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July 12, 2010

Dear Friend,

Some of us choose jobs in life that are comfortable. They don't stretch us. They don't cause us to confront difficult and complex issues. Thankfully, some people make a different choice.

Meet the Staff of West Yavapai Guidance Clinic:

The counselors, social workers, nurses, doctors and service coordinators at West Yavapai Guidance Clinic stand side-by-side with people as desperation turns into hope. Recovery from addiction happens. Overcoming trauma and mental health issues is possible. Yet, it is not enough to open a door. It takes dedicated staff people to walk through that door, side-by-side, with those in need of guidance.

With your help, Julie can open a door to hope: Julie entered the University of Wisconsin Stevens Point with the intent to pursue a helping profession. She appreciated the role of counselors in her life, when at age 15, her own father died. That tragedy helped impress upon her the value of "being there" for people and helping them through their struggles. Fast-forward to 1995 when Julie joined the staff of West Yavapai Guidance Clinic and began her work with persons who are challenged by serious mental illnesses.

During her years of service to the nonprofit Clinic and to the community, Julie has seen much. But the following is one story of hope and success that makes her smile:

"When I started here, one of the women I worked with was challenged by major depression and borderline personality disorder. She was not particularly social, and she wasn't easy to engage in treatment. With regular reminders and scheduled appointments, she became more involved with the Clinic, including joining a specialized treatment group. Compounding her mental health condition are knees that need replacing for which she is slowly saving money to pay what Medicare doesn't cover. And, she's legally blind. It is powerful to see someone come so far, to overcome her self-defeating attitudes, and to now express that she has the confidence to manage her stressors and her triggers when they occur."



Julie Nave, WYGC's
Manager of Crisis,
Assessment &
Referral

You likely have been touched by mental illness, or addiction. One in 4 people suffer from a diagnosable mental disorder in a given year, according to the latest National Institute on Mental Health Data. An estimated 23 million people needed treatment for an alcohol or illicit drug use problem in 2008, according to the 2008 National Survey on Drug Use and Health. But being touched is not necessarily the same as knowing that sense of hopelessness firsthand, is it? You and I may not be able to relate directly with the woman Julie guided and counseled above; but you can help this woman find hope.

With your help, Phil can open a door to hope: Phil entered his career at West Yavapai Guidance Clinic rather by accident, and due to the urging of friend. He took her up on her suggestion and applied to be a behavioral health technician on the substance abuse treatment unit. When the phone call came from a different Clinic program—the inpatient psychiatric unit—he wasn't so sure that was a fit. Phil shares proudly that he is a person in successful recovery from addiction, and he felt like he could bring that strength to others seeking sobriety. But inpatient psychiatry? Well, why not give it a try. That was almost seven years ago.

"This work is interesting. The brain is fascinating." It was more than a passing interest to Phil. In 2008, this health tech became a Registered Nurse. Many



Phil Hart, Windhaven
Psychiatric Hospital
Nurse

people are unaware that the Clinic's 16-bed Windhaven Psychiatric Hospital in Prescott Valley also provides detoxification services for adults who meet criteria.

"When people are in for detox, they have often hit rock bottom. They can't take it; can't take whatever they are dealing with," Phil said. Approximately 30% of those who come to the Windhaven Psychiatric Hospital are there for the primary reason of detox. But they typically also have an underlying depression or other mental health condition too. "When they leave the hospital and follow through to become sober, I'll often see them later around town. I'm surprised that they remember me, but they do. They'll smile, wave and say thanks."

In a community with a wealth of natural beauty, historical significance and opportunity, do you think "hopeless" should be a word that any resident uses to describe his life, or her life? We think not. And we invite you to help us change that. Let's put the hope back into life for local neighbors and friends.

More than 7,200 people walked through the Clinic's doors last year. This makes it the largest local behavioral health care provider for those who have low incomes, are disabled, and receive State-funded care. While the Clinic formed in 1966, the WYGC Foundation was established in 1986 to help raise funds in support of the Clinic's critical mental health, crisis and addiction services. **The Foundation envisions a community where behavioral health services are provided to anyone who needs them. We are not there yet. With your help, we will attain this vision.** We are confident that you will provide critical financial support to ensure that clients of the Clinic receive the widest range of services possible. And, with your financial help, we may be able to provide services to those who currently ineligible for care.

Your donation opens doors. Your support helps change local lives.

Foundation donations have already made a difference in the past year in the form of:

- *Honoring adolescent clients' success* as they graduate from outpatient drug and alcohol treatment. Pizza, praise and a certificate –enormous incentives and recognition for teens who are familiar with negative attention.
- *Recognizing that for the high-risk child clients who need weekly staff support*, sitting in a cubicle is not the best way to develop therapeutic relationships. Alternative activities allow staff to provide social skill training, coping skills interventions, and trauma recovery support. Pottery painting, skating, and discussions between staff and client over an ice cream cone can be healing.
- *Awarding unexpected scholarships to adults* graduating from residential substance abuse residential treatment. These awards enabled many men and women to step successfully from the Clinic's program into sober living homes to continue their sober journey.

But we can do more, if we have your financial help. Please use the envelope we have included with your letter to send in a gift to the WYGC Foundation today. Or, we offer you the ease and convenience of giving online today at www.wygc.org.

Sincerely,

Carm Staker

Carm Staker, Chair
WYGC Foundation Board of Directors

P.S. It is the Foundation's vision that mental health, crisis and addiction services are provided to anyone in our community who needs them. Will you help make this vision reality, and return your donation today? Your tax-deductible donations stays local.

P.P.S. Please accept our invitation to attend the 5th annual Tailgatin' Bash coming up on September 11. Enclosed is the information you need to mark your calendar today.