



May 2012

## WestCare Partner Honored at White House Ceremony

By David Rosynsky – National AmeriCorps Director

In April, First Lady Michelle Obama and Dr. Jill Biden recognized the Corporation on National and Community Service (CNCS) and AmeriCorps programs supported by the agency for improving the lives of veterans and military family members nationwide at the Joining Forces First Anniversary Celebration.

First Lady Michelle Obama and Dr. Jill Biden created Joining Forces to bring Americans together to recognize, honor and take action to support veterans and military families as they serve our country and throughout their lives. The initiative aims to educate, challenge, and spark action from all sectors of society to ensure veterans and military families have the support they have earned.

"We proudly support the First Lady and Dr. Jill Biden in their efforts to serve our veterans who sacrificed so much for our country," said Koby J. Langley, Senior Advisor to the CEO for Wounded Warrior, Veterans and Military Family Initiatives who joined CNCS CEO

Wendy Spencer at the White House.

The White House also recognized the six winners of Joining Forces Community Challenge. The Armed Forces Service Center (AFSC), a WestCare partner, was honored at the White House as one of the top organizations in the nation serving active duty military personnel, veterans and their families. AFSC was founded by Maggie Purdum in 1970, as a tribute to those who serve - after her son was killed in action in Vietnam.

To date, the center has served as an "oasis" for over 768,000 service members as they transit thru the Minneapolis/St. Paul Airport. The center also works with the Minneapolis VA Medical Center, to assist the wounded as they transit thru the airport and local military when requested to provide assistance for the fallen (and their families). David Turner, a veteran and WestCare AmeriCorps Member, currently serves at AFSC under the supervision of Debra Cain, AFSC



First Lady Michelle Obama meets with AFSC Exec. Director Debra Cain and Minnesota panel.



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Executive Director.

Dave Youngquist, Chair of WestCare Minnesota's Board of Directors and a member of WestCare Foundation's National Board of Directors, has been an active volunteer at the Armed Forces Service Center for five years. He has served on the AFSC Board and Executive Committee as Vice President for four years, and now serves as its Treasurer. Mr. Youngquist, a Vietnam Veteran and graduate of the United States Military Academy at West Point, has



provided countless hours of civic service to WestCare and other organizations on a mission to serve active duty military personnel, veterans and military families.

"Dave's continued interest in helping WestCare develop new and needed services for veterans keeps us all focused on our mission," said WestCare CEO/President, Richard Steinberg.

Following the Joining Forces First Anniversary Celebration, the Corporation for National and Community Service published a press release about

the event and highlighted the work that AmeriCorps grantees are doing around the nation to engage veterans and military families in service and to serve their fellow veterans and family members. WestCare's United By Service AmeriCorps National Direct program was among the programs highlighted.



## AmeriCorps Member Spotlight

By Renee Alexander – Area Director

### Deborah Hamilton

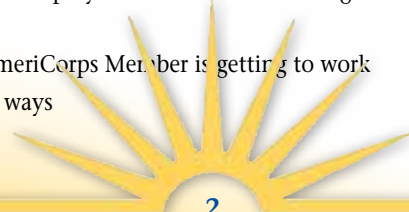
AmeriCorps member **Deborah "Deb" Hamilton** is serving at WestCare Kentucky at the Community Involvement Center in Irvine. Deb serves under the supervision of Renee Alexander, Area Director.

Deb grew up in Irvine and enjoys serving WestCare clients and the veteran population in her hometown. She is currently coordinating efforts with the Kentucky Vet Center located in Lexington to establish a veteran's support group in the local area.

Deb is also gearing up to help with a day reporting pilot program for drug-related criminal offenders. In this program, participants will report to WestCare for counseling and course curriculum in parenting and anger management. They will also work to establish a "Recovery Garden" in which vegetables will be grown, harvested and shared with the community.

Deb joins the WestCare AmeriCorps team as an Air Force veteran. She served active duty 1986-1990 and with the Air National Guard 2001-2007. Duty stations included South Korea, Arizona, and several deployments overseas including Baghdad, Iraq in 2006.

"My favorite aspect of serving as an AmeriCorps Member is getting to work directly with veterans and other community members in meaningful ways to improve their quality of life," said Deb.



# Village South Opens a Work Release Program for Inmates

By Janet Nichols – Residential Program Director

Westcare Foundation has a new Miami North Work Release Center Program in South Florida geared toward transitioning inmates back into the community by allowing them to work while living in a controlled, but less restrictive, environment than a prison. We will be providing outpatient substance abuse treatment services, aftercare treatment services, and substance abuse intervention services to identified inmates at the center through a contract with The Florida Department of Corrections.

The goal of the program is to aid in the successful re-entry of inmates with identified substance use/abuse/dependency issues by helping them to recognize the impact of substance use on criminality, and the resulting negative impact on their lives. **Janet Nichols** MSW, CAP took lead in implementing this program. We have three new additions to our WestCare team. **Jorja Bailey**, LMHC is the Clinical Coordinator, **Irenaida Diaz**, MS, and **Ellen Sheridan** LCSW., CAP are the program's counselors.

**Jorja Bailey** is a Florida Licensed Mental

Health Counselor with a Master of Science degree in Counselor Education from Florida International University. Her most recent experience includes working as a lead residential therapist at St. Luke's Addiction Recovery Center. **Jorja** strongly believes in an individual's capacity to change. She, along with other duties at the Village South, is the Clinical Coordinator.

**Irenaida Diaz** is a Certified Addiction Professional with a Master's degree in Social Work from L'universite de Montreal in Quebec, Canada. **Irenaida's** most recent experience includes working as a primary therapist at an in-patient substance abuse treatment center in Jacksonville, Florida. **Irenaida** also founded and directed Action Addiction Treatment Center in San Salvador treating chemical and process addictions, and dual diagnoses.

**Ellen Sheridan** is a Florida Licensed

## Florida



Jorja Bailey, Ellen Sheridan, Irenaida Diaz, and Janet Nichols

Clinical Social Worker and Certified Addiction Professional. She is also a Florida Department of Health Qualified Supervisor. **Ellen** received her Master of Science degree in Social Work from the University of Michigan. Her most recent experience includes working for Camillus House for nine years providing counseling services to the chronically homeless. Her work with the ACT team at Camillus House included placing dually diagnosed clients in stable housing and helping them meet treatment goals to maintain that housing.

# North Carolina Company to Sell New Drug Identification Technology

Courtesy – My Addiction.com

An ongoing problem for police, both at roadside stops and in raids, is whether the "mysterious white powder" is illegal – and just exactly what is it? There are field tests for some of the common illegal substances, like cocaine, heroin and methamphetamine. However, prescription drug abuse is on the rise, and after a tablet is ground into a powder, all identifying marks are lost. Furthermore, police would like to know if the powder is something else – perhaps an explosive or poison of some sort.

Centice is a company that had a solution to offer. They started out selling portable spectroscopy equipment designed for scientists and those in

the medical community to identify drugs and chemicals. But that market isn't as attractive as the possibility of selling the same units to policing agencies across the nation.

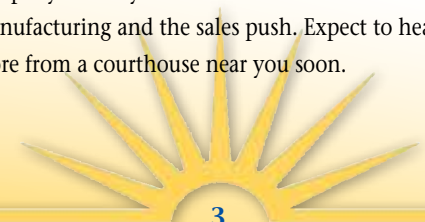
In North Carolina, for example. The company's home state. According to their website, the company has a product ready to go. They've been talking to police agencies in Florida and Georgia already. At just over \$13,000 a pop, the MFL-3000 analyzes prescription pills and other controlled substances at the scene. This is a major leap forward for police agencies that now have to await a formal laboratory identification to figure out baking soda from

powdered ecstasy.

Another advantage comes by way of designer drugs. The machine can be updated with new drug entities "on the fly," although it comes with a database of 3,000 items already. That means flexibility unknown up till now in the street-level drug identification business.

According to another source, the 17 employee company recently borrowed 2.3 million for manufacturing and the sales push. Expect to hear more from a courthouse near you soon.

## North Carolina



# Look What's New in Reno!

By Bonnie Jellison – VA Coordinator

Look at what's new in Reno, Nevada! Our own Fitz House Enterprises has spun straw into gold with this project for homeless Veterans, with the assistance of staff member Jeremy Salyer, AmeriCorps Service Member Jim Wakeling and former clients. The renovations are now complete and they are open for business!

There are modern kitchens, with new appliances in these two bedroom apartments with individual bedrooms, peer and professional support networking, near businesses and community services, safe and sober environment with a total of 27 beds.

"Reno Nevada Veterans HomeFront," a project of WestCare Nevada, Inc. Is now complete and able to receive male veterans from anywhere in the country, if they are eligible for VA benefits. This program provides stable, sober and supportive transitional housing for

up to 2 years. The housing is made up of 2 bedroom apartments, 1 client to a bedroom. Clientele are male veterans and is intended for an independent transitional living model, where emphasis is placed on learning life skills leading to full independence. During their time in the program, the Veterans can attend school, secure employment, and obtain services and counseling at the local VA Medical Center. They can address mental health issues such as PTSD and substance abuse, and medical care, as needed as they explore their local resources and needs.

## Nevada



The new look exterior



▲ ADA bathroom



▲ The Reno site as the crew began restoration work



▲ Individual bedrooms for privacy and solitude

◀ HomeFront staff member Jeremy



## Sight Challenge Doesn't Deter This Success Story

By Tracy Stevens – Area Director

There are many stories that comprise a person's life. Most of us have a few we'd like to delete from our personal Book of Life, no?

Bobby Debatt is making the most of his earlier chapters, building on them, and now carries a plateful of positives that has made him the upstanding fellow he is today. To Arizona Families F.I.R.S.T. (Families in Recovery Succeeding Together) staff, Bobby is endearing for his non-stop ability to go above and beyond helping our clients and staff. Bobby has been with WestCare since January of 2010. Because of progressive macular degeneration, he is legally blind and due to this disability, he can only work about 30 hours per week. However he is often seen around the office on his days off "donating his extra time to WestCare". His work area

has a super-sized computer screen and he wears special glasses. But to Bobby Debatt, "c'est la vie."

Here's where his story may make you go 'all introspective' and revisit your own strength and perseverance: A military veteran, Bobby carries a case load of about 15-20 clients participating the Arizona Families F.I.R.S.T. program and he facilitates all the outpatient substance abuse groups. He has taken the lead to start an Arizona Alumni program. He participates in any community events that WestCare facilitates. Bobby is about half way complete with his Bachelors Degree in the Administration of Justice at Northern Arizona University and recently received his AA Degree in Social Behavioral Science and completes his Chemical

## Arizona



Dependency Certification this summer which will allow him to apply for his LSAT. He is enthusiastic, passionate, and committed to his clients and job. We are grateful to have this incredible man, Bobby Debatt, on our team. We want to thank him for believing in WestCare and helping us in Arizona to make a difference in the lives of others.

## Christiansted Bank Adopts The Village VI-WestCare

By Kendall Tutein – Vice President

It is a wonderful feeling to know that your community appreciates the work you do for those less fortunate. The Village VI/WestCare is feeling the love of our community this year. The Christiansted Scotia Bank Employee Action Team, chairperson Val Jarvis, called to let us know they have adopted The Village VI for 2012. The Employee Action Team will plan several events throughout the year to assist The Village VI/WestCare during a fiscally challenging year. Kendall Tutein, Vice President and Mark Genovesio, Clinical Services Coordinator for Residential services accepted the first donation at the Sion Hill Treatment Facility on behalf of the clients.

On March 14, 2012, the employees with the C'sted Scotia Bank Employee Action Team presented The Village –VI/WestCare with donations of food and toiletries they collected on a Sunday afternoon at a local supermarket in the Frederiksted area of the Island. Ms. Jarvis was overwhelmed by the generosity of people. Some of the patrons of Stop & Save supermarket went back in the supermarket or donated cash when they realized they forgot to pick up something for The Village. Several people told Ms. Jarvis they wanted to assist because a family member or they received help from The Village and wanted to give back.

The Village VI/WestCare is proud to partner with Bank of Nova Scotia to "Uplifting the Human Spirit."

## U.S. Virgin Islands



Scotia Bank employees with WestCare staff



## Impact Program Expands WestCare Footprint in Land of Lincoln

By Willie Hall – Program Director

Hello Family! The WestCare Impact Program located in Chicago, Illinois is designed to provide “jail based” short-term intensive substance abuse treatment services for male detainees inside Division 6 of the Cook County Jail. With an average capacity of 162 clients, treatment services include TC substance abuse treatment, aggression management, parenting, HIV/AIDS education, and Cognitive Behavioral Therapy. WestCare also partners with the Jail to provide a Virtual High School where clients can obtain their actual high school diploma by taking electronic courses. GED classes and testing are also offered. Always eager to give the clients creative outlets, the Impact team has collaborated with the Jail on client centered events in which clients capture the essence of treatment via poetry, songs, and skits.

But we couldn't stop there! Our expansion in Year One included the 2nd Chance Family Based Substance Abuse Treatment Program. This program expands the jail-based Impact program to include outreach and services to

minor children and family members. A six-month program of family services is provided to incarcerated fathers who are completing treatment in the Impact Program.

A third new program is the 2nd Chance Deer-WestCare Reentry Program. In conjunction with the Cook County Sheriff's Office, the Deer-WestCare Reentry Program is a research-based initiative designed to assist detainees' transition from jail to society by connecting them to resources and services in their communities. Under this grant, 300 people from the jail's sentenced and special program populations will receive services beginning in the Cook County Jail and continuing upon release into the community. Individuals going back to “areas of high return” are targeted in this program and include those men and women



returning to Chicago's North Lawndale, Garfield Park, and Austin neighborhoods.

Most recently, the Impact Program was lucky enough to have two AmeriCorps members join the team. The AmeriCorps members work with detained veterans and their families both on-site and in the community.

We look forward to our continued growth and to spreading the “WestCare spirit” throughout the state!

## Uplifting the Human Comedy

### You know you're a social worker when . . . .

You tell people what you do and they say “that's so noble.”

People have said to you “I don't know how you do what you do.”

You can make just about anything a client does into a strength.

You're exhausted but you keep smiling!

Your mother tells people you are a psychiatrist or psychologist. “For the umpteenth time “ you say, “I'm a social worker!”

Your friends/family/acquaintances/co-workers will approach you with a ‘hypothetical problem’ to help them with and you can't charge them for your advice.

When people ask for your help, they expect you to have all the answers and solution to problems that do not even exist, immediately. We're social workers . . . not magicians.

After a long week of solving other people's problems, you recognize that you haven't dealt with your own at home.

You are the only one in your family to stay calm during a crisis.

Thanks to Gregg Cosgrove –  
CAS, Program Support  
Tech-Gulf Coast FL



## May Calendar

### May 1st

Florida GCC-CAC Meeting  
9:00pm PT/12:00pm ET  
Key West

### May 5th

Cinco de Mayo

### May 5th

Join Hands Day

### May 8th

Florida FLGC-CAC Meeting  
3:30pm PT/6:30pm ET  
City Center, 100 2nd Ave. South  
#901 South

### May 10th

3:00pm 4:00pm FAVA Board Meeting

### May 10th

Arizona 14th Annual Volunteer  
Dinner  
6:30pm-8:00pm

### May 10th

CA Graduation  
6:00pm PT  
Fresno

### May 13th

Mother's Day

### May 15th

Executive Committee  
Pre-Board Meeting  
8:00am PT/11:00am ET

### May 17th-18th

Florida/ Caribbean Regional Team  
Meeting in Miami

### May 19th

Armed Forces Day

### May 21st

AZ Systems Technical Adv. Com.  
Meeting – MC Probation Office  
809 E. Beale Street, Kingman, AZ

### May 28th

Memorial Day

# May

# Celebrations!

## Cinco de Mayo

Cinco de Mayo – or the fifth of May – commemorates the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). A relatively minor holiday in Mexico, in the United States Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Cinco de Mayo traditions include parades, mariachi music performances and street festivals in cities and towns across Mexico and the United States.

## Seviche of Scallops Recipe – to get you started!

### Ingredients:

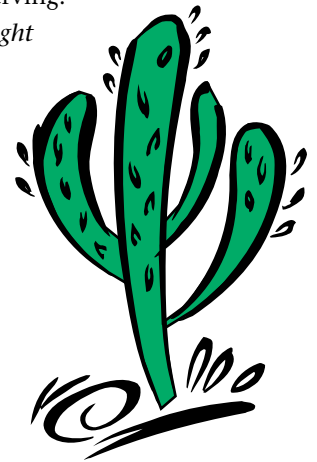
- 1 lb. *fresh* bay scallops (or a white fish)
- 3/4 cup *fresh* lime juice
- 4 scallions, minced
- 1 fresh jalapeno pepper, minced
- 1 tsp. freshly ground pepper
- 2 T. chopped cilantro
- 1 T. roasted red peppers, minced
- 1/8 tsp. crushed red chili pepper
- 1/4 cup good virgin olive oil

- Ripe avocado chunks (1/2 inch)
- Quartered cherry tomatoes
- Spring of cilantro on top of presentation

These last ingredients above should be placed in the dish right before serving.

*Do not marinate overnight w/other ingredients.*

1. Combine the scallops, lime juice, scallions, jalapeno pepper, cilantro, roasted red peppers, chili pepper, black pepper and olive oil in a stainless steel bowl mixing bowl. Let stand for 2 to 4 hours in the refrigerator, stirring occasionally, or refrigerate overnight.
2. To serve, skewer scallops on toothpicks, arrange on lettuce leaves or present in a parfait glass or margarita glass w/ lettuce leaf. Place a sprig of cilantro on the top.



## Join Hands Day – May 5th, 2012



Join Hands Day is a day to make a difference in your community through helpful projects that connect youths and adults. It is an opportunity to reach out through volunteer organizations and to connect generations and develop new relationships.

For more information, please contact us at [actioncenter@joinhandsday.org](mailto:actioncenter@joinhandsday.org)

# Memorial Day in United States

*Memorial Day is a U.S. holiday commemorating the U.S. men and women who have died in military service to their country.*

Memorial Day started as an event to honor Union soldiers, who had died during the American Civil War. It was inspired by the way people in the Southern states honored their dead. After World War I, it was extended to include all men and women, who died in any war or military action.

Memorial Day was originally known as Decoration Day. The current name for this day did not come into use until after World War II. Decoration Day and then Memorial Day used to be held on May 30, regardless of the day of the week, on which it fell. In 1968, the Uniform Holidays Bill was passed as part of a move to use federal holidays to create three-day weekends. This meant that, from 1971, Memorial Day holiday has been officially observed on the last Monday in May. However, it took a longer period for all American states to recognize the new date.



## Tragedy as a Wake-up Call

Courtesy – My Addiction.com

Earlier this month, the designer drug sold under the brand name “Spice” made the news with an epidemic of kidney failure blamed on the drug. With three hospitalized in Casper and another dozen sickened, two things became apparent. The first was that warnings about the “synthetic marijuana” were true and the dangers real. The second was that a lot of people were still using the product.

Spice is sold as an incense and is clearly labeled “Not for human consumption.” But the extremely high price tips you off that there must be some reason people would pay that much. The reason, of course, is that it is touted on the Internet and among young people as a type of legal high. Unfortunately for users, the high can come with a hidden physical cost – including kidney failure.

While police are still investigating the details, the current best guess is that the blueberry version of the product is causing the recent outbreak. News reports quote

Wyoming’s state epidemiologist, Tracy Murphy as saying, “At this point, we are viewing use of this drug as a potentially life-threatening situation.”

Not surprisingly, those affected were young, from late teens to early twenties.

The drug in its current formulation is not illegal in Wyoming, but the DEA put an emergency ban on some of the compounds used a year ago. Manufacturers can change the formulation to escape bans on individual chemicals.

So called, “synthetic marijuana” consists of vegetable matter with chemical sprayed on it. The substances are not tested for human use and users are simply performing a dangerous experiment on themselves when they try them. Although they are sold as “like marijuana,” users say the high is not at all the

## Wyoming



same, and while the drugs will not trigger a positive drug test, most users quickly tire of the product because of a poor experience – that is, if they aren’t hospitalized in the meantime.



## DMHSA Urged to Adopt Fee Schedule

Courtesy – My Addiction.com

VICE Speaker Benjamin Cruz has written to Gov. Eddie Calvo, imploring him to provide assistance to the Department of Mental Health and Substance Abuse to adopt a fee schedule that could save the government tens of millions of dollars.

Cruz said the lack of a fee schedule has burdened the government of Guam’s General Fund. This is because instead of charging the insurance companies for the Mental Health Department’s services, as required by the Mental Health Parity and Addiction Equity Act, the government continues to pay for the services.

The federal act presented an opportunity for DMHSA to “wean” itself off the taxpayer by charging the insurance company, Cruz said.

“A decade and a half later, [DMHSA] has yet to avail itself of this opportunity,” Cruz said. In 1996, then-DMHSA Director Jeanette Tanos initiated the first proposed fee schedule. However, over the last 16 years, laws have been introduced, directors have come and gone, and the department’s budget has spiked, Cruz said. But the fee schedule has never been promulgated.

In the last several years, Cruz has put pressure on the department to facilitate the fee schedule, and he is urging the governor to do the same in light of Calvo’s recent push to financial reform.

“Tens of millions of dollars in savings could have been realized had the government acted sooner,” Cruz said.

## Pacific Islands



## Armed Forces Day is May 19th

Many Americans celebrate Armed Forces Day annually on the third Saturday of May. It is a day to pay tribute to men and women who serve the United States’ armed forces. Armed Forces Day is also part of Armed Forces Week, which begins on the second Saturday of May.

Many events across the United States take place on Armed Forces Day to honor Americans in uniform who served their country in times of war and peace. Those who are honored on this day include people who serve the Army, Navy, Marines, Air Force and Coast Guard. National Guard and Reserve units may celebrate Armed Forces Day/Week over any period in May because of their unique training schedules. Events and activities may include:

- Multi-service military displays in areas open for the public.
- Various educational activities that teach children about the armed forces.
- “Support the Troops” themed motorcycle rides.
- Large parades and other local celebrations.

Certain types of music are also played at Armed Forces Day events, including at memorials and at cemeteries, as a way to respect those in the armed forces who died for their country. For example, buglers have played a bugle call, known simply as Taps, on Armed Forces Day in recent years.



Taps is usually sounded by the United States military at events such as flag ceremonies, memorial services and funerals.



# Fulton County Commissioner Visits LifeSkills and Leadership Development Program”

By Sainabou Njie – *Prevention Specialist*

If you were ever wondering what the youth of today think about what is going on in their community, look no further! Students from Ben Hill, Bessie Branham, and Rosel Fann Recreational Centers Atlanta Teen Leaders have been going above and beyond when it comes to bettering themselves and their surrounding community. Because of their efforts, they were visited April 17th by Fulton County District 7 Commissioner William “Bill” Edwards during their Teen Social hosted by the Ben Hill, *IamWE Leaders (Inspiring All Men and Woman to Excel)*.

Serving as the District Commissioner since 2000, Mr. Edwards has brought over \$3 billion into South Fulton County to help with the betterment of the community in which he serves. As an advocate for youth development and advancement, he was excited to know that teenagers in the Atlanta community were willingly getting together to make a difference in their community. When presented with the opportunity to provide some words of encouragement to Atlanta Teen Leaders within his District and neighboring Districts that were participating in the WestCare *LifeSkills* and Leadership Development Program, he was more than willing.

After motivating the students to overcome any obstacles they may face and to rise above all stereotypes that society may direct towards them,

the Student Leaders were more than eager to ask him many questions! Their questions ranged the from “what are some of the positive effects and examples of the youth organizations developed by Commissioner Edwards,” to, “as an adult, what advice he gives to them as Atlanta Teen Leaders when attempting to better themselves, their friends and their community.” Near the closing of Commissioner Edwards’s visit, Kimberly White, Secretary of the *IamWE Leaders* at Ben Hill Recreational Center, asked a very intriguing question. She asked, “What or who motivated you to be come a Commissioner and why?” He responded that although he had a rough upbringing, his Grandmother motivated him to be the best that he can be and to strive for excellence. He then decided not to be another politician, but, a “public servant” of the community so that he may motivate other to be the best and strive for excellence.

Through WestCare’s *LifeSkills* and Leadership Development Program, we aspire to guide, challenge and motivate adolescents and teens to take an active interest in reducing the use of alcohol and tobacco and to also bring awareness

## Georgia



to how drug abuse, violence and positively affects their lives and their communities. The *LifeSkills* and Leadership Development Program strive to promote learning by fostering the potential leadership skills possessed by all teenagers to drive to take charge in developing a holistically healthier lifestyle.

“Unless someone like you cares a whole awful lot . . . nothing is going to get better . . . it’s not.” Take an active interest in your community and give back to our future leaders of tomorrow. If you would like us to work with you in your community, please contact Sainabou Njie at (678) 641-9319 or [Sainabou.njie@westcare.com](mailto:Sainabou.njie@westcare.com).



## The Month of May

### May Birth Flower:

The May Birth Flower is the Lily of the Valley, as shown in the opposite picture. The meaning of the May Birth Flower, the Lily of the Valley is Sweetness and Humility. Definition of the Lily of the Valley: A low-growing perennial plant having usually two large oblong lanceolate leaves and small fragrant nodding bell-shaped flowers. The scientific name of a flower species is formed by the combination of two terms: the genus name and the species descriptor in the case of the Lily

of the Valley the *Convallaria majalis*.

### May Birthstone:

The Emerald

### Sign of the Zodiac and Dates:

Taurus - April 21 - May 20

### Characteristics of Taurus:

Affectionate, Reliable, Ambitious, Practical & Patient.

# Kudos!

## WestCare Honors Their Employees and Clients

Our monthly shout-out to members of the WestCare family, who stand tall and 'uplift' others in their care and peers around them. Please submit your nominees by the 15th of each month.

### Nevada

#### Garry Reyna ▶

**Garry Reyna**, Mental Health Technician in Reno, at the CTC, who recently was promoted to Lead Mental Health Tech! He has been with WestCare for four years, and is a Veteran. He provides for mentoring of his peers as well as operating efficiently and effectively when leading groups and interacting with clients. He is an example of WestCare at its' finest! – Submitted by Amy Roukie – Regional VP, Reno NV



Garry Reyna



Sarah Lopez

### Foundation

#### ◀ Sarah Lopez

The Foundation office H.R. Department has begun a fabulous video project that you will begin to see evolve on "CareerBuilder," WestCare's primary recruiting service. It will also be on our WestCare public website and eventually linked to the Intranet. It uses our employees to serve as video greeters to website visitors, including those interested in treatment, employment, donating, or just the curious.

**Sarah Lopez** is the on-site star of the first video, filmed at the Reno Treatment Center where she is a Medical Assistant. Once you see the video, you'll agree she represents very well! (And she's another military veteran!)

Visit westcare.com regularly to see exciting new additions that will better show the world what we already know! *Thanks, Sarah!*

*Submitted by Michael Shields – HR VP*



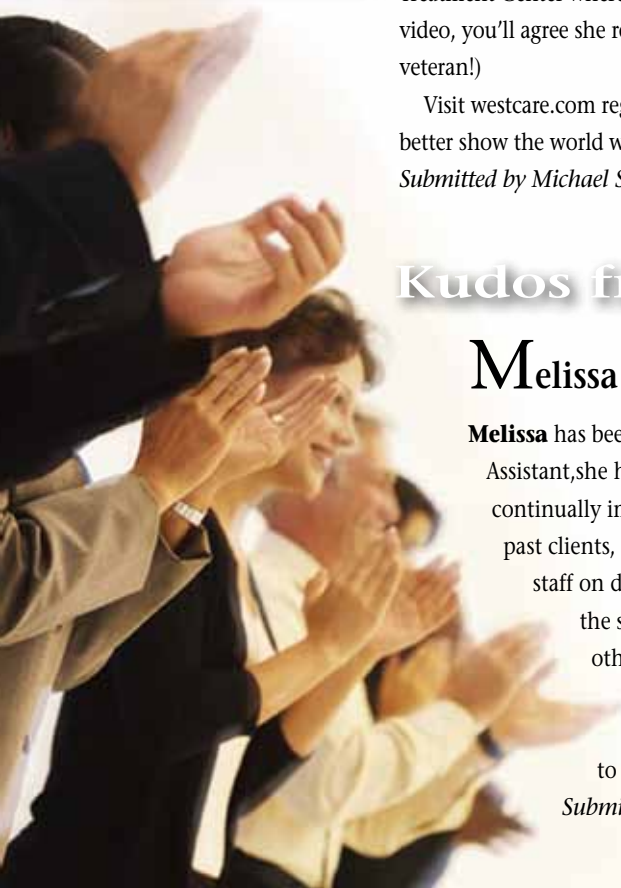
Melissa Rhea

### Kudos from California

#### Melissa Rhea ▶

**Melissa** has been working in our PPW program as Research Assistant, she has cleaned up the missing data for our reports, continually improving our accounting of clients progress systems, the positive interaction with our current and past clients, and achieving the goals of our contract with SAMSHA. And all this time she has been covering for staff on duty, facilitating groups, rewriting the women's handbook, always going that one step above, and at the same time going for her PHD! Her professionalism, her enthusiasm, and her positive attitude help others achieve their goals. In addition, Melissa has been helping teach clients yoga to help with their fitness which benefits their over all health, along with diminishing their stress levels, Melissa is truly a pleasure to work with and has shown her dedication to her duties in every direction.

*Submitted by Gary Knepper – MLK Campus Director, Fresno.*



# 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](mailto:john.wallace@westcare.com)

### 'Dancing with the Stars'



#### Dick and Sharon Steinberg

And the KUDOS list would not be complete without mention of WestCare's unofficial 'Dancing with the Stars' winners! Our paparazzi are EVERYWHERE! And this time they captured **Dick Steinberg and his lovely wife Sharon** in a blissful moment, something this preeminent pair certainly deserves.

Sharon wears several hats at the Foundation office and is mommy to 4 year old Olivia. And proud papa Ricardo is simply a 2-tour Army medic in Vietnam, and WestCare's first and only CEO, a position he's held spanning nearly four decades.

I'd say they've earned some occasional relaxation, don't you?



## Human Resources

Courtesy: United Health Care

### Do You Have the Tools to Make Smart Choices?

**B**efore we make any important decision – like buying a car or choosing a school – we usually do a little research first. We check out the details, the reputation and we ask around to see what others say. But how often do we spend time checking out our health care options?

Studies show that people who take part in their health care decisions have:

- **22% fewer hospitalizations**
- **14% fewer emergency visits**
- **5% higher use of preventive care**
- **Overall lower medical costs**

We make it easy to be more involved in your health care. Whether you want to explore treatment options or find a new doctor, we are here to help.

For health care tips and more information, go to [www.myuhc.com](http://www.myuhc.com).

Take advantage of our Care24 service. When you call, you get one-to-one help from a registered nurse who is qualified and experienced to help you understand your health care options. All calls are completely confidential.

**Call 1-888-887-4114 to get started.**



# WestCare Foundation

## WestCare's Clinical Chief Addresses National Conference

*Editor's note:* Bob Neri, our Senior Vice President/Chief Clinical Officer based in St. Petersburg, FL, was invited as a keynote speaker at the recent National Council on Mental Health and Addictions Conference in Chicago. The following is a summary of Mr. Neri's prepared remarks, as reported by Celia Vimont for [jointogether.org](http://jointogether.org).

### Breaking the Intergenerational Cycle of Substance Abuse

By Celia Vimont – [jointogether.org](http://jointogether.org)

Children raised in a household with one or more parents struggling with a substance use disorder often use compliance as a coping mechanism – a skill that often no longer serves them well in adulthood, according to an expert who spoke recently at the National Council Mental Health and Addictions Conference.

Teaching new skills to substitute for learned patterns can help break the intergenerational cycle of substance abuse, says Robert Neri, MA, LMHC, CAP, Senior Vice President/Chief Clinical Officer of the WestCare Foundation in St. Petersburg, Florida.

"We see a number of clients who have learned to be compliant because of how unpredictable the adults were in their life – they realized the best strategy was to blend into the woodwork, and not to make waves or test anyone," he says. "Most kids test the adults around them, to stretch and make their world bigger, but in children living in families with substance abuse, compliance is a survival tool."

Neri teaches his counseling staff that if a client

does everything in treatment correctly, that can be a sign they are not internalizing, but rather simply adapting. "We see that with people who have been in treatment settings a lot – they learn not to make mistakes. But as the saying goes, 'If you make an A in treatment, you make an F in recovery.' We have to realize that mistakes are a wonderful opportunity to learn." He encourages his staff to tell clients that making mistakes allows them to learn how to tolerate frustration.

Compliance is one key reason so many people with substance use disorders do well while in the criminal justice system, but relapse, often only days after they are released. "They do well in a structured environment, but when that structure goes away, the person hasn't built any internal structure to rely on."

Learning how to play is another coping skill Neri teaches clients. "Children who grow up in a family with substance abuse become pseudo-adults, learning how to take care of their parents,"



Neri says. "They've missed their childhood. When we get them into treatment, they often avoid leisure-time activities. They are uncomfortable with these activities, because they never experienced them as children," Neri observes.

Knowing who to trust is also a vital coping skill, according to Neri. "First, we have to acknowledge that not trusting people has, in many cases, probably kept them alive, but now they need to expand their interpersonal tools to learn how to trust," he says. Clients learn how to evaluate who is trustworthy through exercises such as making a list of qualities they would want in a potential business partner, and interviewing members of their treatment group to see who matches the qualifications.

Clients who have spent years viewing themselves as victims can break the cycle of substance abuse by learning they are free to make choices, Neri states. "This gives them a model of empowerment, so they can take control and change the script."



## Mother's Day is May 13th, 2012

### To My Mother

You too, my mother, read my rhymes  
For love of unforgotten times,  
And you may chance to hear once more  
The little feet along the floor.

By Robert Louis Stevenson



— Orlando, FL • April 10-12, 2012 —  
**NATIONAL  
 RX DRUG ABUSE  
 SUMMIT**



## Prescription Drug Summit Gets WestCare Support

By Dawn Ruzich – WC Illinois and Wendy Ramos – WC Florida

Over 20 WestCare staff members attended the inaugural National Rx Drug Abuse Summit from April 10-12 in Orlando, Florida. Hosted by our Kentucky partner, Operation UNITE, the conference took a holistic approach to the prescription drug abuse epidemic, focusing on prevention, education, treatment, law enforcement, health care providers, advocates, insurance and human resources.

WestCare sponsored a booth that distributed information about all of our programs and hosted a reception that included a keynote speech by the Honorable Harold “Hal” Rogers (KY-5th), Chairman, Congressional Appropriations Committee, and Co-Founder and Co-Chair, Congressional Caucus on Prescription Drug Abuse. Congressman Rogers has also been a long-time friend of WestCare and one of the original community leaders of WC Kentucky.

The high-level gathering at the Disney World Swan Court, drew hundreds of professionals and elected officials, and featured information-sharing breakout sessions and addresses by recovering prescription drug addicts, treatment providers, and local, state and national leaders vowing to attack the startling epidemic from all sides.

WestCare congratulates Operation Unite CEO Karen Kelly and her staff for an exceptionally well-run and valuable gathering of the minds.



Members of the Congressional Caucus on Prescription Drug Abuse. (Left to right) Jack Kingston (GA 1st), Hal Rogers (KY-5TH), Mary Bono Mack (CA 45TH), Nick J. Rahall (WV 3RD), and Florida Attorney General Pam Bondi, who moderated the session.



(Left to right) Renee Alexander, Kathleen Gubbins, Leslie Balonick, Carol Renard, Wendy Ramos, Dawn Ruzich.

Congressman Rogers addresses opening assembly.

WestCare’s own Early Clover highlights an evening of entertainment.



Melanda Adams of Clay County, Kentucky related her struggles through addiction and recovery during the ‘Stories of Hope Across America’ panel.



WestCare staff from around the country attend the Summit.

# Making Up for Lost Fun

Submitted by Valentin Ferrel – *Counselor*

**Y**-Max, WestCare's adolescent program in the Central California community of Hanford, held an Easter egg hunt for young men in the program. The reason for this event was to bring out the "kid" in these young teens. Many have expressed that their experiences and today's society made them grow up too quick. As you can tell by the pictures, smiles and laughter were the results. Many even expressed that they had never had an Easter egg hunt. Afterward, we held a group session, processing the most memorable as a child, and enjoying pizza and fellowship while experiencing a sober good time!



Y-Max adolescent program participants enjoying fellowship and good times

## California

# SMART 2 News!

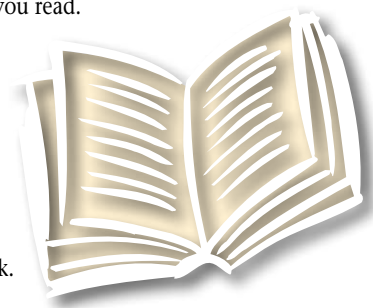
SMART 2 works collaboratively with First 5 Fresno County, Exceptional Parents Unlimited and Babies First. It is funded by a federal grant from the Department of Health and Human Services, Administration for Youth and Families and First 5 Fresno County, CA.

## Parenting Advice from Smart 2 – *Let's Read Together*

*Courtesy of PreKorner, LLC*

**R**eading to your children isn't just a good way to spend time together and bond, reading is also essential for early literacy and language development. Here are some simple and fun ways you can encourage your child to be interactive while you read.

- Pick out books with pictures that are vibrant and engaging with minimal text.
- Read the text with expression.
- Engage: Use your finger to point to the text while you read.
- Predict: Before turning to the next page ask your child what they think is going to happen next.
- Probing: Before you start reading a new page, ask your child what he/she thinks is happening in the pictures. What are the characters doing or how do the characters feel?
- Revising: Finish reading the story then ask them simple questions about what happened in the book.
- Follow Up: The aim of the reading activity is to engage your child's thinking. At the end of each reading, encourage your child to tell you more and more about the story. To increase your child's understanding of the story, use parts of the story line in every day activities such as playtime.



Using these simple strategies will promote the value of reading and help strengthen your child's language development. Don't hesitate; find a book that you and your child can enjoy together.

### *Come Share With Me*

When your toddler refuses to share his favorite toy, he or she isn't really being selfish — they are just acting their age. Sharing is a skill they'll develop over several years. Kids learn by imitating what they see, so take every opportunity to show your child how to share. As you do, use the word "share" to describe your behavior. ("I'm eating a really good sandwich, and I'd love to share it with you; would you like some?") Little by little, they'll take in the positive reinforcement and feel good about repeating those actions that seem to make you so happy. Before long, they'll start sharing because it comes naturally.

Your preschooler may spend hours a day playing with other children, he can take turns in games, and he's less self-centered than he was a year or two ago. But he's still impulsive and doesn't have a very good grasp of time, so waiting while his playmate takes a turn with a coveted toy is trying for him. On the other hand, many preschoolers love to draw pictures for teachers, make presents for parents, and share snacks with friends. You can sow the seeds of sharing by encouraging these displays of generosity and by oofgently discouraging your child's less-charitable impulses.



Preschool / School-Age Corner

