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WESTCARE EXPRESS

SEPTEMBER 2020

THE WESTCARE EXPRESS NEWSLETTER

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A Welcome by our President/CEO, Dick Steinberg



Dick Steinberg

“WestCare Family,

Welcome to WestCare’s National Newsletter, **The WestCare Express!** For the millions of individuals and families nationwide whose lives have been affected by the process of treatment and rehabilitation, this particular month is an incredibly important one! Since 1989, September has been recognized as **National Recovery Month!** It is a time set aside to celebrate recovery and encourage individuals with a mental and/or substance use disorder to seek treatment and achieve a healthy and happy life. As we all know, mental and/or substance use disorders can affect anyone and our organization must remain vigilant and dedicated to the recovery process by helping people address these preventable and treatable conditions while offering support to individuals in recovery as well as their family members.

I am so proud that WestCare continues the good fight to help break the stigma of addiction and offers living proof that prevention is effective, treatment works and people can and do recover. With this said, it is our job to offer possibilities for all who wish to join the ranks of those in recovery and to continue to provide the opportunities to do so.

For our staff who are in recovery, I hope that this has been a month of reflection on the journey that you have traveled and the many blessings that you have experienced on this clean and sober path! You are a testament to the work that we do every day with the men, women, youth and families that we serve who are affected by substance use.

It is also worthy to note that the fields of mental health and treatment and rehabilitation have certainly not been left unaffected by the COVID-19 pandemic. As a direct result of the many hardships experienced nationwide from unemployment to financial insecurity caused by the pandemic, we have seen dramatically rising cases of mental health disorders, substance abuse, relapse and suicide. Our programs have also continued to adjust to precautions including shelter-in-place protocol for some facilities who experienced positive cases and reduced them to zero. To our staff who have remained steadfast while keeping the health and safety of all which whom we serve in mind, thank you for your dedication and service. Now more than ever, it is important that each of us as recovery leaders, programs and individuals in recovery continue to give testimony to the power of recovery!”

Thank you,
Richard “Dick” Steinberg
President & CEO



Join the Voices for Recovery:
Celebrating Connections



ARIZONA: “Remembering ‘Recovery in the Park’”

By Emily Selby, Case Manager/BHT, WestCare Arizona

“For the past 13 years, WestCare Arizona has had the opportunity to participate in a local event, ‘Recovery in the Park’ that is held every September in commemoration of National Recovery Month. We are always happy to be a part of the celebration! Due to COVID-19 and city regulations, they have cancelled the event this year. However, while we will miss the opportunity to participate this year, we can still treasure the memories!

Recovery in the Park is a local favorite that allows for different vendors to come out and celebrate recovery. This event is filled with resources for the community along with entertainment and a raffle with awesome prizes! Each year, a bike is given away to a member of the community. All prizes are donated from local businesses. Community members also share personal stories on recovery and how it has changed their lives for the better. It is events such as Recovery in the Park that allow for us to get out and continue Uplifting the Human Spirit!”

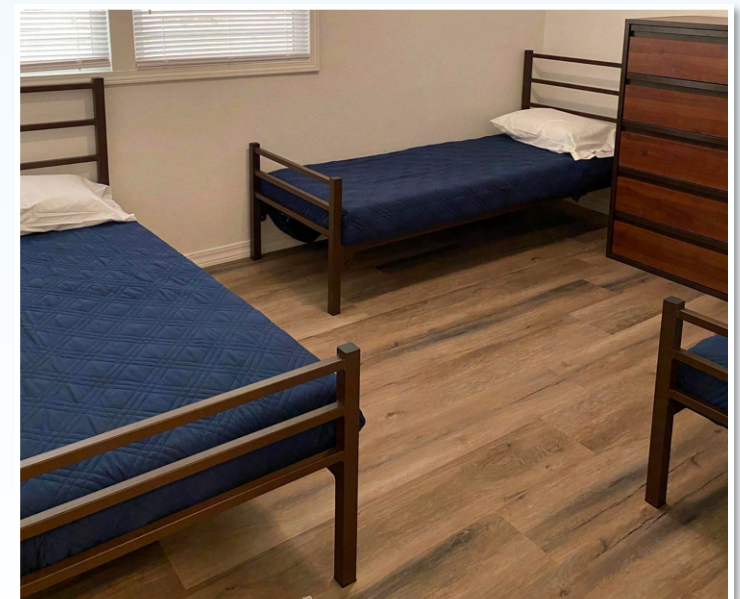




CALIFORNIA: "The Richmond Health and Wellness Center Opens Virtually!"

*By Michael Mygind, Marketing Specialist,
WestCare California*

"Just in time for National Recovery Month in September, we opened our newest residential treatment and rehabilitation program in Richmond, CA, the **Richmond Health and Wellness Center!** The program provides men's long-term residential treatment (15 beds), detoxification services (10 beds), housing and vocational services as well as linkage to aftercare, as needed. To maintain safety during the current pandemic, the grand opening came in the form of a produced video that premiered on our YouTube channel featuring a virtual tour, a ribbon cutting and remarks from leadership on behalf of Contra Costa County including West County Supervisor John Gioia and members of Contra Costa's Alcohol and Other Drug Advisory Board! View the event by [clicking here.](#)"



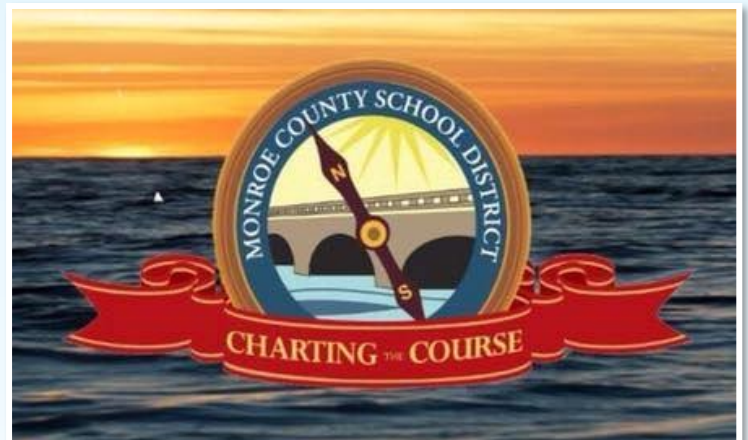
FLORIDA - Florida Keys: "Returning to School in the Florida Keys"

*By Deborah Matthews, LMHC, Clinical Coordinator -
Children and Child Welfare Services,
WestCare Florida - Guidance/Care Center*

"The start of the school year holds some very exciting changes for the **Guidance/Care Center**. While we have always had a close relationship with the school system in Monroe County, we are entering a new phase of that relationship. Our counselors and therapists have always seen their child and adolescent clients in the schools but, this year we have formalized that relationship ensuring that the 10 public schools and three charter schools have the behavioral health help that they need. Due to COVID-19, we have co-located staff to a limited number of schools. Each counselor or therapist has been assigned certain days at specific schools and will be assigned cases depending on what school the client attends. In addition, our staff will all have electronic access to the school data system for the students in their caseloads. We envision working much more closely with school staff on behalf of our clients.

With the pandemic, we have many unknowns and the need for mental health services in schools is high. Some of the schools will be operating on an alternating schedule with half of their students attending on 'A Days' and some on 'B Days.' Different schools will handle lunch and

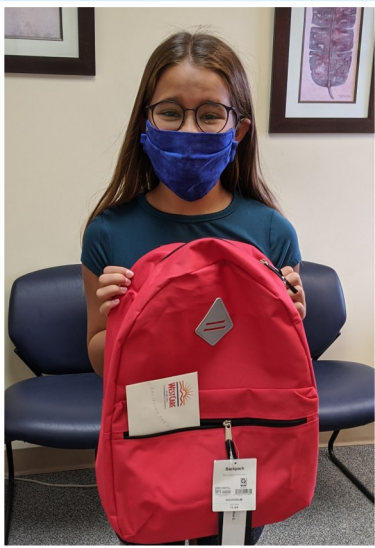
recreational activities as they deem safest. And of course, the greatest unknown is whether the virus will remain in check. GCC and our staff are committed to assisting the children, families and schools of our community and we are looking forward to a rewarding, productive and healthy school year."





FLORIDA - Gulf Coast: "Youth Campers Receive Community Support!"

By Nizeli Armas, Camp Director - Camp Mariposa,
WestCare Florida - Gulf Coast



"Thanks to donations from Deenae Dates, Terrell Dukes, Pepsi and Pinellas County Emergency Management Team, Camp Mariposa St. Pete, a program of WestCare Gulf Coast - Florida, was able to distribute backpacks filled with school supplies to 25 campers and three Junior

Campers between August 17 and August 22, 2020. Along with the backpacks and school supplies, we also received boxes of clothes, that not only will be distributed to our campers, but to also support our neighbors in the Virgin Islands with adult clothes for their homeless population. Camp Mariposa is a free weekend camp for children ages 9 – 12 who are affected by the substance use disorder of a loved one. Youth attend camp four to six times a year and participate in fun traditional camp activities along with education and support exercises to learn critical life skills and self-care.

Since the pandemic and in accordance with CDC guidelines, Camp Mariposa has not been able to meet in person - so all events have been held virtually."



*Wire Article Published by South Florida Hospital News on
September 23, 2020*

[Click Here to View the Full Article!](#)



“South-Florida-based
Community Care Plan
(CCP), the health plan
with a heart, which is

owned by Broward Health and Memorial Healthcare System, is pleased to announce that it is donating \$75,000 to various local community organizations. After speaking with community organizations about the current needs of parents, caregivers, and children, and viewing various media segments highlighting the current needs within our community, Community Care Plan has chosen to donate \$75,000 to be dispersed among the following organizations:

- 1. Broward Healthy Start Coalition*
- 2. Family Nurturing Centers of South Florida*
- 3. Greater Fort Lauderdale Diaper Bank*
- 4. Healthy Families Broward (Broward Regional Health Planning Council)*
- 5. Jack and Jill Center*
- 6. Miami-Dade County Public Schools – Family Meals On the Go (Foundation for New Education Initiatives, Inc.)*
- 7. WestCare, Inc.: The Village South*

‘As a health plan that serves over 100,000 members of various health plans and managed care programs throughout South Florida, including Florida Healthy Kids (a Florida KidCare program) in eight South Florida counties and Medicaid in Broward County, Community Care Plan was aware of families in our community struggling financially before COVID-19,’ said Jessica Lerner, President and CEO of Community Care Plan. ‘The pandemic has made it even more difficult for parents and caregivers to get essential items and we are providing our donations to help these community organizations provide food, diapers, baby formula and self-care items. Taking it even one step further, **The Village South**, a residential and outpatient substance use behavioral health program, will be using our donation to help renovate apartments for mothers and families.’

For more information about Community Care Plan and affordable, free or low cost, income-based, high-quality health plan options, please visit the Community Care Plan website (www.CCPcares.org).





GEORGIA: "Community Activist Creates Walking Club to Battle Depression"

Wire Article Published by FOX 5 Atlanta on September 9, 2020 By Portia Bruner featuring Derrick Boazman, Treasurer for WestCare's National Board of Directors and Eldredge Washington, Community Service Coordinator, WestCare Georgia

[Click Here for the Article and Video Feature!](#)



"I would begin to be depressed just sitting there every day, so, you begin to sit there and say, 'Man, is this all there really is to this,' the former Atlanta city councilman told FOX 5's Portia Bruner. 'I was not at the depressive state where I would do any harm but I was at the point where I needed interaction,' Boazman added.

Five weeks ago, Boazman tapped one of his mentees to be the hype man on a bike with music and a cooler full of ice water, then asked his Facebook followers and WAOK listeners to meet him at 8 a.m. in the parking lot of Lakewood Amphitheater off Pryor Road. The first few days, Boazman could barely make it around the full parking lot. In the weeks that followed, he completed seven miles on each trip.

'Physically, I feel excellent because what this has allowed me to do is challenge myself. It gets me physically moving so I can get this blood circulating back again in these legs and it gets me mentally stimulated because the fire trucks pass by, the music is going, people walking and we get a chance to see each other,' Boazman said with a big smile.

Boazman, 54, said he reached out to mental health care experts who suggested he find a way to engage friends and listeners in a socially distant and safe way. Opening up to those who only see him as a community activist and outspoken radio talk show host was part of his effort to help others struggling with depression in the pandemic. 'Whether it's social justice issues, protesting, I do a lot of stuff. But here's the thing. There's a spiritual component to this. Sometimes the Lord wants you to stop and slow down and take inventory,' said Boazman.

In slowing down, the Atlanta native is adding laps, losing weight and gaining a sense of peace that inspires others.

'I was just cleared by the doctors after getting pacemaker when he started this. Now, I do five or six laps. I don't feel any pain, so, I guess I'm doing OK,' said walker William Palmer.

Twenty to forty walkers join Boazman every Monday, Wednesday, and Friday at 8 a.m. and walk for one hour. Boazman said three laps around the parking lot equals a mile. His goal is to use the walking club to train for the Peachtree Road Race next year.

'For me to have gained a lot of weight and wanted to lose and get back in shape, when he decided he wanted to do this to make the community better, I said I'm in,' said Detra Parker, whose known and supported Boazman for decades.

The Atlanta native said he's grateful for the support and the opportunity to get peace of mind in a safe and socially distant way.

'I'm glad we did. There is a difference between social distancing and isolation. I understand now we need that human exchange because if you don't get that, you're missing something,' said Boazman."





ILLINOIS: "Celebrating Our Amazing Staff!"

By *Melissa Valentine M.Ed., CADC, Program Coordinator, WestCare Illinois*

"WestCare Illinois continues to highlight exceptional employees on the WestCare Illinois Facebook page. This is such a great opportunity for the whole state to mingle and recognize one another through these difficult times. Peer interaction is positive and heartwarming! We were also honored to see one of our own honored by our community! Our August highlights included:

- **Carlos Rodriguez**
(Program Director, Partnership for Success Program)
- **Ryan Bell**
(Clinical Supervisor, Sheridan Correctional Center)
- **Michael Gary**
(Assistant Program Coordinator, DuQuoin/Dixon Springs Impact Incarceration Program)
- **Paul Weitz, Counselor, Sheridan Correctional Center**
Also, the Illinois Association of Addiction Professionals (IAAP), a chapter of the National Association for Alcoholism and Drug Abuse Counselors (NAADAC) has announced Paul Weitz as the winner of their Counselor of the Year Award! They hosted their 7th Annual National Recovery Month Awards Celebration virtually on September 23, 2020.



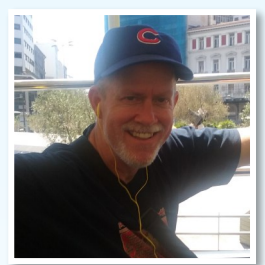
Carlos Rodriguez



Ryan Bell



Michael Gary



Paul Weitz



ILLINOIS: "IYC Harrisburg Implements 'The Seven Challenges'"

By *Hannah Herrin LSW, CADC, CODPI, Substance Abuse Program Manager, IYC Harrisburg*



"The staff at Illinois Youth Center (IYC) Harrisburg began training to implement 'The Seven Challenges' curriculum for youth in the facility. We will be one of two youth centers who are piloting this new curriculum within the Illinois Department of Juvenile Justice. Staff are motivated to learn a new treatment method where they meet the youth where they are in their recovery and guide them into making positive life decisions. With this, we hope to improve the continuum of care for the youth once they return to the community."



IOWA: “FAVA Garner Support for Veterans with Creativity”

By Kerry Gunderson, *Veteran Advocate, WestCare Iowa/FAVA*



Barb Ruiter

ways to keep our communities involved, interested and invested in our work. Most recently, **Barb Ruiter**, Data Entry, came up with a fun and no contact way of raising money with minimal effort. She suggested a ‘**Not a Gala**’ fundraiser in which a letter goes out to hopeful donors with a fictional date and outrageous plans. This is a fun way for people who do not have time to go to a formal fundraiser, those who do not want to risk being in close quarters with others and those who would just like to donate to our cause in support of the Veterans and families that we serve.

The letter that she created and sent has now generated over \$3,500 in donations for our Veterans! Checks are

“Our office is comprised of eight personnel who cover 43 counties in Iowa. This is almost half of the state. In order to keep doing what we do, we are heavily reliant on donations from the communities that we serve. Our employees are very innovative and like to find new

coming in almost weekly and we couldn’t be happier with the results! Barb is amazing at raising money for our needs and is happy to do it. Every time a response with a donation comes in, she gets excited and can’t wait to tell the rest of the office. We all share in her excitement as it has been hard to put on fundraisers due to the pandemic. We continue to come up with new and exciting ways to raise money for our Veterans and are very thankful that she was able to use her imagination and produce such amazing results with her ‘Not a Gala’ fundraiser! She is continuing to send out more ‘invitations’ to hopefully raise more money and awareness for what we do here at **Family Alliance for Veterans of America (FAVA)**. Keep up the great work, Barb!”



KENTUCKY: "SAMHSA Visits Pikeville Virtually"

By Jeremie Delauder, MAT Research Assistant,
WestCare Kentucky



“WestCare Kentucky’s Offender Re-entry Program (ORP) received a virtual visit from **Jon Berg and Debbie Dunne** on August 17th and 18th. Jon Berg is the Senior

Public Health Advisor and Grant Project Officer for the **Substance Abuse and Mental Health Services Administration (SAMHSA)**. Debbie Dunne is a Grant Project Specialist for SAMHSA. The purpose of the visit was to assess a ‘High Performing Grantee’ and discuss obstacles that they had overcome during the implementation of their grant program, best practices and policies and procedures that they have implemented.

During the virtual visit, Mr. Berg congratulated Kentucky’s ORP for being recognized as one of the two highest performing SAMHSA ORP programs in the nation for the 2017 grant cycle!

SAMHSA awarded 18 ORP grants during that cycle. Breaking down and discussing each area of the program gave Mr. Berg, Ms. Dunn and SAMHSA various techniques, styles and ideas that they plan to share with other SAMHSA funded ORP programs in the future.

Located at the Perry Cline Emergency Shelter in Pikeville, Kentucky, the ORP program provides individuals that have been newly released from incarceration classroom courses in evidenced-based practices and employment education. We also provide referrals to housing services and medically assisted treatment for opioid use disorders. This team consists of Brenda Hall, Counselor, with Crissie Johnson, Case Manager. The team welcomes their newest member, Joseph Gabbard, Research Assistant, who is taking over for Zachary Johnson as he moves to another program. Joseph Wright heads up the ORP team as Program Director.

Congratulations to the Pikeville ORP team for being recognized on a national level for their hard work and dedication!”

SAMHSA
Substance Abuse and Mental Health
Services Administration



NEVADA: "A Farewell to Pat Palmer from WestCare Nevada!"

By Darlene Terrill, Director of Special Projects,
WestCare Nevada



"In August, WestCare Nevada bid farewell to our Family Practitioner, Patricia 'Pat' Palmer, who will be sorely missed! We recognized her for her 14 years, 6 months and 11 days

of commitment at our Community Triage Center.

Since her hiring in 2006, Pat has been there for tens of thousands of individuals whom had sought help. Her dedication to the clients served, to her peers and the Las Vegas Community at large will be missed. We appreciated all that Pat did towards Uplifting the Human Spirit and wish her well in her retirement. We also reminded her that she will always remain a member of the WestCare family!

An unexpected blessing also occurred for as she was blessed with the birth of her first grandchild! Pat will make the best Grandma and we are more than happy for her!"





OHIO: "Back To School, Camp Mariposa & Miracle Makers!"

By Wendy Berkshire, Prevention Services Coordinator and Suzzy Nandrasy, Miracle Makers Program Manager, WestCare Ohio



"At WestCare Ohio, a great deal of our programs are focused on nurturing children towards success, so August was a busy month getting ready for back-to-school season. After finding out that we couldn't physically host **Camp Mariposa**, a transformational weekend for children of families affected by addiction or substance-abuse, in August or September, our Prevention Services Coordinator, Wendy Berkshire, started working with the director of another Eluna Camp to observe, learn and launch a Virtual Camp Mariposa!

Virtual Camp was held over a two-day period in September with 24 campers and 13 mentors, all attending from their own homes. All campers received a basket of materials ahead of time to participate in lessons and games. In addition to finding a way to maintain support

for our existing campers, Berkshire set a goal to continue outreach to potential new campers and has successfully accepted one new camper with the goal of welcoming more virtual campers in October should this virtual model continue. Kudos to Wendy Berkshire & our Camp Mariposa Mentors!

Our Miracle Makers afterschool program launched their Virtual format for the 2020 school year. This virtual format allows our Miracle Makers teachers to stay in daily contact with students, provide homework help, mindfulness practices, engaging extracurricular lessons and even technology support. In addition to launching a virtual version of their program and hosting online parent meetings, our Miracle Makers leaders have been creating some engaging and upbeat content to connect with their community via Facebook!"



PACIFIC ISLANDS: “It Takes a Village to Thrive”

By Kathleen Aguon, Program Coordinator - Drug-Free Communities Grant, WestCare Pacific Islands

Thrive

“*Poksai*’ or ‘to nurture,’ in CHamoru, our native culture and language in Guam, describes our innate sense of responsibility to take care of each other and foster our community. It is the informal adoption of a child - a cultural value that instills the community’s responsibility to raise and guide our youth. WestCare Pacific Islands’ new initiative, **Thrive: Coalition for a Drug-Free Dededo**, was founded upon this principle. Its mission is the embodiment of *poksai*, which aims to raise drug-free and resilient youth through a grassroots approach.

Thrive was awarded the SAMHSA Drug Free Communities grant in November 2019. Since then, it has made strides in understanding the needs of the village of Dededo in relation to youth alcohol and substance use. Thrive has increased its diverse membership by 50%, initiated a **Thrive Youth Coalition** with young leaders, hosted parent training workshops and conducted its community assessment. In celebration of Recovery Month, Thrive has launched an engaging social media

campaign and has made headlines for their efforts with local news outlets.

As the work of *poksai* continues through the coalition’s community-based prevention strategies, the inherent value of nurturing is front and center. Thrive Coalition’s culture is rooted in connection and is strengthened by the relationships that run beyond our homes and shores. They say ‘It takes a village to raise a child.’ But, it takes a community to see them thrive!”





PUERTO RICO: “A Guara Bi Success Story”

*By The Offenders Re-entry Staff of Guara Bi ORP Caribe,
WestCare Puerto Rico*

“At Guara Bi and specifically, the Offender’s Reentry Program (ORP) Caribe, we are very proud that our client Victor C., successfully finished his reentry plan. Since we met Victor, he has excelled at his commitment to life and wanting to use his experiences to support people who are going through similar processes.

‘Don Victor,’ as he was dearly called, is starting fresh and new, filling us with pride, joy and satisfaction as we celebrate with him for what he has and will achieve!

We know Victor will be very successful in his new journey with the commitment and motivation to fulfill what he called his purpose and mission: “Touching as many lives with my history, humor, humility and approach with my solidarity and embrace with a childish look and a clean heart.”

For all of the Guara Bi program’s staff and administrators, stories like Victor's are the engine that encourages us to continue moving forward and working more excitedly in helping those who are most vulnerable.”



TENNESSEE: "A National Recovery Month Success Story"

By a WestCare Tennessee Client



"I grew up in a glass house and always felt that I was being judged. I was molested by a family member starting at the age of nine and it continued until I was 11. He also molested my sister. But, when I told my parents about

it, my sister denied it and my parents swept it under the rug. He apologized to me when I was 23 at my grandmother's funeral. After his apology, I recall my mother looking at me and saying, 'Well, just get over it.'

As a teen, I was very promiscuous and was always looking for something I couldn't find. I played sports to get rid of my energy. I met my first boyfriend when I was 15 and dated him until I was 18. He was the most jealous person I had ever met and was mentally, physically and sexually abusive. On the night of my 21st birthday, I decide to drink 21 shots to celebrate the occasion. Apparently I made it to 17 and ended up in the hospital with alcohol poisoning. By the time that I entered grad school, I was bored with the same old and became bi-curious. This led to a two year long relationship. Being with her fulfilled my needs for extremes, but I had to hide this from my family. She made me feel wild and free. After graduation, I moved to Nashville and wanted a fresh start. Our bickering and long distance relationship was failing

astronomically and she was distraught. After trying to end the relationship gently, she took her life in front of me. With no one to turn to that I felt that I could trust and thinking therapy was for weak people, my promiscuity continued to grow and I became engaged three times throughout my early 20's. I had trust and commitment issues, so I was now the 'Runaway Bride.'

I put my whole self into my career. I moved up in companies, traveled a lot and took on more and more responsibilities. I met my soulmate at an airport in Nashville. He was a different race, so my family wouldn't accept him. He stuck with me through some hard years, several surgeries and of course my alcoholism. He became an enabler for a while, but he also ended up leaving.

I later bought a nice house, found a new boyfriend who was a cop, who later moved in with me. I continued to throw myself into my work. I started to become more and more stressed, which meant I would drink more and more. One night after returning home from a business trip, I was relaxing in the tub drinking a bottle of wine and three men broke in and raped me. After that, I moved back to Morgan County, continued to drink and lost everything. I was arrested and decided to give drug court a chance. I wanted to stay out of jail. I went to three different rehabs, but as soon as I came back to Morgan County I would relapse again. Drug court and treatment have broken me, re-built me and continues to make me accept responsibility for my actions and to face my demons.

Going forward, my commitment to myself is to stay on the sober track, utilize my coping skills and take it one day at a time. I have been sober for six months."



TEXAS: “WestCare Texas Collaborates With Law Enforcement to Build Trust”

By Linda Papayanopolus, Community Engagement
Coordinator, WestCare Texas



“We can never underestimate the importance of law enforcement collaborating with the community to prevent and reduce crime.

We know that a strong

relationship between the police and the community is a key factor in attaining peace and security. Improving neighborhood safety is a team effort, but it needs to start with ‘Boots on the ground.’

A plan to organize the community in an effort to prevent and reduce crime was set in motion when WestCare Texas was awarded the **Innovations in Community-Based Crime Reduction (CBCR) Program** grant by the U.S. Department of Justice and Bureau of Justice Assistance. The goal of this grant is to sustain reductions in violent crime through strong partnerships and collaboration among partners in the criminal justice, human service, business, youth services, faith, health and education sectors.

“Through this grant, we will work hand in hand with law enforcement to make a positive difference in Eastside neighborhoods with persistent drug-related crime problems and help build the capacity of non-profit organizations to serve children, youth, and families,” said Beverly Watts Davis, WestCare Foundation’s Chief Officer of Program Support and Resource Development and Senior Vice President for WestCare Texas.

Through collaborative efforts with Neighborhoods First Alliance, the Harvard Place Eastlawn Neighborhood Association, the San Antonio Police Department and a team of trained Neighborhood Networkers,

WestCare Texas implemented many important neighborhood safety improvement strategies in the Harvard Place Eastlawn neighborhood. These strategies included knocking on doors to provide information, meeting with residents to encourage and engage them, conducting surveys to identify issues in the neighborhood, distributing ‘Hotspot’ cards with instructions on how to report crime and suspicious activity to police, using GIS crime mapping to identify crime hotspots, providing dusk to dawn security lightbulbs to increase neighborhood lighting, advocating for community resources and creating the ‘Harvard Place Newsletter.’

The most important lesson learned by both representatives of law enforcement agencies and residents is that the fundamental building blocks of neighborhood improvement is consistent and effective communication and responsiveness. Then much to our surprise, the San Antonio Police Department (SAPD) responded in a big way, with an announcement by KSAT News that SAPD was giving away \$150,000 to help communities develop crime prevention strategies.

[Click Here for KSAT’s Story on SAPD’s Crime Prevention Grant](#)

The SAPD distributed money seized through asset forfeiture so that those with plans and capacity could reinvest in their communities.

‘I allocated \$150,000 to create the Crime Prevention Grant that will help neighborhood and community organizations apply for funding to develop and implement crime prevention strategies in their neighborhoods,’ said San Antonio Police Chief, William McManus.

WestCare Texas applied for the grant and was recently informed that our application had made it to the second round of review. It is our hope that these police and community collaborations can continue combining their strengths, leveraging resources, establishing trust and advancing community policing in our neighborhoods.”

VIRGIN ISLANDS: “The Village - VIPIR Renovates Their Facility!”

By Yomayra Melendez, Direct Care, WestCare Virgin Islands /The Village - Virgin Islands Partners in Recovery

“The staff of **The Village - Virgin Islands Partners In Recovery** would like to take this time to thank our residents and clients for the amazing job that they have done around the facility! Our substance abuse and prevention facility has been getting some renovation work done for the past few weeks. Our staff have worked with our clients in not only helping with their recovery from addiction, but therapeutically and holistically becoming a part of the upliftment and revitalization of a place that has helped them heal and start a new foundation of recovery. Our team of clients that has utilized this opportunity has truly Uplifting Spirits in the process!

They all have been doing construction work on-site and have been painting and cleaning not only the grounds, but the inside of the facility including the kitchen, dining area and bedrooms. Our staff would again like to say thank you to all who helped. This is not only a facility; this is our home as many clients have stated. They have tremendous pride to not only be guided by staff in their journey, but taught by them. It shows tremendous leadership when we all get together and work as not only a team, but as a family!”





WASHINGTON: *“Unitells: Driving WestCare Washington’s Capabilities and Growth”*

By Donald Lachman, Special Projects Coordinator and Andrea Talmadge, Regional Coordinator - WestCare Washington



“A new reality of doing business has emerged for many human and health service organizations

across our nation as they face the challenges of supporting communities impacted by COVID-19. In Washington State, these trials have been further complicated by wildfires combined with massive smoke plumes.

Thousands of rural residents have come under evacuation orders. Adding to people’s concerns is the very air we depend on, which has become a toxic cloud covering the Pacific Northwest as it blots out the sun. Warnings have been issued that our air, rated worst in the world, is extremely hazardous to breathe and people should remain indoors with windows closed.

Some organizations are better positioned to continue providing leadership as well as facilitate client services under these challenging conditions. **Washington Serves (WAServes)** is among those organizations due to specific advantages related to the use of the **UniteUs** platform. The **UniteUs** platform supports WAServe’s information management as well as client services and provider engagement. This occurs on a shared closed loop network across WA State, linking over 100 human and health

service organizations.

The **UniteUs** initiative was created by Veterans under a formal alliance with Syracuse University's Institute for Veterans and Military Families (IVMF) in 2017. Its development was directly influenced by daily headlines and personal stories detailing the confusion and lack of accountability many Veterans were experiencing as they attempted to access benefits and assistance

This platform and network is particularly valuable in the coordination of teleservices and client connectivity as well as promoting the introduction of new programing. Additionally, its use by many regional health care providers participating in Medicaid Transformation supports an era of new relationships among stakeholders. It provides a technology pathway to innovative alliances between historically disconnected health and human services agencies. This is essential to reducing crisis driven responses and care costs while improving patient outcomes.

In October, Washington Serves with support from leadership of Healthier Here, King County’s federally approved Medicaid transformation initiative, will propose a pilot case management and wellness collaboration to representatives of Kaiser Permanente, Evergreen Health and Multi-Care. This pilot program will target patients participating in select health and wellness programs, often condition specific, offered at each entity.

Participants will benefit from: 1) Reduced social isolation, 2) Coordinated case management offering sustained access to resources, 3) Enhanced nutrition and food security and 4) Early responses to risks or needs that reduce crisis oriented events.”



WISCONSIN: *“Practicing Self-Care to Give Your Best!”*

*By Felicia Williams,
LST Program Director, WestCare Wisconsin*

“During this pandemic, WestCare Wisconsin closed its doors, but not its services. Since the State of Wisconsin issued its ‘Safer At Home’ order, we understood with the resources that we offer, it was pertinent to continue forging forward. Since we offer resources that directly affect the community, the practice of wearing PPE and enforcing social distancing guidelines was in full effect. So for the month of August, Efueko Landry was invited to provide a presentation of her business, Life Changing

Choices. Looking around at the staff, there was a realization that we had been going extra strong without taking a break or a deep breath. We needed to take time for ourselves. Mrs. Landry rolled in with oils steaming for assistance with asthma to oils for migraines. Staff attended with open ears, minds and eager spirits to stay healthy so that we can continue to give our best. In the pictures, you see staff receiving important information so we can continue to do just that - GIVE OUR BEST and continue Uplifting The Human Spirit! Remember self-care is the best care.”





KUDOS: *Our Monthly Shout-Outs to Exceptional Employees*

(Illinois) The Leadership and Staff of Sheridan!



“Thank you to Kelly England, Cheryl McMurren, Roberta Cline, Maureen Winders, MaryBeth O'Hara, Talisa Paul, Bradley Daily and all the Assistant Directors and Clinical Supervisors who have helped

keep the treatment process flowing while counselors were out of the facility due to the COVID-19 lockdown! Without their dedication and relentless attention, the transition to full operation at Sheridan Correctional would not have been possible!” - *Mario (Al) Arellano*

(Illinois) Our Most Recent Graduating Staff!

“The entire WestCare Illinois Family would like to congratulate Yolanda Bradley (Chicago Cermak Office) for receiving her Bachelor of Administrative



Management Degree, Barbara Carlson (Sheridan Correctional Center) for receiving her B.A. in Criminal Justice and a minor in Homeland Security, Kimberly Squires (Sheridan Correctional Center) for receiving her B.S. in Psychology and Kaylin Karwoski for obtaining her CADC! Way to go and congratulations!”

(Nevada) The Nevada Homeless Alliance

“WestCare Nevada wants to thank the Nevada Homeless Alliance - Emily Paulson, Executive Director and Dr. Genevieve DeLynch, Program Manager for sharing several hundred masks for our programs since the pandemic started. This generosity has saved our clients and staff from getting COVID-19. We appreciate your kindness tremendously!”



(Tennessee) Jennifer L., RCRC Graduate

“Roane County Recovery Court (RCRC) Graduation was held on September 14, 2020. Congratulations to our newest graduate, Jennifer!”

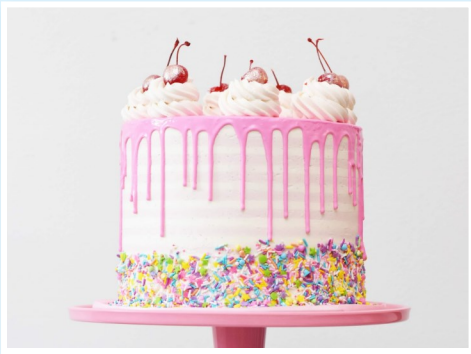


(Virgin Islands) The Staff of The Village - VIPIR



“On Behalf of The Village - Virgin Island Partners In Recovery, we'd like to thank all of our staff who got certified from our recent CPR training! Congratulations to all!”

OCTOBER BIRTHDAYS: *Celebrating Our WestCare Family!*



Arizona

- October 20th: Kelly Horst

California

- October 4th: Rhiannon Duncan
- October 4th: Jasmine Flores
- October 7th: Nicole James
- October 7th: Isaura Macias
- October 8th: Jesus Garcia
- October 9th: Robyn Horton
- October 12th: Melissa Rivera
- October 14th: Roy Torres
- October 16th: Kevin Cuevas
- October 16th: Pamela Long
- October 16th: Geraldine Ramirez
- October 16th: Yadira Renteria
- October 16th: Mario Salinas
- October 17th: Joel Ervin
- October 19th: Christopher Greene
- October 19th: Mayra Maldonado
- October 20th: Dawn De La Mater
- October 20th: Adolfo Zubiran
- October 21st: Vanessa Madrigal
- October 21st: Janelle Raynor
- October 22nd: Marisol Brambila
- October 23rd: Heather Fuentez
- October 24th: Sophia-Maria Soto

- October 26th: Tracy Hayes
- October 28th: Debra Borjas
- October 28th: Johnny Cleveland
- October 28th: Stephen Rodriguez
- October 30th: Vanessa Acosta-Dale
- October 31st: Karla Fitzgerald

Florida

- October 2nd: Marva Cole
- October 3rd: Kimberly Andre
- October 3rd: Mirta Rojas
- October 6th: Chawntelle Morman-Shanks
- October 7th: Crystal Tomlinson
- October 7th: Elena Valenzuela
- October 8th: Brittany Evans
- October 8th: Lisa Marciniak
- October 9th: Julia Crenshaw
- October 9th: Adrianon Marion
- October 9th: Deborah Matthews
- October 9th: Andrew Wilson
- October 10th: Courtney Benson
- October 10th: Consuelo Comisso
- October 11th: Damaris Contes
- October 12th: Taccara McNeal
- October 12th: Leslie Reddish
- October 14th: Allison Schild
- October 15th: Armeen Irani
- October 15th: Janice Lewis
- October 16th: Shannon Dolan
- October 17th: James C. Johnston, III
- October 17th: Doris Quiceno
- October 18th: Andres Diaz
- October 18th: Laura Merrin
- October 20th: Melissa Blankenship
- October 20th: Iris Molina
- October 20th: Patricia Salmeron
- October 20th: Valeria Steward

- October 26th: Beatriz Del Rio
- October 26th: Caron Landis
- October 26th: Sandra Lightfoot
- October 28th: Jorge Aguinaga
- October 28th: Merline Perilus
- October 30th: Gina Bennett
- October 31st: John McGettrick

Foundation

- October 1: Melissa Rhea
- October 7th: Alicia Garcia
- October 9th: Diana Alvarez-Mendez
- October 13th: Erika Gryniewicz
- October 14th: Denise Connor
- October 16th: Nayeli Knuth
- October 22nd: Preston Sharpston
- October 29th: Rolando Castellano
- October 29th: Wendy Ramos

Georgia

- October 7th: Michael Langford
- October 9th: Jebria Goodwin
- October 11th: Leslie Akins
- October 21st: Wanda Gray
- October 23rd: Corelle Davis
- October 25th: Joseph Braswell
- October 26th: Ashley Denton
- October 27th: Clifford Vansyckle

OCTOBER BIRTHDAYS: *Celebrating Our WestCare Family!*

Illinois

- October 1st: Yolanda Bradley
- October 1st: Larry Harvey
- October 5th: Ana Martinez-Hunter
- October 8th: Scharronne Shipp
- October 16th: Sixto Garcia
- October 17th: Mitchel Daniels
- October 18th: Angela Lyons
- October 21st: Lisa Carrico
- October 22nd: Annette Fronczak
- October 26th: Amanda Bennett
- October 26th: Chanice Owens
- October 26th: Kinsey Makay
- October 29th: Matthew Abraham
- October 30th: Denise Schultz

Kentucky

- October 4th: Clayton Van Swindall
- October 6th: Shaun Doan
- October 9th: Willie Pauley

- October 9th: Willie Pauley
- October 26th: Cheryl Frasure
- October 31st: Rephard Anderson

Nevada

- October 3rd: Zakia White
- October 4th: Cassandra Hernandez
- October 5th: Czar Lopez
- October 6th: Michael Castillo
- October 12th: Alondra Jones
- October 15th: Joseph Gosser
- October 20th: Edgar Salcido
- October 22nd: Deanna Moslander
- October 23rd: Kevin Hendrickson
- October 24th: Joseph Cross
- October 26th: Yesenia Cuevas

Ohio

- October 16th: Amanda Rozelle
- October 27th: Jessica Westover

Oregon

- October 1st: Nancy Pine

Pacific Islands

- October 3rd: Justine Gaminde
- October 8th: Chanelle Ramiro
- October 24th: Sonia Tajeron

Puerto Rico

- October 5th: Irisbel Nunez
- October 6th: Justino Zayas
- October 10th: Iris Deleon
- October 12th: Normaliz Yunque
- October 25th: Ivan Moratiel

Tennessee

- October 29th: Jennifer Longmire

Virgin Islands

- October 4th: Kim Nosek



WESTCARE EXPRESS EMPLOYEE ENGAGEMENT: September Coping Calendar

"Hello, WestCare Family! Below is the Action Calendar: 'Optimistic October 2020.' Although we may be going through some trying times, there are always reasons to be optimistic and to stay hopeful. This calendar will help you stay focused with positive daily goals. To quote the Dalai Lama, 'Choose to be optimistic. It feels better.'"

- Susan A. Rinaldi, Director of Employee Engagement, WestCare Foundation



ACTION CALENDAR: OPTIMISTIC OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Choose to be optimistic. It feels better" - Dalai Lama</p> 			<p>1 Write down your most important goals for this month</p>	<p>2 Look for reasons to be hopeful even in difficult times</p>	<p>3 Take the first step towards a goal that really matters to you</p>	<p>4 Be a realistic optimist. See life as it is, but focus on what's good</p>
<p>5 Start your day with the most important thing on your list</p>	<p>6 Do something constructive to improve a difficult situation</p>	<p>7 Remember that things can change for the better</p>	<p>8 Make progress on a project or task you have been avoiding</p>	<p>9 Avoid blaming yourself or others. Just find the best way forward</p>	<p>10 Take time to reflect on what you have achieved this week</p>	<p>11 Focus on a positive change that you want to see in society</p>
<p>12 Look for the good intentions in people around you today</p>	<p>13 Put down your To-Do list and let yourself be spontaneous</p>	<p>14 Do something to overcome an obstacle you are facing</p>	<p>15 Look out for positive news and reasons to be cheerful today</p>	<p>16 Thank yourself for achieving the things you often take for granted</p>	<p>17 Share your most important goals with people you trust</p>	<p>18 Make a list of things that you are looking forward to</p>
<p>19 Set hopeful but realistic goals for the week ahead</p>	<p>20 Find the joy in completing a task you've put off for some time</p>	<p>21 Let go of the expectations of others and focus on what matters</p>	<p>22 Share an inspiring idea with a loved one or colleague</p>	<p>23 Write down 3 specific things that have gone well recently</p>	<p>24 Recognise that you have a choice about what to prioritise</p>	<p>25 Plan a fun or exciting activity to look forward to</p>
<p>26 Start the week by writing down your top priorities & plans</p>	<p>27 Be kind to yourself today. Remember, progress takes time</p>	<p>28 Ask yourself, will this still matter a year from now?</p>	<p>29 Find a new perspective on a problem you face</p>	<p>30 Set a goal that links to your sense of purpose in life</p>	<p>31 Think of 3 things that give you hope for the future</p>	

ACTION FOR HAPPINESS



www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

* "For more great tips and strategies regarding self-care, coping and mindfulness, stay tuned to your email for monthly content as the Coping and Resilience Resource Guide is returning! Remember, in order for us to effectively Uplift the Human Spirit of those that we serve, we must not forget to take proper care of ourselves. As always, be well." - Susan

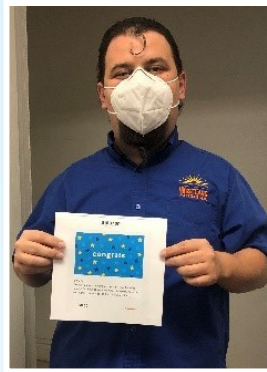


EMPLOYEE ENGAGEMENT: *Benefits Survey Drawing Winners*

"We'd like to send A BIG CONGRATULATIONS to the five employees who won the WestCare Benefits Survey Drawing! Each of the winners won a \$50.00 Amazon e-Gift Card!" - *Susan A. Rinaldi, Director of Employee Engagement, WestCare Foundation*

- **Carl Garrett**

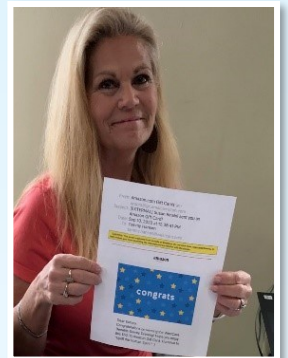
Carl is an Administrative Assistant with WestCare Arizona and has been with us since October 2017.



Carl Garrett

- **Tammy Hansen**

Tammy is Prevention Coordinator with WestCare Florida and has been with us since December 2014.



Tammy Hansen

- **Cecily Moreland**

Cecily is a Grant Development Officer with WestCare Foundation and has been with us since June 2012.



Cecily Moreland

- **Sophia-Maria Soto**

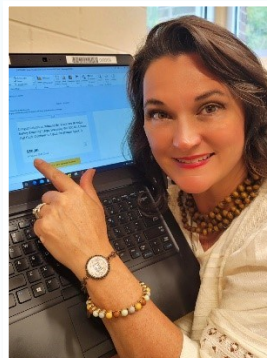
Sophia-Maria is a Facilitator II with WestCare California and has been with us since March 2015.



Sophia-Maria Soto

- **Dr. Tiffany Slone**

Dr. Slone is Program Director with WestCare Kentucky and has been with us since December 2018.



Dr. Tiffany Slone





SPECIAL COLUMN: *“Introducing WestCare’s Diversity, Equity and Inclusion Staff Workgroup”*

*By Kim Marino, Director of Program Enhancement,
Professional Services, WestCare Foundation*

*“In the end, we will remember not the words of our enemies,
but the silence of our friends.”*

- Dr. Martin Luther King, Jr.

“In last month’s issue of the Express, we told you why we are here. Today, we would like to introduce you to our Members and our Mission!

- *Marcus Chapple – NV*
- *Larry Harvey – IL*
- *Kenya Johnson – NV*
- *Savannah Jones – NV*
- *Travis Landry – IL*
- *Michael Langford – GA*
- *Jeannie Lewis – GA*
- *Maryann Knoy – CA*
- *Kim Marino – NC*
- *Bob Neri – FL*
- *Ken Ortals – MO*
- *Talisa Paul – IL*
- *Carlos Rodriguez – IL*
- *Beverly Watts – TX*

All members have all pledged the following:

“The Diversity, Equity, and Inclusion Staff Workgroup seeks to facilitate the organization’s ongoing and continuing efforts to foster a culture and atmosphere of mutual respect, and to attract, retain, and promote outstanding staff from all backgrounds, perspectives, and abilities.”

Our workgroup serves in conjunction with WestCare’s Board Committee on Diversity, Race and Inclusion.”

**Not all members were present for photos.*



GRANTS/RESOURCE DEVELOPMENT: "Did You Know?"

*By Lisa Jackson, Interim VP of Grants,
WestCare Foundation*

"Did you know that the Grant Department keeps a copy of all applications we file for WestCare? It's true! If you need to see what was written in a grant, what the objectives were, who was originally assigned to be the supervisor - you can usually find this information in the original application. These documents are used by the Evaluation Department to ensure they are measuring the correct metrics, it is used by the Finance Department to make sure they are invoicing the correct amount to the funder and it is used by the Contract Compliance Staff to ensure the program and services being offered are in line with what was proposed. And, of course, the program staff use them to guide the development and implementation of the services.

Amendments and budget justifications can always be made to applications once they awarded. With Federal grants, you might need to update a supervisor or program director, or you might change the number of staff or clients served, or you might want to adjust how the funds are allocated. These actions can be accomplished with a post award amendment. This is a much better solution than waiting until the end of the funding period and

realizing you did not spend all your funds or you did not complete the objectives outlined in the application.

You might need help with uploading the amendment into the grant portal, and if so, the grant department is here to help you. Reach out to your region's grant officer and ask them for assistance if it is needed. Remember, there are several departments that should be looped in as you make changes to include, evaluation, finance and/or contract compliance.

WestCare should be proactive when changes are needed to meet the needs of our programs and community. As always, we are here to help. Let us know what you need!"



**INFORMATION TECHNOLOGY:** *“October is National Cybersecurity Awareness Month”***CYBERSECURITY
AWARENESS
MONTH**

“WestCare once again is showing its commitment to **National Cybersecurity Awareness Month (NCSAM)**, held annually in October, by signing up as a Champion and joining a growing global effort to promote the awareness of online safety and privacy. The Cybersecurity Awareness Month Champions Program is a collaborative effort among businesses, government agencies, colleges and universities, associations, nonprofit organizations and individuals committed to this year’s Cybersecurity Awareness Month theme of **‘Do Your Part. #BeCyberSmart.’** The program aims to empower individuals and organizations to own their role in protecting their part of cyberspace.

Cybersecurity may seem frightening and intimidating at first glance, but most cybersecurity best practices are just common sense. You use cyber principles in your everyday life without realizing it and the best way to apply those skills to ensure your cyber safety is to learn what kinds of attacks you are vulnerable to and to learn the easiest way to defeat them. WestCare’s Information Security Team will be sharing special resources during NCSAM that provide defense strategies and demonstrate that cybersecurity is the responsibility of every person who uses an internet-connected device. As with previous years, NCSAM is dividing up each week in October into different themes.

Week 1: “If You Connect It, Protect It.”

Here, the effort is to emphasize that all personal devices connected to the internet are potentially vulnerable to attacks. As the popularity of BYOD and the IoT continue to grow, it’s imperative that organizations have a comprehensive, secure program in place that maximizes both user productivity and satisfaction while cutting costs and facilitating business continuity securely.

Week 2: “Securing Devices at Home and Work.”

2020 has seen a major disruption in the way we work, learn, and socialize, driving these activities online more than ever. Our homes, schools, and business are now more connected than they’ve ever been, introducing a whole new set of potential vulnerabilities that users must be made aware of and address.

Week 3: “Securing Internet-Connected Devices in Healthcare.”

With cybercriminals targeting health files, insurance data and medical devices, it’s critical that the healthcare industry adopts AI-driven technology to help their IT staff secure sensitive information, protect against vulnerabilities and prevent future attacks. This is even more important given the rise of telemedicine, healthcare IoT and the use of contact-tracing apps in efforts to mitigate the current pandemic.

Week 4: “The Future of Connected Devices.”

The final week of National Cybersecurity Awareness Month will look at the future of internet-connected devices. It will explore how technological innovations, such as 5G, might impact consumers’ and business’ online experiences (e.g. faster speeds and data transmission, larger attack surface for cybercriminals), as well as how people/infrastructure can adapt to the continuous evolution of the connected devices moving forward. It is not only necessary to safeguard our personal devices, but all devices we interact with.

Everyone has the responsibility to Do Your Part. #BeCyberSmart and maintain a level of cybersecurity awareness. Make the choice to be proactive not just during NCSAM but as a part of your daily routine year-round. Cybersecurity is a critical effort and one that requires each and every one of us to do our part to ensure a safer and more secure digital world.” - *Dwayne Stevens, Chief Information Officer, WestCare Foundation*



ABOUT WESTCARE: *Uplifting the Human Spirit Since 1973!*

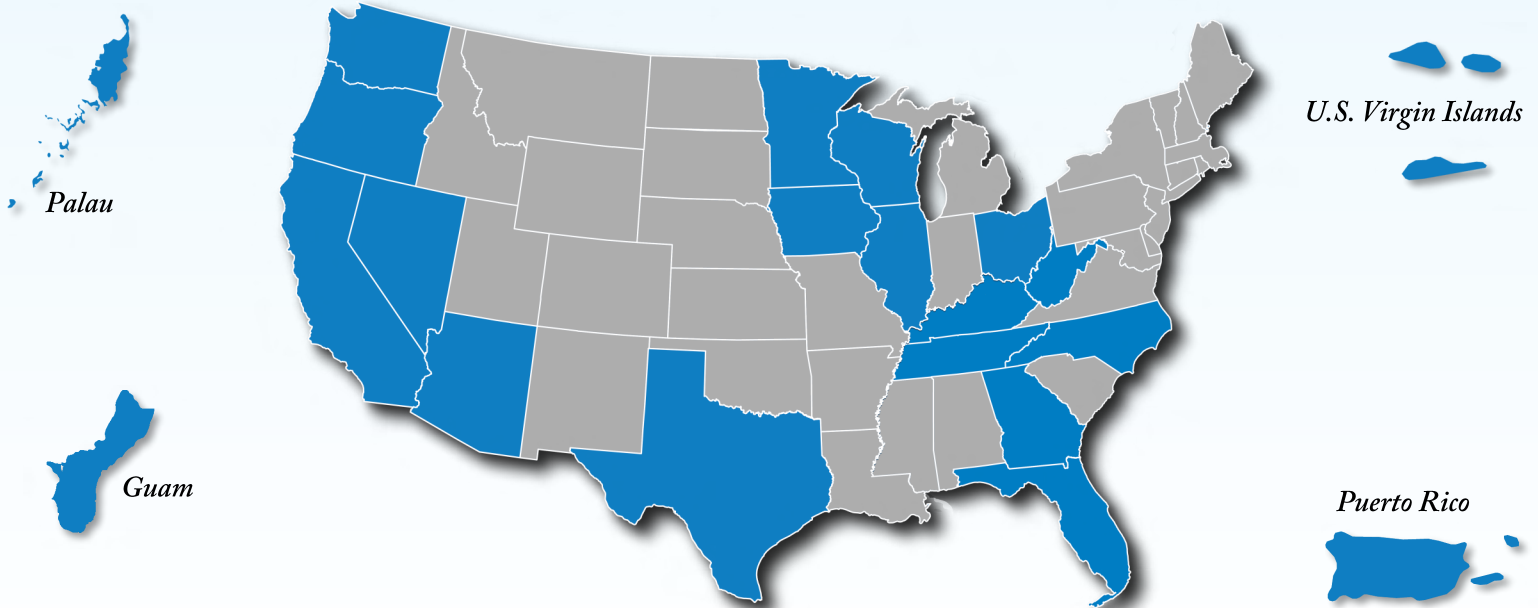
WestCare, a family of tax-exempt nonprofit organizations founded in 1973, provides a wide spectrum of behavioral health and human services in both residential and outpatient environments. Our service domains include **Treatment and Rehabilitation, Mental Health, Veterans Services, Criminal Justice, Housing Opportunities, Education and Prevention and support for those fleeing Domestic Violence.** These services are available to adults, children, adolescents and families. We specialize in helping people traditionally considered difficult to treat, such as those who are indigent, have multiple disorders or are involved with the criminal justice system.



WHERE WE SERVE

WestCare proudly operates programs in 17 states, three U.S. territories and the Republic of Palau!

- *Arizona* • *Georgia* • *Kentucky* • *North Carolina* • *Tennessee* • *West Virginia*
- *California* • *Illinois* • *Minnesota* • *Ohio* • *Texas* • *Wisconsin*
- *Florida* • *Iowa* • *Nevada* • *Oregon* • *Washington*



For more information on WestCare's many services and locations, please call (702) 385-2090 or visit westcare.com



Meet The Editors!



While the Express newsletter wouldn't be possible without the regular submissions that we receive from our amazing staff, it wouldn't come together without our editors, Gabriela McNiel and Michael Mygind! When they're not working on The Express, they're handling various marketing duties including promotional materials, social media, event planning, video production and more!

CA: Gabriela Espinosa-McNiel, Director of Marketing and Michael Mygind, Marketing Specialist



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www.youtube.com/user/WestCareVideos



How Can Anyone Support WestCare Online?

If you know someone who loves to shop online, they can help WestCare by shopping at *AmazonSmile* (bookmark <https://smile.amazon.com/ch/86-0852629>) and selecting WestCare Foundation. A portion of the purchase will be donated to WestCare at no cost to the shopper.



WestCare is registered with *PayPal Giving Fund*. When shopping on eBay or using PayPal online, users can select WestCare as their charity of choice. Donations can be made by visiting <https://www.paypal.com/fundraiser/105865137050618816/charity/74402>



WestCare is also on *Mightycause*, the online fundraising engine. The organization participates in events like #GivingTuesday. Donations can be made by heading to the following link: <https://www.mightycause.com/organization/Westcare-Foundation>

