



THE WESTCARE EXPRESS NEWSLETTER

WEST CARE EXPRESS

A Welcome by our President/CEO, Dick Steinberg

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I would like to take this opportunity to welcome each of you back to WestCare's National Newsletter, **The WestCare Express**. Many of you may remember The WestCare Express Newsletter and our original editor, John Wallace. For those who did not know John Wallace, he was a longtime friend of WestCare and a local broadcasting legend in

California's Central Valley. He entered broadcasting after serving in the U.S. Marine Corps. He spent 40 years as a radio and television newscaster and sportscaster and he served on numerous committees and boards before coming to Westcare, where he served as its California Board Chairman.

The WestCare Express began with John's vision and was a crucial part of WestCare's culture. It served as a way to share about all of the amazing services, programs and happenings throughout the nation and was one of the ways WestCare was able to bring all 18 states and 3 U.S. Trust territories together as one family. When John passed away in March of 2017, we ran 2-3 more publications and dedicated one of our last pieces to him. Shortly after this, I decided to take a short pause as we paid our respects for John. However, what started out as a few months, eventually turned into a few years and a feeling of something missing within our organization. In light of this devastating and heartbreaking time in our country, I can almost hear John nudging me to reach out to each of you and reassure you that WestCare is still here and we are listening.

Our hearts are heavy with our nation's current circumstances. So many are hurting, including many of you and this pain cannot be ignored. I want to assure you that WestCare's mission is and will always be to empower everyone" **(Continued on Page 2)**

(Continued from Page 1) “with whom we come into contact to engage in a process of healing, growth and change benefiting themselves, their families, coworkers and communities. We are deeply committed to living this mission. We pledge to educate ourselves, listen more, do better, speak up in the face of injustice and foster a space where everyone is seen, heard and valued. I believe relaunching this project will assist in getting us there.

I am proud to share that so many talented staff across WestCare worked together to create this issue of The



Gabriela McNiel

“Hello everyone! For those that may not know me yet, my name is Gabriela Espinosa-McNiel and I am the Director of Marketing for WestCare California. In my current role, I oversee the Marketing Department which currently includes myself and our Marketing Specialist, Michael

Mygind. My duties include development, communications, fundraising, community relations/community outreach, social media, event planning, digital and print design projects, video production and newsletters among other marketing duties. I am honored to be a part of WestCare and I am excited to showcase the talent and skills that myself and my team can bring to this project and many more to come. I was honored to know and work with John Wallace as I know Michael was as well. I can remember John visiting one of my Communications classes at Fresno State. I remember him being such a humble and kind person then and up until his passing. He encouraged

WestCare Express. I would be remiss if I did not introduce our new editing team who is spearheading this project. This team not only knew John, but were often entrusted with editing, submitting and proofreading content for The Express in the past. I am pleased to introduce you to our Marketing Director, Gabriela McNiel. Please read her message below.”

Thank you,

Richard “Dick” Steinberg

President & CEO

each of us to follow our dreams and be good people who help our community. He told us to stay local – #Fresno #GoDogs! I remember him telling us that he could feel the talent in the room and referred to us as ‘Real game changers.’ He said, ‘I am sure I will see and hear great things from every person in this room.’ When I found out John was with WestCare, I reminded him of that visit/story and he said, ‘I knew it! Thanks for staying local!’ I let him know I was a fan of his – and he said, ‘If it’s possible, you made me blush by email.’ On just about every WestCare event/occasion, he told me that the tables were now turned and that he was now a fan of mine. He said I often produced #Goodstuff. I miss him so much. He was so empowering and encouraging. He really made me feel like I was doing something amazing by sharing about WestCare. I really hope I live up to what he thought of me.”

Gabriela McNiel

Director of Marketing



ARIZONA: "Hildy's House Prepares for Its July Opening!"

By Cheryl De Batt, Director, WestCare Arizona

"In February of 2020, WestCare Arizona held a ribbon cutting for **Hildy's House**, a 16 bed behavioral health residential home for substance abuse treatment for women. Hildy's House will be open for clients on July 1st 2020! We are excited to announce the opening and look forward to serving women in and around the community.

This intensive inpatient treatment center is a 30 day program specializing in substance abuse and co-occurring disorders. With the opening just around the corner, WestCare Arizona is prepared to change the lives of women in recovery by supporting their needs throughout the process. We look forward to the future of Hildy's House and all that it has to offer!"





CALIFORNIA: "Heroes Work Here!"

*By Michael Mygind, Marketing Specialist,
WestCare California*

"As a special thank you to our staff for their dedication to those that we serve during the COVID-19 pandemic, our team created special banners in May as well as a video slideshow to honor all of their hard work during these uncertain times! View the video through the link below."

https://youtu.be/nGwJ4AGKq_A



FLORIDA - Florida Keys: “The GCC Receives Support for the Arts!”

*By Maryanne Johnson, Executive Assistant,
WestCare Florida*

“The Guidance Care Center’s **Personal Growth Center (PGC)** in Marathon, FL is a clubhouse that offers drop-in and psychosocial rehabilitation services in a friendly and safe environment for daily activities and socialization. It’s a place to go for peer support in locating services and has programs that give members an opportunity to help the county’s mentally ill. The PGC depends on individual members’ talents to assist in eliminating barriers created by their disability, restoring skills for independent living and learning effective life management.

With a strong interest in art, the members requested more supplies to learn about themselves and others through artistic expression. In response, staff applied for a grant with **The Community Foundation** and were awarded \$4,000 to be utilized for materials, technique education, forming partnerships with local artists, attending galleries/workshops and sharing their own artistic creations throughout the community!”





FLORIDA - Gulf Coast: "Turning Point Staff Answer the Call"

*By Whitney Hughson, Marketing Director,
WestCare Florida*

"We all know the importance of staying safe during COVID-19, but no one knows it better than our **Turning Point** homeless shelter staff. On April 1st, due to exposure of someone that was positive for the virus, we knew we had to shelter-in-place for the safety of our staff and clients. To our relief, five of our staff volunteered to stay with our residents including a case manager, a cook, our nurse and two Behavioral Health Tech's (BHT). All

of these staff, except one BHT and our cook, were new staff and are to be commended for their passion and commitment to keeping our center safe during this pandemic. They stayed at the shelter for 14 days and in a 'make it work' moment, truly shined. Our services are so important because we are the only inebriate receiving shelter in our county that specifically serves individuals experiencing homelessness who are also struggling with substance abuse. We're honored to have such great staff and the agility to pivot in a key moment!"



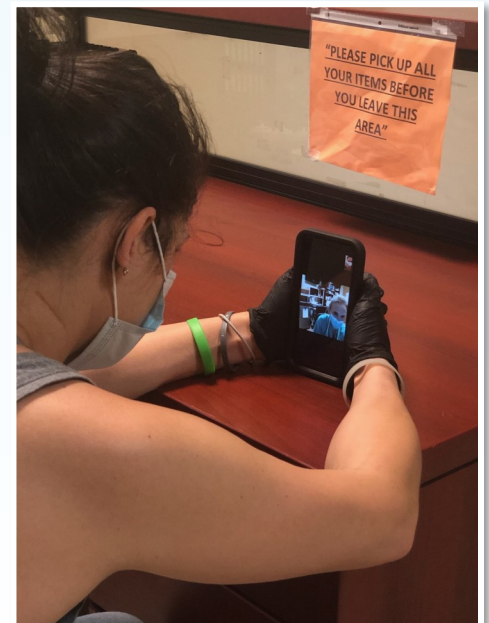
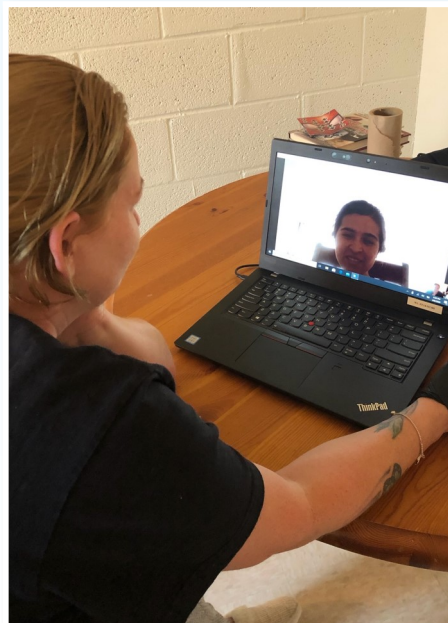


FLORIDA - South Florida: *"Highlighting Our Clinical Staff"*

*By Whitney Hughson, Marketing Director,
WestCare Florida*

"Who could have guessed that we would have a pandemic in the month of May? Well, we certainly didn't expect it here at **The Village South**. However, if there's one thing we do know how to do - it's adapt. As you can imagine, isolation is the enemy of addiction and with so many individuals in quarantine and practicing social distancing, there has been a sharp increase in overdoses. This makes what we do here at the Village South that much more important. During May, we were able to get our clients the services they needed through virtual sessions for our residential and outpatient clients alike. We immediately implemented DocuSign to be able to reach our clients

while maintaining their safety and privacy. What you see in these pictures are our devoted clinical staff and doctors attending to our mothers in our residential women and children program in Pembroke Pines, Florida. Our staff have continued to adapt to the ever-changing demands that this pandemic has brought to our programs. We would be remiss if we didn't mention our clients and their willingness to be flexible and understanding during this time. In fact, several have mentioned that they are enjoying these sessions a lot. One of our therapists said that she's felt like these sessions have been more intimate with her clients, undoubtedly due to less interruptions. Without the hard work and dedication of our clinical staff, our programs would not be successful."





GEORGIA: “Shining Bright During the COVID-19 Pandemic”

*By Michael Langford, Regional Vice President,
WestCare Georgia*

“Dr. Martin Luther King Jr. said, *The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.*”

I have had the pleasure of serving as Regional Vice President for WestCare Georgia for over 18 years and never have I been more impressed and proud of a group of staff than the current stout-hearted team who serve at the WestCare Youth Academy in Carrollton, Georgia. When this worldwide pandemic raised its ugly and frightening head at the Youth Academy, the facility had to be quarantined in order to protect residents, staff and the surrounding community from the virus.

Kendra Mahammad, our Program Director and humble leader, who is a wife and mother of two small children, made an appeal to staff for four volunteers to join her to provide continuous quality care for our residents for a minimum of 14 days, away from the comforts of home. Four dedicated employees volunteered for the challenge, which turned out to be a monthlong quarantine.



Ashley Denton, Kendra Hammond and Terrance Drayton



Dakari Parker



Joseph Braswell

We often learn a lot about ourselves and others during times of challenge and controversy. We all would like to think that when life presents us with challenging situations and an opportunity to be a difference maker, our moral compass will kick in and we will do the right thing in service to others. I often tell staff and clients that 10% of life is what happens to you (life situations) and the other 90% is how we respond (our actions).

I am pleased to report that because of the steadfast professional responses and actions of our Youth Academy Leadership Team and staff, we have made tremendous progress in our efforts to overcome the challenges of COVID-19 and the Youth Academy is currently free of any verified cases of the virus!

I would be remiss if I did not give special ‘Thanks’ to five individual staff members who I now call, ‘The Youth Academy Five’: Kendra Mahammad, Terrence Drayton, Ashley Denton, Dakari Parker and Joseph Braswell. To quote Bram Stoker, *There are darkneses in life and there are lights, and you are one of the lights, the light of all lights.* Thank you for shining your brightest during our critical time of need.

You Are Our Heroes and we celebrate your WestCare Heart!”

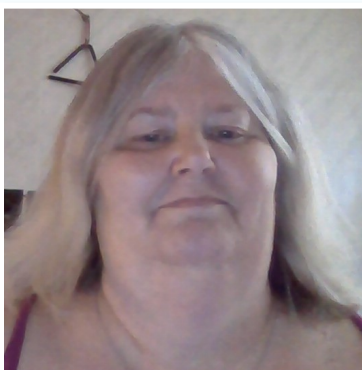
ILLINOIS: "Celebrating Staff and Supporting Community During COVID-19"

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

"WestCare Illinois has been *Uplifting the Human Spirit* social distancing style. One of the things we have done is highlight an exceptional employee each week on Facebook. These are dedicated individuals that have gone above and beyond the scope of their responsibilities to help the clients we serve as well as their co-workers and communities. In the month of May, our recognized employees were:

- **Jodie Barnett**
(Program Manager, Lincoln Correctional Center)
- **Martha Blankenship**
(Assessor, Illinois Youth Center - Harrisburg)
- **Nicole Hall**
(Assistant Director, Sheridan Correctional Center)
- **Talisa Paul**
(Program Director, Sheridan Correctional Center)
- **James Peek**
(Youth Mentor, Chicago Project Rise)

In addition to highlighting a special employee weekly, we have been providing information on various resources via Facebook posts to staff and clients alike. Some of the resources include crisis lines, mental health resources, free virtual concerts and tours and food bank information. Another way our staff has adapted to life during the pandemic is reaching out to each other outside the scope of work. Staff across the state have found unique ways to socialize such as virtual phone and video calls, small gatherings of 10 or less and social media involvement."



Jodie Barnett



Martha Blankenship



Nicole Hall



Talisa Paul



James Peek

IOWA: “FAVA Helps Gives a Veteran Mother a Fresh Start”

By Kerry Gunderson, Veteran Advocate, WestCare Iowa

“In May of 2020, COVID-19 was to blame for many people losing their jobs. Such is the case for a female Veteran and her four-year-old autistic daughter.

She was a bus driver for Rochester, Minnesota schools when she suddenly lost her job due to the schools shutting down. She had nowhere to go and as her boyfriend was abusive, she did not feel safe. She decided to make the trip to Iowa where her parents lived. She was allowed to

stay with her parents for a while, but due to COVID-19, her parents were worried about the virus and didn’t allow them to stay for very long. Her and her daughter were sent to live in their car for a while before the County Veterans Service Officer was able to put them up in a hotel. That is when she was connected with the **Family Alliance for Veterans of America (FAVA)**.

FAVA was able to get them into an apartment, supply her with beds, bedding, start-up supplies and support. She now feels safe and they are doing great. She is working on getting two part-time jobs to help support herself and her daughter so they can get back to a normal life. They are happy to be back around family and are grateful for FAVA for being able to get back on their feet and plant their roots in a small Iowa town where they are surrounded by family.”



KENTUCKY: *"The SEP Project Celebrates its First Graduates!"*

By Stephen Wright, Regional Director, WestCare Kentucky

"WestCare Kentucky has been providing substance abuse services since 2005 and over the course of 15 years, operations have expanded with new opportunities found to further help those in need. One recent example is the SAMSHA Supported Employment Program (SEP). The SEP project is centered upon assisting individuals with severe mental illness to find and secure employment. Once the individual is hired, program staff remain engaged and assist with any needs or barriers to help ensure the individual has the resources and support to maintain employment.

In May, Kentucky staff (Pictured below) began to see the first results from the efforts of the newly implemented program, which currently serves males in long-term residential care. The program has now enrolled 32 men into services. Moreover, 14 of the 15 program graduates have now secured employment and have maintained their positions. Considering the numerous obstacles presented by COVID-19 and the massive job losses across the nation, obtaining full-time employment for these men was a major accomplishment and a positive indicator of the future success of the program."





NEVADA: “A New Normal: Making Necessary Changes”

*By Leo Magrdichian, LCSW, LCADC, Vice President,
WestCare Nevada*

“There is no doubt that the term ‘Life as we know it’ has taken on a whole new meaning as a result of COVID-19. From the initial statewide ‘stay-at-home’ directive issued by the governor of Nevada, which forced the closure of just about all the reasons why people come to Nevada in the first place (casinos and other gaming establishments, restaurants, live entertainment venues, etc.) to the softening of that order that allowed for the use of shared outdoor spaces for activities like walking, running or biking and to now be in Phase 2 of the state’s reopening plan; it appears that life as we knew it is nothing more than a mere memory.

However, with the guidance of senior leadership and the additional WestCare family members gathered to develop and assist in implementing a Pandemic Plan, **WestCare Nevada** was able to safely remain open for business during this entire pandemic continues to do so even as the state’s Phase 2 has

been extended through June 30. Our Nevada staff and clients alike have definitely stepped up to this challenge of keeping each other safe during this pandemic. Part of the shared successes begins with the installation of portable hand washing stations outside of our locations, regular screening questionnaires and temperature checks, following all CDC social distancing guidelines, disinfecting all areas, staff being required to wear PPE including masks when in common areas, telehealth (Groups and individual counseling) and limited access for visitors and vendors. Heroes actually do work here and other heroes also receive treatment here (They just might not have figured that out yet).

It just goes to show how tremendously resilient human beings can be when they are willing to work together toward a common set of goals. If only the rest of our society and the representing governments could commit themselves to doing the same. By the way, **BLM.**”



NORTH CAROLINA: A Success Story Featuring Chloe

*By Kimberly Marino, Program Administrator,
WestCare North Carolina Girls Program*



*This story was written with signed permission by Chloe and
the North Carolina Department of Social Services*

“Chloe entered the North Carolina Girls Program struggling with multiple issues, the first of which was learning to make it through a day without using methamphetamines. Chloe had a difficult childhood full of trauma and abuse. The NC Department of Social Services (DSS) took custody of her and sent her to us. Chloe spent the first few weeks isolating herself and looking for a way out. She didn’t participate much in anything and her supervised phone calls with her parents were only making her feel worse. While staff did everything possible to comfort her, it ended up being her

peers – the other young women in the program – that ultimately helped her to slowly trust that she’d be taken care of and that at least her basic needs would be met.

Throughout the next month or two, Chloe began to participate in activities, learn coping skills in group and most notably, ‘Be a kid.’ Chloe played games, enjoyed birthday parties, watched movies and discovered what it was like to be sober for the first time since she was 11. Although Chloe was improving, her parents weren’t. She decided that she wanted a family and was open to foster care. DSS searched for months, but couldn’t find anyone willing to take a child who was ‘At risk.’

After several months, we were informed that DSS found two parents who were excited to meet Chloe and willing to meet her in person. A few days later, a wonderful older couple, both women, met with Chloe and asked if she would be willing to come to their home. Chloe said, ‘Right now, I don’t even have one mom, so two is great!’ Chloe’s been home with her new family for six months and is thriving. She and her moms are planning a cruise in November and she said that she’s happy. Our work in human services across the board in WestCare is tough. A success story is always a nice reminder that we are Uplifting the Human Spirit and changing lives.”



OHIO: "Summer Camp For OH Youth Continues In New and Creative Ways!"

*By Wendy Berkshire, Prevention Services Coordinator,
WestCare Ohio /East End Community Services*

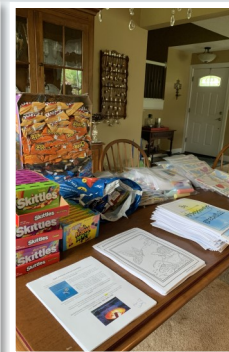
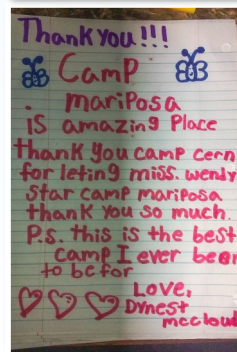
"Dayton Camp Mariposa has adopted creative ways to continue to remain connected to our campers during the COVID-19 shutdown! Remaining connected and helping the campers to remember that they are loved, cared for and thought of has been an important part of the continued building of resiliency in our children. Resiliency is built and maintained by connection, consistency and commitment. These practices have continued even during our physical separation.

Monthly care packages have been sent to the campers since April and it's almost like Christmas when they receive them in the mail! They include items for them to create that are related to camp and butterflies, items that help them to continue practicing mindfulness at home, a focus on one of the 'Seven C's' (IE: What is something that you can't Control right now? What is something that you can Control?) and lots of yummy snacks! A group of youth volunteers who have come to camp to lead games took the time to write encouraging notes to the campers that were also included in the last care package.

What began as a one-time adventure has turned into a weekly scheduled virtual campfire that includes many of our campers and our camp mentors. The pattern stays the same and is often flexible when a topic comes up that the campers need to talk about. A typical campfire schedule consist of a 'Zones of Regulation Check-in' followed by a mindfulness exercise and Expression of Gratitude (Using gratitude journals that were

created for the care packages), a lesson on goals, choices and/or communication and listening followed by fun virtual games. Games that are popular are themed scavenger hunts, 'Would You Rather', 'Two Truths and a Lie' and '20 Guesses.' The campfire is always ended with a fun dance party!

Often, campers don't want to leave the campfire because they want to see their friends and the mentors. They look forward to the connection each week and have used this safe space to share struggles with the shutdown and hopefulness on when we will be back together in person. Camp is a refuge for these children and a 'brave space' where they know that they are not alone in their situations and are loved for who they are... this is the heart of Camp Mariposa."





OREGON: “Feeding the Community In A Time of Need”

*By Nancy Pine, Case Manager,
WestCare Oregon/VETcare Transitional Program*

“In May, the VETcare Transitional Program in Salem, Oregon had the honor of providing hot and nutritious meals to our Veterans and all of those who are experiencing homelessness during this time. Due to COVID-19, many Vets were placed in local hotels so they could reduce the risk of exposure. Our local shelters and community partners that usually provide meals for those experiencing homelessness stopped serving because of the governor’s orders - creating a desperate need to provide healthy food for these individuals. To help with this gap in service, **Serving Our Veterans At Home (SOVAH)** coordinated with community partners to cook

and provide meals to be delivered to one of our local hotels. We had the opportunity to provide three separate meals for these individuals. On May 2, 2020, we provided two different meals for breakfast and dinner. Our staff prepared meals for 85 that included steak breakfast burritos as well as full turkey dinners. On June 6, 2020, we were given the opportunity to help out again. Our staff prepared a delicious spaghetti dinner for 85 additional individuals. Our Director, **Brenda Powers**, rolled up her sleeves and made it happen as well as the VETcare staff **Chris Blakney** and **Roger Cameron** and **Nancy Pine**. Working together with community partners has contributed to the success of our facility and it’s nice to know that we can help them the way they’ve helped us.”





PACIFIC ISLANDS: “Navigating Hard Times, Together”

*By Brandon Cobb, Veteran Advocate,
WestCare Pacific Islands/SSVF*

“A hallmark of WestCare Pacific Islands’ Supportive Services for Veteran Families has been our ability to combat barriers with ingenuity. COVID-19 forced us to shut our doors and open our eyes to new approaches to serving our Veterans and we have answered the call.

Most of us have been working remotely since March and we have since hit our stride in remote service. Existing cases have been further stabilized. New applicants have been served and when needed, immediately placed into

Emergency Housing - providing not just a bed to sleep in, but shelter from COVID-19. Partnerships have been strengthened and driven by a need to give back.

As Guam continued to face the economic ripples of a global pandemic, May saw an influx of applicants. As is the case, Veterans came to us searching for support, but this month saw them needing more: Respite from a reality with no proverbial light at the end of the tunnel. While we may not be that light, we have served as a hand guiding them until one shines through.”





PUERTO RICO: “Mother’s Day Celebrations Continue Safely”

*By Yolanda Gonzalezmalave, Program Assistant,
Caribbean and Latin American Region*

“This year’s celebration of **Mother’s Day** seemed to be difficult due to COVID-19 and social distancing. But in Guara Bi, we are true believers in ‘Where there’s a will, there’s a way’ and at our assisted living facility Guara Bi, **Bartolo Joy**, staff were very creative in making all of the necessary arrangements to make this day a very special one for all of the mothers and clients at the facility.

They were treated to a special lunch and received gifts that made them happy and feel very special. Also family and

Friends surprised us and our clients with a caravan to greet and cheer their loved ones expressing with distant hugs and kisses how much they love them while respecting social distancing protocols.

Also, at our **Female Crime Victims Program, Guara Bi Manaya**, staff gave their best to make this day a very special one for all the program’s clients and their children. They made a special lunch along with gifts and Mother’s day cards from the program’s staff.”





TENNESSEE: "Camp Mariposa Expands Program to Tennessee!"

*By Renee Salyers, Regional Administrator,
WestCare Tennessee*

"WestCare Tennessee is proud to announce that **Camp Mariposa** is coming soon. Our first camp is scheduled for August 21-23, 2020. WestCare currently has three successful Camp Mariposa programs in Florida, Ohio and Kentucky.

Camp Mariposa is an addiction, prevention and mentoring program for children affected by a family member's substance use.

The program offers youth transformational weekend camps multiple times a year. Campers participate in fun traditional camp activities combined with education and support exercises led by mental health professionals and trained mentors. Additional educational, social and mentoring activities are offered for campers, teens and their families throughout the year.

These activities build knowledge, coping skills, confidence and an opportunity to connect with one another. Camp Mariposa provides a safe, fun and supportive environment critical to help break the cycle of addiction.

Every year, countless children are affected by a family member's substance abuse (*See the included letter as part of one the camp's activities*). No child should face this struggle

alone. Our unique program gives children the chance to cry, laugh, grow and heal. Kids meet other kids in similar circumstances and together, they grow stronger.

Any child (ages 9-12) living in the Eastern Tennessee area that is impacted by a family member's substance use can attend the camp. Activities are free for all eligible children."

Dear Alcoholism & Drugs
Why did you pick my family?
Why won't you let go of my dad?
My dad will probably die because of
you! He has already lost his drivers
licence from drunk driving. He can't
come to see me unless he is lucky
enough to get a ride.
I can't live with my mom because
of you! I hardly get to see my
parents. I can't even call my mom
because she can't afford a phone.
I Hate You!
Signed
A VERY ANGRY Kid



TEXAS: "Delivering Relief To a Vulnerable Community"

By Linda Papayanopolus , Community Engagement Coordinator , WestCare Texas

"WestCare Texas teamed up with local businesses, non-profits, churches, city agencies, police and news media to come together around the shared goal of bringing much needed relief and emergency support to our already vulnerable communities that have been disproportionately affected by this pandemic.

With the help and support of sponsors and volunteers, this collective COVID-19 response effort provided several thousand USDA meals for children and 700 children's books. In addition, hundreds of much-needed Personal Protection Equipment (PPE) items such as face masks, gloves, hand sanitizer and disinfectant supplies were distributed to underserved children and families to slow the spread of COVID-19 and SAVE LIVES!"

Special Thanks to Our Sponsors!:

- *The After School All Stars*
- *Alamo Distilling Company*
- *Be a Champion*
- *Bexar County Commissioner, Tommy Calvert*
- *Bexar County ReCAST*
- *Bexar County SMWBE Program*
- *H-E-B*
- *KROV 91.7 FM Community Radio*
- *Lighthouse for the Blind*
- *MEDWheels Inc.*
- *Neighborhoods First Alliance*
- *Renee Harris*
- *Reyes Automotive Group*
- *San Antonio Fighting Back*
- *TikTok*
- *Tina Torres, PLLC*
- *Travis Park Church*





VIRGIN ISLANDS: “Spring Cleaning at The Village!”

By Nekejah Attico, Office Manager, WestCare Virgin Islands

“Our clients and staff take great pride in our home, The Village - Virgin Islands Partners In Recovery (VIPR). Thus, we’ve decided that our grounds deserved some good ol’ spring cleaning. Although we appreciate the beauty of having our facility on a historical site, our trees and plants needed some freshening up for healthy growth. Out with the old and in with the new growth!”





WASHINGTON: “The Veterans Connection Café”

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

“The COVID-19 pandemic has raised awareness on the adverse effects of social separation and reduced access to professional and community services that contribute to a higher quality of life. Multiple studies repeatedly demonstrate a connection between social isolation and adverse health conditions.

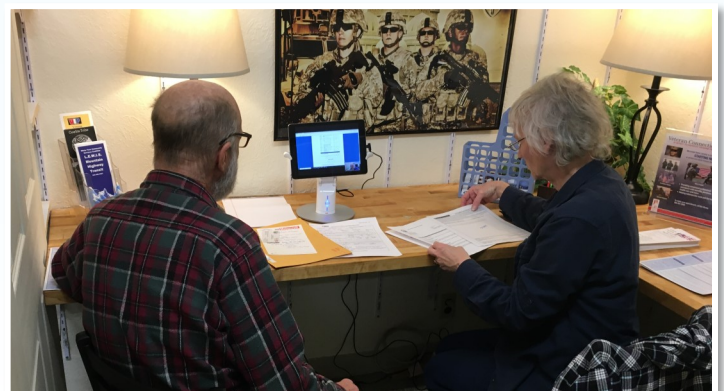
Social separation and reduced access to services is not a new experience for rural Americans. It is a fact of life that they have faced every day for decades – well before the onset of the COVID-19 pandemic. They must often overcome a combination of geographic, environmental, health, infrastructure and financial barriers in efforts to access services and assistance that urban communities often take for granted. These barriers have contributed to an increasing gap in the state of health between rural and urban Americans. Rural Americans are more likely to die from heart disease, cancer, unintentional injury, chronic lower respiratory disease and stroke than their urban counterparts.

In 2017, WestCare Washington joined the Washington State Department of Veterans Affairs in conducting a rural services demonstration project funded by the Veterans Administration Office of Rural Health. Among the key lessons learned from our experience is the vital role and credibility that rural libraries have in their communities. Additionally, libraries often have

the most reliable internet connections, photocopiers and a history of community service.

Although that specific grant ended, WestCare Washington/WAServes moved forward to apply our knowledge and experience from this demonstration project. Teaming with the **Timberland Regional Library, Home Depot, American Legion and a Veterans Services Hub**, we launched the **Veterans Connections Café (VCC)**. Located in rural Randal, Washington at the **Mountain View Timberland Library**, the VCC provides coordinated bi-weekly teleservices to rural Veterans. It guarantees rural Veterans local reliable access to a variety of service specialists and access to a historic inventory of benefits and resources exclusively available to Veterans. Upon opening the first VCC, the local demand from rural Veterans and their families exceeded all expectations.

Six additional VCC rural library sites are now in various stages of start-up. The VCC service model was honored in 2020 with its selection by **The Institute of Museum and Library Services** to present at a national conference. It was selected as one of the best library-based collaborations in the United States serving our nation’s Veterans.”





WISCONSIN: “Meeting The Demands of a Community in Need”

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

“Before COVID-19 happened, WestCare Wisconsin’s Everything And Then Some (E.A.T.S) Food Pantry had a significant amount of residents from the Harambee community that would frequent the weekly pantry. Since the pandemic began, WestCare Wisconsin had to increase the amount of food intake to meet the demand of

the new participants that have started visiting the pantry. When the State of Wisconsin’s ‘Safer at Home’ order took place in March, our normal numbers were 546 people served with 84 being new first timers. In April, we served 665 with 337 of the participants being new. In May, we served 561 with 255 of these being new. We are glad to be a beacon of light in the midst of cloudy weather.”

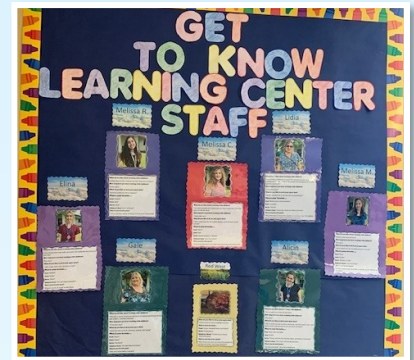




KUDOS: *Our Monthly Shout-Outs to Exceptional Employees*

(California) The Staff of MLK Residential's Learning Center

In an effort to better familiarize the parents that are served at Fresno's MLK Residential facility with the staff who are working with their little ones, the staff of Learning Center made this wonderful board introducing themselves!



(Florida - Gulf Coast) Terrian Denny, Driver, Residential Treatment

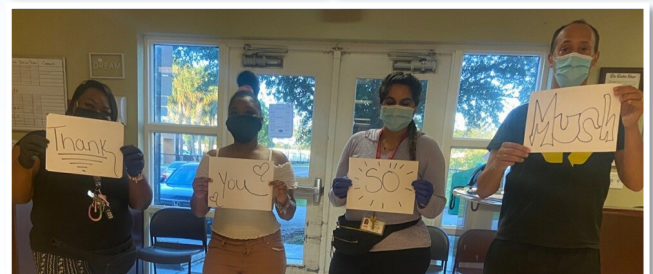
"We have to shout out and give BIG kudos to Terrian 'T' Denny for making endless trips to our GulfCoast facilities ensuring everyone is covered, literally, with Personal Protective Equipment. We can't thank 'T' enough for truly going above and beyond by making these continuous trips to each location."

- Whitney Hughson, Marketing Director, WestCare Florida

(Florida - South Florida) ALL of Their Behavioral Health Technicians and Community Action Council Members!

"We are sending a huge Kudos to our Behavioral Health Technicians (BHTs) for their tireless devotion to serving our residential clients during these crazy times! To honor their commitment, and staying with our clients 24/7 on campus, our brand new Community Action Council (CAC) members ordered delicious food for our staff. This not only gave them a small break from the monotony but also supported local businesses in our community. Kudos to both our BHT's and our CAC members!"

- Whitney Hughson, Marketing Director, WestCare Florida



JUNE BIRTHDAYS: *Celebrating Our WestCare Family!*



Arizona

- June 4th: Sandra Phillips
- June 13th: Bobby DeBatt

California

- June 1st: Nakesha Lee
- June 1st: Deborrah Macklin
- June 2nd: Christopher Phillips
- June 2nd: Oscar Trejo
- June 4th: Christina Valtierra
- June 5th: Winslow Lowe
- June 5th: Gertrude Wilson
- June 6th: Paula Jimenez
- June 7th: Yelena DeBenedetto
- June 7th: Sydney Hoetker
- June 9th: Cheree Alejandro
- June 9th: Chelsey Ramirez-Hernandez
- June 10th: Leslie Posey
- June 11th: Sara Florez
- June 13th: Gale Asbury
- June 13th: Caussaundra Dominguez
- June 13th: Kathy Hayden
- June 13th: Luis Macias
- June 14th: Alicin Lopez
- June 15th: Lusin Gezalyan
- June 15th: Andrea Zirbes
- June 16th: James Glass
- June 16th: Edan Keven
- June 16th: Matthew Lo

- June 17th: Maria DeFatima Bem
- June 17th: Stefanie Reynoso
- June 17th: Jennifer Velasco
- June 18th: Miriam Arambula
- June 18th: Ericka Madave
- June 19th: Anamaria Rodriguez
- June 20th: Diana Camacho
- June 22nd: Letisha Caldwell
- June 22nd: Pablo Guerra
- June 23rd: Gulfrano Galvan
- June 23rd: Cynthia Johnson-Wright
- June 23rd: Thomas Montez
- June 23rd: Jovana Sandoval
- June 24th: Charles McDowell
- June 28th: Humphrey Kemp
- June 29th: Jannine Berry
- June 29th: Sara Guerrero-Martinez
- June 30th: Calvin Simmons

Florida

- June 1st: Melissa Hopkins
- June 3rd: Elizabeth Katz
- June 3rd: Phyllis McGrath
- June 5th: Kelli Stolar
- June 8th: Charles Williams
- June 9th: Erin Kirkland
- June 10th: Brigitte Villaverde
- June 11th: Edwin Gomez
- June 12th: Carlos Sandoval
- June 13th: Justin Moore
- June 13th: Amanda Robinson
- June 14th: Kylie Safford
- June 14th: Twyla Sweetmoon
- June 14th: Andrew Wallin
- June 15th: Morgan Hartman
- June 17th: Miguel Jones
- June 19th: Deanna Douglas
- June 19th: Shonte Everett
- June 19th: Ladarius Paul

- June 20th: Louis Parson
- June 20th: Carolyn Robinson
- June 21st: Christopher Delaney
- June 23rd: Lois Babb
- June 25th: Ruth Austin
- June 25th: Nancy Bloch
- June 25th: Rory Levine
- June 26th: Diana Ortiz
- June 27th: Carolina Carrasco
- June 27th: Ceri Checkley
- June 27th: Ivan Figueroa
- June 28th: Nicole Armstrong
- June 29th: Vanessa Jones
- June 30th: Robert Borselli

Foundation

- June 1st: Ruth Lavin
- June 4th: June Gore
- June 5th: David Turner
- June 13th: Anthony Handzel
- June 15th: Kim Kenneth De Roxas Cabrera
- June 15th: Kaitlin Moore
- June 20th: Robert Neri
- June 21st: Lisa Ridl
- June 22nd: Leonardo Martinez
- June 28th: Marc Cannon
- June 29th: Trenton Cokley

Georgia

- June 9th: Carla Thomas
- June 10th: Alizon Garmon
- June 16th: Klin Epps

Illinois

- June 9th: Kathleen Parks
- June 15th: Carlos Rodriguez
- June 19th: Martha Blankenship
- June 19th: Talisa Paul
- June 21st: Samantha Miller
- June 29th: Abigail Diedrich

JUNE BIRTHDAYS: *Celebrating Our WestCare Family! (Cont.)*

Kentucky

- June 6th: Zachary Johnson
- June 19th: Christopher Cole
- June 28th: Dalton Coleman

Nevada

- June 5th: Joseph Hall
- June 6th: Yvonne Hoover
- June 6th: Mathew Morris
- June 15th: James Wallace Harvey II
- June 17th: Willie Manor
- June 18th: Valerie Douglas
- June 20th: Andre Hardin
- June 20th: Caren Lopez
- June 21st: Nathan Weisse
- June 23rd: Braedan Singh
- June 27th: Christina Harrington
- June 27th: Troy Kemp
- June 28th: Tara Meirs

North Carolina

- June 9th: Christina Chambers

- June 15th: Latrenta Hill
- June 15th: Barbara Yarbrough
- June 23rd: Dolly Henderson

Ohio

- June 2nd: Ameer Hafeez
- June 9th: Suzanne Nandrasy
- June 10th: Elly Mallen
- June 14th: Angela Miller
- June 21st: Jeffrey Losh
- June 24th: Emily Murphy
- June 24th: Caroline Troidl

Pacific Islands

- June 6th: Daime Rivera
- June 18th: Anjeline Reyó

Puerto Rico

- June 3rd: Edwin Melendez
- June 6th: Linette Escobar
- June 14th: Yolanda Gonzalez Malave
- June 16th: Ivan Mendoza
- June 23rd: Eneida Santiago Nieves

- June 26th: Angelica Ortiz
- June 27th: Lourdes Class Cabrera
- June 28th: Carlos Gonzalez

Tennessee

- June 10th: Joshua Gibson
- June 19th: Tammy Loy

Texas

- June 7th: Janelle Cronen

Virgin Islands

- June 10th: Timothy Daley
- June 18th: Othnell Gumbs

Wisconsin

- June 30th: Travis Landry



EMPLOYEE ENGAGEMENT: *June Coping Calendar*

"Hello WestCare Family. We have reached the halfway mark of 2020! I applaud each of you for staying strong throughout these months as we continue Uplifting the Human Spirit of those we come into contact with. Please be sure to take care of yourself too. Laugh out loud and don't sweat the small stuff. Turn up the music and sing or dance! Seek things that bring you peace and joy."

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



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle



ACTION FOR HAPPINESS



30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

For more great tips and strategies regarding self-care, mindfulness and coping, stay tuned to your email for weekly content from Susan and WestCare Foundation! To properly Uplift the Human Spirit of those that we serve, we must not forget to take proper care of our ourselves!



EMPLOYEE ENGAGEMENT: *WellRight Contest Winners*

"We are happy to announce the winners of two contests as part of our WestCare WellRight Wellness program!"

– *Susan A. Rinaldi, Director of Employee Engagement, WestCare Foundation*

"Healthy Selfie" Photo Drawing Winner for the 1st Quarter of 2020:

Rakecia Brame, Residential Counselor Supervisor, WestCare North Carolina

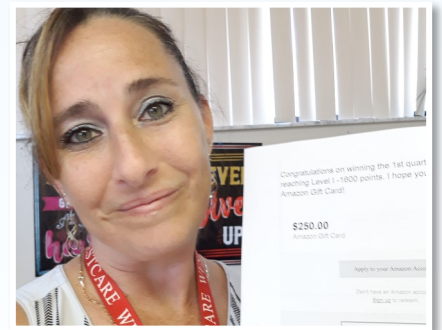


Rakecia is from North Carolina and started working in WestCare's North Carolina Girls Program as a Residential Counselor almost three years ago. She was promoted to Residential Counselor Supervisor after being there for about a year. She says she enjoys seeing the program residents grow and change during their stay at the program, which is similar to the process of change from a caterpillar to a butterfly. Rakecia has a bachelor's degree in Social Work and a master's degree in Public Administration. Rakecia has a six-year-old son and loves extreme couponing. She is very happy that since she has started exercising, she has lost 27 pounds. Way to go, Rakecia!

Earned 1,600 WellRight Points by 1st Quarter of 2020 - Drawing Winner:

Shannon Dolan, Dependence Recovery Coach, WestCare Florida - Gulf Coast

Shannon is a native Floridian and has worked in WestCare's GulfCoast - Florida Outpatient Program as a Dependency Recovery Coach for about eight months, where she absolutely loves her job and working in the field of addiction. She enjoys helping others to see there is a bright side to a new life. She has an AS in Human Services and is working towards a BS in Social Work. Shannon has two children and says being a mom is her absolute purpose in life.



Congratulations to both Rakecia and Shannon on making their wellbeing a focus in their everyday lives!

GRANTS/RESOURCE DEVELOPMENT: "Meet the Grants Team"

By The National Grants Team

"WestCare has a total of 10 grant professionals who work with regional leadership, evaluation and finance to develop grant applications. The grants team is managed by the leadership team of Lisa Jackson and Beverly Watts Davis. Each of these professionals has years of experience developing and writing applications. These staff work remotely, but have specific regions they work with regularly.

Individuals in the team are: Mary Ellen Pistalu, Jeneiene Schaffer, Cecily Moreland, Janelle Schneider, Erika Gryniewicz, Martin Bilmer, Lisa Matzner, Melanie Stevens, Barbara Mason and Alicia Garcia. And while they work remotely, each is assigned a region to work within WestCare's network of programs. Mary Ellen works with Ohio and Washington, Jeneiene works with Puerto Rico and Nevada, Cecily works with Wisconsin and Florida Guidance Care Center and Alicia works with Oregon, Texas and Arizona. Erika works with California, Janelle works with Pacific Islands, Melanie has Tennessee, Kentucky and Illinois, Martin has the U.S. Virgin Islands,

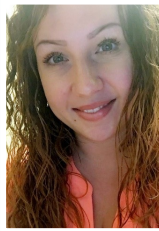
Florida's Village South and Gulf Coast and Lisa Matzner works with North Carolina, Georgia and Iowa. Barbara Mason works across the country, but specializes in capital applications such as facility renovations and vehicle purchases.

And while they usually work in their assigned region, from time to time, they are pulled to work in different regions to ensure WestCare has appropriate coverage for the many applications completed. The grants team writes approximately 265 applications each year, which bring in a significant amount of the agency's budget. We all depend on you, the staff in the programs to help us understand what is needed, how it should work and why it is important to the community you are serving.

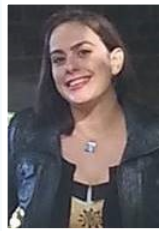
We also have exciting news to share, the writers have each recently been honored with the new title of, 'Grant Development Officer.' You will start to see it show up on the email signatures and in our different correspondences with you. We are here to help you and WestCare be successful. Please let us know how we can help."



Martin Bilmer



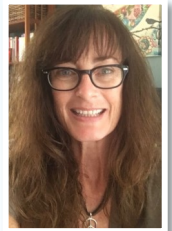
Alicia Garcia



Erika Gryniewicz



Barbara Mason



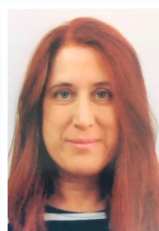
Lisa Matzner



Cecily Moreland



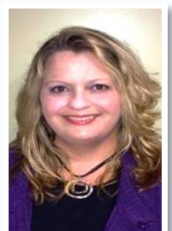
Maryellen Pistalu



Jeneiene Schaffer



Janelle Schneider



Melanie Stevens

HUMAN RESOURCES: *Performance Reviews*

By Preston Sharpston, HR Generalist, WestCare Foundation

“It’s Performance Review time again! We in HR wanted to take a moment to highlight the value of these evaluations, why they’re important and share some tips for success.

The Performance Review process provides you with a formal opportunity to discuss strengths, weaknesses and overall performance with your team members. It also allows your staff to express their short and long-term goals. It’s important to note, however, that managing expectations is an important part of this process. Ideally, this meeting should not be the first time that a team member hears feedback, but rather a confirmation that

they are aware of areas in which they are meeting, not meeting or exceeding expectations.

In the past, we have found success in giving team members the opportunity to self-evaluate their own performance first, before the actual evaluation meeting. This way, they can get an idea of what they will be graded on and what their goals are. While this is not a requirement, we find it helpful.

Annual reviews of all employees are due by July 1st, 2020. Please send them directly to HR via email once complete, and please reach out to your HR Representative with any questions you may have.”





INFORMATION TECHNOLOGY: *How We Can Help!*

"This month, as we celebrate the renewal of our WestCare Express Newsletter, we thought it would be fitting to provide a quick reference for contact information for our various Information Technology teams. Please reach out to us if you have issues or needs that we can assist you with."

- Dwayne Stevens, Chief Information Officer, WestCare Foundation

	IT Helpdesk	Application Support Team
Contact For	Issues or Questions about: <ul style="list-style-type: none"> • Network/Email Accounts • WestCare PCs, Laptops, Tablets Phones and Printers • WestCare Facility Internet and Phone Connections • WestCare Facility Network Equipment • Windows PC Applications (Word, Excel, PowerPoint, etc.) • Third-Party Web Applications • Shared Folders • Email • BlueJeans • Microsoft Teams 	Issues or Questions about: <ul style="list-style-type: none"> • Intranet Applications and Accounts • Clinical Data System (CDS) <ul style="list-style-type: none"> ○ Access Requests ○ Bug Reports ○ Funder Updates ○ New Features Requests ○ New Contracts/Programs ○ Reporting Needs ○ Telehealth Support ○ Training Needs ○ ePrescribe • DocuSign • WestCare Website Updates
Email Address	HelpDesk@westcare.com	Application.Support@westcare.com
Phone/Extension	702-410-7595 or Extension 10200 (Option 1)	702-410-7595 or Extension 10200 (Option 2)

	Information Security Team	IT Purchasing
Contact For	Issues or Questions about: <ul style="list-style-type: none"> • Information Security Concerns, Violations or Needs • Security Awareness Training • Phishing Simulations • Social Media Accounts • Suspicious Emails (<i>Note: these should be reported by using the Report Phish button in Outlook or OWA, or by forwarding to Phishing@westcare.com.</i>) 	Complete and submit an Information Technology Purchase Order (ITPO) to order new/replacement: <ul style="list-style-type: none"> • Desktop PCs or Laptops • Cell Phones • Printers • VoIP Phones • Other IT equipment (monitors, keyboards, mice, webcams, speakers, docking stations, etc.)
Email Address	InfoSec@westcare.com	IT.Purchasing@westcare.com
Phone/Extension	865-221-8150, Extension 51201 or 51215	N/A

PROFESSIONAL SERVICES: *WestCare's "Helping Hands"*

*By David Rosynsky, Director of Innovation and Standardization,
WestCare Foundation*

“WestCare Foundation’s Professional Services Department is led by Robert ‘Bob’ Neri, Senior Vice President and Chief Program/Service Officer. The purpose of the department is to offer specialized technical assistance and support to WestCare entities and personnel. In doing so, the department sees its role as helping to strengthen the overall organization and helping WestCare entities to build capacity.

The department organizes its activities under four primary domains: **Innovation and Standardization, Outcomes Management, Safety and Risk Management and Training and Professional Development.**

Within these four areas, the Professional Services Department is focused on:

- *Engaging with personnel in meaningful ways to enrich their experience at WestCare and their professional growth and development*
- *Creating a strong learning culture throughout WestCare;*
- *Standardizing and institutionalizing core programs, services and clinical practices*
- *Building an infrastructure that supports quality and compliance*
- *Increasing WestCare’s ability to be a data driven organization and to evaluate the efficiency and effectiveness of our programs and processes*
- *Identifying organizational challenges and problem solving*
- *Supporting growth and innovation by working to develop new business opportunities*



From helping WestCare entities to achieve accreditation to monitoring the organization’s Incident Reporting System to coordinating WestCare’s Spiritual Care Chaplain Program, the Professional Services Department is responsible for supporting a wide range of essential functions of the organization.

Since the department is involved in numerous areas, it’s continuously collaborating with other departments within WestCare (e.g., IT, HR, Operations) to support WestCare entities.

Staff coaching, training, credentialing, policy development, risk management and program development are just some of the areas where the department is involved.

‘We are a unique group with diverse skills, united in a mission to help build the capacity of our organization,’ says Bob Neri. ‘I like to think of us as a team of helping hands, always ready and willing to assist and uplift our regions and personnel.’”

(Continued on Page 32)

PROFESSIONAL SERVICES: *WestCare's "Helping Hands" (Cont.)*

"In addition to Bob Neri, the Professional Services Team includes:

- *Dr. Valerena Candy, Director of Credentialing*
- *Misty Caudill, Quality Improvement Specialist*
- *Chaplain Ryan Creelman, Spiritual Director and Corporate Chaplain*
- *Christine Gibson, Director of Quality and Risk Management*
- *Amanda Henderson, Director of Accreditation (West)*
- *Jennifer Hilton, Director of Training and Technology Transfer*
- *John Nunley, National VP of Corrections and Criminal Justice Business Development*
- *Jeannie Lewis-Whitaker, Director of Accreditation (East) and Clinical Integrity*
- *Carol Renard, Director of Program and Staff Development*
- *David Rosynsky, Director of Innovation and Standardization, and*
- *Natalie Widlak, Executive Assistant to Robert Neri*

Also, WestCare's Evaluation and Quality Team is part of the Professional Services Department. Guided by Dr. Frank Scafidi, Senior Scientist of Evaluation and Outcomes, the team includes:

- *Dr. Dustin Cantrell, Director, Great Lakes Region*
- *Denise Connor, Director, Eastern/Caribbean Regions*
- *Dr. Melissa Rhea, Director, Western/Pacific Island Regions*

To learn more about the Professional Services Department and its menu of services, email:

ProfessionalServices@westcare.com



PRIDE MONTH 2020: “Some Thoughts”

*By David Rosynsky, Director of Innovation and Standardization,
WestCare Foundation*

“As I sit staring at the keyboard tasked with commemorating Pride Month, I realize that it would be negligent to reflect on Pride Month without noting that Pride is profoundly different this year – and not just because of the COVID-19 pandemic. In order to sufficiently honor Pride Month, the merging of the Pride and Black Lives Matter movements has to be explored (A task for which I’m not fully equipped).

Though I’m a first-generation American, the son of a Ukrainian immigrant and a Cuban mother, I have undoubtedly benefited from the advantages of having white skin. Even though as a gay individual, I experience the disappointment of not having full civil rights, the world sees me as white.

So, I share these thoughts on Pride Month as a tiny contribution to an important and ongoing national conversation.



June holds significance for the LGBTQ+ community, as it is recognized as Pride Month, to commemorate the Stonewall uprising of 1969, known as the birth of the modern LGBTQ+ movement. Though pioneering LGBT elders fought for years to advance the Gay Liberation Movement in the United States, the spontaneous and violent clash between protestors and police during the Stonewall riots caused a cultural shift in America. In a time when it was illegal in most states to be gay, the Stonewall rebellion galvanized a mass civil rights movement.

Fifty one years later, much progress has been made. Five years after the Supreme Court ruled in favor of marriage equality in all 50 states, the Justices recently ruled that federal law prohibiting sex discrimination in the workplace includes LGBTQ individuals.

Yes, progress has been made. Still, what remains is the struggle against systemic and systematic discrimination, brutality and injustice that spurred the Stonewall uprising.

The murders of Ahmaud Arbery, Breonna Taylor, George Floyd and countless other black and brown individuals, including black and brown transgender and gender non-conforming individuals, has woke the world and raised conversations about racism and social privilege and moved millions of people to take action.

The Black Lives Matter movement has made it impossible to ignore the anger and exasperation pulsing through the streets of America.” (Continued on Page 34)

PRIDE MONTH 2020: "Some Thoughts" (Cont.)

(Continued from Page 33) "The multi-generational and multi-racial crusade for justice and equality continues through the uniting of the Pride and Black Lives Matter movements. Their collective outcries and protests are showing (In real time) what the fight for equality looks like.

For me, Pride Month this year feels less like a celebration and more like a call to action - a hopeful beginning.

Marsha P. Johnson, an American gay liberation activist and self-identified drag queen, was one of the prominent figures

in the Stonewall uprising. *'As long as my people don't have their rights across America, there's no reason for celebration,'* said Johnson, *'No pride for some of us without liberation for all of us.'*

Marsha P. Johnson and thousands of human rights activists knew then, what we're coming to understand now. There is no pride unless Black Lives Matter. There is no pride unless Black Trans Lives Matter. There is no pride until there's equality and justice for **ALL.**"





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

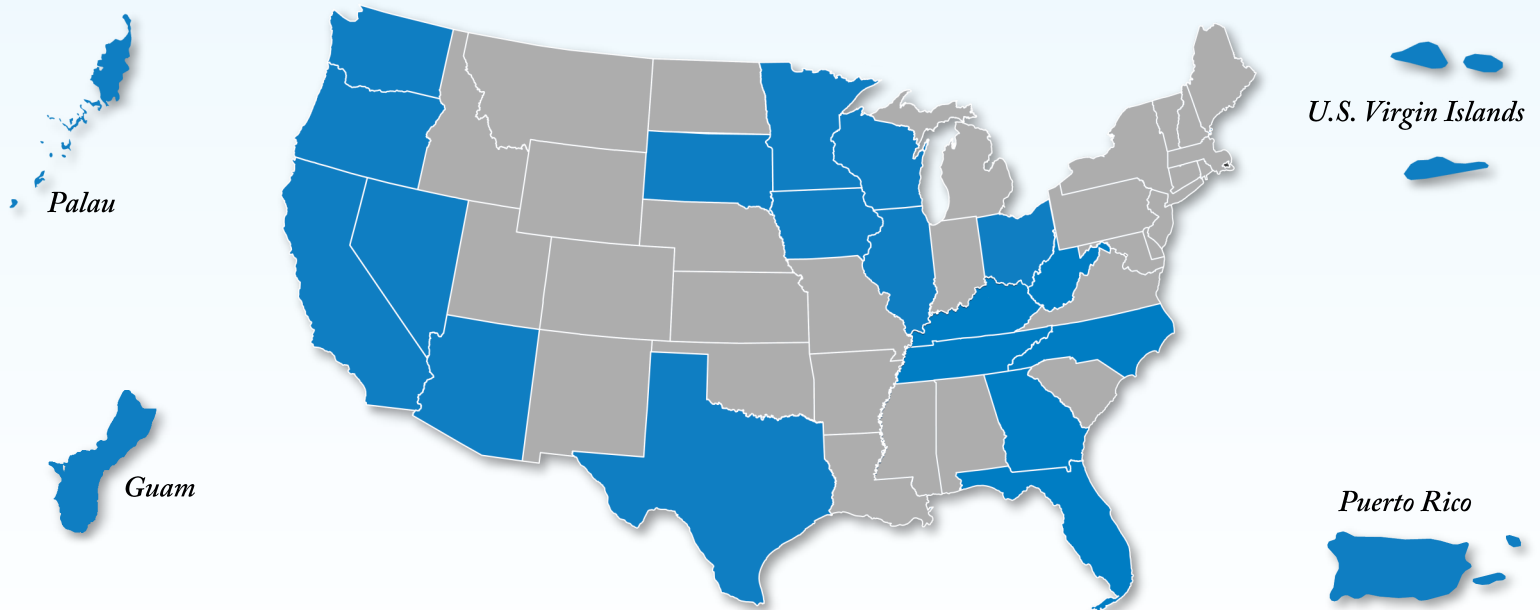
WestCare, a family of tax-exempt nonprofit organizations founded in 1973, provides a wide spectrum of behavioral health and human services in both residential and outpatient environments. Our service domains include **Treatment and Rehabilitation, Mental Health, Veterans Services, Criminal Justice, Housing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



WHERE WE SERVE

WestCare proudly operates programs in 18 states, three U.S. territories and the Republic of Palau!

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



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



SEND YOUR CONTENT TO THE EXPRESS!: *Submission Info*



The Express newsletter wouldn't be possible without the regular submissions that we receive from staff! Whether it's a success story or an event, we'd love to see it! Please send any high-quality pictures (Non-identifying if of clients) and a brief summary to both:

gabriela.mcniel@westcare.com and michael.mygind@westcare.com

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



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www.youtube.com/user/WestCareVideos



How Anyone Can Support WestCare Online

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



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



WestCare is also on *Mightycause*, the online fundraising engine. The organization participates in events like #GivingTuesday. Donations can be made by heading to the following link:

<https://www.mightycause.com/organization/Westcare-Foundation>

