



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

September 2019

Issue 76

Volume 6

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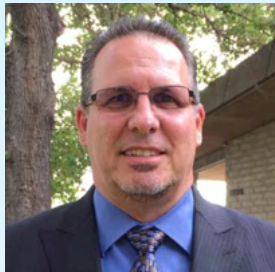
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#WestCareCA

A Welcome by our Deputy COO, Shawn Jenkins



Shawn Jenkins

"WestCare Family, When you take a look at a calendar, you'll see holidays that honor prolific figures and events in our history, but when you get to the month of September, there's one thing that you won't see, National Recovery Month. Since 1989, September has been known by those in the field of treatment and rehabilitation as Recovery Month. This annual observance as promoted by the Substance Abuse and Mental Health Services Administration (SAMHSA) is a month long campaign to increase education and awareness about the effectiveness of treatment and rehabilitation and celebrate the successes of the millions of individuals and families who have benefited from this process and are now living healthy and rewarding lives while maintaining their recovery from addiction. If you've ever attended one of our twice annual graduations, you might have heard the phrase, 'Treatment works and recovery happens.' This has become a credo for those of us that devote our lives to this work, believe in the power of the second, third or even fourth chance and in some cases, have our own personal story of recovery. Nationwide, events are held in honor of Recovery Month to celebrate recovery and provide insight on the path that lies ahead for those that continue to walk that road. Among others, these include SoberStock

XIV (Page 4) and our own internal awareness campaign! (Page 3) Recovery can start once an individual makes a commitment to change and enters into a program, but it certainly does not end when they complete that program. Their life ahead is a brand new challenge that can be intimidating especially when it comes to finding positive and healthy ways to deal with the stresses of everyday life that do not involve using, but it is through the support that we not only get from our friends, family and brothers and sisters in recovery, but the support that we give to those who have just begun on this path and by taking the time to celebrate our successes that we can continue to carry on and learn to take life just one day at a time."

Sincerely,



recoverymonth.gov



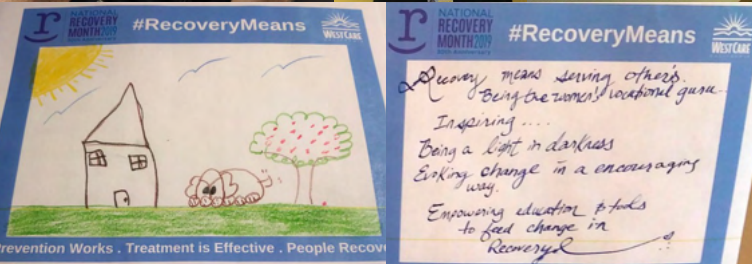
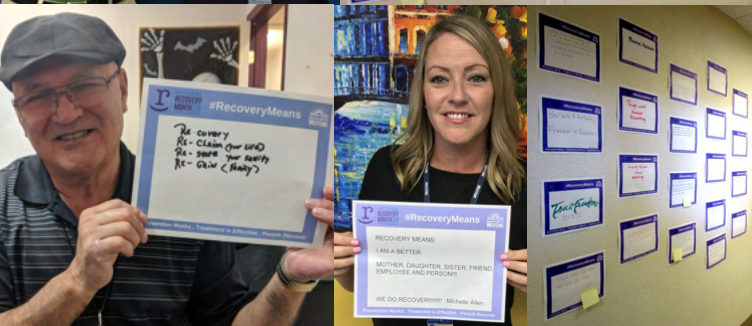
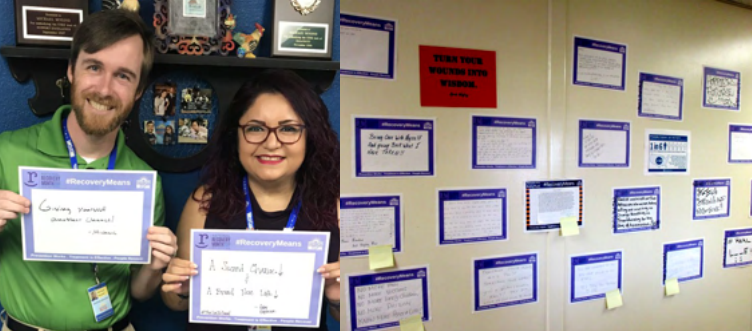
2020 Strategic Plan for WestCare California, Inc.

In September, our WestCare California, Inc. leadership gathered and completed our annual SWOT Analysis and Strategic Plan. It's our pleasure to share with you an infographic detailing our priorities moving forward for the year of 2020 and the goals that we would like to accomplish as an organization! Thank you all for your hard work and your continued commitment to Uplifting the Human Spirit!



WestCare California Celebrates National Recovery Month!

September marked National Recovery Month and our WestCare California family was proud to share what recovery means to them! We were happy to receive participation on behalf of our Administration, Belmont Adult Outpatient, MLK Residential, San Joaquin Valley Veterans, Valley State Prison (VSP) and Wasco State Prison (WSP) programs!



9/17: 2019 Central California Women's Conference

We were excited to be part of another wonderful year of the Central California Women's Conference in Fresno! This annual event is not only empowering for all in attendance, but is an absolutely amazing opportunity for community outreach!



9/25: 2019 State of the County Address



We were proud to be a Friends of the County sponsor of the 2019 State of the County Address presented by the County of Fresno, Fresno Chamber of Commerce and Chairman of the Fresno County Board of Supervisors, Nathan Magsig! It is always a pleasure to hear about the progress that has been made in Fresno and get a glimpse of what we can expect in the future!

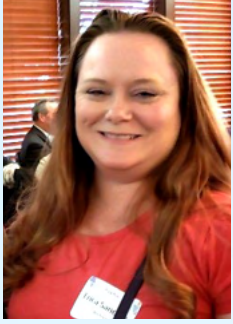
9/26: WestCare California Lends A Helping Hand to Community Partners in Need

In late September, our HR Recruiter, Cassie Alvarez, presented on all of our current job openings to staff who have been displaced recently with the closing of the CAP rehabilitation and treatment center Fresno. We were happy to be able to reach out with support to our community partners during this time and would like to thank the Fresno Regional Workforce Development Board for providing us with this opportunity!



“Goodbye”

A Farewell Letter to WestCare California by Erica Sanchez, Lead Veteran Advocate, San Joaquin Valley Veterans (SJVV) - Hanford



“Hello WestCare family, my name is Erica Sanchez and I have been employed with WestCare since 2011. Today, 9/30/19, my journey at WestCare ends. I wanted to share a little bit about myself and be a little vulnerable for a moment. When I started here, I thought I couldn’t relate to some of the struggles that our clients are going through, but once I really started listening, I realized no one story is exactly the same and I could relate.

I was raised in a military household. My father was enlisted in the United States Navy for over 25 years. I moved around and lived on different military bases. Once he decided to retire from the military, we were stationed at NAS Lemoore. We made Lemoore our home.

As a 16 year old girl, I found out I was pregnant. So here I am in high school and I am having a baby. I graduated high school with my daughter on my hip. Instead of going to college, I continued to work. At the age of 19, I was working a swing shift and once I got off work, I would party with friends until the morning. My parents got tired of that and decided to ask me to leave. So now I am couch surfing and paying different people to watch my daughter while I worked.

I decided this wasn’t the life for me. I didn’t want my child to see me drinking and not accomplishing anything, so I ended all of that. I ended the drinking and the friendships I had with the wrong group of people. Years passed by and I wanted to do more, but I didn’t know how to start. A friend of mine told me of a job opening at WestCare, which I had never heard of. I decided to apply and I quickly learned of all the wonderful things that WestCare had to offer.

I started working in 2011 with San Joaquin Valley Veterans. I quickly learned that this is what I wanted to do with my life. I want to be in the helping field so I enrolled in Junior College. I finished my AA in Social Science and I still wanted more. So I enrolled in Brandman University for Social Work. I have never worked at a place that doesn’t feel like work. It makes me feel whole to help people.

So I look back at my journey and I am grateful that WestCare is around. I am grateful for the individuals that work here. I am thankful for everyone that puts their heart into their work. WestCare has been my home for 8 years and I am sad to see it go, but I am also thankful for the opportunity. Sometimes it may not feel like you are accomplishing anything, but you are. The work we do here matters and it is important. A friend of mine here told me this isn’t goodbye just a see you later and I believe that!

Thank you, WestCare and see you later!” - Erica Sanchez

Treatment & Rehabilitation News

9/4: MLK Residential Receives Recognition for Stellar Service and Feedback!

During September’s County of Fresno Provider meeting, our MLK Residential facility received recognition and a basket full of goodies for having 100% overall satisfaction of 72 Treatment Perception Surveys (TPS). The TPS is used to collect data to evaluate programs, to improve services and to ensure the best outcomes while accessing services for quality care/coordination. Way to go, team!



9/10: The County of Fresno Makes A Declaration in Honor of National Recovery Month



We were proud to join our fellow treatment providers that comprise Community Partners 4 Recovery (CP4R) for the September Board of Supervisors meeting as they proclaimed

September as National Substance Use Disorder Recovery month in Fresno County! We’d like to thank our local leaders for recognizing this important observance!

9/27 - 28: SoberStock XIV

It was our pleasure to come together with our fellow organizations that make up Community Partners 4 Recovery (CP4R) to help present SoberStock XIV, Fresno’s longest running observance of National Recovery Month! The event featured live entertainment, recovery testimonials, a car and bike show, vendors and more! We hope to see you all at next year’s!



Education & Prevention News

9/5 - 8: 2019 U.S. Conference on AIDS

In September, we had representation on behalf of WestCare California, The Living Room and BEAT at the 2019 United States Conference on AIDS (USCA) presented by NMAC in



Washington D.C.! Over the course of four days, we had the opportunity to join fellow community-based organizations, health care providers, donors, activists and federal leaders to discuss implementation. This conference focused on ways that we can collectively end HIV while also celebrating the resiliency and diversity of the movement!

In Memoriam: Cynthia Karraker (All About Care)



"In September, we lost one of the pioneers of HIV/AIDS care here in Fresno. Cynthia Brazil Karraker, founder and CEO of All About Care, a summer camp for families who were affected by the virus, concentrated on women and children who were infected. She loved each and every one of them. She had a warm, loving heart and helped whenever and whoever she could. She had a smile that lit up every room and always a kind word for everyone. She will not be forgotten and we ask that in memory of her, you take a silent moment and wish her well on her journey to fly with angels for she was a true angel on earth." - **Toni Harrison, Program Director, The Living Room**

Housing News

9/10: Grand Opening of the Golden State Triage Center

September marked the grand opening for the Golden State Triage Center, a low barrier triage shelter in Fresno operated by Turning Point of Central California, Inc. in partnership with City of Fresno and the Fresno Madera Continuum of Care (FMCOC), which we are proud to be an integral part of. This 37 bed program provide basic needs of food, shelter and clothing to participants as well as their pets and partners, while offering intensive services to ensure that they have the resources necessary to obtain permanent supportive housing!



Veterans News

9/18 - 19: Central Valley Veterans Stand Down

Our SJVV team came together to honor all that serve by attending and holding a booth at the 2019 Central Valley Veterans Stand Down. This annual event features speeches from local, state and federal dignitaries, a vendor fair, on-the-spot services and more!



Health & Wellness Corner

"Skin Care: Tips for Healthy and Glowing Skin" by Nakesha Lee, Data Specialist, Stop Area 3 (Fresno)



"Healthy skin is the best accessory! Don't have time for intensive skin care? You can still pamper yourself by aing the basics which will be discussed.

Healthy skin comes from skin care and healthy lifestyle choices. Here are a few tips to help initiate healthy glowing skin.

Drinking at least eight glasses of water daily is important for overall good health. Skin cells, like any other cell in the body are made up of water. Without water, the organs will certainly not function properly. Here's a few ways to keep skin hydrated:

- * **Limited Bath Time:** Hot water and long showers remove oils.
- * **Hydrating Moisturizer:** Applying this within two minutes of leaving the shower provides better absorption.
- * **Avoid Strong Soaps:** This can also strip oils from your skin.
- * **Shaving:** To protect and lubricate skin, always use shaving cream or gel.
- * **Pat Dry:** After washing, gently pat or blot skin so moisture can remain." (Continued on Page 6)

(Continued from Page 5) “Eating foods such as salmon, which contains omega-3 and a source of high-quality protein and vitamin E. Avocados are also a good source of vitamin E, which is an important antioxidant that helps protect your skin. Walnuts are a good source of essential fats, vitamin E & C - all of which are nutrients your skin needs. To name a few other beneficial foods, sunflower seeds, red or yellow bell peppers, sweet potatoes, broccoli and dark chocolate are also great!

Uncontrollable stress and exposing your skin to a lifetime of sun exposure can cause harm. Stress can make your skin more sensitive and trigger acne breakouts and other skin problems. While exposing your skin to the sun without sunscreen can not only cause wrinkles, age spots and other skin problems, you also increase the risk of skin cancer. Bottom line - exposure and what you eat and drink can have a big impact on your skin health helping you age better both inside & outside. Healthy skin routine is more than just lotions and potions!” - **Nakesha Lee, Data Specialist, Stop Area 3 (Fresno)**

Kudos!

Julio Sanchez, Transitional Living Navigator/Case Manager



We'd like to wish a belated congratulations to Julio for receiving the August 2019 Employee of the Month Award for our community-based programs cohort! Congratulations and thank you for Uplifting the Human Spirit, Julio!

Angie Edwards, Lead Veteran Advocate, San Joaquin Valley Veterans



At the 2nd Annual HMIS Conference presented by the Fresno Madera Continuum of Care in September, Angie was one of three recipients to receive the HMIS Rockstar Award! This award was presented to her for ensuring that only quality data is being entered for all of the Veterans that we serve! While she wasn't able to be in attendance to receive it, we would like to thank the FMCoC for recognizing one of our own and congratulate Angie for this honor!

The Women and Staff of CCTRP Stockton



We'd like to give a shout out to our Custody To Community Transitional Reentry Program (CCTRP) in Stockton for all of the hard work that the women that they serve have put into their garden! Our CCTRP staff utilize and encourage garden therapy as a way for the women that they serve to manage their stress.

Bobbi Hafar, Case Manager, MLK Residential

At September's Central California Women's Conference, for the second year in a row, Bobbi was able to procure dental supplies from a fellow vendor to give to our Housing Services program for distribution during their outreach efforts! Thank you, Bobbi! We'd also like to thank Fresno Smile Makeovers and Sam Namdarian, DMD, for their generous donation!



Jasmine Wendels, Veteran Advocate, San Joaquin Valley Veterans



We'd like to recognize Veteran Advocate with SSJVV Fresno, Jasmine Wendels, for receiving a staff recognition chip from Outreach Specialist, Raymond Gonzales for her outstanding advocacy on behalf of a veteran client out in the community!

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

FYI:



SOS CLOTHING & HYGIENE DRIVE

Benefiting those served by our Support and Overnight Stay Program!

Here's just a few of the men's and women's items that we're looking for:

- Clothing for all Seasons
- Undergarments (New)
- Socks (New)
- Feminine Products
- Shampoo and Conditioner
- Soap and Hand Sanitizer
- Toothbrushes
- Toothpaste
- Mouthwash

All donations can be dropped off between 8am - 5pm, Monday - Friday at:

SOS Specialty Mental Health Clinic
3636 N. First St., Suite 123
Fresno, CA 93726

For more information, please contact Dawn:

Email: dawn.delamater@westcare.com

Office: (559) 512-6802



You are cordially invited to our
Fall 2019 Commencement Ceremony
honoring our WestCare California Graduates

Date: November 7, 2019

Doors: 6:00 p.m.

Starts: 6:30 p.m.

Location: Fresno City College Auditorium
1101 E University Ave, Fresno, CA 93741

For more information, please contact Gabriela McNiel
(559) 251-4800, Ext. 20917



Mark Your Calendars!

ARE YOU READY?



2020

FRESNO MADERA HOMELESS POINT-IN-TIME COUNT

JANUARY 28 - 30

FOR MORE INFORMATION ON HOMELESSNESS
EFFORTS IN FRESNO AND MADERA, VISIT:

WWW.FRESNOMADERAHOMELESS.ORG

FIND US ON SOCIAL MEDIA:

FRESNO MADERA
CONTINUUM OF CARE



[@FRESNOMADERACONTINUUMOF CARE](https://www.instagram.com/fresnomaderacare)

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

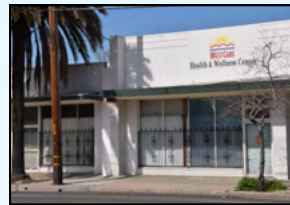
Services: Sober Living for Women



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

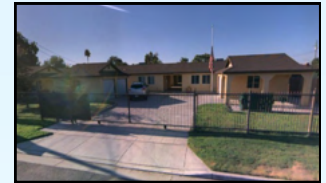
Services: Transitional housing for male Veterans for up to two years, case management, Veterans Safeway to Work Program (VSWP)



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

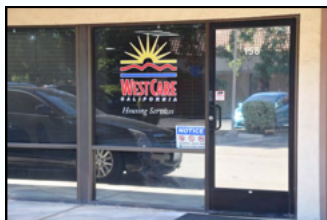
4612 Roseville Rd.
Suite 112
N. Highlands, CA 95660
(916) 564-4400

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