



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

Bakersfield - Chico - Crescent City/PBSP - Fresno - Hanford  
Jamestown/SCC - Madera - Merced - North Highlands - San Diego - Stockton

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Issue 80

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#WestCareCA

## A Welcome by our Deputy COO, Shawn Jenkins



"WestCare Family,

January marks the birthday for Dr. Martin Luther King, Jr., who needs little introduction. Apart from being a champion for civil rights and an amazing

Shawn Jenkins communicator, the legacy of Dr. King is rich with examples of selfless service to his fellow man.

In the spirit of MLK and giving back to our community, every year, we are proud to play a part in the three day homeless Point-In-Time (PIT) count in Fresno and Madera Counties, presented during the last week in January by the Fresno Madera Continuum of Care (FMCoC), a collaborative effort comprised of numerous local organizations that link individuals and families who are experiencing homelessness to housing and other social/supportive services. Through the data that we collect, we can substantiate the need for continued funding for services for our brothers and sisters who are living on the streets. Organizing an event of this size and enlisting the help of volunteers is by no means an easy task, but I am proud to say that our volunteer registration and training process just gets better and better with each passing year and sets an example for other communities. This marked the fifth year that we have used a mobile app for tallying and surveying. This year, we were also proud to hold affiliated rural counts in Sanger, Reedley, Mendota, Orange Cove and Oakhurst.

This event would not be possible without the support of the community, who came through with many donations of warm clothing, snacks and personal care items for hygiene and food kits to be given to participants in the survey. The HOME Team outreach staff on behalf of various FMCoC organizations once again played a tremendous part in not just the event itself, but by conducting pre-outreach with individuals

experiencing homelessness in Fresno informing them of the event, who were in turn more receptive to our volunteers.

This year's PIT also received attention from key officials in our community including a proclamation sponsored by Fresno City Councilmember, Esmeralda Soria, a proclamation sponsored by Fresno Board of Supervisors member, Nathan Magsig and speeches before our evening tally and night survey by Supervisor Nathan Magsig and Fresno Mayor, Lee Brand. We also had members of the local press who interviewed and shadowed several of our teams on behalf of ABC 30 and the Fresno Bee. We were also honored to have representatives on behalf of Fresno County Supervisor, Nathan Magsig and Fresno City Council Candidate, Nathan Alonzo, shadow our teams, help conduct surveys and witness firsthand what the PIT is all about.

In closing, I would like to recognize our amazing WestCare California staff from Housing Services, Veterans Services, Treatment & Rehabilitation, Health & Wellness, Education & Prevention and Administration for coming together to help with this absolutely crucial effort. Thank you for helping make this year's PIT count a success and giving your time to help those in need."

Sincerely,





### 1/28 - 1/30: 2019 Fresno Madera Homeless Point-In-Time Count

WestCare California staff from our Admin, Housing, 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 individuals experiencing homelessness 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 who put in long nights to meet and speak with our brothers and sisters on the streets as well as those on our team who played a part in organizing this crucial event!





## Treatment & Rehabilitation News

### January: MLK Residential Prepares Get Well Cards for Children in Hospital Care

In late January, Bobbi Hafar, Case Manager at our MLK Residential facility in Fresno, worked with the families and children of our Learning Center to create special “Get Well Soon” cards to send to children and families served at UC Davis Children’s Hospital. We’d like to thank Bobbi, our men and women served and their little ones for taking the time to create and collect cards and share well wishes with children and families who are receiving care. Thank you all for Uplifting the Human Spirit!



## Health & Wellness Corner

### “The Importance of Carbon Monoxide Detectors”

By Nakesha Lee, Data Entry Specialist, STOP Area 3



“This subject hits home as myself and my family were exposed to carbon monoxide poisoning this past November. My husband had replaced our hot water heater with a

tankless hot water system, but the pipes weren’t sealed properly, which resulted in the intake of high levels of carbon monoxide into our home. Although we had smoke alarms throughout our house, we did not have a carbon monoxide detector.

**What is carbon monoxide?** Carbon monoxide (CO) is defined as a colorless and odorless toxic flammable gas formed by incomplete combustion of carbon. CO is extremely deadly, which is why being able to detect it in your home is so important. It is often referred to as ‘The silent killer’ due to the fact that it is very difficult for a human to detect on their own. It doesn’t have a smell or taste and cannot be seen. It sneaks up on you and when

you breathe it in, it enters via the lungs and clings to the hemoglobin in your red blood cells. From there, it begins to spread throughout the entire body quickly.

### CARBON MONOXIDE (CO) POISONING



**Carbon Monoxide Poisoning:** When exposed to CO, symptoms are mild at first, but quickly become more severe. CO poisoning can result in coma and permanent brain damage. Fatalities can occur after only a few minutes of exposure. Most importantly, never ignore a CO detector when it sounds an alarm! Immediately move outside to fresh air and do not re-enter the premises until emergency service responders have given you permission. Symptoms of CO poisoning may include headaches, nausea, fatigue, confusion, irritability, dizziness and fainting.

**Carbon Monoxide Protection:** There are several easy tips for preventing carbon monoxide leaks in your home. Heating systems that have chimneys should be checked by a technician every year. Gas appliances should be vented properly. Never use generators or camp stoves indoors. CO poisoning is entirely preventable. If you would like to read more about CO poisoning prevention, here’s a great link: <https://www.usfa.fema.gov/prevention>

- Nakesha Lee, Data Entry Specialist, STOP Area 3

A comprehensive infographic titled 'Carbon Monoxide Safety for Your Home'. It features a central header with the title and a subtitle: 'There are simple ways to protect your household from dangerous carbon monoxide (CO)'. Below the header are seven icons in circles, each with a corresponding text box. The icons represent: a lightbulb (CO is a colorless, odorless gas), a wrench (Have a professional inspect), a door (Make sure your appliances are installed correctly), a house (Never operate a portable generator inside), a car in a garage (Don't leave a vehicle running), a gas stove (Never use gas ranges or ovens to heat your home), and a flame (Common causes of CO poisoning include improper use of fuel-burning appliances). At the bottom, a large text box states: 'If an alarm goes off, get outside immediately and call 9 1 1.'



## Kudos!

### Our Health and Wellness Committee Members at Belmont!

We'd like to thank our Belmont Admissions and Outpatient staff for sending a picture of their Health and Wellness board for the month of January which lent some inspiration in line with the committee's theme for the month, "New Year and New Opportunities."



### Jenifer Xiong, Housing Matcher, Housing Services

In late January, we shared about our various services at the Southeast Asian Family Education Conference at Fresno State! This wouldn't have been possible without the help of Jenifer from our Housing Services department and her little helpers for representing WestCare California at this wonderful community event! Thank you!



### Stephanie Gonzalez, W2W SOD and Roy Perez, M2M Counselor Tech, MLK Residential



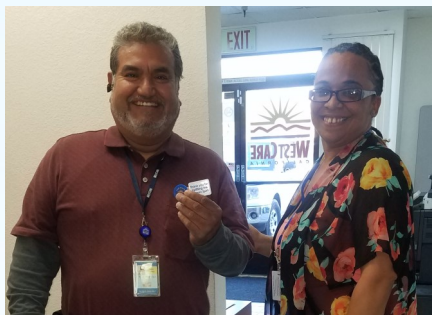
We'd like to recognize Stephanie and Roy, who in January, were chosen by our MLK's Women's and Men's units in Fresno as their Staff of the Week!

### Francisco Gonzalez, Maintenance, MLK Residential

Francisco with our Maintenance team was presented staff recognition tokens by M2M Counselor, Vincent Monk, for his hard work with preparing for upcoming facility changes, office moves and ensuring that each staff office and client room is above and beyond our compliance standards!



### Mario Salinas, Driver, Transportation



We'd like to recognize Mario, one of our amazing drivers in Fresno, who was recently awarded Staff Recognition tokens by Deborah Macklin, Data Specialist, for always bringing up the spirits of his fellow staff and those that we serve with his positive attitude and sense of humor!

## 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](mailto:gabriela.mcniel@westcare.com)  
[michael.mygind@westcare.com](mailto:michael.mygind@westcare.com)

# Mark Your Calendars!

## April: The 2020 Census

The 2020 Census is coming up in March and affects all of us including those that we serve! We'd like to share some information from our local contacts to make sure that we're all prepared and informed!

### CENSUS 101: WHAT YOU NEED TO KNOW

The 2020 Census is closer than you think!  
Here's a quick refresher of what it is and why it's essential that everyone is counted.

#### Everyone counts.

The census counts every person living in the U.S. once, only once, and in the right place.



#### It's about fair representation.

Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.



#### It's in the constitution.

The U.S. Constitution mandates that everyone in the country be counted every 10 years. The first census was in 1790.



#### It's about \$675 billion.

The distribution of more than \$675 billion in federal funds, grants and support to states, counties and communities are based on census data. That money is spent on schools, hospitals, roads, public works and other vital programs.



#### It's about redistricting.

After each decade's census, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.



#### Taking part is your civic duty.

Completing the census is mandatory. It's a way to participate in our democracy and say "I COUNT!"



### Census data are being used all around you.

Residents use the census to support community initiatives involving legislation, quality-of-life and consumer advocacy.

Local governments use the census for public safety and emergency preparedness.

Real estate developers use the census to build new homes and revitalize old neighborhoods.

Businesses use census data to decide where to build factories, offices and stores, which create jobs.



### Your privacy is protected.

It's against the law for the Census Bureau to publicly release your responses in any way that could identify you or your household.

By law, your responses cannot be used against you and can only be used to produce statistics.



### 2020 will be easier than ever.

In 2020, you will be able to respond to the census online.



### You can help.

You are the expert—we need your ideas on the best way to make sure everyone in your community gets counted.



United States Census Bureau


FIND OUT HOW TO HELP AT [CENSUS.GOV/PARTNERS](https://www.census.gov/partners)

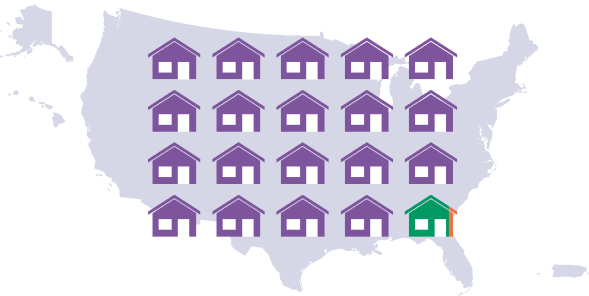
United States Census 2020


### How the 2020 Census will invite everyone to respond


Every household will have the option of responding online, by mail, or by phone.

Nearly every household will receive an invitation to participate in the 2020 Census from either a postal worker or a census worker.

 **95%** of households will receive their census invitation in the mail.



**Almost 5%** of households will receive their census invitation when a census taker drops it off. In these areas, the majority of households may not receive mail at their home's physical location (like households that use PO boxes or areas recently affected by natural disasters).

**Less than 1%** of households will be counted in person by a census taker, instead of being invited to respond on their own. We do this in very remote areas like parts of northern Maine, remote Alaska, and in select American Indian areas that ask to be counted in person.

Note: We have special procedures to count people who don't live in households, such as students living in university housing or people experiencing homelessness.

United States Census 2020

### How the 2020 Census will invite everyone to respond

#### What to Expect in the Mail

When it's time to respond, most households will receive an invitation in the mail.

Every household will have the option of responding online, by mail, or by phone.

Depending on how likely your area is to respond online, you'll receive either an invitation encouraging you to respond online or an invitation along with a paper questionnaire.

##### Letter Invitation

- Most areas of the country are likely to respond online, so most households will receive a letter asking you to go online to complete the census questionnaire.
- We plan on working with the U.S. Postal Service to stagger the delivery of these invitations over several days. This way we can spread out the number of users responding online, and we'll be able to serve you better if you need help over the phone.

##### Letter Invitation and Paper Questionnaire

- Areas that are less likely to respond online will receive a paper questionnaire along with their invitation. The invitation will also include information about how to respond online or by phone.
- It doesn't matter which initial invitation you get or how you get it—we will follow up in person with all households that don't respond.

WHAT WE WILL SEND IN THE MAIL	
On or between	You'll receive:
March 12-20	An invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires.)
March 16-24	A reminder letter.
	<b>If you haven't responded yet:</b>
March 26-April 3	A reminder postcard.
April 8-16	A reminder letter and paper questionnaire.
April 20-27	A final reminder postcard before we follow up in person.

United States Census 2020



## WestCare California, Inc.

“WestCare, a family of tax-exempt nonprofit organizations, provides a wide spectrum of health and human services in both residential and outpatient environments. Our services include substance abuse and addiction treatment, homeless and runaway shelters, domestic violence treatment and prevention, and mental health programs. These services are available to adults, children, adolescents, and families; we specialize in helping people traditionally considered difficult to treat, such as those who are indigent, have multiple disorders, or are involved with the criminal justice system.”

## Program Directory

### Administration

#### Fresno Office

1900 N. Gateway Blvd, Suite 100  
Fresno, CA 93727  
(559) 251-4800

**Services:** Management, Administrative Support, Human Resources, Accounting/Billing, Contract Compliance, IT Support, Marketing/Media, Procurement, Creative Services



### 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



### Treatment and Rehabilitation

#### Liberty Plaza (Sober Living)

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

**Services:** Sober Living for Women



#### McKinney Plaza (Sober Living)

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

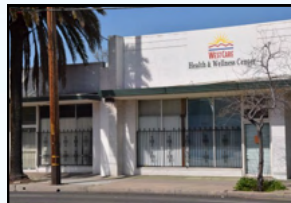
**Services:** Sober Living for Men



#### Day Reporting Center

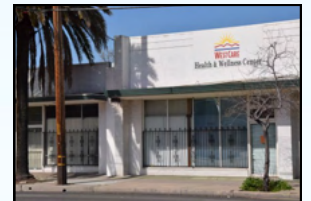
609 E. Belmont Fresno, CA 93701  
(559) 237-3420

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



#### Belmont Health & Wellness

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



#### 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)



#### WestCare Adolescent Services

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

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



#### Bakersfield Residential

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

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



## Veterans Services

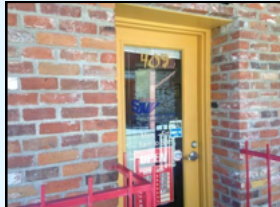
### San Joaquin Valley Veterans (SJVV)

**Services:** Drop-In and Ancillary Services, Supportive Services For Veteran Families (Services provided to Veterans through SSVF include: Short-term case management, legal assistance, housing counseling services and placement assistance, financial planning services, financial assistance for move in, eviction prevention, utilities, transportation, childcare and emergency supplies.)



#### **Fresno**

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



#### **Hanford**

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



#### **Merced**

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



#### **Stockton**

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

### Veterans Plaza

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

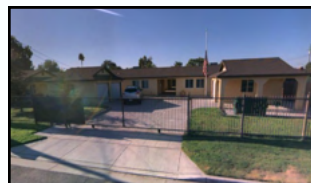
**Services:** Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



### HomeFront

3636 E. Eugenia Ave.  
Fresno, CA 93725  
(559) 266-1169

**Services:** Transitional housing for female Veterans with/without children for up to two years, case management



## Mental Health and Wellness

### Crisis Psychiatric Response Services (CPRS)

209 E. 7th St.  
Madera, CA 93638  
(559) 673-3508

**Services:** Service coordination to adults receiving services from designated hospital emergency departments within Madera County who are deemed appropriate for an assessment for involuntary psychiatric treatment pursuant to California Welfare and Institutions Code 5150.



### Support & Overnight Stay (SOS)

2772 S. MLK Blvd.  
Fresno, CA 93706  
(559) 512-6802

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



### SOS Specialty MH Clinic

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

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

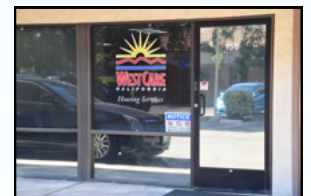


## Housing Opportunities

### Housing Services

1900 N. Gateway Blvd,  
Suite 158  
Fresno, CA 93727  
(559) 241-8753 Ext. 21230

**Services:** Assistance with supportive housing to families who are currently or chronically homeless, Project LiftOff, HDAP (Housing and Disability Advocacy Program), Home Sweet Home, Opening Doors to Housing and Wellness, Emergency Solutions Grant (ESG) and SSI/SSDI Outreach, Access and Recovery (SOAR).





## Criminal Justice

### Specialized Treatment for Optimized Programming (STOP)

**Services:** Case management, treatment placement in residential, outpatient and sober living, domestic violence education, vocational training, pre-employment, job placement services and transportation from prison to treatment.

#### Area 1



**Chico**  
2585 Ceanothus Ave.  
Suite 170  
Chico, CA 95973  
(530) 830-1180



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



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



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



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

### Custody to Community Transitional Reentry Program (CCTRP)

**Services:** Provides treatment services to female inmates (112 in San Diego, 50 in Stockton) who have a minimum of 45 day and a maximum of 2 years left on their sentence. We provide an array of gender responsive trauma informed services including substance abuse, mental health, domestic violence, education, vocational and employment readiness.



**San Diego**  
3050 Armstrong St.  
San Diego, CA 92111  
(619) 359-8266



**Stockton**  
1609 N. Wilson Way  
Stockton, CA 95205  
(209) 642-8488

### Men's In-Prison Rehabilitative Cognitive Behavioral Treatment (CBT) Program:

Provides Cognitive Behavioral Treatment (CBT) to offenders utilizing a therapeutic community approach and evidence-based curricula and interventions. The program seeks to teach and support participants in generating alternative solutions and adopting pro-social, law-abiding lifestyles. Curriculum includes Substance Use Disorder Treatment, Criminal Thinking, Anger Management and Family Relationships.



**Pelican Bay State Prison (PBSP)**  
5905 Lake Earl Drive  
Crescent City, CA 95531  
(707) 465-1000 Ext. 7530

### Multi-Level Substance Use Disorder Treatment (SUDT) Program - Men's

**Services:** Provides multi-level evidence-based SUDT substance abuse, criminal thinking, anger management and family relationships programming for male inmates who are high-risk offenders.



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