



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

Bakersfield - Chico - Chowchilla/VSP - Corcoran/CSP - Crescent City/PBSP
Fresno - Hanford - Jamestown/SCC - Madera - Merced - North Highlands
San Diego - San Luis Obispo/CMC - Stockton - Tehachapi/CCI - Wasco/WSP

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#WestCareCA

A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family,

Welcome to the WestCare Loop newsletter! In this issue, you'll find various stories and happenings from the month of November!

With the Thanksgiving holiday behind us, we must remind ourselves that every day is a great day to think about what we are thankful for. Looking back at the events that we have featured in this issue, I am thankful for the service of our Veterans and the sacrifices that they have made for our freedom and I was thankful to walk alongside our staff in the 100th Annual Downtown Fresno Veterans Day Parade to show support in my own little way for these brave men and women. I am also thankful for the perseverance of those that we serve through our treatment and rehabilitation programs who participated in our Fall 2019 Graduation and in doing so, have helped add just a little bit more support to their sobriety with the memories made that night alongside their fellow alumni and in front of their friends, families and the staff who have helped them each step of the way.

Each day that I come to work, I am thankful for the extended family that is my WestCare Family. I am truly surrounded by some of the most thoughtful, talented and passionate people I have ever met and cannot express my gratitude enough for the honor of having them on my team. These are just a few examples. but my list can go on.

When you ask yourself what you are truly thankful for, it's a good exercise to think outside of the box to truly gain perspective on just how blessed you really are. For example, things that might cause stress. While some might see something as a negative, there is always a positive spin to it. What one might see as a

messy house littered with kids' toys that need to be picked up, another might see a home bursting with activity and joy. While grocery shopping can be a costly errand (Especially during the holidays!), we must not forget that we are fortunate to have the funds to provide meals for ourselves and/or those that we love. The blessings that we have in our lives are plentiful, whether we see that on the surface or not.

It's so easy to succumb to the stresses of life, which is why the Thanksgiving holiday is such an amazing reminder regarding perspective and the way that you look at your life and the world around you. If you truly think about what you are thankful for or as illustrated above, what you didn't know that you were thankful for - a holiday that for some is synonymous with turkey and stuffing, can in fact be the most cathartic time of the year for yourself if you really allow it to be.

In closing, I am thankful for so much including each day that I live thanks to this wonderful organization that over 29 years ago gave me a second chance and for all of you and the heart that you put into all that you do each and every day! I hope you had a wonderful holiday and embraced the many blessings in your lives!"

Shawn L. Jenkins



11/14: WestCare California Celebrates Thankful Thursday!

In November, our WestCare California staff from across the state took part in WestCare's second ever Thankful Thursday event by making special thank you cards for their fellow staff! Thank you Uplifting the Human Spirit of your WestCare Family!



11/2: 2nd Annual Queerout Awards Gala

In November, we were delighted to sponsor and be in attendance at the 2nd Annual QueerOut Awards Gala presented by Common Space with representation from Administration, The Living Room and BEAT! This gala honored the stories of nine individuals and organizations who are in touch with social purpose and have contributed to their local community in some truly profound ways!



Education & Prevention News

11/26: The Living Room Gives Thanks

As part of annual tradition, staff at The Living Room, with the help of some amazing community volunteers, prepared and served a warm Thanksgiving meal for their friends and community supporters!



Treatment & Rehabilitation News

11/7: WestCare California Fall 2019 Graduation

In November, we were honored to hold our Fall 2019 graduation at Fresno City College's Old Administration Building Auditorium! We were proud to see 30 graduates walk

the stage in completion of our adult and adolescent programs in Fresno, Hanford, Bakersfield and Stockton! To all of our newest Alumni, we wish only the best for you on this newly paved road that lies ahead!



Veterans News

11/9: 2019 Star Spangled Ball



Our San Joaquin Valley Veterans (SJVV) team in Fresno were proud to attend the Star Spangled

Ball! This marked the 8th year of this wonderful event which serves as the annual fundraiser for Central Valley Veterans! We were excited to dress to the nines while supporting an amazing Veterans service organization!

11/11: 100th Annual Fresno Veterans Day Parade

Our SJVV and Admin staff were proud to be a part of the 2019 Downtown Fresno Veterans Day Parade to honor and show support for all of our Veterans! This marked the 100th year of the parade and was truly one to remember! To all of our Veterans and active duty military, thank you for your service!



11/22: Thanksgiving at SJVV Hanford

Our SJVV team in Hanford gave thanks to the Veterans that they serve by providing warm Thanksgiving meal for them and their families! We were also blessed to receive a very generous donation from Maciel Mortgage that included blankets and hygiene items for our Veterans as well as gift cards that were raffled off for those in attendance! Thank you to Dustin and Rickelle from Maciel Mortgage for your generosity and support!



11/26: Thanksgiving at SJVV Fresno

Our SJVV team in Fresno also gave thanks to the Veterans that they serve today by providing a Thanksgiving lunch for them and their families! We'd like to give a special thank you to Santa Claus Lane Clovis for funding the meal, Costanzo Orthodontics for donating hygiene and goodie bags and Instakill Pest Solutions for purchasing and donating raffle prizes for the event! Thank you all for giving back to those who served!



Housing News

11/19 - 20: 2019 Permanent Housing Conference



In November, we attended the 2019 Federal Permanent Housing Conference presented by the U.S. Department of Housing and Urban Development with representation on behalf of WestCare California and

SJVV! Our FMCoC team of agency staff, advocates and real estate professionals met with other communities, attended breakout sessions and learned new strategies to help us in reaching our goal of providing permanent supportive housing for the individuals, families and Veterans that we serve in Fresno and Madera Counties!

Health & Wellness Corner

"The Benefits of Giving" by Mark Leanhart, Program Director, Admissions/Adult Outpatient

"So many of you reading this article are givers by your very nature. You have also probably heard the expression, 'Give until it hurts.' But, did you know that research shows there are health benefits to your giving? Whether you are one that gives social support or monetarily, spend months shopping for holiday gifts or volunteer your time through local organizations, the act of giving produces good feelings intrinsically and extrinsically. A study cited in 'Psychology Today' explains that there is a reduction in stress-related activity and greater reward-related activity demonstrated in your brain as a result of giving social support to others. An article in 'Greater Good Magazine' details 5 ways in which giving is good for us:



1. *Giving makes us feel happy.*
2. *Giving is good for our health.*
3. *Giving promotes cooperation and social connection.*
4. *Giving evokes gratitude.*
5. *Giving is contagious.*

There are two amazing things about the information shared above. One is that if you go to either of the articles listed below in the references, you will find the actual research cited that backs it all up and which details the specific ways it has been demonstrated. The other is that as I stated in the article's opening sentences, that you are all givers at heart and Therefore, are already reaping the psychological and physical benefits of your giving nature. Way beyond the holidays when someone asks you why it is that you do what it is you do for a living, you can simply reply that it is because it's good for you. So keep giving 'til it heals and Happy Holidays to you all!"

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

References

Psychology Today:

3 Specific Ways That Helping Others Benefits Your Brain

<https://www.psychologytoday.com/us/blog/the-athletes-way/201602/3-specific-ways-helping-others-benefits-your-brain>

Greater Good Magazine:

5 Ways Giving Is Good for You

https://greatergood.berkeley.edu/article/item/5_ways_giving_is_good_for_you/

Kudos!

Our Amazing Outreach Staff!

We'd like to give a shout out to our staff from MLK Residential, SJVV (Fresno), Housing Services, BEAT and The Living Room for representing and providing information on our various services at the 2nd FAIHP Annual Native Days Car Show in Fresno on 11/16!



Dutch Brothers Fresno and the Fresno Housing Authority



We'd like to give a very special thank you to Dutch Bros Coffee Fresno for their generous donation of 20 Thanksgiving meals with all of the fixings and to Fresno Housing Authority for directing them to us for our Veteran families! Thank

you so much for your generosity and support for those who have served!

Burnett Irons, Counselor, Belmont Adult Outpatient

In November, Burnett was presented with a WestCare California staff recognition token for always bringing up the spirits of his fellow staff with his positive attitude and for never hesitating to step up and cover a group for a colleague in need. Thank you for your commitment to Uplifting The Human Spirit, Burnett!



Joel Kyne, Community Service Specialist, STOP Area I (North Highlands)

We'd like to recognize Joel with our STOP Area I Criminal Justice program in North Highlands for raising the spirits of his fellow staff in his own special way! As a self-taught painter, Joel has been creating and gifting original oil and acrylic paintings to his fellow staff! Thank you Joel for sharing your gift with your WestCare family!



Belmont Adult Outpatient (Fresno)

We'd like to thank the staff of our Belmont Adult Outpatient program in Fresno for sharing these great photos of their recent Thanksgiving celebration!



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

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

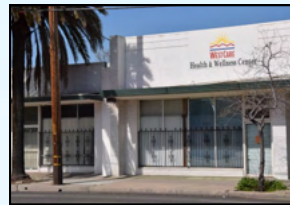
Services: Sober Living for Women



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

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

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

Veterans Plaza

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

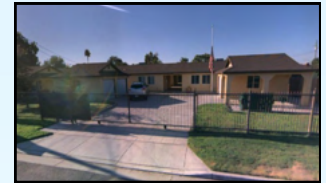
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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



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

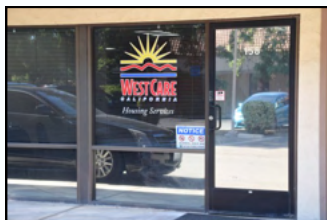
4612 Roseville Rd.
Suite 112
N. Highlands, CA 95660
(916) 564-4400

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).



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

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

Would you like your program featured in the WestCare Loop?

Please send all content to gabriela.mcniel@westcare.com and michael.mygind@westcare.com