

WestCare Express

The WestCare Foundation Employee Newsletter



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Study: More Than 1 in 10 Children Live with a Substance Abusing Parent

Article published on the – SAMHSA Health Information Network website.

Almost 12 percent of children under the age of 18 years of age live with at least one parent who was dependent on or abused alcohol or an illicit drug during the past year, according to a report by the Substance Abuse and Mental Health Services Administration (SAMHSA). The report is based on national data from 2002 to 2007.

The research increasingly shows that children growing up in homes with alcohol and drug-abusing

parents suffer “often greatly,” said SAMHSA Acting Administrator Eric Broderick, D.D.S., M.P.H. “The chronic emotional stress in such an environment can damage their social and emotional development and permanently impede healthy brain development, often resulting in mental and physical health problems across the lifespan. This underlines the importance of preventive interventions at the earliest possible age.”



Among the findings:

- Almost 7.3 million children lived with a parent who was dependent on or abused alcohol.
- About 2.1 million children lived with a parent who was dependent on or abused illicit drugs.
- 5.4 million children lived with a father who met the criteria for past year substance dependence or abuse, and 3.4 million lived with a mother who met this criteria.

Findings for Children Living with Substance-Dependent or Substance-Abusing Parents: 2002 to 2007 are drawn from the National Survey on Drug Use and Health, an annual nationwide survey of persons aged 12 and older. This report focused on questions asked of 87,656 parents aged 18 and older about their substance dependence and abuse.

The full report may be obtained free of charge by calling SAMHSA’s Health Information Network at 1-877-SAMHSA-7 (1-877-726-4727) or going to <http://ncadistore.samhsa.gov/catalog/productDetails.aspx?ProductID=17245>. For related publications and information, visit <http://www.samhsa.gov/>.

In addition, SAMHSA has a Children’s Program Kit for use by substance abuse treatment programs to provide educational support programs for the children of their clients in substance abuse treatment. It teaches children a variety of skills to fostering a sense of purpose and hope. The toolkit has activities for children from elementary school through high school. It also contains information for therapists to distribute to their clients to help parents understand the needs of their children, as well as training materials (including posters and DVDs) for substance abuse treatment staff who organize support groups for children.

This kit can be obtained at: <http://ncadistore.samhsa.gov/catalog/productDetails.aspx?ProductID=17245> A special version of this kit designed to be of particular help to Native American-oriented treatment organizations is available at: <http://ncadistore.samhsa.gov/catalog/productDetails.aspx?ProductID=17286>.

WestCare Gulf Coast Achieves CARF Accreditation!

By Marcia Jackson – MSW, MPH, CAP, WestCare Director of Accreditation

WestCare Gulf Coast recently achieved its three-year accreditation from CARF International for its substance abuse outpatient programs in the Tampa Bay Area and its assessment and referral, case management and outpatient mental health programs in Pensacola, FL.

The preparation process began in summer 2006 with staff becoming familiar with the CARF behavioral health standards and working in teams to accomplish the required tasks.



Though the preparation

was challenging, staff commented they were proud of the improvements to systems, programs, facilities and the services offered to clients.

In the CARF survey report summary, WestCare Foundation, Gulf Coast-Florida's board of directors and the local leadership and staff were acknowledged for their positive reputation in the community, excellent management and apparent staff dedication, commitment and caring. In addition, the clinical staff was acknowledged for their perseverance, creativity and resourcefulness in an environment of limited resources. Also, it is unusual for agencies to merit exemplary conformance to standards and

Gulf Coast Florida

WestCare was acknowledged for its exceptional internet-based incident reporting system.

It was uplifting for WestCare Gulf Coast-Florida to be acknowledged for the quality services that they provide to meet the needs of the persons served. *Congratulations Gulf Coast!*

WestCare Kentucky Receives Strong Community Support



▲ Tim Burke, Manager of Walmart, presenting Sharon R. Yates, Director of WestCare Emergency Homeless Shelter and CIC with \$1,000 to finish the kitchen remodel.



▲ The children in the WestCare Kentucky Perry A. Cline Emergency/ Homeless Shelter are all smiles, receiving Pikeville College basketballs from Coach Kelly Wells and his daughter.

▶ "Kelly Wells, PC Men's basketball coach donates basketballs and his time, to the children at the WestCare Kentucky Perry A. Cline Emergency/Homeless Shelter in Pikeville.

Kentucky



Mothers Day is May 10th

Did you know that the first official celebration of mothers in the United States took place in 1858? Anna Reeves Jarvis campaigned for a Mothers' Work Day in her home state of West Virginia to raise awareness about local sanitation issues. When Jarvis passed away in 1905, her daughter Anna pursued a national mother's day in honor of her own activist mom. Anna's efforts paid off when in 1914, Mother's Day was recognized as a national holiday by Presidential proclamation.



WestCare Residents Learn to Play Golf in Augusta, Georgia – Home of the Masters National Golf Tournament

By WestCare Georgia Staff

“Super” substance abuse counselor, Michael Blackwell, finds joy in teaching residents at the WestCare DJJ Georgia Intensive Residential Treatment facility to play the game of golf. Residents are not only receiving an array of services related to substance abuse treatment and emotional development, but they are also provided with an opportunity to engage in a nonaggressive form of physical competition.

The majority of WestCare residents had never been exposed to golf in their communities prior to their arrival at the Augusta campus. Michael, as well as other staff members, feels that access to learning and playing golf serves as a therapeutic benefit to WestCare residents. The game of golf has proven to be a tool in enhancing confidence, strengthening self-esteem and providing a sense of inclusion, productivity

and hope. Michael’s efforts have demonstrated that he truly subscribes to the WestCare mission of “Uplifting the Human Spirit.”

Congratulations to WestCare DJJ Georgia IRP resident Bobby Heard and recent graduate Romondo Ashley for successfully earning their GED.

Georgia

Michael Blackwell, DJJ substance abuse counselor, teaching the next generation of “Masters Golf Pro’s” at the Augusta DJJ program.



Foundation

Good Times! – Quarterly Potluck Foundation Luncheon in Las Vegas, Nevada

Head Chefs Kirby Burgess and Kathy Schreiner, fired up their grills for a fun day in Las Vegas, Nevada. The luncheon is part of Foundations quarterly potluck get together, where everyone enjoys bringing in their favorite dishes.



Memorial Day is May 25th

Celebrated in most states on the last Monday in May, Memorial Day is a time to remember the U.S. men and woman who lost their lives serving their country. Originally known as Decoration Day, it was established in 1868 to commemorate the dead from the Civil War. Over the years it came to serve as a day to remember all U.S. men and women killed or missing in action in all wars.

Celebrating Tanju Mishara Day

By Sean Furey – Executive Assistant, Florida Keys Operations

South Florida



In a proud moment for Tanju Mishara, Ph.D. and the 20 WestCare family members in attendance, Mayor George Neugent proclaimed January 28, 2009 as “Tanju Mishara Day in Monroe County.” Tanju earned her bachelor of arts at Michigan State University, masters in clinical psychology at University of Maine and a Ph.D. in clinical psychology from University of Maine. In 1983, she began her work at the Care Center for Mental Health in Key West and has served as clinical director, psychological consultant, and site manager. After 40 years of work, of which 24 years have been in the Florida Keys, Tanju has decided to work part-time. We are all glad she is still working on behalf of the residents of Monroe County. Congratulations from all of us, Tanju!

▶ Pictured with Tanju is Monroe County Commissioner Mario Di Gennaro



The Village South Warriors Participated in the 21st Annual Care Resource AIDS Walk/Run/Blade 5K on Miami Beach

On Sunday, April 19th, The Village South Warriors participated in the 21st Annual Care Resource AIDS Walk/Run/Blade 5K on Miami Beach. Collectively, the team raised more than \$1400 by sponsoring bake sales, hot dog luncheons and collecting general donations in order to benefit the cause. The Village Warriors will be continuing their philanthropic involvement within their community by organizing fundraisers May through October to benefit the Susan G. Komen Breast Cancer Foundation. They will also be participating in the Foundation’s “Race for the Cure” 5K on October 17th. If you would like to make a donation towards this incredible cause and to help the Village South Warriors surpass last year’s remarkable goal, please contact wendy.simpkins@westcare.com for more information.



From left to right: Marina Aviles, Shonte Everett, Colleen Kelly, Wendy Simpkins, Diana Alvarez-Mendez, Angie Lobo (and son Alex), Andres Savransky, and Elyse Dermer.



Campaign Corner

An interview with Al Unser, Jr.

We are honored to have Al Unser, Jr. and his wife, Gina, as our national spokespersons for WestCare as well as for our Endowment Campaign. They have already toured several WestCare facilities throughout the country and have been very active on the Campaign trail by speaking to clients and staff. We're definitely looking forward to a long term relationship with them.

This month, we spoke to Al to get his thoughts on various issues of interest to him.

How long have you been in recovery?

Just over two years; my sobriety date is January 25, 2007.

What are your proudest moments with sobriety?

My proudest moments are still in front of me. I truly wake up every morning and basically ask God what surprises He has in store for me. Although the surprises run the gamut, they are usually great!

One of those surprises God had for me was skiing with my 26-year-old son and my 12-year-old son, something I didn't do when my oldest son was young, before I got sober. I hadn't been on a pair of skis since I was 19! I got the confidence back that sobriety gives you. I was blessed three or four times this past winter to be on the slopes with my sons. A true blessing that my sobriety and only my sobriety could bring me.

What is your proudest accomplishment?

Winning the Indy 500. It's all I dreamed about when I was a child. My father and I were the first father and son to race against each other. God truly blessed us with being the only father/son combination to ever win. (Note: Al Unser, Jr. won the Indy 500 two times; his father, Al Unser, Sr., won at Indy four times; and his uncle, Bobby Unser, won three times.)

How did you get into racing?

I was fortunate to be born into a car racing family and to follow up in the family business. I started driving go-karts when I was nine years old and racing professionally with sprint cars on dirt at 16. Eventually I worked my way up to Indy.

What do you do in your spare time?

For me, spare time falls during the winter because we're racing in the summer. As a child, because my dad raced in the summer, we became avid snowmobilers. If we have time in the summer we're fixing them, getting them ready for winter!

Do you have a favorite TV show?

Survivor. And I like CSI – Las Vegas.

A favorite food?

Lasagna! I keep asking my wife, Gina, to put green chili on it, but so far she's refused!

What would people be surprised to know about you?

I'm not a daredevil. I don't own a sports car because they're loud, have a rough suspension and I have to climb out of them. I like climbing out of an Indy car but not my passenger car. I drive a Cadillac Escalade ESV, the long one. I want a soft seat, soft suspension, no engine noise, peaceful and quiet – in my passenger car.

Tell us about your kids.

My oldest son we call A3 for Al #3. He's pursuing driving race cars as a career. My youngest son, Joe, is starting to drive go-karts. I have two daughters, Cody and Shannon. Cody is 21, a paraplegic and graduates college in May. Shannon is 20, a sophomore in college and studying for a career in the film industry. I also have two stepchildren with my wife, Gina. Chad is 19 and just graduated Airforce Boot Camp. Chase is 15, a freshman and active in track & field.

How do you see your role as national spokesperson for WestCare?

It truly gives me an opportunity to share my story. I think that's important. I'm a recovering alcoholic. I'll be in recovery the rest of my life. The only things that keep it in remission are the blessings of my Higher Power and this program I'm on. I can share my story with others facing similar challenges.

I'm a winner in more ways than one – proof of that is winning the Indy 500, National championships, 24-hours-at-Daytona and more. As well, getting on a program, believing in a Higher Power, and asking for help is what makes a winner.

Anything in closing?

I'm so honored and proud to be your national spokesperson. If there's anything I can do, I'm there front and center, 110 percent.



WestCare Foundation
Endowment Campaign



Arizona Staff Enjoys a Day of Relaxation

By Tracy Stevens – Area Director

In Arizona you never know when the weather is going to change from cold to hot with spring being somewhere in the middle if we are lucky. This year staff picked it right and planned the 2nd Annual Employee picnic for April 11th at Ken Foyargue Park in Bullhead City. We could not have asked for a more beautiful day. Although a little windy, WestCare Arizona staff and their families came out to enjoy a BBQ of hot dogs and hamburgers with all the trimmings. There was a water balloon toss, three-legged race and everyone took pleasure in eating homemade snow cones. We had raffle gifts for the children and adults as well as a 50/50 raffle. As everyone has been working hard on grants, providing services to our clients and watching our budgets, the timing was a good break for all to relax, enjoy camaraderie and get to know each other a little better.



Top photo above: Employees and guests during the water balloon toss.

Above photo: On the left, Chad Graham, CDC Outreach Specialist and on the right, Norma Van Horn, HR Specialist.

Photo at right: Bob Wishart, guest.



WestCare California Supports National Alcohol Awareness Month

By Amanda Turpin – WestCare California

California

Every day, 350 Americans die because of alcohol abuse and alcoholism, and thousands more are admitted into hospitals, psychiatric facilities or jails. Alcohol places thousands more at risk for divorce, unemployment, bankruptcy and physical and emotional problems. Because it affects so many people, alcoholism is considered the number one public health problem in America – even surpassing cancer and heart disease – and is the third-leading cause of preventable death in the U.S.

Alcohol Awareness Month is a national effort that was started by the National Council on Alcoholism and Drug Dependence in 1987. It is an opportunity for families and communities, together, to educate and support themselves about the issues of alcohol abuse and alcoholism.

With information on hand, WestCare California has continued that goal by sponsoring the national event and participating in the information fair located in Fresno, CA. This year was no different, with a large turnout and live entertainment; it was an event for the whole family. Through the help of numerous staff, WestCare California was able to distribute information about alcoholism and how WestCare's treatment programs can help a family or an individual in need.



WestCare Wellness Watch



Above: ▲ California staff (and Maurice) at Wellness Team's "Wellness Fair" last year for staff and their families.

Right: Melissa Price writing down her motivational thoughts on the wellness board. ►

Below: Lynn Pimentel at SoberStock. ▼



EVERY "BODY" MATTERS *Dare to Relax! Feel better, work better, and be better!*

By Wendy Simpkins

Stretching is not a competitive sport. Stretch your muscles as though you were lengthening an inexpensive piece of plastic wrap without tearing it. Wait for release, relax, and stretch again.

Breathe deeply. Notice how your body is feeling, and where it is tight. Inhale, expanding the abdomen, aiming the breath at the breastbone. Exhale, say "ah." Breathing in I relax, breathing out I smile."

NECK: Stretch neck forward; to each side; roll in a circle, but not too far back; imagine ball bearings in your head tipping it in a circle.

INTERTWINED ARMS: Bend forearm 90 degrees, fingers toward the ceiling; wrap other forearm around it, palms together; move elbows up and down; hands side to side.

PRAYER BEHIND THE BACK: Palms together behind back, fingers pointing upward.

BACK: Cross left leg over right; place right arm across top leg; twist; repeat other side.



Do the following while standing:

HAMSTRINGS: Place right calf and foot on chair seat; keep leg and back straight; kneecap towards ceiling; foot on floor straight ahead; move pelvis toward leg.

BRUSH STEP: Brush ball of foot across floor as if kicking something softly.

ANKLE CIRCLES: Toe pointed, softly touch floor, rotate ankle.

SIDE-TO-SIDE TWISTS: Get your arms into it!

DOORWAY SHOULDER STRETCH: Stand in your doorway, place hands at 10 and 12; take a half step forward until you feel a gentle stretch; keep body in straight line with hips under shoulders; repeat with hands at 3 and 9; 5 and 7.

Let's get fit together!

