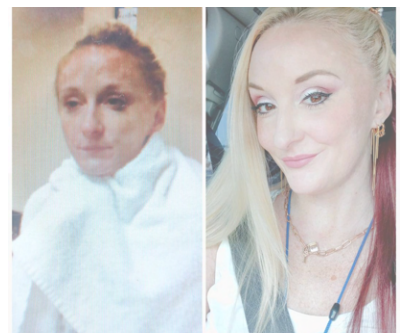
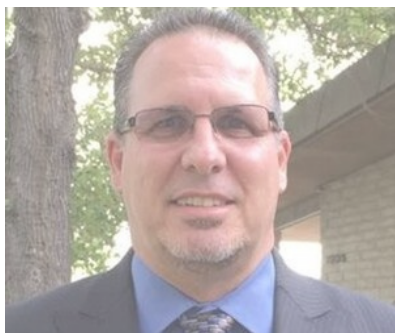
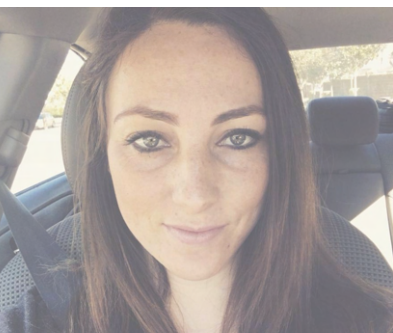
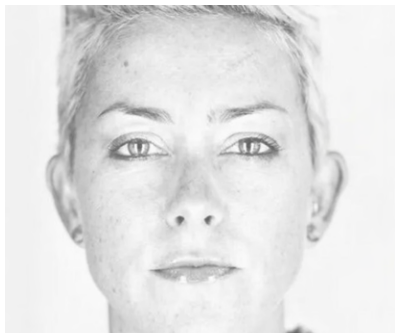
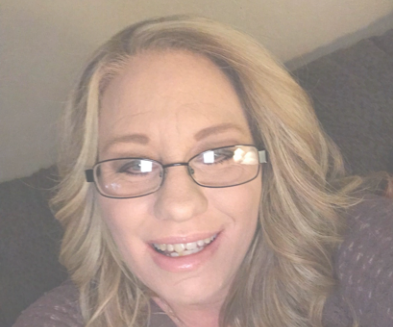


THE *Express*



THE RECOVERY ISSUE

RECOVERY IS FOR EVERYONE:
EVERY PERSON, EVERY FAMILY, EVERY COMMUNITY



Welcome from Dick Steinberg

President & CEO

WestCare Family,

Welcome to a special edition of *The Express* celebrating National Recovery Month. Here at WestCare, we believe that recovery is for everyone because everyone can build the next chapter of their life in a positive way. That is why we're joining organizations around the world in this year's theme: **"Recovery is for Everyone: Every Person, Every Family, Every Community."**

As part of our mission, we empower everyone with whom we come into contact with to engage in a process of healing, growth, and change. For every person we meet, we know that their journey is unique to them. Recovery is not universal and the communities we serve are proof of that.

Here at WestCare, our strength is that many of our own teammates have gone through a recovery journey themselves. Through their own experiences and the 48 years of services we've provided, we continue to create safe spaces that welcome everyone as they are.

Our own WestCare recovery community is full of heart. We provide resources, programming, peer support, and flexibility in the way that we run our programs. As people who put uplifting the human spirit first, we know that we save lives and build resiliency. It is an honor that people come through our doors to start a recovery journey. We take pride in building bonds that are like family and know that once a client transitions through our care, they forever become alumni. They are always welcome through our doors because our hearts and minds are always open if they hit a stumbling block.

Studies show that to make recovery successful, we need an opportunity to share our stories. Personal recovery can become collaborative recovery in our various treatment settings because you take an individual and place them into a larger story. Shifting from "I" to "we" is where change really happens.

To leave you with one sentiment, National Recovery Month is here to serve as a reminder that when we empower communities, we are engaging in healing. The idea that **"Recovery is for Everyone"** means that we are proud of our diversity and are committed to sharing our accomplishments and struggles to overcome the barriers that come our way.

Throughout this edition of *The Express*, you'll read stories about team member recovery stories, client successes, and the ways that we're paving better futures in the 16 states, 3 U.S. territories, and 2 Republics that WestCare serves. It is through these stories that we will seek to develop a deeper understanding, level of empathy, and connection that collectively nurture recovery.

We're in this together, gang.

Dick Steinberg



September: A Month of Recognition for our Nation's Heroes and Military Families

As we launch into the fall, the month of September gives us several days with a focus on our United States Armed Forces which deserve special recognition.

September 11th - Patriot Day: On September 11th, 2001, 19 terrorists with the extremist group, Al-Qaeda, hijacked four airplanes and carried out suicide attacks against targets in the United States. Please take a moment to remember the 2,977 innocent people who were lost that day and remember the brave men and women who have served to deter terrorism at home and abroad since that day.

September 17th - National POW/MIA Recognition Day: Established in 1979, ceremonies are held all over the nation to honor those who were held captive and returned as well as those who remain missing. More than 81,600 Americans remain missing from WWII, the Korean War, the Vietnam War, the Cold War, the Gulf War, the Iraq War, and other conflicts.

September 18th - The United States Air Force's 74th Birthday: In 1947, arguably the best U.S. military service was established! (*Coming from a proud Veteran of the Air Force!*) Currently, 326,855 men and women serve on active duty around the globe protecting the freedoms that we enjoy every day.

September 26th - Gold Star Mothers and Families Day: Established in 1936, the last Sunday in September is reserved to recognize and honor families who have lost someone in the line of duty while serving in the U.S. Armed Forces.

WestCare's commitment to serving Veterans and their families has been constant throughout its 40+ year history. Today, the staggering statistic that approximately 20 veterans take their own lives each day gives us a renewed focus on those who have served this nation. As we look to build on our current Veterans programs, we're confident that the entire WestCare family will step up to the challenge. Thank you for what you do each and every day to fulfill our mission of Uplifting the Human Spirit!

- **Craig J. Knierim**, Colonel (Ret.), U.S. Air Force, Senior Vice President of Veteran Services, WestCare Foundation



Expanding Opioid Care and Documenting Stories of Recovery

By Tonya Brown, MSW LMSW, HRSA Project Manager

WestCare Arizona was recently awarded the Health Resources & Services Administration's (HRSA) Rural Communities Opioid Response Program (RCORP) implementation grant. This is a multi-year (FY21 – FY24) grant addressing the barriers associated with Opioid Use Disorder (OUD) treatment and recovery to meet the United States Health & Human Services (HHS) goal of ending the opioid epidemic. For the past year and a half, Arizona's team has worked with RCORP and HRSA on the planning stages through an awarded grant, and now on the implementation, we are so excited to help those in need through working with our community partners.

HRSA also invited our team to present at their virtual "Reverse Site Visit" event from September 12th – 13th with a 30 minute documentary on lived experiences with substance use disorders (SUD). As part, Benjamin Hernandez and Justin Kamimoto from WestCare Foundation's Marketing team, visited our programs in Bullhead City in August to film various success stories from those that we serve to feature in the documentary! Thank you, Benjamin and Justin, for not only visiting but helping share that treatment works and recovery happens in Arizona!



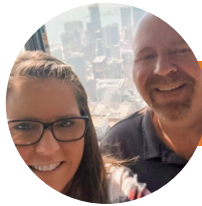
Learn more about programs



WestCare Arizona



@westcareaz



Our Story of Hope

By Erin and Cleadus Shelton, HUD CES Program Manager and Vice President, WestCare California

Cleadus and I met in 2005 at his company's party. In time, we became inseparable. He was on federal probation for a previous crime, but was doing well. It was in 2006 when his friend passed away that it took a turn for the worse.

We both turned to drugs and alcohol. His probation required drug testing and group meetings, but he was no longer reporting. So, we went on the run. Since both of our families knew he was a wanted man, we ended up becoming homeless traveling up and down the Central Valley. In August of 2006, we were caught and our lives began to change.

He was charged with absconding parole and I was charged with harboring a fugitive. We both went to County Jail. I was released after a few days, but he had to stay a while longer. He was sentenced to 180 days in prison and 90 days of treatment. As a client of WestCare, he learned the tools that were necessary to recover. We attended family group every Friday and learned how we could change together.

When he completed residential in 2007, we faced the struggles that many face. I was working, but he couldn't find a job due to his background. After six months in a recovery residence, he found work, moved home and we began to piece our lives together.

After a year of sobriety, Cleadus went to college to become a drug and alcohol counselor. He became certified in 2009 and began an internship with WestCare. From there, he served with AmeriCorps, became a men's SOD for WestCare, and earned the title of counselor. He would receive promotions in 2012 to Men's Coordinator, in 2016 to the Director of Contract Compliance, in 2020 to Deputy Administrator, and in 2021 to Vice President!

In 2011, I was hired by WestCare as a receptionist for **San Joaquin Valley Veterans**. I was then promoted to case manager, where I helped homeless Vets find housing. I then worked in several housing positions. In 2017, I was promoted to Housing Matcher and in 2021, I

was promoted to HUD CES Program Manager. WestCare has been a blessing and we will forever be paying it forward.

In 2013, we bought our first home and in 2014, we started a real estate investment company called **EVC HOMES LLC**. Since then, we have successfully flipped over 54 homes and currently own 10 rental properties in addition to a beautiful residence built in Clovis, CA.

We owe a lot of our success to not only WestCare for giving us the opportunity to prove ourselves, but to many special people who have supported us along our journey. We are a long way from hopelessness today and for that, we are grateful! We get up every day humbly asking ourselves how we can help someone today.



WestCare California Inc.



@WestCareCA



@westcarecalifornia



GCC Staff Attend National Night Out to Educate on Underage Drinking and Share Services

By Tammy Hansen, *Prevention Coordinator*

National Night Out began in 1984 simply with neighbors turning on their porch lights and sitting in front of their homes to protect their communities. It has grown into various types of events held across the U.S. on the first Tuesday of each August. The purpose is to increase awareness about police programs such as drug prevention, neighborhood watch, and other anti-crime efforts.

The Florida Keys events were held in our local parks and sponsored by the Monroe County Sheriff's office. There were over 60 community partners with tables, handouts, and giveaways along with live music, free burgers, and hot dogs. The police, fire rescue, coast guard, and wildlife officers were in full force with their vehicles and equipment for the attendees to see while learning about the community resources that are available. Local wildlife officers even had baby crocodiles and snakes on hand!

The Guidance/Care Center's Prevention staff and Mobile Crisis Response Team (MRT) worked together to cover four different events throughout Monroe County by holding a "SAMHSA Talk About Underage Drinking" activity at the various National Night Out events. This included an alcohol

myth or fact spin-the-wheel game, which brought awareness and discussions about the high rate of underage drinking and what actions we could take within the family and our community to protect our youth. Our MRT staff were building suicide and mental health awareness by showcasing their 24/7 services and ability to respond in the field when and where they are needed the most. GCC values our partnership shared with local law enforcement and was happy to take part in these wonderful events!




Kudos to Twyla Sweetmoon Front Desk Specialist

"Twyla made a lovely bulletin board highlighting a number of the quotes that Bob Neri sends out every day. They can truly be so inspirational!"

- Maryanne Johnson, BS, Executive Assistant



Connect with the GCC

 WestCare Guidance/Care Center, Inc

Recovery is
PART OF MY JOURNEY

"My recovery means that I have the choice to make the right decisions in my life today. I started college back in 2015 and now in 2021, I am graduating with my BA. I am 19 years clean and sober today because I know the tools to stay clean today. I will graduate in December with a BA degree in Social Work. Today, I have my support group in my life. I am very grateful to have a job with WestCare where I can help women and men in the Davis Bradley program and show them there is hope and it can be done. It only takes one day at a time."

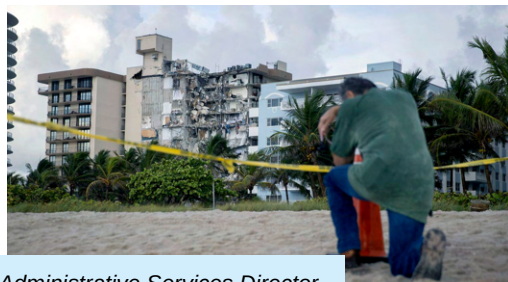
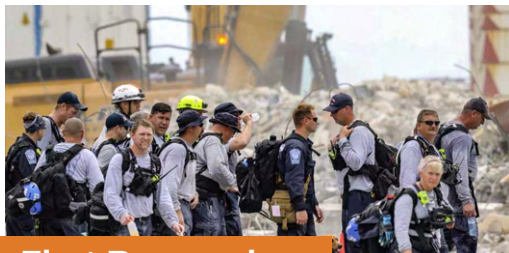
- Karen Mesa, Behavioral Health Tech, Davis Bradley Center



"My recovery means that I am able to share my experience, strength, and hope with everyone I encounter so that I can uplift their spirit!"

- Larry "AJ" Bankston, Peer Support Specialist, Outpatient, WestCare GulfCoast - Florida





Providing Support to First Responders of Champlain Towers Collapse

By Elena Hoyos, Administrative Services Director

On June 24, 2021, **Champlain Towers South**, a 12-story beachfront condominium in the Miami suburb of Surfside, FL, partially collapsed.

Hundreds of individuals and families were affected, including 98 lives lost. In the days and weeks after the collapse, determined and heroic rescue workers and first responders worked tirelessly moving millions of pounds of debris looking for survivors. The teams worked long shifts putting their own safety on the line working in dangerous conditions that resemble a warzone more than a normal search and rescue mission. In the aftermath of something traumatic like this, there is so much loss, grief, sadness, and even anger. These levels of stress can make first responders vulnerable to PTSD and other mental health conditions like depression.




The Village South worked in coordination with **Miami Dade Emergency Management** to provide crisis intervention and mental health services to first responders and families affected during this tragedy. Family therapy, individual therapy, care coordination, community-based outreach, and psychoeducational services were offered to adults who exhibited symptoms of trauma.

The Village South's licensed clinicians explored the stages of grief to provide everyone with a healthier resolution to their suffering - including addressing compassion fatigue and/or burnout,

which could potentially interfere with daily functioning.

As of today, The Village South continues to work diligently to make all services available to those affected by this unforeseen tragedy. It is in extraordinary times that Uplifting the Human Spirit and supporting our community are most important.



-  The Village South, Inc
-  @thevillagesouth
-  @thevillagesouth



Attending the 14th Annual Georgia School of Addiction Studies



By Kendra Webb-Muhammad, Program Director



WestCare Georgia was in the house at the **14th Annual Georgia School of Addiction Studies** in August with other leaders from across the state for professional development, information exchange, and networking. Miltina Frasier, Ray Cox, and myself attended the annual training and networking event to collaborate and continue our education through sessions designed specifically for treatment and prevention.

The informational sessions offered included topics such as *"Incorporating Humor in Therapy," "Convenience Store Drugs and What You Need to Know," "Clinical Supervision and How to Manage New and Senior*

Clinicians," "African American Males and the Effects of Trauma," "Incorporating Mindfulness in Treatment for all Ages," "Drugs and Their Effect on the LGBTQ Community" and many more! Our directors were represented in the treatment award ceremony as well as the prevention ceremony. We met new contacts and collaborated with familiar ones. The event was a total success and concluded with a week-long scavenger hunt in which all directors participated wholeheartedly. It was a week full of fun, good food, and information that could enhance our ability to adequately provide for those that we serve. Way to go team for your representation and for helping others Uplift the Human Spirit!



Follow for more about Georgia

-  WestCare Georgia
-  @westcarega



Fall Happenings in Illinois!

Compiled with submissions by John E. Zidek, MSW, CADC, *Community Treatment Director*, and Talisa Paul, MBA, MSW, CADC, *Program Director*

WestCare Illinois has several exciting updates from the months of August and September! On August 31st, several of our staff participated in the **International Overdose Awareness Day** outreach event hosted by the **Westside Opioid Heroin Task Force**. WestCare Illinois was one of the multiple social service providers at the event located on the Westside of Chicago with the purpose of helping community members recognize the signs of an overdose and how to use Narcan. We distributed a variety of harm reduction materials, PPE, and snacks as well as connected individuals to substance use disorder treatment, recovery support, and other services.

In September, WestCare staff at **Sheridan Correctional Center** teamed up with IDOC staff in celebration of **Hispanic Heritage Month** to provide clients with information on the history and personal lives of prolific individuals in Hispanic/Latino culture. This included retired MLB player from the Dominican Republic, Alex Rodriguez; Argentine professional footballer, Lionel Messi; Cuban-born American singer, Camila Cabello; Democratic U.S. Senator Catherine Cortez Masto of Nevada and Mexican Chemist, Mario Molina. Clients were able to process and celebrate the inspiration and success of these individuals.



August Employee of the Month, Paul Weitz, Counselor, at Sheridan Correctional Center!

Paul started at the Sheridan CC in 2000 and played an instrumental part in creating our therapeutic community. He's worked in all phases of treatment and is committed to providing treatment to the clients we serve. Paul enjoys interacting with his teammates and sharing information with others in order to provide the highest quality of services to our clients. Last year, he was awarded and acknowledged by the Illinois Chapter of the National Association for Alcoholism and Drug Abuse Counselors (NAADAC) at the 2020 Illinois Association of Addiction Professionals National Recovery Awards Celebration. Keep up the great work, Paul! We appreciate your dedication to the program!



Follow Illinois online for more



WestCare Illinois

Giving Thanks to a Frequent Supporter of our Vets!

By Barb Ruitter, *Data Entry*

When **Mary Green** of Forest City brings in a donation, she tells the staff what she has brought in and why. She says that she reflects on what personal hygiene items she uses throughout her day. She states, *"When I get up, I brush my teeth. So, I buy toothpaste and toothbrushes. When getting ready for the day, I take a shower with shower gel or soap, shampoo, and conditioner."* She also takes into consideration that men shave. So, she purchases shaving cream, razors, and some rolls of paper towels and toilet paper - that's just a given.

Mary brings in these donations whenever she thinks of it or has a few extra dollars. We see her often as she graciously brings several full bags for us to share with our Veterans and their families.

Since 2020, Mary has added Christmas time to her list to expand her mission to help others. We are very grateful that she has chosen the **Family Alliance for Veterans of America (FAVA)** to support! The bottom line here is a nice lady doing nice things for our Veterans!

Thank you, Mary, for all that you do to help make our Veterans' days start just a little smoother. You make a difference in so many ways and your generosity has not gone unnoticed!



Follow FAVA for more stories



FAVA (Family Alliance for Veterans of America)



Ribbon-Cutting at the Judi Patton Center for Healthy Families



By Jeremie Delauder, MAT Research Assistant

A ribbon-cutting ceremony took place on August 17th for the previously opened **Judi Patton Center for Healthy Families (JPCHF)** located at 5971 Poorbottom Road in Pike County, KY. The facility is a residential substance abuse treatment facility for women. JPCHF opened to clients in March of this year and should see their first graduates in September.

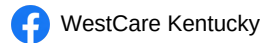
Among the attendees were local and state legislators including Kentucky Governor, Andy Beshear; Dist. 92 State Rep. John Blanton; Dist. 93 State Rep. Norma Kirk-McCormick; Dist. 94 State Rep. Angie Hatton; Dist. 95 State Rep. Ashley Tackett Lafferty; Dist. 31 State Senator Phillip Wheeler and Pike County Judge-Executive Ray Jones II. Also in attendance were former Kentucky Governor, Paul Patton, and former Kentucky First Lady, Judi Patton - the center's namesake. Many of WestCare's leadership team were also in attendance, including our CEO, Dick Steinberg.

In his speech, Governor Beshear said, "We know the road to recovery from addiction is one of the hardest journeys any human being can make. We also know it's a journey way too many of our people are on. But there is hope and there is help - and it's found in places like this. Judi's passion for helping others goes back to her childhood here in Pike County. You've made all of us proud and grateful for your service, your dedication, and your citizenship."

In her speech, Judi Patton, remarked, "I appreciate the honor and am very humbled to have my name placed on this facility, but it is WestCare, a nonprofit organization which saw the need in Eastern Kentucky - that deserves the credit. This is an issue which can affect any family, that we all need to be concerned about."



Follow for more in Kentucky



Recovery to me **MEANS FREEDOM.**

- Wendy Ramos, Executive Assistant, WestCare Foundation



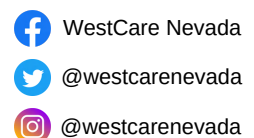
Celebrating our Second Graduating Class!
By Elgin Lofton, Case Manager

On August 20th, **Connections Fatherhood F.I.R.E. (Family-focused, Interconnected, Resilient and Essential)** celebrated its second graduation with an evening of recognition for these men who dared themselves to seek the knowledge to be the best fathers that they could be while understanding that every encounter in life moving forward will be all about relationships.

During this eight-week program, we saw these men three times a week in class, taught four different aspects of relationships, spent weekly one-on-one time together, and assisted many in acquiring their Nevada IDs and birth certificates as they prepare to leave **Harris Springs Ranch** and enter the work-field.

This day was all about the Connections staff letting each graduate know how much we appreciate their

efforts in starting and completing the program. The evening began with our Program Supervisor, Mar-cha Bell providing positive sentiments to the graduating class. Up next, I was joined by my fellow Case Manager, Yvonne Hoover, as we individually introduced our caseloads of graduates and shared encouragement with them as they walked up to receive their certificates. A personal highlight of the evening was after the graduation ceremony had concluded, one of the graduates came to me and said, "Mr. Elgin, I am proud of myself because this was the first time that I have ever graduated from anything."





Recovery is
WHAT I'M GRATEFUL FOR

"I am grateful for my recovery from drugs and alcohol. I have my story that I share with others that struggle with addiction. There is a better way to live with the help of finding a program that works best for each client. Working for WestCare allows me to plant the seeds of recovery with others so that they too may find their path to freedom."

– Kelly Dufford, BHT/Peer Support Specialist, GCC - Detox Inpatient Unit



Recovery Works and It Starts Here: Celebrating the Growth of East End's Treatment Programs

By Abby Hofrichter, Communications & Social Media Coordinator, Hofrichter Creative LLC

As we left our 700 Xenia Avenue location earlier this month, the September sun poured over the top of the building, illuminating the bright blues and deep purples of the mural on the side of the building. It was as if nature was shining a spotlight on the building itself saying, "Come on in. There's something good in here."

This building is where **East End Community Services'** treatment and rehabilitation teams meet, work with clients, and host meetings. The building, just 141 feet from our main offices in East Dayton, is a symbol not only of the hard work and growth of our team members but of the resiliency and determination of recovery.

East End's work in the field of treatment and rehabilitation began less than 10 years ago with the Bryne Criminal Justice Innovation grant that allowed us to create the **Conversations for Change (C4C)** and **Getting Recovery Options Working (GROW)** projects. What started as a small meeting, sometimes with just two people, quickly grew. Since 2012, East End has conducted 24 C4C events that have reached over 763 people and have turned GROW into a mobile crisis response team consisting of police, EMTs, and certified peer support specialists from East End. In 2017, East End launched the **Peers for Change** initiative that currently boasts a full team of peer support specialists providing community outreach and one-on-one peer support to clients. In recent years, our team successfully spearheaded **Bridging the Gap**, a program focused on helping women with a substance use disorder transition back into their community following successful completion of behavioral health treatment or granting of parole. Women involved in the program are moved into the new 700 Xenia Avenue building where they will soon be offering five non-traditional treatment meetings each week.

Rather than trying to attribute this team's growth and success to one or two factors, we asked them to share their own thoughts on what's helped them serve and support their community on their road to recovery:

"East End is willing to meet with people exactly where they're at. We want to be our clients' equal partners." - Caroline Triodi, Resource Specialist

"The opposite of addiction is connection and that's what we're focused on building here." – Everett Davis, Peer Support Specialist

"All that I can say is that recovery works! It happens and this is where it happens on the ground level." - Vicky Vinzant, Case Manager



"I don't ever want credit for the work that our program does because I put in work to stay sober, too. But, I like to see that we team up together. Our team helps check up on each other and on each other's peers. We're a good community and I'm proud to be a part of it." - Kayla Cockerham, Peer Support Specialist



Learn more about East End



East End Community Services



@eastendcommunityservices



VA Awards More Than \$4.6 Million in Grants to Fight Homelessness and Improve Transitional Housing in SW Washington and the Portland/Salem Metro Area

Wire article previously published by Gorge Country Media

VA Portland Health Care System will award \$4.6 million in grants to three community organizations in Longview, Washington, and Salem and Beaverton, Oregon starting September 2021, under the Grant Per Diem program to combat homelessness.

The GPD program provides funding to community organizations that provide transitional housing and supportive services for Veterans experiencing homelessness, with the goal of helping them achieve residential stability, increase their skill levels and income and obtain greater self-determination.

“The Grant and Per Diem program is integral to VA’s continuum of services and resources to help Veterans exit homelessness,” Darwin Goodspeed, Director, VA Portland Health Care System. “The newly awarded grants allow VA to continue to tailor transitional housing and case management services to the unique needs and circumstances of individual Veterans facing housing crises, which helps put them on the pathway to permanent housing faster.”

GPD funding will support three different types of grants to address the unique needs of Veterans who are experiencing homelessness:

- **Capital Grants** provide funding for community organizations through the Coronavirus Aid, Relief, and Economic Security Act of 2020. The funding supports capital improvements to GPD transitional housing facilities. The improvements result in less congregate and more individual unit style housing, thereby improving personal safety and reducing risks associated with close quarters living for Veterans.
- **Case Management Grants** are used to support case manager positions within community organizations. These positions provide services to help Veterans retain housing stability, adequate income support and self-sufficiency.
- **Special Need Grants** provide funding for community organizations that incur additional operational costs to help Veterans with special needs who are experiencing homelessness, including women, individuals with chronic mental illnesses and Veterans who care for minor dependents.

The local grant recipients include:

- **The Salvation Army**, 14825 SW Farmington Rd Beaverton; Capital grant of \$2,400,000
- **VETcare Oregon, Inc.**, 2933 Center Street NE Salem; Capital grant of \$1,490,000 and a Case Management grant of \$225,000
- **Housing Authority of the City of Longview**, 820 11th Ave Longview; Capital grant of \$272,844 and a Case Management grant of \$225,000

The GPD program has provided community-based transitional housing and supportive services since 1994. The number of Veterans experiencing homelessness in the U.S. has declined by 50% since 2010 resulting from the GPD program and other VA efforts.

A list of GPD grantees and nonprofit organizations seeking details about the program can visit va.gov.



Taking Root. Sprouting Growth.

By Fuana Temarsel, *PREP: Palau*

Instead of the usual indoor classroom sessions, **PREP** participants in the summer were treated to a trip back in time to learn how their modern world connects with their cultural roots. Our youth were taken to various historical sites to learn how the Palauan culture applies and ties to some of the concepts from our evidence-based program lessons. For example, one of the core concepts from PREP's selected curriculum, "Draw the Line/Respect the Line," is boundary-setting. The Palauan legend of "The Mother and Child," reiterated this same core value of respecting boundaries. This legend, passed down from one generation to the next, tells the story of a woman and her child turning into stone after the woman peeked into the men's meeting house, which was considered to be forbidden. Though it seems harsh by today's standards, the story translated the curriculum's primary life skill of identifying personal limits and respecting others', which continues to be instilled in the Palauan culture today. Learning their cultures' stories and rich history not only enhanced our youth's personal responsibility

and healthy relationship skills but also strengthened their ownership of their Palauan identity. Transportation to these site activities was made possible through a partnership that our program has with the Koror State Government. This was truly a fitting and unforgettable experience as the team closes our PREP's final year!

As we pivot from six memorable years of teen pregnancy prevention, the team in Palau is excited to expand its services through a grant received from the **U.S. Department of Interior's Office of Insular Affairs - Technical Assistance Program (TAP)**. This grant will enable our team in Palau to provide support services to youth and their families. It will enhance Palau's resources to strengthen families that include tutoring for students and parenting classes for young parents, all conducted at the soon-to-be-opened **Cheberdil Belau Center**. Inspired by its translation "young sprout", Cheberdil is rooted in serving the community and will nurture the growth of healthy family relationships.



PREP students standing by the monolith of Mother and Child



PREP students learning about plant growth



Participants visit the chicken farm to learn the significance of chickens in Palau's history

**With nearly zero reported cases of COVID-19 in Palau, all individuals pictured are shown without masks.*



Continue the journey online



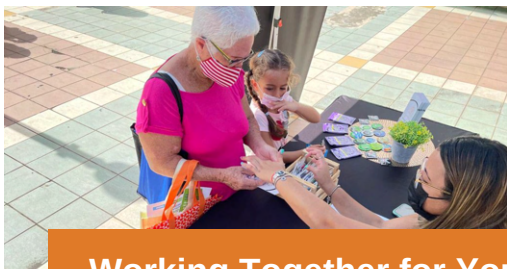
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Working Together for Youth Prevention

By Yolanda Gonzalez Malave, *Program Assistant & HR Coordinator*

In August, staff from our **Guara Bi Guaitiao** youth prevention program recently partnered with fellow service providers, **Corporacion SANOS, A Pearl of Great Price**, and the **Caguas City Police Department** to organize a community outreach event in celebration of **International Youth Day**.

Our main goal was to reach young people between the ages of 15 and 24 from the town of Caguas, offering them information and preventive supplies such as prophylactics. This event allowed us to speak with youth who visited our booth, let them know about the resources that they have for prevention, and discuss the challenges that they might often face.



Follow the journey online



Guara Bi



The 2021 Tennessee/National Alliance for Drug Endangered Children Conference

By the Staff of WestCare Tennessee



From August 24th through 27th, our team was proud to attend and present at the **2021 Tennessee/National Alliance for Drug Endangered Children Conference** in Nashville, TN! Our **WestCare Tennessee** staff on hand included Renee Salyers, Shandi Hill, and Makayla Calloway and were joined by WestCare Foundation's Director of Training and Technology Transfer, Jennifer Hilton. The four-and-a-half-day conference consisted of presentations on the latest research and best practices for drug endangered children, their families, and their communities. The conference was attended by countless representatives from the medical, mental health, treatment and rehabilitation, childcare, and law enforcement sectors - all with the common goal of helping

children and breaking the multi-generational chain of trauma that exists within some families.

While we were on hand to learn and run our own outreach booth, we were also honored to be presenting. Jennifer Hilton presented on the need for Mental Health First Aid training for all as well as the importance of practicing self-care and understanding that the language that we use matters. Meanwhile, our Regional Administrator, Renee Salyers co-presented with Brian Maus, Director of Addiction Prevention and Mentoring Programs for **Camp Mariposa**, regarding the research-proven benefits of providing services to children whose lives have been touched by substance abuse.



[Learn more about Tennessee](#)



WestCare Tennessee



@WestCareTN



SAPD and WestCare Team Up to Prep Students and Parents for the School Year

By Jessica Cerda

WestCare Texas partnered with the **San Antonio Police Department (SAPD)** to host a special event on Saturday, August 14th at the Second Baptist Church Community Center that focused on preparing students and families for the new school year as well as building community trust between residents and police officers.

"How you start the school year is how it's going to end. If you start out with the that supplies you need, that gives you a sense of confidence," said Costella Green, M.H.S., Vice President, WestCare Texas

Backpacks filled with notebooks, pens, folders and other supplies were distributed to hundreds of students - many lining up with their parents and siblings hours before the event's start time, signaling the continued necessity for resource

fairs. Parents and families received guidance on free nutrition programs from the San Antonio Food Bank's social services team. In addition, the **San Antonio Metropolitan Health District** administered approximately 200 COVID-19 vaccinations on-site for individuals ages 12 and up. Parents, students, and community members in attendance were also equipped with a very valuable, nontangible resource - a communication and de-escalation workshop with the SAPD.

SAPD's workshop with Eastside residents included roleplay that put officers in parents' shoes and vice versa, focusing on how to communicate with each other in the event of a tense situation.

"Action and meeting with people are going to be the best ways to open up communications and

dialogue with police and our community," said Beverly Watts Davis, Chief Officer of Resource Development & Program Support. SAPD Officer, Joel Pope, who participated in the workshop, believes, "It's extremely important for the police department and the community engagement unit to interact and build mutual trust with the community. Chief of Police, William McManus, is very excited about getting police officers out into the community connecting with residents, finding out what is happening in neighborhoods, identifying opportunities for partnerships and reporting back to SAPD where there are needs for community-based training and opportunities for engagement to improve community relations and build community trust."



[Read more online](#)



WestCare Texas



The Village Expands Their Treatment Services to Virgin Islands Youth

By Yolanda Gonzalez Malave, Program Assistant & HR Coordinator

The Village - Virgin Islands Partners in Recovery was recently presented with a check by **Congress Woman, Stacy Plaskett**, and **Administrator to the Governor, Samuel Sanes** in commemoration of our recent grant awarded by **SAMHSA** for the opening of the **Youth and Family TREE** program. This exciting new program's purpose is to enhance and expand comprehensive treatment, early intervention, and recovery support services for adolescents (ages 12-18), transitional aged youth (ages 16-25) and their families, and primary caregivers with substance use disorders (SUD) and/or co-occurring disorders. These funds will allow us at The Village to extend our services by now providing treatment and rehabilitation to adolescents in the Virgin Islands.



Follow along for more



The Village - VI Partners in Recovery Inc / WestCare



Positioning for Future Growth, Influence and Sustainability

By Donald Lachman, Special Projects Coordinator, and Andrea Talmadge, Regional Coordinator

As we continue to coordinate the delivery of quality services during a pandemic, **WestCare Washington (WCWA) / WAServes** has successfully positioned itself for a future of celebrating growth, influence, and sustainability. During 2021, we have nurtured select community relationships. Among the goals that we have set, we aim to:

1. Increase targeted providers' awareness and appreciation for the abundant resources available to support the needs of Veterans and their dependents.
2. Demonstrate the value of the unique expertise and capabilities of WCWA; and
3. Advance a sustainable pilot funding model where a portion of savings realized from our contribution to a Veterans' care is reinvested into WCWA and WAServe's operations costs.

A key element of our messaging to this assembly of providers highlighted a vital fact: Scores of health and social services organizations are currently assisting Veterans, but are leaving millions of dollars in unclaimed resources on the table. We stressed the existence of a growing inventory of benefits and programming exclusively for Veterans with the influence to lessen poverty, reduce hospital readmissions, diminish overuse of first responders and promote health stability.

The response to our focused outreach and messaging has exceeded all expectations. The providers joining WCWA in collaborative service visioning are recognized leaders in the delivery of health care, library systems, nutritional and senior technology programming, and communications.

They share an interest and often a formal mission to better the lives of Veterans. *"Intrigued by the possibilities,"* was the response of one regional health care leader and so are we! According to the VA's website they manage a whopping \$1.6 billion in compensation and pension benefits to Washington State Veterans annually! We intend to grow that annual amount by increasing the number of Veterans who access their unclaimed benefits and pensions earned through their service to our country.



Recovery is
THE NEXT PHASE

"It signifies an attempt to move past addiction and into the next phase. Recovery is a powerful period because beyond everything else, it signifies that you know that you have a problem and you are trying to fix it. Recovery does not mean that you fix your issues right away. It means that you recognize that something is wrong, which is a critical part of getting help."

– **Carlos Ayestas**, Therapist, Mustard Seed Inn – FITT



Teaching Life Skills and Lessons on The Court

By Felicia Williams, LST Program Director

This past June, we partnered with former NBA player, **Marcus Landry**, to present **The WestCare Wisconsin Fundamental Basketball Camp** on Saturday mornings at the Northcott Neighborhood Center in Milwaukee! In addition to Landry's coaching, we had the pleasure of having the 2020 City Conference Player of the Year and recent Milwaukee High School graduate, **Quinton Murrell**, volunteer and help out with the camp as well!



When the camp first started, our youth were provided a notebook for them to journal in and would start the first 30 minutes of each morning with a keyword that they were given to reflect on and write about. Our staff were proud to partner with **Own It Mentoring Service** on this component of each day of the camp. Before they left for the day, they would hear from some truly awesome guest speakers who spoke about their life experiences. We quickly realized that a Saturday was not enough! So, we scheduled conference calls for Wednesdays at 5:30 pm for youth in the camp to participate in. We originally started the camp with youth from the 53212 area who then started talking to their friends about it!



Through the camp, our youth gained the ability to understand teamwork and listening. At first, they didn't always want to do what was asked of them, but as we drove them to work harder, they started to understand the purpose. We created plays titled, "Wash the dishes," "Take out the trash" and "Make da bed." As they mastered our plays, we would sit and talk with them about the purpose of the plays and why their guardian (predominately single mothers) shouldn't have to ask them several times to perform these tasks at home.



On August 7th, the final day of the camp, we had a basketball game with the **Milwaukee Police Department** where we invited the youth's parents as well. Through the camp, our youth gained the ability to understand teamwork and listening. At first, they didn't always want to do what was asked of them, but as we drove them to work harder, they started to understand the purpose.

With coverage on local radio stations, a story aired by TMJ4, and an article published in The Shepard Express, word has spread well about the important lessons that we were able to teach with the help of Marcus and our amazing community partners!



Get connected with Wisconsin



WestCare Wisconsin



@westcare.wi



Recovery is **MANY THINGS TO ME**

"My recovery means determination, perseverance, honesty, humility, integrity, and LOVE! Without that, I am nothing! I am no longer spiritually bankrupt!"

– **Jennifer Longmire**, C.P.R.S. Recovery Coach, WestCare Tennessee

Grants & Resource Development



A New and Exciting Year!

By Lisa Jackson, *Interim VP of Grants*

At the end of the fiscal year for WestCare, the grant team pulls together a variety of statistics about our work during the year. With the assistance of Marc Cannon and Sergio Torres, this year's data was collected into a SharePoint file for quicker analysis and use.

Since July of 2020, the WestCare Grants team has written 346 applications. Of these, 159 have been funded and 43 are still pending. This includes several new and exciting programs such as:

- Three new **Rural Community Opioid Response Programs (R-CORP)** in Kentucky, Arizona, and Tennessee
- Four Medication-Assisted Treatment – Prescription Drug and Opioid Addiction (MAT-PDOA) grants from the Substance Abuse and Mental Health Services Administration (SAMHSA) in Tennessee, California, the Gulf Coast (Florida), and The Village South (Florida)
- An Ending HIV Epidemic (EHE) grant for our Village South program
- A renewal for the RECAST program in Texas
- A National Childhood Traumatic Stress Initiative (NCTSI) grant in the Pacific Islands
- Three SAMHSA Youth & Family TREE (Enhancement and Expansion of Treatment and Recovery Services for Adolescents, Transitional Aged Youth, and Their Families) grants in California, Village South (Florida), and the U.S. Virgin Islands.

The fun part is not over as we are still hearing about applications each week. While I was writing this article, we received emails that the four new SAMHSA MAT-PDOA grants would be awarded!

This means that the beginning of the new Federal year in October will be busy for many of you! We are proud to be a small part of this success. We know that without your expertise and help, these applications would not be viable and that you and your teams make it all possible! Congratulations to all!

Information Technology



CYBERSECURITY AWARENESS MONTH

WestCare Supports Cybersecurity Awareness Month

By Dwayne Stevens, *Chief Information Officer, WestCare Foundation*

WestCare is once again supporting Cybersecurity Awareness Month as a 2021 Champion. This event is held annually each October to promote the awareness of online safety and privacy. More than ever before, technology plays a part in almost everything we do. Despite these great advances in technology and the conveniences they provide, recent events have shown us how quickly our lives and businesses can be disrupted when cyber criminals use technology to do harm. Cybersecurity Awareness Month aims to shed light on these security vulnerabilities, while offering actionable guidance surrounding behaviors that each of us can take to protect ourselves and WestCare.

This year, the Cybersecurity Awareness Month's main weekly focus areas will revolve around:

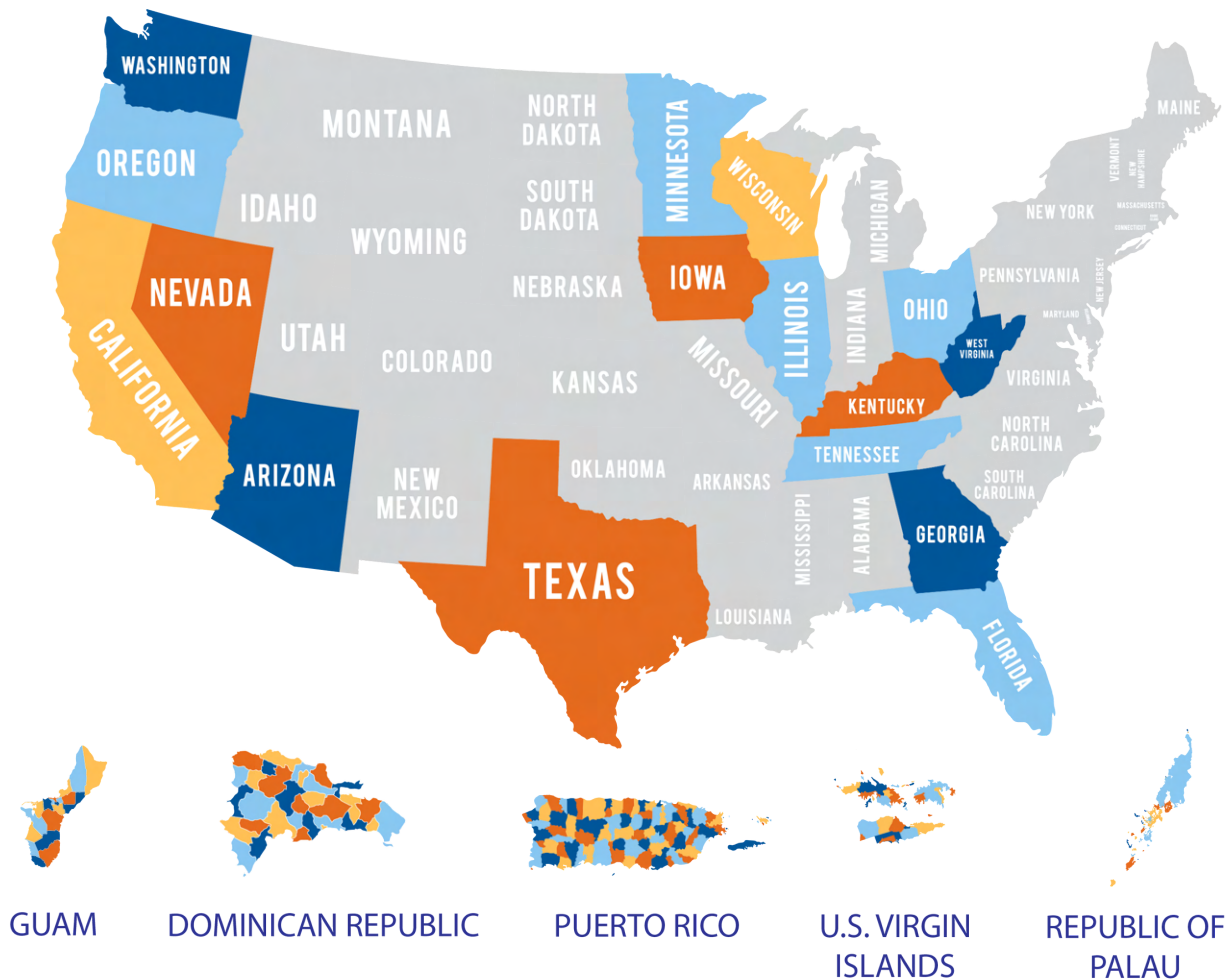
- Understanding and implementing basic cyber hygiene, including the importance of strong passphrases, using multi-factor authentication, performing software updates and backing up data.
- Recognizing and reporting phishing attempts whether it's through email, text messages or chat boxes.
- Empowering individuals to not only practice safe online behavior, but consider joining the mission of securing our online world by considering a career in cybersecurity!
- Making cybersecurity a priority in business by making products and processes "secure by design" and considering cybersecurity when purchasing new internet-connected devices.

If everyone does their part – whether it's implementing stronger security practices, raising community awareness, educating vulnerable audiences or training employees – our interconnected world will be safer and more resilient for everyone.

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, 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.

Proudly serving sixteen states, three U.S. territories, the Dominican Republic and the Republic of Palau



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Have a story to tell? Please email marketing@westcare.com and let's share the impact WestCare makes in Uplifting the Human Spirit.



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