

May 2020

Issue 84

Volume 6

INSIDE THIS ISSUE

1. **A Welcome by our Deputy COO, Shawn Jenkins**

1 - 4. **Father's Day**

4. **Mother's Day**

4. **California News**

5. **Education & Prevention News**

5. **Health & Wellness**

5. **Kudos!**

5. **Submission Info**

6 - 8. **Program Directory**

Follow us on
Social Media!



#WestCareCA

A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family,

While the current pandemic is on the minds of so many, we would like to divert the focus to celebrate the upcoming Father's Day holiday with sentiments from the WestCare California Family! But first, I would like to share with you my thoughts on what I believe to be the true meaning of what I call 'Just Being a Dad.'

Here is what being a dad means to me:

- Requires that you know there's a difference between protecting and preventing.
- Involves the transition from being someone who was selfish to one who is selfless.
- Causes me to accept the fact that it's really no longer about me anymore.
- Means remembering that we have not inherited this planet from our ancestors, rather we are only borrowing it from our children.
- Demands that I always keep in mind that one generation plants the trees, while the next gets the shade.
- Asks that I always keep in mind that the greater good is far more important than the perceived greatness of having goods.
- Involves being able to walk a mile in pint-sized shoes.
- Requires that you be comfortable with being a hero to someone, but respectful of the power that being a hero entails.
- Means that just as soon as you've figured some aspect of parenting out, you have to learn another one as the kids keep changing too.
- Involves knowing that your kids are watching and listening to everything you do or say.
- Requires that you know how to build a fort which no army could ever get past, followed by knowing how to make the best hot chocolate EVER once you come back inside.

- Teaches you how to survive with less sleep, since your kids will get you up during the night when they are younger and keep you up at night once they are older.
- Means that you make mistakes along the way and that while you think you've just ruined your child for life in the process, you discover they're actually more resilient than you think.
- **Requires you to remember that once upon a time you did the same senseless and stupid things as a kid that your kids do today and yet you somehow still survived.**
- Teaches you that you don't actually need to go to the gym when your kids are young since they are more than happy to act as substitute weights to perform chest presses, arm curls, push-ups and sit-ups.
- Prepares you for hearing the word 'Again' each and every time you do something with the kids that is fun for them but physically draining for yourself.
- Quickly teaches you that no matter how many times you say, 'Just this once,' it will have no bearing whatsoever on how many times you'll be asked to do it.
- Nowadays requires that you are just as skilled with a spatula as you are with a screwdriver.
- Is at the same time both the scariest accomplishment I have ever achieved (or ever will achieve) as well as the greatest accomplishment ever...by far!"

Sincerely,




(Continued from Page 1)



"Dad, I never considered you a step-dad even though you were. You were not perfect, but you were mine. You taught me work hard, to admit my shortcomings/mistakes and to stand up for myself and my beliefs. You loved me and were the father you didn't have to be. I have tried to emulate your positive

traits and learn from your mistakes to be a better father to my boys. I am grateful for all the love and life lessons as they've helped shape me into the man I am today. You made sure to prepare me for the day when you were no longer here and even though I didn't think I was ready for that day, you knew I was and would be okay. I love you, miss you and know you're listening when I communicate with you. See you soon."

- Shawn Jenkins, Deputy COO, WestCare Foundation: Western Region

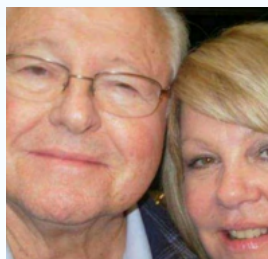
"My dad is my guardian angel. ♥"

- Marilyn Sataua, Case Manager, STOP Area 3: Fresno



"My dad is my rock and inspiration for continuing to provide excellent care to our Veteran clients." **- Jasmine Wendels, Lead Veteran Advocate, SJVV: Hanford**

"My father was a very kind and giving person. He was the best father, grandfather and adopted father of many of my friends. I miss him every day! Love you dad! Happy Father's Day in Heaven!" **- Pamela Long, Employment Development Liaison, STOP Area 3: Fresno**



What does your father mean to you? "A teacher."
- Tony Calantas, Veteran Advocate, SJVV: Fresno



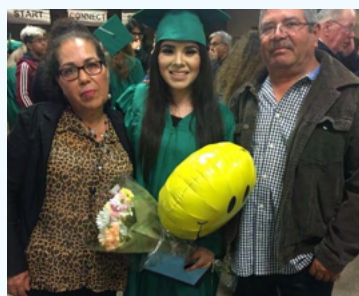
"My dad, Bill, meant and still to this day means strength, never giving up, honor, love for your country and to work hard every day for what you believe in. My father never said much, but he didn't have to. I knew with all my heart that he loved me unconditionally."

- Stacie Dunn, Administrative Assistant, Administration



"My dad is the best supporter, hardest worker and the very individual who taught me so many things about life. There are not enough words to describe how much he means to me!" **- Jenny Magdaleno, Program Director, MLK Residential**

"My father was my hero. He taught me morals, values, compassion and the importance of family." **- Adrienne Macri, Case Manager, Housing Services**



"My dad is my hero." **- Lupe Arechiga, Substance Abuse Counselor, Adolescent Services**

"My father was not present in my life. My mother served as both mother AND father, so I always celebrated her on both days. His absence made me who I am today." **- Dr. Herbert Cruz, Medical Director, Administration**

"My Dad always has a smile on his face and he radiates his positive energy to everyone around him!" **- Crystal Gomez, Counselor Tech, Bakersfield Residential**



"My father has been my driving force. He himself battled addiction and turned his life around. It is because of his strength that I gained my own to educate myself and work in this field to help others." **- Elisha Simpson-Sanchez, Counselor Tech, MLK Residential**

(Continued from Page 2)

"My dad is my role model! He is my guidance, protector, number one supporter and my everything." - **Delia Hernandez, Education Specialist, SJVV: Fresno**



"My father is a man who always leads by example. He taught us how to work hard at everything in life, the importance of doing it right the first time and to never take the shortcut. He is a humble man whom would move mountains for us if needed. My father is my best friend and my hero." - **Christina Valtierra, Lead Veteran Advocate, SJVV: Fresno**



"Ger and I have known each other since third grade, but went our own separate ways during

our teen years. When Ger and I met again, I was a single mom with a six-month-old son. At my lowest during that time, he took in my son while I figured myself out. He is always willing to open his doors to those in need, he picks up the elderly at the bus stops and gives them a ride home and gives his last dime to those who are in need. But, what melts my heart the most is that he selfishly raised my son to be a respectful young adult along with our other 3 sons. Although his appearance is so handsomely rough, he has the most sweet and caring heart. During my rock bottom, he was my stepping stone." - **Jenifer Xiong, Community Housing Matcher, Housing Services**

"My father is my hero. He shows me love, offers me support and has always been there to guide me. I look up to him and always will." - **Gabriela McNiel, Director of Marketing, Administration**



"My dad was the prime example of what a true dedicated father was. A selfless person and also a great cook!" - **Raymond Trody, Driver, STOP Area I: North Highlands**



"My father means everything to me. He taught me how to fish, to be guided by faith and to be a strong advocate for myself. I have quickly learned that I have part of his personality and am motivated by his strong work ethic. My Dad is beyond strong and resilient. I continue to strive to

be just like him every day." - **Mary Greene, Women's Coordinator, MLK Residential**

"My father Mike is a lot of fun to be around and the patriarch for an extremely large multi-generational blended family. Pictured here at his 50th re-commitment ceremony, my dad is where I learned about commitment and work ethic." - **Mark Leanhart, Program Director, Admissions/Adult Outpatient**



"Dad, thank you for everything you have done for the family. I want to follow your steps with patience and without haste." - **Yenny Aguilar, Adult Navigator, Housing Services**

"Although I wasn't lucky enough to have him long, I will always look to him as a moral compass for direction." - **Yvette Morales, Journey Veteran Advocate, SJVV: Fresno**



"I'll always be grateful for my dad teaching me the importance of hard work, ingenuity and holding strong to your principles, like his father did with him."

We'd like to share a few additional tributes that we received since our April issue!




"My mom is kind, loving and has such a beautiful soul. She is appreciated always."

“This woman continues to inspire me daily as she is patient, strong, humble, loving and supportive. She has taught me the true meaning of family and what motherhood is all about. She is Louisa Herrera - my mother-in-law, my saving grace and my hero.” - Tracy Herrera, W2W Counselor, MLK Residential



“My mother means the world to me. She is strong, inspiring and has one of the biggest hearts ever. She is my best friend, my rock and my biggest support.” - Yvette Ennis, Case Manager, The Living Room

“My mom, Mary Ann, was my best friend and my confidant. Mom was always there when I needed her with no judgement. The thing I miss the most is not being able to call her, even after 8 years of not having her, I still think sometimes, ‘I’m gonna’ call mom.’ Then reality hits, but mom will forever live in my heart. See you in my dreams, mom.”

A color portrait photograph of Mrs. Mary Ann (Hick) Smith. She is a woman with short, wavy, light brown hair, smiling at the camera. She is wearing a white V-neck top and a white necklace. The background is a soft-focus green.

May: Mental Health Matters Month!

Throughout May, our WestCare California family proudly recognized Mental Health Matters Month with pledges on behalf of our various programs throughout the state!



Education & Prevention News

5/27: BEAT Watercolor Paintings

In May, participants in our Behavioral Education And Treatment (BEAT) took part in an art therapy activity where they created their own watercolor paintings!



Health & Wellness Corner

“Alzheimer’s Awareness Month” by Raymond Gonzales, Outreach Specialist, SJVV: Fresno



“June is National Alzheimer's Awareness Month. It is a very dear subject to my heart as I had a father-in-law who suffered with this disease and it ultimately ended his life. Organizations such as the Alzheimer Association

work to raise money to fund research and treatments for those suffering from Alzheimer's.

Throughout the month of June, you may see people wearing purple or hear about programs and events pertaining to the fight to end Alzheimer's. These efforts promote the awareness of Alzheimer's and other memory disorders. Alzheimer's disease affects roughly 5.8 million Americans each day, yet there are still many misconceptions and unknowns about the memory degenerative disease. Common misconceptions about Alzheimer's and other forms of dementia include the idea that they are normal to the aging process. However, Alzheimer's affects around 200,000 Americans who are under the age of 65 and often times, the disease is misdiagnosed.

Get support from others. You are not alone - there are many others caring for someone with dementia. Locate your nearest Area Agency on Aging, the local chapter of the Alzheimer's Association, a California Caregiver Resource Center, or visit www.caregiver.org/family-care-navigator to find support groups, organizations and services that can help you. Expect that, like the loved one you are caring for, you will have good days and bad days. Develop strategies for coping with the bad days.” - **Raymond Gonzales, Outreach Specialist, SJVV: Fresno**

Organizations and Links

- **Alzheimer's Association:** www.alz.org
- **Alzheimer's Disease Education and Referral (ADEAR) Center:** www.nia.nih.gov/alzheimers
- **Eldercare Locator:** www.eldercare.acl.gov
- **Alzheimer's Association Safe Return Program:** www.alz.org/care/dementia-medic-alert-safe-return.asp

Kudos!

Katie Broadway-Beers, Detox Counselor, MLK Residential

We'd like to thank Katie for sharing this great poem with us that has been circulating around the recovery community!

“Drugs control my life
So don't try to convince me that
I can be sober
Because at the end of the day
I can't do this
And I'm not going to lie to myself by saying
I will prosper and succeed
So I will remind myself
That I am a selfish terrible person
And nothing you tell me will make me believe
I deserve a good life
Because no matter what
I will always be addicted
And I wonder if
Things will get better
Because when I look in the mirror, I will always think
Can I recover?”

Now read bottom to top - Emilee Kerrigan

The Learning Center Staff, MLK Residential

In an effort to better familiarize the parents that we serve at our MLK Residential facility with the staff who are working with their little ones, our Learning Center made this wonderful board introducing themselves!



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

WestCare California, Inc.

“WestCare, a family of tax-exempt nonprofit organizations founded in 1973, provides a wide spectrum of behavioral health and human services in both residential and outpatient environments. Our service domains include Treatment and Rehabilitation, Mental Health, Veterans Services, Criminal Justice, Housing Opportunities and Education and Prevention. 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

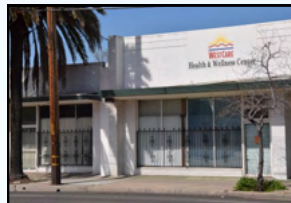
Services: Sober Living for Women



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

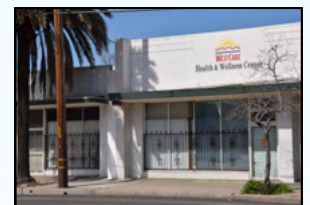
Services: Sober Living for Men



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

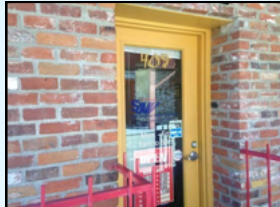
San Joaquin Valley Veterans (SJVV)

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

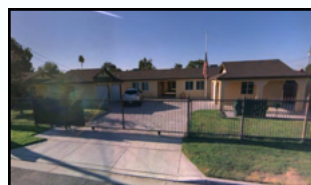
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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.

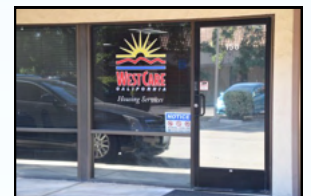


Housing Opportunities

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