

March 2019

Issue 70

Volume 5

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#WestCareCA

A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family,
March = National Women's HERstory Month

Why is National Women's History Month Important?

1. We haven't given women their due attention: For many

years, women weren't acknowledged in historical texts. This isn't because women weren't involved in important discoveries or conquests. It's mainly because men wrote the majority of historical documents for thousands of years. In March, we dig deep to uncover many of the important roles women have played throughout history – and rightfully so.

- 2. Women are inspirational:** Learning about women who have stood up for their rights and fought for what they believe is fantastic motivation for other women! We all have the power to influence the direction our world is headed in and National Women's History Month reminds us of that.
- 3. It recognizes the strength and power of women:** It's easy to get caught up in the grind of daily life, but this month is an excellent opportunity to put a spotlight on all of the major things women accomplish each and every day. From being superwoman, daughter, sister, wife, mother, aunt, grandma, fighting wars to governing countries, women are pretty darn amazing!

Check out this at a glance of HERstory:

- 2016 - I'm with Her:** Hillary Rodham Clinton is the first woman to be nominated for President by a major political party.
- 2010 - Kathryn Bigelow** becomes the first woman to win an Oscar for Best Director.
- 2007 - Nancy Pelosi** became the first female Speaker of the House.
- 1997 - Madeleine Albright** becomes the first female Secretary of State.
- 1992 - Manon Rheaume** is the first woman to play in an NHL game.
- 1984 - Joan Benoit** wins the first women's Olympic Marathon.

1983 - Women Go to Infinity and Beyond: Sally Ride becomes the first woman in space.

1981 - A Women's Place is in the Court: Sandra Day O'Connor is the first woman appointed to the United States Supreme Court.

1977 - Daytona & Indy 500: Janet Guthrie is the first woman qualify for both the Daytona and Indy 500 & to drive in the Indy 500.

1955 - Rosa Parks refuses to give up her seat on a Montgomery, Alabama city bus.

1943 - All-American Girls Professional Baseball League: For 12 seasons, more than 600 women played for the league's teams: the Racine Belles, the Rockford Peaches, the Grand Rapids Chicks and the Fort Wayne Daisies.

1933 - Frances Perkins becomes the first female member of a Presidential cabinet

1928 - Amelia Earhart is the first woman to cross the Atlantic in an airplane

1921 - Edith Wharton is the first woman to win a Pulitzer Prize

1920 - Women's Right to Vote: Passed by Congress on July 4th 1919 and ratified on August 18th 1920, Women WIN the right to vote - thanks to the 19th Amendment!

While all of the women in this article are amazing, we cannot forget that we have everyday women who do amazing things every single day! I wouldn't be who I am or where I am if it wasn't for my mother. I am honored to think of her during this time.

Sincerely,

Shawn L. Jenkins



California News

3/13: 2018 Workforce Achievements and Excellence Awards

In March, we were honored to receive the 2018 Adult Business of Excellence Award from the Fresno Regional Workforce Development Board at the Workforce Achievements and Excellence Awards! We were also presented with certificates on behalf of Assemblymen Patterson and Arambula, Senators Borgeas, Hurtado, Harris and Feinstein, Congressmen Costa and Nunes, Fresno County Supervisor Sal Quintero and the entire Fresno City Council! With over 9 years of collaboration with the Workforce Development Board and 13 referrals employed with our family of programs, we are truly grateful for their continued partnership and support of us and those that we proudly serve! We look forward to many more years of working together and creating new opportunities for employment within this field and the communities that we serve!



3/13 - 15: CARF Accreditation Survey

We were pleased to have Marie, Sam and Debra on behalf of CARF International visit our adult outpatient programs in Fresno and Bakersfield, our adolescent outpatient program in Hanford and our San Joaquin Valley Veterans (SJVV) locations in Fresno, Hanford, Merced and Stockton. This was all part of our most recent CARF Accreditation survey that is conducted every three years! They were also joined by WestCare Foundation's Director of Accreditation (Western Region), Amanda Henderson, who spent the whole week in CA helping us prepare! While we are currently in the review process, we were happy to receive positive feedback and were commended for having a blended survey that focused on several domains of service! Thank you to our wonderful Surveyors, the support of our leadership, our amazing Contract Compliance department and everyone that helped us get ready!



Veterans News

3/6: HomeFront GPD Veterans Place First in VA Arts Competition

We'd like to congratulate Sarah and Christina from our HomeFront GPD program for placing first for their poem and wind catcher respectively in the VA Central California Health Care System's Creative Arts Competition held earlier this month! Amazing work, ladies! See the next piece for Sarah's poem!



"The Perception of Growth", a Poem by Sarah (Tenant with HomeFront GPD)

"In the essence of a journey
One gets to decide your fate.
What will it be?
You ask yourself repeatedly.
As I close my eyes, the sandman approaches and sprinkles the
dust over my ambiance.
What will it be?
How will you begin your day to move forward he asks me?
How do you want to define yourself on this road?
Day after day I push and I push
Again and again through this chaotic struggle.
With ambition
Dipping my toe into the water
Patiently burgeoning
That's the beauty of progress
Owning your experience
Not to out run your past
Or bask in the pandemonium
Remember that one who gets to decide your fate?
Look in the mirror
What do you see?
You want me to tell you what I see?
I see a fire in her eyes
The rivers in her soul
I see the improvements she makes day in and day out
Someone who desires for something greater than herself
Using that pain
Breaking that barrier
He whispers, 'You are a sunflower
of the earth that grew too tall'
She smiled, amicably continued planting those seeds.
This year she learned to walk a new path
This year she learned to adapt to change
She learned what you import, you export
She learned that iron sharpens Iron
She learned to grow."

- Sarah

"She learned
to grow."

- Sarah

Health & Wellness Corner

"Healthy Men Eat Healthy" by Mark Leanhart, Program Supervisor, SOS and Raymond Gonzales, Outreach Specialist, SJVV (Fresno)

"April is Men's Health Month and one way to improve greater health in along with regular age-appropriate health screenings and exercise is to maintain a diet of foods known to be particularly good choices for men's health. According to nutritionist, Ashleigh Feltham, APD, there are nine food recommendations that will put men in good dietary health. Among these foods are the following:



- **Tomatoes** contain the powerful anti-oxidant lycopene which reduces risk of prostate cancer.
- **Yogurt** is a great source of dairy & probiotics that aids metabolism, immune function and bone strength. There is increasing evidence that dairy reduces the risk of cardiovascular disease, high blood pressure, type 2 diabetes and some cancers.
- **Whole grains** such as brown rice, pasta, quinoa and couscous are loaded with prebiotics and are great sources of vitamin B which aid in red blood cell production and increase your body's energy efficiency.
- **Fish**, when eaten two to three times a week, gives your body the important nutrient, Omega-3, which supports a heart health and improves mood states.
- **Vegetables**, when eaten in a variety of colors, can ensure you get different nutrients, phytochemicals and antioxidants to attain greatest health through diet. They are a key source for fiber, which can help you feel fuller for longer. Veggies should make up around half of your meal.
- **Bananas** are a ready-to-eat source of soluble fiber and potassium which help regulate your blood pressure.
- **Nuts**, when eaten in a small handful (30g), are a great snack containing healthy fats & good cholesterol. The fiber and protein in nuts help you to feel fuller longer. Nuts also contain magnesium which may decrease your risk of type 2 diabetes. **(Continued on page 4)**

- **Oats** contain three types of fiber: Soluble, insoluble and resistant starch. Resistant starch helps to make you feel fuller longer while soluble fiber helps lower your 'bad' cholesterol and insoluble fiber which keeps you regular and may also prevent cancers such as colorectal cancer.
- **Legumes** are a great meat alternative, are good for your heart with added benefit of containing all three types of fiber. Aiding in healthy cholesterol and glucose in your blood, legumes can help with weight management and reduce risk of diabetes, some cancers and heart disease.

While few can maintain a perfect diet all the time, all of us can improve our diet at any time. If you include these nine food items into your diet, you or the men in your life are certain to attain a better nutritionally optimal diet for men's health. "

- **Mark Leanhart and Raymond Gonzales**

Reference: <http://bit.ly/2FBMfDI>

Kudos!

Tonya Grier, Administrative Assistant, Bakersfield Residential



Congratulations to Tonya from Bakersfield on receiving the January 2019 Employee of the Month award on behalf of our Criminal Justice programs!

Anthony Elope, Veteran Advocate, San Joaquin Valley Veterans (Stockton)

In March, Anthony with our SJVV program in Stockton received his January 2019 CORE (Characteristics Of Remarkable Employees) Award for embodying the trait of Encouragement. This award was presented to individuals who recognize others' strengths and let them know when they are doing a great job. Congratulations to all of our recipients and thank for 'Uplifting the Human Spirit' of your fellow staff and those that you serve through your supportive words and actions!



Ron Mabry, Counselor, San Joaquin Valley Veterans (Fresno) - Veteran's Plaza

In March, WestCare Foundation launched their internal staff wellness program through WellRight and held a drawing for \$25 Amazon gift cards among the first 100 staff throughout the country who registered. Ron from our Veteran's Plaza program was one of the lucky few winners! Congrats, Ron!



The Living Room and BEAT (Behavioral Education And Treatment)



In March, we were honored to participate in the 2019 Fresno Chinatown Parade with a walking float and information booth on behalf of WestCare California, The Living Room, BEAT and the 2019 Fresno AIDS Walk to be held on Saturday, October 19 at Woodward Park. (See

below for our Save the Date!) We'd like to thank our staff that represented at this annual event!


PROUDLY PRESENTS:

FRESNO AIDS WALK
 & 5K RUN
 WOODWARD PARK
 10/19/2019

WALK. RUN. SUPPORT.




REGISTER: A 2K WALK/5K RUN BENEFITING:




WWW.FRESNOAIDSWALK.ORG




TEAM (Thank Empower Appreciate Motivate) Tokens

Throughout the month, we received many photos and kudos throughout the state from various programs including California Correctional Institution (CCI), California State Prison—Corcoran (CSP-COR), SJVV (Fresno), STOP Area 3, Belmont Admissions and Outpatient, Day Reporting Center, MLK Residential and Housing Services! Reasons ranged from simple appreciation of fellow staff and their helpful or positive attitudes to heartfelt thanks for good deeds that included assisting an injured Veteran, helping resolve a situation with an individual served, coordinating referrals from the Fresno County Jail, keeping group meetings on-track and running smoothly, maintaining the cleanliness of an office and exemplary efforts in helping house Veterans who are experiencing homelessness. With so many examples within one month of how the work that we all do helps positively impact the lives of not just those that we serve, but our fellow staff, it is evident that our staff live and breathe our motto of Uplifting the Human Spirit!



Mark Leanhart, Program Supervisor, Support & Overnight Stay (SOS) and Justin Carter, Men's Coordinator, MLK Residential



Mark and Justin showing off their new matching WestCare California polos shirts! Looking good, guys!

Send Your Content to the Loop!



Gabriela McNiell, 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.mcniell@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

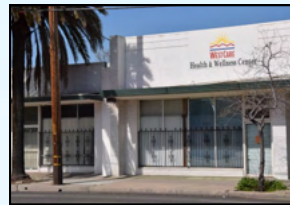
Services: Sober Living for Women



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

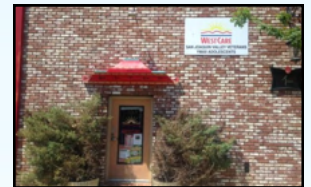
Services: Drop-in services for Parolees including vocational assistance and linkage to treatment.



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



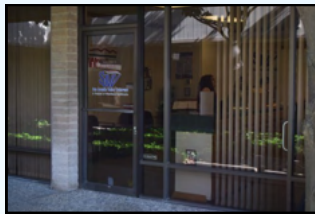
Fresno

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

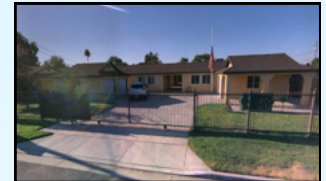
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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



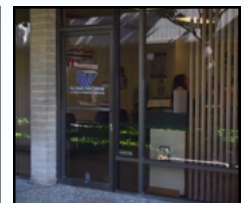
Bakersfield

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