

April 2019

Issue 71

Volume 5

INSIDE THIS ISSUE

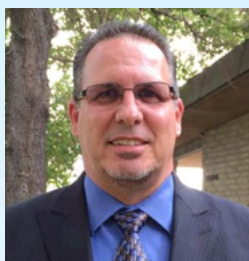
- 1 - 2. **A Welcome by our Deputy COO, Shawn Jenkins**
2. **Foundation News**
- 2 - 3. **Veterans News**
3. **Education & Prevention News**
3. **Treatment & Rehabilitation News**
3. **Health and Wellness**
4. **Kudos!**
4. **Submission Info**
5. **Mark Your Calendars!**
- 6 - 8. **Program Directory**

Follow us on Social Media!



#WestCareCA

A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family, Welcome to the WestCare Loop newsletter. I hope you enjoy this month's issue, which highlights events and accomplishments from

the month of April. When you read the newsletter, I hope that you're as proud of your peers, the agency and yourself as I am.

As many of you may already know, WestCare had a Commission on Accreditation of Rehabilitation Facilities (CARF) survey which began on March 13, 2019 and completed on March 15, 2019. The survey covered a re-accreditation of our Outpatient Alcohol and Other Drug Programs for Adults, Children and Adolescents as well as a new accreditation of our Rapid Rehousing and Homelessness Prevention Programs. On April 8, 2019, we received notification from CARF that WestCare California had received a three-year accreditation on the program surveyed. I wanted to share with you part of what CARF wrote about WestCare in our approval documents which you will find below:

'On balance, WestCare California, Inc. demonstrated substantial conformance to the standards. The organization is an adaptive, collaborative and professional behavioral health organization that provides a continuum

of quality treatment and support services, including residential housing for Veterans in 31 separate locations in 40 out of California's 58 counties. Service domains consist of mental health and wellness, treatment and rehabilitation, Veteran services, criminal justice, housing opportunities and education and prevention.



It is apparent that clients and their families are benefiting from services received with positive outcomes. This is a well-run organization with diverse funding and the clients, staff members, funders, referral sources and other stakeholders expressed very high levels of satisfaction. It continually works **(Continued on Page 2)**

(Continued from Page 1) diligently to strengthen systems and infrastructure to enhance current methods of operations and achieve strategic goals.

The leadership works collaboratively with community agencies and community partners. The process of performance improvement has evolved to show ample evidence that data are utilized effectively in refining programs/services and operating methodologies. It is evident that WestCare California is invested in performance improvement activities and initiatives. WestCare California has made a strong commitment to provide quality services that are consistent with the CARF standards and it is apparent the standards are used to improve services. The initiative taken to understand the CARF process and dedication to meeting the standards is impressive and consistent throughout the organization. WestCare California was extremely well prepared for and knowledgeable about the CARF standards for its third CARF survey and WestCare California teams are utilizing CARF standards to enhance the organization's business practices and service quality.'

CARF is optional, but WestCare believes that the process and standards make us a better agency and push us to not only reach beyond the minimum requirements, but to continually enhance the quality of services and programs with a focus on the satisfaction of the persons served.

On behalf of WestCare, please accept my appreciation for the excellent job you as staff have continued to do as it was an enormous undertaking, but it went smoothly and efficiently!

I want to thank every person who had a part in this process. As a result of your dedication, teamwork and energy, we are now enjoying the fruit of your effort with this Three Year Accreditation. Your efforts not only make the services we provide better for every person who comes to us in need, but they also make WestCare a better place to work! Again, thank you and keep Uplifting the Human Spirit of all that we serve!"

Sincerely,



APRIL IS AUTISM AWARENESS MONTH



Foundation News

4/1: Richard Steinberg Celebrates 41 Years with WestCare!



On April 1st, 1978, Richard Steinberg began his journey with Fitzsimmons House, which later became WestCare, located in Las Vegas, NV. Under his leadership as President/CEO, WestCare has

expanded from a NV based substance abuse treatment organization to a nationwide behavioral health and human services organization present in 19 states and 3 U.S. territories with programs that provide substance abuse, mental health, criminal justice, Veterans, housing services and more. Mr. Steinberg has responded to the ever-expanding need for services, particularly among under-served and under-represented populations and has made significant contributions to the profession. As such, he is a recognized leader in this field. We extend our heartfelt gratitude to Richard for his 41 years of guidance, support and vision for this wonderful organization and those that we are so proud to serve! To many more years of Uplifting the Human Spirit, Happy Anniversary, Richard!

Veterans News

4/3: HomeFront GPD Decorates Denim for Awareness

In recognition of Sexual Assault Awareness Month, the women and staff of our San Joaquin Valley Veterans HomeFront GPD program decorated jeans for Denim Day on April 24th to bring light to the issue and show support for survivors. Thank you for helping spread awareness!



4/25:Veterans Hygiene Drive

We'd like to send a tremendous thank you to Omega Delta Sigma from California State University Fresno for their generous donation of hygiene items to support the Veterans that San Joaquin Valley Veterans serves!



Education & Prevention News

4/18:The Living Room Celebrates Easter



In April, our staff at The Living Room held an Easter BBQ for their friends and supporters! We hope that everyone had a very Happy Easter!

Treatment & Rehabilitation News

4/22:Adolescent Services Presentation

We'd like to thank CASA of Kings County for inviting our WestCare California Adolescent Services program in Hanford to present on their services and how substance abuse affects our youth including those involved in the foster care system!

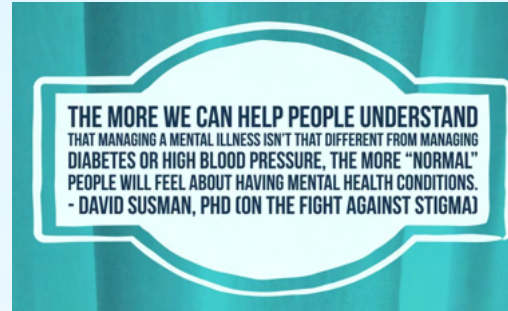


Health & Wellness Corner

“Promoting Mental Health Awareness” by Angela Castellanos, Veteran Advocate, San Joaquin Valley Veterans (Hanford)

“About one in five people will experience a mental health issue in their lifetime. Mental health refers to our

cognitive, behavioral and emotional wellbeing, which can affect daily life, relationships and physical health. Service members and Veterans have a greater risk of mental health illnesses. Being in combat and being separated from your family can be stressful. This stress can put service members and Veterans at risk for mental health problems. We all have habits regarding our health that we perform daily, weekly or monthly. But what about our mental health? Mental health is often overlooked or simply forgotten because the consequences of not managing your it are less obvious. For example, we know that when we eat poorly and don't exercise, we gain weight.



Both benefits and consequences of mental health are less obvious, but that does not make them less important. Practicing good

mental health has such an enormous impact on functioning and wellbeing that it should be getting promoted just as much as the physical stuff. Overwhelmed people are more susceptible to stress, mental illness, physical illness, absenteeism, social withdrawal, low energy and low motivation. People who are performing well mentally have more energy, more focus, are happier, have better relationships, are more productive and ultimately, live longer. Keep wellness resources on hand, learn to recognize signs that you or loved ones are struggling and know where to go when experiencing a crisis. Here are a few resources that you can keep on hand:

“How to Help Someone Who Needs Therapy”

<https://www.goodtherapy.org/how-to-help.html>

“What To Do If You Are In Crisis”

<https://www.goodtherapy.org/in-crisis.html>

“Suicide Prevention: How to Help Someone with Suicidal Thoughts”

<https://www.goodtherapy.org/blog/suicide-prevention-how-to-help-someone-with-suicidal-thoughts>

References:

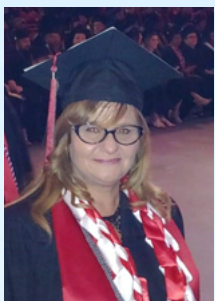
<https://www.medicalnewstoday.com/articles/154543.php>

<https://medlineplus.gov/veteransandmilitaryhealth.html>

<https://www.medicalnewstoday.com/articles/154543.php>

Kudos!

Kimberly Andersen, Program Director, CSP-Corcoran



"I started this journey for WestCare about 18 months ago and now it is complete. It became a passion to be able to complete with my Bachelor's Degree and make my WestCare family proud and I hope I have. I finished with a 4.0 GPA and I think I am going on for my Masters. I want to keep growing both personally and within WestCare. Thank you for all the love and support I always feel from you and everyone else within the organization." - **Kimberly Andersen**

Annette Ortega, Community Service Representative, STOP Area 3 (Fresno)

"I'd like to thank STOP CSR Annette Ortega, who came all the way from Fresno to meet with our participants and provide them with valuable transitional information. We loved her presentation!" - **Charlene Ju, Program Director, CCTRP Stockton**



Joel Kyne and William Tiemeyer, Community Service Specialists, STOP Area 1 (North Highlands)



"Thank you Joel and William for putting a new sign on our door. Nice job!" - **Patti Johnson, Senior Community Service Specialist, STOP Area 1 (North Highlands)**

Carmelita Demus, Counselor, Admissions/Adult Outpatient

"The outpatient staff appreciates Carmelita for covering additional groups in her coworkers' absence! She makes everyone's day easier and brighter. Thank you Carmelita!" - **Angie Jenkins, Training Director**



Arthur Valdivia, Case Manager, Day Reporting Center

"I just wanted to take a moment to recognize Arthur Valdivia. Arthur was awarded both the 'Uplifting the Human Spirit' token as well as the 'Caught Being good' token. One token was awarded for his always jovial personality and willingness to engage with the clients respectfully and with a kind heart. Arthur often goes above and beyond to help out in whatever capacity he can whether it is covering groups, meeting with clients in lieu of their case managers absence, taking clients to tattoo removal or helping out when we have special events for our clients. The second token was awarded for serving the clients at our most recent event. Arthur was neither asked nor told to serve; he just openly volunteered and got the job done. Thank you Arthur for all you do for WestCare and the Day Reporting Center. Keep up the good work and keep smiling - it is infectious!" - **Jeff Estes, Program Coordinator, Day Reporting Center**



Brandi Sanchez and Blanca Sandoval, Cooks, MLK Residential



"Brandi and Blanca received tokens as they continue to get positive feedback from clients. On a regular basis, they work very hard in the kitchen, put a lot of effort into the meals, have smiles on their faces and show respect to the clients. Way to go ladies!" - **Jenny Magdaleno, Program Director, MLK Residential**

Send Your Content to the Loop!



Michael Mygind,
Marketing Specialist and
Gabriela McNiel, Director
of Marketing

The Loop newsletter wouldn't be possible without the regular submissions that we receive from staff! Whether it's a success story or an event, we'd love to see it! Please send any high-quality pictures (Non-identifying if of clients) and a brief summary to:

gabriela.mcniel@westcare.com
michael.mygind@westcare.com

Mark Your Calendars!

YOU ARE CORDIALLY INVITED TO THE



Monthly Alumni Gathering!

Please join us and bring a fellow alumni as we touch base, sustain support and give back to our brothers and sisters still in treatment! At our next gathering, we will be holding a business meeting to discuss strategies for recruiting new members and plan an alumni reunion event in June. Snacks will be provided.

If you would like to bring your children, activities will be available to keep them occupied during our meeting.

Wednesday, May 22, 2019

6:00 PM

Day Reporting Center

609 E. Belmont

Fresno, CA 93701

RSVP with Richard: (559) 237-3420 Ext. 20327



You are cordially invited to our
Spring 2019 Commencement Ceremony
honoring our WestCare California Graduates

Date: June 13, 2019

Doors: 6:00 p.m.

Starts: 6:30 p.m.

Location: Fresno City College Auditorium

1101 E University Ave, Fresno, CA 93741

For more information, please contact Gabriela McNiel

(559) 251-4800, Ext. 20917



You are cordially invited to our



2019 Alumni Reunion!

Bring your family, children and fellow Alumni as we catch up, play games and share a meal with our WestCare Family!

We will be serving hamburgers and hot dogs, but please feel free to bring your favorite salad, casserole, appetizer or sweet treat!

Saturday, June 15, 2019

3:00 PM

Day Reporting Center

609 E. Belmont

Fresno, CA 93701

Please RSVP with:

Lynn: (559) 977-0804 or

Richard: (559) 237-3420 Ext. 20327



FRIDAY, JUNE 21ST - 9:00 A.M. - 12:00 P.M.

WESTCARE BLOOD DRIVE

All donations support the Central California Blood Center

WestCare California- MLK Residential:
2772 S. Martin Luther King Jr. Blvd. Fresno, CA 93706

Blood Drive Contact (Sign Ups):
Raymond Gonzales (559) 290-1738



Blood donation takes less than one hour to complete. Donors must be in good general health, weigh a minimum of 110 pounds and be at least 18 years of age (16 and 17-year-olds must have written parental consent). Senior citizens are encouraged to donate, as there is no upper age limit. Donors should eat a good meal and drink plenty of water within four hours prior to their donation. Donors can give blood every eight weeks. Photo ID is required at donor registration.

Program Directory

Administration

Fresno Office

1900 N. Gateway Blvd, Suite 100
Fresno, CA 93727
(559) 251-4800

Services: Management, Administrative Support, Human Resources, Accounting/Billing, Contract Compliance, IT Support, Marketing/Media, Procurement, Creative Services



Treatment and Rehabilitation

Liberty Plaza (Sober Living)

4605 E. Liberty Fresno, CA 93702
(559) 237-3420 Ext. 20367

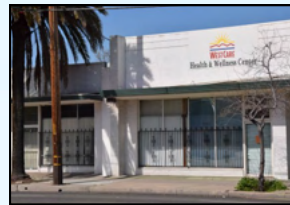
Services: Sober Living for Women



Belmont Health & Wellness

611 E. Belmont Fresno, CA 93701
(559) 237-3420

Services: Admissions, Adult Outpatient Program, Behavior Education And Treatment (BEAT)



MLK Residential

2772 S. MLK Blvd
Fresno, CA 93706
(559) 265-4800

Services: Residential Drug Medi-Cal for Men and Women, Residential Treatment Program for Women and Children (M'ella), Residential Treatment Program for Men and Children: Papa Natal



Mental Health and Wellness



Crisis Psychiatric Response

Services (CPRS)

209 E. 7th St.
Madera, CA 93638
(559) 673-3508

Services: Service coordination to adults receiving services from designated hospital emergency departments within Madera County who are deemed appropriate for an assessment for involuntary psychiatric treatment pursuant to California Welfare and Institutions Code 5150.



Support & Overnight Stay (SOS)

2772 S. MLK Blvd
Fresno, CA 93706
(559) 512-6802

Services: Provides a safe, supportive environment to spend the night for individuals who arrive at an ER with a mental health condition needing services that don't require a legal hold, Case Management and transportation to ensure client engagement with outpatient mental health services, Linkages to wrap-around services.

Education and Prevention

The Living Room

901 E. Belmont
Fresno, CA 93701
(559) 486-1469

Services: Case Management, Hot Meals Program, Housing Opportunities for Persons With AIDS (HOPWA), Free HIV and HCV Testing, Linkage to Medical Care, Social and Group Support Meetings



McKinney Plaza (Sober Living)

1388 & 1398 E. Bulldog Ln
Fresno, CA 93710
(559) 237-3420 Ext. 20367

Services: Sober Living for Men



Day Reporting Center

609 E. Belmont Fresno, CA 93701
(559) 237-3420

Services: Drop-in services for Parolees including vocational assistance and linkage to treatment.



WestCare Adolescent Services

410 E. 7th St, Suite 7
Hanford, CA 93230
(559) 584-8100

Services: Adolescent Outpatient Drug-Free Program



Bakersfield Residential

2901 S. H Street
Bakersfield, CA 93304
(661) 398-4303

Services: Men's Long-term Residential, Adult Outpatient Program



SOS Specialty MH Clinic

3636 N. First St., Suite 123
Fresno, CA 93726
(559) 512-6802

Services: Provides a supportive drop-in environment for individuals referred by Emergency Room Departments with access to support groups, clinicians and case management services.

Veterans Services

San Joaquin Valley Veterans (SJVV)

Services: Drop-In and Ancillary Services, Supportive Services For Veteran Families (Services provided to Veterans through SSVF include: Short-term case management, legal assistance, housing counseling services and placement assistance, financial planning services, financial assistance for move in, eviction prevention, utilities, transportation, childcare and emergency supplies.)



Hanford

410 E. 7th St
Suites 5 and 9
Hanford, CA 93230
(559) 584-8100



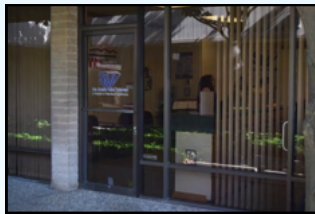
Fresno

1505 N. Chestnut
Fresno, CA 93703
(559) 255-8838



Merced

399 George Drive
Building F
Merced, CA 95341
(209) 722-3501 Ext. 145



Stockton

4545 Georgetown Pl.
Building D
Stockton, CA 95207
(209) 662-6073

Housing Opportunities

Housing Services

1900 N. Gateway Blvd, Suite 158
Fresno, CA 93727
(559) 241-8753 Ext. 21230

Services: Assistance with supportive housing to families who are currently or chronically homeless, Project LiftOff, HDAP (Housing and Disability Advocacy Program), Emergency Solutions Grant (ESG), HERO (Homeless Engagement Resource Outreach) Team, SSI/SSDI Outreach, Access and Recovery (SOAR).



Veterans Plaza

119 N. Calaveras
Fresno, CA 93701
(559) 241-8751

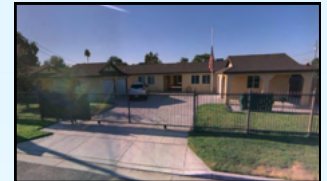
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



HomeFront

3636 E. Eugenia Ave.
Fresno, CA 93725
(559) 266-1169

Services: Transitional housing for female Veterans with/without children for up to two years, case management



Criminal Justice

Specialized Treatment for Optimized Programming (STOP)

Services: Case management, treatment placement in residential, outpatient and sober living, domestic violence education, vocational training, pre-employment, job placement services and transportation from prison to treatment.

Area 1



Chico

2585 Ceanothus Ave.
Suite 170
Chico, CA 95973
(530) 830-1180



North Highlands

4612 Roseville Rd.
Suite 112
N. Highlands, CA 95660
(916) 564-4400

Area 3



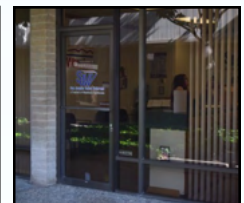
Bakersfield

2901 S. H St.
Bakersfield, CA 93304
(661) 326-0485



Fresno

5014 E. University Blvd.
Fresno, CA 93727
(559) 214-0264



Stockton

4545 Georgetown Pl.
Building D
Stockton, CA 95207
(209) 662-6073

Criminal Justice *(Continued from Page 7)*

Custody to Community Transitional Reentry Program (CCTRP)

Services: Provides treatment services to female inmates (112 in San Diego, 50 in Stockton) who have a minimum of 45 day and a maximum of 2 years left on their sentence. We provide an array of gender responsive trauma informed services including substance abuse, mental health, domestic violence, education, vocational and employment readiness.



San Diego

3050 Armstrong St.
San Diego, CA 92111
(619) 359-8266



Stockton

1609 N. Wilson Way
Stockton, CA 95205
(209) 642-8488

Single-Level Cognitive Behavioral Treatment

(CBT) Substance Use Disorder Treatment

(SUDT) Program - Men's Services:

Provides Cognitive Behavioral Treatment (CBT) to offenders utilizing a therapeutic community approach and evidence-based curricula and interventions. The program seeks to teach and support participants in generating alternative solutions and adopting pro-social, law-abiding lifestyles. Curriculum includes Substance Use Disorder Treatment, Criminal Thinking, Anger Management and Family Relationships.



Wasco State Prison (WSP)

701 Scofield Avenue,
Wasco, CA 93280
(661) 758-8400 Ext 6181

Single-Level Substance Use Disorder Treatment (SUDT) Program - Men's

Services: Provides evidence-based SUDT programming to male inmates who are high-risk offenders.



California State Prison - Corcoran (CSP - COR)

4001 King Avenue
Corcoran, CA 93212
(559) 992-8800 Ext. 5106

Men's In-Prison Rehabilitative Cognitive Behavioral Treatment (CBT) Program:

Provides Cognitive Behavioral Treatment (CBT) to offenders utilizing a therapeutic community approach and evidence-based curricula and interventions. The program seeks to teach and support participants in generating alternative solutions and adopting pro-social, law-abiding lifestyles. Curriculum includes Substance Use Disorder Treatment, Criminal Thinking, Anger Management and Family Relationships.



Pelican Bay State Prison (PBSP)

5905 Lake Earl Drive
Crescent City, CA 95531
(707) 465-1000 Ext. 7530

Multi-Level Program - Men's Services: Serves Long Term Male Offenders through their Long Term Offender Program (LTOP) who will not be released in the near future. Provides Cognitive Behavioral Therapy (CBT) and multi-level evidence-based Substance Use Disorder Treatment (SUDT) with curriculum on substance abuse, criminal thinking, anger management and family relationships programming for male inmates who are high-risk offenders as well as reentry services.



CA Men's Colony (East and West)

CA Highway 1 North
San Luis Obispo, CA 93409
(805) 547-7900 Ext. 7878

Multi-Level Substance Use Disorder Treatment (SUDT) Program - Men's Services: Provides multi-level evidence-based SUDT substance abuse, criminal thinking, anger management and family relationships programming for male inmates who are high-risk offenders.



Valley State Prison (VSP)

21633 Ave. 24
Chowchilla, CA 93610
(559) 665-6100



Sierra Conservation Center (SCC)

5100 O'Byrnes Ferry Rd.
Jamestown, CA 95327
(209) 984-5291 Ext 5637



CA Correctional Institution (CCI)

24900 Highway 202
Tehachapi, CA 93561
(661) 822-4402 Ext 4503

Would you like your program featured in the WestCare Loop?

Please send all content to gabriela.mcniel@westcare.com and michael.mygind@westcare.com