



September 2011

WestCare Arizona Recognizes Alumni During Recovery Month

By Tracy Stevens – Area Director

Over the years, WestCare Arizona has seen numerous men and women attend outpatient substance abuse treatment. Some have had great success starting with the first group they attended, while others managed to complete their treatment only to relapse and fall right back into their addiction. Then there have been those who continued to relapse after short periods of sobriety, never quite getting it until they were ready. Alumna Heather S. is one such former WestCare client. As we celebrate Recovery Month and give praise to all the men and women in recovery, I asked Heather if she could write a little something about her recovery journey. She is a miracle and this is her story in her own words.



My name is Heather S., a resident of Laughlin, Nevada since 2002. After I moved here, I got my first DUI in November 2002. I went to treatment at WestCare Laughlin, graduated and then thought I could control my drinking (not). I got another DUI in 2006, still thinking I could control my drinking. I went to 12-step meetings, but could not seem to get it. I was in and out of jails; I had blackouts and relationship problems all due to my drinking. I was in and out of treatment at WestCare Laughlin and then finally after all the years of self-destruction, I got my third DUI in 2008. I believe that was my bottom. In 2009 the WestCare Laughlin office closed and I began outpatient treatment again at WestCare in Bullhead City.

I had been attending treatment on and off at WestCare for 3 years. The more I kept coming to WestCare the more I learned about myself and my addiction. I spent 90 days at WestCare's Blossom House Sober Living facility. It was a real challenge, but I learned to be responsible and grateful. I am very grateful for my counselors as they have been where I have been and understand what I have been through and they helped me understand how powerful this disease is. WestCare has taught me that I have choices today and

realize that my drinking was only a symptom of my problems. Thank you WestCare and staff for teaching me a new way of life. Today I have 15 months of sobriety. – Sincerely, Heather S.

Heather continues to come back and participate in our Tuesday night substance abuse group at least two times per month. She shares her experience, strength and hope with the clients. We are very proud Heather and all her accomplishments.

JOIN THE VOICES FOR RECOVERY

RECOVERY BENEFITS EVERYONE

National Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2011

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Kudos!

Giving Back in a Big Way! More Great Work by WC Alums!

By Jennifer Hilton – *Harris Springs Ranch Director*

Since December 2010, the Harris Springs Road has been in need of major repairs. Heavy flooding over the 2010 winter caused a washout of the road and had redirected the Harris Springs Stream to run directly down the side of the road. This concern presented a large danger of further wash out and flooding especially with flash flood season upon us in here in Southern Nevada.

WestCare Nevada's 11 year Alumni member Mathew Barber, seeing this issue during the monthly meetings they provide, decided to see what they could do to help fixed this issue. He was able to gather donations from his company, Maui One Construction, for labor and materials for \$10,000.00 and from RC Trucking for 2 days usage of a back hoe for \$5,000. He then gathered a team of Alumni volunteers who under his direction in one day dug up the Harris Springs Road and installed two new 20 ft. long culvert diversion pipes under the HSR road, redirecting Harris Springs Stream to its original flow area.

Without his help and the team work of the amazing graduates of Harris Springs Ranch, during the following weeks 2 flash floods Harris Springs Ranch Road most likely would have washed out. Thank you to our amazing Alumni for their continued commitment to Healing, Growth, and Change. They are a shining example of what RECOVERY looks like!



Matt on the pipe

Nevada



Matt showing everyone



Guys surveying work



Smiley Matt



Tough talk



Matt measuring

Labor Day is September 5th, 2011

Labor Day is a federal holiday in the United States which takes place the first Monday in September. The inception of the holiday dates back to the late 1800's when labor unions formed. It was celebrated by the government as a day to recognize the accomplishments of the American worker. Now, it signifies a day without labor where government entities and many private employers allow their workforces to take a day off with pay. As the holiday evolved, many Americans celebrate Labor Day with parties and parades; as it signifies the last day of summer and the start of a new school year.



Re-dedication and Red Ribbon Cutting Ceremony

By Charlene Hamann – *Recreation Therapist*

Illinois



Warden Kenneth Osborne officiates at C26 Re-Entry Program facility



On July 25, 2011, WestCare/Sheridan had a re-dedication and red ribbon cutting ceremony for building C-26, which is home to the new re-entry program now offered by WestCare. Guest speakers included Warden Kenneth Osborne, WestCare Senior Vice President Leslie Balonick, WestCare Program Director Stan Brooks, TASC Director Janelle Prueter, and IDOC Casework Supervisor Steve Stocker. Each one offered words of encouragement, reminders of current goals and progress, and past mistakes. Speakers stressed the opportunities that the WestCare/Sheridan program gives, noting it is the graduating clients that leave SCC and continue onto successful out-patient recovery programs and sober lifestyles that make SCC a well-known, positive place for drug offenders to seek treatment while incarcerated.

After final comments were made, Master of Ceremonies Angela Daniels, Administrator of TASC, introduced Father Waugh for the blessing of the building, its clients and staff. Soon after, Warden Osborne was given the honor of cutting the red ribbon and re-dedicating the program. One of the current clients from the C-26 housing unit led the family in reciting the "Five Agreements," which include phrases that the clients now recite and abide by daily: Be impeccable with your words; Don't take anything personally; Don't make assumptions; Always do your best; Be skeptical, but learn to listen.

Finally clients marched back into the newly re-dedicated building to the sound of festive and uplifting music. A small social hour of donuts and coffee was offered to all staff attending following the event. Others attending included WestCare C-26 Assistant Director John Zidek, supervisor Stephanie Wright and counselors Denise Schultz, Ed Buckley, Erin Deobler and Lamont McCune.

WC Sr. VP Leslie Balonick (seated at left) joins her hard-working team at Sheridan event



WestCare at the Dome!!!

By LeNorris Evans – *young Boggs program sportswriter*

Are you ready for some football America!? It was the preseason opener with the Miami Dolphins at Atlanta Falcons on Aug. 12, 2011. A Dome full of the color red with a few orange and blue spots in the crowd. The feeling of football was in the air. The Falcons starters came out in the middle of fireworks. We could feel the heat of the fireworks hit our faces. The Falcons got the first possession but started off with incomplete passes and a penalty. First pass by the Miami quarterback was stopped by a tremendous interception by defensive end John Abraham. This gave the Falcons good field position early in the game. A good drive down the field was led by Matt Ryan. Michael Turner runs into the end zone with 11:12 on the clock! That puts Atlanta ahead quickly in the game 7-0. The Dolphins seemed liked they just couldn't get it together. On the other end, Ryan was clicking on all cylinders

with the offense. The first quarter ended with The Falcons up 17-0. After the first quarter Ryan sat down and John Parker Wilson took the field. On the other side, Matt Moore stepped in for the Dolphins. The Dolphins scored 14 unanswered points in the 2nd quarter.

The second half was one sided to the Dolphins. It featured an amazing punt return for 75 yards by Livas of the Dolphins. The Atlanta Falcons had one more chance to come back, but it was ended by an interception in Miami territory.

Well, most of us were disappointed that the Falcons lost 25-28. (Except for 2 Boggs residents that went for the Dolphins.)It was a great experience for the residents at WestCare-Boggs. We would like to thank WestCare Foundation for this wonderful adventure.

Georgia



Human Resources

By Michael Shields
– WestCare HR Director



As a follow-up to the article Susan Rinaldi and I submitted to the August 2011 issue of "WestCare Express", entitled, "Leadership Character: The Role of Integrity", I wanted to tie-in to two very important pieces of the overall WestCare philosophy.

We established the WestCare Mission and Vision statements many years ago. Virtually all employees were asked to meet and discuss these statements, and come up with something that truly represents what WestCare is all about. Here's what came from the discussions:

Mission:

WestCare empowers everyone with whom we come in contact to engage in a process of healing, growth and change benefitting themselves, their families, coworkers and communities.

Vision:

WestCare devotes our best collective and individual efforts toward "uplifting the human spirit" by consistently improving, expanding and strengthening the quality, efficacy and cost-effectiveness of everything we do in building for the future.

Notice some similarities to the "Integrity" article? See some common themes?

What we need to remember as WestCare Employees is to treat everyone, from Clients to everyone at all levels of the organizational chart, with dignity, respect and professionalism.

Everything we do should be to make it a better day-and a better life-for everyone around us. The morals and ethics we were all taught when we were little kids-stuff like "Do unto others"-should guide our every move as individuals, co-workers and as an organization.

Simple stuff, but easy to forget. "Baby steps" in that direction will take us a long way!

Next up: The WestCare "E.D.G.E"



The Donor Corner

By Sharon Steinberg
– Major Gifts Director

Most Valuable Resource

WestCare is an organization that has survived changing times, changing economy, and evolving technology. At a time when many non-profits have closed their doors, we have been blessed to continue our quest to "Uplift the Human Spirit." We depend on a strong grant-writing department and Government contracts for some of our services, as well as donations. If we are to survive and grow in economically unsure times, we have to make use of our community resources.

WestCare has relationships in all of our locations with individuals and local business that allow us to provide the services our clients need in the most efficient and cost effective manner. Whether it is an in-kind donation of cleaning supplies, installing kitchen cabinets, or donating professional services, everyone has something to give. I believe introducing people to the wonderful work we do at WestCare is a blessing to them and

to us. When you arrange a tour at one of our facilities, it usually opens a door to a relationship in our community.

Cash donations are wonderful. They allow us to offer more services to our clients. This year if our employees and friends of WestCare will begin to introduce their friends, professional acquaintances, and associates to WestCare, there is no telling how far this could go! As an example, in Kentucky our Rotary Club members, SouthEast Telephone, and many churches became friends and they now give on a regular basis.

If you are proud of what you do with WestCare to serve mankind, don't keep us a secret. Let's get our communities involved with our work!



WestCare Foundation

SPECIAL EMPLOYMENT OPPORTUNITY ANNOUNCEMENT

WestCare Foundation, Inc., a national network of nonprofit, community-based behavioral health affiliates is proud to be an AmeriCorps National Direct grantee through the

Corporation for National and Community Service. Join the national service movement and help us uplift spirits, strengthen neighborhoods and build strong families! Interested individuals

please email or fax your resume and a complete WestCare AmeriCorps Application to Director of Human Resources Michael Shields at mshields@westcare.com or 702-307-4036 (fax).

ATTENTION U.S. VETERANS:

Join the National Americorps Service Movement and Earn a Stipend While Making a Difference in the Lives of Other Veterans

WestCare Foundation, Inc, a national network of nonprofit, community-based behavioral health affiliates is recruiting U.S. military veterans to fill 40 full-time position slots in its new AmeriCorps National Direct program (www.americorps.gov). Full-time AmeriCorps Members will provide 1700 hours of hands-on service over a 12-month period at a WestCare affiliate serving veterans and their families (onsite and in the community). Members will assist program staff to provide recovery support services, skill-building, screenings and assessments, etc. Member positions are available at WestCare program sites in Arizona (Mohave County); California (Fresno, Sacramento, San Diego); Florida (St. Petersburg, Miami, Keys); Georgia (Atlanta, Augusta); Illinois (Cook County); Kentucky (Irvine, Pikeville); Minnesota (Minneapolis, St. Paul); Nevada (Las Vegas, Pahrump, Reno); Tennessee (Sneedville); Wyoming (Torrington, Cheyenne); Pacific Islands (Guam, Saipan); U.S. Virgin Islands (St. Croix). AmeriCorps Members receive a total stipend of \$12,250 (paid in semi-monthly increments), health benefits (limited medical and dental) and a Segal AmeriCorps Education Award of \$5,500 (upon completion of service). Interest in working in the nonprofit arena addressing the whole-person health and wellness needs of our veterans is preferred. Preference will be given to U.S. military veterans. All positions require a high

school diploma or equivalent, the ability to pass background screenings and the ability to commit to 12 consecutive months of service. Individuals selected are required to travel to St. Petersburg, FL for an expense-paid week of mandatory training in October. AmeriCorps programs are open to U.S. citizens, nationals, or lawful permanent resident aliens age 18 and older. Interested individuals please visit www.westcare.com and look for the AmeriCorps logo and instructions on how to apply. WestCare is an Equal Opportunity Employer and a Drug-Free Workplace.



WestCare Wellness Watch



National Women's Health & Fitness Day Wednesday, September 28, 2011

Courtesy of www.fitnessday.com

This unique event, set for Wednesday, September 28, 2011, is the largest national health promotion day for women. Similar in concept to the successful National Senior Health & Fitness Day, over 100,000 women of all ages will participate in events at more than 1,400 local registered event sites throughout the U.S.

– on the same day. The event's goal: to promote the importance of health awareness and regular physical activity for women of all ages.



Family Health & Fitness Day USA Saturday, September 24, 2011

Courtesy of www.fitnessday.com

The 15th annual Family Health & Fitness Day USA is a national health and fitness event for families, set for Saturday, September 24, 2011. (always on the last Saturday in September.) The event's purpose is to promote family involvement in physical activity, one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health.

Local organizations throughout the country will host family-related health and fitness events at schools, park districts, hospitals, YMCAs/ YWCAs, malls, health clubs and other community locations.

Local family health and fitness activities will vary widely based on the organization hosting the event and the interests of local families.

Activities will be noncompetitive and may include walking events, low-impact exercises, health screenings, open houses, games and health information workshops.



Explore the World with Fruits and Vegetables September is Fruits & Veggies — More Matters™ month

*Courtesy of
– www.pbhcatalog.org*



September marks the beginning of the school year and it's also Fruits & Veggies – More Matters™ month. This is a time when CDC joins other public and private organizations to promote eating fruits and vegetables for better health. CDC has developed a kit, Explore the World with Fruits and Vegetables, for teachers, public health professionals, and dietitians to use with children to spark their interest in fruits and vegetables. It explores cuisines from different parts of the world, and provides activities to use in geography, math, and social studies classes. The kit includes a guide, poster, recipe cards for adults and children, worksheets, and a brochure.

Printed materials for this campaign are available through the Produce for Better Health Foundation. Please call 888-391-2100 or visit www.pbhcatalog.org* for more information.



IN THE NEWS

High-End Meth Makes its Way to Streets of Tucson, Arizona

Courtesy of jointogether.org

A Pure, potent methamphetamine is appearing on the streets of Tucson, courtesy of Mexican drug-trafficking organizations, the Arizona Daily Star reports.

Domestic production of meth was drastically reduced in 2005, when legislation was passed that restricted the availability of meth's main ingredient, pseudoephedrine, found in cold medicines. Now, Mexican drug manufacturing operations have refined their techniques, making the drug more potent and worrisome to law enforcement officials.

The article notes Tucson is a major distribution hub of this new meth. At least 450 pounds of meth was seized by the Border Patrol's Tucson Sector this year through May. Local police estimate they may be catching only 10 percent of the drug that is moving through Pima County, where Tucson is located.

Authorities say it is difficult to break up the new meth rings because they only need a small stash and a cellphone to operate. They note a high from meth can last for hours, causing paranoia and hallucinations. Use of the drug sometimes can lead to violent behavior.



Arizona

More Colleges Institute Recovery Programs

Courtesy of jointogether.org

A growing number of colleges are creating recovery programs for students, the Wall Street Journal reports. This summer, a group of colleges formed the Association for Recovery in Higher Education to promote these initiatives.

One of the leaders in college recovery programs is Texas Tech, which offers 12-step courses, classes on relapse prevention, opportunities for academic scholarships and a serenity center for students who wish to meditate. New recovery programs will debut this fall at the University of Michigan and Penn State University.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), from 1999 to 2009, the number of students age

18 to 24 seeking treatment for substance abuse more than doubled. The rate of heavy alcohol use—having five or more drinks on five or more occasions in the previous month—is highest among 20- to 22-year-olds; college students are the heaviest drinkers in that group, SAMHSA says.

Most colleges do not provide recovery services for students, forcing recovering students to try to find their own services, the article notes. Many of these students drop out.

This fall, a residence hall for college students in recovery is slated to open in New York City. The New York residence, run by Hazelden, will be open to students at colleges throughout Manhattan, including Columbia University and New York University.



Gulf Coast Continues to Create Positive Community Partnerships

By Jana Balicki – *Gulf Coast Area Director*

Michael McElroy has worked with the criminal justice system for many years, learning the ins and outs of the judicial system and how to best meet the needs of those dealing with substance use, disorders, and legal issues. WestCare GulfCoast has had the good fortune to have Michael as our Criminal Justice Liaison since 2006. When Michael started he was working part time at the Mustard Seed Inn Transitional Living program with those residents that had legal issues pending or that were on probation. In 2009, WestCare purchased the Davis Bradley Building and assumed the 58 bed Department of Corrections men's treatment program, Michael started to work for WestCare on a full-time basis. He became the face of WestCare for Pinellas, Hillsborough, and Pasco Counties Drug Court. With his long standing relationships within the court system he began to educate the Judges and lawyers about WestCare's six month treatment program "EMERGE" and our commitment to treatment as well as our collective wealth of experience running Therapeutic Communities.

Michael and other members of our team focused our attention to Pinellas County Drug Court.

Michael attends Court weekly to give status reports on each resident in the program. The partnership Michael has forged with the Court system has created a very strong working relationship that is based on trust and common treatment values. Because of this relationship and the work of the staff in the program we receive the largest percentage of our referrals from Pinellas County Drug Court. Judge Deanna Farnell recently visited the Davis Bradley Community Involvement Center to check in on the "EMERGE" program and to meet with the residents of our newest 96 bed Department of Corrections Program "FOCUS". During her visit she commented on how Michael had told her that WestCare would be different and would run a good treatment program, she said, you were right "EMERGE" has transformed and the residents are doing so well.

Congratulations to the Gulf Cost team for "Uplifting the Human Spirit" in our communities!!

Florida

WestCare residents meet with Court liaison Michael McElroy (2nd from left) and Judge Deanna Farnell (right).



RV Bring Services to Homeless

By Gwen Filosa – *Excerpted and reprinted from Key West Citizen*

In response to the historic vagrancy issue that has saddled the city of Key West with a roaming – and sometimes defiant and dangerous – population of homeless men and women, a united front has crafted a program planned to hit the streets in October.

Key West's network of police, nonprofits, philanthropists, social services and city government will deploy the RV, staffed with a driver and a trained crisis case manager, to deliver services to the droves of homeless people who aren't already getting basic services.

More than 200 men and women sleep outdoors on the island daily, each of them so close, yet too far from the comprehensive network of social services available, according to the mayor's committee to address the needs of the Key West homeless.

Those on the front lines of serving the most vulnerable population – the addicted, mentally ill and abject poor – say they are already reaching out to the needy. A mobile unit only adds to the social services network.

"It's a way for us to get to the more entrenched population that does not leave downtown or does not leave the mangroves," said **A.B. Maloy**, an attorney who earlier this year became area director of the Guidance/Care Center Inc. (GCC). "We're trying to find those gaps in services, with the people who are turf-based. We need to go to them."

"GCC is committed to doing outreach," said Maloy, ticking off a list of in-the-field programs that the long-running agency maintains. "We get people to us and to the services they need."



JOIN THE VOICES FOR RECOVERY

RECOVERY BENEFITS EVERYONE

September 10th
'Recovery in the Park'

In ARIZONA, WestCare staff will be on hand at the area collaborative celebration in Bullhead City, along the beautiful Colorado River!

September 23rd-24th
Soberstock VI – Manchester Center
Fresno, California

September 24th
Nevada Recovery Picnic
Lorenzo Park, Las Vegas, NV

National
Recovery Month

Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2011

About Recovery Month

Courtesy of www.samhsa.gov – EOC/General Services Director

National Recovery Month (Recovery Month) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a substance use or mental disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

Recovery Month, now in its 22nd year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the treatment and recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible and also encourages citizens to take action to help expand and improve the availability of effective recovery services for those in need.

Celebrated during the month of September, Recovery Month began in 1989 as Treatment Works! Month, which honored the work of the treatment and recovery professionals in the field. The observance evolved to National Alcohol and Drug Addiction Recovery Month (Recovery Month) in 1998, when the observance expanded to include celebrating the accomplishment of individuals in recovery from substance use disorders. The observance is evolving once again in 2011, to include all aspects of behavioral health and will now be known as National Recovery Month (Recovery Month).

Each September, thousands of treatment and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these accomplishments.

The 2011 Recovery Month observance aims to educate the public on the positive changes that national health care reform will have on access to needed

recovery services for substance use and mental disorders. Recovery Month, officially celebrated each September, has become a year-round initiative that supports educational outreach and celebratory events throughout the year.

Currently 140 Federal, State and local government entities, as well as non-profit organizations and associations affiliated with prevention, substance use and mental disorders, comprise the Recovery Month Planning Partners' group. The Planning Partners assist in the development, dissemination and collaboration of materials, promotion and event sponsorship for the Recovery Month initiative.



Materials produced for the Recovery Month observance include print, web, television, radio and social media tools. These resources help local communities reach out and encourage individuals in need of services, and their friends and families, to seek treatment and recovery services and information. Materials provide multiple resources including SAMHSA's National Helpline - 1-800-662 HELP (4357) for information and treatment referral and SAMHSA's Treatment information at <http://www.samhsa.gov/>.

No 'Colors' at Inspirational Hanford YMAX Outreach

By Jenny Gonzalez
 – Adolescent Services Director

On Saturday August 6 WestCare teamed up with numerous Kings County agencies to do a Gang and Drug and Alcohol prevention outreach for the community. Kings County has recently been hit with gang violence and tragedies that have resulted in a huge need to be addressed. As part of the event we had testimonies, food, raffle prizes and numerous inspirational speakers who were involved in the Gang lifestyle. Many parents, kids and teenagers attended this event which provided entertainment of positive Hip Hop rappers and skits of how to avoid gang issues. As a positive result many young teens let it be known that they were ready for there next stage of change.

This event is one of many more to come, and as a community we need to help stop the violence. Counselor Daniel Wolfe noted: "The most inspiring part of the night was seeing ex-Sureno, ex-Norteno and ex-Bulldog gang members (deadly enemies in that lifestyle) share the stage and showing that colors do not have to keep a small community segregated . . . and together they can stand stronger than before."

In addition, WestCare counselor Valentin Ferrel was instrumental in the organization of the event. He assisted with obtaining several donations for the community event and promoted the event to all in Kings County. Some of WestCare's youth in treatment services were also present at the event and they also felt that the information was powerful enough to make them think about the negative choices they are making. In addition one of the WestCare youth went on stage to give his testimony and even rapped a song about how WestCare made him realize the change he needs to make!



California

An evening of serious fun as part of Hanford's youth program, YMAX.



Gilbert greets his well-wishing friends

Handsome Gilbert Aguilar and his lovely wife Margarita



Fitting Farewell to a "Founding Father"

By John Wallace – Express Editor

Gilbert Aguilar holds fond memories of those days in that brick building near downtown Fresno, The Third Floor. Actually, two floors and a basement. But the name stuck. And so did Gilbert.

It was 1975, and Gilbert Aguilar was transforming himself and many others through his self-sufficiency and leadership qualities. 36 years later, his loving and respectful colleagues sent him into retirement with a wonderful, tear-dampened banquet.

He held most every staff position imaginable at The Third Floor-turned-WestCare. And he shined in each. As CEO Richard Steinberg remarked: "He is one of the best role models our field has ever produced!"

Gilbert made it clear to the 100 well-wishers that he would not be a stranger, hinting at becoming active in a leadership role with WestCare alumni organizations. And that's good news for all of us.

Recovery Month in California:

Events and observances marking National Recovery Month will be taking place across WestCare's footprint throughout the month of September.

In CALIFORNIA, WestCare is leading the charge at a two-day event called 'Soberstock VI.' Various providers and vendors take part in this annual event, to be held Friday and Saturday, September 23rd and 24th at Fresno's Manchester Center. It will feature live music, food booths, stage testimonials and information about substance abuse services.

Through WestCare's leadership, Soberstock has become one of the largest Recovery Month events in the state of California!



SMART 2 News!

How Do Children Learn Through Play?

Submitted by MaryEllen Pisatalu and Angelita Barnes – *Fresno, California*

When your child does this, they are learning:

- Crawls through the grass-to explore all senses
- Climbs up a short ladder-to use gross motor skills
- Picks up rocks to put in a bucket-to group objects
- Rolls ball to another child-social skills

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

When your child does this, they are learning:

- Covers paper with paint- cause an effect
- Pokes a hole in Play-Dough-how objects can be used
- Tears paper for collage-eye-hand coordination

When your child does this, they are learning:

- Rolls a toy car-about movement and space
- Sorts beads by shape and color-classifying objects
- Describes key features of objects-observes objects & events with curiosity

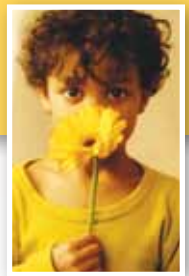
A WestCare Employee's Moving Moment . . . In Her Words

Submitted by MaryEllen Pisatalu and Angelita Barnes – *Fresno, California*

In all the chaos today at MLK, I just had a moment to myself that I wish you all could have shared with me. Stephen E.'s son and his mother had a mandated supervised visit that was to take place today for ya'll that don't know. The judge suggested SMART 2 since the child is familiar with us and the facility. Mom arrived with social worker and waited for the child to arrive. Mom was very nervous.

When child arrived he ran down the hallway towards dad's room . . . he knows the facility all right. The foster mom asked if she could stay with him to meet mom. I was unsure but was shortly thankful for her staying because she was able to convince him to go with her to the conference room. Mom saw child and shouted with joy as she called his name. Child did not know her. It broke everything in my heart that she had to feel the pain of her child not knowing her. Foster mom stepped in and did her thing . . . bless her heart. She explained to child what was going on and that she promises she will take him to dad as soon as he visited with his mom.

One word . . . AMAZING! The pain that I saw in mom's eyes, the fear I saw in the child, the comfort I saw in the foster mom and the effort to reunite that the social worker and SMART 2 offered . . . words can explain but emotions are endless.



Preschool/School-Age Corner



'Papa Natal' Program Offers Unique Father-Child Bonding Experience

By John Wallace – *Express Editor*

It has been said that fathers, like mothers, are not born. Men grow into fathers, and fathering is a very important stage in their development and the growth of their child. Such is the evidence in the cavernous hallways at California's sleek and comforting main residential facility in Fresno. Adult men and their adoring pre-school children enjoying life together in a peaceful, nurturing environment.

The MLK facility added the unique Papa Natal program to its menu of services at the request of some gentlemen going through treatment who noticed the successful M'ella component for women and their children just down the adjacent corridor. "Why not us?" they wondered. Well, why not? The visionary staff accepted the challenge. "He's why I'm clean and sober," says Stephen, as little Skyler romps and revels for his attention. Eddie and his namesake son wrestle and giggle in the room. "These kids bring joy to a lot of clients," says the dad.

CalWorks, the Men's TC and Smart2 have collaborated on Papa Natal, and it has brought rave reviews from Children Protective Services and WestCare staff.

Proverbs: train up a child in the way he should go. And when he is old, he will not depart from it . . .

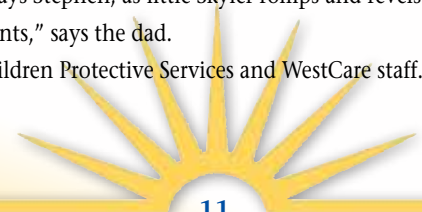
It's a beautiful thing to behold.



The two Eddies



Stephen and Skyler enjoy a special moment



SASCA Region One

Substance Abuse Services Coordinating Agency



Employee of the Month – Leticia Woodruff

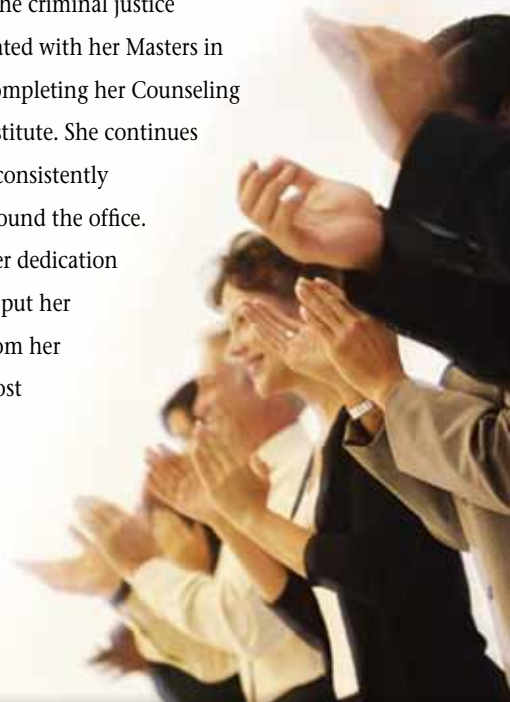
By Melodie Estle
– Senior Community Service Coordinator

Leticia has been employed by WestCare since Jan. 13, 2009. During that time she has made significant professional and



personal progress in working with the criminal justice population. She has recently graduated with her Masters in Psychology and is on the road to completing her Counseling Certificate through the Breining Institute. She continues to make professional strides and is consistently willing to do whatever is needed around the office. Leticia is recognized for not only her dedication to WestCare, but her willingness to put her best foot forward in all she does; from her smile and sense of humor to the most mundane office procedure. Her professionalism and dedication to the population she serves is recognized by participants, supervisory staff and her peers.

– Congratulations, Leticia!



SASCA Provider Spotlight

By Melodie Estle
– Senior Community Service Coordinator

PAAR Porterville Male and Female Residential Treatment

One of the SASCA's contracted providers is PAAR. They were recently toured by the newly assigned PA II Christina Vargas. Here is what she had to say:

“Let me start by saying ‘WOW’ !

I was very impressed when I toured PAAR (Male & Female) for the first time. I met with both program coordinators, Angie for the females and Rudy for the males and found both programs to be so organized and clean-clean-clean. The entire therapeutic community was pleasant and well spoken about the strengths of their particular programs and their limitations to resources for clients due to their location in a small community. PAAR is really set up well and I really look forward to working with this team.”

Thank you Chris for taking the time to write this shining recognition of two of our community programs!!



September Calendar



September 1st
Florida Village South CAC Meeting
2:30pm PT/5:30pm ET

September 7th
CAC Monthly Report Due 12:00pm
Executive Committee

September 13th
Florida GulfCoast CAC Meeting
3:30pm PT/6:30pm ET
Davis Bradley Building

September 14th
CAC Minnesota
8:30am PT/10:30am CT
VICTRI, Minneapolis, Minnesota

September 21st
Executive Committee Meeting
8:00am PT/11:00am ET

September 21st
CAC Minnesota
8:30am PT/10:30am CT
VICTRI, Minneapolis, Minnesota

September 23rd-24th
Soberstock VI – Manchester Center
Fresno, California

September 24th
Nevada Recovery Picnic
Lorenzo Park, Las Vegas, NV

September 27th
WestCare Nevada Graduation
6:00pm PT/9:00pm ET
College of Southern Nevada,
Cheyenne Campus

September 28th
CAC Minnesota
8:30am PT/10:30am CT
VICTRI, Minneapolis, Minnesota

Alumni Corner News

Submitted by Sean Whitten
– *WestCare California*

The WestCare California Alumni Group has held a series of business meetings to determine upcoming events and fundraisers. One exciting event planned for this year is the Annual WestCare Alumni Recovery BBQ to be held October 8th at MLK Residential from 11am – 4pm. The BBQ will be filled with activities, prizes and terrific food for alumni, current clients and WestCare Staff.

The Alumni Group also determined that fundraising is the key to planning and hosting exciting events for current clients. Some of the ideas discussed were car washes, BINGO and silent auctions.

With new clients becoming alumni everyday, we have a great opportunity to give back to the organization that played such a major role in our sobriety.



WestCare California's active Alumni group meets to discuss upcoming 'giving back' events



Alumni Corner News

Fresno Day Reporting Center Hosts Provider Fair

By Virginia Morris
– *WestCare California*

WestCare's Day Reporting Center hosted its first Provider Fair on August 17, 2011. Several community agencies attended the event to provide information and spend time collaborating with the other community partners.

The Day Reporting Center, which opened in December 2010, was excited to host their first event. The goal was to educate the participants regarding some of the services that are available to them in the community; as well as teach them how to activate these services on their own.

In attendance were 13 community partners as well as 75 Day Reporting Center participants. We would like to take this opportunity to say "Thank You" to Minnette Prestige, our Parole Liaison, for being such a great part of our team; and to all the community partners and WestCare programs that attended and made this event a huge success.

A special "Thank You" to Sean Whitten, Job Developer for the Day Reporting Center for all your hard work on this event. Job Well Done!!!!

California



Community Partners learn more about WestCare services at Provider Fair ▲



The hard-working staff and support agency personnel at Fresno's Day Reporting Center ▲

Youthful Offender Program (*Boot Camp*) For Transitional Age Youth WDOC-WCWY

By Richard Jimenez, M.A. – VP WestCare

The Youthful Offender Program was created by the Wyoming Legislature in 1987, Wyoming Statute 7-13-1001, and the facility was opened in February 1990. The Wyoming Boot Camp, which can house up to 64 multiple custody inmates, is located within the confines of the Wyoming Honor Conservation Camp at Newcastle, Wyoming.

This is a highly structured program for first-time, male offenders, who are under the age of 25. Research has shown this age group is at high risk for recidivism and relapse. In April of 2011 Wyoming Department of Corrections (WDOC) contracted with WestCare to provide substance abuse services and begin introducing Therapeutic Community concepts and elements to the Youthful Offender Boot Camp Program.

The young men are court ordered to this alternative sentencing program. The Youthful Offender Program gives the successful graduates an opportunity for a sentence reduction and serves as an alternative to long-term incarceration. The program is for 180 days and is comprised of four phases pre-treatment, orientation, intensive and re-entry. The program day begins at 4:00 a.m. and ends at 9:00 p.m. The therapeutic and educational components are key elements of the program and assist the men in preparing for re-entry into the community upon release. The young men spend six hours of each day in activities to improve fitness as well as developing healthy living habits.

These activities are supervised by Drill Instructors who model and promote self discipline, work ethic, teamwork and the community concept of “Right Living”. The young men assigned to Boot Camp can earn their GED prior to graduation and attend vocational training such as welding or other trades.

The Program offers substance abuse treatment as well. During the treatment phases the young men attend psycho-educational classes and individual and group therapy with two (2) WestCare counselors – John Olenyik and Eric Chisolm. The young men are provided with the New Directions curriculum, which meets RSAT requirements, and they participate in Therapeutic Community motivational meetings and activities during the course of the day. The Criminal & Addictive Thinking modules contain information, exercises and activities that help the young men understand that criminality and addiction are thinking problems before they become behavior problems.

There are also pre-treatment services for the newly assigned young men. The pre-treatment phases utilize the Group Motivational Intervention Manual: A Cognitive-Behavioral-Motivational Treatment Approach and; the Education and Skills for Recovery curriculum developed by the National Development Research Institutes, Inc. Research indicates that working with referred client/inmates before entering treatment can help prepare them to be more fully

Wyoming



engaged once they have begun the treatment process.

This exciting project combines physical fitness, healthy living habits, education and vocational services, as well as substance abuse treatment. These components utilize therapeutic concepts and elements that are consistent with the Therapeutic Community approach of treating the “Whole Person.” The Youthful Offender program is a multi-disciplinary effort with WCWY, WDOC correctional professionals, caseworkers and PHS mental health professionals. Upon completion of the program, the graduates are either released on probation; to an Intensive Supervision Program (ISP); to an Adult Community Corrections facility or; to aftercare programming in the community.



Determination and Healing: A Philosophy We Live By

By Lauren Greer – Program Director WCWY Torrington

Tucked into sleek rolling hills and located deep within Wyoming's lush banana belt; sits the state-of-the-art Wyoming Department of Correction-Medium Security Institution. Within its polished light-putter walls, tan steel-plated doors, and long, straight hallways; housing units D-4 and D-5 stand tall among the many housing units inside.

WestCare Wyoming (WCWY) Intensive Treatment Unit (ITU) Therapeutic Communities House of Determination and House of Healing.

Each day begins with opening remarks being given by the TC Peer Coordinator to all unit house members, you can see at the far-left corner of the circle, a new, male client sits nervously awaiting his chance to stand tall among his community brothers – to begin his journey to freedom and recovery by reciting the ITU program philosophy.

"We are here because there is no refuge, finally from ourselves," he nervously recites as he looks down toward the floor. "Until a person confronts himself in the eyes and hearts of others, he is running."

The Therapeutic Community Model (TC) of the recovery program philosophy of WestCare, Wyoming ITU is collectively recited each morning to enhance the sense of community and to initiate a positive start to the day. Its memorization by each client is considered a concrete sign of individual program affiliation. The phase level of care and other services include: Orientation, Treatment, Transition, and Re-Entry.

The most recent and newly-developed component of the WCWY Re-Entry Program - Job Readiness and Right Living opportunity, designed

and implemented by WCY Vice President , Richard Jimenez, was developed to address criminogenic need/risk in problem area(s) of: academic and vocational concerns and to begin incorporating Right Living Principles into the clients' daily life.

WCWY is excited to be able to offer the clients an opportunity to both develop new job-readiness opportunities, and to prepare them for re-entry back into society by utilizing their existing job skills," Jimenez said. "Every man needs a chance to become productive again in society – to attain self-sufficiency and wellness – a realization of his true potential."

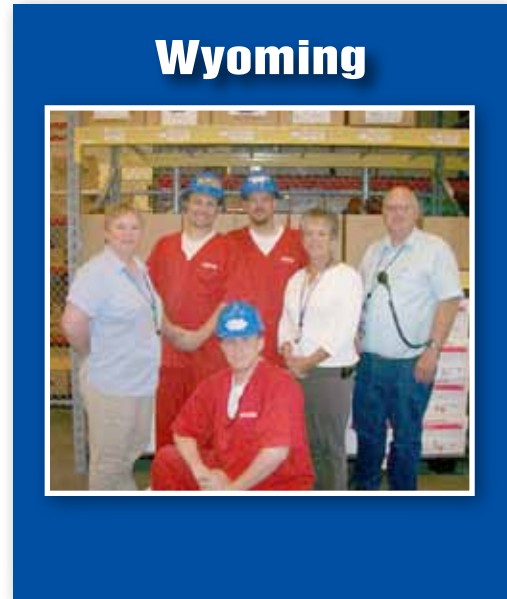
A vital component of the Job Readiness/Right Living program is that of the Job Readiness/Vocational Coordinator who oversees the "Job Readiness" program from the start of the intensive client job interview, to assessing the clients' job-readiness needs; monitoring clients through there job training; as well as on-the-job client assignment; the Job Readiness/Vocational Coordinator also

conducts on-site routine visits to meet with both the client and the work supervisor to access any needs the client may have.

"We are proud of our clients and the work they are doing here at WestCare ITU," Kristi Flurry, Job Readiness/Vocational Coordinator said. "It's exciting to see a man who hasn't had any real job

skills before learn new one's he can take with him back into the community." "It's an exciting job and an exciting time to be working for WestCare ITU."

WestCare, Wyoming. "Uplifting the Human Spirit," one client at a time.



Flower of the Month: Aster

The September birthday flower is the aster, which is often used to accent different types of mixed flower arrangements. In addition to representing daintiness, asters are also known as a symbol of love.



Kudos!

By John Wallace
– WestCare Express Editor

With WestCare's strong relationship with Family Alliance for Veterans of America, we are pleased to congratulate **Charilyn Damigo**, Secy/Treas of FAVA, who has been selected to the National Executive Board of Blue Star Mothers of America

As she quietly goes about her work with professionalism and compassion, **Jenny Gonzalez** has endeared herself to staff. Sending a big shout-out to Jenny is Cynthia Wright of California's Padawans program, who writes: 'Jenny has gone above and beyond in working to stabilize our Adolescent Prevention Program. We can always count on her for encouragement and guidance. We are extremely happy to have her as our incredible.' High praise!

And from the Florida Keys comes word of a tremendous honor for Community Council Vice-Chair, **RaiEtte Avel**. She has been honored as the 2011 recipient of the prestigious Service of Excellence Award by the Florida Department of Juvenile Justice. RaiEtte serves as Monroe County's Chief Probation Officer and has given 33 years to public service. You are treasured as a WestCare volunteer leader, RaiEtte!



Charilyn Damigo



Jenny Gonzalez



RaiEtte Avel

Professional Recognition

Congratulations to the Guidance/Care Centers Dr. Irvin D. Milowe for being recognized as one of The American Psychiatric Associations Distinguished Fellows during their Transforming Mental Health Through Leadership, Discovery and Collaboration conference.

Distinguished Fellowship is awarded to outstanding psychiatrists who have made significant contributions to the psychiatric profession in at least five of the following areas: administration, teaching, scientific and scholarly publications, volunteering in mental health and medical activities of social significance, community involvement, as well as for clinical excellence.

Distinguished Fellow is the highest membership honor the APA bestows upon members. Congratulations to Dr. Milowe!



Dr. Irvin D. Milowe



Recovery Thought for the Month:

"People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within." – Ramona L. Anderson

