



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

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

July 2020

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Volume 7

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#WestCareCA

A Welcome by our Deputy COO, Shawn Jenkins



“WestCare Family,
Welcome back to the WestCare Loop newsletter! As I write this introduction, it has been
Shawn Jenkins over four months since the COVID-19 pandemic began, one third of a year. It has by no means been an easy process, but as an organization, we have made the necessary adjustments and have met and dealt with each challenge that we have faced. Given the time that has passed, it is understandable to feel tired and unsure of what lies ahead. But, from the core of my heart, please know that I am grateful for your dedication to our mission and most importantly, the men, women, children and families that we serve. While this is a career, please don't forget that we are ALL here for a reason. What we do truly matters and in times such as this, we find ourselves on the frontlines as one part of the solution.

When looking ahead at the calendar, you may notice that August 19th is World Humanitarian Day. This special day, first commemorated in 2009, recognizes all aid and health workers who continue, despite the odds and risks of their line of work to provide life-saving support and protection to people who are most in need. While the term 'Humanitarian' can often conjure images of those who are assisting with relief efforts in warzones or communities that have been affected by natural

disasters, we must not forget that our work is also humanitarian work. Whether it's serving those who are experiencing or affected by substance abuse, homelessness, mental health conditions, the spread of HIV/AIDS or recidivism - our services are crucial to the wellbeing of not only those that we serve, but the communities in which we operate. We ARE essential and we have a purpose that we are continuing to meet with each passing day.

As I write this, adjustments have been made to some of our programs during this time. To our staff who are working through these challenges to still provide the same high level of service that we as an organization are so proud to be known for, **THANK YOU.**

We will push forward and we will continue to change lives and Uplift the Human Spirit! Until next time, stay safe and stay vigilant. We will get through this and in the process - help improve the world around us!”

Sincerely,

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.

John Wesley

Thoughts On Our COVID-19 Response by Dr. Herbert Cruz, Medical Director, Administration



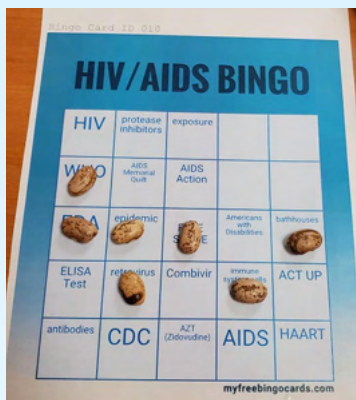
"The Centers for Disease Control (CDC) have issued new symptom-based guidelines for returning to work. Until July 17th, 2020, the standard was that if you had had a positive COVID-19 test, whether you had symptoms or not, you had to have two negative tests (of the PCR type, where they stick the Q-tip up your nose) before you were considered non-infectious or

contagious. Over the past several months, what has emerged is that due to some intrinsic flaws in the test, you can appear positive on later tests even though you are not contagious. The updated CDC guidelines are that if you have been found positive and without symptoms, you should quarantine for 14 days and then you can go back to your 'regular' life of wearing a mask, taking part in six foot preventive distancing and washing your hands. If you have been positive and had symptoms, the new guidelines are that you should be in isolation for 10 days and have no fever for at least one day (24 hours).

So, this makes the first test really important! We had some symptomatic and COVID-19 exposed individuals at a WestCare site, so rather than wait for public health or local resources to mobilize, WestCare Administration chose to proactively intervene by testing 33 individuals in that particular program. **YOU SHOULD HAVE SEEN IT!** It was hot, it was uncomfortable, but there were doughnuts! Both staff and clients came together in an organized and purposeful manner and everyone got tested without incident. Everyone pitched in to provide a vital medical moment that helped to Uplift the Human Spirit.

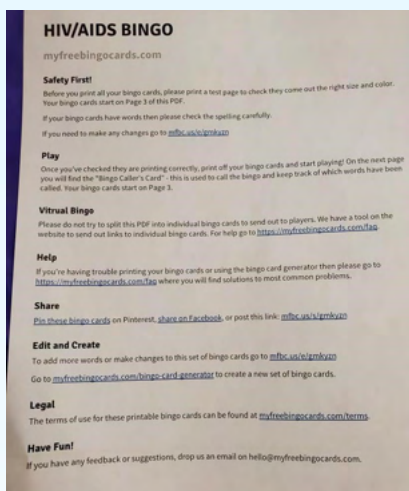
Sometimes, we hear the faceless, dehumanized CDC recommendations and public health standards and wonder what they mean to us. However, when a physician gets to see staff and clients come together as people battling a common foe – disease – it makes the risk and the choice to become a doctor 100% worthwhile. I spend a lot of my life getting 'thank you's' from patients for helping them. However, I want to take this opportunity to say to both our staff and our clients, **THANK YOU** for allowing me to be of service to them and reminding me why I became a doctor."

7/9: BEAT Plays a Special Game of BINGO!



During a June LGBTQ group meeting, participants with our Behavioral Education And Treatment (BEAT) program played a special game of BINGO tailor fit for the program's services of HIV/AIDS prevention with a chance to win prizes!

Maintaining a positive environment while still social distancing can be difficult but, staff and clients have made the best of it while also having a great time!



7/22: The Living Room Shares a Sweet Treat

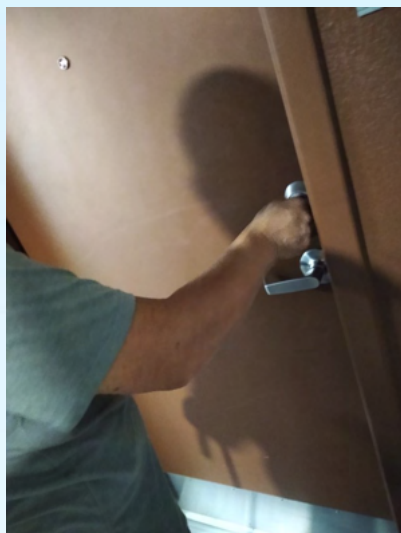
During the current pandemic, our programs have all been affected by changes in policy for the safety of our staff and those that we serve, but none have been affected more than our residential treatment programs where social distancing is not always the easiest practice to maintain. In appreciation of their continued efforts during this difficult time, the staff of The Living Room surprised their fellow staff at Fresno's MLK Residential facility with some sweets including cupcakes and rice crispy treats! Thank you for helping Uplifting the Human Spirit!



Housing News

A Home Sweet Home Story of Progress

"Mr. Albert G. is one of the first individuals to enroll in the Home Sweet Home (HSH) rapid rehousing program. He has been a client/tenant since August of 2019. I recall him meeting with me for the first time and saying, 'I don't really know what I'm supposed to do, but I'm glad for this opportunity because I was living out of my car.'"



I went over our program pinpointing that we provide temporary housing, but the ultimate goal was to move him into permanent housing of his own. I expressed that Case Managers would help with his housing goals and would also help reduce/eliminate other barriers that have negatively impacted his quality of life.

Once he understood the essence of the program, he ran with it like the wind! Albert met with staff frequently and always came by to say 'Hi.' He introduced us to his daughters and always had a smile on his face even on the days that his disability would cause him pain. He regularly paid his rent on time and was always in compliance with the program/occupant agreements.

His active participation allowed him to reach his goal in less than a year! As of July, 2020, Albert is now a tenant of Las Palmas De Sal Gonzalez Apartments (new affordable housing community in southeast Fresno). As part of the program, our Case Managers will meet with Albert for up to three more months to ensure that he keeps moving forward on his new road of independent living!"



Health & Wellness Corner

"Gastro WHAT? A Hidden Medical Condition" by Jocelyn Chretien, Case Manager, Housing Services

"The month of August is observed as gastroparesis Awareness Month in the United States. This campaign is sponsored every year by IFFGD (International Foundation for Functional Gastrointestinal Disorders) and is dedicated to improving the understanding and management of the disease. It aims to diffuse awareness among the people about early gastroparesis diagnosis and encourages preventive strategies for this disease. About five million people in the United States are affected by it. This stomach disease does not seem as severe, but it gives way to other health problems that might increase its intensity.

To start, let's ask 'What is gastroparesis?' gastroparesis, known as delayed gastric emptying, is a chronic condition that affects the normal movement of stomach muscles and reduces or eliminates the stomach's ability to digest food properly. It also prevents the movement of food from the stomach to the small intestines. In normal conditions, the strong muscle contraction crushes food and moves it through the digestive tract" **(Continued on Page 4)**

What is GASTROPARESIS?

CDHF Canadian Digestive Health Foundation

Gastroparesis is a debilitating stomach condition for which there **IS NO CURE**. The stomachs of people who suffer from gastroparesis experience a form of paralysis, which means food cannot move on to the bowel. This means the food that they eat can sit in their stomachs for days or even weeks at a time.



Signs & Symptoms



Vomiting/Nausea
Vomiting undigested food eaten a few hours earlier



Weight loss and malnutrition



Abdominal bloating/pain
A feeling of fullness after eating just a few bites



Loss of appetite
Inability to even eat small meals



Changes in blood sugar levels

Causes & Treatment



Diabetes

People with diabetes are at a higher risk of developing gastroparesis. However, 33% of cases are idiopathic (meaning the disease occurs spontaneously and the cause is unknown).

There is NO CURE

The first step in treating gastroparesis is treating the root cause or underlying condition. If it is diabetes your doctor will work with you to control it.

Changes to your diet will also be necessary. Speak to a dietician, or head to CDHF.ca to learn more about this debilitating condition.

CDHF.ca

(Continued from Page 3) “for digestion. While in gastroparesis, the vagus nerve which controls your parasympathetic nervous system (IE: The heart, lungs and digestive tract), is damaged. As a result, contractions are weakened.

Symptoms: Symptoms of gastroparesis often vary in intensity and frequency, though its common symptoms include nausea, vomiting, stomach pain, lack of appetite, and early fullness or the inability to finish a meal. Other common symptoms of Gastroparesis are bloating, heartburn, and malnutrition or weight loss. How common is gastroparesis? The condition is not very common as it has been estimated that up to 4% of the population may experience gastroparesis symptoms. However, according to a study, out of 100,000 people, about 10 men and 40 women have gastroparesis. So, we can say its prevalence rate is much higher among women than men. Though it can occur in people of all ages, it strikes adults the most with gastroparesis-like symptoms occurring in 1 out of 4 adults in the United States. It’s also worth noting that individuals with diabetes will find themselves with a higher risk of developing the condition.

How to Prevent and Treat Gastroparesis: Though the primary cause of this disease is not known and there is no definitive cure for gastroparesis, proper diet and medication can offer relief. To prevent gastroparesis, it is suggested that you eat frequent small meals, chew it properly, drink liquids during the meals and avoid fatty, fiber-filled or hard-to-digest foods that can delay stomach emptying. If you have diabetes, maintaining reasonable glucose control can help to reduce the risk of the condition as well as the intensity of symptoms.”

Kudos!

The Staff of MLK Residential

We’d like to send a very special thank you to our staff at MLK Residential for sharing these great pictures of them in their masks! When we each do our part and work together, we can help flatten the and stop the spread of COVID-19!



Training Opportunities

8/21 - 22: The 2020 Pathways To Hope Conference

On August 21st-22nd, WestCare Texas in collaboration with NAMI San Antonio, will be sponsoring the 5th Annual Pathways to Hope Conference that can be attended virtually for FREE from the comfort and safety of your own home or office! We’d like to take this moment to share this event with the rest of the WestCare Family! As many of us are currently facing major mental health crises in our communities, this mental health conference could not come at a better time!

This unique conference brings mental health and social work providers together with the faith-based community to share information and resources to reduce the stigma of mental health and help increase access to services. CEUs will also be provided to LPC's, LMFT's and social workers!

Space is limited and **registration closes on 8/18**, so DON'T delay and miss out on this opportunity!

REGISTER HERE: pathwaystohope.net/

Send Your Content to the Loop!



Michael Mygind,
Marketing Specialist
and Gabriela
Espinosa-McNiel,
Director of Marketing

The Loop newsletter wouldn't be possible without the regular submissions that we receive from staff! Whether it's a success story or an event, we'd love to see it! Please send any high-quality pictures (Non-identifying if of clients) and a brief summary to:

gabriela.mcniel@westcare.com
michael.mygind@westcare.com

Mark Your Calendars!

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 video event on Saturday, September 26th on their official YouTube channel.

Subscribe To the CP4R YouTube Channel!: bit.ly/cp4rsobersstock

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 show with voting/awards for the top three "Best In Show" entries, recovery testimonials, guest speakers, information on local community-based providers and more!

With this said, if you'd like to be a part of this streaming video event, we invite you to submit your 1-2 minute car show entry or recovery testimonial videos! Please see below for guidelines and recording suggestions. We ask that all submissions be sent via Dropbox or Google Drive, both of which have a free mobile app available for easy file transfer.

All submissions should be sent no later than Friday, September 4th through either:
[Dropbox](#) - michael.mygind@westcare.com **OR** **[Google Drive](#)** - mjmygind@gmail.com

For any questions or technical assistance, contact: michael.mygind@westcare.com



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/cp4rsobersstock
on Saturday, September 26th, 2020
from 10AM - 1PM

@CommunityPartners4Recovery bit.ly/cp4rsobersstock

HOW YOU CAN BE A PART OF SOBERSTOCK XV:

Recovery Testimonials: Submit a video introducing yourself and highlighting your personal recovery story. Please keep your story family friendly. **Limit:** 1 - 2 minutes

Virtual Car Show: Submit a video of you and your car/bike mentioning the make, year, model and any other info that you'd like to share! Awards for the top 3 "Best in Show" entries will be decided by online vote.

Follow CP4R on Facebook for voting details!

Limit: 1 - 2 minutes

FOR VIDEO QUALITY:

All videos must be submitted via the methods below and shot in a landscape/horizontal orientation in high resolution. We suggest having someone film for you if possible. All submissions are subject to edits.

Please submit all Videos via Dropbox or Google Drive link no later than September 4th to either:

[Dropbox:](#) michael.mygind@westcare.com or
[Google Drive:](#) mjmygind@gmail.com

@CommunityPartners4Recovery

bit.ly/cp4rsobersstock

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

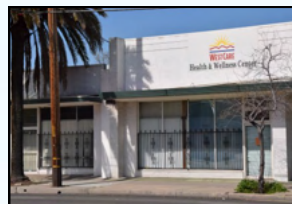
Services: Residential Drug Medi-Cal for Men and Women, Residential Treatment Program for Women and Children (M'ella), Residential Treatment Program for Men and Children: Papa Natal, Behavioral Education And Treatment (BEAT), Withdrawal Management



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

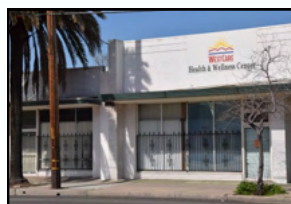
Services: Sober Living for Women



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

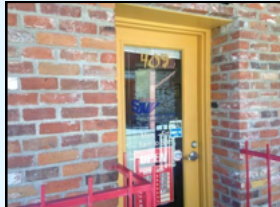
San Joaquin Valley Veterans (SJVV)

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

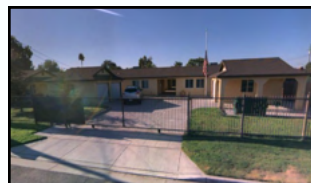
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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.

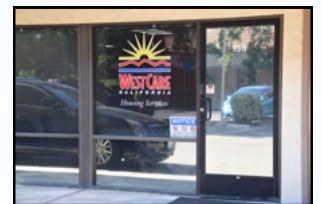


Housing Opportunities

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>

