teachable moment when someone passes – particularly as someone as highly thought of and such an incredible performer as Whitney Houston. We can use this as a moment to help people understand. There are millions of Americans that are suffering from this problem . . . so we can use this as a chance to move forward.”



Kudos! WestCare Honors Their Employees

Editor's note: If your WestCare program has honored an individual or group – whether staff, client, or community figure – please send brief description with jpeg photo to john.wallace@westcare.com

Florida checks in with this round of applause!

Congratulations to Marjorie Mearns, Guidance/Care Center Community Council member and founding Board Member of the Guidance Clinic of the Middle Keys and Colonel Rick Ramsay, Guidance/Care Center Community Council Chair for being chosen as Monroe County 2012 Volunteers of the Year at the 11th annual Unsung Heroes luncheon. Both were chosen for making valuable contributions of their time, energy and talents to the Florida Keys community. Congratulations Marjorie and Colonel Ramsay!



Dianna Sutton-Community Foundation Executive Director, Marjorie Mearns-Founding board member

Marjorie Mearns



Rick Ramsay, G/CC Community Council Chair

◀ Colonel Rick Ramsay



Kudos from California

Domenica Jimenez ▶

Shortly after Domenica Jimenez started at the California's Day Reporting Center, (DRC,) it became obvious that she was truly committed to the best possible services to our clients. She is continually engaging clients in positive forms of communication and modeling appropriate behaviors for them. Her advocacy has at times been exemplary, as she is willing to work with our most difficult clients in any way she can to keep them actively participating in our services. She has also been a model to our other staff as a case manager, and has positively engaged parole to be involved in the support and care of clients. She is not afraid to identify problems or propose solutions. Domenica's participation to our team has made the DRC a better program. Her attitude towards all aspects of her work is positive and she truly embodies the WestCare guiding principle of

"Uplifting the Human Spirit."

– Submitted by Virginia Sparks



AmeriCorps Member Spotlight

Submitted by David Rosynsky – AmeriCorps Program Director, Foundation



John “Coach” McGettrick

AmeriCorps Member John “Coach” McGettrick serves in the EMERGE program in St. Petersburg, Florida at WestCare’s Davis Bradley Community Involvement Center. Supervised by Program Director Maikel Belfor, John (known as “Coach”) looks forward to coming to WestCare each day because he never knows when he may be able to help change someone’s life.

John considers working with veterans to be the highlight of his service at WestCare. “Being a veteran myself I wanted to form a group of clients who are veterans,” said McGettrick. And, so he did.

Under the supervision of EMERGE staff, John established the “EMERGE Veterans Group” within the residential program for men that is funded by the Florida Department of Corrections. The newly formed peer group is comprised of approximately 10 veterans.

In January, John and the group took a “field trip” to the Bay Pines VA Administration offices. During the visit John assisted the group members to replace lost ID cards and learn about benefits eligibility. “I believe one of the veterans even learned he is eligible for a VA home loan,” said McGettrick. The group also took time to visit the War Veteran’s Memorial Park nearby.

John credits his past career (as a manager and linemen at GTE/Verizon) and his civic volunteer activities for equipping him with the skills needed to be a successful AmeriCorps Member. “I believe it was from those

experiences, and adventures that I made a prime candidate for this opportunity.”

John also spent many years coaching his sons’ little league baseball and football teams. “The kids were great but dealing with the parents was a learning experience.” He went on to coach high school football where McGettrick says, “I had the chance to see boys become young men.”

“Working here at WestCare as an AmeriCorps Member has been a learning, and humbling experience,” said McGettrick, “I have found that I can look at things from a different perspective now. The things that I thought were so important are just a drop of water in the ocean. I count my blessings and thank God that I make a difference.”



News from Around the Treatment Industry

Courtesy:
jointogether.org

Voluntary After School Program May Help Reduce Alcohol Use Among Young Teens

A voluntary after school program that teaches middle school students about substance abuse prevention may help reduce alcohol use, according to a new study.

The study evaluated a program called CHOICE, which includes five 30-minute sessions designed to be non-confrontational and non-judgmental, Science Daily reports. The program challenges unrealistic beliefs about substance abuse, dispels myths about the prevalence of alcohol use, gives

teens ideas about how to resist pressure to use substances, and teaches them about the benefits of reducing or stopping substance use.

The study included 9,528 students at 16 middle schools in Southern California. Half of the schools ran the CHOICE program. The researchers found that at schools where the program was offered, one teen out of 15 was prevented from initiating alcohol use during the school year.

There was a school-wide effect on alcohol use

for all students at schools where the program was offered, regardless of whether they attended the program. Students at the eight schools that offered the program were less likely to start drinking compared with those at the schools that did not.



WestCare Foundation *Human Resources*

New Jobs, But Some Familiar Faces!

Our best EXPRESS wishes go out to these WestCare leaders:

Amy Roukie is WestCare's new Vice President overseeing Arizona and Nevada.



Amy Roukie has been a part of the WestCare family since March 2010 where she served as the Director of the Community Triage Center in Reno. She has a Bachelor's of Science degree in Recreation Therapy and Masters' in Business Administration/ Healthcare Management from University of Phoenix, where she has taught Health Care Financial Accounting for many years. She has worked in the behavioral health field most of her career including work at for-profit and non-profit organizations treating those with substance abuse and co-occurring mental health disorders for more than 25 years, in a leadership capacity. In addition, she has worked for the Nevada State Health Division as the Chief Financial Officer, which provides expertise in the state budgeting and regulatory processes, and worked in a hospital in Georgia as the CFO.

John Sheehan returns as Executive Vice President/Chief Operations Officer.

Actually, this is more of a "re-joining," as John served as Vice Present-Administration from 1999-2002. John has spent the last 10 years in Senior Management positions in the Medical and Behavioral Health Services field in Florida. He has also served as a Consultant with WestCare for the past several years. John has a BA from Florida State University and an MBA from the University of Phoenix.



And Denise Horton Conner, who is camera shy, now handles *Research and Evaluation strictly for the Eastern and Caribbean regions.*

Erin Kinard moves to Director of Research and Evaluation for the Western and Pacific regions.

Erin has 10 years experience in healthcare and has been with WestCare for 7 years. She received her Master's of Science Degree from the University of Nevada at Las Vegas in 2010. Erin is a seasoned clinician, has licensure as a Clinical Alcohol and Drug Counselor in the state of Nevada, and is a certified Trauma Informed Care trainer. Most recently, Erin became the WestCare representative for the National Institute on Drug Abuse (NIDA) Clinical Trials Network for our Western region.



Thank you, Ladies and Gentleman, for helping guide us in the cause!



WestCare Expressions

Is Opportunity Knockin'?

By Michael Shields – *Director, Human Resources*

As you have seen in this issue, there have been several recent instances of hard working, dedicated, "Human Spirit Lifters" moving on to expanded roles in WestCare. First of all, we all need to congratulate and support them in their new positions! Also, as those folks move on, new opportunities become available with that movement!

We should also take this as a reminder there are always positions available all across WestCareLand, and at all levels. Could opportunity be knockin' for

you? Are you interested in pursuing a new opportunity and staying in the WestCare family? It is truly one of the best benefits we have to offer as a nationwide organization!

Please keep checking www.westcare.com for new opportunities. We love to see people grow!

One other thing, WestCare is committed to providing more services to Veterans and their families. "AmeriCorps" was a big step, and there are many more exciting Veterans-related services to

come in the future! We are also committed to hiring more of the men and women who so proudly and honorably served our Country. If you know of a Veteran, or a family member of a Veteran who may be qualified for ANY sort of a position with WestCare, please direct them to Human Resources. We'd love to talk with them!

Thanks!
Michael Shields

WCWY Team Dedication: Key to Success:

By Richard Jimenez – *VP WestCare Wyoming*

The Wyoming Department of Health – Behavioral Health Division proudly announced a two-year certification status for all levels of services for the WestCare Wyoming treatment programs.

"The division acknowledges the good work your agency provides. We look forward to working collaboratively toward a quality system of care," Margarete Loghry, LCSW, Quality Improvement Program Manager stated in the February 08, 2012 written approval notice.

"WestCare Wyoming has diligently spent the past eighteen months building programs and introducing quality evidenced-based programs within the six correctional institutions," Dr. Cherri Lester, Ph.D., WestCare Wyoming Clinical Supervisor said. "The achievement of full certifications for all programs and all Wyoming institutions can only be attributed to the dedication of our staff."

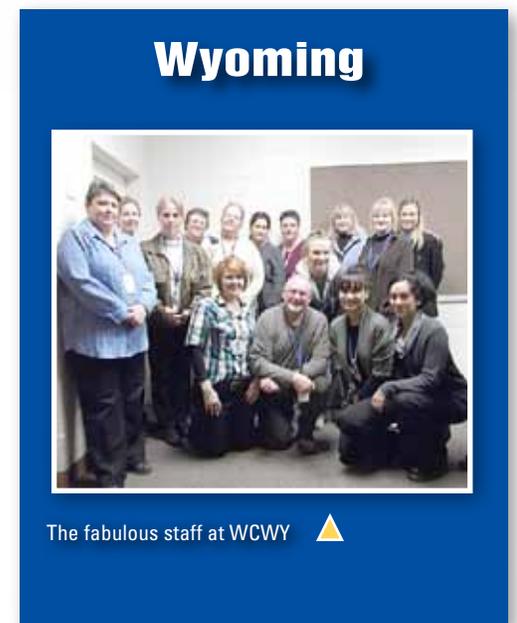
Richard Jimenez, M.A., Vice President WestCare Wyoming Operations had no doubt the two-year certification would become a reality. "WCWY staff exemplified the spirit of

the Therapeutic Community –'I can't but WE CAN achieve excellence.'

With the success of achieving the two-year certification, also comes the on-going task of maintaining and continuing to improve WestCare Wyoming treatment program policies and procedures.

WestCare Wyoming Treatment programs have developed a statewide Performance Improvement Program (PIP) that builds upon the guiding principles, structure, and mission statement of the WestCare Foundation. The PIP System will monitor, evaluate services/treatment, and peer program client file internal audits to ensure continued program certification compliance and note any quality deficiencies in a timely manner. Quality Assurance committees will address such compliance issues as program effectiveness, distribution, collection, and analyzing of data; as well as clinical supervision oversight identifying on-going need areas such as staff training, maintenance, program capacity and continuum of service flow.

Henry Ford, founder of Ford Motor once told a skeptical group of investors, "Overcoming



barriers to performance is how groups become teams."

Thanks, Henry. We're learning!

