



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

Bakersfield - Chico - Fresno - Hanford - Madera  
Merced - North Highlands - Richmond - San Diego - Stockton

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Volume 7

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#WestCareCA

## A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family,

Welcome to the WestCare Loop newsletter! With us now being in the month of September, we as an organization are proud to once again celebrate National Recovery Month!

This annual observance as promoted by the Substance Abuse and Mental Health Services Administration (SAMHSA) is a month-long campaign to increase education and awareness about the effectiveness of treatment and rehabilitation and celebrate the successes of the millions of individuals and families while living healthy and sober lives. But, what makes this year's observance unlike any other is the current pandemic that our world has faced. Recent reports have come out about the rising prevalence of mental health issues that are a result of the pandemic as a whole, which in turn presents increased risks for self-medication and relapse. But, as an essential provider of behavioral health and human services, before there ever was a pandemic, we vowed to face the ever-changing tide that is addiction and do all that we can to address the individual conditions that those that we serve face and help them overcome these while living their lives to the fullest. We are still here and are adapting with each passing day to continue to provide the high level of service that we are so proud to be known for!

As a community, we are also adapting. On September 14<sup>th</sup>, we presented a virtual grand opening and ribbon cutting for our newest residential treatment program, the Richmond Health and Wellness Center in Richmond, CA

just in time for National Recovery Month! The view can be viewed by visiting our [YouTube Channel!](#) In line with virtual events, we will also be helping prepare the SoberStock XV: Virtual Edition video/event for its premiere on the [CP4R YouTube channel](#) on Saturday, September 26th! (See Page 5 for the Save the Date and a preview!) This two hour produced video event will feature submitted content including recovery music, testimonials, provider information, a virtual car/bike show and more!

In closing, this particular Recovery Month is unlike any other and might just be the most important one in a long time for those that we serve and those who are maintaining their recovery despite the health concerns regarding the pandemic coupled with its effects on our economy and the time of much-needed social change that we currently find ourselves in. These factors can make anyone on the straight and narrow stressed, but now add in a past history of addiction. But, we will be here to help as just as we always have and as new precautions are needed, we will take them. To our staff, thank you and to those in recovery, we will hold strong together."

Sincerely,



Join the Voices for Recovery:  
**Celebrating Connections**

[nationalrecoverymonth.org](http://nationalrecoverymonth.org)



## Treatment & Rehabilitation News

### 8/1: A Parade For Our Heroes!

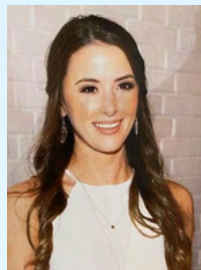
In August, our WestCare California staff along with friends and family, organized a special car parade at our MLK Residential facility to lend encouragement to our staff and clients who were sheltering-in-place during the current pandemic! Thank you to all who took part in this amazing event for Uplifting the Human Spirit of the fellow members of our WestCare Family!



In commemoration of National Recovery Month, we reached out to our WestCare California, Inc. staff who are in recovery for their personal stories, poems and other forms of expression regarding their recovery journey. It is our pleasure to share these with you! Thank you to all who participated!

### National Recovery Month Feature:

#### Stacie Dunn, Administrative Assistant, Administration



The following poem was written by Julia (Pictured), the daughter of Stacie Dunn, before she began her own recovery. When asked about this journey, Stacie commented, "One of the hardest things to do in life is raise children. But, if something comes to you easily, it usually isn't worth it. I thank God every day for my children! I am extremely grateful that they are in my life and for their forgiveness."

*"I'm holding back my feelings as I watch you slip away.  
I see you doing the things you always told me not to,  
Confusion fills my brain.*

*I'm holding back my feelings as I watch you go.*

*All I feel is confusion,  
There's so much I don't know.*

*I feel like I am paying  
For things I did not do.  
I feel like I'm the innocent one,  
Paying for mistakes that were made by you.*

*It's you that needs to prove to me,  
I'm not the one who slipped.  
My life was once a heaven,  
Now I'm the one who seems to trip.*

*I would have never thought it would be like this,  
Never thought I'd lose something I loved so bad.  
I wish so much for it to go back...  
To what we both once had.*

*I don't think it's my fault, I know I did no wrong.  
Don't think I blame this all on me,  
Don't be mad at me cause' I'm strong.*

*You wished I'd come crying back,  
You thought I'd just fall apart.  
I've become stronger though,  
Even though I thought differently at the start.*

*I refuse to show any weakness,  
I hope this doesn't go on long.  
I will try to hold it all inside,  
For I know that I am strong.*

*Guide me to do good lord,  
My future's in your hands.  
I want to know what's right for me,  
But I'll wait to see your plans.*

*I'm left here in the dark,  
Not knowing what's ahead.  
I wait to see my destiny,  
I know it's for the best."*

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"The walls are growing thin,  
I'm so filled up with rage.  
I wish this would be over and done,  
I long to turn the page...

But I can't...

There's holes left to be filled,  
Mountains left to climb.  
A better life for you and me...  
For sure will come in time.

I know my ways sometimes are wrong,  
But help me when I fall.  
Be there for me because I need it,  
I need to climb this wall.

My love for you is endless,  
My love for you is true.  
Be patient with me,  
For it will take time for me and you."

- Julia

**National Recovery Month Feature:  
Raymond Gonzales, Outreach Specialist,  
San Joaquin Valley Veterans - SJVV (Fresno)**



"This is a little bit of my story. I am grateful that I made the decision to surrender. My name is Raymond and I started smoking pot, popping pills and drinking when I was 14. In 2003, I ended up in the Fresno County jail for meth possession and not reporting to probation. I went back to the Veterans Administration

(VA) in 2003 and begged them for help after being in there at least six times for my addiction. So, with the help of the VA, the court system, AA and NA - and of course God, I have managed to stay clean and sober now for over 16 years. One day at a time since 2004.

I went back to school to become an Alcohol and Other Drug (AOD) Counselor and in 2007, I started working for WestCare. While here, I heard a song at one of our treatment graduations by Aerosmith called, 'Amazing.'

The opening lyrics were what my life consisted of, 'Keeping the right ones out and letting the wrong ones in,' but ever since then, I have let the right ones in and my life has been nothing but amazing for over 16 years. Thanks to God, AA, NA and my WestCare family. Life's a journey, not a destination. It's truly amazing and I hope you can come along too." - **Raymond Gonzales**

## Veterans News

### Supporting Veterans with Nutrition



"During the current pandemic, our Veterans have been a vulnerable community with many barriers. Several of them do not have access to transportation, have physical

impairments, compromised health and live on a fixed income. With the continued support from Bitwise Industries, our Veterans have received donations of food boxes and fresh produce every two weeks since April in order to reduce food insecurity. As the onsite Case Manager/Linkage Specialist, it is my responsibility to help our Veterans deal with change and provided resources that support their needs. Habitat for Humanity has also been supporting our Veterans with household cleaning supplies and food. Our Vets have been very appreciative of the support they have been able to receive through these hard times. Thank you to our amazing community partners for supporting those who served!"

- **Miriam Arambula, Case Manager/Linkage Specialist, SJVV- Fresno, Renaissance at Parc Grove Commons**



## Health & Wellness Corner

### "Healthy Aging" by Pamela Long, Employment Development Liaison, STOP Area 3 - Fresno



"Maintaining your functional ability in your older age can be challenging. People differ on their abilities to live a long and healthy life due to many factors including environments you are exposed to (I.E.: Air pollution or violence) or even access to quality health care. Living alone

can also impact your health by feeling lonely, which can lead to depression. If you are healthy and have a spouse that is ill and you are the primary caretaker, that could also take a toll on your own physical and mental health. What is 'normal' when it comes to aging and what is not? Knowing the mental and physical changes that normally occur with age will help you protect your health."

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### (Continued from Page 3)

"As you age, your bones get more brittle, which can lead to osteoporosis. This can be painful and if you fall, your chances of breaking a bone increases. As you age, the large arteries in your heart become stiffer - contributing to higher blood pressure. Plaque can develop in the walls of the arteries, which can narrow the arteries - reducing blood flow. This could lead to coronary artery disease and is a major risk factor for heart attack. This can be controlled with a healthy diet and exercise.

It is common for people to experience some slight forgetfulness with aging. If it goes beyond 'The senior moment.' You should have it checked out, as it could be early signs of dementia.

Aging is a normal progression and can bring some of the best years of your life. Stay physically active for a healthy body and mind. Participate in regular exercise to improve balance, keep you mobile and improve your mood by reducing feelings of anxiety and depression. Any exercise at all is better than none! Swimming and walking are the best and easiest on your body.

Many older adults have some type of health issue and as long as it is controlled, they can still experience a happy life and healthy aging. Here are some ways to stay healthy:

- *Keep up on regular health checkups and get your flu shot yearly.*
- *Take all medication as directed as well as vitamin supplements.*
- *Limit alcohol consumption.*
- *Quit smoking.*
- *Get the sleep that your body needs. (Average of 8 hours)*
- *Keep up on good dental health.*
- *Wash your hands frequently to avoid getting sick.*
- *Stay active.*
- *Stay connected with others/socialize.*
- *Eat a healthy diet and drink plenty of water.*
- *Exercise.*

Incorporating some type of exercise into your daily regiment will help to keep you healthy. Taking up an activity or hobby, socializing through church or a senior day center will help your mind, body and spirit, which could lessen you from falling into depression. Remember, it is never too late to start taking care of yourself.

## Kudos!

### EOTM: Arthur Valdivia, Case Manager, DRC

We'd like to give a belated congratulations to June's Community-Based Employee of the Month, Art Valdivia! Derrick Bressel, Program Director of the Day Reporting Center (DRC), commented by saying, "Art uses all of his creative skills to keep clients engaged and attentive during groups and cares about the people we serve. He is always positive and willing to help others."



### EOTM: Tina Diaz, Counselor, CCTRP Stockton



We'd like to give another belated congratulations to June's Criminal Justice Employee of the Month, Tina Diaz! (Left) Charlene Ju (Right), Program Director of the Custody to Community

Transitional Reentry Program (CCTRP) in Stockton, shared her thoughts on Tina's award. "Tina received the EOTM award for her hard work and dedication to CCTRP Stockton. She is invested in the successful reentry of all of our participants and works as an advocate to support all of the individuals coming into the program. She also has been a huge support to her WestCare team during the pandemic. She has maintained a positive attitude and has been both flexible and supportive through all the changes that we've been through!"

### CORE Awards Recipients: Gabriela McNeil, Director of Marketing and Mary Ann Knoy, Interim Deputy Administrator of Administration

We'd like to recognize two of the latest recipients of our CORE (Characteristics of Remarkable Employees) awards, Gabriela



McNeil and Mary Ann Knoy, who through their hard work and dedication to those that we serve, respectively embodied the traits of "Leadership" and "Problem Solver!" Our staff truly exemplify our mission and vision in all that they do and for that, we would like to offer our sincere thanks and congratulations!

## Send Your Content to the Loop!



Michael Mygind,  
Marketing Specialist  
and Gabriela  
Espinosa-McNeil,  
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](mailto:gabriela.mcniel@westcare.com)  
[michael.mygind@westcare.com](mailto:michael.mygind@westcare.com)



## Mark Your Calendars!

### 9/26: SoberStock XV: VIRTUAL EDITION

In observance of the current pandemic and the safety of our community, SoberStock, Fresno's long-running annual celebration of National Recovery Month presented by Community Partners 4 Recovery (CP4R), will be held this year as a streaming two hour video event on Saturday, September 26th on their official YouTube channel.

Subscribe To the CP4R YouTube Channel!: [bit.ly/cp4rsoberstock](https://bit.ly/cp4rsoberstock)

While we won't be able to celebrate in person, this year's event will still incorporate everything that has made SoberStock a key event for our local recovery community for the past 15 years including local music, a virtual car and bike show with voting/awards for the top three "Best In Show" entries, recovery testimonials, guest speakers, information on local community-based providers and more!

CP4R Presents:

# SoberStock XV VIRTUAL EDITION Fresno, CA

Featuring Recorded Performances By:

*Disciple 13*  
*8:12*

*Soul Excursions*

(Band Lineup is Final for Event Length/Production)

A STREAMING VIDEO EVENT:

Premiering on YouTube at [bit.ly/cp4rsoberstock](https://bit.ly/cp4rsoberstock)  
on Saturday, September 26th, 2020  
from 10AM - 1PM



@CommunityPartners4Recovery



[bit.ly/cp4rsoberstock](https://bit.ly/cp4rsoberstock)

*Here's a small glimpse  
of this year's event!*





# 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

### MLK Residential

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

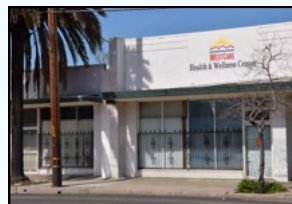
**Services:** Residential Drug Medi-Cal for Men and Women, Residential Treatment Program for Women and Children (M'ella), Residential Treatment Program for Men and Children: Papa Natal, Behavioral Education And Treatment (BEAT), Withdrawal Management



### Belmont Health & Wellness

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

**Services:** Admissions, Adult Outpatient Program



### Liberty Plaza (Sober Living)

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

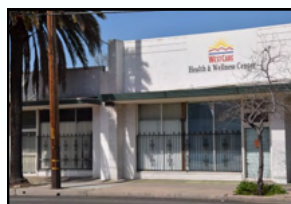
**Services:** Sober Living for Women



### 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.



## 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), Bee HIVE, Free HIV and HCV Testing, Linkage to Medical Care, Social and Group Support Meetings



### Bakersfield Residential

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

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



### Richmond Residential

208 23rd St.  
Richmond, CA 94804  
(510) 216-4601

**Services:** Men's Long-term Residential (15 Beds), Detoxification Services (10 Beds), Housing and Vocational Services and Linkage to aftercare, as needed



### McKinney Plaza (Sober Living)

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

**Services:** Sober Living for Men



### WestCare Adolescent Services

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

**Services:** Adolescent Outpatient Drug-Free Program



## Veterans Services

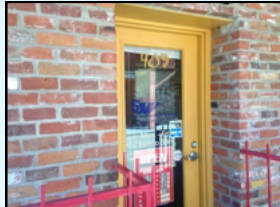
### San Joaquin Valley Veterans (SJVV)

**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

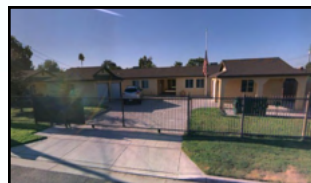
**Services:** Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



### 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.

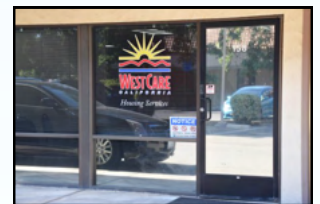


## Housing Opportunities

### 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

### How You Can Support WestCare Online

If you know someone who loves to shop online, they can help WestCare by shopping at **AmazonSmile** (bookmark <https://smile.amazon.com/ch/86-0852629>) and selecting WestCare Foundation. A portion of the purchase will be donated to WestCare at no cost to the shopper.



WestCare is registered with **PayPal Giving Fund**. When shopping on eBay or using PayPal online, users can select WestCare as their charity of choice. Donations can be made by visiting <https://www.paypal.com/fundraiser/105865137050618816/charity/74402>



WestCare is also on **Mightycause**, the online fundraising engine. The organization participates in events like #GivingTuesday. Donations can be made by heading to the following link: <https://www.mightycause.com/organization/Westcare-Foundation>

