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Issue 83

Volume 6

INSIDE THIS ISSUE

1. **A Welcome by our Deputy COO, Shawn Jenkins**
- 1 - 3. **Mother's Day**
4. **California News**
4. **Treatment & Rehabilitation News**
4. **Education & Prevention News**
5. **Health & Wellness**
5. **Kudos!**
5. **Submission Info**
- 6 - 8. **Program Directory**

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A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family,
Welcome to the WestCare California Loop newsletter. With this issue being released during the month of May, I find it fitting to take the time to divert the focus from

international news to properly celebrate Mother's Day. Whether it's your birth mother, step mother, a grandmother or someone who was significant in raising you to be the amazing person that you are today, we owe it to them for unconditionally giving their love, time, encouragement, guidance and so much more.

Mother's Day can evoke diverse emotions in different people from joy and love when we spend time with mom to sadness if your mother is no longer living or your relationship is strained. During this particular time of social distancing, these emotions can be heightened given the separation that we may feel from not being able to spend time in person.

But, we must not forget why it is so important to maintain this practice especially if your mother is older and falls within the most susceptible groups for COVID-19.

If your mother is alive, FaceTime or call and let her know how much you love her and what she means to you. Arranging a time to even stop by and speak from the curbside while still in your car might just soothe the ache of physical separation.

If you have a strained relationship, maybe it is time to heal and forgive. While trying times like this can so easily test our will, they can also bring us closer to each other more than ever before when support is needed most. If

your mother is no longer on earth, convey your love and appreciation for her in your own way of honoring her memory.

To the Mothers of WestCare, thank you for all that you do every day as being a mother is more than a fulltime job. The love, commitment, courage and unmatched stamina you show truly is a blessing to your children. Remember that warm glow in your heart and that tear in your eye when you think about your mother and that someone is feeling that same way about you today. You are all Super Moms, each an original priceless gift whose mold was broken when you were made.

As part of what has become an annual tradition for this newsletter, I would like to share with all of you what some of our staff had to say about their mothers on the pages that follow. These sentiments are truly priceless!"

Sincerely,

Shawn L. Jenkins



"On the best days, my mother smiled and laughed with me. On the worst days, she cried with me. She was not perfect, but she was mine and never failed to

show up for me. She was my rock and I was her baby boy. I was and will always be honored to call her Mom." - **Shawn Jenkins, Deputy COO, WestCare Foundation: Western Region**

(Continued from Page 1)

What does your mother mean to you? “A strong woman.” - **Yenny Aguilar, Care Navigator, Housing Services**



“My grandma took me in, saw me through all the childhood illnesses, taught me to play sports, gave me the work ethic of a turn of the century farmer and loved me unconditionally. I have always tried to be the type of mother she was to me when she didn't have to be.”

- **Andrea Borge, Case Manager, STOP Area I (North Highlands)**



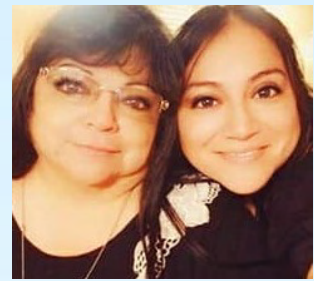
“My mom was my one and only. She meant the world to me. She taught me values, morals and respect. My mom was my best friend and since her passing, my soul and spirit hasn't been the same.” - **Amanda Guzman, Data Program Assistant, Support Overnight Stay (SOS)**

“My mother raised six children of which I am the youngest. She is going to be 96 years old on July 24th. She is still able to remember all of the kids she went to kindergarten with. She remembers all of our birthdays and anniversaries and her face lights up when she sees us walk into her room. She has 14 grandkids, 25 great grandkids and 11 great-great grandkids! They are practicing the ‘Safe at home’ at the nursing facility. Whether or not we get to enter her facility or not or send her flowers, I will be at the window, blowing her kisses and telling her that she is remembered and loved for Mother's Day!” - **LeeAnn Girardeau, Admissions Specialist, Admissions/Adult Outpatient**



“My mom, Sandra, is tough, funny and loves her children like crazy.”

- **Jacqueline Smith, Quality Assurance, STOP Area I (North Highlands)**



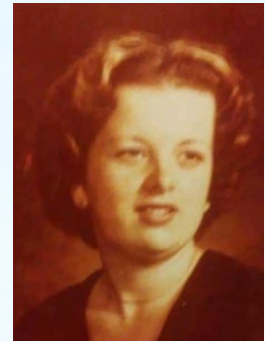
“My mother is my guardian angel. She gave me life, nurtured me, taught me, fought for me and loves me unconditionally. There are not enough words to describe just how much she means to me. I aspire to be just like her!”

- **Gabriela McNeil, Director of Marketing, Administration**



“She changed me for the better. I love hard like she did for me and my children. Not a day goes by that I don't think of and miss her. Much like the definition of love, she was both patient and kind.”

- **Joslynn Davis, W2W Counselor, MLK Residential**



“My mother is a strong woman with strong character and resilience. She has grown into a graceful and dignified woman and I am proud of where I come from.” - **Crystal Gomez, Counselor Tech, Bakersfield Residential**



“My mom is my best teacher, biggest cheerleader, gives the best advice, calms my nerves and most importantly loves and fiercely protects my children as her own.”

- **Mary Ann Knoy, Interim Deputy Administrator of Administration**



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"My mom means the world to me! She is kind, caring and giving. She is always there to offer support!"

- Melissa CaPece-Fairless, Child Development Specialist, MLK Residential



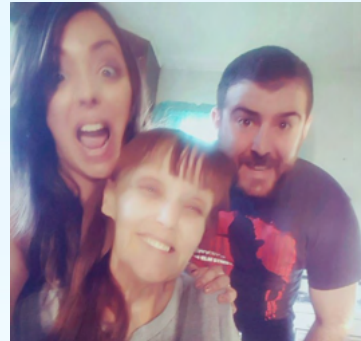
"My mom is everything - kind and patient." - **Lupe Arechiga, Counselor, WestCare Adolescent Services**



"My mother was a living example of unqualified acceptance. She taught her sons patience, forbearance and acceptance through her actions." - **Ed Crossman, Clinical Manager, MLK Residential**



"Mom, you deserve everything... and a little bit more!" - **Osiris Crystal Almaraz, Admin Support, WestCare Adolescent Services**



"I am a strong woman because a strong woman raised me. My mom was and still is my hero. R.I.P., Momma." - **Megan Mahoney, Quality Assurance, STOP Area 3 (Fresno)**

"My mother passed away over 10 years ago and I miss her every day. She was the kindest, sweetest and most honest person I have ever known."

- Pamela Long, Employment Development Liaison, STOP Area 3 (Fresno)



"To this day, I continue to learn so much from my mom! She is kind, patient and opens each new day with open arms!"

- Michael Mygind, Marketing Specialist, Administration



"My mom is my whole world. I don't know what I would do without her. She has always been there for me whenever I have needed her. I love you, Mom!" - **Gale Asbury, Childcare Tech, MLK Residential**



"A mother is the one who fills your heart in the first place."

—AMY TAN

California News

April: Our Programs Ramp Up Efforts to Prevent the Spread of COVID-19

Our various programs across the state are keeping the safety of our staff and those that we serve as our priority with masks, screenings (Fresno County), at-home work stations, regular disinfecting and more! Thank you!



Treatment & Rehabilitation News

4/12: The Men of Bakersfield Residential Receive an Easter Surprise from Staff!

This past Easter, as a special gift for those who couldn't be with their family for Easter, Residential Counselor, Mamie Welch and Senior Case Manager, Samuel Alonzo at Bakersfield Residential arrived at 5 AM to prepare a grand slam breakfast for those that they serve. After the meal was done, they got started on preparing a BBQ meal for lunch! Thank you both for your commitment to Uplifting the Human Spirit!



4/12: The Men of MLK Residential Share Their Support on Easter Sunday

On Easter, the men of our MLK Residential program in Fresno made a special sign offering their prayers and support to everyone who has been effected by the COVID-19 pandemic. Other activities included a scavenger hunt for the signs pictured, an Easter egg hunt and a karaoke contest with prizes that were donated by our amazing staff! Thank you to all who contributed to make this Easter one to remember while also providing support to our community during this time of need!



Education & Prevention News

4/14: BEAT Loteria

As part of a group meeting with program participants, our Behavioral Education And Treatment (BEAT) staff held a game of loteria for those that they serve in residential treatment with the chance to win some great prizes!



Health & Wellness Corner

“Why Exercise is Important” by Nakesha Lee, Data Entry Specialist, STOP Area 3

“May is Global Employee Health and Fitness Month. Physical activity or the lack of it can result in a person having a healthy life or a not so healthy life. Exercise is a key ingredient to living a more enduring quality of life. To achieve this, our bodies require us to exercise and to maintain an ongoing level of exercise. I know we’ve all heard countless times how exercise is, ‘Good for you.’ But, did you know that exercise can actually help you feel good too? Getting the right amount of exercise can rev up your energy levels and even help improve your mood.

In fact, exercise is one of the most important parts of keeping your body at a healthy weight. Exercise is important for many reasons. Basically, it is use it or lose it. Without exercise your body will eventually become weakened, you will lose muscle tone and your organs could lessen in their ability to function properly. Doing a few simple exercises each day will not only keep you fit, but will also tone your body. Exercising for at least 30 minutes a day will improve your overall health and decreases the risk of developing certain diseases including type 2 diabetes and high blood pressure.

There are numerous benefits of regular exercise such as:

- *Improving your emotional and mental health by reducing stress levels.*
- *Promoting and maintaining a healthy weight*
- *Increasing strength and endurance*
- *Lowering potential risks of some diseases*
- *Preventing chronic health conditions*
- *Improving cardiovascular health*
- *Improving levels of quality sleep*

Living a long and healthy life requires more than just good luck or good genetics. A person who is fit is capable of living life to its fullest extent. Physical and mental fitness play very important roles in our everyday lives. The good news is that you do not have to spend money to rev up your heart or muscle strength or to maintain a healthy weight. Thirty minutes a day is not too much to ask to become happier, live longer and overall, become a balanced and physically fit person. Are you ready to embrace greater health and wellness through exercise? If so, here is a link to getting started: <http://www.webmd.com/fitness-exercise/features/fitness-beginners-guide#1>

You can do it!” - Nakesha Lee, Data Entry Specialist, STOP Area 3 (Fresno)



Kudos!

Yenny Aguilar, Navigator, Housing Services



It is always an honor to share the stellar efforts of our staff! We'd like to take this moment to recognize Yenny, one of our amazing Housing Services Navigators in Fresno, who was recently awarded a staff recognition token by our Housing Services Director, Maria

Rodriguez, for stepping outside of her regular duties to assist with data entry! Thank you, Yenny, for going above and beyond to help your fellow staff!

Catholic Charities, Diocese of Fresno and the Central California Food Bank

On behalf of our staff and the Veterans that we serve at our San Joaquin Valley Veterans (SJVV) program, we'd like to send a heartfelt thank you to Catholic Charities, Diocese of Fresno and the Central California Food Bank for their donations of food to support all 39 Veterans who are housed at Fresno Housing Authority's Renaissance at Parc Grove Commons complex in Fresno! All Vets were appreciative and expressed their sincere gratitude for the help during this time of need. Thank you!



Send Your Content to the Loop!



*Michael Mygind,
Marketing Specialist
and Gabriela
Espinosa-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

WestCare California, Inc.

“WestCare, a family of tax-exempt nonprofit organizations founded in 1973, provides a wide spectrum of behavioral health and human services in both residential and outpatient environments. Our service domains include Treatment and Rehabilitation, Mental Health, Veterans Services, Criminal Justice, Housing Opportunities and Education and Prevention. These services are available to adults, children, adolescents and families. We specialize in helping people traditionally considered difficult to treat, such as those who are indigent, have multiple disorders or are involved with the criminal justice system.”

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

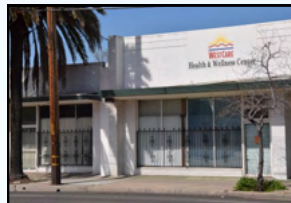
Services: Sober Living for Women



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.



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, Behavioral Education And Treatment (BEAT)



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

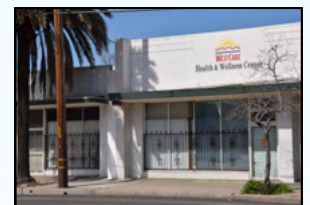
Services: Sober Living for Men



Belmont Health & Wellness

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

Services: Admissions, Adult Outpatient Program



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



Veterans Services

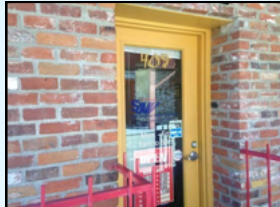
San Joaquin Valley Veterans (SJVV)

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.)



Fresno

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



Hanford

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



Merced

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



Stockton

2291 W. March Lane
Suite C-100
Stockton, CA 95207
(209) 662-6073

Veterans Plaza

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

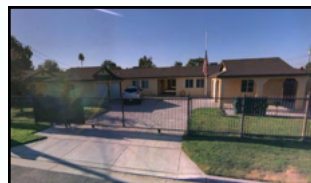
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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



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.

SOS Specialty MH Clinic

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

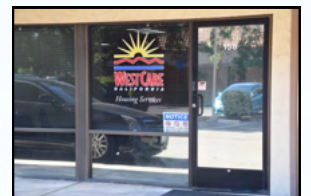


Services: Provides a supportive drop-in environment for individuals referred by Emergency Room Departments with access to support groups, clinicians and case management services.

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), Home Sweet Home, Opening Doors to Housing and Wellness, Emergency Solutions Grant (ESG) and SSI/SSDI Outreach, Access and Recovery (SOAR).

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



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



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



Stockton
2291 W. March Lane
Suite C-100
Stockton, CA 95207
(209) 662-6073

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

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 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.



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