



October 2010

Project Isa-ta – “Our Rainbow”

By Kate G. Baltazar – Project Director

For the last year, the staff at WestCare Pacific Islands has been quite busy with the girls of Guam in Project Isa-ta, which means “our rainbow” in Guam’s native language of Chamorro. The project is funded by the Office on Women’s Health, under the U.S. Department of Health & Human Services and provides prevention education and supportive group counseling for girls ages 12-17. It is in partnership locally with Island Girl Power and Guam HIV/AIDS Network (GUAHAN) Project. The groups touch on such topics as HIV/AIDS, self-esteem, dating violence prevention, sexual abuse, building healthy relationships, overall health, critical thinking skills, problem solving and much more.

While the overall goal of the project is to reduce the rate of HIV/AIDS among girls at-risk in the community and to be a model for gender-responsive programs on Guam, it is also centered in fun, free, healthy activities for girls who might not experience



the kinship that comes with being in group activities were it not for this program. The girls attend three groups and one activity per month, such as 5K Run/Walks, host guest speakers, planting of the Memory Garden in honor of women and girls in the fight for HIV/AIDS, annual women’s art show, island-wide youth conference and more. Recently the girls participated in a Japanese tea ceremony, helped organize a mini health fair held at the mall, and put together the Back-to-School Carnival and Concert which drew a thousand people to the IGP Clubhouse on a beautiful sunny afternoon. The first graduation for Project Isa-ta will be held on Saturday, September 25, 2010 at the GUAHAN Project Galleria and will

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Project Isa-Ta



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feature local youth entertainment and prominent local women as keynote speakers.

There are currently two sites where the girls can attend groups, one at Island Girl Power Clubhouse in the north and Haya Youth Center in the south. Beginning in October, a third site in the central part of the island will begin providing groups to serve the girls in central villages.



A “Rocky” Road to Recovery

By Nichole Mayo – *Guidance/Care Center, Administrative Assistant*

Here at Keys to Recovery, a program where those who were once inmates are given a second chance to learn how to turn their lives around, we have a house mate who serves as a special tool to help heal those who once lost their way. Meet ‘Rocky’, the dog. He has touched the lives of many who pass through these doors with simply being an unconditional friend. As Fran Senecke recalls how this came to be, “I remember well the day that Rocky came into my life. It was the week of Thanksgiving and we received a call from the dog pound that they had the ‘perfect’ dog for us. As Nadine Hood (KTR Program Director) and I discussed adopting him, the holiday spirit took over and within an hour or two we piled into the van to pick up our Beagle. As the days turned into months, a once skinny pound dog found himself nicknamed ‘the sausage’ as he became accustomed to the recovery lifestyle. He often finds himself an empty chair during recovery meetings and is accounted for and present.”

He is a comfort for those who are lonely, sad, confused, or angry. While writing this story, it was touching to read all the letters from our Keys to Recovery clients in regards to how much one dog could make such a big impact in their own personal roads to recovery. There are several funny stories about Rocky, his personality bringing out smiles and laughter that many times is very much needed. Who knew that chasing lizards, stealing hotdogs, and being a twenty pound ‘guard dog’ could make such a difference? It has been documented for years the

positive role that animals can play in different aspects of therapy. As one client relates his journey, “Rocky is without a doubt, the alpha-male of the house. The animal shelter caught him and then released him to Keys to Recovery. I say ‘release’ because, like other peers, Rocky came from jail and like us, Rocky was given a golden opportunity and a second chance here at K.T.R.” Another client writes how Rocky helped him cope with the sudden impact of the realization that he would have to make the effort to change. He recalls that “during my stay here I’ve had my moments of depression and frustration. Rocky seems to know this and goes out of his way to bring me back.”

Just like some, one of Rocky’s characteristics, is rule breaking dog style. As summed up by one of the Counselors who work at the K.T.R. house, “He has broken every rule in the house that staff attempted to implement, such as not being on the furniture and not eating people food. He has eaten numerous meals of mine from my desk and he is always willing to sneak into a clients’ bed whenever he can. He remains our guard dog barking at any possible threats such as lizards, cats, other

dogs, bicyclist, people walking, sitting, figments of his imagination and the list goes on. Even the clients who claim they can’t stand him are caught petting, talking to, feeding, and loving this chubby little beagle. He is a memory for those who leave and he is a friend to all who work and stay at Keys to Recovery, and for that I am grateful for Rocky our regal Beagle”

Florida



A Lil' Texas Hold-em and a Whole Lot of Fun to Raise Money

By Michele Walker – Arizona Transportation Coordinator

WestCare Arizona held its 4th Annual Texas Hold-em Poker Tournament fundraiser Saturday, August 28th at the AVI Resort and Casino. Many local businesses and individuals came out to show their support for WestCare Arizona and the services we provide to the local communities and tribal entities.

There were approximately 65 players who participated throughout the day in three separate sessions. The top ten winners for each session moved to the final round that night. All money raised was split between WestCare and the top ten winners of the final session. Many players took advantage of "re-buys" so they could continue to play and try to make it to the finals. Our Area Director, Tracy Stevens showed her determination and competitiveness and re-bought more than once. Several WestCare staff really got involved by working the event or playing or both.

WestCare's own Senior Vice President of the Western Region, Maurice Lee, made it to the final session again this year. Even though he went ALL-IN pretty early on and lost, we know he probably would have won the tournament, but it was late and he still had to drive back to Las Vegas.

It was really nice to see WestCare staff and our communities as a whole come out and support our program. That is what Uplifting the Human Spirit

is all about. The event raised more than \$4,800.00 with over \$2,400.00 going to WestCare and over \$2,400.00 split between the top ten winners. The AVI staff was terrific and everyone had a great time. We can't wait until next year!



Ghoulish Non-Alcoholic Halloween Drinks



Blood Juice

Ingredients:

- 3 cups cranberry juice
- 1 cup apple juice
- 2 cups lime and lemon pop
- Candied ginger to taste

Directions:

Mix it all together. For a hot drink substitute lemonade for pop.

Witch's Brew

Ingredients:

- Juice of half a lime or 1T of concentrated lime juice
- 2 cups apple juice or non alcoholic apple cider
- 1 cup lemon aid
- ¼ cup orange juice

Directions:

A witch's brew hits the spot for Halloween fun. Serve it hot or cold with pop or just juice.

Read more at Suite101: Ghoulish Halloween Drinks: Drinks for thirsty ghouls of all ages!
<http://www.suite101.com/content/ghoulish-halloween-drinks--a6923#ixzz0zQMYOb1s>



Augusta, Georgia – Recovery Month



The Coalition for Addiction Recovery Awareness held its 1st Legislative Dinner on September 9, 2010. Keynote speaker, Neil Kaltenecker, Executive Director of the Georgia Council on Substance Abuse is pictured with WestCare GA employees (L to R: Kimberly Anthony, Carlos Taylor, Sheila Oneal, Audrey Mack, Leslie Davis, Neil Kaltenecker, Matthew Wysor, photography by John Bascom).

Race For Recovery

On September 11, 2010, WestCare-Augusta DJJ partnered with 9 local organizations to sponsor the 2nd Annual Race for Recovery and Disc Golf Tournament at Pendleton King Park in Augusta, Georgia. This event was hosted by the Coalition for Addiction Recovery and Awareness and had over 150 active participants from the community.

11 residents, several resident family members, and 9 staff participated in the 5k run. Substance Abuse Counselor, Michael Blackwell enthusiastically committed himself to train the residents expressing interest in participating at least 4 months prior to the race. The dedication and hard work of Mr. Blackwell and the residents participating was exhibited by their ability to successfully complete

the race. One resident came in 5th place and another resident placed 7th in the overall race. This is highly commendable, as they ran alongside professional runners. Residents displayed heightened self esteem and pride as they enjoyed the serenity of the park, music played by a local DJ, and barbeque.

WestCare-Augusta is proud to have played a part in this community effort to highlight Recovery Month by emphasizing the societal benefits of substance abuse treatment, acknowledging the contributions of treatment providers, and promoting the message that recovery from substance abuse, in all its forms is possible. This event was truly a platform to celebrate people in recovery and those who serve them!

The CARES HIV Prevention and Blanket Atlanta Outpatient Treatment Team's are on the Move!

By Canzada Twyman – *WestCare Georgia*

On Saturday, September 11, 2010, Metro Atlanta Recovery Connections (MARC) in collaboration with many other treatment providers, local churches and members of the recovery community joined together to Celebrate National Alcohol & Drug Addiction Month.

The Recovery Walk/Rally started at 8:00 am sharp and hundreds walked from James P. Brawley Dr. SW to Martin Luther King, Jr. Drive – Mozley Park. The Rally started at 10:00 am. Both the WestCare, Georgia CARES team and the Blanket Atlanta team was ready, willing, and able to serve both youth

and adults. CARES addressed the need for HIV counseling and testing, which several individuals were served.

The Blanket Atlanta team addressed those persons seeking outpatient treatment and or continuing care. One individual was pre-screened and oriented for possible program admission. Program information, drug education and HIV literature was distributed amongst the crowd.

What a fun-filled, family and friend's day to remember!

Georgia



Kentucky



Hal Rogers Appalachian Recovery Center Celebrates 5th Anniversary

Five years ago WestCare opened the facility with 30 treatment beds and today has expanded to 88. A special thanks to Congressman Hal Rogers, Karen Engle, the Operation UNITE Staff and our building donors Anita and Gary C. Johnson. Their dedication and commitment to treatment has given individuals and families in eastern Kentucky an opportunity to live a productive drug free life.



California

Ready for Football?

By John Wallace – Resource Development Coordinator

The WestCare California Administration Office is filled with football fans happy to see the NFL and college seasons well underway.

Employees proudly displaying their favorite team's colors are –

Back row: Mardi Palacios, Elizabeth Vasquez, Lillian Lopez, Bob Brown, Laura Sandoval, Burnett Irons, Lynn Pimentel and Shawn Jenkins.

Front row: Phillip Leanos, Josie Ortiz and Noemi Macias.

5 Questions with Diana Alvarez-Mendez

Regional Director of Human Resource – South Florida

Diana has been with WestCare for seven years, since its' affiliation with The Village South. Prior to that, she was with The Village for six years as Human Resources Director, managing HR functions for The Village, Concept House, and The Virgin Islands Partners In Recovery (VIPR). Before joining The Village, Diana was in the hospitality industry for 15 years, where she was promoted to Regional HR Director, overseeing several hotels nationally and internationally.

1. What's the most rewarding experience or biggest challenge in working for WestCare?

“Working within the hospitality industry for so long I learned that it was customary for larger hotel chains to expand their portfolios via hostile takeovers, which nearly always meant, ‘here today, gone tomorrow’ for the staff of the company being taken over. Our affiliation with WestCare was a completely different and very positive experience! The senior management personnel who came to Miami to meet us, to listen to what we had to share, and, most importantly, kept us on staff! I find it so rewarding to work with senior management who are so approachable and down-to-earth.

2. What do you do in your spare time?

I don't have very much of that because I'm always on turbo-charge looking for things to do, but if I make time I may just lie around all day with my favorite

bag of salt and vinegar chips watching Lifetime TV, or go shopping for more exotic freshwater fish for my aquariums, or decide to paint a whole room in my house at a moment's notice!

3. What would everyone be surprised to learn about you?

I can be painfully shy, and I have a secret crush on Sonny Corinthos from General Hospital

4. Proudest personal or professional accomplishment?

My two children Danika, 32, and Christopher, 20. Looking at the industry we work in, I am so proud to have two determined, self-actualized young professionals who possess a true interest in human services. They are caring, wonderful . . . and very attractive!

5. What is your favorite TV show? If you do not watch TV what is your favorite type of music?

House and General Hospital.



Red Ribbon Week October 23-31

More than 80 million children and parents wear or display a red ribbon during this week to celebrate a healthy, drug-free life. This nationwide celebration increases public awareness and mobilizes communities to combat alcohol and drug use among youth.

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, Oct. 23rd - 31st.

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 towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards the creation of a DRUG-FREE AMERICA.

WHO?

National Family Partnership is the sponsor of the National Red Ribbon Week Celebration. We are helping 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.

WHY SUPPORT THE NATIONAL THEME?

A theme unifies each year's campaign and helps to broadcast one message creating a tipping point to change behavior.

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 23rd - 31st.



WestCare Wellness Watch



Six Prevention Strategies

- Information Dissemination
- Prevention Education
- Alternative Activities
- Community-Based Processes
- Environmental Approaches
- Problem Identification and Referral



It Takes A Community to Teach Prevention *How can you celebrate Red Ribbon Week?*

Schools

- Wear Red Shirts throughout the week
- Plan essay contests, poster contests, and journalism contests
- Decorate the interior and exterior of your school
- Decorate your homeroom door
- Invite parents and families to a special health fair or education program
- Organize a Red Ribbon Rally
- Organize a Miles of Quarters Campaign

Business

- Wear Red Ribbons and distribute to your employees
- Display Red Ribbons and posters on the interior and exterior of your building
- Place a Red Ribbon message in your advertisements and monthly statements
- Sponsor a School
- Sponsor a Classroom

Everyone!

Celebrate National Plant the Promise Week – October 23-31st! During Red Ribbon Week schools, businesses, families and youth across America will plant bulbs that will bloom and serve as a reminder to stay drug-free. In most regions bulbs that are planted during October, will bloom in April, during National Alcohol Awareness Month. Order your bulbs today!

Red Ribbon Activities Guide, References & Resources

For a listing of references and resources, or to order an activities guide go to www.nfp.org.



October Calendar



OCTOBER 6

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

12:00pm CAC Monthly Report Due (Executive Committee)

6:00pm AZ CAC Meeting 6pm PT/ 9pm ET (Bullhead City)

OCTOBER 7-8

CA - Veteran Womens Conference
Clovis Veterans Memorial Building
804 - 4th St., Clovis, California

OCTOBER 11

Columbus Day Observed

OCTOBER 16

East Board Meeting (TBD)

W/C Arizona Fun Run (Bullhead City, AZ)

OCTOBER 18

WC Golf Tournament
(Lake Las Vegas, Las Vegas, Nevada)

OCTOBER 23

West Board Meeting (TBD)

OCTOBER 26

12:00pm MHA Committee Meeting
(FND Offices)

OCTOBER 27

8:00am Executive Committee
Post-Board Meeting Wrap-Up

OCTOBER 29

7:30am CA CAC Meeting
7:30am PT/10:30am ET
(Adolescent Services, Fresno, California)

Recovery Month 2010



The CARES HIV Prevention and Blanket Atlanta Outpatient Treatment Team's are on the MOVE! ▲▼



Led by the Estill County High School Marching Engineers the Fifth Annual One Day at a Time March for Drug Recovery in Estill County was Sunday, September 12th with 250 to 300 participants. Prior to beginning the walk across the old Irvine Bridge into town and marching around the courthouse seven times, the group met for food and fellowship at the Estill County Fairgrounds. The walk was sponsored by WestCare Kentucky, Parents Against Drug Dealing (PADD), Estill Development Alliance, County Judge Wallace Taylor and the Estill County Fiscal Court. ▶



The WestCare Kentucky Hal Rogers Appalachian Recovery Center held their Annual Recovery Walk and Alumni Homecoming on Sunday, September 12th. A Sunrise Service, led by Donnie Bryant from the Hylton Freewill Baptist Church, started the day's activities and the 24 hour walk officially began at 9:00 am. Throughout the 24 hour period clients, staff, alumni and visitors enjoyed and participated in testimonials, live music, games, a cookout and camping. The event was so successful, plans are already underway for next year's celebration.



Staff and clients from Fresno traveled to Sacramento to kick-off a month-long series of events. This Recovery Happens rally on the steps of the State Capitol drew hundreds of people who shared support and the joys of sobriety. Staff from Fresno included Jesse from RMS, Amber from PPW and Raymond from Men's TC. They were joined at the rally by Sacramento staffers Herlinda and Patty. ▶



Join the Voices for
recovery

now
more than
ever!



september 2010
National Alcohol
& Drug Addiction
Recovery Month

Thought for the Month on Recovery

"Understanding is the first step to acceptance, and only with acceptance can there be recovery."



Happy Halloween!

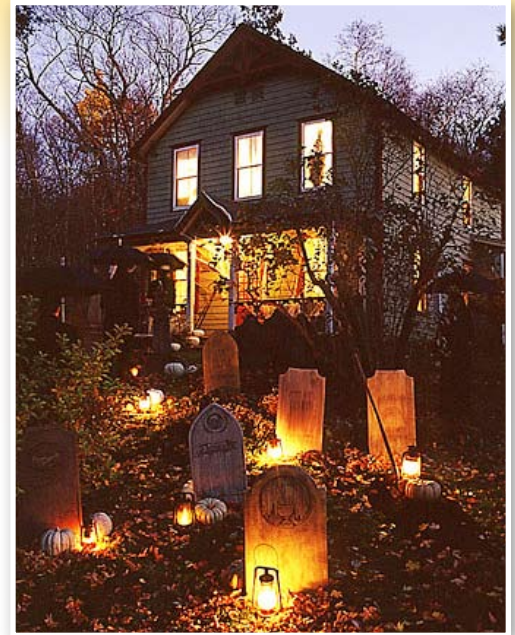
A Brief History of Hallowe'en

A Holiday Dating from the Time Before Christianity

Hallowe'en is celebrated on the evening of October 31, the day before All Saints Day. The history of this holiday goes back to the time before Christianity.

Hallowe'en was originally observed by the Celts, who lived in what is now Great Britain and the northern part of France. In addition to worshipping a Sun god, these people also revered Samhain, who was the god of the dead and associated with the long, cold winter months. On October 31, Samhain would call forth those who had died; they would assume the form of an animal.

It was believed that on the night of October 31, the boundaries between the worlds of the living and that of the dead became blurred. The ghosts of the dearly departed walked the Earth, damaging crops and generally causing trouble. The presence of spirits was thought to make it easier for Druid priests to make predictions about the future.



Wicked Witch Cupcakes Makes 12 – A Martha Stewart Recipe



Ingredients:

- 24 brown mini M&Ms plus , more for filling (optional)
- Hershey's Chocolate Cupcakes
- Dirty Green Simple Buttercream
- 12 chocolate sugar cones
- 1 pound black licorice laces, cut into 1/4-inch, 1/2-inch and 2-inch lengths
- 12 candy corns

Directions:

1. Using a melon baller, scoop out the center of each cupcake, and fill with mini M&Ms, if desired.

2. Cover the tops of each cupcake with a generous mound (about 1/3 cup) of butter cream. Insert one candy corn into each cup cake to form a nose. Using brown mini M&Ms, insert two into each cupcake to form eyes. Place two short lengths of licorice above the eyes to form eyebrows for the witch. Place the shorter licorice lengths above the eyebrows to form bangs. Place an inverted cone on top of bangs, pressing gently into buttercream to adhere. Place the longer licorice lengths under the cone hat to form the hair.

Quiz: Do You Know America's Most Haunted Sites and Frights?

How well do you know the country's haunted past? Find out now!

1. Which of these cities is NOT considered to be one of the most haunted in America?
 - Gettysburg, Pennsylvania
 - New Orleans, Louisiana
 - Austin, Texas
 - Savannah, Georgia
2. In "The Legend of Sleepy Hollow," Ichabod Crane is pursued by Headless Horseman, the ghost of a trooper killed during:
 - The Civil War
 - The Revolutionary War
 - World War I
 - The War of 1812
3. The ghost of Abraham Lincoln has been sighted:
 - At the top of Chicago's Chrysler building
 - At the White House
 - Behind the window in the log cabin where he was born
4. Who was the Winchester Mystery House built for?
 - The ghosts of the people killed by Winchester rifles
 - Sarah Winchester, the widow of the renowned gun maker William Wirt Winchester
 - The ghost of William Wirt Winchester, who appeared in his wife's dream requesting that the strange house be built after his death
5. Which of the following is NOT traditionally associated with voodoo?
 - Dolls
 - Pins
 - Fire
6. A few of the 25 women condemned to die during the Salem Witch Trials had actual supernatural powers.
 - True
 - False

Answers on
page 9

Accreditation Up-Date August, 2010

By Marcia W. Jackson , MSW, MPH, CAP
 Director of Accreditation, WestCare Foundation, Inc.

WestCare has a long history of providing excellent human services to individuals and communities and decided to seek national accreditation. It was recognized that the benefits to accreditation include: funding access, particularly with grants; increased awareness in areas of business improvement, risk management and accountability; positive visibility and the opportunity to learn from other experts and organizations in the behavioral health field.

WestCare established WestCare-wide monthly accreditation calls, ordered CARF Behavioral Health Standards manuals, attended CARF Behavioral Health trainings, and held in-house trainings, and enhanced various systems and standardization of documents and processes. Through working together utilizing the talents and abilities of our great staff, and their dedication to quality, three-year CARF accreditations were obtained and many programs were accredited in Kentucky, Georgia, GulfCoast-Florida, Nevada, California, and Guidance/Care Center in Florida Keys. The Village South in Florida

continues its long standing accreditation through Joint Commission. Accreditation is an ongoing process which includes completing quality improvement plans, annual conformance to quality reports and implementing new standards as they are issued. Some of WestCare's more recently established regions are continuing preparations for their original CARF accreditation.

During on-site survey exit conferences and in CARF reports, WestCare has been recognized for its many strengths including: management, leadership, staff, board participation, positive reputation in communities, operations which includes systems of vehicle maintenance, environmental care, and health and safety, human resources, technical support, fiscal policies and procedures, and sustainability plans. WestCare's Intranet Incident Reporting System was recognized as exemplary and one that could be a model for other organizations.

CARF field categories for behavioral health, the Department and manual under which WestCare currently accredits programs are: Alcohol & Other Drugs/Addictions (AOD) and/or Mental Health (MH), Integrated AOD/MH, Psychosocial Rehabilitation, Family Services, Integrated Developmental Disabilities/MH. The business standards for all CARF Departments are the same; however, the program and other standards vary for appropriateness. The other nine Departments of CARF are: Aging Services/



CARF Mini quiz:



1. What do the CARF initials stand for?
2. In what year was CARF founded?
3. CARF-accredited programs are on how many continents?

Answers at the bottom of this page

CCAC Continuing Care Retirement Communities; Business and Services Management Networks; CARF-CCAC; Child and Youth Services; DMEPOS (Durable Medical Equipment, Prosthetics, Orthotics, and Supplies); Employment and Community Services; Medical Rehabilitation – including brain injury programs/facilities; Opioid Treatment Programs; Vision Rehabilitation Services.

It is a pleasure to work with everyone in West-Care as we continue providing quality services and maintaining our accreditation processes.

Answers to quiz on America's Most Haunted Sites and Frights (on page 8)

1. Austin, Texas.
New Orleans, Savannah, and Gettysburg are all well-known for their ghost lore and haunted history.
2. The Revolutionary War.
The Headless Horseman is supposedly a ghost of a Hessian trooper beheaded by a cannonball during the Revolutionary War.
3. At the White House.
Lincoln's ghost is said to have been spotted at the White House's Oval Office.
4. Sarah Winchester.
It's said that the gun heiress Sarah Winchester built the mansion, complete with staircases that lead to nowhere and doors that open onto walls, to appease the ghosts of those killed by Winchester rifles.
5. Fire.
Practitioners of voodoo are best known in popular culture for piercing miniature dolls in the likeness of people using sharp pins.
6. False.
The so-called "witches" were unlucky townspeople, typically female, who were coerced into admitting that they practiced witchcraft.

Answers to CARF mini quiz: (above)

1. Commission on Accreditation of Rehabilitative Facilities
2. 1966
3. Five: North and South America, Europe, Asia, Africa

