

# COMMUNITY ASSESSMENT AND SERVICES CENTER

## Table of Services: January 2018

SERVICE	DESCRIPTION	SCHEDULE
<i>America Works</i>	Employment readiness classes, job search assistance, referrals, direct placement, and follow-up support.	<b>Monday–Friday: 9am–5pm</b> Contact: James Hutchinson (America Works)
<i>Anger Management</i>	Treatment model with a cognitive behavioral therapy approach that employs cognitive, communication, and relaxation skills.	<b>Monday: 11am-12pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<i>Art Club</i>	Art Club is a therapeutic form of expressive therapy that uses the creative process of making art to improve a person’s physical, mental, and emotional well-being.	<b>Friday: 12pm-1pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<i>Batterer Intervention Program (BIP)</i>	Focuses on accountability and assists men confront attitudes about control and violence. Teaches other strategies for dealing with partners.	<b>Thursday: 5:30pm-7:30pm</b> Contact: Ramona Massey (SFAPD)
<i>Benefits Assessments</i>	An HSA staff member will assess eligibility and help clients enroll in CAAP, CalFresh, and Medi-Cal.	<b>Monday-Thursday: 9am- 4:30pm</b> <b>Friday: 9am-12pm</b> Drop-in and by appointment. Contact: Sheree Miller (HSA)
<i>Biography Group</i>	In Biography Group, clients will be supported to tell their life story via non-traditional forms of expression (Rap, Art, Movement, etc...).	<b>Thursday: 2pm-3pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<i>Changing Your Mind</i>	Changing Your Mind is a cognitive behavioral therapy group for mental health clients. Clients learn how to work with their thoughts, feeling, and behavior in ways that can help them change their lives.	<b>Tuesdays and Thursday: 2:30-4pm</b> This is a cohort based class please contact Alex Weil for information. Contact: Alex Weil (Citywide)
<i>Client Planning Committee</i>	Clients will take part in a planning committee, which will help oversee the roll out of services, groups, celebrations, and other milieu activities at the new CASC.	<b>Tuesday: 1pm-2pm</b> Drop-in. All clients are encouraged to attend Contact: Alex Weil (Citywide)
<i>Department of Child Support Services</i> [DCSS]	Services pertaining to court-ordered child support.	<b>Wednesday: 9am -11am</b> Drop-in

<b><i>Drama Therapy</i></b>	Drama therapy is a creative process used to achieve therapeutic goals. This approach can provide the context for participants to tell their stories, set goals and solve problems, express feelings, or achieve catharsis.	<b>Monday: 1pm-2pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b><i>Fathers Matter</i></b>	Provides support, information, and motivation in life skills, parenthood, relationships, and health.	<b>Tuesday: 1pm-3pm</b> <b>(next cohort begins January 30, 2018)</b> Contact: Paul Williams (SFAPD)
<b><i>Five Keys Charter School</i></b>	Classes provided to obtain a GED or high school diploma, as well as in literacy, math, and art. Course available to acquire a Food Handler card required for employment in food services.	<b>Monday – Friday: 9am-4pm</b> Contact: Anthony Pereira
<b>Healthy Relationships</b>	Healthy Relationships group focuses on the importance of effective communication, the characteristics of unhealthy relationships, and factors that influence everything in between.	<b>Friday: 11am-12pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b><i>Housing Resource Workshop</i></b> Tenderloin Housing Clinic	Monthly workshop supplies information on housing resources.	<b>Last Tuesday of every month 12pm- 1:30pm</b> Located at the Drake Hotel Contact: Alisea Wesley-Clark (THC)
<b><i>Harm Reduction Group</i></b>	Clients will be given the opportunity to compassionately explore stages of behavior change as it relates to high risk behaviors and addiction.	<b>Wednesday: 12pm-1pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b><i>Manalive</i></b> Community Works West	Three-stage domestic violence curriculum designed to explore roots of violence and provide tools necessary to stop the cycle.	<b>Wednesday: 1pm-3pm [SF Probation Clients Only]</b>
<b><i>Mental Health Process Group</i></b>	Semi-Structured process group where clients experiencing symptoms of mental illness can speak about their issues in a safe, strengths/recovery focused environment, and get feedback from both clinical staff and peers.	<b>Wednesday: 1pm -2pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b><i>Mindfulness</i></b>	The Mindfulness group helps clients gain focus in their lives through a variety of techniques including meditation and guided imagery.	<b>Friday: 1pm -2pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b><i>Raw Talk</i></b>	Series of programs that address overcoming barriers that clients face during post-release transition back into society.	<b>Monday &amp; Thursday: 11am-1pm</b> Drop-in group. No referral necessary Contact: Eli Crawford/Sharmaine (Raw Talk)
<b><i>Seeds</i></b>	A post-release employment workshop hosted by Federal Probation	<b>Thursday 1pm-3pm</b> Contact: Michael McFarland (Federal Probation)

<b><i>Seeking Safety</i></b>	Seeking Safety is a present-focused therapy that helps clients attain safety from trauma (including PTSD) and substance abuse by emphasizing coping skills, grounding techniques, and education.	<b>Thursday: 1pm-2pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b><i>Stigma/Power Hour</i></b>	An empowerment group that provides a safe place for clients to learn about mental health stigma and advocacy. This group combines processing personal experiences and teaches clients self-advocacy as a tool in overcoming mental health stigma.	<b>Friday: 1pm-2pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>STOP</b>	STOP ( <b>S</b> ubstance <b>T</b> reatment <b>O</b> utpatient <b>P</b> rogram) is designed for clients with severe and persisting mental illness. Targeted, structured daily groups as well as 1:1 support available.	<b>Monday-Friday 10:30am-12pm</b> Contact: Alex Weil (Citywide)
<b>TAY Group</b>	A support group for transitional age youth which helps them achieve the tools to succeed in adult hood—life skills, coping tools, healthy communication, and managing emotions.	<b>Wednesday 2pm-3pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b><i>Thinking for a Change (T4C)</i></b>	Cognitive behavioral change model to increase awareness that thinking controls behavior. Learning skills to replace past risk thinking with new, pro- social thinking to eliminate or minimize negative consequences.	<b>Tuesday &amp; Thursday: 12pm-1pm</b> Cohort: Class begins on 10/10 Contact: Michael Red (SEOP)
<b><i>Trauma Recovery</i></b>	Cognitive Behavioral model used to improve the daily functioning and overall quality of life for clients by supplying stabilizing interventions that aim to reduce the impact of symptoms and emotional turmoil that are known to occur when a person endures a trauma.	<b>Monday: 1pm-2pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b><i>Women's Support Group</i></b>	A weekly support group for women where common life experiences and challenges are addressed in a safe, gender responsive, environment.	<b>Tuesday 11am-12pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>12 Step Recovery Yoga</b>	Combines the wisdom of yoga with practical tools of 12 step recovery programs.	<b>Tuesday 2pm-3pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)