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Issue 89

Volume 7

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#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 and the various stories with the common theme of awareness from the month of October, we have the Thanksgiving holiday just on the horizon.

However, we must remind ourselves that every day is a great day to think about what we are thankful for. Looking back at the year so far, I am reminded of just how thankful I am for our staff's tireless devotion to those that we serve and willingness to work through everchanging conditions to provide only the best level of service possible. I am thankful for my fellow members of leadership who have put in very long hours to ensure that despite what this pandemic has thrown at us, we have been prepared each step of the way. 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 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 30 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!"

Sincerely,




## California News

### 10/22: Purple Thursday

Our WestCare California, Inc. programs from across the state helped raise awareness on #PurpleThursday as part of Domestic Violence Awareness Month. Thank you to all who participated for showing your commitment to healthy relationships and support for survivors.



### 10/23: #GoPink Friday

From Fresno to North Highlands, our WestCare California Family made the choice to #GoPink in support of Breast Cancer Awareness Month! Thank you to all who participated and we send our support to those affected and those that continue the fight!



10/30: 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!



## Treatment & Rehabilitation News

### October: Baby Shower at MLK Residential!

In October, the staff of MLK Residential's Learning Center in Fresno, CA went above and beyond to welcome two new baby boys born into the facility, twins, Kristan and Khyree! The poster was made by members of their team, Melissa Rodriguez, Alicin Lopez, Melissa Maytorena, Elina Herrera and Lidia Rojas. Great job, staff and congratulations to their family for welcoming these two new bundles of joy! We wish only the best for you and your family!



### 10/30: Halloween Festivities at MLK Residential!

Our MLK Residential facility celebrated the Halloween holiday with a door decorating contest as well as delivering candy to the little ones in their programs!



### 10/30: Virtual Baby Shower at Belmont Outpatient



"Today, we had our Halloween celebration with a potluck, a costume contest and our virtual Teams meeting - all with social distancing of course! To add to this, we surprised one of our staff members with a surprise baby shower. Our Benefits Specialist, Nancy Montano,

planned a baby shower for our Therapist, Arcadia Meza, who is having a baby boy in December. We have all known about this for weeks and kept it a secret. Nancy and I collaborated on how this was going to go down. We put a table outside of Arcadia's door and while the Teams meeting was going on, I rushed out and decorated the table with decorations and gifts. At the end of the meeting, I announced for her to step out of her office so she would see her surprise. Thankfully, I was able to capture a photo of the joy she had from this! We then went on with her socially distanced baby shower and watched her open her gifts in our Teams meeting. She was so thankful and appreciative of everyone!" - **Allonna Carlton, Counselor Tech, Belmont Outpatient**

## Education & Prevention News

### 10/24: 2020 Fresno AIDS Walk - Virtual Edition



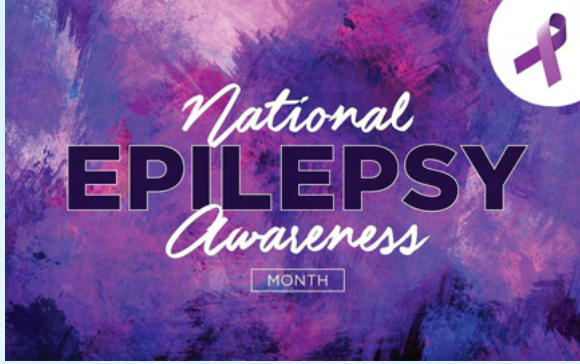
In October, we presented our Ninth Annual Fresno AIDS Walk in support of The Living Room, a Project of WestCare California and Fresno's only social support center for those infected, affected or at risk of HIV/AIDS. In light of the current pandemic and the health of our

community, this year's event was presented in the form of a one hour long produced video awareness event on YouTube. While we certainly missed presenting our walk and 5k run as we usually do, this made for a great opportunity to put an emphasis on awareness of the virus's impact on California's Central Valley through the heartfelt words of community partners, sponsors and program participants. We'd like to thank everyone that participated and helped make this unique chapter a memorable one! View the event by [clicking here](#).



## Health & Wellness Corner

**“Epilepsy 101” by Mark Leanhart, Program Director, Belmont Admissions and Outpatient**



“Over my years here with WestCare, I have worked with quite a few clients with epilepsy and though I was very

comfortable assisting them during their seizures, I knew little about the disorder itself. November is National Epilepsy Awareness month and I felt it was a great time to become more familiar. Epilepsy is a neurological disorder resulting from abnormal activities in the brain and is common with over three million cases annually in the United States. This abnormal activity could be resulting from an inherited genetic condition, trauma to the head, diseases or developmental disorders. More specifically, epilepsy could be caused by a tumor, stroke, an infection such as meningitis, an injury during birth or as result of another developmental disorder such as autism. Most of us are familiar with the symptoms of epilepsy, which include the jerking and twitching of arms and legs often accompanied by temporary confusion and a blank stare. Severity of episodes and symptoms vary a great deal between individuals due to the type of seizure disorder that a person has. Seizures may occur over several years or may be a lifelong condition. Seizures may be preceded by a feeling of euphoria and may produce psychological symptoms of fear and anxiety as well as loss of consciousness and awareness. Treatments include medications and if medications fail, then brain surgery may be an option. Self-care includes taking medications as prescribed and getting adequate rest. The most important thing in assisting someone that is experiencing a seizure is clearing the area around them from others and of objects that could harm them such as furniture. Do not restrain them to prevent the jerking as that could be harmful to them. Do prevent the jerking motion from causing head injury with a soft pillow between head and hard surface if one is available. Also, know when to call 911. Knowing proper first aid is always helpful.”

### References:

**Epilepsy.com - “About Epilepsy: The Basics”**

<https://www.epilepsy.com/learn/about-epilepsy-basics>

**WebMD: “What to Do When Someone Has a Seizure”**

<https://www.webmd.com/epilepsy/epilepsy-seizure-what-to-do-in-an-emergency?print=true>

## Kudos!

**The Imperial Dove Court De Fresno & Madera**

“The Imperial Dove Court (IDC) De Fresno & Madera have supported The Living Room for many years. They have helped us feed people, worked



with us on Pride Parade floats and have joined us in fundraising. Over the years, they have shown us kindness and compassion that continues to this day. We’d like to thank them for once again helping us help others through their grant program. You are all angels in disguise that watch over us.”

**- The Staff of The Living Room**

**Joslynn Brooks, W2W Counselor, MLK Residential**



As a form of art therapy, Joslynn has led the men and women that we serve at MLK Residential in creating their own dreamcatchers using donated supplies and a branch that they pick out from the facility’s courtyard! Thank you,

Joslynn, for once again using your creativity to Uplift the Human Spirit of those that we serve!

**The Staff of Opening Doors to Housing and Wellness**

We’d like to give a special shout out to our Opening Doors to Housing and Wellness staff whom started a new tradition for those that they find housing for!



## 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)

## 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

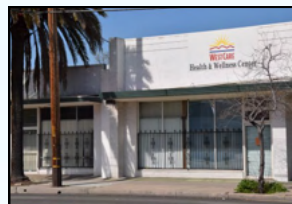
**Services:** Residential Drug Medi-Cal for Men and Women, Residential Treatment Program for Women and Children (M'ella), Residential Treatment Program for Men and Children: Papa Natal, Behavioral Education And Treatment (BEAT), Withdrawal Management



#### 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

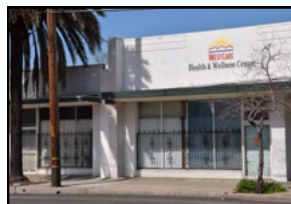
**Services:** Sober Living for Women



#### 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), Bee HIVE, 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

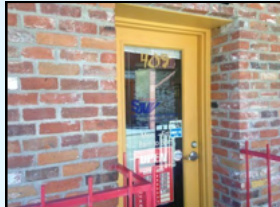
### San Joaquin Valley Veterans (SJVV)

**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

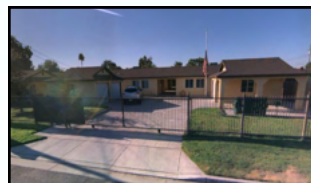
**Services:** Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



### 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.

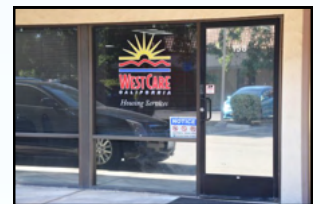


## Housing Opportunities

### 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>

