Renovation Fundraising Campaign Nears Completion

As West Yavapai Guidance Clinic (WYGC) makes its final plans to relocate inpatient psychiatric services to its new Windhaven Psychiatric Hospital in Prescott Valley, plans are already underway to renovate the vacated Prescott space to make way for more adult residential substance abuse treatment.

The $100,000 goal for renovations was set last year, as WYGC and the WYGC Foundation worked to address the lack of treatment capacity as identified by MATForce, the local law enforcement community, judicial leaders, United Way community conversations, and other groups of community leaders.

“We are so close to our goal,” said WYGC Director of Development and Communication, Laura Norman. “With $97,246 raised to date, we are very close to having what we need to make the renovations happen. The next challenge is finding the operational dollars to pay the staff and the bills related to provision of expanded treatment services. Raising the renovation dollars was our first challenge, now our largest obstacle remains. We will not lose site of the need and the community’s identification that more substance abuse treatment capacity is needed.”

While partial funding for this project has been provided by the Yavapai County Community Foundation Board Chair Carl Brown (center) presented checks to WYGC Foundation & WYGC Inc. that totaled $18,200 to renovate space and make way for more adult treatment beds. Receiving the checks were, left to right, Susan Lohn of the WYGC Foundation Board and Karen Kuebler of the WYGC Board.

A Family That Benefitted From Your Support Says Thank You

Recently, Foundation funds allowed for the purchase of a “web cam” to be used by one of WYGC’s child clients. This tool for visual connection allowed a four-year-old child to see her sister and to be more comfortable about moving to a new home. The tool will also provide a way for the girl to stay in contact visually with the foster family that provided a home for her while she was in Yavapai County. We will call the child Anna.*

The family wrote the following to WYGC staff:

“*We, on behalf of Anna, would like to thank you for being a part of her life these past six months. Thank you for advocating that she be placed in a safe and appropriate home.... Anna has enjoyed the web cam and seeing her sister during our recent talks. Thank you for making it available for her. I think it will help her to continue to ‘see us’ as she settles into her new home.”

When you wonder if YOUR donation makes a difference, know that it does. It impacts real people with real needs in our own community. Thank you to all of the WYGC Foundation supporters! You do make a difference.

(*Anna is not her real name)

Here are more ways that Foundation Funds have helped local children, adults and families who also happen to be WYGC clients:

← School field trip for a child whose family lacked the fees
← An electric razor for an adolescent who works hard on his personal hygiene but had to borrow an electric razor
← Food for a family that needed extra support as they prepared for the father’s impending death
← Scholarships for adults who have completed residential substance abuse treatment at WYGC and need first rent assistance
← Purchased videos that are part of the best-practice treatment model known as Matrix; this approach is being implemented in WYGC’s program for adolescent substance abuse treatment

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Essential Learning Offers Discounted Courses:

**May Is Mental Health Month**

**Essential Learning**, the largest provider of e-learning services in the behavioral health and human services industry, is offering online courses: Adolescent Suicide; Anxiety Disorders - Diagnosis and Treatment; and Overview of Mental Health Issues in Older Adults at a 50% discount, May 1 -31, in observance of Mental Health Month.

Courses offer a variety of specific and national continuing education credit.

“Raising awareness about mental health conditions and wellness is everyone’s responsibility in our industry,” said Sue Erskine, Co-Founder and CEO and Chief Development Officer of Essential Learning.

To access the discounted courses during the month of May and for full descriptions, go to [www.cequick.com](http://www.cequick.com).

### Healthy Living For Older Adults

- **Get plenty of rest** – Take frequent naps. Not only will they help calm your mind, but they can give you more energy. Make certain to devote a full seven to eight hours of sleep each night to sustain a proper balance of physical and mental health.
- **Go for a walk** – Regular exercise is an excellent way to maintain a healthy lifestyle. Enjoying a long walk at a moderate pace allows you to reflect on your day while getting the blood flowing. For an added spin, invite family members and friends to join you. During bad weather, complete laps inside a mall or community center.
- **Eat something new** - Whether it’s tackling a new recipe or re-inventing a traditional one, cooking is a great way to eat well and have fun in the process. Invite family and friends to join you once a week for dinner and take turns preparing meals. Kick off special events with a potluck dinner or host an evening filled with international cuisine.
- **Exercise your mind** - Challenge yourself with a jigsaw puzzle, solve riddles or read a good book. Even better, involve others with these activities by reading aloud to kids or helping them with homework at a local library, school or daycare center.
- **Spend time with others** – Spending time with family and friends is important. Reach out to someone you haven’t talked to lately or to someone who may need a little extra attention. Call on a friend or relative to join you as you run errands or complete routine, everyday activities. Doing things together is a great way to raise your spirits and engage those around you in your life.
- **Indulge yourself** – Sooth aching bones and wash away worrisome thoughts with a long bath or hot shower. Enjoy a healthy dessert, sip a cool glass of iced tea or juice when it’s hot outside; curl up under a blanket and relax when it’s cold.
- **Stay in** – Don’t feel obligated to do everything asked of you. It is okay to say no. To avoid feeling overwhelmed, opt to spend time with yourself once in a while. Watch a movie, paint a personal masterpiece or organize a prized collection of keepsakes.

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<th><strong>WYGC Foundation Board</strong></th>
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- **Make the most of leisure time** - Make plans with family members, loved ones and/or a tour group to visit a place you’ve always wanted to go. Join a club, start a new hobby or learn a new skill such as gardening, bird watching or dancing. Whatever you choose to do, make sure it’s something that you truly want to do!
- **Get involved** – Volunteering is a great way to give back. Knowing that you have helped someone else can help you to feel better about yourself. Plus, sharing your time with others is a great way to get out and meet new people.
- **Take things one at a time** – It’s easy to get caught up in the desire to do and experience new things, but having too much on your plate can be counter-productive. Try making a list. If possible, break large tasks into smaller, more manageable items that can easily be finished. Completing one thing at a time can lead to a greater sense of accomplishment and spur you to do even more!

**Source:** [Mental Health America. More info at www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

### Mark Your Calendar!

- **Saturday, June 21, at Granite Creek Park, Prescott - free to the public.**
  
  **Granite Creek Park, Prescott - community picnic to celebrate sobriety.**
  
  **Saturday, September 6, the third annual Tailgatin’ Bash; sponsorships available now, tickets go on sale in August.**
  
  **Saturday, September 20, for information and speakers about the topic of substance abuse treatment and a life of sobriety.**
  
  **Saturday, October 25, the revised and reshaped 11th Annual Prescott Ghost Talk, which this year features a new venue.**
  
  The fundraiser will take place at the Prescott Fine Arts Theatre and will benefit both the WYGC Foundation and the Prescott Fine Arts Association. Tickets go on sale in early October.

### Did You Know?

One in four people say they’ve missed work due to work-related stress. When we are under chronic stress, we often have trouble meeting deadlines, concentrating and making decisions. Our productivity and performance decrease as our stress levels increase.

We also may become easily irritated and overwhelmed, and have relationship problems with colleagues.

**Source:** [Mental Health America](http://www.mentalhealthamerica.net)
PTSD A Common Challenge For Veterans

The media periodically report on the challenges that Veterans returning from Iraq and Afghanistan are experiencing. For many Veterans, those challenges include Post-Traumatic Stress Disorder (PTSD). But what exactly is this? It is an anxiety disorder that can occur after someone experiences a traumatic event that caused intense fear, helplessness, or horror. PTSD can result from personally experienced traumas (e.g., rape, war, natural disasters, abuse, serious accidents, and captivity) or from the witnessing or learning of a violent or tragic event.

Studies suggest that anywhere between two and nine percent of the population has had some degree of PTSD. Veterans are perhaps the people most often associated with PTSD (once referred to as shell shock or battle fatigue). The Anxiety Disorders Association of America notes that an estimated 15 to 30 percent of the 3.5 million men and women who served in Vietnam have suffered from PTSD. For more information, go to www.nami.org.

Additional Tax CREDIT Option, When You Donate To “WYGC Inc.”

Your support of the WYGC Foundation is always tax-deductible. But did you know that you could support the work of the Clinic through another opportunity, and get an Arizona tax credit?

West Yavapai Guidance Clinic, Inc. (Tax ID# 86-0206928) is the 501(c)3 non-profit organization that provides direct services to clients through individual and group counseling, inpatient and residential services, and other outpatient programs and services. The WYGC Inc. qualifies under Arizona’s “working poor” charitable tax credit program.

So, if you are interested in a credit, you can take advantage of this opportunity. You can do the “working poor” tax credit as well as the school credits.

To receive the Arizona Tax Credit, donations of up to $400 per couple or $200 per individual, must be made payable to this organization, WYGC INC. Consult your tax advisor, and also check out www.azdor.gov for more information.

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County Community Foundation, an affiliate of the Arizona Community Foundation, there are also other generous supporters:
- City of Prescott
- Yavapai-Prescott Indian Tribe
- Prescott Noon Lions
- Fann Contracting

WYGC has applied for a federal grant that would provide some operational dollars, and news of the award is expected this summer. So, look for more news on the project and how it unfolds in the next Guideline newsletter.

WYGC’s Windhaven Center in Prescott Valley is days away from opening! Look for more news and photos in the next issue of the Guideline newsletter.

Windhaven Center Readies For May Opening

WYGC’s Windhaven Center in Prescott Valley is days away from opening! Look for more news and photos in the next issue of the Guideline newsletter.

Shaping Lives Today, and Dreams Tomorrow

I would like to support the work of West Yavapai Guidance Clinic through my support of the WYGC Foundation.

$500 ________
$250 ________
$100 ________
Other ________

Please make checks payable to: “WYGC Foundation,” 505 South Cortez St., Prescott, AZ 86301

The WYGC Foundation is a nonprofit organization, designated 501(c)(3) by the IRS.

Your support is greatly appreciated!

Please use this email address: __________________________

I prefer to receive future Guidelines and WYGC Foundation correspondence via email.

Your name: __________________________

Business Name (if applicable): __________________________

Address: __________________________

City, State, Zip: __________________________

Phone: __________________________

I am enclosing this amount: __________________________
Prefer An Electronic GUIDELINE?

Are you one of the many who prefer to receive important mail like the WYGC Foundation’s “Guideline” electronically?

Just let us know if you would prefer to receive the Guideline and other informational announcements via email.

Drop a note to Sally Jackson today at:
sallyj.wygc@narbha.org

If you like your print version, that’s fine with us - we’ll keep it coming. But let Sally know also if information on your mailing label needs to change, or if you are receiving duplicate copies. We’ll get it taken care of before the next issue.
(The WYGC Foundation does not share, rent or sell its lists.)

New Frontiers Supports WYGC Foundation

Each month, New Frontiers on Iron Springs Road, Prescott, selects one local nonprofit to support. They do this by providing 5% of a day’s profits to the selected 501c3 entity.

So, how easy would it be on Wednesday, June 18 for you to support the programs and services of West Yavapai Guidance Clinic? Too easy (and so tasty).... just do your grocery shopping at New Frontiers.