



## OUR MISSION

WestCare's mission  
is to empower everyone whom  
we come into contact with  
to engage in a process of healing,  
growth and change,  
benefiting themselves,  
their families, coworkers and  
communities.

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*“UPLIFTING THE HUMAN SPIRIT”*

### **For Additional Information**

*For More Program Information or Admission Information Call:*  
WestCare California (Community Involvement Center) (559) 237-3420

The Americans with Disabilities Act (ADA) guarantees equal opportunity for individuals with disabilities in public and private sector accommodations. WestCare California does not discriminate because of race, national origin, creed, color, sex, religion, age, disability, handicap condition, or sexual orientation.

2/28/11





## WestCare California – Women’s Long Term Residential Program (Woman to Woman)

### Purpose

WestCare California’s Women’s Long-Term Residential Program provides intensive alcohol and other drug abuse treatment services for adult females residing at the Central Valley Campus, located in Fresno, CA. Female residential services are provided in a female-only unit of this expansive facility, and the clinical curriculum is specially designed to better serve the needs of women in treatment. The Women’s Long-Term Residential Program allows for a stay in treatment from 31 to 180 days.

### Services and Scope

The Women’s Long-Term Residential Program provides gender-specific services to individuals coming to WestCare from several entities, including the California Department of Corrections and Rehabilitation (CDCR) and Federal Probationers. These services include: individual and group counseling; alcohol and drug education classes; relapse prevention; an introduction to community-based support services; optional weekly onsite and community-based 12-Step meetings; family and significant other education/support services; HIV/AIDS education, mental health and counseling services; educational assistance; assistance with childcare and parenting issues; smoking cessation; and community referrals. The focus and intensity of treatment is modified to accommodate the realistic and practical treatment needs of women who are facing difficulty as they begin a process of transition into the community after their residential stay. Domestic violence classes approved by Department of Children/Family Services are offered on campus.

### Funding Source(s)

WestCare California’s Women’s Long-Term Residential Program is partially funded by the Fresno County Human Services System, Madera Behavioral Health Services, CDCR and Federal Probation. Assessment of a participant’s ability to pay for a portion, or all, of the cost of treatment is determined on a case-by-case basis. Some programs may have a waiting list.

### For Additional Information

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## WestCare California – Short Term Residential Programs

### Purpose

WestCare California provides Short-Term Residential services to both males and females in separate units within the Central Valley Campus. Specialized services and specially designed, gender-specific curriculum meet the unique needs of male and female clients. The Short-Term Residential Program serves the needs of those individuals requiring a short stay in treatment (1 to 30 days). The length of treatment is determined during a participant's initial assessment.

### Services and Scope

Program services provided to the California Department of Corrections and Rehabilitation (CDCR), Division of Adult Parole Operations (DAPO) include housing, substance abuse services and independent living skills to at-risk parolees to assist in their transition and adjustment back into the community. The Residential Service Center will provide a stable residence for both male and female parolee participants while addressing the needs of the residents. These services include: individual and group counseling; vocational skills development activities; alcohol and drug education classes; a relapse prevention curriculum; introduction to community-based support service; optional weekly onsite and community-based 12-Step meetings; family and significant other educational/support services; HIV/AIDS education; mental health assessment and counseling. The focus and intensity of treatment in the Short-Term Residential Programs is modified to accommodate the realistic/practical treatment needs of individuals as they begin admitting and embracing their own need for continuing recovery. The process of treatment in both programs is one of discovery and sets a firm foundation that allows participants to empower themselves and become responsible for their own recovery.

### Funding Source(s)

WestCare California's Short-Term Residential Programs are funded in part through a contract with the Fresno County Human Services System, Madera County Behavioral Health Services and the California Department of Corrections and Rehabilitation. Assessment of a participant's ability to pay for a portion, or all, of the cost of treatment is determined on a case-by-case basis. Service is never refused due to a participant's inability to pay; however, some programs may have waiting lists.

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## WestCare California – Men’s Long Term Residential Program

### Purpose

WestCare California’s Men’s Long-Term Residential Program provides intensive alcohol and other drug abuse treatment services for adult males residing at the WestCare Central Valley Campus. Men’s Long-Term Residential services are provided in a male-only unit, and the clinical curriculum is designed to better serve the needs of men. The Men’s Long-Term Residential Program allows for a stay in treatment from 31 to 180 days.

### Services and Scope

Program services include specialized alcohol and drug curricula for criminal justice participants through contracts with the California Department of Corrections and Rehabilitation, California Division of Juvenile Justice and Federal Probation. Services in the Men’s Long-Term Residential Program include: individual and group counseling; vocational skills development activities, including emphasis on technical skills; alcohol and drug education classes; relapse prevention; introduction to community-based support services; optional weekly onsite and community-based 12-Step meetings; family and significant other educational/support services; and HIV/AIDS education, mental health treatment and counseling. The focus and intensity of treatment is modified to accommodate the realistic/practical treatment needs of males as they begin admitting and embracing their own need for continuing recovery. The process of treatment in this program is one of discovery and sets a firm foundation to allow men to empower themselves and become responsible for their own recovery.

### Funding Source(s)

WestCare California’s Men’s Long-Term Residential Program is partially funded by the Fresno County Department of Behavioral Health, Department of Children and Family Services, California Division of Juvenile Justice, Madera County Behavioral Health Services, Federal Probation and the California Department of Corrections and Rehabilitation. Assessment of a participant’s ability to pay for a portion, or all, of the cost of treatment is determined on a case-by-case basis. Service is never refused due to a participant’s inability to pay; however, some programs may have waiting lists.

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## WestCare California – Substance Abuse Services Coordinating Agency (SASCA) Program

### Purpose

WestCare's Substance Abuse Services Coordinating Agency (SASCA) Program provides intensive case management services for substance-abusing parolees through placement, referral and coordination services to community-based treatment services after they are released from substance abuse programs housed within California's penal institutions. WestCare staff provides these services to parolees released within Parole Region I, which includes 33 counties throughout the State of California. Working directly with In-Prison Programs, Community-Based Programs and Parole Units throughout the State of California, WestCare staff ensures the exceptional services, lowering the recidivism rate among parolees.

### Services and Scope

WestCare, as the SASCA, provides services to the California Department of Corrections and Rehabilitation, Division of Addiction and Recovery Services through subcontracting with 58 community-based providers. These providers offer 299 different modalities within Region I including residential, outpatient and sober living, including services for women with children, and special services for dually diagnosed and sex offenders on a case-by-case basis. Services are available to adult male and female parolees and adult male and female Civil Addict parolees. Program services offered at community-based treatment programs contracted with WestCare include: individual and group counseling, vocational skills training, alcohol and drug education classes, relapse prevention, family and significant other educational/support services, HIV/AIDS prevention and education, and community referrals. Participants may receive 180 days of case management services and residential aftercare.

### Funding Source(s)

Funding received for the SASCA Program is provided through a contract with the California Department of Corrections and Rehabilitation (CDCR) and the Office of Substance Abuse Treatment Services.



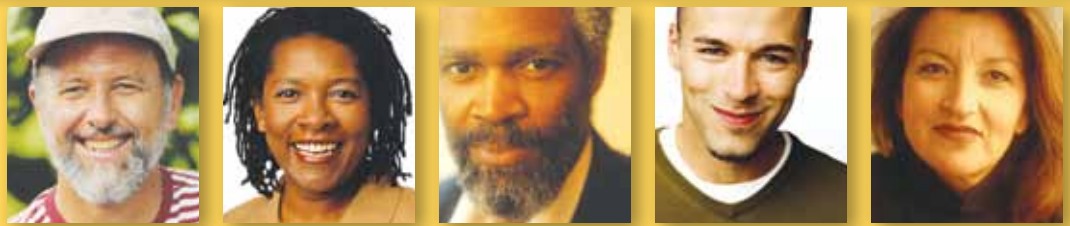
### For Additional Information

*For More Program Information Call:*

WestCare California SASCA Program (559) 251-4800

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## WestCare California – Clean and Sober Living Environment Program

### Purpose

WestCare's Clean and Sober Living Environment Program is for clients with a substance abuse problem who lack a safe, substance-free environment to reside in within the community and/or are at risk of becoming homeless. Clients are expected to conduct themselves appropriately while residing in WestCare's transitional homes, and seasoned residents are encouraged to be role models for new residents.

### Services and Scope

WestCare services provided to California Department of Corrections and Rehabilitation (CDCR), Fresno County Human Services and California Division of Juvenile Justice include a sober living environment augmented by an extensive array of individualized, group and family, rehabilitative, educational, vocational, recreational, and case management activities. Sober Living residents participate in aftercare treatment through outpatient services and/or self-help programs while in residence. Most participate in WestCare's outpatient programs where a clinical assessment of each participant's needs and a comprehensive, individualized treatment plan is developed, further supporting the resident's recovery.

### Funding Source(s)

WestCare's Sober Living Environment Program is partially funded through a contract with the Fresno County Human Services System, the California Department of Corrections and Rehabilitation and the California Division of Juvenile Justice. Assessment of a participant's ability to pay for a portion, or all, of the cost of treatment is determined on a case-by-case basis. Service is never refused due to a participant's inability to pay; however, some programs may have waiting lists.

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## WestCare California – Adolescent Outpatient Drug-Free Program

### Purpose

WestCare provides services to adolescents referred by the community through the Adolescent Outpatient Drug-Free Program (AODF). Staff provides intensive outpatient treatment to substance-abusing adolescents residing in Fresno and Kings Counties. WestCare promotes youth achievement by referring adolescents to our established partnerships with local organizations, school systems and law enforcement agencies.

### Services and Scope

Services provided to Fresno and Kings County through WestCare's AODF Program include individual and group counseling for adolescents, as well as optional individual counseling for parents of adolescent clients. Through individual counseling, WestCare counselors focus on the unique needs of each adolescent. Participants receive group and individual counseling services, with treatment duration varying based on their individual need. Group counseling services are available Monday through Friday. In Kings County, WestCare's Y-Max Program provides intensive services at the Juvenile Hall facility, our Hanford office, as well as satellite services at two local high schools in Reef Sunset Unified in Avenal and Corcoran Unified. Services in Fresno County are located at the Violet Heintz Education Academy (VHEA) and high school satellite sites in Clovis Unified, Fresno Unified and Caruthers Unified School Districts. Services include home-based treatment and continuing care services to adolescents and their caregivers. Y-Max programs are available in Spanish. Programs use evidence-based curriculum for increased impact.

### Funding Source(s)

The AODF Program is partially funded by the Fresno County Department of Behavioral Health, by Drug Medi-Cal or Minor Consent Drug Medi-Cal and the City of Fresno. The Y-Max Program is funded by Kings County Behavioral Health, Minor Consent Medi-Cal and additional programs are funded by SAMHSA. Service is never refused due to a participant's inability to pay; however, some programs may have waiting lists.

### For Additional Information

*For More Program Information Call:*

WestCare California Adolescent Services in Fresno (559) 237-3420 or [admissions.fresno@westcare.com](mailto:admissions.fresno@westcare.com)

And Kings County (559) 584-8100 or [info.kings@westcare.com](mailto:info.kings@westcare.com)

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## WestCare California – Alpha Zeta Phi – A Transitional Living Facility for Pregnant Youth

### Purpose

The DHHS ACYF Maternal Transitional living program, also known as Alpha Zeta Phi program will house eight women between the ages of 16 – 22 years that are pregnant, parenting and homeless. The women may also have up to two children living with them while in this program as well as stay up to 22 months.

While in the Alpha Zeta Phi program the young women will be required to complete their education in the form of a high school diploma or the GED as well as take part in parenting classes and basic life skills classes.

### Services and Scope

This program will provide both the mother and child with health care, housing, daycare, mental health services and transportation. The goal of this program is to see the young women leave Alpha Zeta Phi with a permanent resident, the knowledge to care for their child, keep employment, provide food for their children and be able to responsibly balance their funds.

#### Services Provided:

- Life Skills Assessment
- Case Management
- Positive Living Skills
- Parenting Skills
- Educational Assessment
- Substance Abuse Counseling
- Child Development Services
- Transitional Living
- Health Services
- Counseling
- Budget and Money Management
- Employment Assistance
- Mental Health Services
- Transportation Assistance

### Funding Source(s)

The AODF Program is partially funded by the Administration for Children and Families, by Runaway, Homeless, Youth Services and Family and Youth Services Bureau.

#### For Additional Information

*For More Program Information Call:*

Jenny Gonzalez – Director of Alpha Zeta Phi in Fresno

Ph: (559) 237-3420 Fax: 559.485.7244 email: [jenny.gonzalez@westcare.com](mailto:jenny.gonzalez@westcare.com)

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## WestCare California – Crisis Psychiatric Response Services (CPRS)

### Purpose

The Crisis Psychiatric Response Services program provides mobile emergency department response services, mental health services, crisis intervention, wellness planning, discharge planning, consumer-centered and team based interventions, and service coordination to adults and older adults receiving services from designated hospital emergency departments within Fresno County who are deemed appropriate for an assessment for involuntary psychiatric treatment pursuant to California Welfare and Institutions Code Section 5150.

### Services and Scope

CPRS workers provide crisis intervention services and assessments to individuals who are brought to the emergency departments on involuntary holds initiated by local law enforcement agencies or who are deemed in need of an assessment for involuntary treatment by the emergency department staff.

Assessments are conducted on-site at the designated hospital emergency rooms in Fresno County. Licensed mental health clinicians provide crisis evaluation to all consumers who are either placed on a hold by law enforcement or whom the emergency department staff feel there is a cause for them to be placed on an involuntary treatment hold.

### Funding Source(s)

Funding for WestCare California's Crisis Psychiatric Response Services is provided through the Fresno County Department of Behavioral Health Services, Mental Health Services Act, (MHSA).

### For Additional Information

*For More Program Information Call:*

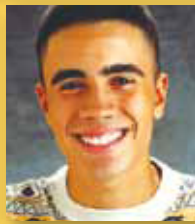
WestCare California Health Education Program (559) 453-6252

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## WestCare California – The Living Room – A Project of WestCare

### Purpose

The Living Room, a project of WestCare California, is dedicated to encouraging and supporting the well-being and empowerment of persons infected, affected and at-risk for HIV/AIDS. The programs for the Living Room focus on improving the quality and the availability of HIV-specific services for all residents of Fresno County.

### Services and Scope

The Living Room is a community-based organization that provides a wide range of direct and indirect services for persons infected, affected and at-risk for HIV/AIDS. Through a variety of programs, including case management and client advocacy, food pantry and hot meals, the Drop-In Center, HOPWA Transitional living services and Social Support Group. The Living Room staff provides supportive networks, fellowship, information, education and referrals to those infected, affected and at-risk for HIV/AIDS. All services are confidential.

The Living Room advocates client empowerment and well-being through the development of high self-esteem based on a positive attitude, positive support and positive living. Each program of The Living Room consist of services designed to assist those either infected or affected with HIV/AIDS within the Central Valley to allow them to live healthy and productive lives. In addition, The Living Room collaborates with all providers of HIV/AIDS services in Fresno County, including but not limited to AIDS Programs at CRMC (Special Services Dept.), Fresno County Health Department, Kaiser Medical Center and local private physicians. Such collaborative efforts allow for the provision of more effective services to those in need within the community.

### Funding Source(s)

The Living Room receives funding from government and private grants earmarked for those infected, affected and at-risk for HIV/AIDS. It is the intent of The Living Room to act in cooperation with other agencies providing services to our common priority population and is considered a “neutral zone” which is client driven and client focused, giving HIV+ Fresno County residents “A Place to Belong”.

### For Additional Information

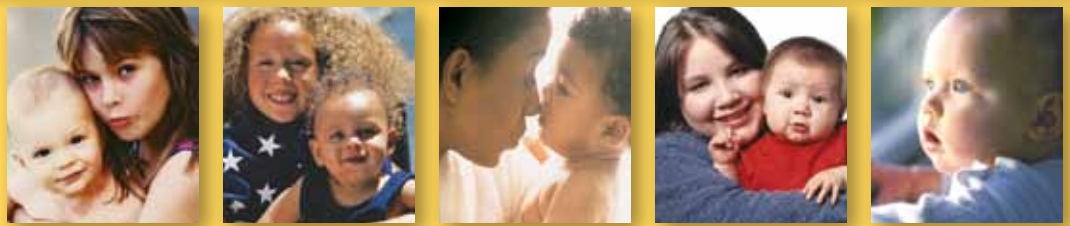
For More Service Information Call:

**WestCare California, The Living Room (559) 486-1469**

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## WestCare California – Residential Treatment Program for Women and Children: The M’ella Program

### Purpose

WestCare California’s M’ella (Courageous Daughter) Program is a substance-abuse program devoted to the treatment of pregnant and parenting adult women and their children ages 0-5 years who are referred by agencies throughout Fresno County. This specialized program is designed to provide women and their children with unique services that allow for the maintenance of a drug-free lifestyle and promote attachment. We emphasize family unification and apply a holistic approach to treatment that more effectively meets the needs of women as they develop and strengthen strategies to maintain their newly found substance-free lifestyle, while caring for and nurturing their children. While in treatment, children are assessed and treated for developmental, social and emotional problems.

### Services and Scope

The M’ella Program provides gender-specific services, including individual, group and family counseling services. WestCare’s has an onsite therapeutic daycare and provides assessment and referral services for occupational, speech and rehabilitative therapy for mothers and children. This program also provides coping skills training that includes anger management, domestic violence prevention, mental health assessment and treatment, life skills, money management, smoking cessation, stress management and parenting groups. These groups are designed to allow women to transition into the community with the ability to care for themselves and their children successfully without returning to a substance-abusing lifestyle. Women and their children are provided with transportation services to doctor’s appointments and are provided with onsite appointments with a public health nurse. The M’ella program is a six-month residential program and is specifically designed and structured for women and their children. A determination of the intensity of treatment needed is made at initial assessment and is modified to accommodate the realistic/practical treatment needs of clients as they progress within the program and as women develop skills necessary to appropriately care for their children.

### Funding Source(s)

WestCare California’s M’ella Program is funded by the Fresno County Behavioral Health Systems, Department of Children and Family Services, the Department of Employment and Temporary Assistance of the Fresno County Human Services System and SAMHSA – Center for Substance Abuse Treatment.



### For Additional Information

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## WestCare California – BabyLove II (PPW) Residential Treatment Program

### Purpose

WestCare's PPW BabyLove II is a 140 day residential treatment program with a six-month follow up. This program is designed to provide structured treatment for pregnant and post partum women and their family. This program accommodates the realistic and practical treatment needs of female clients as they progress within the program and as women and mothers developing the skills necessary to appropriately care for their children. WestCare PPW BabyLove II Program located at our Martin Luther King campus, is devoted to the treatment of pregnancy and post partum women their children and their families. The specialized program is designed to provide pregnant and post partum women and their children with unique services that allow for substance abuse treatment services coupled with activities designed to strengthen families.

### Services and Scope

- Substance abuse treatment
- Individual, group, and family counseling services
- Assessment and referral services for occupational, speech, and rehabilitative therapy for mothers and children
- Coping skill training
- Anger Management and domestic violence prevention
- Parenting groups
- Recreational activities with children
- Transportation services to doctor appointments
- Mental Health assessment and treatment
- Vocational and life skills
- Stress and money management
- On site therapeutic childcare
- Individualized treatment and continuing care and discharge plan
- Home visits
- Referral and follow ups

### Funding Source(s)

The BabyLove II PPW program is funded through a grant from the Department of Health & Human Services, Substance Abuse and Mental Health Services, and The Center for Substance Abuse Treatment.



### For Additional Information

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## WestCare California – Fresno Family Foundations Program

### Purpose

WestCare California's Fresno Family Foundations Program (FFP) provides trauma-informed, gender-responsive alcohol and other drug abuse treatment services for adult females residing at the expansive Whitesbridge campus, located in Fresno, CA. Female residential services are provided in a female-only unit, and the clinical curriculum is specially designed to better serve the needs of women in treatment, who are also involved in the criminal justice system. The FFP is an alternative sentencing program, in which mothers are recommended for placement by the sentencing court.

### Services and Scope

WestCare provides the California Department of Corrections and Rehabilitation (CDCR) services via the Family Foundations Program (FFP), which is a residential (24 hours a day, 7 days a week) therapeutic community for women sentenced by the courts to a 12-month program as an alternative to incarceration. Participation is voluntary and is followed by one year of intensive parole supervision. To be eligible for the FFP, women must have a history of substance abuse and be pregnant and/or parenting, and may bring one or two children under the age of six years with her to treatment.

The FFP provides gender-specific services, including substance abuse treatment and relapse prevention, parenting skills development, child development services, vocational skills and ancillary health, medical, dental and recreational services. Additionally WestCare provides individual and group counseling, alcohol and drug education classes, family and significant other education/support services, HIV/AIDS education, educational assistance, computer-lab and parenting skills classes.

The program is designed to provide a highly structured treatment program to nonviolent, substance abusing female offenders and their children in a community setting at a facility owned by the CDCR. The facility has been specifically designed to house this special population by providing space for treatment services, vocational training and infant/childcare services, in addition to residential living.

### Funding Source(s)

WestCare California's Fresno Family Foundations Program is funded by the California Department of Corrections Rehabilitation, Division of Female Offender Programs Services, FOPS.

### For Additional Information

*For More Program Information Call:*

WestCare California Fresno Family Foundations (559) 268-4800

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## WestCare California – Adult Outpatient Program

### Purpose

WestCare California's Adult Outpatient Program provides alcohol and other drug abuse outpatient treatment services for adults who reside within Fresno County and surrounding areas of the San Joaquin Valley. The Outpatient Program serves the needs of adults who require substance abuse treatment while working and living in the community, but who do not require the more intensive services provided in a residential program.

### Services and Scope

The WestCare Adult Outpatient Program services include: individual and group counseling alcohol and drug education classes; a relapse-prevention curriculum; an introduction to community-based support services; orientation to community-based, self-help meetings; family and significant other education/support services; HIV/AIDS education and counseling services; educational and vocational rehabilitation assistance; and community referrals. At minimum, clients in the outpatient program are required to participate in not less than one group session per week. A determination of the intensity of treatment needed is made at initial assessment and is modified to accommodate the realistic/practical treatment needs of clients as they progress within the program. Clients may also access children's services through the SMART 2 on-site children's program.

### Funding Source(s)

WestCare California's Adult Outpatient Program is partially funded by the Fresno County Human Services System, the City of Fresno, and California Department of Corrections and Rehabilitation. Assessment of a participant's ability to pay for a portion, or all, of the cost of treatment is determined on a case-by-case basis. Service is never refused due to a participant's inability to pay; however, some programs may have waiting lists. In addition, services can be paid for by Drug Medi-Cal.

### For Additional Information

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## WestCare California – Residential Multi-Service Center (RMSC)

### Purpose

WestCare California's Residential Multi-Service Center (RMSC) Program provides housing, substance abuse services and independent living skills for parolees who are at risk of becoming or are homeless. Services are for both adult male and female parolees residing at the Central Valley Campus, located in Fresno, CA. On site, residents receive individual and group counseling, as well as vocational, life skills, stress management and relapse prevention classes.

### Services and Scope

The RMSC Casework team provides individual case assessments and development of services/treatment plans to assist parolees in their transition and adjustment back in to the community. The program has 5 phases that begins with a 30-day orientation period and concludes with the final phase of aftercare (60 to 90 days as designed by the casework team). The RMSC program provides lodging, meals, individual counseling, group counseling, substance abuse counseling, life skills, parenting skills, money management employment readiness & development, literacy, medical services, transition to independent living and aftercare services. The length of stay for parolee participants will be up to one hundred eighty (180) days. On a case by case basis, some parolee participants may have an extension to one year with prior written approval from the RMSC Parole Agent Liaison.

### Funding Source(s)

WestCare California's Residential Multi-Service Center Program is funded through a contract with the California Department of Corrections and Rehabilitation.

### For Additional Information

*For More Program Information Call:*

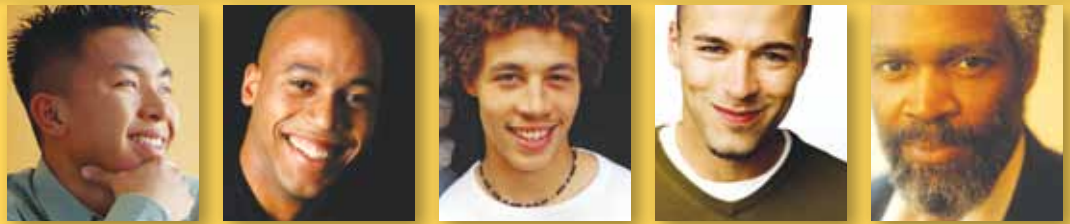
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## WestCare California – Bakersfield Men’s Long Term Residential

### Purpose

WestCare California’s Bakersfield Men’s Long-Term Residential Program provides housing, intensive alcohol and other drug treatment services and independent living skills for adult male parolees residing in Kern County.

### Services and Scope

WestCare provides services to California Department of Corrections and Rehabilitation (CDCR) Parolee Services Network (PSN), and SB1453 - 150 day program the Division of Recovery and Addiction Services (DARS) and Kern County. The Long-Term Residential Program allows for treatment stay from 31 to 180 days. This program includes: individual and group counseling; vocational skills development activities, including emphasis on technical skills; alcohol and drug education classes; relapse prevention; optional community-based support groups; family and significant other educational/support services; and HIV/AIDS education and counseling. The focus and intensity of treatment is modified to accommodate the realistic/practical treatment needs of males as they begin admitting and embracing their own need for continuing recovery.

### Funding Source(s)

Partial funding received for these programs is provided through a subcontract with the California Department of Corrections and Rehabilitation; and Kern County. Assessment of a participant’s ability to pay for a portion, or all, of the cost of treatment is determined on a case-by-case basis. Service is never refused due to a participant’s inability to pay; however, some programs may have waiting lists.



### For Additional Information

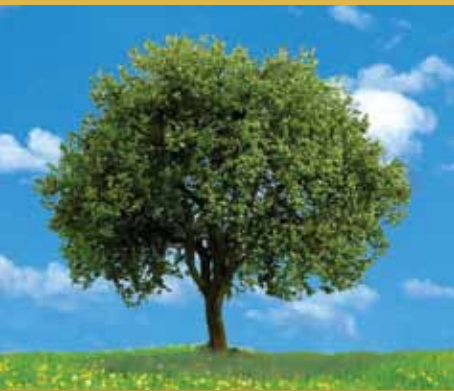
*For More Program Information or Admission Information Call:*

WestCare California Bakersfield Facility (661) 398-4303

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## WestCare California – Bakersfield Adult Outpatient Program

### Purpose

WestCare California's Adult Outpatient Program provides alcohol and other drug abuse outpatient treatment services for adults who reside within Bakersfield and surrounding areas of Kern County. The outpatient program serves the needs of adults who require substance abuse treatment while working and living in the community, but do not require the more intensive services provided in a residential program.

### Services and Scope

Outpatient program services include: individual and group counseling; alcohol and drug education classes; a relapse prevention curriculum; an introduction to community-based support services, orientation to community-based, self-help meetings, family and significant other education/support services; HIV/AIDS education and counseling services; educational and vocational rehabilitation assistance; and community referrals. At minimum, clients in the outpatient program are required to participate in not less than one group session per week. A determination of the intensity of treatment needed is made at initial assessment and is modified to accommodate the realistic/practical treatment needs of clients as they progress within the program.

### Funding Source(s)

WestCare California's Adult Outpatient Program is partially funded by the Kern County Mental Health Substance Abuse System of Care and California Department of Corrections and Rehabilitation. Assessment of a participant's ability to pay for a portion, or all, of the cost of treatment is determined on a case-by-case basis. Service is never refused due to a participant's inability to pay; however, some programs may have waiting lists. In addition, services can be paid for by Drug Medi-Cal.

### For Additional Information

*For More Program Information or Admission Information Call:*

WestCare California Outpatient Program (661) 321-3124

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## WestCare California – San Diego Family Foundations Program (FFP)

### Purpose

WestCare California's Family Foundations Program (FFP) provides trauma-informed, gender-responsive alcohol and drug abuse treatment services for adult females residing at the expansive Armstrong campus, located in San Diego, CA. Residential services are provided in a female-only unit with clinical curriculum specifically designed to better serve the needs of pregnant and parenting women and their children, who are also involved in the criminal justice system. The FFP is an alternative sentencing program, in which mothers who are pregnant or have children 0 to 6 years of age are recommended for placement by the sentencing court.

### Services and Scope

WestCare provides the California Department of Corrections and Rehabilitation (CDCR) with services via the Family Foundations Program (FFP), which is a residential (24 hours a day, 7 days a week), gender-responsive therapeutic community for women sentenced by the courts to a 12-month program as an alternative to incarceration. Participation is voluntary and is followed by one year of intensive parole supervision. To be eligible for the FFP, women must have a history of substance abuse and be pregnant and/or parenting and may bring one or two children under the age of six years with her to treatment.

The FFP provides gender-specific services, including substance abuse treatment and relapse prevention, parenting skills development, child development services, vocational skills and ancillary mental health, medical, dental and recreational services. Additionally, WestCare provides individual and group counseling, alcohol and drug education classes, family and significant other education/support services, HIV/AIDS education, GED prep, educational assistance, computer lab, prenatal and postpartum care and parenting skills classes.

The program is designed to provide a highly structured treatment program to nonviolent, substance abusing female offenders and their children in a community setting at a facility owned by the CDCR. The facility has been specifically designed to house this special population, providing space for treatment services, educational/vocational training and infant/child developmental and educational services and mental health services while in residential living.

### Funding Source(s)

WestCare California's San Diego Family Foundations Program is funded by the California Department of Corrections and Rehabilitation, Division of Female Offender Programs Services, FOPS.



### For Additional Information

*For More Program Information Call:*

WestCare California San Diego Family Foundations (858) 467-6700

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## WestCare California – SMART Model of Care-2 Program

### Purpose

The primary purpose of WestCare California's SMART 2 Program is to reduce the risk of abuse or neglect of children by substance-abusing caregivers through addressing gaps in the continuum of care. SMART 2 is a collaborative project bringing services to children 0-12 years of age with a focus on children 0-5 years of age, who are often underserved. Our intent is to reduce the effects of trauma on both parent and child and work toward the development of strong attachments and bonding between our parents and their children. Services provided by SMART 2 help decrease barriers to treatment and increase permanency of that treatment.

### Services and Scope

WestCare California's SMART 2 Program provides services through our two Therapeutic Learning Centers. One located at 901 E Belmont Avenue, serving our outpatient clients and another is located onsite at our Central Valley Campus for our residential clients. SMART 2 services are available to all WestCare clients. These services include: (1) Parent and child behavioral assessments, Parent abuse potential assessment, Child development assessments, (2) trauma informed children's services driven by individual learning plans; (3) capacity building of WestCare staff and community partners through training; (4) developmental and educational services to children of clients in Fresno to improve children's well being and safety; (5) positive parenting training to provide parents with effective parenting tools; (6) individual and family mental health counseling for parents and children to reduce occurrences of abuse and neglect; (7) referral for prenatal classes to reduce prenatal exposure to drugs; (8) onsite supervised visits with in-depth narratives provided to the social workers, of the Department of Children and Family Services (DCFS) and Fresno County Superior Court; (9) linkage services and case-management; and, (10) research through data collection with results provided to Grantor to assist in development of evidence-based practices.

### Funding Source(s)

WestCare California's SMART 2 Program works collaboratively with DCFS, Employment and Temporary Assistant, First 5 Fresno County, Babies First of Fresno County, and Exceptional Parents Unlimited.

WestCare California's SMART-2 Program is funded by a grant through the United States' Department of Health and Human Services: Administration for Children and Families, and First 5 Fresno County.

### For Additional Information

*For More Service Information Call:*

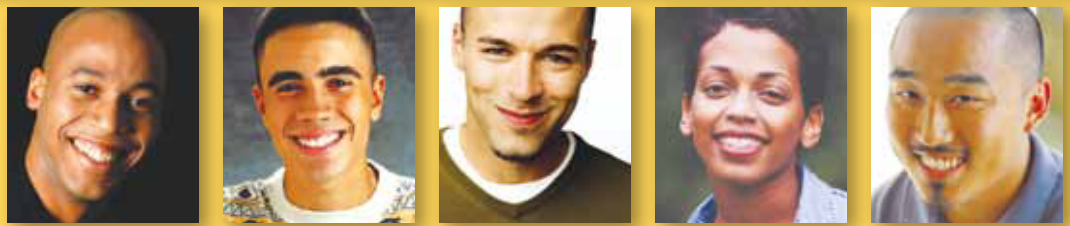
WestCare California's SMART-2 Program At (559) 237-3420

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## WestCare California – San Joaquin Valley Veterans Project

### Purpose

San Joaquin Valley Veterans (SJVV) is a unique project of WestCare California that works with Fresno County, the State of California and the local area Veterans Administration to close the gaps in services we currently offer to transitioning veterans. It serves as a single, nonintimidating location where a veteran can meet with veteran service representatives from a variety of agencies.

### Services and Scope

San Joaquin Valley Veterans provides local veterans with case management, vocational services, veteran advocacy and referrals to other veteran services, including benefits, employment, transitional living, counseling, housing, substance abuse treatment, transportation assistance, and food and clothing assistance. The office of SJVV also provides space for veterans to meet with service representatives, provides a drop-in area, and also provides space for veterans to assemble and hold support groups, meetings, etc.

SJVV works with all veterans (including members of the reserve and national guard). SJVV also serves those who received dishonorable discharges and anyone who served a day or more in our armed forces.

SJVV is a place where veterans are treated with honor and dignity and are empowered to change their lives one simple step at a time. Services are not limited to veterans, as SJVV also works to assist the families of our veterans serving overseas.

### Funding Source(s)

SJVV is currently funded through various charitable donations, Workforce Investment Act contract with the State of California Employment Development Department; Veterans Administration Per Diem Housing Program; Blue Shield of California, through the National Center on Family Homelessness and the National Center for PTSD; and the U.S. Dept. of Housing and Urban Development through a contract with the City/County of Fresno.

### For Additional Information

For More Service Information Call:

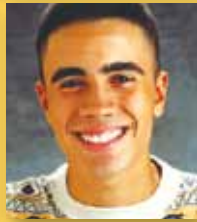
**San Joaquin Valley Veterans (A project of WestCare) (559) 255-8838 or visit us at [www.sjvv.org](http://www.sjvv.org)**

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## WestCare California – Education and Prevention Services

### Purpose

WestCare California utilizes a variety of community, grassroots and innovative outreach efforts to increase community education on a variety of health, recovery and social issues. Our goal is to provide education to the communities we serve in order to empower them to prevent drug use, reduce harmful behaviors, and learn more about preventable health concerns. The various prevention efforts are designed to meet the needs of the targeted populations in a trauma-informed, culturally competent manner.

### Services and Scope

WestCare California's Education & Prevention Services include HIV/AIDS prevention in Fresno County. This includes street and community outreach and evidence-based group and individual interventions focusing on prevention. WestCare California's Education & Prevention services also include focus on the harmful effects of drugs and alcohol. Drug and alcohol prevention is conducted at various community events, schools and health fairs. Services are also conducted through speaker presentations and presentations at health fairs and other community events. WestCare uses innovative approaches to prevention that include online outreach through its own social network pages, local chat rooms, myspace.com pages, YouTube.com, etc. WestCare also conducts successful social marketing campaigns that include a variety of media, development of public services announcements (PSA), commercials, billboards and other advertisements focused on prevention. Finally, WestCare works with local media to help promote prevention with a series of PSAs, regular appearances on local television programs, radio talk shows and print media. Some prevention efforts have focused on African Americans, Hmong, Latinos and Spanish speakers, and LGBT communities. WestCare is an active member of the Fresno County Housing Authority, Clovis Drug Prevention Council, Kings Partnership for Prevention, The Community Partners for Recovery, The Fresno HIV/AIDS Community Planning Working Council and Babies First SART Leadership Team.

### Funding Source(s)

A portion of WestCare California's Education & Prevention Services are funded in part by the Fresno County Department of Public Health, the Fresno County Department of Behavioral Health Services and the State Office of AIDS.

### For Additional Information

*For More Service Information Call:*

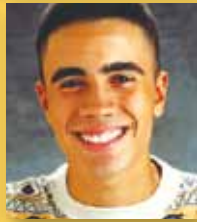
WestCare California Community Involvement Center (559) 237-3420 or [admissions.fresno@westcare.com](mailto:admissions.fresno@westcare.com)

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## WestCare California – OPTIONS Daily Access Program

### Purpose

The goal is to provide intensive, short-term treatment that emphasizes the targeted development of skills and support that consumers will need to successfully navigate their environments after discharge to a less structured setting. Consumers choose from a menu of treatment options in a campus like atmosphere with both required and optional elements that are defined on their wellness and recovery plans. There is also ample opportunity for casual socialization and peer networking in a safe and supportive environment for consumers and potential consumers alike. Staff is also available throughout the day to provide individually structured activities and assistance as needed by consumers.

### Services and Scope

The OPTIONS Daily Access Program serves consumers with a broad range of serious psychiatric conditions, including psychotic, mood, personality and anxiety disorders with the goal of optimizing community living skills, improving symptom management and interpersonal effectiveness and offering support toward wellness and recovery. Persons with co-occurring substance abuse disorders also receive specialized services to address the role that substance abuse plays in the management of their psychiatric illness. The focus is on those consumers most at risk of psychiatric hospitalization who are not otherwise linked to mental health resources and are frequent visitors to area emergency departments and inpatient psychiatric units.

Services are provided by a multi-disciplinary team consisting of psychiatrists, licensed mental health clinicians, mental health rehabilitation specialists, certified alcohol and drug counselors and licensed nurses. Each individual participates in a uniquely tailored program of individual, group, family and/or case management activities that are developed collaboratively with them and is based on their existing strengths and support systems.

### Funding Source(s)

WestCare California's CODAC Center is funded by Fresno County Department of Behavioral Health Services, Mental Health Services Act (MHSA)

### For Additional Information

*For More Service Information Call:*

The OPTIONS Daily Access Program (559) 453-6227 or [admissions.fresno@westcare.com](mailto:admissions.fresno@westcare.com)

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## Los Servicios de WestCare Californias

WestCare ofrece servicios en centros residenciales de tratamiento intensivo para el abuso de alcohol y drogas a hombres y mujeres, y servicios fuera del centro a adolescentes y a adultos. También se ofrecen servicios para mujeres con niños dentro del centro residencial. Estos son algunos de los servicios que WestCare ofrece para los que viven en el condado de Kings, Kern y Fresno.

WestCare ofrece los servicios en centros residenciales de tratamiento intensivos a hombres y mujeres, exclusivamente, dentro del edificio de WestCare. Los servicios y el plan de tratamiento son individualmente diseñados para hombres o para mujeres buscando las necesidades específicas de cada grupo. El programa de tratamiento residencial ayuda a las necesidades de esos individuos que requieren tratamiento breve (30 días hasta seis meses). El tratamiento del cliente será determinado durante una evaluación inicial

WestCare Proporciona servicios a adolescentes que sean referidos por la comunidad del programa "Drug Free" (libre de drogas) fuera de un centro residencial (AODF). El personal ofrece el tratamiento intensivo a adolescentes con problemas de abuso de alcohol y drogas que viven en el Condado de Kings, Kern y Fresno. WestCare proporciona los servicios intensivos en la cárcel para los jóvenes y los servicios en las escuelas de continuación locales. WestCare promueve el éxito y los logros de los jóvenes refiriéndolos a nuestras asociaciones con organizaciones locales dentro de las escuelas y a través de agencias de gobierno.

Además, WestCare da servicios a hombres y mujeres adultos que estén fuera de un centro de tratamiento de drogas residencial y les asiste con las necesidades que requieran tratamiento de abuso de sustancias mientras trabajen o vivan dentro de esta comunidad y que no requieran servicios intensivos que se proporcionan en un centro residencial.

### Para Mas Información Habla

(559) 237-3420 -Fresno (559) 584-8100-Hanford (661) 321-3124 Bakersfield

Para email – [admissions.fresno@westcare.com](mailto:admissions.fresno@westcare.com) [info.kings@westcare.com](mailto:info.kings@westcare.com) [info.kern@westcare.com](mailto:info.kern@westcare.com)

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**Servicios Residenciales De Tratamiento Intensivo**

**Servicios Externos**





## WestCare California – PADAWANS – (Prevent Alcohol & Drug Abuse: WestCare Assistance to Non-Traditional Students)

### Purpose

WestCare California PADAWANS (Prevent Alcohol & Drug Abuse: WestCare Assistance to Non-Traditional Students) Prevention Services is designed to provide educational interactive curriculum that addresses the needs of Non-traditional Students such as those attending alternative, continuation, community day, and juvenile court, selected Traditional schools, and youth ages 12-20 in Fresno County. The Objectives is to reduce marijuana, alcohol, and illicit use of prescription painkillers among targeted high use youth.

### Services and Scope

Program services include educational curriculum Project towards No Drug Abuse (TND) designed to help youth build skills that increase factors resisting AOD use. Project toward No drug Abuse (TND) is school-based program consists of twelve 50 minute lessons that includes motivational activities, social skills training, and decision making components that are delivered through group discussions, games, role-playing exercises, and student worksheets over 12-week period.

Adolescents may be referred to PADAWANS prevention services by family members, physicians, nurses, school counselors and staff, outreach events, youth workers, friends, juvenile system, or the courts should they be exhibiting any of the following indicators school detention/suspensions, school violence, or behavioral issues as these could be risk factors for substance use.

Youth support, social networking, utilizing web-based and wireless technologies including alcohol and drug free social activities will be offered to participants.

### Funding Source(s)

WestCare, PADAWANS is funded by the Fresno County Department of Behavioral Health DBH), Substance Abuse Services (SAS). It is a 5-year strategic Prevention Plan based on local AOD trends and community Input.

### For Additional Information

*For More Program Information Call:*

Jenny Gonzalez – Director of Director Outpatient Services

Ph: (559) 237-3420 ext. 225 Fax: (559) 485-7244 email: [admissions.fresno@westcare.com](mailto:admissions.fresno@westcare.com)

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## WestCare California – Additional Information

For additional information,  
please contact our Admissions Department  
(559)237-3420 or [admissions.fresno@westcare.com](mailto:admissions.fresno@westcare.com)

Office hours:  
Monday through Friday,  
8:00 a.m. to 5:00 p.m.

Please direct your questions to:  
Tiffanie Ward, Coordinator of Community Involvement  
e-mail: [tiffanie.ward@westare.com](mailto:tiffanie.ward@westare.com)

Or write to us at:  
WestCare California  
P.O. Box 12107, Fresno, CA 93776

Also, please visit our informative website at:  
[www.westcare.com](http://www.westcare.com)

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