



March 2011

VICTRI, Building the Next Generation of Business Leaders

By Dave Youngquist
– Chairman, WestCare Minnesota

At the WestCare Foundation Board meeting in January, VICTRI, The Veterans Initiative Center & Research Institute joined the WestCare network of care providers. VICTRI is one of the programs for WestCare, MN, and is a Business Incubator for Veterans and their Families. The VICTRI is located in the VA Hospital Director's former residence on the VA Medical Center Campus in Minneapolis MN. It is an ideal location for our veterans to visit and receive assistance.

Ten years in the formulation process, VICTRI was incorporated in Minnesota as a 501 (c) (3) non-profit corporation in July 2008. Staff members, and volunteers provide veterans and their families with the skills needed to start their own businesses.

Jimmie Lee Coulthard, a Vietnam Combat Veteran, Riverboat Captain, and licensed drug and alcohol abuse counselor, founded the VICTRI. He also operated the non-profit MACV, the Minnesota Assistance Council for Veterans a 501 (c)(3), non-profit organization. Mr. Coulthard raised money and built 200 units of housing across the state of Minnesota for Veterans experiencing homelessness. He is also a member of the WestCare MN Community Action Council, active in the Military Advisory Group and the United Veterans Legislative Council, groups working on veteran's issues nationally and within the state of Minnesota.



Jimmie L. Coulthard, Founder VICTRI

*"Today there are
so many Veterans with
such incredible skills
and ideas that
don't have anywhere to go
to start a business.
This is their place."*

Jimmie L. Coulthard, Founder VICTRI

Continued on page 2

In This Issue

- Page 1-2
VICTRI, Building the Next Generation of Business Leaders
- Page 2
Medical Students Learn About WestCare
Flower of the Month: Daffodils!
- Page 3
St. Patrick's Day is March 17th!
- Page 4
Florida Team "Brrrrraves"
Illinois Blizzard
Spring Into Spring
Cinnamon Apple Walnut Pancakes
- Page 5
San Joaquin Valley Veterans 'Home Front' Wows Top State Official
Proud P.R.I.D.E. Graduates Make the Most of Their Second Chance
- Page 6
Tossing Pebbles
- Page 7
WestCare Wellness Watch
- Page 8
Volunteer Corner
Recovery Advocates Call on U.S. Representatives to Join Addition Caucus
- Page 9
Meet Board Chair Bill Ekstrom
5 Questions
- Page 10
March Calendar
SAMHSA: Behavioral Health an Ever-smaller Percentage of Total Health Spending
How Can I Help My Children with their Homework at Home?
- Page 11
Florida News Briefs
News You Can Use
March Recipe of the Month
- Page 12
In The News
On the Backs of Slaves, Freedom Found
- Page 13
Key Appointment in the Keys
Midtown Wellness Center Continues to Expand Services

Continued from page one –

The VICTRI, WestCare MN – Building the Next Generation of Business Leaders

The VICTRI assists veterans and their families to:

- Start New Businesses
- Educate them on the essential tools and skills they need
- Support them to successfully build and execute their business plans
- Help them grow their Ideas

The facility provides office space, computers, Internet access, telephones, and mail services for the Veteran owned start up companies. Assistance includes guidance in writing business plans, mentorship, instruction on selling to government entities, and peer-to-peer discussion groups. Providing services to over 150 veterans and their families over the past two years, there are currently 15 new businesses operated by veterans that have their offices at the VICTRI. The types of business are quite varied and include such diversity as; oil and gas distribution, a flooring and carpeting

company, lawn services company, and a non profit minority veterans association.



Medical Students Learn About WestCare

By Stephanie J. Stiltner – Coordinator of Public Relations Pikeville College

A new collaboration with WestCare is providing opportunities for second-year students at the Pikeville College School of Osteopathic Medicine (PCSOM) to learn about the mission of the substance abuse treatment facility.

As part of their instruction, students are introduced to facility protocol, residential living and counseling programs and also attend group sessions.


“Our students are interacting with an excellent substance abuse treatment facility, learning first-hand about the epidemic of substance abuse, the causes and the treatment opportunities afforded to the people of eastern Kentucky and Appalachia,” said William Betz, D.O., M.B.A., FACOPF, senior associate dean for osteopathic medical education at the PCSOM. “Rarely do medical students have this level of education in the real world.”

WestCare, located at Ashcamp, Ky., provides substance abuse treatment services in eastern and central Kentucky including assessments and referrals, residential substance abuse treatment, individual and group counseling, relapse prevention education, substance abuse education and prevention, anger management classes, cognitive behavioral therapy classes and parenting classes.

“After spending time at our facility, the medical students quickly realize how the treatment we provide here parallels the medical field,” said Mike Williams, WestCare clinical director. “We, too, treat the patient and not just the symptoms. We try to find the exact nature of the problem using treatment and counseling.”

Kentucky



Pictured:  front row, from left, second-year medical students Andrew Carfield, Alisha Rust, Leah McIntosh and Chance Davis. Back row, from left, Keith Stiltner, graduate of WestCare; Mike Williams; Jerod Thomas, WestCare counselor; and Sam Sparks and Jonathan Salyers of WestCare.



Flower of the Month: Daffodils

“I wandered lonely as a cloud
That floats on high o’er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.”
- William Wordsworth, *Daffodils*

Ah Daffodils, are among the first flowers to bloom in the spring. They bring a promise of warmer weather, along with a burst of color to the still grey landscape of your yard and flowerbeds. A member of the Narcissus family, Daffodils originated in the woods of Europe.

Like other bulbs, Daffodils are easy to grow. Pop a few into your flower bed in the fall and Voila . . . They awaken brightly in the spring!

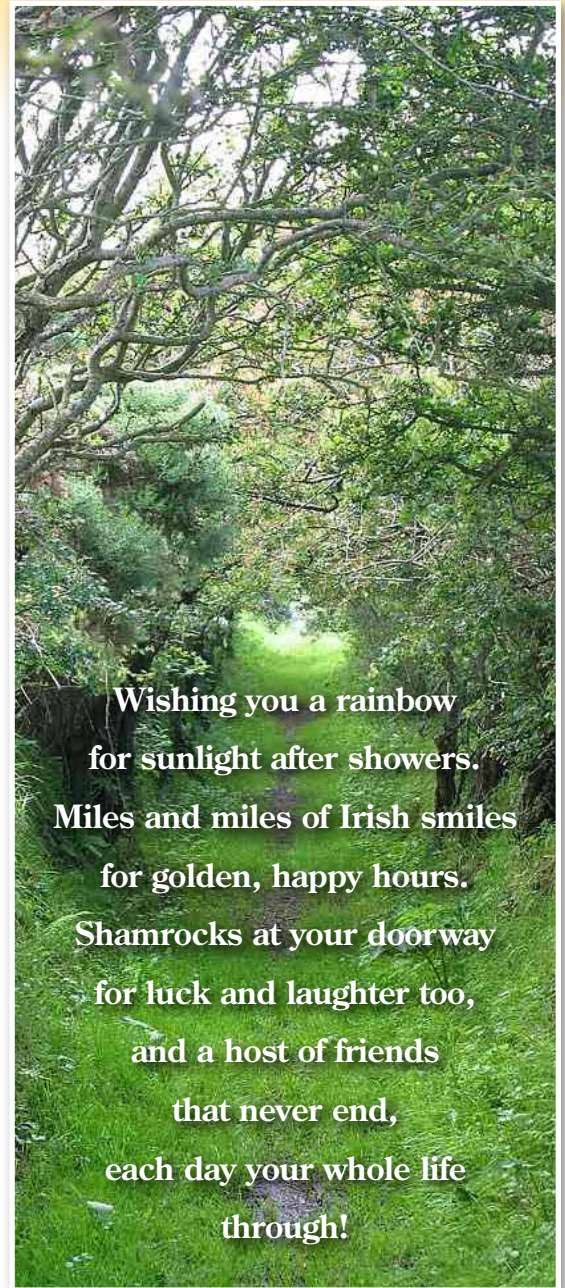


St. Patrick's Day is March 17th

Early Celebrations in the United States

Irish Society of Boston organized what was not only the first Saint Patrick's Day Parade in the colonies but the first recorded Saint Patrick's Day Parade in the world on 18 March 1737 (The first parade in Ireland did not occur until 1931 in Dublin.) This parade in Boston involved Irish immigrant workers marching to make a political statement about how they were not happy with their low social status and their inability to obtain jobs in America. New York's first Saint Patrick's Day Parade was held on 17 March 1762 by Irish soldiers in the British Army. The first celebration of Saint Patrick's Day in New York City was held at the Crown and Thistle Tavern in 1766, the parades were held as political and social statements because the Irish immigrants were being treated unfairly. In 1780, General George Washington, who commanded soldiers of Irish descent in the Continental Army, allowed his troops a holiday on 17 March "as an act of solidarity with the Irish in their fight for independence. This event became known as The St. Patrick's Day Encampment of 1780.

Irish patriotism in New York City continued to soar and the parade in New York City continued to grow. Irish aid societies were created like Friendly Sons of St. Patrick and the Hibernian Society and they marched in the parades too. Finally when many of these aid societies joined forces in 1848 the parade became not only the largest parade in the United States but one of the largest in the world.



Wishing you a rainbow
for sunlight after showers.
Miles and miles of Irish smiles
for golden, happy hours.
Shamrocks at your doorway
for luck and laughter too,
and a host of friends
that never end,
each day your whole life
through!

Wearing of the Green

Originally, the color associated with Saint Patrick was blue. Over the years the color green and its association with Saint Patrick's day grew. Green ribbons and shamrocks were worn in celebration of St Patrick's Day as early as the 17th century. He is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish, and the wearing and display of shamrocks and shamrock-inspired designs have become a ubiquitous feature of the day. In the 1798 rebellion, in hopes of making a political statement, Irish soldiers wore full green uniforms on 17 March in hopes of catching public attention. The phrase "the wearing of the green," meaning to wear a shamrock on one's clothing, derives from a song of the same name.

Florida Team “Brrrrraves” Illinois Blizzard

By Jeffrey Clausen – *Clinical Manager*

Sheridan had the wonderful opportunity of having three visitors from the Florida program here with us during the worst snow storm in ten years. Nadine Hood, Brad Noack, and Kathleen Costello joined us the week of February 1 to help kick off of our new Dr. Milkman CBT curriculum. With their assistance, we were able to launch the program to more than 1,000 clients. The Florida team currently uses the same curriculum, and they were of great assistance to this launch. Just as the launch began, the snow storm hit with a record 24 inches of snow in 24 hours. The program closed and we were unable to begin services to our clients until the following week. The Florida team braved the wind and snow, and we continued to train the staff that came to work on February 3.

Nadine Hood, Brad Noack and Kathleen Costello

Illinois



Spring Into Spring

By Charlene Hamann – *Sheridan Recreational Therapist*

As we have all heard, the ground hog didn't see his shadow; so that means spring will be here soon, and after a blizzard of the century in the Midwest on February 2nd, we are all ready for fun in the sun.

In the Northern Hemisphere spring officially arrives with the vernal equinox. On the first day of spring, the sun rises due east and sets due west everywhere on Earth, except near the poles. The daylight length between sunrise and sunset is virtually the same everywhere on the first day of spring: 12 hours, 8 minutes. There is also an old grade school science project of being able to stand a raw egg on

its end and is said to only be done each year on the first day of spring, all because of the position of the earth's axis in the Northern Hemisphere.

Spring is the season between winter and summer and is a time of growth. This spring choose to celebrate the earth, the flowers or the spring showers, as long as you welcome a brand new season.

Spring also brings about National Pancake week and International Pancake Day, which are annually in March. The day before Ash Wednesday is considered Shrove Tuesday, sometimes called Pancake Tuesday. Shrove Tuesday was the origin of Mardi Gras, which means fat Tuesday. Many pancake



breakfasts are planned during this month at local schools, churches and community organizations. People are encouraged to bring friends and their favorite pancake toppings. Some popular toppings include: syrup, jam, marmalade, ice cream, chopped fruit, fresh berries, whipped cream and pie fillings.

Cinnamon Apple Walnut Pancakes

Ingredients:

- 2 cups all purpose flour
- 1 teaspoon cinnamon
- 3 eggs, separated
- 2 large, tart apples (peeled, cored & chopped)
- 1 teaspoon baking soda
- 3 tablespoons sugar
- ¼ cup melted butter
- 1/3 cup chopped walnuts
- 1 teaspoon salt
- 2 cups buttermilk
- 1 teaspoon vanilla

Directions:

1. Sift all the dry ingredients in a mixing bowl. Stir in the buttermilk, vanilla, and beaten egg yolks.
2. Add butter and beat until smooth. Stir in the apples and walnuts.
3. Beat the egg whites until they are stiff but not dry and gently fold into batter.
4. Drop the batter by spoonfuls onto a lightly greased hot griddle, and bake until golden brown.
5. Turn and brown other side. Serve immediately with warmed maple syrup.

For more spring fun activities check out:
White, Becky, D. "Pancakes Anyone?"
March Activity Planner 2002:1,9.



San Joaquin Valley Veterans 'Home Front' Wows Top State Official

By John Wallace – WestCare Express Editor

When Acting Secretary Rocky Chavez of the California Department of Veterans Affairs visited WestCare's Home Front project, the sun symbolically broke through the water-laden clouds. It was Secretary Chavez' first opportunity to see the unique transitional living complex serving homeless female veterans. "Of all the 15 programs I have toured in California, this is by far the most impressive," he gushed.

A component of WestCare's San Joaquin Valley Veterans program, Home Front is comprised of 8 three-bedroom units and can house up to 24 women and their children. A client's commitment is for two years, during which they can attend school, work, obtain various social services and deal with behavioral health issues. It has been widely-acclaimed as a model 'continuum of care' service.

Secretary Chavez used his visit to share information about current veterans' issues in California, along with his exciting vision for the future. Among the progressive programs underway, are a special

Veterans Court to handle domestic issues dealing with veteran-specific behavior; A collaboration with Student Veterans of America for transitional networking on college campuses; So-called 'e-folios' where veterans can post their resumes on the CDVA website; And, 'Android Apps' to better communicate with veterans in this social media age.

In addition, Mr. Chavez spoke hopefully of an eventual distribution of \$2 billion in bond money that would target homelessness and existing and future veterans' services in California.

During his visit to Home Front, the CDVA leader met with WestCare officials, including site directors Elizabeth Vasquez and Tracy McWilliams, along with delegates representing legislators in the State Senate, Assembly and U.S. Congress. The two-hour event was documented by four local television stations as one of the top news stories of their broadcast day.

Yes, WestCare and Home Front were bathed in a warm spotlight.

California

California Veterans Affairs Chief Rocky Chavez meets with Home Front clients and guests and explains how social media will link more veterans to services.



San Joaquin Valley Veterans 'Home Front' facility was prepared for occupancy by our WestCare Works team.



Nevada



P.R.I.D.E. Participants on Graduation Day!



Staff, clients and guests alike shared joyous moments.

P.R.I.D.E. staff members, from left, Alyson Martinez, Adrienne Epley-Holliday, Beverly Hill-Bradshaw



Proud P.R.I.D.E. Graduates Make the Most of Their Second Chance

By Kevin Morss

– Director Community Involvement Center, WestCare Nevada

"Turning Point"-Casa Grande hosted a wonderful graduation ceremony at the end of January.

P.R.I.D.E., -Purpose Respect Integrity Determination Excellence-, is a second chance program serving male and female inmates who are locked in for parole and/or expiration but have no housing. The mission of P.R.I.D.E. is to provide participants with the access to the necessary job skills, job opportunities, to develop careers and become productive members of society. The P.R.I.D.E. program is unique as it also combines the services of treatment through WestCare, parole assistance, mentoring, and referrals to participants to ensure all aspects of support and reentry is being addressed.

Twenty-three P.R.I.D.E. Participants graduated after 120 hours of job readiness training. WestCare counselors, along with Kevin Morss, Community

Involvement Center Director, celebrated among them. Introductions were completed by Ms. Felicia Jackson of the P.R.I.D.E. Program, overview by Mr. Ben Jefferson of P.R.I.D.E., special guest speaker Greg Cox; closing remarks by Lt. James Scally, and with also special guests Honorable Judge Kerns and the Director of P.R.I.D.E. Lynn Kerr. These Participants have shown great motivation in their employment skills and dedication to complete the program. They will continue with their treatment through WestCare to ensure a stable lifestyle on their job search. The first P.R.I.D.E. class has 16 out of 22 participants now employed!



Tossing Pebbles

By Peter Sullins – *WestCare Chief of Staff*

Does anyone remember the first time they tossed a pebble into a pond?

And watched the ripples widening out as they raced away across the pond? I know I don't. But I do remember the first time I tossed a pebble and thought about those ripples. Perfect concentric rings, one after another, dashing away from where the pebble disappeared towards some distant shore.

I was probably nine or ten at the time, spending the summer on my grandfather's farm. It was a bright Missouri afternoon deep in August. The dragon flies were busy in reeds, Cicadas buzzed, and the warm grass felt really really good on my back. But there were those ripples just dancing across the glassy surface to wash over a rock here and sway the cattails there. And then new ripples pushed back on my ripples sending crazy little perfect waves charging off in new directions.

My grandson, Ethan, would say, "Grampa, those are capillary waves on a fluid surface influenced by both the effects of surface tension and gravity, as well as by fluid inertia." But then he's an aerospace engineer working out how to get from Earth to Mercury. He likes to confuse me by explaining how the shortest distance from Earth to Mercury is not a straight line, but a long spiral with decreasing radius. Whatever.

But I watched those ripples all afternoon. Each time waiting until the pond was once again still. Then another pebble; first to the cattails, then close to the rocky point. The circles went forth, like little soldiers marching off in perfect formation to bump into a stick or a rock and then dash off in a new

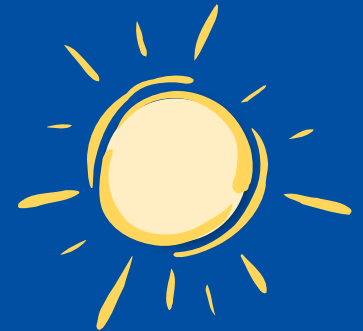
direction. At the time I was fascinated by the precision and beauty of the whole thing. Pebble, ripple. Pebble, ripple. It finally dawned on me the only imperfect part of the whole scene was me and where I tossed my pebbles. It took many years before I finally understood; it was where I tossed my pebbles that made all the difference.

Now some fifty years later, okay, maybe a few more years later, I notice my store of pebbles is running low. And they're harder to pickup. I need help from time-to-time. But the ripples still go forth. They move out bumping the cattails and make little waves upon the beach no matter where or how many I toss. I just take more thought and time deciding where my dwindling supply is used. Or I pick different ponds.

Sort of like each day at WestCare. Our supply of pebbles becomes a bit thin from time to time. Grants go away, more clients need help. It seems harder and harder to make those pebbles count. So where (and which pond) we toss those pebbles into makes all the difference. Each Community Council is a new pond, ripe with promise and clear with purpose. Our pebbles send larger waves in the Community Council pond, going further, touching more reeds, stones, and even more distant shores but with new direction and intent. Each pebble tossed with care and allowed to go forth ever widening in the larger pond. Because when we toss the pebbles, the perfect ripples always go forth, lapping on distant shores and then return, leaving their own traces at our feet.



Foundation



Community Councils

Editor's note: We have created a new animal at WestCare, one that will bring us closer to our communities and find new sources of funding for our programs.

Community Action Councils are springing up throughout our system. If you have a CAC member you'd like to spotlight, let me know:
john.wallace@westcare.com



National Nutrition Month

– From the American Dietetic Association

The National Nutrition Month® (NNM) is a nutrition education campaign sponsored annually by the American Dietetic Association (ADA) and its Foundation.

It is appropriate and fitting that March is National Nutrition Month, since it is in between winter and spring. Winter holiday gatherings have past and have left many of us with cherished memories and frequently unwanted weight gain!

Healthy eating and routine exercise are needed all year round; but many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices for a healthier body.

Healthful Eating Fuels Physical Activities at Every Stage of Life.

Well-nourished and active children and teens grow, develop, and learn better. Good nutrition also helps ensure a healthy pregnancy and successful breast-feeding. And, healthful eating and active living help adults and seniors feel their best, work productively, and lower their risk for a variety of conditions.

Fitness at every age comes from a lifestyle that includes good nutrition and regular physical activity. The sooner you start the better your health.

Food and Physical Activity Choices are Personal.

Foods nourish your body. Being well-nourished means you get enough of the nutrients your body needs. Part of being well nourished also means eating portions of foods just right for you. The true definition of fitness refers to your own optimal health and overall well being. Fitness is your good health - at its very best.

When you are fit, you:

- Improve your mood, reduce your stress, and increase your energy.
- Reduce your risk for heart disease, cancer, and diabetes.
- Can look and feel your best.
- Have the physical strength and endurance to do the things you want to do.

For additional, informative information, please see the following MedicineNet.com articles:

- Nutrition area of our Healthy Living section
- Guidelines For Heart-Healthy Living
- Junk Food vs. Healthy Nutrition For Children
- Nutraceuticals, Functional Foods, Phytochemicals... Health-Protecting Foods
- Vitamin B12 - Essential and Helpful
- Vitamins - Too Much Of A Good Thing?

WestCare Wellness Watch



Reggie Smith

Submitted by Deborah Freeman –
Program Director, FFP-San Diego, California

I would like to highlight a wonderful San Diego community member. Her name is Reggie Smith, and she is on the Advisory Committee for Family Foundations in San Diego. Reggie has done so much for our program, and for the clients and children, from helping our program to access resources in the community, to bringing outside agencies in to see what we do, to helping us with many donations.

Reggie's donations recently have included beautiful bound hard cover journals for each of the women in our program, boxes of toothbrushes, and most notably, for Christmas, each woman in our program received a set of curriculum called "I can learn to read", with CD's, books and other items for the children....each normally costs approximately \$100 or more . . . our clients were ecstatic! Some even commented that they had wanted one of these sets for a long time, but they were too expensive!

The WestCare family salutes Reggie Smith!

(Editor's note: If you have community volunteers or donors you would like to spotlight, please provide us the information!)

Volunteer Corner



In The News

Recovery Advocates Call on U.S. Representatives to Join Addiction Caucus

By Benjamin Chambers – *from jointogether.org*



Faces & Voices of Recovery is organizing recovery and treatment advocates to ask their U.S. Representatives in Congress to join an addiction caucus focused on substance use disorders treatment and recovery, according to a Feb. 7 e-newsletter and action alert.

Founded in 2004, the Congressional Addiction, Treatment and Recovery Caucus is designed to educate members of Congress about addiction, recovery, and related public policy issues.

The bipartisan caucus helps members of the House of Representatives and their staffs work to expand access to care and end what Faces & Voices called "discriminatory policies." In the new Congress, the caucus will be co-chaired by Congressman John Sullivan (R-Okla.) and Congressman Tim Ryan (D-Ohio). Congresswoman Mary Bono Mack (R-Calif.) and Congressman Paul Tonko (D-N.Y.) will serve as vice-chairs, according to a Jan. 24 press release (PDF).

"I hope that the efforts of this caucus will play a significant role in all aspects of the prevention, treatment and rehabilitation process," Ryan said.

This year, Faces & Voices of Recovery wants one-third of the members of the House of Representatives to join the caucus. Faces & Voices is calling on advocates to help them reach that goal.

Meet Board Chair Bill Ekstrom

By Kim Mitchell – *Office Manager, WestCare Arizona*

WestCare Arizona's Board Chair, Bill Ekstrom, was born and raised in Arizona where he attended Brophy College Preparatory and Northern Arizona University where he earned a Bachelor of Arts Degree. He ultimately graduated from Arizona State University, College of Law. In 1976, he became Deputy County Attorney for Mohave County. In 1979, he was appointed Mohave County Attorney and was subsequently re-elected for six terms of office.

Retiring in 2004, Bill returned to the Mohave County Attorney's office in the Civil Division where he currently still is today. Soft spoken, Bill has been involved with WestCare since 1983 serving on our Board and now our Community Committee. Bill was very instrumental in getting the CRRYS project off the ground working closely with Dick Steinberg and numerous government agencies in the tri-state region.

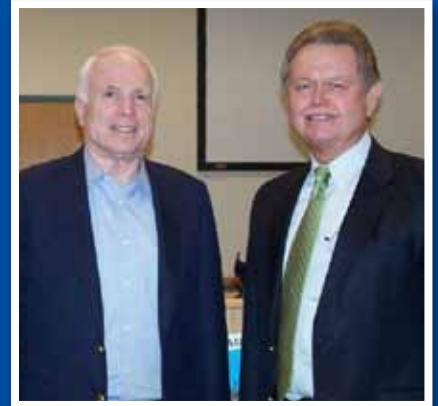
Besides his involvement with WestCare throughout the years, he served as Vice Chair for the Arizona Prosecuting Attorneys Advisory Council, is a member of the National District Attorneys Association, the County and Sheriff's Association, the Arizona Juvenile

Justice and Delinquency Prevention Advisory Council, the Arizona Auto Theft Authority Board of Directors, and President of the Mohave County Bar Association. He is also a member of the Route 66 Rotary Club and served as Exalted Ruler of the Kingman Elks Lodge. He is past Chairman of Sarah's House, a Child and Family Advocacy Center located in Kingman, AZ, President of St. Mary's Parrish Council and a member of the Board of Directors of the Mohave Museum of History and Arts.

In his spare time, Bill enjoys landscape photography, playing the guitar, hiking, music, travel and has taught classes at Mohave Community College. Bill, an avid family man, and his wife Dianne, live in the foothills of the Hualapai Mountains with their children Hillary (18) and Haydon (16).

As the Arizona Board Chair, Bill always makes an effort to attend our events and is very supportive of what we do here in Arizona on all fronts, often using his contacts to help when needed. We really appreciate him and his guidance as we move forward here in Arizona.

Arizona




Pictured above:
U.S. Senator John McCain
and longtime friend, Bill Eckstrom



5 Questions with Claudia Dossantos

Claudia Dossantos is the type who could win one of those Most Valuable Employee trophies every year. In her short time at WestCare California, she has endeared herself to staff and administrators.

What is your title and what are your duties at WestCare?

I am the Administrative Assistant at the Fresno Admin Office and I currently assist Mardi Palacios, Lynn Pimentel and Maurice Lee.

How long have you worked at WestCare, and where were you prior to that?

I will have been with WestCare for 3 years April 2011. Prior to working with WestCare I was an Administrative Assistant at a Mortgage Company.

What do you do in your spare time?

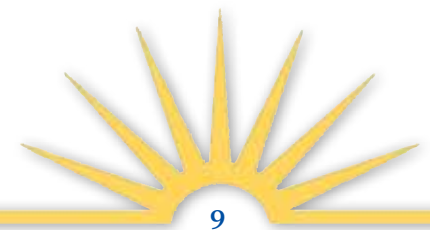
I spend most of my spare time with friends and family – I have a huge family and we are always coming up with excuses to BBQ.

Would you rather watch a 3-hour football game, a daytime TV drama, or a funny DVD?

Funny DVD. I love to laugh!

Tell us something we would be surprised to know about you.

Most people are surprised to know that I wasn't born in the United States – I was born in the Azores, little islands off the coast of Portugal and moved here when I was 5 years old.



March Calendar



March 1st
CAC Minnesota
8:30am PT/10:30am CT
(VICTRI, Minneapolis, Minnesota)

March 2nd
CAC Kentucky
7:00am PT/9:00am CT/10:00am ET

March 2nd
CAC Monthly Report Due 12:00pm
(Executive Committee)

March 3rd
FL - VS Community Council Mtg
(Davis-Bradley Bldg, St Pete, FL)
GA CAC 9A PT/12P ET
(Atlanta, GA)

March 7th – 8th
FAVA - SAMHSA
Washington, DC

March 8th
CAC FL-GC 3:30pm PT/6:30pm ET
(Davis Bradley Bldg - Call In TBA)

March 15th
CAC Minnesota
8:30am PT/10:30am CT
(VICTRI, Minneapolis, Minnesota)

March 16th
Executive Committee Meeting
8:00am PT/11:00am ET

March 17th
Happy St. Patrick's Day!

March 21st – 23rd
GUAM - Micronesian
Youth Services Network Conference
(Guam, Pacific Islands)

March 29th
CAC Minnesota
8:30am PT/10:30am CT
(VICTRI, Minneapolis, Minnesota)

SAMHSA: Behavioral Health an Ever-Smaller Percentage of Total Health Spending

From jointogether.org

Although national spending on mental health and substance abuse grew between 1986-2005, it accounts for a shrinking part of the part of the pie, according to an analysis of public and private spending on health care done by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Average annual substance abuse spending grew 4.8 percent and mental health spending grew by 6.9 percent during the study period, according to a Feb. 3 press release from SAMHSA. Overall spending on health care, however, grew by 7.9 percent. In 2005, spending on behavioral health care totaled \$135 billion, or 7.3 percent, of the \$1.85 trillion spent on all health care in the U.S.

The researchers found:

- **Most behavioral health care is paid for with public dollars.** Although public sources only accounted for 46 percent of all health care spending as of 2005, taxpayers picked up the tab that year for 79 percent of substance abuse treatment and 58 percent of spending on mental health.
- **Behavioral health care was a tiny part of spending by private insurers.** In 2005, only 4.8 percent of health care spending by private insurance companies went to behavioral health care. By comparison, mental health and substance accounted for 11.5 percent of Medicaid spending the same year. (It'll be interesting to see if the implementation of health care reform and parity laws will change these proportions.)
- **Spending on psychiatric drugs continued to grow, but at a slower rate.** Spending on these drugs rocketed upward 27.3 percent 1999-2000, but grew a sedate 5.6 percent in 2004-2005. Nearly half the growth in spending on mental health between 1998 and 2002 was driven by psychiatric drugs.
- **Many more dollars are being spent on medications to treat dependency on alcohol and other substances.** These costs jumped from \$10 million in 1992 to \$141 million in 2005, leapfrogging to \$780 million in 2009. But their percentage of total substance abuse spending remained small. The 2005 figure represented only 0.6 percent of the \$22 billion spent on substance abuse that year.

How Can I help My Children with Their Homework at Home?

Submitted by Maryellen Pistalu
– SMART 2 Director, WestCare California

It is a proven fact that doing homework on a daily basis impacts student achievement. A study is shown up to 28% gain in student achievement by doing homework and practicing concepts and skills taught at school. Here are several suggestions and ways of helping your child with homework.

You're encouraged to . . .

1. Provide an appropriate space for your child to do their homework.
2. Help your child to formulate a plan for completing homework.
3. Ask your child what they studied at school.
4. Ask your child to show you their homework assignment.
5. Assist your child in organizing homework materials.

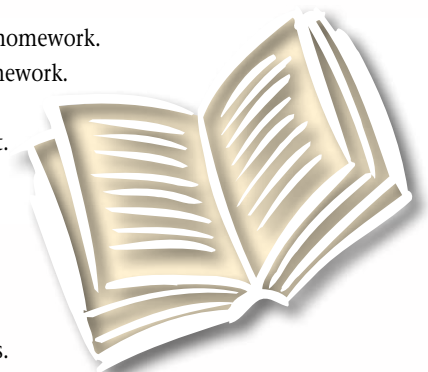
You should . . .

1. Help your child interpret assignment directions.
2. Proofread your child's work, pointing out errors.
3. Read aloud to your child.
4. Give practice quizzes to help your child prepare for tests.

You should not . . .

1. Complete assignments for your child.
2. Allow your child to sacrifice sleep to complete homework.

SMART 2 wants what is best for your child and we want them to succeed at school and at home.



Florida News Briefs

Michael Miller, Ph.D., Special Projects Officer at The Village South, is a co-author of the just published article, "Transporting Clinical Research to Community Settings: Designing and Conducting a Multisite Trial of Brief Strategic Family Therapy," in the NIDA journal, *Addiction Science & Clinical Practice*, December 2010, Vol. 5, No. 2. The journal is available for free at <http://drugpubs.drugabuse.gov/shopdisplayproducts.aspx?id=5&aud=Health+Professionals>. This issue also has another article "Strategies for Training Counselors in Evidence-Based Treatments" that program directors and supervisors may find useful.

News You Can Use . . . – Director of Program and Staff Development, WestCare Foundation

Submitted by Carol Renard

Information for over 40 commonly-abused drugs. <http://www.drugfree.org/drug-guide/herbal-ecstasy>

Herbal Ecstasy

What are the street names/slang terms?

Brand names for herbal ecstasy products include: Cloud 9, Rave Energy, Ultimate Xphoria

What is Herbal Ecstasy?

Herbal Ecstasy is a term used to describe a combination of herbs that are legal, inexpensive, and marketed as a "natural high." Herbal Ecstasy can be purchased over the counter in drug stores, music stores, and shops around the country.

What does it look like?

Pills sold in colorful packaging. The packaging on these products, including brand names "Herbal Ecstasy," "Cloud 9" and "Ultimate Xphoria," promises "increased energy," "inner visions," "sexual sensations," and "cosmic consciousness."

How is it used?

It is swallowed, snorted, or smoked.

What are its short-term effects?

Ephedrine (the key ingredient in Herbal Ecstasy) stimulates the cardiovascular and central nervous system. It may cause harmful reactions in people with

high blood pressure, heart disease, diabetes, and other conditions. People with vulnerabilities to ephedrine can suffer from heart attacks, strokes, and seizures when taking the drug.

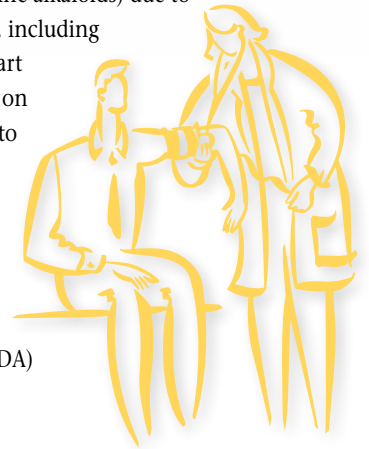
What are its long-term effects?

The Food and Drug Administration (FDA) has banned the sale of dietary supplements containing ephedra (ephedrine alkaloids) due to concerns over their cardiovascular effects, including increased blood pressure and irregular heart rhythm. The final rule became effective on April 12, 2004. The rule does not pertain to drugs that contain chemically synthesized ephedrine, or to traditional Chinese herbal remedies and herbal teas.

What is its federal classification?

Schedule I

Source: Food and Drug Administration (FDA)



March Recipe of the Month:

Nutritional Information
Amount Per Serving Calories: 515 | Total Fat: 24.4g | Cholesterol: 117mg
Serves 8

Corned Beef and Cabbage

Ingredients:

- 4 1/2 pounds corned beef brisket
- 5 black peppercorns
- 1/2 teaspoon garlic powder
- 1 onion, peeled and left whole
- 2 bay leaves
- 1 pinch salt
- 1 small head cabbage, cored and cut into wedges
- 6 large potatoes, quartered
- 4 large carrots, peeled and sliced
- 1/4 cup chopped fresh parsley
- 2 tablespoons butter

Directions:

- In a 6 quart Dutch oven, Place the beef brisket, peppercorns, garlic powder, onion, bay leaves and salt. Fill pan with water to cover everything plus one inch. Bring to a boil and cook for 20 minutes. Skim off any residue that floats to the top. Reduce heat to a simmer and cook for 2 to 3 hours, until meat can be pulled apart with a fork.
- Once the meat is done, add the cabbage, potatoes and carrots, pressing them down into the liquid. Simmer for an additional 15 minutes or until the potatoes are tender. Skim off any oil that comes to the surface. Stir in the butter and parsley. Remove the pot from the heat.
- Remove meat from the pot and place onto a serving dish and let rest for 15 minutes. Also remove vegetables to a bowl and keep warm. Slice meat on the diagonal against the grain. Serve meat on a platter and spoon juices over meat and vegetables.



In The News

Drug Czar Issues 'Bath Salts' Warning

From jointogether.org

The White House Office of National Drug Control Policy (ONDCP) issued a nationwide warning about the dangers of legal synthetic drugs often marketed as bath salts while various states moved to ban them, the Associated Press (AP) reported Feb. 2.

The powdered stimulants -- sold online, in gas stations and drug paraphernalia stores as bath salts and plant food under names like "Ivory Wave" -- are said to produce highs like cocaine, ecstasy, and methamphetamines. Active ingredients include 3,4-methylenedioxypropylvalerone (known as MPDV) and

mephedrone. The Food and Drug Administration (FDA) has not approved them for human consumption, but they have not been banned by the Drug Enforcement Administration (DEA).

White House drug czar Gil Kerlikowske said the so-called "bath salts" can cause "chest pains, increased blood pressure and heart rate, agitation, hallucinations, extreme paranoia and delusions," according to the AP. So far this year, 251 calls have been made about them to the American Association of Poison Control Centers, compared to 236 similar calls for all of last year.

On the Backs of Slaves, Freedom Found-

By Mark Genovesio – *Clinical Services Coordinator*

The souls of countless slaves haunt the grounds of Sion Hill. When the U.S. slave trade began in the late 17th Century, the stolen people of West Africa walked among the forgotten souls of the banished or exterminated indigenous West "Indians." The painful memories of the sugar plantations remain vivid among many generations of Virgin Islanders.

Seven flags have flown over this small tropical island, each trying to supplant the identity and culture of the brown skinned backs laced with the scars of beatings. Now the whips are gone, the shackles rusted and the plantations are mostly ruins.

It seems unlikely to find freedom among the ruins, yet Sion Hill is unique. On this site for nearly twenty years, dozens of men and women find support in a therapeutic community as they seek freedom from the bondage of addiction.

On a hilltop overlooking the Caribbean Sea to the south, in a cluster of ancient buildings and ruins, clients receive counseling, group therapy and peer support in their pursuit of clean and sober lives. A large stone house is the center of the community. It is also where male clients are housed, meals are taken and group meetings are held. In regular meetings, clients are supported and commended for work

well done and called to task when they fall short; house issues are discussed and commencements are held. On the west side of the building is a large porch, with arches and stone columns, where nightly AA or NA meetings are held. The women are housed in a large white-washed building on the north side of the community. Administration and clinical staff are housed in stone stables and cottages. An outdoor gym, a covered wood shop and the ruins of a rum factory and windmill complete the site. Unofficial residents at the community include a peacock, named Misah by the clients, several cats, Guinea Hens, and mongoose.

At first sight, Sion Hill is a tropical paradise, however, the men and women in the community work hard for their new lives. Years of drug or alcohol abuse, untreated mental illness, ineffective and negative thinking have taken their toll. Now the work of shedding past thoughts, relearning to live life and developing coping skills must begin. It happens slowly, sometimes with tears and terror. Old ways of thinking change, but not easily. Hours of groups, counseling, 12-Step meetings, self examination and meditation are just the beginning. Slowly walls are chipped away and old ways of thinking are relearned. Self esteem begins to grow where shame once flourished, as does the dream for a new life. No longer anchored to the past, a bleak future seems to fade and a brighter one emerges. Change is frightening but with change comes hope; hope for a future, clean and sober.

U.S. Virgin Islands



Key Appointment in the Keys

This announcement was made by Frank C. Rabbito, VP-Florida. Ms. Maloy began her duties on February 14th. Welcome, A.B.!

On behalf of WestCare Florida Board of Directors, The Guidance/Care Center Community Council and our executive leadership team, I am pleased to announce the appointment of Amy Beth (“A.B.”) Maloy as our Florida Keys Area Director. She will manage and direct our operations throughout Monroe County. Ms. Maloy earned her Bachelor of Arts, summa cum laude, in 1991 from West Virginia University. She then attended Boston University School of Law and earned her Juris Doctor Degree in 2002, as well as a Master’s of Public Health Degree in 2003. She has been a teaching assistant, instructor and adjunct faculty member at Boston University School of Health and School of Management; a policy analyst/writer at Boston University School of Health; and, a consultant/counsel in general legal matters including: contracting, corporate structure and employment issues. She was Senior Policy Counsel at the Executive Office of Health and Human Services, Office of Medicaid. Most recently she has been a litigation and trial attorney in Key West.

Ms. Maloy’s community service is numerous. She is a member of the Board of Directors of the Florida Keys Educational Foundation, Nursing Advisory Board at Florida Keys Community College, the Board of Directors of WomanKind, and the 16th Judicial Circuit of Florida unlicensed practice of law committee.

Please extend a warm welcome to the newest addition to our WestCare family and leadership structure.

Florida



– Photo above –
Amy Beth (“A.B.”) Maloy

Midtown Wellness Center Continues To Expand Services

By Carolina Botero

– Recreational Therapist and Rodney Branch, TASC Coordinator

The Midtown Wellness Center opened its doors on July 8th, 2010 and it continues to exceed our expectations. The Midtown Wellness Center has grown to include the Gym, Zumba, Support Groups, Art Therapy, NA meetings, SOAR and TASC services, Alumni Meetings, Vocational services, Smoking Cessation classes and computer hours. The Veteran’s NA Group continues to grow in membership and services participation.

Among the newest additions is the Youth NA meeting for adolescent’s girls, and the HIV support group. The support group educates the participants and brings in medical providers and pharmaceutical companies to inform them of the latest information.

The alumni and staff continued to stay incredibly interested and involved in the services the Wellness Center has to offer for their own lifestyles.

Yeska A, staff member: *“The wellness center provides me with an opportunity to get fit after work with a friendly atmosphere!”*

Clearance O, Village Alumnus: *“The center is convenient, and a good source of recreation and information for those who are in recovery with chronic illness and disabilities!”*

Julie R., Current Outpatient Client: *“It gives me something positive to do with my time!”*

Rodney Shaw, Veteran: *“I’m grateful to the wellness center because it helps me to relax and build a better quality of life!”*

We will continue to serve and improve the quality of services!



– Photo above –
Midtown’s Wellness Center committee members:
(L to R) Rodney Branch, Kevin Brooks, Jose Rodriguez, Frank Rabbito, Patricia Johnson, Carolina Botero, Eric Singleton, Jimmie Brooks

