Dealing With Today’s Economic Stress
Little Steps Make All The Difference

We are in tough economic times. There may be differing opinions on why we are here, and how to get out, but we can all agree it’s tough out there right now. Each of us knows someone who is being challenged by the economy. It may even be you. Certainly, it is logical and OK for people to be concerned. But it is also important to have hope and look to the brighter side. For most of us, this stressful time is a passing condition. You can’t ignore what’s going on but neither should you let it own you. But the stress of today is real, and we should try to manage it as best we can.

Here are tips to keep anxiety from taking over…

- Limit your intake of negative media reports. Review your personal situation, make a plan and take action on areas that are within your control.
- Find support with your friends and family; often just voicing your concerns and hearing that you are not alone help provide relief.
- Eat right, exercise, get enough sleep and celebrate something each day.
- If your personal stress level develops into a chronic situation, seek professional help.

Recently seen in the New York Times:

"...We are more than our investments. We are more than the year-to-year or day-by-day changes in our net worth. We are what we do for charity. We are how we treat our family and friends. We are how we treat our dogs and cats. We are what we do for our community and our nation..."

Dr. Terry Vaughan Earns National Honor

The medical director of West Yavapai Guidance Clinic, Terry Vaughan, MD, is being honored with the “2009 Exemplary Psychiatrist” award from the National Alliance on Mental Illness (NAMI).

To be selected for this honor, a doctor must have set an example for his/her colleagues, and contributed in such ways as educating the public and reducing the stigma of mental illness. Dr. Vaughan has been medical director at the Clinic since 2001, and her responsibilities include supervising eight psychiatrists, physician assistants and/or nurse practitioners. She balances this administrative responsibility with her own sizeable caseload of adult consumers seeking her psychiatric services. Dr. Vaughan will receive this award in May at the American Psychiatric Association’s Annual Meeting. Only 41 doctors nationwide were selected for this honor.

WYGC Substance Abuse Alumni Step Up

In September 2006, several individuals who successfully completed the WYGC substance abuse program were brought together to form an alumni group. They didn’t really know what their impact would be on others in the program.

Since then, they have been credited with contributing $9,431 by themselves or through their employers’ matching program. They focus on supporting a specific WYGC Foundation Fund (the Substance Abuse Client Assistance Fund) which supports special needs of that specific client base. Its purpose is to subsidize important client needs that are not covered by other sources, such as their personal funds or AHCCCS/Medicaid. Paying these expenses and...
Mark Your Calendar!

- Join us for an informative meeting on “Leaving Your Legacy: The Transformational Potential Of Endowments” Watch for date, time and location this summer!
- Mental Health will be highlighted at the Prescott Public Library. For the month of July, in “The Viewerie.” Stop by!
- Saturday, September 12th, 6:00 to 9:00 pm, Watson Lake the 4th Annual Tailgatin’ Bash; sponsorships now available, buy tickets at www.wygc.org (click “Donate Now”)
- Saturday, October 24th, 6, 7 or 8:00 pm, Prescott Fine Arts Association, the 12th annual Ghost Talk; sponsorships now available; tickets at www.wygc.org (click “Donate Now”)

Electronic Newsletter An Option
Help us be good stewards of your money and support “green” efforts. Let us know if you would like to receive the Guideline newsletter electronically. Drop an email to: sallyj.wygc@narbha.org (The WYGC Foundation does not share, rent or sell its lists.)

Include Tailgatin’ Bash 2009 In Your Marketing Budget

Tailgatin’ Bash Sponsorships are available from $250 to $10,000

This fun-filled, sports-themed event is now established and seen as a great local fundraising event. Sponsorship opportunities give you varying levels of media recognition along with recognition at the event. Sponsorships also include tickets to the event that holds claim to a fabulous silent auction, dinner by Macays, drinks and spectular sunset views.

Dig out your favorite team’s colors and join us as we move to our new location at the beautiful Watson Lake on Saturday, September 12th from 6:00 to 9:00 pm.

Get Your Game Face On!

WYGC Foundation Board
Carm Staker, Pres. Ron Harvey
Lloyd Ewart, Vice Pres. Larry Green
John La Tourette, Sec./Trsr. Diana Dalsass

2009 Champion’s Circle Sponsor
BlueCross BlueShield of Arizona

An Independent Licensee of the Blue Cross and Blue Shield Association

“Substance Abuse Alumni” continued from page one . . .

providing a “hand-up” is essential for their successful road to recovery and sobriety.

Funding areas include scholarships to sober living homes for those who have successfully completed the residential program and paying for miscellaneous incidental items such as thrift store clothing, medication co-pays and over-the-counter pharmacy items for clients in both the residential and outpatient programs. Most requests are granted on a one-time basis, providing just enough to get the clients’ needs met so that they can take the next step in successfully providing for themselves.

These seemingly small grants are very important to the individual success of these men and women so that they may continue to build their self-confidence one step at a time. The support helps move them into being productive citizens of the community and respected members within their own families.

While a $200 scholarship to a half-way house or a $10 haircut for a job interview may seem insignificant in the big financial picture, it may be the difference between success and failure to someone working their way through an addiction recovery program.

Thank you Alumni for your efforts!

Did you complete the WYGC program successfully and want to be part of this growing group? Or, do you know someone who did? Contact Laura Norman at 445-5211 ext 2703 or email lauran.wygc@narbha.org.

We are excited to announce that the next steps for the Hillside Center renovation are getting underway! In the upcoming weeks, we will begin renovating the old Psychiatric Health Facility (PHF) at Hillside to enable the expansion of substance abuse treatment. We are excited to see this next dream become a reality. Look for pictures in the next Guideline, and an invitation to see the space.
No Definite Budget News For WYGC, Yet

The fundraising success of the WYGC Foundation is more critical now, than ever before. Because WYGC relies heavily on contracts that stem from state and federal funding, the news from the Arizona Legislature is grim for budget year 2009/2010 (which begins July 1st). While no specifics are yet known, the WYGC Foundation is monitoring this situation closely.

**Your donation, today, will make a difference locally.**

Many of us have not seen such tumultuous times like this in Arizona. It will take the investment and generosity of each and every one of us to ensure that the work of local nonprofit agencies continues - and continues at the highest levels of quality.

Please consider making a donation to the WYGC Foundation today - using the form below, or online at www.wygc.org.

Thank you.

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Long Time Board Member Steps Down

**Len Parmet** stepped down from the WYGC Board of Directors at the end of 2008. He served on the Board for 40 years - yes, you read that right, four decades.

During his term, he saw the clinic grow from a staff of three with an annual budget of $25,000 to 310 employees and a budget of $28 million. The clinic also grew from an organization that used borrowed space to a multi-faceted entity that operates several licensed service locations in Prescott and Prescott Valley.

Len also was presented with the 2008 Leta Glancy and Cecil Lockhart-Smith Award from the Northern Arizona Regional Behavioral Health Authority. The Award highlights exemplary board service of one volunteer in Northern Arizona.

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Seeking Board Members

If you have an interest in supporting local mental health care, perhaps you would like to serve on the WYGC Foundation Board of Directors. The job description for this volunteer role includes the willingness to coordinate and participate in fundraising efforts. Board members also direct the distribution of those locally raised funds.

To learn more about the opportunity, and request a Board Member application, call Laura Norman at 445-5211, ext 2703.

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Go D-Backs!

For the third year in a row, the WYGC Children’s Team will be able to take a group of kids to a Diamondbacks game, thanks to the WYGC Foundation. The first two years, the Foundation provided the funding for tickets, travel expenses and snack food for the trip.

This year, for the first time, the Arizona Diamondbacks Foundation has donated 50 tickets for the effort. A grant request has also been made to another funder to help with the travel costs.

Why do this? Because the experience of going to a Diamondbacks’ game gives the children a rare opportunity. Not only does it give them the “once in a lifetime ‘kid’ experience,” it also gives them a chance to practice some of the social, interpersonal and public behavior skills they have been learning in counseling.

This experience has the potential to have a great and lasting impact on these children. What a “home run” opportunity!

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**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_________

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

Please use this email address: _________________________________________

Your name: _______________________________

Business Name (if applicable): _______________________________

Address: ____________________________________________

City, State, Zip: _______________________________

Phone: _______________________________________

I am enclosing this amount: _______________________________

*Please make checks payable to: “WYGC Foundation,” 505 South Cortez St., Prescott, AZ 86303

The WYGC Foundation is a non-profit organization, designated 501(c)(3) by the IRS. Your support is greatly appreciated! To donate online, go to www.wygc.org
Did You Know?

People can develop schizophrenia at any age, but three-quarters of those with the disorder develop it between ages 16 and 25. New cases are quite rare after 40.

Source: National Alliance for the Mentally Ill

Join The Circle:
A permanent source of income for others.
A lasting impact, thanks to you.

The WYGC Foundation is proud to announce the Legacy Circle, a group of people focused on creating a reliable annual stream of revenue for the “Three C’s” - Clients, Clinic and Community.

In 2002, WYGC Foundation created an endowment fund that is held by the Arizona Community Foundation. Now, it is time to really focus on growing the fund so that the interest earnings can be used to make a difference locally. Can you guess how often a WYGC case manager is trying to assist their clients in finding what you and I might consider “basic needs”? It happens every day. And, there are larger requests that are truly insurmountable for many - a system of scholarships or support might be able to address this. But not until the Endowment Fund flourishes.

Watch for more information on upcoming events and ways to support this effort. Or, contact Laura Norman at 445-5211 ext 2703 or email lauran.wygc@narbha.org.

Bequests are a simple, but high-impact, way for you to improve lives locally. Please consider including the WYGC Foundation as a beneficiary in your will. Thank you.

Join the Circle!