



A monthly newsletter that covers the events of our programs in:

Bakersfield - Chico - Chowchilla/VSP - Corcoran/CSP - Crescent City/PBSP
Fresno - Hanford - Jamestown/SCC - Madera - Merced - North Highlands
San Diego - San Luis Obispo/CMC - Stockton - Tehachapi/CCI - Wasco/WSP

August 2019

Issue 75

Volume 6

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#WestCareCA

A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family, Every fall, our organization attends a wide variety of events and the list keeps growing each year. Some of these events include the Central Valley Veterans' Stand Down and Women Veterans Stand Up, SoberStock, the Central California Women's Conference as well as various volunteer and career fairs, meaning that we continue to enhance not only our services, but also our audience with the outreach that we do. For any of our new staff or members of the community who have just been introduced to our organization, I would like to take this time to tell you just a little bit about WestCare California! WestCare California is a behavioral health and human services organization that currently provides services to consumers in the domains of Treatment and Rehabilitation, Veterans Services, Housing Opportunities, Criminal Justice, Mental Health and Education and Prevention. We are honored to assist individuals from all walks of life in receiving the care that they deserve while starting a brand new chapter in their lives. WestCare California has come a long way from when we began in 1974 as The Third Floor, a 48 bed residential treatment facility in Fresno, CA. Years later, we became part of the nationwide family of programs under the

umbrella of WestCare Foundation, located in Henderson, NV. Today, in California we operate over 40 programs with locations from San Diego all the way up to Crescent City. Our motto through our work is 'Uplifting the Human Spirit,' which would not be possible without the help of our amazing staff! I hope that this has helped give you a better understanding of the many services that we are so proud to offer!"

Sincerely,



California News

8/7: WestCare California is Selected to Spin Chukchansi's Wheel of Cash!





We would like to send our most heartfelt thanks to Chukchansi Gold Resort & Casino for generously inviting us to take part in their Chukchansi Cares Wheel of Cash program with all proceeds from our spin supporting the services of our HIV/AIDS social

support program, The Living Room! Over 80 applications were submitted, but approximately 8 were chosen and we cannot express just how honored we are to be among this amazing group of organizations who will each get a spin at the wheel with a potential grand prize of \$1,000,000! On 8/7, members of our leadership and our fellow recipients were treated to a world-class dinner at Nativio's Italian Restaurant located in Chukchansi's Picayune Tower, in celebration of our inclusion in the Wheel of Cash event. We'd like to especially thank their amazing team for providing such a warm welcome and supporting service organizations like our own! We hope to see everyone as we spin the wheel on Friday, October 25th at Chukchansi Gold Resort & Casino! Stay tuned for more information on this incredible opportunity!

Mental Health News

Going on Now: SOS Clothing & Hygiene Drive!



SOS CLOTHING & HYGIENE DRIVE

Benefiting those served by our Support and Overnight Stay Program!

Here's just a few of the men's and women's items that we're looking for:

- Clothing for all Seasons
- Undergarments (New)
- Socks (New)
- Feminine Products
- Shampoo and Conditioner
- Soap and Hand Sanitizer
- Toothbrushes
- Toothpaste
- Mouthwash

All donations can be dropped off between 8am - 5pm, Monday - Friday at:

SOS Specialty Mental Health Clinic
3636 N. First St., Suite 123
Fresno, CA 93726

For more information, please contact Dawn:
Email: dawn.delamater@westcare.com Office: (559) 512-6802

Veterans News

8/9: HomeFront Jam Making

Last month, a former resident of our San Joaquin Valley Veterans HomeFront GPD transitional living program for female Veterans, visited and gave back by sharing her jam recipes and providing a lesson on canning! All of our



ladies on hand on were happy to participate and according to staff, the jam was amazing! Thank you for giving back to your fellow women who have served, Ms. Eugenia!

A Veteran's Story: Dustin

We'd like to share a piece about one of the Veterans that we proudly serve, Dustin, a tenant at Renaissance at Parc Grove, an affordable housing complex with 40 units for Veterans and their families, specifically Veterans with or without a disability who are experiencing homelessness.



"Dustin has led an eclectic and exciting life. He is always busy doing something and he is consistently working on ways to better himself. This doesn't surprise me though because he is a Veteran of the United States Marine Corps (USMC). Dustin enlisted in the USMC in 1964 and was a part of the 26 Marines, 5th Marine Division when the United States joined the conflict

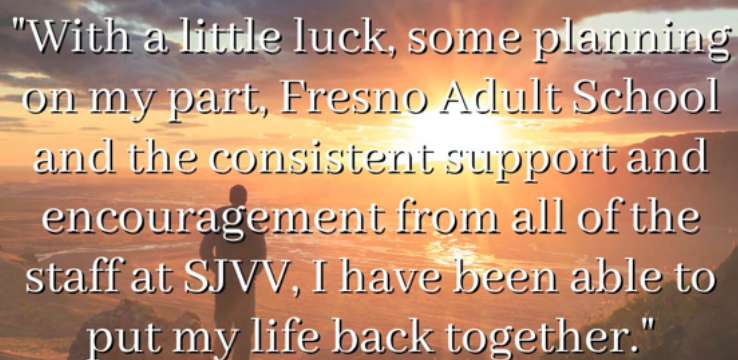
in Vietnam. He served for four years which concluded in 1968 with an honorable discharge. He then attended Delta College and received an AA in social studies and later spent time at the University of California at Santa Cruz, where he majored in film. He supported himself as a factory worker, but then soon turned his sights towards an adventure in Los Angeles.

While living in Los Angeles, Dustin began to work in the entertainment industry. While working as a liaison between musicians and a musical equipment manufacturer, he was able to work with artists such as Bette Midler and Billy Thorpe. He even received a screen credit for Bette Midler's film, 'Divine Madness,' as well as several album credits including one on Billy Thorpe's second album released in the U.S. Dustin also spent time performing product placement in movies. Soon after leaving the entertainment business, he began his writing career and wrote nine political satire columns for the 'Sierra Journal.'

It was in 1969 when Dustin tried 'pot' for the first time and soon after, he began growing it."

"In 1996, he started growing it for medicinal purposes. In 1999, he was charged and arrested, but then released as part of the Prop 36 program. After that, he applied for and was granted permission to cultivate in Modesto. When Dustin moved to Merced to purchase a 20 acre farm to continue his medical marijuana efforts, he informed the local health department, his Supervisor and the County CEO. However, he did not inform the Sheriff. Subsequently, he was arrested and the case went to the Federal level. In his words, when he went to trial, he simply had no defense. He was found guilty and sentenced to 10 years for possession of marijuana and five years for having a shotgun.

Dustin spent 19 months at the Fresno County Jail as his case was decided and was then transferred to Big Spring, Texas to a low security federal prison for the next three and a half years. He then spent five and a half years at a minimum security camp in Colorado. His last two years were spent at the camp in Lompoc, CA followed by his release to a halfway house in Fresno. Instead of spending his time complaining about the position he was in, he turned incarceration into opportunity. He used this time to write and publish his novel, 'Squirrel Days,' (which you can purchase on Amazon) and played in numerous prison bands. Dustin was always moving forward, taking advantage of the day by doing something that would help him with his tomorrow.



"With a little luck, some planning on my part, Fresno Adult School and the consistent support and encouragement from all of the staff at SJVV, I have been able to put my life back together."

- Dustin, USMC Veteran

Upon his arrival to Fresno, he began working with San Joaquin Valley Veterans (SJVV) and living at a halfway house. With their assistance, he was able to return to school and update his computer skills. He then obtained his California driver's license and on his first day out, he began to tackle his credit so that he could purchase a car for his future plans – driving for Uber. He attended all of the classes that SJVV had to offer and found out about a new Veterans housing project, Renaissance at Parc Grove. With the help of his SJVV Veteran Advocate, he applied for a unit there and was accepted! He rented his first apartment since prison in June of 2018. However, he was still technically incarcerated. He needed to complete his time in the halfway house first before he could physically move into Renaissance."

"When all the other Veterans were moving in on the facility's opening day, Dustin was only able to pay rent on his unit until his release date in September. When his release date came, he was finally was able to walk through the doors of his new apartment.

Dustin is an exemplary tenant and he is always on the go to keep pushing forward. He is a role model for the other residents of how an individual can change their life under any circumstances. Now, after all that he has experienced, he has aspirations of running a private halfway house. This would enable him to draw on his past – both the bad and the good and use it to help others turn their lives around as well. He also wants to keep driving for Uber because he loves meeting the people and hearing just a little bit of their story. He calls it 'Social media for drivers.'

While creating this piece, Dustin told me, 'With a little luck, some planning on my part, Fresno Adult School and the consistent support and encouragement from all of the staff at SJVV, I have been able to put my life back together.' I am sure Dustin will move on from Parc Grove someday as he would like to retire in Rosarito Beach, Mexico.

Dustin has come a long way from his service in the the USMC to Hollywood to his stint in 'agriculture,' which led him to a 15 year Federal Prison sentence. In my time working with him, I have never heard him blame anyone for his difficulties – in fact, he doesn't speak negatively about his past at all. He took responsibility for his life's course and remains faithful to the goals and dreams that he has set for himself – and I truly believe that he will achieve all of them! After all, the USMC motto is, 'Semper Fidelis,' which means, 'Always Faithful.'"

Thank you,

**Kelli Bouscher, M.A., Supportive Services Case Manager/
Linkage Specialist, SJVV: Renaissance at Parc Grove**

Health & Wellness Corner

**"Childhood Obesity" by Maria Rodriguez,
Program Director, Housing Services**



"According to the U.S. Department of Health and Human Services, childhood obesity has become more prevalent in the past three decades, affecting 1 in 5

children or 35% of the United States population overall. Obesity occurs when a child is well above the normal healthy weight for his/her age and height, similar with adults. This condition was once more common in adults, but in more recent years, childhood obesity has more than tripled. **(Continued on Page 4)**

(Continued from Page 3) “These statistics are alarming because if children have obesity, their obesity and disease risks factors in adulthood are more likely to be more severe. For example, children with obesity are more likely to be diagnosed with type 2 diabetes, high blood pressure, heart disease and experience breathing problems. Additionally, obesity has also been known to cause poor self-esteem and depression in children. There are many factors that can lead to obesity such as poor eating habits, lack of exercise, genetics, short sleep duration and the person’s metabolism. Although genetics can be difficult to change, there are many other things that people can do to prevent obesity at an early age and thus decrease the likelihood of experiencing major obesity-related health conditions in adulthood. One can start by limiting the amount of sedentary time a child spends playing video games, watching TV and/or using their tablet. Parents should encourage their children to engage in physical extracurricular activities which can include playing sports. It is recommended that children get at least 60 minutes of daily physical activity. Additionally, parents should help their children stay healthy by incorporating more fruits and vegetables and decreasing the amount of processed food and drinks with high sugar content. Additionally, parents can monitor their children’s sleep time to ensure they are getting the recommended 8 hours of sleep. A proactive approach to obesity can lead to a healthy lifestyle and a better quality of life in child and adulthood!”

To recap, here are a few tips on how to promote a healthy lifestyle:

- **Improve Eating Habits**
 - * Keep fresh fruit within reach
 - * Serve more vegetables
 - * Serve more grain foods
 - * Drink more water
 - * Cut out sugary drinks (Juice, sodas, etc.)
- **Improve exercise habits**
 - * Walk after meals
 - * Go on a bike ride
 - * Play sports
 - * Take the stairs instead of the elevator
 - * Park further away from a store
- **Limit Children to 2 Hours of:**
 - * TV
 - * Video games
 - * Tablets
- **Improve Self-Care By:**
 - * Sleeping well
 - * Maintaining a social life
 - * Practicing meditation
 - * Journaling
 - * Not acting on impulse

- Maria Rodriguez. Program Director, Housing Services

Reference:

1) <https://www.cdc.gov/obesity/childhood/causes.html>

Kudos!

Richard Duron, Counselor Tech, Fresno Adult Outpatient



We’d like to wish a belated congratulations to Richard for receiving the June 2019 Employee of the Month Award for our community-based programs cohort! Congratulations and thank you for Uplifting the Human Spirit, Richard!

San Joaquin Valley Veterans HVRP Staff

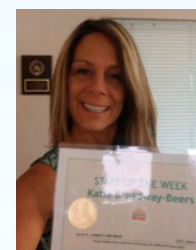
We’d like to Recognize our HVRP staff in Fresno, whom in August, ensured that the Veterans that



they serve were well prepared for a Veterans job fair held at Manchester Center featuring on-the-spot interviews! Beforehand, they were provided final interview preparation and were able to pick out interview clothing if needed before heading out. Our staff also provided them with coffee and donuts to help ease their nerves! Thank you for helping prepare our Veterans for success!

Katie Broadway-Beers, Case Manager, MLK Residential

We’d like to recognize Katie for being voted by MLK Residential’s Women’s Core Group to receive their Staff of the Week award in early August! Thank you for your always inspiring and positive presence, Katie! Congratulations!



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

Mark Your Calendars!

CP4R Presents
Celebrate Recovery Month

SoberStock XIV

Featuring Live Performances By:
The First Men of Promise
Purposed II Praise School of Dance
Disciple 13 . One Voice . MMLJ
Soul Excursions . Critically ill

A Special Address By:
Kirk Haynes, Chief Probation Officer,
Fresno County Probation

September 27th & 28th, 2019

Friday: 5PM-8PM

Saturday: 8AM-4PM

Manchester Center:

1901 E. Shields Ave.

Fresno, CA 93726

Live Music | Car Show | Raffles
Food | Vendors | Fun

For More Info Contact:

Brian Bradley

bbradley@fresnocountyca.gov

(559) 600-9168

Online Vendor Registration:

bit.ly/soberstock

 @CommunityPartners4Recovery

CP4R Presents
Celebrate Recovery Month

SoberStock XIV Car Show

Street Rods . Classics . Lowriders
Imports . Motorcycles . Bicycles

ALL TYPES ARE WELCOME!

Saturday, September 28th, 2019

8AM-3PM, Roll-In Time: 8-11AM

A free event as part of SoberStock XIV!

Registration Fee: \$10.00 per Entry


Register on the day of or early with our
online form: bit.ly/soberstockcarshow

Manchester Center:

1901 E. Shields Ave. Fresno, CA 93726

Live Music | Raffles | Food | Vendors | Fun

For car show information, please contact
Chris: (559) 708-8062

 @CommunityPartners4Recovery



Presents:

ART FOR AIDS

An Art Show/Sale Benefiting:

5th Annual
FRESNO AIDS WALK
& 5K RUN
WOODWARD PARK
10/19/2019


The Living Room
A Project of WestCare California



OCTOBER 3
5 PM TO 8 PM
COMMON SPACE
1252 FULTON ST.
FRESNO, CA 93721

Please call (559) 486-1469 if you would
like to donate any original artwork
including photography & crafts.

For more info on the walk,
visit fresnoaidswalk.org



PROUDLY PRESENTS:

FRESNO AIDS WALK
& 5K RUN
WOODWARD PARK
10/19/2019

WALK. RUN. SUPPORT.



GILEAD



KAISER
PERMANENTE



AIDS HEALTHCARE
FOUNDATION



With LGBTQ Equality
www.calendow.org



REGISTER:

A 2K WALK/5K RUN BENEFITING:



A Project of WestCare California

WWW.FRESNOAIDSWALK.ORG



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

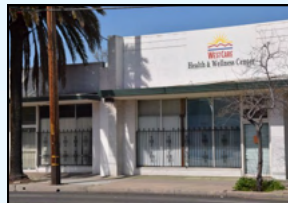
Services: Sober Living for Women



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

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

Veterans Plaza

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

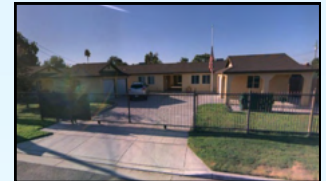
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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



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

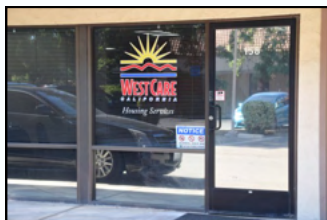
4612 Roseville Rd.
Suite 112
N. Highlands, CA 95660
(916) 564-4400

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).



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

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