

March 2020

Issue 82

Volume 6

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#WestCareCA

## A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family,  
Welcome to the  
WestCare California Loop  
newsletter. Since last  
month, the world has been  
facing a global pandemic  
brought on by COVID-19.

Nationwide, WestCare has responded promptly with measures to ensure only the utmost level of safety for our staff, the individuals that we serve and in turn - our loved ones at home. For our state, these precautions include:

- Health questionnaires for individuals who would like to receive services.
- Health questionnaires for essential visitors such as parole officers, case workers, etc.
- Daily screenings for Fresno area programs per order issued by Fresno County on 4/2/20.
- Liaisons from our Leadership team have been designated for our various programs to serve as their primary point of contact for information, requests and concerns.
- No visitors for rehabilitation, grant per-diem and sober living environment programs.
- Case management conducted primarily via telehealth services.
- No drop-in services or HIV/AIDS testing.
- All community outreach efforts are suspended until further notice.
- Wash stations and hand sanitizer dispensers installed at programs that don't have a restroom in close proximity of the entrance to ensure that everyone entering and exiting the program cleans their hands to prevent any possible infection.
- Additional meal times and groups added to our residential programs for smaller groups.

With ever-changing conditions regarding this pandemic, we must continue to devise and implement new precautions in response to ensure that we are still able to provide the stellar level of care that we have been proud to offer since our founding in 1974.

While it is so easy to become stressed with a constant stream of news and updates concerning the situation, we much not forget to celebrate our successes and efforts! With that said, I would like to thank our entire WestCare Family for your cooperation and all that you have done to help during this time. While this is work, we must not forget that we are indeed a family. We must continue to support and care for each other and those who use our services.

**We are all essential to the communities in which we serve.** In closing, I hope that you all stay safe, keep all health-related advisements from healthcare professionals close to heart and continue Uplifting the Human Spirit!"

Thank you,




## California News

### March: Our Programs Do Their Part to Promote Cleanliness During COVID-19

Our various programs across the state are keeping the safety of our staff and those that we serve as our priority with readily available wash stations and sanitizer dispensers! Thank you!



### Reminder: April is Census Month!

April is Census Month! If you've already received your invitation in the mail, do your part! The Census is 9 easy questions that can be answered online. Results of the U.S. 2020 Census will influence individuals, communities, governments, for-profit entities, and nonprofit organizations throughout the next decade. Data obtained will inform decision makers in all sectors and lead to allocation of political power and financial resources.

Fill yours out now: <https://californiacensus.org/>



## Education & Prevention News

### 3/10: National Women and Girls HIV/AIDS Awareness Day

In observance of National Women & Girls HIV/AIDS Awareness Day, staff at our BEAT and MLK Residential programs in Fresno helped spread awareness of the cause and the importance of getting tested!



## Treatment & Rehabilitation News

### 3/17: St. Patrick's Day Sober Scavenger Hunt at MLK Residential

In celebration of St. Patrick's Day, Fresno's MLK Residential facility's women's unit held a Sober Scavenger Hunt with prizes awarded to the first few lucky ladies to turn in their completed sheet and proof!





## Housing News

### A Story of Progress Featuring Kozi

We'd like to thank David Bethea, Adult Reentry Navigator with Warm Handoff, for his testimony on a driven individual that we're proud to serve, Kozi!

"I'd like to share about Kozi, a former lifer who was part of our now-sunset Substance Use Disorder Treatment (SUDT) program at Valley State Prison (VSP) in Chowchilla, CA. While incarcerated, he received his Alcohol and Other Drug (AOD) certification and was a mentor as part of the Offender Mentor Certification Program (OMCP) that was offered at VSP. Myself and Lila Gonzales had the pleasure of working with him and seeing him accomplish so much while still finishing his sentence.

After our program's contract changed hands to a new provider, both Lila and myself took on new positions with Housing Services' Warm Handoff adult reentry services program in Fresno, CA and found out that one of the first people to sign up was Kozi! After release, he immediately took advantage of services available to him and checked into our residential treatment program and then transitioned into our men's Sober living Environment (SLE) to continue gaining personal stability. He will soon be working with our Diversion team to begin his transition into permanent housing!

He has a passion for substance abuse treatment and recovery and he's been working hard to pursue that passion since release. He has aspirations to work for WestCare. He is currently working three part time jobs including one as a Counselor at another local treatment provider.

Both in and out of the institution, he has been very focused and wants to not only pay back his debt to society, but give back any way that he can. I want to continue to help him be patient and stay humble in the process as he continues to grow his counseling skills. Having personally been in the treatment field for 20 years, I can say that he has it in him to be an amazing counselor!

Originally from the Bay Area, he'd like to eventually return one day. But until then, he'd like to do some good here in Fresno! Every week he's following up everything that he's supposed to do and has been doing very well! He's very determined and will be successful as long as he stays humble, happy and free!"

**-David Bethea, Adult Reentry Navigator,  
Housing Services: Warm Handoff**

"He's very determined & will be successful as long as he stays humble, happy & free!"

- David Bethea



## Health & Wellness Corner

### "National Donate Life Month" by Mark Leanhart, Program Director, Admissions/Adult Outpatient



"April is National Donate Life Month. The gift of life through organ donation can be a very serious consideration and not a topic people consider

every day, but it is an important topic and the benefits to others can be far reaching. Personally, I've been rather hard on this body of mine. I've jested that I'm donating my body to science as a testimonial of what not to do. The fact is that we don't have to be personally aware of whether our organs are suitable for donation for transplanting as a gift of life as the process is guided by medical professionals in a much regulated, legally determined process designed to protect the wishes of ourselves, our families and those involved.

Prior to actual transplant, many factors determining organ suitability are checked. We simply have to decide whether we are willing to do so, which is often a decision an individual makes after considering how our loved ones feel about it prior to registering ourselves with a donor registry such as Donate Life California. Nor do we ever have to worry about whether registering as a donor could precipitate an earlier passing than medically justified or than is appropriate.

Donation registration is an easy process and there are many online sites where one can educate themselves further about the facts and about the process of organ donation. In fact, those of you who have renewed your driver's license or applied for a Real ID may have seen that the donor registry is something that many will consider at the DMV when renewing or applying. If you have ever considered becoming an organ donor and wish to educate yourself further about the process, please consider some of the resources below."

**- Mark Leanhart, Program Director,  
Admissions/Adult Outpatient**

#### References:

**CA DMV: Organ Donation in California**

<https://www.dmv.org/ca-california/organ-donor.php>

**Donate Life: National Donate Life Month**

<https://donatelifecalifornia.org/donatelifemonth/>

**Donate Life: How Organ Donation Works**

<https://donatelifecalifornia.org/education/how-donation-works/>

**Donate Life: Interactive Body Tour**

<https://donatelifecalifornia.org/education/how-donation-works/interactive-body-tour/>



## Kudos!

### Cassie Alvarez, Recruiter, Administration

We'd like to thank Cassie for representing us in early March at the Reedley College Career Fair to discuss our various career opportunities! For all current openings offered with WestCare nationwide, please visit:

[https://westcare.com/page/get-involved\\_02f](https://westcare.com/page/get-involved_02f)



### A Friend From the Community Looks Out for the Staff of The Living Room

On behalf of the staff at The Living Room in Fresno, we'd like to send a very special thank you to Diva, a close friend and longtime supporter of their program for using her personal superpower of sewing to make these wonderful masks for their staff as they continue to serve our community! Thank you!



### 4/1: Richard Steinberg Celebrates 42 years with WestCare!

On April 1st, 1978, Richard Steinberg began his journey with Fitzsimmons House, located in Las Vegas, NV, which later became WestCare as we now know it. Under his leadership as President/CEO, WestCare has expanded from a Nevada based substance abuse treatment organization to what is now a behavioral health and human services organization located in 18 states and 3 U.S. territories that provides services that encompass treatment and rehabilitation, mental health, criminal justice, Veterans assistance, housing services and more. Mr. Steinberg has responded to the ever-expanding need for services, particularly among marginalized populations and has made significant contributions to the profession. He is truly a recognized leader in his field and in times like the situation that our world is facing, we are honored to look to him for guidance. We extend our heartfelt gratitude to Richard for his 42 years of guidance, support and vision for this wonderful organization and those that we are so proud to serve! To many more years of Uplifting the Human Spirit - Happy Anniversary, Richard!



### 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)



## For Your Information

"Hello, everyone. Please see April's Active Coping Calendar. The world is in crisis...so remember to keep calm, stay wise and be kind (and wash your hands). Hoping you and those you love stay safe and healthy."

- Susan A. Rinaldi, Director of Employee Engagement, WestCare Foundation




# ACTIVE COPING CALENDAR: APRIL 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl			1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	 	







**ACTION FOR HAPPINESS**

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind




# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND




30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
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29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	 <p>"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl</p>				







**ACTION FOR HAPPINESS**

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

## 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



### Treatment and Rehabilitation

#### Liberty Plaza (Sober Living)

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

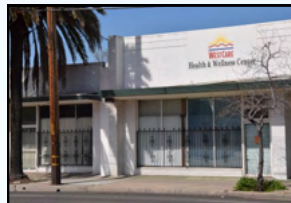
**Services:** Sober Living for Women



#### 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.



#### 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)



### 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

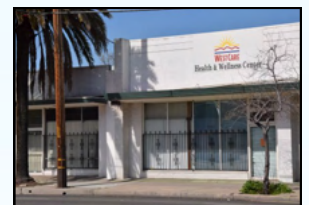
**Services:** Sober Living for Men



#### Belmont Health & Wellness

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

**Services:** Admissions, Adult Outpatient Program



#### 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

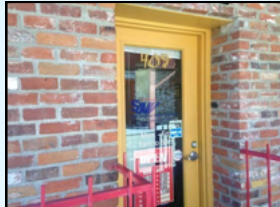
### San Joaquin Valley Veterans (SJVV)

**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

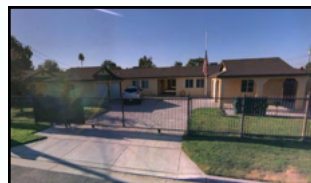
**Services:** Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



### 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

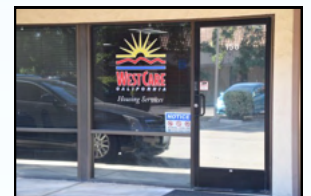


**Services:** Provides a supportive drop-in environment for individuals referred by Emergency Room Departments with access to support groups, clinicians and case management services.

## 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