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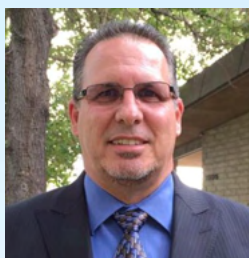
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#WestCareCA

A Welcome by our Senior Vice President, 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 the month of January. The month of January is known for various observances, but one that is often overlooked is National Mentoring Month.

We often use the word 'mentor' without really thinking about what it means, so I went back to the dictionary for the definition.

Mentor (n.)

- 1) a wise, trusted counselor or teacher
- 2) an influential, senior sponsor or supporter

Everyone has their own definition of the word and their own idea of what a mentor relationship means to them; the point I want to make is that mentoring consists of many different pieces – help in day-to-day career questions, life choices and workplace endorsement/nurturing are some of the most common.

I've had several mentors along my career. There really is something to the way a mentor can make you feel – even with just their presence. Our self-confidence goes up because we receive encouragement, motivation and advice, we have the opportunity to learn from someone else's

experience and whether we realize it or not – we are empowered and trusted to go beyond our comfort zone and mentor others. Every day becomes an opportunity to learn something new as well as a chance to teach something new.



In our field, the willingness to mentor is essential. Those that we serve look to us for our insight regarding what they are going through and the changes that they can make for the better. Our interns and volunteers are also watching and learning from each of us. Through our empowerment and encouragement, we are helping groom what might just be the newest member of the WestCare California family!

I am proud of our team and I see you all mentoring others every day. Thank you for choosing WestCare and thank you for Uplifting the Human Spirit of those around you!"

Sincerely,



California News

1/18: Our Fresno Sites Get a Sweet Delivery!

In January, our Senior Vice President, Shawn Jenkins and members of leadership personally visited our Fresno locations to deliver donuts in appreciation of the amazing work that they do on a daily basis! To our WestCare California family, thank you for Uplifting The Human Spirit!



Treatment & Rehabilitation News

1/25: WestCare California Says Farewell to Longtime Friends



January 25th was both a special and bittersweet day as our various programs throughout Fresno said farewell to both MLK Residential Men's Coordinator, Ron Evans, as he began a new career and MLK Program Director and WestCare California staff of over 16 years, Gary Knepper, as he celebrated his retirement. Thank you Ron and Gary for your leadership, guidance and support for your fellow staff and those that we serve. Through the many heartfelt words and memories shared by those on hand, it is clear that a lasting legacy will be left by you both. Thank you for Uplifting The Human Spirit of not just those that we serve, but of your fellow staff all of these years!



Housing News

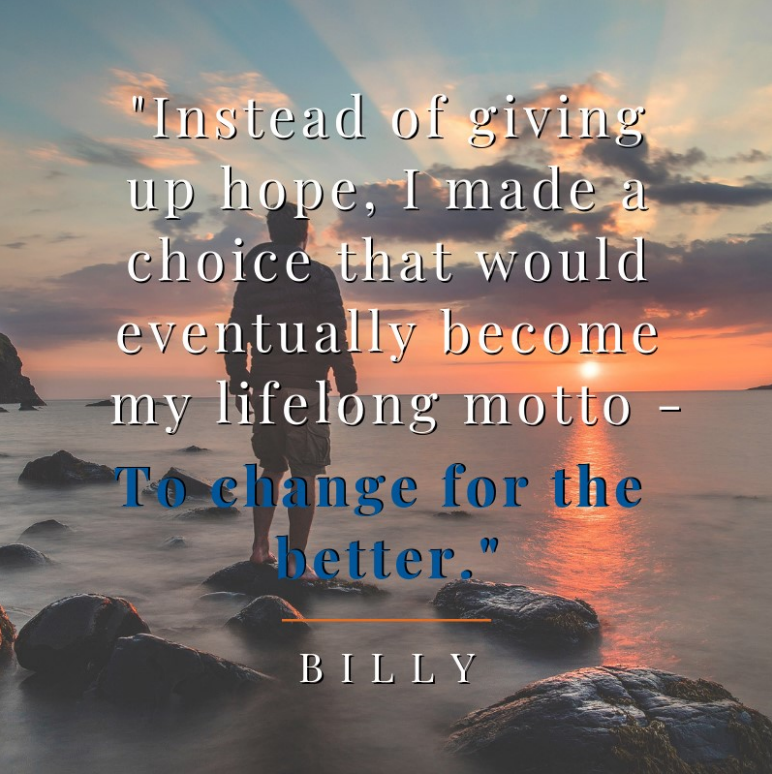
1/29 - 31: 2019 Fresno Madera Homeless PIT Count

WestCare California staff from our Admin, Housing Services, The Living Room, Behavior Education And Treatment (BEAT) and San Joaquin Valley Veterans (SJVV) programs joined over a hundred other agency and community volunteers in this year's homeless Point-In-Time Count presented by the Fresno Madera Continuum of Care (FMCoC). Over the course of the three day event, volunteers tallied and surveyed homeless individuals in Fresno and Madera Counties in order to provide the collected information to the Department of Housing and Urban Development (HUD) and show the need for more services in our community geared towards ending homelessness among Veterans and the chronically homeless. We'd like to thank our staff that helped organize and/or took part in this important event for our brothers and sisters on the streets!



A Testimony by Billy (LTOP Program Participant at Sierra Conservation Center)

We'd like to share a piece on not letting your past and conditions define you by Billy, a participant in our Long-Term Offender Program (LTOP) and an inmate that is currently serving a commuted term of 41 years to life at the Sierra Conservation Center (SCC).



"Instead of giving up hope, I made a choice that would eventually become my lifelong motto – **To change for the better.**"

BILLY

"Good morning to the community. My name is Billy. I am 59 years old and was sentenced to life without the possibility of parole. I started this sentence 71 days into my 18th birthday and have been incarcerated for the last 41 years.

Before I begin to share my experience of life without the possibility of parole, I feel it is prudent to give a description of my life before I committed my crime. On November 3, 1977, I was put into a corner while trying to help a new 14-year-old mother and her small baby. We had no food and nowhere to stay. The baby was hungry and the circumstances propelled me towards what would eventually result in a robbery and a murder. After my arrest, I took full responsibility and was sentenced to life without the possibility of parole. The 14-year-old mother served time for second-degree murder and has now been free for many years.

At the time of my sentence, I had no idea what my term would actually entail. The true weight and meaning of the sentence became inescapably apparent the day that I walked into the California Department of Corrections. The thought of never leaving such a place just about drained the life out of me. However, instead of giving up hope, I made a choice that would eventually become my lifelong motto – **To change for the better.** That change was not just for me, but for those whom I hurt during my life of crime. After making that oath, I was able to not only face my sentence, but actually live it instead of dying a little every day. I committed myself to never give up on my life without a fight.

The other difficult part of my sentence was dealing with the guilt that I felt. Counselors and others have told me to forgive myself and move forward with life, however that is often easier said than done. But, 41 years of incarceration has helped me to move on only slightly.

Over the years, I have earned countless certificates and attended many self-help groups. Even with these accomplishments, the guilt of taking another man's life still plagues me. I took an innocent man's life. My victim should have never died that day because of my actions. As a result of my poor decisions, I am determined to pay my restitution to society for the rest of my life. Being in this group today is part of my restitution.

While real change is a lifelong pursuit, I am not the man I once was nor will I ever hurt another human being again. During the course of my prison term, I have never sought comfort from drugs. I have avoided gangs and the lure of violence and corruption. I have instead chosen to educate myself and have learned how to read and write. I now embrace knowledge. I have learned to treat others with respect and empathy. I show kindness to those around me and at all costs, focus on doing what is good and meaningful. These life changing traits did not go unnoticed.

On November 21, 2018, my sentence was commuted from life without parole to 41 years to life by former California Governor, Jerry Brown. The opportunity I had sought for so many years was granted to me. I encourage all of you to change your lives and stay focused on positivity." – **Billy**

Health & Wellness Corner

“Health Changes” by Mark Leanhart, Program Supervisor, SOS



“The New Year’s celebration has come and gone and some of us may be battling resolution

fatigue. How are we doing? For some, it may be time to decide whether we are in camp, ‘New Year-New You’ or camp, ‘I’m good, I accept and love myself the way I am.’ For those of us working towards a goal, maintaining the motivation for change is always the first challenge. Maintaining the actions needed to achieve the desired result is the stage many of us may find ourselves in presently. The sweet spot is where we find not only our ability to sustain the aforementioned, but also where we find ourselves adapting to the stressors that challenge our successful changes and where to tweak the original plan to achieve the longed for results. It sounds difficult! Created and reinforced over a significant length of time, the things we strive to change will likely require an equal or greater amount of time and concerted effort to achieve.

I know my own current goals towards weight loss and greater fitness are longstanding. I have experienced great success towards my goals this past year, but have had setbacks. I desire further progress and recognize the challenge and a lifetime of maintenance ahead of me. I know my desire is real, my goals are attainable and the path to success is available. I have a proven history of past challenges both met and maintained and therefore no reason to doubt myself now.

So, let us get back to you. What change are you working on presently or gearing up to challenge? Share them with your fellow Health and Wellness Committee members or with a supportive friend or family member. Choose your path and enjoy the process, be understanding of yourself, recognize the successes and remember a challenge is difficult by its very nature. What goals have you already met in your life? What did those successes require? Identify, plan and conquer! You can do it! Your WestCare family and The Health and Wellness Committee believe in you, wish you great success and greater wellness this year. We are here to support you.” - **Mark Leanhart**

Kudos!

Nichole Mull and Jessica Rowland , Counselor Techs, MLK Residential

“Nichole and Jessica recently received a compliment from a client reflecting that they both make time to listen and assist clients more than expected in their outlined job duties. I wrote them a card and



attached a ‘Caught being good’ token!” - **Mary Greene, Women’s Program Coordinator, MLK Residential**

Brandi Monahan, Receptionist and Alfonso Perez, Veteran Advocate, SJVV (Fresno)



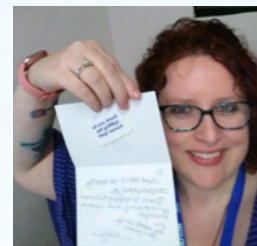
“Brandi and Alfonzo set up a booth at the Jimmy Run in February, a fundraiser for families impacted by addiction. Despite rain and high winds, I want to thank them for going the extra mile!”

- **Jenny Magdaleno, Program Coordinator, SJVV (Fresno)**

Joslynn Brooks, Vocational Counselor, MLK Residential

“Joslynn ‘Jo’ Brooks received a compliment as well that she has an awesome vocational group and that the clients appreciate her help. She also received a thank you card from me and a ‘Thanks for Uplifting the Human Spirit’ token!”

- **Mary Greene, Women’s Program Coordinator, MLK Residential**



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

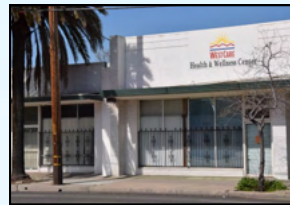
Services: Sober Living for Women



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 MediCal 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

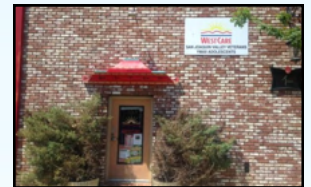
Services: Drop-in services for Parolees including vocational assistance and linkage to treatment.



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

New Facility!

3636 N. First St., Suite 123
Fresno, CA 93726
(559) TBA Soon

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.)



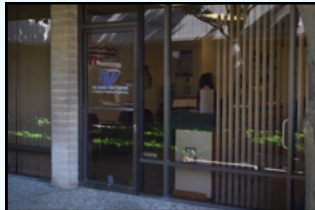
Hanford
410 E. 7th St
Suites 5 and 9
Hanford, CA 93230
(559) 584-8100



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



Merced
399 George Drive
Building F
Merced, CA 95341
(209) 662-6073



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

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

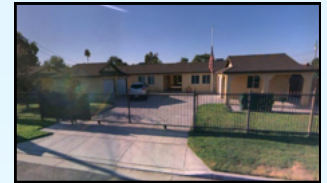
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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

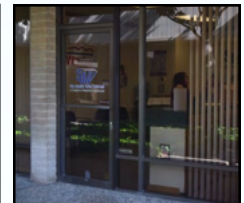
Area 3



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 (83 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