



October 2013

Recovery Month Events Throughout WestCare

Illinois

As has become an annual tradition, clients at the Sheridan Correctional Center used their creativity and artistic talents to festoon the facility with brightly colored posters, displays and drawings to express their commitment to sobriety. Pictured are staff members with some of the artwork.

Another great job, Sheridan!!



Jessica Bateman and Joe Green



Illinois

Trista Raupp and Liz Carrico



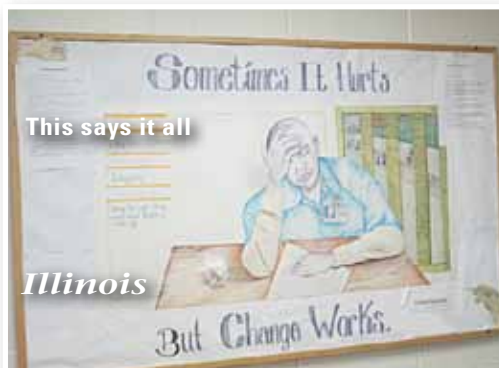
Illinois

Illinois



Liz Johnson, Paul Weitz, Caroline Dickerson, Lorraine Gray

Illinois



This says it all



In This Issue

Page 1-3
Recovery Month Events Throughout WestCare

Page 4
Back to the Roots

A New Dad Gives Thanks

Page 5
The Keys – Israel Connection.
– God's Miracles Still Happen.

Page 6
Services Grow Along the Gulf
Human Resources Corner – Career Opportunities

Page 7
October Calendar
October Health Observances

Page 8
Three-Day Tour of Duty with the
National Guard
Boggs Residents Win Race for Recovery

Page 9
Huge Step Towards Sobriety and Freedom
Halloween Health and Safety Tips

Page 10
Information Technology – IT Corner
The Month of October

Page 11
Tea for Two: An Inaugural Event for
Mothers and Daughters

Page 12
Clear and Free to Navigate
Oct. is Nat'l Breast Cancer Awareness Month

Page 13
The WestCare-Business-Community Connection
In the News

Page 14-15
All in the WestCare Family

Page 16
WestCare "Recruiters" Scout Speakers at
Southern California Event
Make a Difference Day is October 27th

Page 17-18
Kudos

Page 18
WestCare CA In the News

Page 19
The Morans: 40 years of Giving
Did You Know?

Continued on page 2



Recovery Month Events Throughout WestCare – Continued from page 1

California SoberStock

All WestCare California sites, including Bakersfield, Hanford and Sacramento observed Recovery Month . . . and the hub city, Fresno, led the county-wide annual celebration – “SoberStock.” The event was spread over two days in late September in the spacious parking lots at Manchester Center, with hundreds of citizens enjoying the festivities.



WestCare staff were the backbone of the two-day extravaganza.



California SoberStock



Hundreds of visitors found numerous booths with sober living merchandise



Awesome cars were just part of SoberStock festivities

California SoberStock



As depicted in the photos, there was great food, live music, a children’s carnival, an awesome car show and, of course, informational materials about sobriety and healthy lifestyles.

The County of Fresno has hosted the multi-agency extravaganza for 8 years, and WestCare has taken a prime leadership roles. Great job, staff!





Recovery Month Events Throughout WestCare – Continued from page 2

California

'Recovery Happens,' the official kick-off rally for National Recovery Month, took place on the steps of the CA State capitol. Our Sacramento SASCA staff was in attendance with an information booth that was well received for its question/prize wheel. Many spun the wheel not for a prize, but simply to learn more about the recovery process. Their booth also had CSC business cards along with NSG referral paperwork so that was taken for family members or given to parole agents for potential treatment. WCCA staff also attended the 'Recovery Happens' event in Auburn, CA later in the month.

Awesome work, team!



SASCA staff did a fabulous job



Erica Sanchez, Angela Corona and Angela Castellanos

Central California

With WestCare leading the charge, agencies in Kings County held the 9th annual 'Recovery Festival' in Hanford. A wide range of food and fun on a hot and sunny day!

Our YMAX, TREES and San Joaquin Valley Veterans staff members provided informational materials to the hundreds of attendees.



State Capitol welcomed 'Recovery Happens'



Non-stop testimonies and entertainment



WestCare booth was busy

Georgia

Wow! What a way to Celebrate National Recovery Month! The Blanket Atlanta Out-patient Treatment Program, celebrated recovery on September 21st, with seven of the consumers along with family and friends. Together, the Blanket Atlanta Champions and WestCare-GA are on the path to wellness. We celebrate the Champions' success and the positive endeavors as they continue along the path of recovery!



Georgia

Back to the Roots

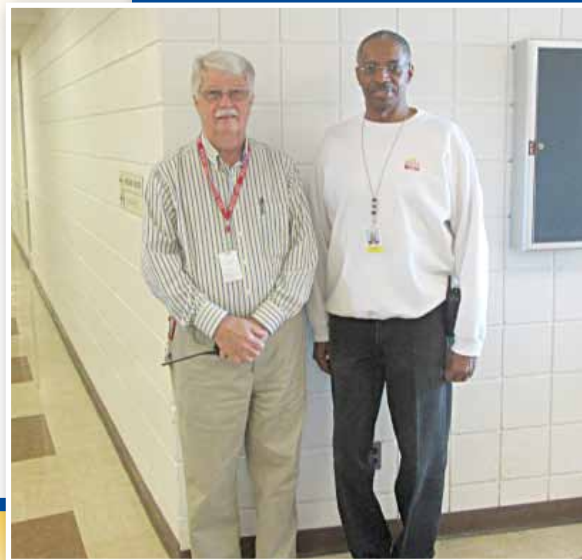
By James Carr and Larry Harvey – *Sheridan Assistant Directors*

Recently the entire Sheridan Correctional Center WestCare staff participated in a one-day training that focused on the history and development of the Therapeutic Community, up to and including the TC model now used at Sheridan in Illinois. The purpose of the training was to educate the staff on why we do the things we do today, what has proven effective, and an appreciation of the concept of community responsibility and cooperation.

The training included various video presentations noting key historical events and the development of current therapeutic practices used throughout the US and other countries.

Role-playing on the use of therapeutic tools comprised the afternoon session with a lively demonstration and discussion on the correct use of “circles” and therapeutic responses. This training followed a week of “Back to Basics” that all clients participated in as part of their regular circle groups in order to gain a better understanding of their role as a member of the Sheridan Therapeutic Community.

Illinois



▲ Trainers James Carr (left) and Larry Harvey

Sheridan staff: (from left)
Lamont McCune, Vince Maloney,
▼ Tonja Jameson, Darwin Williams

A New Dad Gives Thanks

To whom it may concern,
My name is Ivan S. and I currently reside in WestCare program at Sheridan, IL. I recently was blessed with the birth of my daughter Gina Nicaol S. (6lbs 9oz). This blessing that God gave my wife and me was quite the experience for us, due to my current situation. When I found out about the birth of my daughter, I was initially happy and proud, as any father would obviously feel. These positive emotions only lasted a short time and eventually found myself feeling dark and dreary. I really had a tough time realizing that my actions robbed my baby girl of being held by her father the day she was born. Also, the experience for her to look at her first photos and seeing both of her parents present at birth. I also realized I robbed my wife of having her spouse with her as she gave birth to our child. It also hurts to know that my wife had to drive herself to the hospital after her shift at work. She also had to make sure our other four children had proper care with she was in the hospital. Together my wife and I have a 9 year old, three year old, two year old, one year old, and now an infant. My selfish behavior led me to leave her with all our responsibilities.

Later that day during PM development, I was able to experience what true compassion the Therapeutic Community has for a family

member. All my brothers signed cards, they wrote out 101 Reasons why a Father needs to be in his Daughter's life, the entire family dedicated PMD to fathers and daughters, and the bond I felt with the family was a special moment in my life. I saw a group of men come together to celebrate and “pick one up.” I was lucky to be that “one.” I would like to express how grateful I am to have witnessed how well this program can work. I would like to thank the family in C-11 C/D side. I would also like to thank the counselors in C-11 and the officers as well. This house truly shows how well the WestCare Program can work. I am 32 and this is one of my most thankful moments.

The T.C. turned a potentially life long painful memory into a positive and wonderful memory for both my wife and me.

So again, thank you David, Colby, Thomas, and all C 11 for helping me not only get through July 24th but showing me that life has so many rewards to give if you are willing to accept it.

– Ivan S.

P.S. To all the WestCare Staff I would like to let you know all of you do make a difference in our lives. Thank you.



The Keys-Israel Connection. – God’s Miracles Still Happen.

By Gary L. Roberts – Guidance/Care Center
Case Manager Volunteer Chaplain-Marathon Jail,
Big Pine Key Road Prison

Keith is a new client at the Guidance/Care Center of the Middle Keys located in Marathon, FL. As his Case Manager, it became apparent that his primary goal was to find his mother, Irma Jean, who was believed to be living in Israel. He had been reared there from age 2 to 22 and had lost all contact with her for the past four years and had not spoken to her for the past seven years. All of his efforts to locate her had failed and our inquiry to the American Consulate in Jerusalem yielded no results.

Keith believed his mother to be living in Arad, Israel and was formerly working at a vegetarian restaurant located in Tel Aviv. Keith remembered the name of the restaurant and the street location. I have a friend, Felicia, who has been living in Jerusalem for the past several years working in Christian ministry and receive updates from her on Facebook and email. As a last resort, an email was sent to Felicia asking her to see if this restaurant could be located on her next trip to Tel Aviv where she went occasionally, and to find out if anyone knew his mother. Felicia replied that she would be going to Tel Aviv soon and would not forget to see if the restaurant was still there. An exciting email followed in a few days that not only had Felicia found the street and

immediately seen the restaurant, but had spoken to a lady who said that Keith’s mother was still there and she would give contact information to her. Another email from Felicia followed shortly that Keith’s mother had contacted her and was very excited. She had given Felicia her phone number and Felicia had given her my email. Below is the email I received (last name and phone number removed – Hebrew words translated):

“Shalom, Shalom. (Peace between man and God and peace between two countries) I am Keith’s mother. I am so happy to be so close to knowing where my son is. I live in Arad Israel, my phone number is . . . If you send me your number I can call you. Thank you so very much. Please tell my son that-I love him. It has been so long. My appreciation is so strong. Glory to the Creator. Ahturah Akdeeyah (Her Hebrew name) - Irma Jean”

You can imagine my excitement. I found Keith as soon as possible and told him that my friend had some good news from Israel and let him read the first email where Felicia had written that she had found the restaurant. He looked at me in amazement and said –

Florida



▲ Keith and his Case Manager,
Gary Roberts

“You mean there may be hope that I will find my mother?” I then scrolled down to the next email that had his mother’s message. I don’t have words to describe his reaction as he read the message from his mother. All he could say over and over was – “O Wow! O Wow!” This reunion could not wait any longer so we called the international phone number his mother had given. She answered on the second ring and he called her Ema (Hebrew for Mother) and she realized it was her long lost son.

I am thankful to have been a witness to this reunion and know all of us recognize this is what our job is all about!

Boss’s Day is October 16th

Courtesy of
holidayinsights.com



Now here is a day that gives you a chance to both tell and show the boss what you really think of him or her. And, to give your boss the appreciation that he or she truly deserves. So go right ahead and give it to him . . . give it to him good! After all, it only comes around once a year.

What Makes a Good Boss? Here are some attributes people say make for the best boss:

- Fair • Honest • Understanding
- Approachable • A good communicator

Services Grow Along the Gulf

By Frank C. Rabbito – Sr. VP Florida/Caribbean Operations

WestCare expanded its footprint in Florida when Pasco County terminated the provider of its adult pre and post adjudication drug court. The county was looking for an experienced and competent provider to take over its services to drug court. They looked to WestCare and we stepped in and seamlessly began to provide services at 2 locations in Zephyrhills and New Port Richey. Gulfcoast staff quickly located offices and hired staff.

Drug Court services include clinical screening and assessment, treatment and discharge planning, case management, individual and group counseling, education and support groups, and aftercare.

In June, the program expanded to include a contract for drug testing from the judicial

circuit's Public Defender's Office. Recently, the county issued a competitive RFP for drug court services and recently announced the award to WestCare. As an additional bonus, through our legislative efforts, veterans drug courts were funded and we were awarded the PASCO county veterans drug court program and will be providing services to defendants in that court as well.

Congratulations to the staff on this outstanding accomplishment and expanding our presence in the state!

Florida



(From left) Belinda West, Tammy Darnell, Darby Gardner, JoAnn Bowe, Frank Rabbito

Human Resources

Corner

Career Opportunities!

By Michael Shields – VP Human Resources -WestCare Foundation

YIPEE, it's not 100 degrees!!!

I realize that statement is counter-intuitive for most of the country, but here in Las Vegas, fall is greatly appreciated. It means we made it through another summer and into the 9 months of the year that are beautiful!

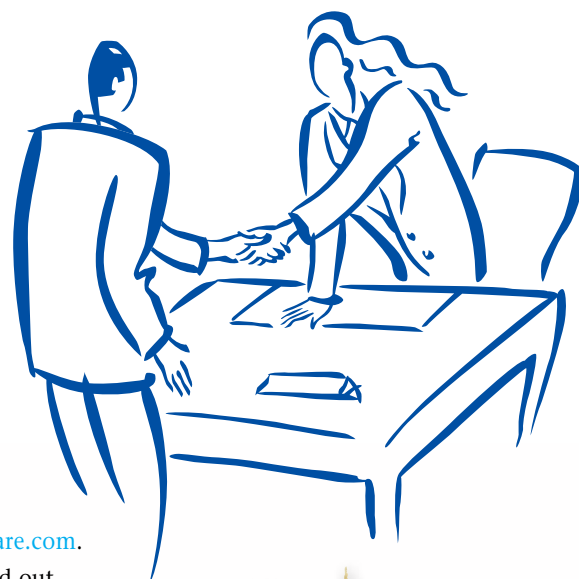
With that geographic/weather based comment made, I just wanted to remind all of you there is a constant stream of career opportunities across all of WestCareLand. Every time a new position becomes available, I send -as you know- an "all employee" email, letting you know what's available. This is one of the amazing, free employee benefits that come with being "bad and nationwide" (apologies to Z Z Top)!

If a spouse gets transferred, you have options. Family still in another part of the country? Options. Just want to get out of the heat/cold/tornadoes/hurricanes? Options!

Please watch for these announcements. We are always happy to keep good people in the family. As you know, internal and external candidates now apply thru <http://careers.westcare.com>. There have been some technical problems with the system, but we are getting those worked out. Current employees interested in moving also need to follow the "Staff Transfer" procedure.

Thanks. Be good to each other. Be good to yourself.

Mike



October Calendar

October 8th

8:00am - 9:00am

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

October 8th

12:00pm - 1:00pm

Nevada - CAC Meeting

October 8th

3:00pm - 4:00pm

FLGC - CAC Meeting
3:00pm/PT – 6:00pm/ET
City Center, 100 2nd Ave. S. #10

October 11th

1:30pm - 2:30pm

CA - CAC Meeting
2145# MLK Facility, Fresno, CA

October 16th

Boss's Day

October 19th

8:00am - 9:00am

East/West Regional Board Meeting
(combined)
8:00am/PT – 11:00am/ET
Video Conf.

October 27th

Make a Difference Day

October 31st

Halloween



October

Health Observances

Mental Illness Awareness Week is Oct. 6-12, 2013

Courtesy of www.nami.org

In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since then, mental health advocates across the country have joined with others in their communities to sponsor activities, large or small, for public education about mental illness.

World Mental Health Day, which is supported by the United Nations (UN), is annually held on October 10th



World Mental Health Day, which is supported by the United Nations (UN), is annually held on October 10 to raise public awareness about mental health issues worldwide. This event promotes open discussions on illnesses, as well as investments in prevention and treatment services.

Depression, including among young people, is a major mental health problem. World Mental Health Day promotes the awareness of such issues.



October is Domestic Violence Awareness Month

Courtesy of – www.ncadv.org

Domestic Violence Awareness Month evolved from the first Day of Unity observed in October, 1981 by the National Coalition Against Domestic Violence. The intent was to connect battered women's advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became a special week when a range of activities were conducted at the local, state, and national levels.

These activities were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year the first national toll-free hotline was begun. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. Such legislation has passed every year since with NCADV providing key leadership in this effort.



The Day of Unity is celebrated the first Monday in October. NCADV hopes that events in communities and regions across the fifty states will culminate in a powerful statement celebrating the strength of battered women and their children.



Three-day Tour of Duty with the National Guard!

Submitted by WestCare Kentucky staff

Director Renee Alexander and Amanda Webb, AmeriCorps Member at the Estill County Community Involvement Center, participated in Kentucky's Operation Immersion which was a joint program between the Kentucky National

Guard and the Kentucky Division of Behavioral Health, held September 10-13 at the Wendell H. Ford Regional Training Center in Muhlenberg County. Participants had a fantastic opportunity to broaden and deepen the understanding of the military experience by living a slice of it for 72 hours. Amanda received the physical fitness award for the platoon. Participants gained knowledge and skills that increased the ability to provide high quality care and WestCare support to the military and Veteran population, as well as making friends for life!



Amanda, Sgt. Johnson, Renee



1st Sgt. Roburge, Renee Alexander, MSgt. Earls, Amanda, and MSgt. Owen

Boggs Residents Win Race for Recovery

By Audrey Mack – Program Director

The Augusta Coalition for Addiction Recovery Awareness (ACARA) celebrates recovery each year through hosting a recovery

dinner and a 5K Recovery Race and disc golf tournament.

The residents and staff from the Boggs program participate each year, but not only do we participate- we always place within the top 3 finishers. This year was our greatest achievement with all 12 residents and 3 staff competing in the race!

The race always serves as a motivator for the residents and provides them with a memorable achievement. We are all so proud of the WC-Boggs Team!

Comments from the residents:

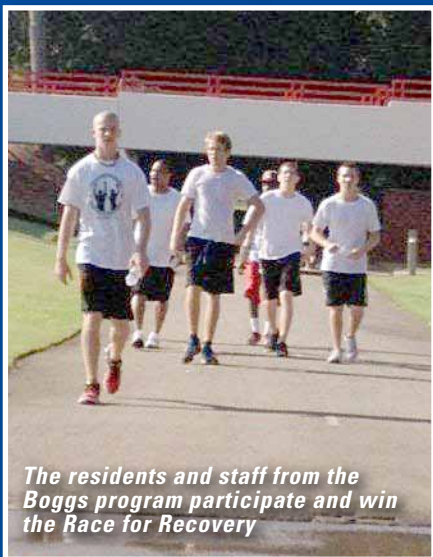
“Recently at Boggs we competed in a Race for Recovery. At first when I heard about it I didn’t take it seriously, we started to train for it and I really got into it. I worked hard to get ready for it. It all paid off too. I won 2nd place overall and I got 1st out of the guys. The accomplishment that I felt after winning was amazing. It helped me realize that through recovery anything is possible.” – Daniel

“As I was jogging I saw beautiful scenery and smelled the fresh morning air. I knew 3.1 miles was a long run so I paced myself the best I could, I eventually felt my legs burning and my breathing got harder. I had to stop and I took a 10 second breather and then forced myself to push through the pain. It took me a total of 28 minutes and 56 seconds to finish the race. Although, I didn’t win- I came in 5th place- I was proud of myself for setting a goal and completing it.” – Michael

“I thought the race was going to be a waste of time and boring; but it was actually really fun. I walked, so it was a good chance to talk and have fun with everyone.” – Ben

“The Race for recovery was my first 5k race and to me, even though I wasn’t first, I felt accomplished just completing it. It was a great experience; I’d love to do it again.” – Ryan

Georgia



The residents and staff from the Boggs program participate and win the Race for Recovery

Huge Step Toward Sobriety and Freedom

By Kelly Inglet – *Recreational Coordinator*

On August 19, 2013, the Wyoming Honor Farm Intensive Treatment Unit (ITU) for substance abuse held its inaugural graduation. The Honor Farm is a minimum security facility with the Wyoming Department of Corrections located in Riverton, WY. ITU is a 72 bed treatment unit that opened July 1, 2013. A majority of the ITU community, including these graduates, began their treatment at the Wyoming Medium Correctional Facility in Torrington, WY, which also has an ITU.

The graduation was attended by all of the ITU community who came to support and cheer on the current graduates. Also attending were family members of the graduates, as well as guests Sam Borbley, the WDOC Program Director, Dr. Cherri Lester, Regional Vice President of WestCare Wyoming, Warden Michael Pacheco, and Andee Hardesty, Program Director of the Torrington ITU. Many of the Honor Farm staff and WestCare staff turned out to show their support for the graduates as well.

The graduates dressed in caps and gowns and sat before the audience. The ceremony began with the ITU family standing together and reciting the ITU Credo and Philosophy. Mark Cox, the ITU Program Director led the

ceremony. Guest speakers included Warden Michael Pacheco, and Andee Hardesty. Speakers also included the graduates who addressed the audience about their journey to this turning point in their lives.

After the graduates were presented their certificate of completion of the program, a very talented Wyoming Honor Farm band, The Agenda, entertained the audience. Most of the graduates are eligible for parole after completion of the program and are looking forward to a new and exciting chapter of their lives with in recovery!

Every month, a new graduating class will complete the program. As the members of the ITU community go through the phases of their treatment, they begin to discover many things about themselves and have a new hope for their future. They begin to see that a life of recovery is something that is possible for them and they look forward to the day that it is their turn to walk across the stage.

Wyoming



Halloween Health and Safety Tips

Courtesy of
www.emergencyemail.org



For many people, autumn events like Halloween and Harvest Day are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety. Below are tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Going trick-or-treating?

- Swords, knives, and similar costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Hold a flashlight while trick-or-treating to help you see and others see you.
- Look both ways before crossing the street. Use established crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Enter homes only if you're with a trusted adult. Otherwise, stay outside.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Information Technology

An occasional column of advice from our Information Technology team

IT Corner

Submitting a Help Desk Ticket

By Sean Harrigan – WestCare Foundation Systems Administrator

We all have technical problems from time to time that require assistance. Even IT people need help sometimes, and we use the same basic process that you use when we request support. This process creates a record of your request, what was done to resolve the issue, and who handled it in case there are issues in the future. This helps the IT department to staff and train properly, to identify trending issues that might indicate larger problems, and to properly and efficiently assign work. It also puts you in line to receive assistance in the order you request it.

How Do I Submit a Ticket?

The first place you should go to submit a ticket is the intranet, or the WestCare Employee Portal. You'll see a link on the left side of the page that says "Technical Support." You should fill in all of the information completely, including a contact phone number and extension, a descriptive subject line, and a description of your problem or request with as much detail as possible. Including all of this information helps us to properly triage your request, and to contact you without any

unnecessary delay.

If you can't access the employee portal, you can contact us via email at helpdesk@westcare.com. An email to this address creates a ticket in our system, so make sure to include the same information you would when you use the form.

If you have no email access you can give us a call at 702-410-7595, or at extension 10200 from a Polycom phone. We can get pretty busy around here so you may need to leave us a message. If you do leave a message make sure to include the same details you would if you were submitting a ticket via the other two methods. Leaving a message creates a ticket in our system with your message attached.

Helpful Hint

The standard HIPPA disclosure statement is automatically attached to every email leaving our organization, and is not required for internal email. If you include this disclosure in your personal email signature it will show up two times in every email sent outside of our organization, and you should remove it from your signature.

WestCare IT Help Desk

Intranet: <https://secure.westcare.com/intra/ctl/techsupport/request>

Email: helpdesk@westcare.com

Phone: 702-410-7595 or Ext. 10200 from a Polycom phone



The Month of October

October Birthstone: Opal:

The Traditional Metaphysical Properties for the October Birthstone Opal are happiness, faithfulness, loyalty and confidence. The healing properties of the October birthstone are reputed to be effective for health problems relating to the eyes and eye infections. The Opal is also used to enhance visualization, imagination, dreams and healing.

Sign of the Zodiac and Dates:

Libra – Sept. 24 - Oct. 23.

October Birth Flower – the Calendula (Marigold):

The meaning of the October Birth Flower, the Calendula (Marigold) is sorrow or sympathy

Characteristics of Libra:

Charming, Perceptive, Diplomatic, Pleasant & Refined



Tea for Two: An Inaugural Event for Mothers and Daughters

Submitted by Sarah-Thomas Nededog – WestCare Regional Vice President

Project Isa-Ta is committed to helping improve the quality of life for adolescent females on Guam. It currently provides self-esteem and prevention workshops, as well as community events which actively engage the girls and their parents. Project Isa-Ta takes pride in the positive changes participants have made for themselves and their community. Taking it one step further, on August 31, 2013, the project hosted its first annual Mother & Daughter Relationship Building event – “Tea for Two.”

In partnership with Soroptimist International of Guam, twenty-five pairs of mothers and daughters met in the Club House of the Leo Palace Hotel. Coming from all walks of life, these ladies and girls took the time from their weekend to strengthen their relationship with each other. The event opened with welcoming remarks from WestCare Pacific Islands Vice President **Sarah Thomas-Nededog** who encouraged the workshop attendees to listen with an open heart and speak with warmth.

Project Staff members; **Lolita Munoz, Kat Tolosa, Anya Mendiola**, AmeriCorps Member **Brittany Funes** and student interns **Camarin Shiroma** and **Gemma Bustamante** led girls through a series of workshops and activities to ignite visions of hope for the future, including a teach-back mother/daughter dance session. Pacific Islands Board Chair, **Dr. Mary Okada**, shared inspirational words as a reminder of traditional island cultural values and the reciprocity of good and unwavering support in the community.

Local musician **Ruby Santos** provided stories on how music can be therapeutic followed by a few songs she wrote to depict resolving emotional turmoil in her life. A presentation on traditional Japanese tea ceremony was given by the Deputy Consul General of Japan **Toshio Matsumura** coordinated by **Bri Hobbin** with Soroptimist International of Guam. The Consul General stated the tea ceremony is treated in such high regard due to it being a “moment that can never be repeated or imitated.” Special guest and First Lady of Guam, **Mrs. Christine M.S. Calvo**, who also attended with her daughters, walked down memory lane and reminisced how it was when she was growing up. As she started a family and raising her own children, she found herself applying the same values she had learned from her mother. Calvo summated that the greatest joy that no one can take from her, is the memories she has a mother.

The day was summarized by sharing the uniqueness of a mother’s love for her children that is sometimes complicated and not measured or concretely defined. However, communities must work together to provide a positive environment for mothers and daughters to thrive.

They must remember that these daughters – young ladies who are constantly learning – will become mothers in their own time. WestCare Pacific Islands continues to foster a healthy community through programs like Project Isa-Ta and its partnerships, to include our participants and parents!

Pacific Islands



▲ Moms, daughters and WestCare staff enjoy time well spent



WestCare staff at their successful event



Clear and Free to Navigate

By Richard Harris, Educator WestCare TREES Program, Hanford, CA

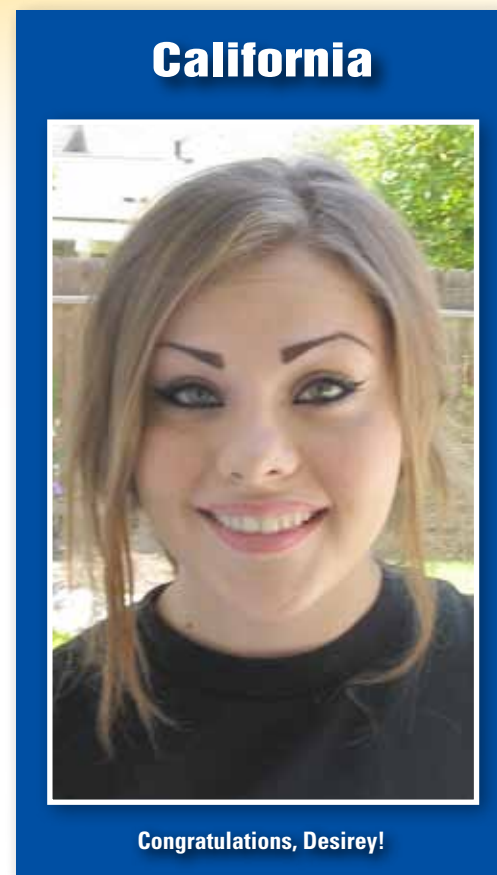
It was a cold day in February when Desirey first appeared on our doorstep at the TREES Program in Hanford. She had been incarcerated for a long period of time, was a recovering meth addict, and a ward of the state. She felt bottomed out, dejected, very angry, and low on hope. However, there were people pulling for her as she had a probation officer who was unwilling to give up and placed her in a KYJO group home here in Hanford.

She wasn't crazy about being here and especially not crazy about taking CASAS assessments. Her Reading score was the highest we had seen of any client in the program and despite her distaste for Math, her Math score indicated she was ready for GED prep. At 17 and having been incarcerated for so long, she was behind in the credits necessary to graduate from high school. There were very few options left for her other than the GED or the CHSPE (California High School Proficiency Examination). She grudgingly decided to prepare for her GED. The subject matter for the Writing, Reading, Social Studies, and Science would need a general review, but the Math test was another story. She had to navigate 4 years of high school level Math in a matter of months.

Our counselor Val Ferrel and I had to start by putting her in a routine of regular counseling and GED study sessions. Another important piece was to get her setting goals and what accomplishing those would help her achieve. We also had to look at how we could keep her grounded and focused in the process. As her teacher I also had to find her "hook." The hook

is that piece that would make learning less of a chore for her. Laughter was Des's hook. All I had to do was poke fun at myself and act like an old fogey and sci-fi nerd to get her laughing. Most of the time that worked, but difficulties still occur in life and recovery. It's good to have a counselor around like Val, who is so good at convincing clients to be honest with themselves. He was like a safety net and sounding board for her in good times and bad. Our Administrative Assistant Diana also helped her keep grounded in terms of those things that she didn't feel comfortable sharing with curmudgeons like Val and I. It was these pieces that pushed Des toward those critical test dates in August 2013.

She plowed through the first four tests and passed them with flying colors. She couldn't believe it, so I set her test scores in front of her and pointed out to her that SHE took those tests, not anyone else. She was winning and she needed to believe in her accomplishment. Her Math test still loomed ahead and she wasn't looking forward to it. All of us gave her words of encouragement before she took the Math test. When the Math results came in however, she had scored below passing. There were times after this test that she was almost inconsolable and willing to give up. It took all of us, but we convinced her to give it another shot. I did an intense review with her of all our Math subject matter over the course of 2 weeks. On September 3, 2013, Des took her test again. She would be leaving for a new home on September 16th and we were anxious to help her close this chapter of her life and start fresh. Des had given me



permission to check her GED scores so as I came in on September 11th, I checked to see if they had been posted. The score was there and she had passed! Des surpassed the minimum passing score on all tests and had completed her GED! I almost spilled my coffee on myself I was so overjoyed. We gathered in Val's office as he called her at the group home and passed on the news. She was elated and almost in tears. We passed along more words of encouragement as the reality sank in and I thought back to one thing I had told her from one of our study sessions. *"If you pass this test, you'll be clear and free to navigate."*

Warp speed grasshopper and watch for bumps.

October is National Breast Cancer Awareness Month

Courtesy of NBCAM.org



Since its inception more than 25 years ago, NBCAM has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. NBCAM recognizes that, although many great strides have been made in breast cancer awareness and treatment, there remains much to be accomplished. Today, we remain dedicated to educating and empowering women to take charge of their own breast health. We encourage you to regularly visit these sites to learn more about breast cancer, breast health, and the latest research developments. <http://www.nbcam.org/#partners1>

The WestCare-Business-Community Connection

As part of the 19th annual United Way's Day of Caring, generous volunteers from SimplexGrinnell brought shovels in hand and joy to the hearts of the grateful residents of Veterans Plaza. Not only did they help plant a gorgeous raised flower bed, they also repaired the old broken water facet out front. That same morning, MLK clients helped lend a hand with daily duties at the Poverello House, including serving meals, preparing hygiene kits and sorting donations. WestCare California applauds the efforts of all of these great volunteers. Together, we can all do our part to "Uplift the Human Spirit."

California



WestCare California applauds the efforts of all of these great volunteers

In The News

Courtesy of jointogether.org

Number of People Seeking Addiction Treatment Could Double Under New Health Law

The number of people seeking addiction treatment could double under the Affordable Care Act, the Associated Press reports. Under the new law, four million people with drug and alcohol problems will become eligible for insurance coverage. The surge of new patients is likely to strain the substance abuse treatment system, the AP notes.

How many new patients will seek addiction treatment will depend in part on how many states decide to expand their Medicaid programs.

"There is no illness currently being treated that will be more affected by the Affordable Care Act than addiction," Tom McLellan, CEO of the nonprofit Treatment Research Institute, told the AP. "That's because we have a system of treatment that was built for a time when they didn't

understand that addiction was an illness."

The new law designates addiction treatment as an "essential health benefit" for most commercial insurance plans, meaning the plans must cover it.

Substance abuse treatment is to a large extent publicly funded, and run by counselors who have limited medical training, according to the article. Programs are already running over capacity in many places, and have been hit by government budget cuts. The increase in patients could result in long waiting lists, treatment agencies warn.

According to the 2012 National Survey on Drug Use and Health, 23.1 million people ages 12 and older needed treatment for an illicit drug or alcohol use problem last year, but only 2.5

million received treatment at a specialty facility. About one-quarter of those who need treatment but do not receive it lack insurance, according to the article.



All in the WestCare Family

Last month's question:
What is your favorite hobby, and how does it fit into your life?

Art Irise in California says:

"Well, mine is more game than hobby, but I play almost every Wednesday night throughout the year. The game is cribbage. It was invented in the early 1600s by Sir John Suckling, an English courtier, poet, gamester and gambler. We have the American Cribbage Congress (ACC) and also the Grassroots clubs under that. We have tournaments all over the country. You have an entry fee and you are able to win cash prizes. It's a lot of fun and you meet some great people!"



Art Irise (right) and his Cribbage pal, Denis Ryan

Don Smith in California:

"Spending time and enjoying the outdoors is not just my hobby, but my release from daily stresses. It is therapeutic and provides a much needed sense of serenity."



Don Smith, aFISHionado!



Don Smith ... "It is therapeutic."

Michael Mygind in Fresno, California

"I enjoy spending my free time not only playing video games with friends, but also searching for and collecting retro games and systems. Video gaming played a big part in my childhood and continues to be one of my biggest passions."



Michael MyGind

Jarett Oroszi in Reno, Nevada

"I enjoy riding my motorcycle. It feeds my adrenaline needs, but can also be relaxing too when I need it to be . . ."



Jarett Oroszi, Reno CTC

Michael Blackwell in Georgia

"Golf, because it is amazing after acquiring the skills to control, direct, or manipulate the ball around the course, you learn to appreciate the rewards of your labor."

Golf is like the game of life, obstacles will occur, but it's up to you to use all off the skills to go around, through, above, or below them, to get to the other side."



Michael Blackwell



All in the WestCare Family

Last month's question:
**What is your favorite hobby,
 and how does it fit into your life?**

Natalie H. Manning in Georgia

"I looked up the definition of hobby just to make sure that one of my favorite pastimes would fall into that category. According to one of the sources I located, it said that a hobby is an activity that we do in our spare time that makes us happy and allows us to relax and forget about everyday troubles.

Having said that, one of my favorite hobbies is laughing because it is something I enjoy doing at work, with my family, friends, and even complete strangers. I have also been known to laugh even when I am by myself. Laughter allows me to relax and take myself away from the seriousness of some of the day to day events, including challenging moments at work and at home. Laughter is something that I can enjoy

with any age group including my youngest grandson, my daughters, co-workers, and even strangers I meet in all walks of life. That is because laughter is a universal language that crosses every facet of human life. Laughter has no specific rhyme or reason and has even been known to have medicinal purposes such as a stress-reducer, mood-changer, etc. It requires no skill level but some are better at it than others. At times when I feel down, I could reach for a memory from the past that I laughed so hard that it can immediately change my mood from sadness to joy even for a moment. Best of all it . . . costs nothing!"



Natalie H. Manning-Georgia



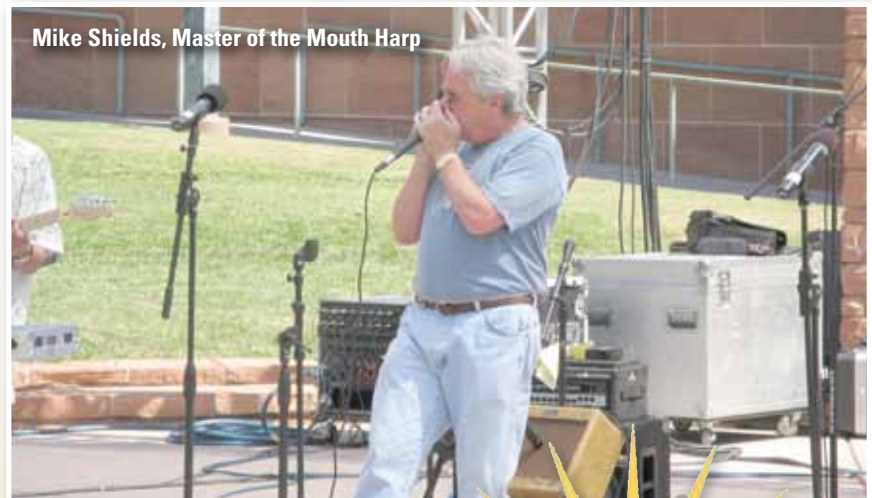
Sharon McArthur-Georgia

Sharon McArthur in Georgia

"My favorite hobby is bringing beauty to life by the many one-of-a-kind flower arrangements that I create. My flower arrangements fit perfectly in my life because they bring smiles and happiness to others. The arrangements range from those special moments of our life to the best times. This is why my favorite hobby is flowers...especially forget-me-nots!"

Mike Shields-Foundation, Las Vegas

"Music was, is, and will always be my hobby. I have been kicking around in Blues, Soul and Rock 'n Roll bands since high school. Nearly a thousand years ago! Since 'Sports Mike' is no longer physically functional, 'Mo-town Mike' is my only vent! I can't hip check anyone on stage-though I have tried! But I can scream out a song or use up all my energy on a harp solo (as pictured to the right)."



Mike Shields, Master of the Mouth Harp

Next Month's Question:
The holiday season is approaching.
Is it a time of stress for you,
or enjoyment?

Please send your response and a photo by October 15th to:

John.wallace@westcare.com

WestCare ‘Recruiters’ Scout Speakers at Southern CA Event

By Maryellen Pistalu – Contract Compliance Director

After receiving an invitation to attend the Expert Speakers Series at Pasadena Recovery Center to hear celebrity alumni speak about their experiences there, Graduation Committee Chairpersons **Mardi Palacios, Maryellen Pistalu and Sean Whitten** went on a marketing road trip.

Their goal was to bring awareness to WestCare CA, and take the opportunity to pursue speakers for future graduation ceremonies that are held twice a year in Fresno. They knew this was an excellent opportunity to market because they had a vested audience.

Once there they had the opportunity to hear Celebrity Alumni Jason Wahler, Amber Smith, Mackenzie Phillips, Dr. Drew Pinsky, Shelly Sprague and Bob Forrest.

They returned having enjoyed a tour of the facility and one-on-one conversations with several of the celebrity alumni. They exchanged information and talked about the possibility of the alumni sharing their stories with WestCare CA clients at a future graduation ceremony. So don't be surprised if at an upcoming

graduation WestCare California has a celebrity keynote speaker!

California
Maryellen with ‘Celebrity Rehab’ stars Dr. Drew and Shelly Sprague ▼



(left to right) Sean, actor Jason Wahler, Maryellen, Mardi

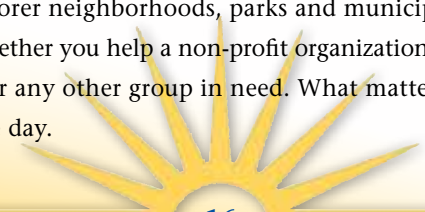


Make a Difference Day is October 27th

Courtesy of holidayinsights.com



Initiated in 1990, this is a national day is for devoted to helping others by doing volunteer work in the community. The activity can be almost anything. Millions of Americans participate in community improvement projects. It takes the form of cleanup, fixup, painting, and repair in poorer neighborhoods, parks and municipal facilities. It doesn't matter what project you take on. It doesn't matter whether you help a non-profit organization, the community, your town, nursing home, a church, a food kitchen, or any other group in need. What matters is that you participate. Make a commitment to help others for just one day. Make a difference on *Make a Difference Day!*



Kudos!

WestCare Honors Its 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.



Rochelle Landingham

Wisconsin – **Rochelle Landingham**

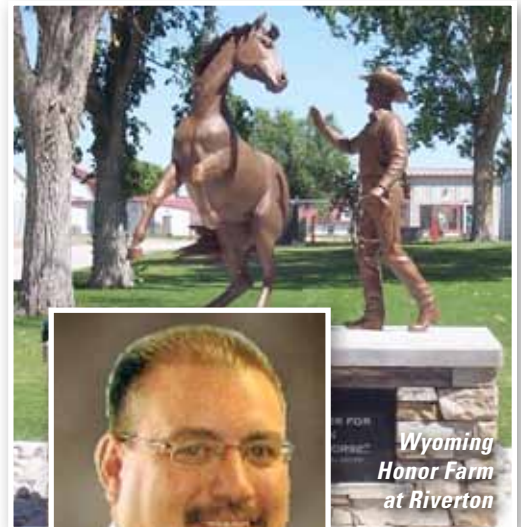
We are so pleased to hear of **Rochelle Landingham's** appointment as Executive Director of WestCare's growing presence in Wisconsin. Rochelle has been with us since the start, and served with the late **Reverend Dr. James White**.

Rochelle is a long-time neighborhood servant in the Milwaukee area and highly-respected in the Harambee Community, where she serves as Family Services Coordinator. She has multiple degrees from Marquette and Cardinal Fritch universities.

Congratulations, Rochelle!



Editor's note: Most of our WestCare employees are unfamiliar with the unique challenges of working in your various lock-down facilities. Here's an example of special training paying off, and resulting in special recognition by Warden Michael Pacheco



Wyoming Honor Farm at Riverton

Wyoming Honor Farm Warden Michael A. Pacheco

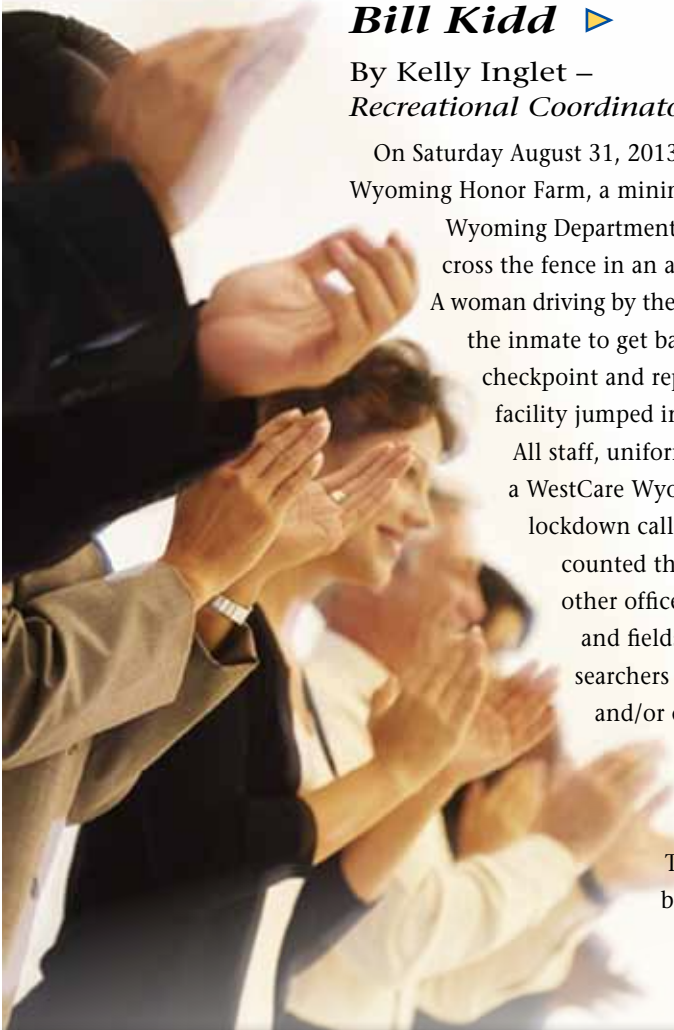
Wyoming – **Bill Kidd** ▶

By Kelly Inglet –
 Recreational Coordinator – WestCare Wyoming ▶

On Saturday August 31, 2013, an inmate residing at the Wyoming Honor Farm, a minimum security institution with the Wyoming Department of Corrections, made a decision to cross the fence in an area inmates are not allowed to go. A woman driving by the area spotted him, and after telling the inmate to get back where he belonged, she drove to checkpoint and reported him. Immediately, the entire facility jumped into action. The inmates were placed on lockdown and an emergency count was called.

All staff, uniformed and non-uniformed, worked together in trying to find the inmate. **Mr. Bill Kidd** a WestCare Wyoming counselor, was working that day. He said as soon as he heard the emergency lockdown called, he returned to ITU D-dorm where he works to await further orders. Mr. Kidd counted the inmates in the D-dorm so that the officer assigned to that dorm could assist the other officers with the search. A second count was called, everyone was counted again. All dorms and fields were being searched. The area where the inmate was spotted was muddy, so the searchers knew they might find the man they were looking for by checking for muddy boots and/or clothing. It did not take long for him to be located and he was immediately taken into custody. Said Mr. Kidd of the incident, "It was because of our training that everyone was able to work together and know exactly what to do, it all went very smooth."

Thanks to staff members at the WHF, including Mr. Kidd, an incident with potential to be quite significant was quickly brought under control. It is nice to know that there are such professionals working to keep everyone safe, including the nearby town of Riverton, WY. We are all very grateful. **Thank you, Bill Kidd!**



Kudos!

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: (left to right) Tracey Betts and Sarah Thomas Nededog

Pacific Islands – Sarah Thomas-Nededog

We’ve mentioned the growing footprint of WestCare services, literally around the world. And nothing exemplifies this better than our Pacific Islands region. While most of our early efforts have been based in Guam, many other services are starting to take hold on islands throughout Melanesia, Polynesia and Micronesia. (If you can’t remember these, you may have Amnesia.)

Our Pacific Islands Vice President, **Sarah Thomas-Nededog**, hasn’t visited ALL the 30,000 islands (63 million square miles!), but she has the pulse on the needs. Here she is pictured with Hawaii VA Administrator Tracey Betts.



WestCare California In The News

Courtesy of The Fresno Bee

Parolees to Pick Up Trash Along Highway 99

Editor’s note: A previous Express mentioned hopes for an extended partnership with the state of California in a win/win situation. Here’s an update, courtesy of, and excerpted from, The Fresno Bee. Full article at fresnobee.com 9-20-2013

More parolees will be cleaning up Fresno County highways over the next three years through a new Caltrans agreement with the California Department of Corrections and Rehabilitation.

The statewide program has been in place since 2009, but Fresno County joined in officially on July 17.

The new parolee program will create a “total change to Fresno County,” cutting back significantly on the litter “eyesore,” CHP Capt. Dave Paris said during a press conference Thursday.

Two crews of eight parolees will work 40 hours a week for 90 days and be paid \$10 an hour per person, said Colleen Curtin, chief of community re-entry services for the corrections department. Statewide, there are 17 parolee crews.



▲ **James Mills, director of WestCare in Fresno**, (2nd from right in photo) a nonprofit that works with parolees, said helping them find jobs after being released from prison greatly reduces the likelihood that they’ll end up in jail again. The Caltrans work program will help many break multigenerational cycles of “dysfunction and self-destructiveness,” Mills said.



The Morans: 40 years of Giving

By Heather Frost – Women and Children’s Campus Program Director

WestCare’s Women and Children’s Campus has been granted a miracle! The Las Vegas campus is full of love, support and recovery; however it is time to take care of the physical structure that holds all of it together. With the help of some brilliant angels we hold dear to our hearts as community partners, the Women and Children’s Campus was honored to receive Home Depot’s year of giving grant, a sum of \$24,000. This grant will be a great beginning of the renovation of our campus, beginning with our Veterans Emergency Shelter wing. This wing houses homeless female veterans for up to 90 days. The Home Depot employees will begin renovations on the campus October 30, 2013.

The Home Depot Grant award has not been the only blessing for WestCare Nevada’s Women and Children’s Campus! On October 19, 2013 we will have approximately 500 volunteers from the Crossings Church to blitz the campus with a paint job inside and out, with paint donated from Gliddon Paint. The staff, women, and children are looking forward to having a brand new and fresh campus! Thank you to all of our wonderful volunteers.

WestCare has been so gratefully blessed by the Moran family that has supported us throughout 40 years now. It was time to say “thank you,” and we had the great honor of recognizing **John and Marilyn Moran** for their years of dedicated service. **Mayor Carolyn Goodman** came out to present John Moran with a key to the city and thank his family for all they have done for WestCare and the community. We also unveiled the master plan for the renovation to the friends in attendance and everyone was excited and offered their professional assistance in many ways. We can’t wait!!!



▲ (From left) Erin Kinard, Kevin Morss, Dick Steinberg, Home Depot’s David Cabrera and Heather Gore, and Heather Frost



▶ (From left) Heather Frost, Kevin Morss, Dick Steinberg, John Moran, former Mayor Ron Lurie, Marilyn Moran, Board Chair Jim Wadhams

Nevada

Did You Ever Wonder ... ?

Pass the Buck

Meaning –

Evade responsibility by passing it on to someone else.

Origin –

Poker became very popular in America during the second half of the 19th century. Players were highly suspicious of cheating or any form of bias and there’s considerable folklore depicting gunslingers in shoot-outs based on accusations of dirty dealing. In order to avoid unfairness the deal changed hands during sessions. The person who was next in line to deal would be given a marker. This was often a knife, and knives often had handles made of buck’s horn – hence the marker becoming known as a buck. When the dealer’s turn was done he *‘passed the buck.’*

The best-known use of buck in this context is *‘the buck stops here,’* which was the promise made by US president Harry S. Truman, and which he kept prominent in his own and his electors’ minds by putting it on a sign on his desk.

