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#WestCareCA

A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family,

The month of October is a crucial month for awareness and I'd like to use this moment to discuss two key observances in particular, Breast Cancer Awareness Month and

Domestic Violence Awareness Month and close with a special thank you regarding another cause that is dear to our organization, the Fresno AIDS Walk.

First observed in October of 1985, Breast Cancer Awareness Month has grown to become an annual international health campaign organized to increase awareness of the disease, raise funds for research and provide support to survivors and others who have been affected. According to breastcancer.org, about 1 in 8 U.S. women (About 12%) will develop invasive breast cancer over the course of their lifetime and approximately 85% of diagnosis occur with women who have no family history of it. While it is far more rare, men are also susceptible, but account for less than 1% of new cases. New cases have gone down consistently since 2000, but it is still a prevalent disease in our society worthy of awareness. I'd like to lend support to all staff, clients served and their families who have been affected and stand firmly with you in support of finding a cure.

Also observed in October is Domestic Violence Awareness Month (DVAM), first observed in 1981 as the 'Day of Unity,' an awareness campaign geared towards connecting advocates across the nation who were working to end violence against women and their children. DVAM has since served as a month of awareness, reflection and support for those affected while educating on the warning signs and resources that are available.

A quick look at stats provides some alarming numbers. According to the National Coalition Against Domestic Violence (ncadv.org):

- On average, nearly 20 people per minute are physically abused by an intimate partner in the U.S. During one year, this equates to more than 10 million women and men.
- 1 in 4 women and 1 in 9 men have been victims of severe physical violence, rape or stalking.
- On a typical day, there are more than 20,000 phone calls made to domestic violence hotlines nationwide.

DV has been known as 'The Silent Killer,' but please remember that if you or anyone that you know finds themselves in an unhealthy or abusive relationship - there is support and there is a way out. For more information on the warning signs and resources available, please visit thehotline.org or call 1-800-799-7233.

Lastly, I'd like to close with a thank you on behalf of our amazing Fresno AIDS Walk committee to everyone who participated in, donated to, volunteered at or helped organize this year's 8th Annual Fresno AIDS Walk this past October! With numbers of new cases of HIV on the rise in Fresno County, particularly among teenagers, this event is incredibly important for not just sustained supportive services at The living Room, but for increased awareness and education regarding the virus."

Sincerely,

Shawn L. Jenkins



WestCare California Shares Its Halloween Spirit!

Up and down California and on behalf of our many diverse services, the entire WestCare California, Inc. family really showed their Halloween spirit this year!



WestCare California Staff Recognize Domestic Violence Awareness Month

In recognition of Domestic Violence Awareness Month, our staff sported purple for Purple Thursday (10/25) to help spread awareness and show support for those affected!



Education & Prevention News

10/3: Art for AIDS

In October, we held our Sixth Annual Art for AIDS show and sale in support of the 2019 Fresno AIDS Walk! We received various pieces of original art from the community as well as some pieces created by our staff and their families! We'd like to thank everyone that supported on the night of by attending or purchasing art as well as our generous donors!



10/19: 2019 Fresno AIDS Walk

In October, we proudly presented the 2019 Fresno AIDS Walk at Woodward Park in support of The Living Room and their continued services for those infected, affected or at risk of HIV/AIDS. While this annual event is a fundraiser for one of our own programs, it is also a tremendous event for awareness of the virus, remembrance for those that we've lost to it and support for those who live with it. Now in its eighth year, this event is made possible by the compassion and hard work of so

individuals and is quite a sight to see come event day! We would like to thank everyone that participated in, sponsored, donated volunteered, planned, performed, ran a vendor booth or helped in any way to support this walk! Through your generosity, enthusiasm and heart, you have helped make this year our highest grossing and without a doubt, one to remember for years to come! Thank you!



10/25: WestCare California Spins the Chukchansi Wheel of Cash in Support of The Living Room



In August, we were selected as one of eight charities to spin Chukchansi Gold Resort & Casino's Wheel of Cash as part of their Chukchansi Cares giving campaign and in October, we got the chance to spin it! After three spins, with staff and friends cheering us on, we raised \$2,400 in proceeds for The Living Room! When we were presented with our check in early November, we were pleasantly surprised to see

that Chukchansi added an additional \$1,000 to their donation for a total contribution of \$3,400! On behalf of The Living Room and those that they serve, thank you, Chukchansi Gold!

Housing News

10/21 - 23: Built For Zero Learning Session

We were proud to have representation at the recent Built For Zero Learning Session presented by Community Solutions in Denver, CO! Our Housing Services and San Joaquin Valley Veterans staff joined fellow members from our Fresno/Madera Built For Zero cohort including staff from the Fresno Housing Authority, the Fresno County Department of Social Services, the Poverello House and the Department of Veteran Affairs Central California Health Care System! In addition to networking with other communities on hand, our team attended breakout sessions and brainstormed new strategies to help us in reaching our goal of functional zero for the individuals, families and Veterans that we serve who are experiencing homelessness in Fresno and Madera Counties!



10/30: Hacienda Fall Festival & Trunk or Treat

In October, our Home Sweet Home rapid rehousing program took part in the Fall Festival & Trunk or Treat event at the Hacienda housing complex in Fresno! Our families and children served had an absolutely wonderful time! We'd like to thank all of our amazing staff that helped organize the event and open up their own trunks for our little trick or treaters!



Criminal Justice News

10/29: CCTRP Stockton Jack-O-Lanterns!

The ladies of our Custody To Community Transitional Reentry Program (CCTRP) in Stockton showed their Halloween spirit by decorating pumpkins during one of their weekly art therapy sessions!



Veterans News

October: HomeFront GPD Shares Their Fall Spirit!

The Veterans that we serve at our San Joaquin Valley Veterans HomeFront GPD transitional living program got in the fall spirit by making their own wooden pumpkins! We'd like to thank our wonderful Case Manager, Mayra, for leading this activity!



Treatment & Rehabilitation News

10/30: Bakersfield Door Decorating

Our Bakersfield Residential program took part in a WestCare tradition by holding a door decorating contest for the men that they serve! Here's our top four winners!



10/31: Halloween at MLK Residential

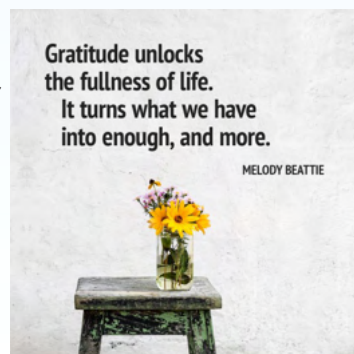
Our MLK Residential facility celebrated the Halloween holiday with a door decorating contest and trick or treating for the little ones in the program!



Health & Wellness Corner

"Why an Attitude of Gratitude?" by Mark Leanhart, Program Director, Admissions/Adult Outpatient

"As we prepare for Thanksgiving this year, I thought it would be interesting to examine the power of gratitude. I know that when I see someone that always appears happy and upbeat and I ask them about it, their responses are always very similar. They state that they are grateful to be alive or that they are thankful for another day and they seem as though they are in a perpetual act of counting their blessings. I bet each of you know



someone like this and may even envy their positive outlook, but have you ever considered the power that attitude gives them in their overall well-being?

According to Ann Morin, the author of 'What Mentally Strong People Don't Do,' there are seven scientifically proven benefits of gratitude:

- 1) **According to a 2014 study published in Emotion, Gratitude opens the door to more relationships.** Thanking a new acquaintance makes them more likely to seek an ongoing relationship.
- 2) **Gratitude improves physical health.** Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in 'Personality and Individual Differences.'
- 3) **Gratitude improves psychological health.** Robert Emmons, a leading gratitude researcher, has conducted research confirming that gratitude effectively increases happiness and reduces depression.
- 4) According to a 2012 study by the University of Kentucky, **gratitude enhances empathy and reduces aggression.** Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly.
- 5) **Grateful people sleep better.** Writing in a gratitude journal improves sleep, according to a 2011 study published in 'Applied Psychology: Health and Well-Being.'
- 6) **Gratitude improves self-esteem.** A 2014 study published in the 'Journal of Applied Sport Psychology' found that gratitude increased athletes' self-esteem, an essential component to optimal performance.
- 7) Lastly, both a 2006 study published in 'Behavior Research and Therapy' and a 2003 study published in the 'Journal of Personality and Social Psychology' found that **Gratitude increases mental strength and is a major contributor to resilience.** For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma.

So, rather than merely going around the thanksgiving table sharing what we are grateful for, perhaps what we should really strive for is incorporate gratitude into our daily walk as all appearances and research reveal how beneficial it could be for all of us long-term." - **Mark Leanhart, Program Director, Admissions/Adult Outpatient (Fresno)**

Reference: <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude>

Kudos!

The Staff of Valley State Prison (VSP)

We'd like to give a shout out to the staff of our VSP in-custody program for sporting pink in October in support of Breast Cancer Awareness Month!



Hassan Driver, House Manager, McKinney Plaza

"Recently, a County Audit was conducted at the McKinney Plaza Sober Living Environment. House Manager, Hassan, was recognized by Contract Compliance for his outstanding work in ensuring the files, facility and residents' rooms were in tip top shape!" - **Derrick Bressel, Director, Day Reporting Center and Sober Living**



Joslynn Brooks, Vocational Counselor, MLK Residential

In October, Joslynn was one of two members of the Fresno County Democratic Women's Club to receive the 2019 Democratic Women Care Award at their Eleanor Roosevelt Birthday Celebration earlier this month! She was recognized for her stellar work with the women that we serve and for helping prepare them for the workforce! Congratulations, Joslynn and thank you for Uplifting the Human Spirit through all that you do!



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

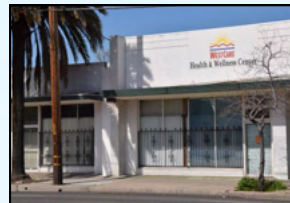
Services: Sober Living for Women



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

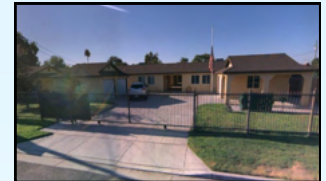
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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

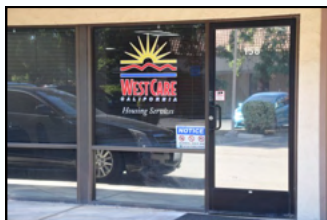
4612 Roseville Rd.
Suite 112
N. Highlands, CA 95660
(916) 564-4400

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