



May 2010

Study Finds 65 Percent of Inmates Meet Criteria For Addiction But Only 11 Percent Receive Treatment

From CASA's 2009 Shoveling Up II: *The Impact of Substance Abuse on Federal, State and Local Budgets report*

Of the 2.3 million inmates in prison or jail in the United States, 1.5 million meet the DSM IV medical criteria for substance abuse or addiction. An additional 458,000 had histories of substance abuse; were under the influence of alcohol or other drugs at the time of their crime; committed their offense to get money to buy drugs; were incarcerated for an alcohol or drug law violation; or shared some combination of these characteristics, according to *Behind Bars II: Substance Abuse and America's Prison Population*. Combined these two groups constitute 85 percent of the U.S. prison population.

The new 144-page report released recently by The National Center on Addiction and Substance Abuse (CASA) at Columbia University also reveals that alcohol and other drugs are significant factors in all crime. In 2006, alcohol and other drugs were involved in these inmate offenses:

- 78 percent of violent crimes
- 83 percent of property crimes
- 77 percent of public order, immigration or weapon offenses; and probation/parole violations.

Despite these high rates, the CASA report found that only 11 percent of all inmates with substance abuse and addiction disorders receive any treatment during their incarceration. The report found that if all inmates who needed treatment and aftercare received such services, the nation would break even in a year if just more than 10 percent remained substance and crime free and employed. Thereafter,

for each inmate who remained sober, employed and crime free the nation would reap an economic benefit of \$90,953 per year.

"States complain mightily about their rising prison costs; yet they continue to hemorrhage public funds that could be saved if they provided treatment to inmates with alcohol and other drug problems and stepped up use of drug courts and prosecutorial drug treatment alternative programs," said Susan E. Foster, CASA's vice president and director of Policy Research and Analysis.

The report also noted that in 2005, federal, state and local governments spent \$74 billion on incarceration, court proceedings, probation and parole for substance-involved adult and juvenile offenders and less than one percent of that amount – \$632 million – on prevention and treatment for them.

Twelve years ago, CASA released *Behind Bars: Substance Abuse and America's Prison Population*. CASA prepared this report to see if any progress had been made in reducing the number of substance-involved offenders behind bars and to examine and identify promising practices for cost-effective investments. To conduct this study, CASA researchers analyzed data on inmates from 11 federal sources, reviewed more than 650 articles and other publications, examined best practices in prevention and treatment for substance-involved offenders, reviewed accreditation standards and analyzed costs and benefits of treatment.

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The CASA report also found that compared to non-substance involved inmates, substance-involved inmates are not only likelier to be re-incarcerated, begin their criminal careers at an early age, and have more contacts with the criminal justice system, but they are also:

- Four times likelier to receive income through illegal activity
- Twice as likely to have had at least one parent who abused alcohol or other drugs when they were children
- 41 percent likelier to have some family criminal history
- 29 percent less likely to have completed at least high school
- 20 percent likelier to be unemployed a month before incarceration

Kentucky

Estill County Community Involvement Center Phase I Construction Complete

By Renee Alexander – *WestCare Kentucky*

After 3 long years of renovation on Phase I, the Estill County Community Involvement Center at 108 Main Street, Irvine, Kentucky completed all renovations on March 12, 2010. The CIC received numerous grants and donations to install new water lines, sewer lines, a roof, windows, blacktop, concrete, awnings, security cameras, plus the addition of a mural, and a flower garden. Here are a few pictures along the journey:



Before



After

Local Artist, John Hatfield volunteered 560 hours to paint a Bicentennial Mural of Estill County in 2008.



Before

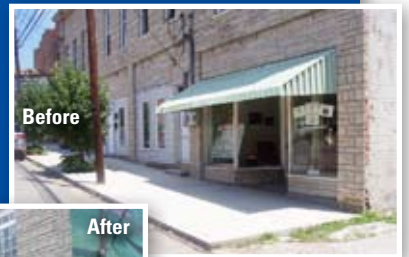
In 2006, Phase I renovation began on the back of the building with new water lines, roof, sewer lines, black top and siding.



After

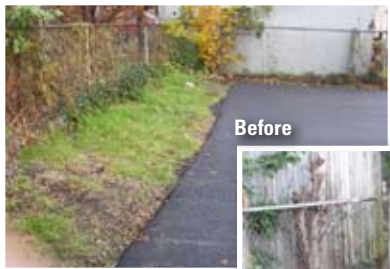


After



Before

Front of Community Involvement Center before and after renovations.



Before



After

Flower garden before and after renovations.



Before

After

Before and after pictures of the inside renovation in Phase I.

Special Thanks to State Senator Tom Jensen, State Representative Ted Edmonds, County Judge Wallace Taylor, Estill County Fiscal Court, Modern Woodman, USDA Rural Development and the Southern and Eastern Kentucky Tourism Development Association for providing the funds for this project.



Kudos for The Cares Program:

By Miltina Fraser – *WestCare Georgia*

Georgia

The Cares Program has been making many strides in HIV prevention, intervention and testing in the Metro Atlanta Area. Good teamwork and ethics have made this dynamic collaboration a successful program in Georgia. The Cares Team is proud to announce their nomination for the Community Excellence Award through the national Job Corps Region. There is an enormous level of competition with agencies nationally for this award, and to be nominated is a high honor for our small, yet committed team.

During the same time, the Cares Team also has been highlighted in a quarterly report that is distributed statewide for early intervention services for substance abuse and HIV/Aids. The article showcased the services we provide in the community through HIV/Aids Health and wellness education

and testing. It is exciting to be recognized in a report that is viewed by all levels of state officials and agencies that are committed to combating this epidemic of HIV/Aids and substance abuse.

The Cares Program is grateful that their diligent work and effort in the community is being acknowledged. This gives the team a boost of strength to continue moving forward with planting seeds of knowledge and inspiration to those whom we come in contact with as we continue to “Up lift the Human Spirit.”



▲ The photo above from left to right Ambassador Andrew Young, Miltina Fraser and Dwayne King

Arizona Boys Get to be Kids

By Amber Valletta – *WestCare Arizona Sage House Staff Member*

In this business we often forget to let kids, just be kids. About two months ago, staff witnessed as young men, often deemed out of control and socially improper, worked exceedingly hard to attain something they never have had the opportunity to have: a trip to Disneyland. At WestCare Arizona’s Sage House, an adolescent boys’ behavioral health group home, none of the residents had ever been to Disneyland. Debbie Marcusson, program coordinator, knew spring break was just around the

corner, and she also knew about Disneyland’s, Give a Day, Get a Day promotion, so she asked the boys if they wanted to go to Disneyland. She informed them that raising money for the trip would be solely up to each of them, as well as maintaining socially acceptable behavior.

Each of the boys earned their own way into Disneyland by volunteering a day of River Cleanup along the Colorado River; however, their work was not done. Staff and the boys held a bake sale at Walmart and Sam’s Club where they saw the beginnings of responsible adults shine as each boy did his part in promoting WestCare programs and raising awareness to their own cause. With a little help from Debbie, we also received several donations from the community, which allowed the boys to see something they really did not think existed – generosity and compassion.

After three weeks of fundraising and growing excitement, staff and the boys set out for Disneyland. Upon arriving in Anaheim, the group went to the Discovery Science Center, where they got to

experience an earthquake, climb a rock wall, and see an actual rocket from NASA, among other things. Once they left the Discovery Science Center, they took a drive to the beach. Two of the three boys had never been to the beach or even seen the ocean; it was a very magical moment watching their faces as they played in the waves.

The next day we were off to Disneyland. The boys had gotten a preview of the fireworks the night before from the hotel, so their anticipation was beyond belief. The day went by way too quickly, and the boys had the time of their life. That night walking back to the van with our heads full of Mickey Mouse and our tummies full of churros, I do believe that for a moment each boy was not feeling angry or mad at the world, but just like every other kid leaving Disneyland for the first time – normal.

Arizona



May is National Blood Pressure Awareness Month

By Wendy Ramos

WestCare Wellness Watch



Throughout the United States, a campaign is in force to raise public awareness about blood pressure and since 1984, May has been proclaimed as National Blood Pressure Awareness Month. The official motto of the blood pressure awareness initiative is “know your numbers.”

Did you know that more than 1 out of every 10 Americans has high blood pressure? Many people do not even know they have it as it is commonly referred to as the silent disease. There can be no symptoms until it is too late, with a heart attack being the first indication of a problem.

Because high blood pressure is silent and can be treated effectively, early detection is important. We need to remember that our blood pressure varies up and down. At least one-third of the people whose first reading is high will be found to have normal readings on subsequent checks.

According to QuickMedical.com, “The blood pressure reading has two numbers. The higher one is the systolic pressure and the lower is diastolic pressure. Blood pressure is considered to be high if the higher number exceeds 140 or the lower number exceeds 90. Traditionally, ‘normal’ is said to be 120



over 80, but this has been overemphasized. Generally, the lower the blood pressure, the better. Low readings are usually found in youngsters and in older people who are in excellent physical condition.”

We need to realize that it is up to us to manage this problem ourselves. We are responsible for our weight, our exercise regime, salt intake and taking our medicines. We also need to be responsible for taking our own blood pressure – not just getting it taken during our yearly visit to our doctor. You are in control, and good doctors will emphasize this point, so let’s work together and “know our numbers.”

Erin C.

Submitted by staff member – WestCare Nevada

I went through an emotional period when I first wanted to get my G.E.D because I always had A’s and B’s in school. One of my favorite subjects was math, and I was really good at it. When I dropped out of high school I wasn’t learning, so when I entered treatment I enrolled into the G.E.D classes. My math skills were nowhere near as good as they used to be, so of course I was discouraged.

When I actually got my G.E.D I was very proud of myself that I didn’t give up when I wanted to, many times, because I felt “stupid.” I didn’t give up or quit trying so I was determined to get my G.E.D and the results were incredible.

I am now pushing for my high school diploma.

The Adult Education Program has assigned a teacher from the Clark County School District to the Women’s and Children’s Campus for the past three years. Close to 20 women have received their G.E.D.’s or High School Equivalency. There have been instances when some of the women were actually eligible to walk with their classmates in their graduation ceremony. The G.E.D. program has inspired other women to pursue their education to the fullest extent after leaving treatment.



Nevada





Memorial Day is May 31, 2010



Traditional Observance

Many people observe this holiday by visiting cemeteries and memorials. A national moment of remembrance takes place at 3 p.m. local time. Another tradition is to fly the flag of the United States at half-staff from dawn until noon local time. Volunteers often place American flags on each grave site at National Cemeteries.

Members of the Veterans of Foreign Wars take donations for poppies in the days leading up to Memorial Day; the poppy's significance to Memorial Day is the result of the John McCrae poem "In Flanders Fields."

In addition to remembrance, Memorial Day is also used as a time for picnics, barbecues,

family gatherings, and sporting events. One of the longest-standing traditions is the running of the Indianapolis 500, an auto race which has been held in conjunction with Memorial Day since 1911. The Coca-Cola 600 has been held later the same day since 1961.

The National Memorial Day Concert takes place on the west lawn of the United States Capitol. The concert is broadcast on PBS and NPR. Music is performed, and respect is paid to the men and women who gave their lives for their country.

Some Americans view Memorial Day as the unofficial beginning of summer and Labor Day as the unofficial end of the season.

The King's English

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

May Phrase – "Surveillance should precede saltation."

E-Mail your answer to: Anthony.Williams@westcare.com

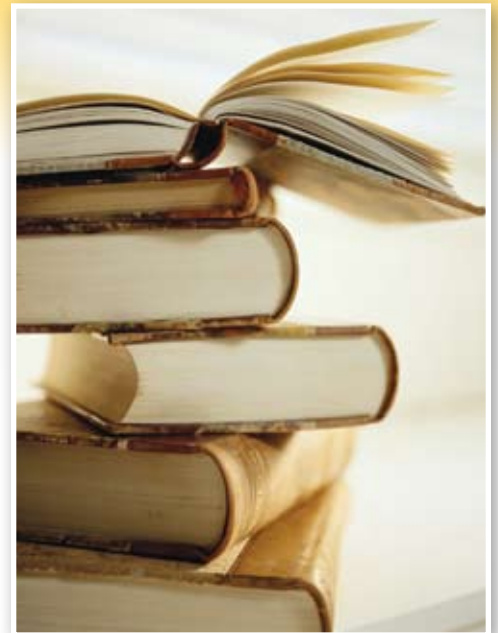
The first person from each state to answer correctly will be noted in next month's newsletter.

April Answer – "Cleanliness is next to godliness."

"This ancient proverb is said by some to have come from ancient Hebrew writings. However, its first appearance in English - though in slightly altered form - seems to be in the writings of Francis Bacon. In his 'Advancement of Learning' (1605) he wrote: 'Cleanness of body was ever deemed to proceed from a due reverence to God.' Near two centuries later John Wesley in one of his sermons (1791) indicated that the proverb was already well known in the form we use today. Wrote Wesley: 'Slovenliness is no part of religion.' Cleanliness is indeed next to Godliness.'" From "Morris Dictionary of Word and Phrase Origins" by William and Mary Morris (HarperCollins, New York, 1977, 1988). There are a couple more details in "Random House Dictionary of Popular Proverbs and Sayings" (1996) by Gregory Y. Titelman (Random House, New York, 1996): ".According to the fourteenth edition of 'Brewer's Dictionary of Phrase and Fable,' it is an old Hebrew proverb used in the late 2nd century by Rabbi Phinehas ben-Yair. First attested in the United States in the 'Monthly Anthology and Boston Review' (1806). The proverb is found in varying forms."

Congratulations to: Holly Bishop, Susan Rinaldi, Harold Thomas, and Cheryl Clark.

Special Thanks to David Johnson in St. Petersburg for the historical note.



GCC Takes Prevention Services to Where They're Needed Most

By Sean Furey – Executive Assistant, Guidance/Care Centers

South Florida



A month ago, there was a young girl in the beautiful Florida Keys who was lost. She was 12 years old, she had no motivation; she skipped school; she got into fights in the hallways; she's already used drugs and she has already had sex. Her friends at school were all doing the same thing, so their influence didn't help to change her behavior. That was a month ago.

Today that young girl is in a supportive environment. She has the motivation to change her lifestyle and work towards a life of success and independence. She is living at the Florida Keys Children's Shelter (FKCS) with other youths who were either abandoned, abused, neglected, truant, or are considered ungovernable by their parents. FKCS cares when no one cares, protects when no one protects, and provides hope when all seems to be lost.

In mid-March Guidance Care Center staff began to offer a substance abuse prevention program at FKCS. The program, called Ripple Effects, is led by longtime GCC staff member Donna Adams. Ripple Effects is an interactive computer program which teaches youths about risky behaviors and the consequences of those behaviors. It also gives them the tools they need to be able to say no with confidence and feel good about the choices they make. From Donna's experience so far, the youths are engaged in the program because they are able to choose to learn about topics that interest them and "really take off running with the program rather than having to feel like they need to follow a structured set of coursework." GCC is proud to be able to bring this service to the population in our community who truly needs it most.

Fresno Sponsors Exciting Easter Weekend Activities

By Devon Hulunian – WestCare California

The Martin Luther King Boulevard residential facility in Fresno celebrated the Easter weekend with games for adults and children, movie screenings for all, and a talent show that spotlighted hidden abilities surprising one attendee when, in competitive performance, a few of the RMS men led the performance.

Friday night, in preparation for a fun-filled Easter weekend, the clients put together a talent show for all of the programs (TC Men, TC Women, M'Ella and RMS). Everyone was able to showcase their talents. The acts ranged from a comedy routine by RMS client Daniel G.; songs sung by RMS clients Carlton F., Terry J, and Janel W., TC Men's client Jeff F. and TC Women's client Helen N.; as well as a "dance off" between TC client Corey L. and RMS client Vernon J.

Not only performance art was on display but some clients were able to show off their fine artwork and written poetry. RMS counselor Gloria acted as the emcee. The three judges were women's TC counselor

Gwen Majors, RMS counselor Sylvia Pena, and TC Men's SOD Cedric Herrera.

First place went to Carlton F. for his excellent singing performance. We had a tie for second place between Janel W. for her singing voice and TC client Dezi for performing as Beyoncé (including security entourage). Third place went to Jeff G. for his vocal skills and keyboard mastery. The audience enjoyed the show and the crowd was filled with energy. There is already a buzz in the air to plan another show in the near future and you are all invited!

Saturday morning, several of the RMS female clients and I made 115 Easter baskets for the children of RMS clients who are currently in the program. That afternoon, the children and clients were allowed to attend our Easter Sunday event, many of them joined by family members who brought desserts such as homemade apple pies, chocolate cake, cheesecakes, chocolate chip cookies and their mom's favorite peach cobbler. During this time, RMS staff member Michelle handed out baskets containing assorted

California



candies, plastic eggs filled with M&M's and sidewalk chalk to all of the children that came.

This Easter weekend was a great success filled with tournaments and games such as volleyball, basketball and horseshoe tossing, card games, the talent show and movie screenings on all three nights.





The National Celebrity Advisory Council – Early Clover: Onward and Upward

Endowment Campaign Corner

Early Clover continues to “Uplift the Human Spirit” through his ongoing work with WestCare. Most recently, Early has moved forward with his vision of creating the WestCare National Celebrity Advisory Council. He has begun recruiting council members and is scheduled to have his kickoff meeting in early May 2010. This will be a celebrity-filled event that honors all those who have contributed to WestCare’s growth and development since 1973.



In his spare time, Early is the lead singer of Cornell Gunter’s Coasters as well as having his own solo career. He spreads joy to the lives he touches through his many memorable hit songs that transcend several generations. Early’s desire is to give back to the community and the clients WestCare serves on a daily basis.

Most recently, he gave one of his many tours of the Women and Children’s Campus to potential donors and others from the community. While there, Early received the testimony of many of the women in treatment and also shared his personal journey. He later spoke to the youth at the Delta Academy, WestCare’s Charter School. His ability to reach out to others is second to none and really exemplify that Early Clover is indeed WestCare’s “Lucky Clover!”

Early Clover, recording artist and lead singer of the “Cornell Gunter COASTERS” stopped by the Delta Academy for a motivational speech to the students. It was an insight on staying clean and being active in the community. Thank you Early for being their “lucky clover.”



WestCare Foundation Endowment Campaign

Illinois Employees Attend Annual Conference

By Jeffrey Clausen – Clinical Manager, WestCare Sheridan Correctional Center

Illinois



Left to right: Sheridan WestCare assistant director Yomi Sarumi, Sheridan WestCare clinical manager Jeff Clausen, Sheridan WestCare director Stan Brooks, and Sheridan warden Michael Rothwell.

“Good morning family.” It is spring at Sheridan Correctional Center. The grass is green and the clients are busy preparing themselves to learn new skills so that when their time is finished they can leave the program and move on with their lives in a productive and sober lifestyle. March in Illinois was a very busy month with the Illinois Alcohol and Other Drug Abuse Professional Certification Association (IAODAPCA) Conference. Approximately 37 WestCare employees from Sheridan and the Cook County Jail IMPACT program attended the conference on various days from March 22-26.

This annual conference provides the opportunity for staff to network, receive CEUs for their recertification, and recruit potential new employees. Training topics included trauma and substance abuse, motivation of clients, and evidence-based treatment. The training seminars were all very informative and well presented.



National Women's Health Week May 9-15, 2010

The U.S. Department of Health and Human Services will celebrate National Women's Health Week May 9-15, 2010. In conjunction with this event, National Women's Health Check-Up Day will be held May 10, 2010 to encourage women to use the many high-quality preventive care services available to them through the nation's health centers.

Many national, regional, state, and local organizations are getting involved to make sure we reach as many women as possible. For example, HRSA's Office of Women's Health is coordinating with the department's onsite occupational health unit to provide free blood pressure checks and health risk assessments throughout the week; a workplace wellness resource table on May 12; and a discussion panel featuring information from the National Fatherhood Initiative to support families on May 13.

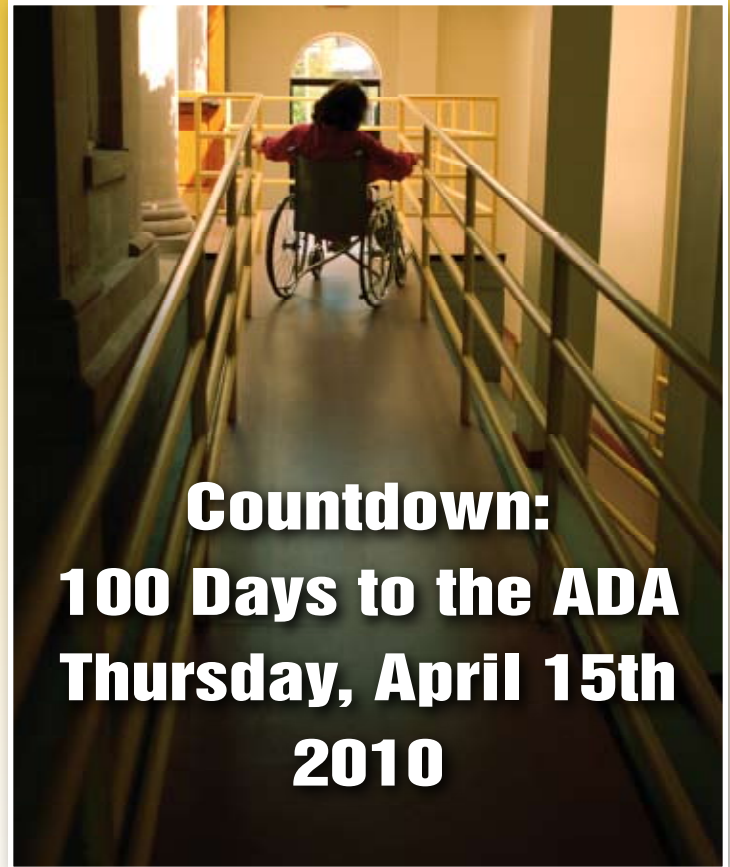
As frontline health care workers and communicators, you are uniquely positioned to play a key role in this important national health-awareness campaign. There are many ways to participate. You can host an event during the week of May 9-15 or partner with local providers to offer women in your community free blood pressure checks, Pap tests and mammograms, diabetes and HIV/AIDS tests, and other important preventive services.



This event gives us yet another opportunity to increase direct health care services to all those most in need. Participation is free, and free promotional and educational materials are available at www.womenshealth.gov/whw while supplies last.

National Women's Health Week was very successful in 2009, resulting in more than 1,300 events and health screenings nationwide. Please join us again this year and help thousands of women take steps toward leading healthier lives.

Mary K. Wakefield, Ph.D., R.N. – Administrator



"We are made wise not by the recollection of our past, but by the responsibility for our future."

"We are made wise not by the recollection of our past, but by the responsibility for our future." With these words (penned by George Bernard Shaw), we want to introduce you to 100 Days to the ADA, a countdown to the 20th anniversary of the signing of the Americans with Disabilities Act of 1990. The official countdown began Saturday, April 17, 2010.

Over the next four months, Disability.gov's blog will explore one of our nation's most important civil rights achievements, including examining the ramifications of the ADA, historical points leading up to its creation and how supporting the rights of individuals with disabilities supports all Americans. We invite you to present your personal perspectives on how your life has been touched by the ADA and welcome your ideas for new topics.

Go to:

<http://blog.govdelivery.com/usodep/2010/04/count-down-100-days-to-the-ada.html>





Health Care Reform: What Does it Mean for Your Benefits?

By Mike Shields – Human Resources Director

Human Resources Corner

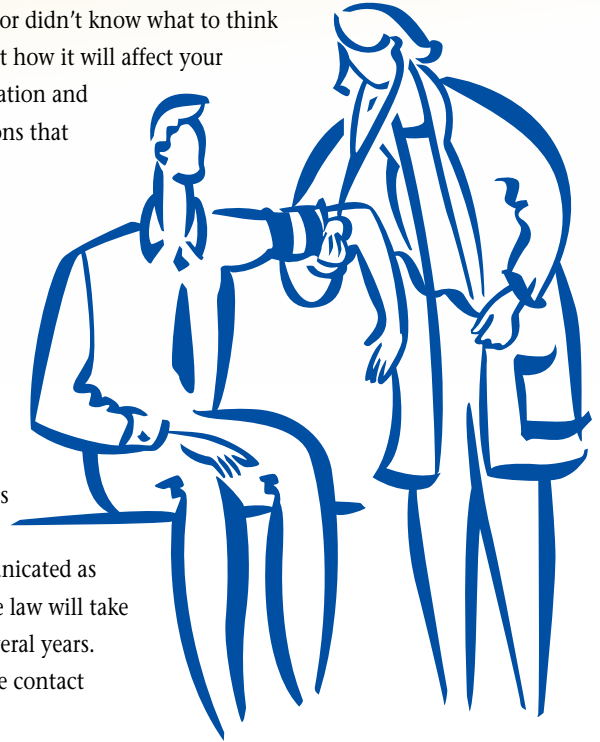
As you have probably heard by now, major health care reform legislation has become law. This law has been a contentious issue and many people have strong feelings on how it will affect our country. While many of its effects are unclear at this point, the new law will surely impact employers who offer health care benefits and their employees and their families.

Whether you have supported or opposed the health care overhaul or didn't know what to think about it all, we know that you most likely have a lot of questions about how it will affect your benefits. We want you to know that we have been monitoring the situation and now that final legislation is here, we are keeping on top of the provisions that will affect WestCare, you and your family.

We want you to know that health care reform will not change our commitment to providing competitive benefits and supporting your health and wellness. Although questions remain about how health care reform will affect you in the long run, we do know that it allows you to keep the coverage you have now. Specific aspects of the coverage may change over time, but your policy won't be terminated and you aren't required to sign up for other coverage.

WestCare is working proactively with our current benefits providers and advisors on any changes that health care reform will bring to our benefit policies. We will make sure that any information is communicated as soon as details are available. Keep in mind that while some parts of the law will take effect quickly, many of the major provisions will not take effect for several years.

If you have additional questions about your current benefits, please contact HR for more information.



Mother's Day is Sunday May 9th, 2010



Carnations have come to represent Mother's Day, since Anna Jarvis delivered 500 of them at its first celebration in 1908. In part due to the shortage of white carnations, and in part due to the efforts to expand the sales of more types of flowers on Mother's Day, the florists promoted wearing a red carnation if your mother was living, or a white one if she had passed away.

We Will Miss You!



Fiona Bartles, Foundation receptionist will be moving on to other adventures, Goodbye Fiona!

Thought for the Month

"Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but rather we have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit." – Aristotle

