

WestCare Express

The WestCare Foundation Employee Newsletter



In This Issue

Page 1

WestCare Florida Employees are Winners of the 2008 FADAA Professional of the Year Awards

Page 2

How WestCare California Does Wellness

Personal Growth Center
A Place to Go . . . A Place to Grow

Page 3

Church House Comic Breaks Free from 25-year Cocaine Addiction

WestCare Therapeutic Community Has International Friends

Page 4

Virgin Islands Partners in Recovery Strength Project

5 Questions With Carol Renard

Page 5

One Day at a Time March for Drug Recovery

WestCare Arizona Celebrates Grand Re-Opening

Happy Halloween!

Page 6

National Red Ribbon Week
Oct. 23rd – 31st

Campaign Corner

Page 7

Recovery Month Highlights



WestCare Florida Employees are Winners of the 2008 FADAA Professional of the Year Awards

Written By South Florida Staff

WestCare Gulf Coast supervisor Veronica Amy Wright and Village South program coordinator Paul Charles Staffelbach, along with four other substance abuse treatment professionals in Florida, were honored August 20, 2008 at the Florida Alcohol and Drug Abuse Association's (FADAA) Annual Conference. FADAA identifies individuals whose special efforts merit recognition by their peers. The award is given to one notable professional in each of the FADAA regions. These individuals have demonstrated superlative ability in the field of alcohol and drug abuse treatment and prevention services.

commitment to her clients.

Mr. Paul Staffelbach, program coordinator for the Living Involves Family Empowerment (LIFE) and Outpatient Program at the Village South in Miami, started out his career in 2005 as a case

manager in the Families in Transition. As program coordinator, Paul has increased its success rate for adolescents completing the LIFE program, and many have gone on to finish high school and college. Ms. Catherine Rogers, LMHC, clinical director and Sharon Crippen, LCSW, administrator, both congratulate Paul on this well-deserved award and his efforts



From Left to Right:
Jean Jones, Heidi Jacobson, Jana Balicki, Frank Rabbito, Paul Staffelbach, Veronica Wright, Sharon Crippen, and Ann Varney.

Veronica provides individual and group counseling services. Her additional responsibilities include assignment to drug court and peer review activities. She has worked for WestCare since 2002. Director of outpatient services, Ms. Jean Jones, along with Carol Renard, WestCare Foundation director of program and staff development, commend Veronica for the quality of her service, her dedication and her

in helping his clients to reduce substance abuse and improve their lives.

Sr. Vice President, Frank C. Rabbito states, "These awards recognize the outstanding services being provided by WestCare employees throughout Florida, and I am proud that two of the six awardees work for our organization."



How WestCare California Does Wellness

By Seanna Herring-Jensen – *Special Projects Officer, WestCare California*

California



Pictured: Melissa Price adds to the Wellness Board at Fresno Administration building.

WestCare California has more than 300 employees that work around the clock to provide quality services to the clients who are in need of assistance. We passionately put our heart and soul into our clients and while the work is rewarding, there are times when it can be extremely intense and frustrating. When staff feels overwhelmed or exhausted, it can compromise their immune systems and make them more susceptible to illness. The illnesses then can be unknowingly brought to work and spread to staff and clients. Consequently the sudden surge in “sick days” and unproductive staff can cost WestCare a great deal in loss of productive hours. But with proactive measures, much of the loss could be prevented.

Our proactive measure? Education is power, so last

year WestCare CA implemented a Wellness Program that consists of staff team members from ten sites across California. These team members meet once a month to discuss a wellness theme for the next month, but each site may approach the theme in their own creative way. We’ve held Wellness Fairs, a food drive, daily walks, and weekend workout. Informational boards, called “Wellness Boards,” are placed at each location where theme-based educational information is posted. Team members at each site decorate the boards so each one is unique. There is also a “Wellness Wire” that is created by the Wellness Team coordinator and distributed to staff each month.

September’s themes were “National Recovery Month” and “Suicide Prevention.” In an effort to gather involvement of staff, the Administration site in Fresno added a special section to their board where staff can write their words of advice for recovery. It turned the Wellness Board into an interactive piece of art. It was fun to see what everyone wrote.

Personal Growth Center . . . A place to go . . . A place to grow

Contributed by – *the members and staff of the Personal Growth Center, WestCare South Florida*

Formerly a day treatment program, the Personal Growth Center at the Guidance Clinic of the Middle Keys is now based on the Clubhouse model of psychosocial rehabilitation. “What this means is a shift from the conventional medical model of looking at someone’s illness and treating symptoms, to approaching the whole person and looking at their abilities and preferences,” says Lisa Marciniak, program director. “This is challenging because we are not only asking that our staff essentially step down from their role as the professional authority, but that the members relinquish the ‘patient’ role into which they have been socialized.”

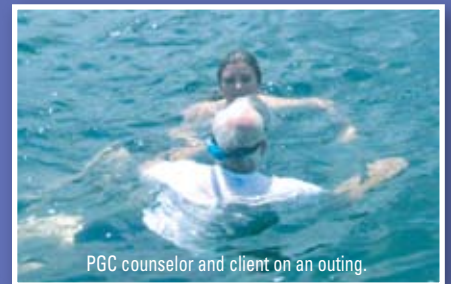
PGC provides meaningful, empowering work activities, educational opportunities for members and their families/friends and a social program. Members work side-by-side with staff to ensure the daily operation of the program.

The Small Business Department is a legitimate, licensed business that runs a small thrift shop, snack bar, and catering service. Proceeds from the sales are used to pay for social outings, program equipment and further development of the Small Business Department.

PGC even has their own member advisory board, which is responsible for making program decisions. Board members choose activities for the week, plan special events and decide how program funds are disbursed. According to the current chairperson and weekend employee, Paul A, “The (PGC) is an invaluable oasis of loving kindness for (persons with mental illness) and otherwise should not be taken lightly.”

The Drop-In Center, which runs concurrently with program activities during the week but is also available after-hours and weekends, is an option

South Florida



PGC counselor and client on an outing.

for members who just need a place to “check in” on occasion. They offer laundry facilities, showers, computer/internet access, kitchen facilities, food, television and peer support. Any adult who is diagnosed with a mental illness is eligible for PGC membership.

Church House Comic Breaks Free from 25-year Cocaine Addiction

By Toni Terrell – Editor in Chief, *The Answer*

Although “Frederick The Comedian” stands before thousands of people encouraging them to live a saved life using laughter as a medium, his 25-year crack cocaine habit was no laughing matter. “I left my son in the house alone for three days chasing that high,” Frederick said. “It wasn’t funny then and it ain’t funny now.”

Joke or not, there is a message in the show coming to the stage that Las Vegas residents must hear. The drug-free comedian reveals “Secret Prayers in the Dark – the Tour,” at the House Family Worship Center.

Now ten years clean, the church house comic describes his torture by drugs in a heart-drenching compact disc titled “Secret Prayers in the Dark.” The seven-track CD drags listeners through the painful details of being a dope fiend and desiring to quit; a mother’s dilemma to abort a child and

the child’s cries from the womb to live.

Frederick has appeared on numerous television and radio shows promoting the Secret Prayers in the Dark tour. The tour, which is making its rounds in Las Vegas, is being presented in the churches by local pastors, including radio personality and senior pastor of the House Family Worship Center, Pastor Henry (HB) Black, Jr. While the CD features the talent of gospel artist Vanessa Jackson, Pastor Henry Jackson and Faith Power & Praise, Retta McBride and saxophonist Adrian Bruse, the tour will also include gospel artist Paula Darnell, the Anointed Angel praise dance team, and the Lil’ Shouting John praise team featuring Jermanie.

The CD, a JaHMa Records production, has captured the attention of the Las Vegas music community with a second nomination as Best Gospel Recording by the American Black Music Awards, the first being

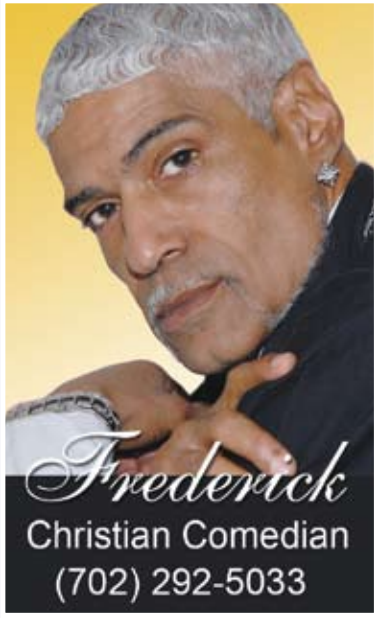
last year by the same group.

For more information on scheduled appearances or to obtain tickets for Secret Prayers in the Dark, contact Pt Stone of Stone Entertainment Management at 702-812-2645.



Congressman Jon Porter (center) presents a \$350,000 check to the WestCare Nevada Staff. The funds will assist with the purchase of Harris Springs Ranch.

Nevada



Frederick
Christian Comedian
(702) 292-5033

Frederick is currently an employee at Nevada Community Involvement Center (CTC) Program as a driver.

WestCare Therapeutic Community Has International Friends

By Loretta Berry – *Sheridan Correctional Center, Illinois*

In August, the WestCare program at Sheridan, Illinois enjoyed a visit by five representatives of the Obayashi Corporation, a private corrections company in Japan, and three officials from the Ministry of Justice. During their two-week stay at Sheridan, our guests were provided the opportunity to observe our therapeutic community from every angle. The Ministry of Justice and the Obayashi Corporation are exploring the therapeutic community model for use in a facility currently being built. Our guests were very appreciative of the opportunity to observe many groups and to interact with our clients and staff. The warden and

Department of Corrections staff were also very accommodating and informative. One of our housing units prepared for their visitors by printing the word “Welcome” over the door in Japanese. This small effort made a huge impression. Our guests were delighted by this thoughtful gesture. In a letter sent to program director Stan Brooks, our guests expressed their great appreciation for the time, attention and effort spent on their behalf. WestCare was equally pleased to be selected as the therapeutic community that this group of professionals had chosen to observe and learn from. Rod Mullen, Amity, and Naya Arbiter,

Extensions, have been working with these groups to develop the first prison-based TC program in Japan based on the Extensions curriculum.

Illinois



Virgin Islands Partners in Recovery Strength Project

By Taariq David – *Administrative Assistant and Group Leader for the Strength Project*

The Village – Virgin Islands Partners in Recovery Strength Project, funded by the VI Department of Health State Incentive Grant Initiative, is a program whose goal is to reduce the number of Virgin Islands youth between the ages of 12 and 17 reporting alcohol use. In July 2008 the program received additional funding to implement an environmental strategy. Eight Virgin Islands youth were recruited to assist in the implementation of this strategy. Youth participated in a variety of activities, including a CMCA training that allowed them to interact directly with the community on the topic of underage drinking.

The youth conducted interviews with the managers of establishments known to sell alcohol to minors. The youth then followed up with compliance checks by going to these establishments and attempting to purchase an alcoholic beverage.

Results were as follows:

Bar/Restaurant	100% sold alcohol to minors
Stores	33% sold alcohol to minors
	66% did not sell alcohol to minors
Gas Stations	38% sold alcohol to minors
	62% did not sell alcohol to minors
Total:	59% sold alcohol to minors
	41% did not sell alcohol to minors

The next step was to design an effective marketing plan. The slogan was “Message in a Bottle” and involved crafting personal impact statements of their views on underage drinking and creating inspirational artwork. Ads featuring their personal statements and sting results were published in the local newspaper, *The St. Croix Avis*. Finally, the youth went to a local shopping area and distributed pamphlets about underage drinking to raise awareness in the community.



All in all the environmental strategy was a success. One of the restaurants that sold alcohol to youth during the compliance checks contacted the Department of Licensing and Consumer Affairs and requested more information on the laws and policies regarding underage drinking. Possibly the best indication of the success of this initiative is found in the eight youth who participated. As a result of their involvement, they have gained greater knowledge of how widespread underage drinking is in their community, the need for it to be decreased, and how one person can change a community.

5 Questions with . . .

Carol Renard, a French Canadian with a proud Southern accent, joined the WestCare team when services started in WestCare GulfCoast-Florida in 2001. She was formerly the clinical director responsible for clinical supervision as well as record compliance, quality improvement and staff training. In 2007, she became the director of program and staff development for WestCare Foundation.

This position is responsible for evaluating clinical practices, program planning and implementation, monitoring practices for quality and effectiveness, program improvement and direction and developing, implementing and evaluating WestCare’s training efforts, including e-learning.

In the treatment field for more than 28 years, Carol has extensive experience working in a therapeutic community and clinical and administrative oversight of women’s and children’s programming.

She has a wonderful husband, a beautiful Akita/Shepherd, two daughters and one son, six grandchildren and a brand new great-granddaughter. Her hair color can be different at any given time.

What is your most rewarding experience and biggest challenge working for WestCare?

Teaching both our staff and clients how to follow WestCare’s mission. The biggest challenge thus far has been ongoing monitoring of the e-learning system and trying to help and encourage employees to stay enthusiastic and current in their training.



What do you do in your spare time?

I like relaxing days and seeing new places with my husband, long walks with our dog, Sheela, going to movies, listening to music, seeing friends, and having fun with our kids and grandchildren. I’m never bored and I don’t take naps.

What would everyone be surprised to learn about you?

In the 1970s I worked in Nashville, Tennessee for the management company representing five bands on tour (Dobie Gray, Wet Willie, Henry Paul Band, the Winters Brothers) and developed the tour itineraries for them and The Charlie Daniels Band when they had their #1 hit, “The Devil Went Down to Georgia.” Music is my greatest joy and that was a wonderful job.

What is your proudest personal or professional accomplishment?

I am proud and humble that I was one of the “pioneers” in bringing women and children into treatment together; also helping to get the message out that treatment should be gender-specific.

What is your favorite TV show?

I love watching “Sunday Morning” with a cup of coffee and a warm bagel.


One Day at a Time March for Drug Recovery in Estill County

On Sunday, September 14, Estill County had its 3rd Annual One Day at a Time March for Drug Recovery, sponsored by WestCare, Estill County Fiscal Court and Parents Against Drug Dealing. An estimated 1,000 people marched for drug recovery behind the Estill County High School Marching Engineers to show their concern for the drug problem in Estill County. Several government officials, local politicians, community and school organizations and churches participated. After the March, WestCare's alumni along with Estill County drug court participants gave testimonies and sang songs of the hope for recovery. Today we reach out our hearts and hands to help those that have suffered from this devastating disease. We reach out to each other for strength and support as we continue the healing process for our community.

Just For Today
*Darkness took hold of me,
 Friends betrayed me, and I betrayed myself.
 Addiction imprisoned me, Death waited for me,
 Hope deserted me, and I wanted to die.
 Recovery embraced me, Friends supported me,
 and Hope filled me. God loved me.
 I want to live . . .
 Just for Today*

One Day at a Time . . .
*One day . . . we'll take a stand!
 One day . . . we'll have hope!
 One day . . . we'll be proud!
 One day . . . we'll make a change!
 One day . . . we'll support each other!
 One day . . . we'll be committed to Estill's Future!
 One day . . . OUR COUNTY WILL BE DRUG FREE*

Kentucky



△ Estill County March for Recovery 2008.

Arizona



WestCare Arizona Celebrates Grand Re-Opening

By Kim Mitchell – Office Manager, WestCare Arizona

WestCare Arizona celebrated the grand re-opening of our thrift store on September 16 with a ribbon-cutting ceremony, cookies and punch, balloons and door prize giveaways for free merchandise in the store. Shown here, from left are Francine Collier, domestic violence services coordinator, Janice Moller, Thrift Store manager, Velma Anderson, 2008 volunteer of the year, Lois Wakimoto, board chair, Corky Cornell, board member, and Tracy Stevens, area director. Our new location is a big hit with shoppers with more parking, extended hours, a fresh new look and located right next door to our CIC offices!

Happy Halloween!






Have a Pumpkin Carving Contest!

National Red Ribbon Week October 23 – 31



WHAT IS RED RIBBON WEEK?

It is an ideal way for people and communities to unite and take a visible stand against substance abuse. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 23 – 31.

WHY?

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance toward the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment toward the creation of a DRUG-FREE AMERICA.

WHO?

National Family Partnership is the sponsor of the National Red Ribbon Week Celebration. They help citizens across the state come together to keep children, families and communities safe, healthy and drug-free, through parent training, networking and sponsoring the National Red Ribbon Campaign.

HOW?

Plan a Red Ribbon celebration. Order and display Red Ribbon Materials with the National Red Ribbon Theme. Proceeds from the sale of Red Ribbon theme merchandise helps support prevention programs across America. Order for your family, students, staff, patients, employees and customers and encourage them to wear the red ribbon symbol during Red Ribbon Week, October 23 – 31.



Keith Thomas Named Steering Committee Chair for The Endowment Campaign!

By Jim Schaitel – *The DuBois Group*

Campaign Corner

We're very excited and honored to announce that Keith Thomas will chair our steering committee for the Endowment Campaign! When Keith was recently asked to chair the steering committee he accepted this important role without hesitating. Not that we were surprised . . . Keith also serves as the Nevada board chair and is a member of the WestCare Foundation board! In between his "real" job and his various board roles with WestCare, Keith has been bringing a lot of great people to the Endowment Campaign . . . he's definitely leading by example!



The steering committee's function is to approve all major campaign policies such as goals, direction, image, recognition, etc. It is the oversight committee for the total campaign, ensuring we are on track with our calendar and our goal!

Keith has already started building his list of people he'll recruit to join him on the steering committee (no small task in itself . . . the steering committee will consist of 15 to 18 total members!).

More campaign news . . . Dick Steinberg and Carl DuBois (The DuBois Group) have begun the process to create the Endowment Trust that will supervise the gifts and pledges from the campaign. The trust will be a separate entity with 15-18 trustees who will wisely invest the active gifts and pledges so earnings and income can be used to support WestCare needs in the future. Gifts designated to the active fund will obviously result in usable earnings and income, but deferred gifts (charitable life policies) are a well-thought-out way to maximize a gift. Both active and deferred gifts are important to the endowment!

Next month we'll announce our first report on dollars-to-date pledged . . . stay tuned!



JOIN THE VOICES FOR

REAL PEOPLE, REAL RECOVERY RECOVERY

SEPTEMBER 2008

National Alcohol & Drug Addiction Recovery Month



Recovery March in Estill County, KY. Friends from Madison County joining us

Estill County Recovery March



WestCare Banner in Estill County, KY Recovery March



2008 Hal Rogers Appalachian Recovery Center, KY Recovery Walk



WestCare Nevada Recovery Festivities



WestCare Nevada Recovery Month Celebration



To celebrate Recovery Month The Village South partnered with South Florida Provider Coalition, Concept House, Citrus Health, & Healthy Families to host a "Fun Family Day" at Morningside Park in Miami. More than 200 clients and families participated with staff from each of the agencies.

