



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

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

November 2020

Issue 90

Volume 7

## INSIDE THIS ISSUE

1. **A Welcome by our Deputy COO, Shawn Jenkins**
2. **Veterans News**
2. **Treatment & Rehabilitation News**
3. **Education & Prevention News**
3. **Housing News**
4. **Health & Wellness**
4. **Kudos!**
4. **Submission Info**
5. **FYI: AmazonSmile**
- 6 - 8. **Program Directory**
8. **How To Support**

Follow us on  
Social Media!



#WestCareCA

## A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family,  
Welcome to the WestCare Loop newsletter! As you read through this issue focused on events and happenings from the month of November, I would like to start this message simply by saying, 'Thank you.'"

Looking back at the year so far, I am mindful of just how thankful I am for your tireless devotion to those that we serve and your willingness to work through everchanging conditions to provide the best level of service possible. I am thankful for the long hours we as a team have invested in ensuring that despite what this pandemic has thrown at us, we have adapted and implemented strategies to keep our staff and consumers safe. I am forever thankful for the extended family that is my WestCare Family and I hope that you all feel the same as well! 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 being on your team.

As we continue to adjust to the many changes this year has brought to WestCare, we welcome your ideas and comments to meet our consumers' needs now and in the future. While we have made great strides forward, as always, there is still work to be done - but when we come together, there is no limit to what we can accomplish.

The previous Thanksgiving holiday offered a unique opportunity to reflect on our many blessings and be grateful for the gifts that we have received. We are mindful of those less fortunate and struggling in our country and our world. Thanksgiving is an invitation to rededicate ourselves in our own way that makes a difference to the most vulnerable members of our communities.

Looking back on a day that is dedicated for giving thanks, we also express our gratitude to the men and women who selflessly serve to protect our country and the American way of life as well as their families who have stood by them. As we come to the end of the 2020 year, the WestCare Board and leadership would like to wish you and your family a happy holiday season. We are thankful for each and everyone of you because, without you, there would be no WestCare. We hope to have you with us in 2021.

It is my hope that you and your loved ones had not only a Happy Thanksgiving, but a safe one."

Sincerely,



## Veterans News

### 11/10: SJVV Fresno Commemorates Veterans Day

In honor of Veterans Day, our San Joaquin Valley Veterans (SJVV) staff in Fresno created special “Thank you” boards as a way to show appreciation for all of the Veterans that SJVV proudly serves. These were hand delivered along with gift cards and cupcakes to the men, women and families of our grant per diem (GPD) transitional living programs at Veterans Plaza and HomeFront, the residents of the Renaissance at Parc Grove complex and our Vets who are currently staying in motels. On behalf of our staff, we’d like to thank all who have served for our country! We will forever be indebted for your service, sacrifice and selflessness.



## Treatment & Rehabilitation News

### November: Paint Therapy at MLK Residential

As part of monthly art therapy for MLK Residential’s women’s unit, W2W Counselor, Joslynn Brooks-Davis led the women that we serve in a painting group! Joslynn commented, “They love paint night to the point where I often get asked, ‘Can we paint again, please?’” Thank you, Joslynn, for once again using your gift of creativity to help Uplift the Human Spirit of those that we serve!



### 11/26: Thanksgiving at MLK Residential



The holidays can be a very trying time for many, including those that we serve in residential treatment who aren’t able to spend that time with their family. So to celebrate the Thanksgiving holiday, the staff of MLK Residential’s women’s unit

ensured that it was a day full of not only wonderful food, but fun and memories for the women that they serve! They came together to organize a game of BINGO as well as a trivia contest, both with various prizes to be won! Thank you to all who helped make this day a special one!

## Education & Prevention News

### 11/25: The Living Room Shows Thanks

While they couldn't hold their annual Thanksgiving luncheon to show their appreciation for those that they serve due to the current pandemic, the staff of The Living Room didn't let this stop them from showing their thanks! They prepared ready-to-eat meals complete with turkey, stuffing and all of the fixings for curbside pickup! Thank you all for Uplifting the human Spirit!



## Housing News

*This month, it is our honor to share not just one, but two housing success stories on behalf of Akisha and Albert! We'd like to congratulate you both on achieving your goal of permanent housing and thank all of staff who have helped you make these dreams come true!*

### A Housing Success Story Featuring Akisha

Akisha enrolled at WestCare California's Home Sweet Home rapid rehousing program in September of 2019. In her initial meeting, our Case Manager learned that her Social Security Disability Insurance (SSDI) was ending and her CalFresh and CalWorks benefits were deactivated.



She expressed feelings of frustration and later as we built a relationship, her Case Manager learned she was going through grief and her emotional and mental health desperately needed support.

Step by step, as we set her goals and in a matter of four months, Akisha worked hard and was able to reenroll in her public benefits, gain more income, achieve Section 8 residency and enroll in mental health services.

In late October 2020, she moved out with her daughter, Shairone, into permanent housing, renewed her guard card and is in the process of looking for employment. Shairone is graduating high school early and is already applying to colleges and universities with an interest in pursuing a degree in the medical field!

Through hard work and despite how hard things became, Akisha never stopped trying and the results of her perseverance are a testament to her accomplishments!

### A Housing Success Story Featuring Albert

Albert was one of the first individuals to enroll in WestCare's Home Sweet Home program in August of 2019. When he first came to the program, he was disabled, living in his car and did not have a safe place where his daughters could stay with him. However, he was motivated, humbled and receptive to receiving any assistance to improve his quality of life and finding his "Forever home."

WestCare's Case Managers linked him to community resources and ensured that his benefits remained active. Towards the end of June, Case Managers followed up with La Palmas De Sal Gonzalez Apartments (A new affordable housing community in SouthEast Fresno) and he was placed into permanent housing. He has partial custody of his daughters and now has his own home where they can visit and spend the night. Albert met his goals and continues to be happy and full of light with his daughter back in his life.



## Health & Wellness Corner

### “Holiday Depression” by Nakesha Lee, Data Entry Specialist, STOP Area 3/Data



“The holiday season for most people is a fun time of the year filled with parties, celebrations and social gatherings

with family and friends. But, for many people, it is a time of self-evaluation, loneliness, reflection and anxiety. 2020 is expected to be especially rough for many as the combination of depression and pandemic fatigue can hit like an emotional hammer.

#### What causes holiday blues?

Sadness is truly a personal feeling. Balancing the demands of shopping, parties and family obligations can contribute to the feeling of being overwhelmed. Keep track of your holiday spending as overspending can lead to depression when the bills arrive after the holidays are over. Meanwhile, others may experience post-holiday sadness after New Year's Day. This can result from a buildup of expectations and disappointments coupled with stress and fatigue. Common symptoms of holiday depression can include:

- Headaches
- Excessive drinking
- Over-eating
- Difficulty sleeping
- The inability to be with family or friends
- Financial problems

#### How Do I Overcome These Difficulties During the Holiday Season?

The pandemic has already left many of us feeling isolated from one another. If you feel lonely or isolated, reach out to family and friends. It is important that we take steps to create new ways to connect with our friends and family. Among them are virtual calls, phone calls and of course, social distancing. It has also been shown that by volunteering and helping others, you can help improve your emotional state. Managing holiday depression can be very challenging. One can always seek help from a professional who can help you with difficult decisions or work through troubling emotions. Whether you, a friend or a loved one may need extra support this holiday, awareness of holiday depression and a willingness to be reach out can go a long way to making it better.”

## Kudos!

### Gabe and Ciara Gradillas and Davian Thompson

“The Living Room wishes to thank Davian Thompson and Mr. & Mrs Ciara and Gabe Gradillas for their kind and loving donation of turkeys to The Living Room. These



turkeys were used to help families make their Thanksgiving a joyful celebration!” - **The Staff of The Living Room**

### Joslynn Brooks-Davis, W2W Counselor, MLK Residential

We'd like to thank Joslynn for once again using her gift of creativity to uplift spirits - this time with a tribute to a facility that has changed the lives of so many, MLK Residential! Thank you, Joslynn!



## 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

### AmazonSmile: Help Support WestCare's Services While Buying Your Holiday Gifts!

Do you still have holiday shopping to do and gifts to buy? Then, use AmazonSmile and support WestCare's continued services this holiday season! Good deeds AND Christmas shopping done! It's a win-win!

*Click the link below to begin giving back!*

[https://smile.amazon.com/gp/chpf/homepage?orig=%2F%3F\\_encoding%3DUTF8%26\\_encoding%3DUTF8](https://smile.amazon.com/gp/chpf/homepage?orig=%2F%3F_encoding%3DUTF8%26_encoding%3DUTF8)

**SHOP ONLINE.  
SUPPORT WESTCARE.**

**amazon**smile

*0.5% of your purchases supports our  
mission of Uplifting the Human Spirit!*



## 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

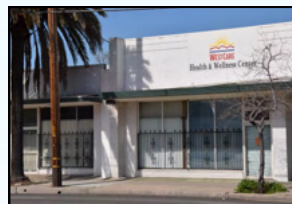
**Services:** Residential Drug Medi-Cal for Men and Women, Residential Treatment Program for Women and Children (M'ella), Residential Treatment Program for Men and Children: Papa Natal, Behavioral Education And Treatment (BEAT), Withdrawal Management



#### 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

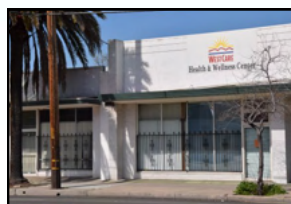
**Services:** Sober Living for Women



#### 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), 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

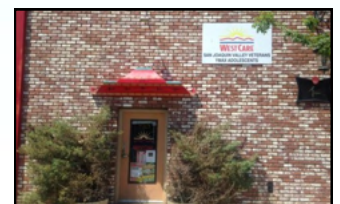
**Services:** Sober Living for Men



#### WestCare Adolescent Services

410 E. 7th St, Suite 7  
Hanford, CA 93230  
(559) 584-8100

**Services:** Adolescent Outpatient Drug-Free Program



## Veterans Services

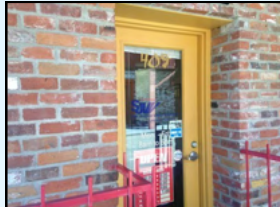
### San Joaquin Valley Veterans (SJVV)

**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

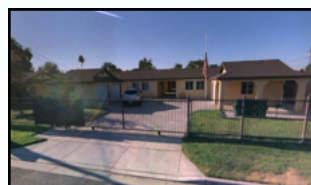
**Services:** Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



### 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.

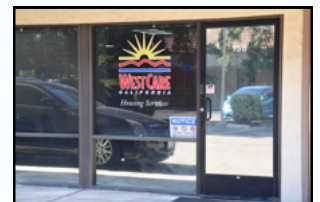


## Housing Opportunities

### 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>

