Workshop Series Draws 90

When West Yavapai Guidance Clinic and Yavapai Regional Medical Center staff met to discuss hosting some workshops together, we really weren’t sure what the interest level would be. With a final attendance of 90 people for the three workshops, it is safe to say the idea was a good one. The workshop topics were: Finding the Hope Beyond Despair; Tools Tested and Proven to Reduce Stress; and Helping Your Loved One Take the First Step.

“YRMC, along with local first responders, community leaders, and our front line WYGC staffers were seeing high volumes of people in need and sensing a continuing feeling of despair,” said Laura Norman, Director of Development and Communication for WYGC, and Staff Liaison to the WYGC Foundation. “We felt that our community residents could benefit from tools and opportunities to help them reduce their stress and stay positive. This recession has been tough, and even those who weren’t directly impacted are being touched.”

There are numbers that support this perception, too: In a press release issued November 29, 2010 by St. Luke’s Health Initiatives (SLHI), Arizonans reported a much higher rate of psychological distress in 2010 than just 24 months earlier. Seventeen percent of Arizonans were found to be experiencing psychological distress in 2010, compared to 11 percent at the beginning of the economic crisis of 2008. These data come from SLHI’s AZ Health Survey, which collected data on 8,200 adults and 2,100 children statewide.

If you think we should offer more of these free workshops, email your feedback to L.Norman@wygc.org.

THANK YOU to YRMC which advertised the workshop series and which, as always, is an excellent community partner. And, thank you to the WYGC presenters: Mike Kirkeeng, Mary Anne Halvorson (pictured above), and Kristen Taubman each created a meaningful experience for those in attendance.

The Stark Reality Of Cuts

The intent of the Guideline newsletter is to share information, thank donors, and inform those who are not yet donors about how they can make a difference. Positive, rather than negative, is the intent. However, we would be remiss if we did not mention the real and pending cuts scheduled to take affect in Arizona-funded health care this year. Changes to eligibility for state-funded health care will mean that hundreds of local people will soon be unable to receive mental health and substance abuse care. Without a funder, WYGC is unable to deliver these services.

This is a clear illustration of how important the WYGC Foundation is—we must grow our endowment, and we must expand our philanthropy to ensure our community members can receive the care they need. THANK YOU!
Salute To Sundogs For Support

The Arizona Sundogs may not have made it to the finals this year, but they are definitely WINNERS in our book! The Sundogs’ “Team up for Hope” program provided for a donation of $3,000 to the WYGC Foundation. This partnership between the Sundogs and the Foundation has provided opportunities in the past two years to do everything from showing an original video on the jumbo screen to dropping the puck.

Prescott Present At Tempe

NAMI Walk

Mental illness is not uncommon. The disorders vary in their severity. However, statistics show that 1 in 4 Americans will experience a mental illness in their lifetime.

Each year, the National Alliance on Mental Illness (NAMI) chapters throughout Arizona work together to raise awareness and funds for research and advocacy. WYGC shows support by sending a team of walkers to the NAMI Walk and this year Vicki Ekren, Obsidian DeLeau, and Debbie Davey (pictured left, taking a break after their walk!) went down to Tempe on Sunday, March 27, to walk in support of NAMI and mental illness. NAMI has an active Chapter in the Prescott area. The Yavapai County Chapter of NAMI meets the 2nd Thursday of each month, in the evening, and welcomes persons with mental illness and family members of persons with mental illness. They also sponsor free educational classes. If you would like to know more, email L.Norman@wygc.org, or call 445-5211, at ext 2650.

What Legacy Will You Leave?

There are many ways you can make meaningful gifts to nonprofit organizations. It can be as easy as adding a bequest in your will to more complex arrangements that require your estate planner or attorney’s expert direction. But ultimately, it starts with you asking yourself, What Legacy Will I Leave? There are many nonprofits, such as the WYGC Foundation, that have endowment funds. Donations to these funds can help you make an imprint on the community long after you have left it. For more information on making a legacy donation, email L.Norman@wygc.org, or call 445-5211, at ext 2650.

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Where Do People Go When The Drug/Alcohol Treatment Is Done?

Have you ever thought about where people go after they have completed the Substance Abuse Residential Treatment Program at WYGC’s Hillside Center? The WYGC Foundation has, and there exists a “client assistance fund” to help these men and women continue on their road to recovery. Here is a typical scenario: a woman spends about one month living in this program, learning the tools of sobriety. Experiencing structure; receiving positive reinforcement;

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Corporate Support More Important Than Ever

In recent months, many generous businesses and individuals have shown their support for local mental health, crisis and addiction services. One of those is Bank of the West, with a branch just off the main highway in downtown Mayer. Their $500 donation was used for the client assistance fund, which helps people who complete WYGC’s Substance Abuse Residential program as they move along the road to recovery (see article to right about this fund).

Did you know that WYGC serves people as far north as Seligman, as far south as Black Canyon City, and from Bagdad to Cordes Lakes?

If you are connected to a local business that would like to make a tax-deductible donation to community mental health, show them this newsletter!

When Bank of the West presented a donation check to Laura Norman for WYGC Foundation, they also donated a collection of stuffed bears to be given to WYGC’s child clients in traumatic situations.

Photo by Dale James

The patio area outside the residential unit of Hillside Center features a large rock where clients through the years have left handprints.

WYGC’s Hillside Center Gets Personal, Top-Level Visit

When Congressman Paul Gosar’s staff accepted WYGC’s invitation to visit, time limitations meant that touring all six of our Prescott Valley and Prescott service sites was not going to be an option. We had to pick one program to give him a snapshot of what WYGC does as a nonprofit community mental health center. The choice was Hillside Center, and a walk-through of the 25-bed unit where adults receive treatment for drug/alcohol addiction issues. (Clients were off-site during the tour to respect their privacy.)

Congressman Gosar was very interested in system redundancies, paperwork burdens and mechanisms that flow from the Federal level and detract from patient care. The discussion was stimulating, and we shared with him some of the challenges that pending health care cuts in Arizona are going to have on some of his constituents. And, we were also able to tell him how WYGC changes lives.
finding the skills to live a healthy life, be a better mother. After residential comes weeks more of outpatient substance abuse counseling. But where does this woman live? Housing is not covered under her state-funded insurance, so her options are to return to the drug-influenced place she lived before, or to find a sober living home. The problem? No money to pay for that first week of rent, while she gets back on her feet and finds work.

This is where the WYGC Foundation’s Client Assistance Fund comes in: the clients who are completing their residential program and do not have money through friends, family, churches or other means, write a Scholarship Request Letter. This letter (with the name deleted) is shared with successful Alumni of the Hillside Center’s Recovery Program, and this group selects the recipients. Who better to make these decisions than people who have “been there and done that,” and are now successful members of our community? The Foundation Board receives annual reports of the fund’s status. For example, in 2010, there were 25 scholarships awarded in an average amount of $167.50. This support is HUGE for the people who receive it, and they tell the Foundation Board and the Alumni Group through their thank you notes.

Donors to this Client Assistance Fund include Fann Contracting, PrintPack, and many more. THANK YOU. Your support does make a difference locally.

Critical Fund Established With Generous Contributions

The Margaret T. Morris Foundation and the J.W. Kieckhefer Foundation have made it possible for many local adults to receive services for which they otherwise would not have qualified. (THANK YOU!)

You may be unaware, but in 2010 the State of Arizona limited the benefits for people who have mental illness unless they are on AHCCCS/Medicaid. So, many people with diagnoses such as schizophrenia or bipolar disorder lost their ability to attend group counseling or to receive transportation to psychiatric appointments (along with other diminished benefits). The WYGC Foundation made a request for support to the two foundations mentioned above, and a critical fund was established. When vital services are identified related to an adult’s care, but WYGC has no other payor source, this Fund has been a safety net. Would you like to impact the health of our community members? Then donate today to this Fund!

The Community Is Invited (pencil ‘em in on your calendar):

- **June 11**, picnic hosted by Alumni Group of WYGC Hillside Recovery Program, at Granite Creek Park—come by any time before, during or after the lunch hour, free food and motivational sharing from people in recovery. 11:00 to 2:00
- **September 10**, Recovery Day at Prescott Square... more to come on this big community event in the months ahead.