

NOVEMBER 2016

THE WESTCARE EXPRESS NEWSLETTER

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New Drug Court Has Successful Debut

Veterans Day honors and thanks U.S. military personnel, particularly, but not exclusively, living Veterans. Stories behind these photos can be found throughout this issue of The Express.

13 men become the first graduates of a New Drug Program in Boyd County, Kentucky.

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FOUNDATION: *Suicide - Words Matter*

Across America, suicide loss is experienced every day. International Survivors of Suicide Loss Day is November 19th. We offer this brief tutorial for all our employees, families, clients and community members

Suicide is still highly stigmatized in our culture. The taboo nature of the topic of suicide is a primary reason why suicide stays in the shadows and why people who are struggling or have experienced a loss feel so alone. There is commonly used language that can be very shaming that we may hear every day used in the media, organizations, communities and households.

By using language that does not judge suicide (and thereby, the suicidal person), we do our part to create healthy discussion about suicide, reduce stigma and invite people who are struggling to reach out without fear of judgment. Below are some common phrases that we need to change and what that you can say instead.

Instead of saying “*successful suicide*,” say “*died by suicide*.” Why? The phrases “*successful suicide*” or “*completed suicide*” are problematic as a death by suicide is a tragedy and should not be seen as a success.

Instead of saying “*failed suicide attempt*,” say “*unsuccessful suicide attempt*.” Why? The phrases “*unsuccessful suicide attempt*” or “*non-fatal suicide attempt*” are not helpful as they imply the person is a failure. We certainly do not want someone who survives a suicide attempt to then feel like a failure.

For support and further information:

- www.childrensadvocate.mb.ca/wp-content/uploads/Hope-Rising-Spring-2013.pdf
- www.childrensadvocate.mb.ca/wp-content/uploads/Hope-Rising-Spring-2013.pdf
- www.speakingofsuicide.com/2013/04/13/language/
- www.psychology.org.au/Content.aspx?ID=5048
- www.huffingtonpost.co.uk/rachel-egan/suicide-isnt-a-crime-b-3195839.html





IN THE NEWS: *WestCare Helps Veterans, Points out Resources*

(Excerpts of a letter submitted to Guam's Pacific Daily News by a local resident)



As we talked, we found he also got robbed by a local which upset us and made us feel ashamed because we know that's not our Chamorro culture. Knowing he was in need, we connected this young Navy veteran with WestCare...an organization that helps homeless veterans find stability. I want to let everyone know how blessed we are to have organizations like WestCare. They've helped me and continue to help others every day. We veterans serve our nation and may get injured in ways seen and unseen, and when we come home it's good to know an organization like WestCare exists here in Guam, my home."

"A family member and I met a homeless veteran by happenstance and discovered that he'd been on the island for only a couple of days.

- Dwayne Reyes, Resident of Maite



Breast Cancer Awareness Month

The National Breast Cancer Foundation's mission is to help women now by providing help, and inspiring hope to those affected by breast cancer, through early detection, education and support services. Many of our states and programs showed support by wearing *pink* at various times during October. Here are a few of the photos we received.



ILLINOIS: *The Message - Read My Shirt*

By Linda Cox, Clinical Supervisor

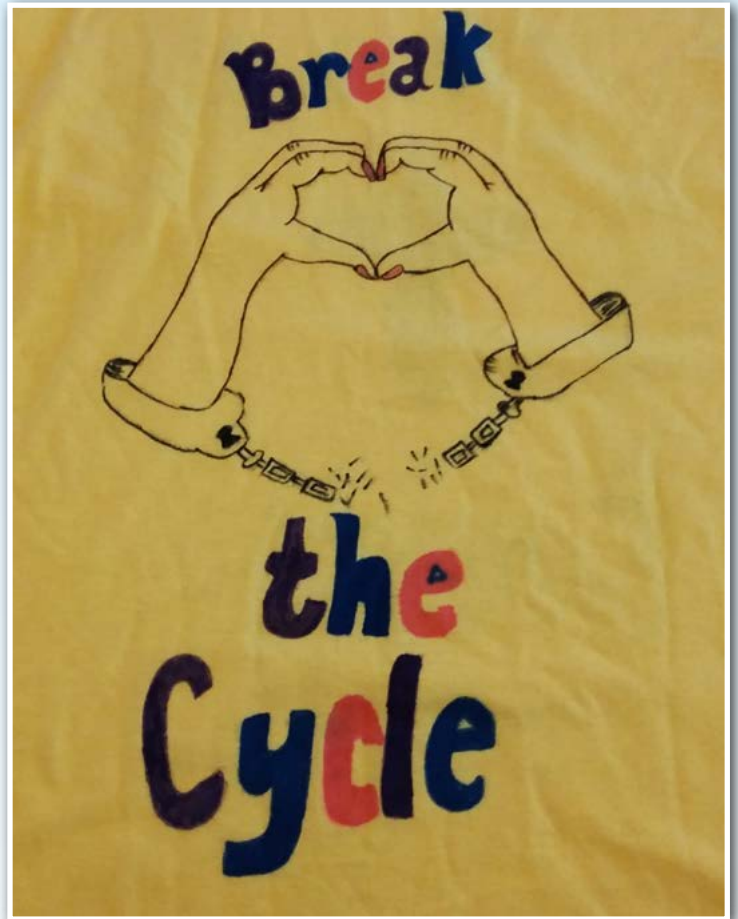
The women at Logan Correctional Center participated in the *Clothesline Project*, a domestic violence awareness project in which victims of domestic violence share their experiences by creating t-shirts with slogans. Our women created 22 t-shirts that are being shown at Sheridan Correctional Center for the men to view.

One woman shared that the experience *“really opened my mind and heart to all the domestic violence that’s taken place in this world. It made me feel blessed to have made it through the abuse. I give thanks to God for saving me and guiding me out of that abuse. I would say to the world to never give up on yourself. Get some help—you’re not alone.”*

Another woman shared that *“participating in the clothesline project has welcomed a revolution of understanding, with the victims understanding that they can be comfortable and are safe sharing their feelings and thoughts here, and at the same time realizing that they are not alone and there are in fact many others.”* She also shared that *“for non-victims the importance and seriousness of this issue is what is evident.”*

Another woman at Logan would like the world to know that, *“by letting go of the past, you never know what is going to happen, but knowing the fact that you woke up today alive and away from the dangers of abuse is a gift in itself.”*

In processing this experience, we were able to allow our women to feel heard on an issue that has affected almost every woman in our program.





GEORGIA: *Battles...Past and Present*

By Ray Cox, Program Manager

On a gorgeous Saturday morning at Georgia's *Kennesaw Mountain Battlefield*, three thousand flags stood tall and proud, snapping in the breeze and making a statement for all to see. They represented military and civilian losses on 9/11, 2001, and they have been on display since this past September 11th.

The Treatment Coordinator for Cobb County Accountability Courts gave authorization for our phase one and two drug court participants, along with the veterans court participants, to visit the historic Civil War battlefield. In a combined effort between the **Cobb County Drug and Veterans Courts** and the local **Kiwanis Club**, the program participants joined forces and worked



as a unit to pick up all of the flags and carefully roll them up for storage until the next event.

Each of the participants expressed how moved they were and the deep gratitude they had to be able to join in such a meaningful activity and to give back. **Courtney C.** remarked, *"My father was a Marine and this was an opportunity I will always remember."*



WestCare Votes!

This month's election could very well determine the focus and direction of public health policies and programs for years to come. Not only will a new President be elected, but also the makeup of Congress could be reconfigured.

We encourage you to watch, read, listen and be discerning. Then, on **Tuesday, November 8th**, use the wonderful gift we have been given as Americans: *The right to vote.*



KUDOS! *Our Monthly Shout-Outs to Exceptional Individuals*



Katrina Tucker, Program Manager for A Turning Point homeless shelter in WestCare GulfCoast- Florida, was honored recently during the “*Rock the Recovery*” concert at Largo Central Park. The concert was sponsored by Survivors of Addiction and the award was presented by **Kimberlie Gordon**, (left in photo) Co-Founder of *Survivors of Addiction*, Inc. and former *Turning Point* client. The award was presented for Katrina’s “*Outstanding Service in the Recovery Community.*”

With impressionable and respectful new graduates in the foreground, members of WestCare Nevada’s vast **alumni** base take the stage to offer their congratulations at a recent ceremony. Graduates of many of our programs play a big role in helping their successors maintain sober, healthy and productive lives.



Here are a couple of America’s finest young citizens who have already learned to uplift human spirits. **Jimmy Glover** (pictured) is an intern in the *Transform Milwaukee Jobs Program*. He recently went out and brought a set of 20 men’s hair brushes, after shave, hair grease, razors and deodorant to contribute to WestCare clients and neighbors. Another intern, **Evette Hicks**, bought 20 girls’ items also with her own money. There is no monetary return for giving. But there is a vast value of goodness.



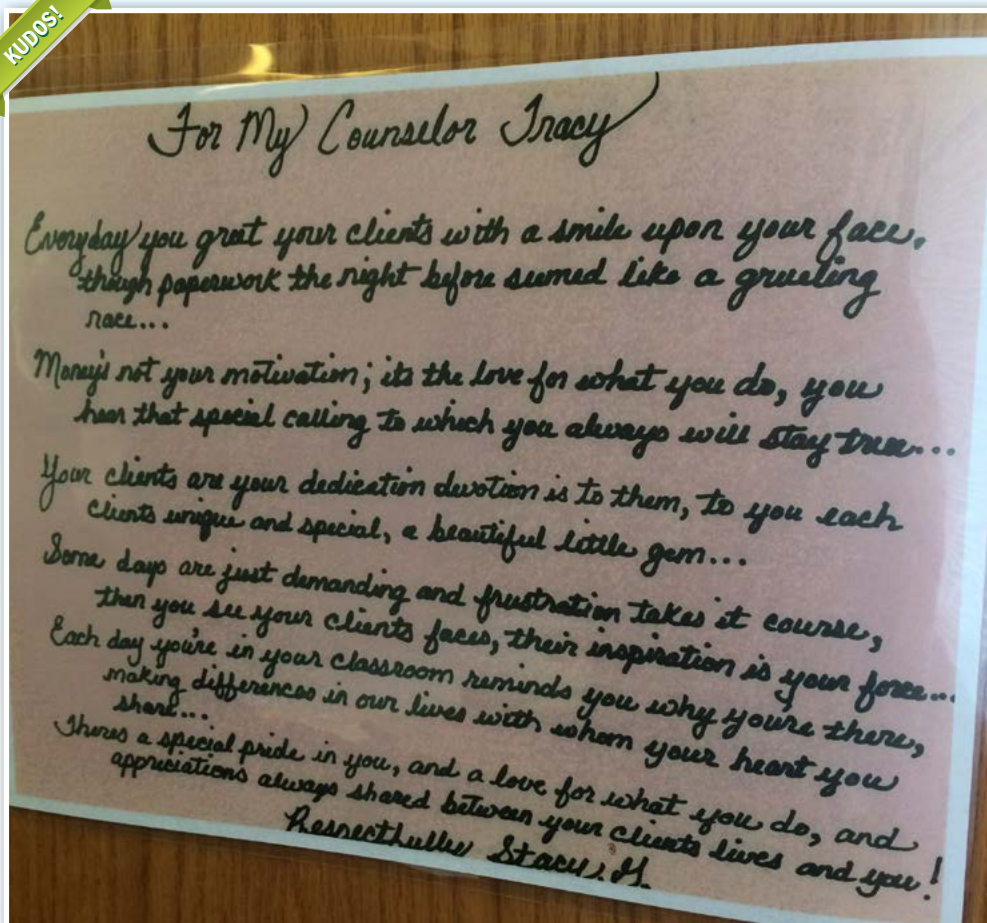
KUDOS! *Our Monthly Shout-Outs to Exceptional Individuals (Con't.)*

Guara Bi / WestCare took part in the first *Addiction International Congress* at Quilmes City in Argentina. COO **Maurice Lee**, (pictured) and Senior Vice President of the Caribbean and Latin America Region **Cristian Duarte** spoke about WestCare and the services that are offered around the United States and territories.



Way to represent us, gentlemen.

KUDOS!



It's always gratifying to hear praise from clients for what you do. Such was the case in California, where a resident of the MLK facility asked that her counselor, **Tracy Herrera**, be recognized. Her beautiful letter expresses her thoughts so well. And Tracy's colleagues echo the praise.



In this poignant photo, WestCare President and CEO **Richard Steinberg**, who served two tours of duty in Vietnam as an Army medic, shows his daughter, **Olivia**, the name of a former college track teammate who lost his life in Vietnam.

They visited the Vietnam Wall in Washington D.C. recently while Mr. Steinberg attended a meeting of the Therapeutic Communities of America (TCA), of which he was once President. Photo courtesy of **Sharon Steinberg**.

FLORIDA: *WestCare "World Series"!!*

Submitted by Sandy Patnode, Community Program Coordinator



On October 1st, veterans gathered together to play softball at Woodland Park in St. Petersburg. They were divided into two teams: Army/Air Force against Marine Corps/Navy. The nine inning game saw **James Dates**, Area Director for WestCare GulfCoast-Florida, Inc., throw out the first pitch.

The veterans were from the following programs: Emerge, Focus and Solutions. Veteran Mentor **Milton White** (Marine Corps) and **Michael Hill** (Air Force) from Pinellas County Veteran Services also played. The final score was Marine Corps/Navy 32 - Army/Air Force 1. Following the softball game there was a lot of camaraderie, heckling and joking between the two teams. During the cookout that followed the game, everyone stated they had a great time.



A special Thank You to those who helped make this event a success: **Lonnie Winbush, Maureen-Ann Gula, Tony Ferrentino, Jason Lavin, Terry Jones, Carrie Annand, Adrian Simmons and Dottie Winkel.**

FLORIDA: *Home... (Not) Alone*

By Heather Baker, MS, CLC, CPST - Program Director

Lidia Flores from *The Village Healthy Start* program was recently selected by *The Healthy Start Coalition of Miami-Dade* to be part of a small and elite team to implement *Moving Beyond Depression* in Miami-Dade County, an evidence-based, intensive home therapy service to pregnant and post partum women who are experiencing



major depressive disorder.

Research has demonstrated that depression in the post partum period occurs in about

26% of high risk mothers, with prevalence up to 50% in populations served by home visiting. Maternal depression compromises effective and nurturing parenting, and interferes with normal child development.

Clients receiving Moving Beyond Depression services will receive a minimum of 15 home therapy sessions targeted at both reducing depressive symptoms and improving parent-child interactions and positive childhood outcomes.

Lidia and the local team of four therapists completed specialized training in Cincinnati, OH in July, and over 35 Healthy Start Case Managers received in-service training to ensure the success of this program in Miami-Dade County.



Lidia Flores, and The Village Healthy Start, have a proven track record of strong performance, and are honored to participate in Moving Beyond Depression – a program which will have a significant impact on the highest risk families we serve.

Family Feedback

“WestCare is amazing. We have touched and changed so many lives. I remember when I first came to WestCare, I said I would take one alcoholic and one drug addict off the street by keeping me sober, and hopefully helping others change.”

James Glass, Bakersfield, CA - Maintenance

FLORIDA: *Treating a Common Co-Addiction*

By Carolina Botero, Recreational Therapist – Midtown Wellness Center



Smoking rates have declined nationwide, but among substance abusers they remain very high - almost three times more.

According to SAMHSA (Substance Abuse and Mental Health Services Administration), clients entering drug treatment centers for substance use disorders have more tendency to depend on nicotine than the general public.

The Village South in Miami, in partnership with the community Area Health Education Center (AHEC), offers Smoking Cessation Classes year-round while

clients are in treatment (three are pictured here). Each cycle is a six week program, one hour per week where the tobacco cessation specialist develops a plan with different topics, including nutrition, exercise, relapse and many other topics to help clients during the process. Clients are provided with free nicotine patches after the second session.

The Village South encourages consumers, especially pregnant women who smoke or use other tobacco products, to work on quitting while in substance abuse treatment whether inpatient or outpatient.

NEVADA: *Musician Matt - He's a Big Deal in Vegas!!*

By Susan Decker, Digital Communications Coordinator

Music. Smiles. Laughter.

These are some of the things **Matt Dorman** brings to the Women and Children's Campus (WCC) in Las Vegas. It's not just once or twice, here and there. He's



been bringing them almost every week for 18 years! On October 5, Matt was recognized as the *Citizen of the Month* for his volunteer efforts for

WestCare. Las Vegas Mayor **Carolyn Goodman** and the City Council presented him with a plaque and put his name on a sign on Main Street!

Matt is a talented singer, songwriter, and musician. *"My songs are all parables,"* he says. *"They all have a message."* He even shared one of his songs at the award ceremony with Councilman **Bob Beers** playing bass. The Councilman joined Matt's band six months ago and also plays at WCC.

As a WestCare alumnus, Matt has a deep desire to give back to us and those we serve. This includes providing

entertainment for the women and children at the WCC and performing at last month's commencement ceremony. In his day job, Matt is a licensed contractor who has worked on many major buildings in Las Vegas, including City Hall where his award ceremony was held.



NEVADA: *Helping Clean the World*



It's a simple concept, but how does one go about "cleaning the world"? For staff and clients in Las Vegas, it means joining hundreds of volunteers to package 35,000 hygiene kits at the Venetian Hotel. Together, they helped *Sands Cares* meet its goal to package and distribute 100,000 hygiene kits during 2016. Assembling the kits is a lot of work as each contains shampoo, conditioner, toothpaste, toothbrush, and, of course, soap. However, a few hours of work is a small price to pay for reducing hygiene-related illnesses and deaths in vulnerable populations.

Once assembled, hygiene kits are given to organizations to distribute to those in need in the United States and

abroad. Thanks to *Clean the World*, WestCare Nevada received 5,000 kits for our clients! They are available for clients at our Community Involvement Centers in Las Vegas, Pahrump, and Tonopah. Harris Springs Ranch, the Community Triage Center, the Women and Children's Campus, and Safe Haven program in Las Vegas also received kits. The remainder will be handed out during homeless outreach efforts. "A gift is always a nice way to approach someone," says VIVO outreach team member **Luther Kendrick**.

To make Clean the World possible, supplies are donated by hospitality companies around the world. Since 2011, the program has turned 190 tons of hotel discards into hygiene kits. Collected soap is sterilized and remanufactured by Las Vegas Sands Corporation. To learn more, visit www.sands.com and check out their *SandsECO360°* global sustainability program.

A big shout out to Administrative Assistant **Char Carroll**; her daughter, **Jessica Auriemma**; and mom, **Filomena**



Valenzano, (pictured) for their volunteer efforts to help assemble the Clean the World kits and *Uplift the Human Spirit!* Thank you to the Sands Corporation for reaching out to us with this wonderful donation. It's making a difference in so many lives!

CALIFORNIA: *Another Record Turnout for AIDS Walk*

By Michael Mygind, Special Projects



The 5th Annual Fresno AIDS Walk benefiting our HIV/AIDS social support program, *The Living Room*, was a wonderful day of awareness, support and remembrance, as well as a high point for the annual fundraiser. Hundreds participated in the 2k walk and 5k run through Fresno's Woodward Park.

The event was a success, due in large part to the volunteer efforts of the WestCare California staff and residents from the MLK residential facility. The event grows each year, and soon could become California's largest HIV/AIDS awareness event.



lgbtTM HISTORY MONTH

More than two decades ago, Rodney Wilson, an openly gay St. Louis teacher believed, that like women's history and African-American history, the LGBT community also needed a month devoted to its study. In 1994, *LGBT History Month* was born. Though it was met with considerable local and national opposition, LGBT History Month endured.

Today, LGBT History Month is recognized by advocacy organizations including GLAAD, the Human Rights Campaign, and the National LGBTQ Task Force. Every October, hundreds of colleges and universities, community libraries, and even some high schools, faithfully commemorate LGBT History Month, as well as *National Coming Out Day* (October 11th) and *Spirit Day* (October 20th).

Since 2006, Equality Forum, an international LGBT civil rights organization, has been the official coordinator

of LGBT History Month. The organization produces documentary films, undertakes high-impact initiatives, and presents the largest annual national and international LGBT civil rights summit.

Every October, Equality Forum honors 31 LGBT Icons, who are selected for achievements in their fields of endeavor; for their status as a national hero; or for their significant contribution to LGBT civil rights. LGBT Icons of 2016 include Josephine Baker, Oliver Sacks, David Bowie, Chaz Bono, and civil rights activist James Obergefell (*Obergefell v. Hodges*), among others.

In recognition of October as an important month for the LGBT community, WestCare's LGBT Awareness and Advisory Council hosted two calls for employees to learn more about the Council, which is actively seeking new members.

The aim of WestCare's LGBT Council is to bring together a diverse group of employees, clients, and community members in a safe space to increase agency-wide awareness and knowledge about diversity, inclusion, and equality.

Membership in the council is open to all employees, and current and alumni clients. For more information on getting involved with WestCare's LGBT Awareness and Advisory Council, contact **David Rosynsky**, Director of Special Projects, at david.rosynsky@westcare.com.

This Month's Question: *"What is your favorite television commercial?"*



"My daughter and I were just discussing our favorite commercials this weekend. Titled 'Beatrice,' the spot shows an elderly woman who, instead of mailing out her vacation photos, or posting them on facebook, literally posts them to a wall in her home for her friends to see. She does this to save time, she says, comparing it with the 15% she saves in 15 minutes for car insurance. Of course her friends tell her that's not how it's done these days. The elderly woman says, 'I unfriend you,' and

her friend insists... 'That's NOT how this works, that's not how ANY of this works!' LOL it is now our favorite saying, we use this line for everything! HA!!!!!"

- **Cecily Moreland**, Grand Development Specialist - Foundation

"What is your favorite memory of the holiday season?" Send your response and photo to john.wallace@westcare.com by Friday, November 18th.

KENTUCKY: *New SAP Welcomes First Graduates*

Submitted by Neal Howard and Elsie Tiller



On October 3, Boyd County Jailer **Joe Burchett** personally acknowledged 13 men who are the first graduates of the *Boyd County Detention Center Substance Abuse Program*. The six-month program offers state residents serving jail time for drug-related offenses a chance to better prepare for life outside a cell. Most of the enrollees have nearly completed their sentence, or are eligible for parole with the next six months.

Program Director **Neal Howard** said he witnessed a gradual growth among the inmates over the course of the three-phase program. *“When they first come in here, as a whole, they were all really apprehensive, especially when you throw all these rules at them...but there’s a method to the madness,”* says Howard.

“After the first month or so, you can tell a major difference.

Some of them would look down, wouldn’t pay attention. Little by little, you can see the whole group coming around to it.”

A maximum of 20 inmates are allowed in the program.

Inmate **Christopher Keith**, 26, of Louisville, said the program has spurred change in his life and he’s ready to return to the general population. *“A lot of us have kids and we’d like to get back out there to our children. In order to do that, we have to change ourselves. The program was rough at first but I see myself as a better person now that I have been through it. I have everything I need to get back out there and do better because of this program.”*

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NORTH CAROLINA: *Responding to the First Responders*



The girls at the WestCare North Carolina *Girl's Program* have had few opportunities to give back to their community

in a positive manner. So whenever an opportunity is presented to them, they are eager to help. The girls are aware that the Drewry Volunteer Fire Department is our first responder, so when **Kim Marino**, Program Administrator, found out that volunteers were needed at

the department's annual Pork Barbeque and Chicken Dinner fundraising event, the girls said "yes!" They were excited to help out and worked hard all day to prepare food for the dinners.

It was a small way to say "thank you" for the department's commitment to serving the community. The girls in the program are always complimented when they are interacting with the local community. In one recent instance, a gentleman who heard our girls tell their stories was so impressed that he donated \$500 to WestCare! In a note to the Program, he said: *"It warms my heart to know that you are making a difference in these young girls' lives and giving them hope for their futures."*

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Let's Have a Laugh

Doctor: *"My honest opinion is...you are a hypochondriac."*

Me: *"Ooooh! Just what I was afraid of!"*

If Jimmy cracks corn and no one cares...why did they write a song about him?

I'm teaching my new dog to beg. So far, so good. He came back with \$4.75 today.



The 4th annual *Guara Bi, Goofy Games* were celebrated in Caguas, Puerto Rico. The participants and staff had a great time sharing in the games and making some good grilling!

The Caguas Team was the winner for 4th consecutive year. For fun ideas and information about the curious event, contact **Cristian Duarte**, our Goofy Games Guy in the Caribbean!



Nevada's **Bob Vickrey** has plenty of stories to tell about his long relationship with WestCare. And during his steady advancement up the ranks, this true 'team player' hasn't forgotten his humble beginnings! Atta boy, Bobby V!

The **Village South Children's Center** in Miami made 20 kids and their parents happy by teaming up with the Prevention Department to donate book bags and supplies to help make the new school year successful! The kids who participated were also treated to a pizza party! Woo-hoo!



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SNAPSHOTS

Minnesota's **Dave Turner**, never one to shy away from anything, recreated his Army Airborne past with a jump from 13,000 feet.

This time closer to home, not over Germany.



In the beautiful hill country of eastern Kentucky, they held their annual chili cook-off to benefit the WestCare homeless shelter.

This year's successful Pikeville event was called '**Chili Chili Bang Bang.**'!!!



WestCare's **San Joaquin Valley Veterans** program staff stands behind all those who served, as they take part in a military Stand Down event in Fresno.



It was a fun lead-up to Halloween for clients at California's residential treatment center!