

February 2019

Issue 69

Volume 5

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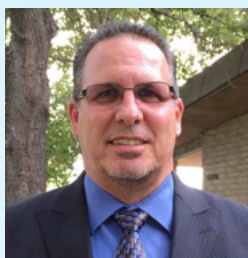
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#WestCareCA

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 happenings from February. February is

known internationally as Black History Month, an annual observance and celebration of African American trailblazers and their many contributions throughout our nation's history.

Black History Month's origin can be traced back to 1915 and the Association for the Study of Negro Life (ASNLH), which was founded by Carter G. Woodson, a Harvard-trained historian and Jesses E. Moorland, a prominent minister. The ASNLH is an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent. In 1926, the organization designated the second week in February as national Negro History Week coinciding with the birthdays of Abraham Lincoln and Frederick Douglass's birthdays.

National Negro History week started its transition to Black History Month in February of 1969 by black educators and the Black United Students at Kent State University with the first celebration of Black History Month taking place one year later from January 2 – February 28, 1970 at the university.

In 1976, President Gerald Ford officially recognized Black History Month in 1976, urging the people to "Seize the opportunity to honor the too-often neglected accomplishments of black Americans in every

area of endeavor throughout our history." Every U.S. President since President Ford has recognized Black History Month.

It is only through personal examination, education, understanding and empathy that we will break down the silos that keep us from reaching equality and acceptance. I encourage everyone to educate themselves on the achievements and contributions that African Americans have had on this great country. You don't have to look far as there are many examples like Maya Angelou, Dr. Charles Drew, Ella Baker, Barack Obama, Harriet Tubman and Martin Luther King Jr. to name only a few.

We at WestCare will continue to practice self/organization examination, educate ourselves and heighten our understanding of the past and current status of our communities by showing compassion and empathy to those we come into contact with as we strive to embody our mission of Uplifting the Human Spirit in all that we do."

Sincerely,




California News

February: A Young Leader Gives Back

Throughout the month of February, we've received donations from Gabrielle, a student with Glacier High School Charter in Oakhurst, CA who has collected donations of clothing to support the men, women and children that we serve as part of her leadership project! On what made her choose WestCare, Gabrielle commented, "The reason that I chose WestCare as the place to donate for my project was because a lot of people donate to Goodwill and thrift stores when they want to give their cloths away and they think it's helping people, but what they don't realize is that it doesn't help all the people in need because in order to get those clothes you have to pay for them, and not everybody can pay." Thank you for your generosity and support, Gabrielle!



Housing News

In Case You Missed it - 1/23 - 24: Kings and Tulare County Project Homeless Connect and PIT Count

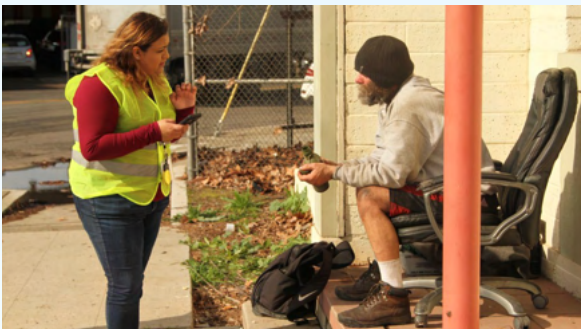
Back in January, our San Joaquin Valley Veterans and Adolescent Services staff in Hanford made four appearances at Project Homeless Connect events in Hanford, Visalia, Tulare and Porterville in two days, three of which were on one day alone! These annual events are presented as part of the Homeless Point-In-Time Count in Kings and Tulare County and help identify individuals that are experiencing homelessness while also connecting them with services. On top of this, they hit the streets

and participated in Visalia's PIT Count to connect with those that weren't in attendance! Their dedication to helping their community and Veterans truly knows no bounds!



February: Kaiser Permanente Fresno Provides \$150,000 Grant for New Homeless Initiative, Street2Home

In February, we were honored to receive a grant for \$150,000 from Kaiser Permanente Fresno towards the startup costs for Street2Home Fresno County, a new homeless initiative that we are proud to be a part of in collaboration with the City of Fresno, the County of Fresno, the Fresno Madera Continuum of Care (FMCoC), the Fresno Housing Authority and Fresno First Steps Home. “This is really the seed money we need to get the initiative off the ground and begin the work of transitioning the homeless in our county to transitional and permanent housing while connecting them with the services they need to be successful,” said Shawn Jenkins, Deputy COO for WestCare California and Chair for the FMCoC. “We are excited to begin this work and are grateful for community partners, like Kaiser Permanente Fresno, for investing in the betterment of our community.”



Over the past ten years, chronic homelessness in Fresno County has been reduced by 38%.

However, there were still 1,834 homeless people (sheltered and unsheltered) in Fresno and the rest of the county in 2018, according to a report called “Street2Home Fresno County: A Framework for Action.” The Street2Home initiative was first announced by Fresno Mayor, Lee Brand, during his State of the City address last June. Still in the planning stages, the goal of Street2Home is to reduce homelessness in Fresno County by 50% by 2020.

For more information on the Street2Home Initiative, watch Shawn and Mayor Brand’s recent appearance on KSEE24’s Central Valley Today!: <http://bit.ly/street2homecvt>



Criminal Justice News

2/21: 2019 FACT Provider Fair

We were proud to have staff on behalf of our STOP Area 3, MLK Residential, Day Reporting Center and San Joaquin Valley Veterans programs in attendance at the recent FACT (Females Achieving Change Together) Provider Fair presented by Fresno Adult Parole! This event brought together female parolees and community-based providers to promote successful reintegration through supportive services offered within our community!



“I Am Greatness”, A Poem by Rose (SUDT Program Participant at Sierra Conservation Center)

We’d like to share an uplifting poem written in honor of Black History Month in February by Rose, a SUDT Program Participant at the Sierra Conservation Center (SCC).

“I am greatness, embarking on a path to uncover my past that has been erased, encased in the temple and pyramids of great kings and unseen to the naked eye... stepping high through the sands of Ethiopia’s Motherland, brother man...” (Continued on Page 4)

"I am greatness, as vast as the Niger River that slivers through the West African plains, before the chains and things that you try to connect us to, before our past became painful, before invasions, before destruction, before we were reluctant to trust – this was us.



I am greatness, unified in the spirit of heroes from the past, whose history has been shattered like glass from archives and replaced with more jive, King of Menes of Ethiopia, King Kalydosos of Makuria, Queen Nzinga of Angola, of soldiers and sistas, I missed us in our greatness. But, I am greatness, with a desire and need, to study and read about my people that were an equal to all in the old days of vast kingdoms. Civilizations that strived under one constitution, with no constant shooting of each other. My brother, do you hear me...

I am greatness and I relate this to the early education of my people, the interlocking responsibilities that were willing these endugus to stay true in their social, economic and political roles; their souls speak to me to educate myself, as well as others who have been smothered in the manipulation.

I am greatness, with many mistakes made, lost and self-enslaved in my bad choices. No one's fault but my own, that I'm alone down this wrong turn from my destiny. I should have seen this end at the beginning, but I didn't, but I'm kidding if I don't wake up and take up the mantle, dismantle and handle my business for real.

I am greatness and I teach this to other brothers' surprise so that their third eye can open and they stop choking off false truths. I am a Hamite with light so bright inside of me that you can't lie to me at all and make me fall from my grace; it's written all over my face."

"I am greatness, speaking from the tombs of my people, the wounds of my people run deep, none sleep for the pain it haunts us to this day. The N word, the sin heard from across the nation, lost my patience with my anger because I'm a stranger to what's fair, but what's clear...

I am greatness from Martin Luther King's 'I had a Dream' that seemed so long away to Malcom X's 'By Any Means Necessary' – so scary a time to live in and not give in to the hate. But, that is what greatness means for us all – for the short and tall, the heavy and small, the black, the white, the Mexican, the light, the right, the wrong, the same sad song that no longer needs to play, so I say...

Be greatness in what you do, be greatness in being you, because there's only one true path; don't let it pass, take off the mask, I did... **Now, I Am Greatness!**" – Rose

Health & Wellness Corner

"Better Managing Your Nutrition This March" by Mark Leanhart, Program Supervisor, SOS



"If you are looking for ways to improve overall health, wellness and productivity, the answer may be as simple as one quick adjustment. Nutritional

remedies may be as easy as a bowl of oatmeal topped with your favorite berry. Productivity depends on an optimal level of 25 grams of glucose maintained in your bloodstream according to research cited in the helpful article included in my references that follow. While a donut is tasty and fast, it contains high glycemic levels of sugar and carbs that spike glucose levels, which then results in a quick crash. A bowl of oatmeal however, or foods like whole grains, many fruits and vegetables, all of which are low on the glycemic index, slowly release glucose into your bloodstream. This is why a nice warm bowl of oatmeal topped with strawberries or yogurt and half a grapefruit for breakfast followed later by a snack including whole grain crackers and hummus or cashews can fuel clarity of mind and an energetic purposeful morning for yourself and your family as they tackle demands of their day. Meals that include items like lentils or yams along with your favorite meats or sources of protein will keep you sharp and on point throughout the day."

“Great nutrition does not have to be a drain on the budget or a drag on your taste buds if you do a little research and planning. In fact, many healthy items are also economical and convenient. It simply takes a bit of forethought and knowledge of what you like among the healthier choices to set yourself and your family up for nutritional success. It can be great for your immediate and long-term wellness to start your March off with a few simple changes that are sustainable over time.”

- **Mark Leanhart**

References

1. **NBC News:** “Can One Simple Nutritional Change Make You More Productive?”: <https://nbcnews.to/2EVTmGM>
2. **Healthline:** “A Beginner’s Guide to the Low-Glycemic Diet”: <http://bit.ly/2C7kbGc>

Kudos!

Recent CORE Award Winners

Last month, we recognized our newest CORE (Characteristics of Remarkable Employees) Award recipients who have exemplified the trait of Creativity on a daily basis through creativity in programmatic areas to enhance delivery of services to those that we serve. Pictured are just two of the recipients, Martie Gutierrez with MLK Residential and Erin Shelton with Housing Services! Congratulations to you and to all of our recent recipients of the Creativity award!



SUDT Program at Valley State Prison (VSP)

Our staff at VSP recently got together for a group photo. Looking good, everyone!



Christina Lopez, Case Manager, HomeFront and Denis Brewer, Case Manager, Veteran’s Plaza

Christina and Denis with our SJVV HomeFront and Veteran's Plaza GPD programs were awarded staff recognition tokens for their commitment to helping get our Veterans on track towards permanent housing and stability! Thank you for all that you do for those that served, Christina and Denis!



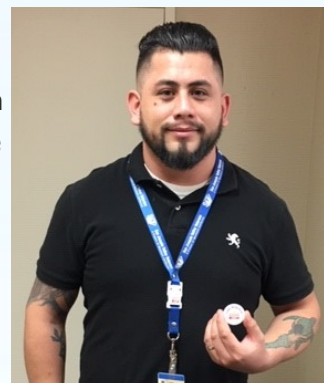
Bobbi Hafar, Outreach Specialist, HERO Team/Housing Services



Bobbi with HERO Team recently received a token from Jenifer from our HDAP Housing Services program for assisting an individual served as they moved out of a hotel room. Thank you for your commitment to Uplifting The Human Spirit of those that we serve, Bobbi!

Alfonso Perez, Veteran Advocate, SJVV - Fresno

Alfonso, with our San Joaquin Valley Veterans program in Fresno, recently received a token from a fellow staff for taking time out of his busy schedule to assist them by delivering a check in a timely manner to a landlord for a Veteran that we've housed!



Send Your Content to the Loop!



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

The Loop newsletter wouldn't be possible without the regular submissions that we receive from our 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

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

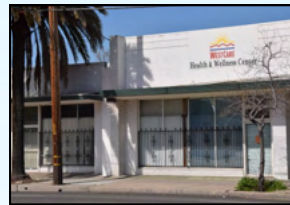
Services: Sober Living for Women



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

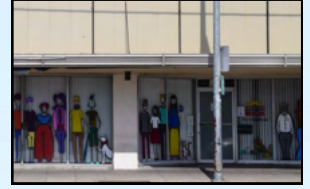
Services: Provides a safe, supportive environment to spend the night for individuals who arrive at an ER with a mental health condition needing services that don't require a legal hold, Case Management and transportation to ensure client engagement with outpatient mental health services, Linkages to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

Opening Soon!

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



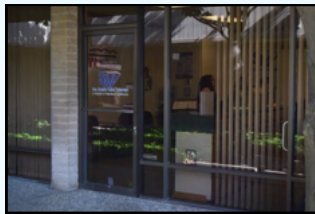
Fresno

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

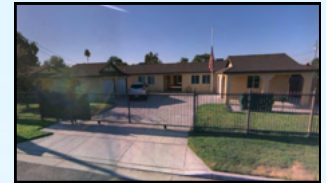
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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



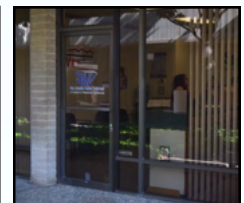
Bakersfield

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



Fresno - New Location!

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