

# COMMUNITY ASSESSMENT AND SERVICES CENTER

## Table of Services: May 2019

*Services for justice involved adults 18 years and older.*

SERVICE	DESCRIPTION	SCHEDULE
<b>America Works</b>	Job placement and employment services for justice involved individuals. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Monday–Friday: 10:00 am–4:00 pm</b> Contact: Shona Pikula (America Works)
<b>Anger Management*</b>	Treatment model with a cognitive behavioral therapy approach that employs cognitive, communication, and relaxation skills. <b>*This is available for Adult Probation clients with a referral only. *</b>	<b>Monday: 11:00 am-12:00 pm</b> <b>Tuesday: 2:00 pm- 3:00 pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>Art Club</b>	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>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Friday: 12:00 pm-1:00 pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>Benefits Assessments</b>	An HSA staff member will assess eligibility and help clients enroll in CAAP, CalFresh, and Medi-Cal. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Monday-Thursday: 9:00 am- 4:30 pm</b> <b>Friday: 9:00 am-12:00 pm</b> Drop-in and by appointment. Contact: HSA staff
<b>Breaking Barz</b>	The Breaking Barz Collective is a coed support and performance group focused on addressing the affects incarceration can have on the mental health of formerly and currently incarcerated youth. The group is available to justice involved TAY (ages18-25), <b>ANY JUSTICE INVOLVED, AGES 18-25</b>	<b>THIS CLASS IS NOT BEING OFFERED THIS MONTH</b> <b>Friday: 2:00 pm- 4:00 pm</b> Contact: Ashley Smiley (Community Works West)
<b>CASC/Goodwill Employment Services:</b>	Employment program inclusive of job-readiness workshops, job search and placement services, and access to vocational training opportunities. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Monday-Friday: 9:00 am- 4:30 pm</b> Contact: Troy Henry (Goodwill)
<b>Changing Your Mind*</b>	Changing Your Mind is a cognitive behavioral therapy group for clients with mental health disorders. Clients learn how to work with their thoughts, feelings, and behaviors in ways that can help them change their lives. <b>*This is available for Adult Probation clients with a referral only. *</b>	<b>Mondays and Wednesdays: 9:30 am – 11:00am</b> <b>Tuesdays and Thursday: 2:30-4:00 pm</b> This is a cohort based class please contact Alex Weil for information. Contact: Alex Weil (Citywide)
<b>Client Planning Committee</b>	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>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Tuesday: 1:00 pm-2:00 pm</b> Drop-in. All clients are encouraged to attend Contact: Alex Weil (Citywide)
<b>Emotion Regulation: A DBT Skills Group</b>	Managing Your Emotions is a skill building group for clients who struggle with mood regulation. Clients learn how to effectively express and manage emotions, build and maintain healthy relationships, and reduce problematic behaviors. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Monday: 1:00 pm -2:00 pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>Fathers Matter</b>	Provides support, information, and motivation in life skills, parenthood, relationships, and health. <b>PRIORITIZES SF PROBATIONERS – Case by case basis, any justice-involved</b>	<b>Tuesday: 1:00 pm-3:00 pm</b> Contact: Victor Williams (SFAPD) <i>Next cohort starts January 2019</i>
<b>Five Keys Charter School</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>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Monday – Friday: 9:00 am-4:00 pm</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>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Friday: 11:00 am-12:00 pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>Housing Resource Workshop</b> Tenderloin Housing Clinic	Monthly workshop supplies information on housing resources. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Last Tuesday of every month 12pm- 1:30pm</b> Located at the Drake Hotel Contact: Alisea Wesley-Clark (THC)
<b>Housing Resource Workshop</b>	Meet 1:1 with peer to learn about housing resources for low income individuals living in San Francisco <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Friday: 10:00 am-12:00 pm</b> Contact: Ellen O'Donnell (Citywide)
<b>Harm Reduction Group</b>	Clients will be given the opportunity to compassionately explore stages of behavior change as it relates to high risk behaviors and addiction. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Wednesday: 12:00 pm-1:00 pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)

<b>LGBTQIA Support Group</b>	This group aims at creating a safe space for individuals who identify as LGBTQIA folks. Resources, leadership, and support offered. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Friday: 1:00 pm-2:00 pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>Manalive*</b> Community Works West	Three-stage domestic violence curriculum designed to explore roots of violence and provide tools necessary to stop the cycle. <b>*This is available for Adult Probation clients with a referral only. *</b>	<b>Wednesday: 1:00 pm-3:00 pm</b> [SF Adult Probation Clients Only]
<b>Mental Health Process Group</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>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Wednesday: 1pm -2pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>Raw Talk</b>	Series of programs that address overcoming barriers that clients face during post-release transition back into society. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Monday &amp; Thursday: 11am-1pm</b> Drop-in group. No referral necessary Contact: Eli Crawford/Sharmaine (Raw Talk)
<b>Seeds</b>	A post-release employment workshop hosted by Federal Probation <b>ANY JUSTICE INVOLVED, OVER 18 – Space permitting</b>	<b>Thursday 1pm-3pm</b> Contact: Michael McFarland (Federal Probation)
<b>Seeking Safety</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>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Thursday: 1pm-2:30 pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>Sister's Circle</b>	The program is designed to educate and empower women to move to the next level of Recovery. To overcome the barriers of Homelessness, Domestic Violence, Substance Abuse and chronic Illnesses. <b>ANY JUSTICE INVOLVED CIS/TRANS WOMEN, OVER 18</b>	<b>Fridays: 2pm- 3pm</b> Contact: Alex Weil (Citywide)
<b>Spanish Speaking Process Group*</b>	Support and skill based group for individuals who are monolingual or wish to engage in a process group communicating solely in Spanish. Will also offer resources in the Latino community. <b>*This is available for Adult Probation clients with a referral only. *</b>	<b>Monday: 1:00 pm-2:00 pm</b> This is a cohort based class please contact Alex Weil for information. Contact: Alex Weil (Citywide)
<b>STOP*</b>	STOP (Substance Treatment Outpatient Program) is designed for clients with severe and persisting mental illness. Targeted, structured daily groups as well as 1:1 support available. <b>*This is available for Adult Probation clients with a referral only. *</b>	<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>ANY JUSTICE INVOLVED, AGES 18-25</b>	<b>Wednesday 2pm-3pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
<b>Transformative Life Coaching (TLC)</b>	This 5 week program offers formerly incarcerated men an opportunity to bridge ancient wisdom and their modern lives. The goal of the program is to change cultural behaviors through transformation of the body, mind, and spirit. <b>ANY JUSTICE INVOLVED MEN, OVER 18</b>	<b>Monday/Tuesday – 9:30am-10:30am</b> Contact: Anthony Williams (M3)
<b>Thinking for a Change (T4C)*</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>*This is available for Adult Probation clients with a referral only. *</b>	<b>Tuesday &amp; Thursday: 12pm-1pm</b> Contact: Deborah Turner (SEOP)
<b>Community Activities Group</b>	Group that engages clients in physical movement and activities in the community such as hiking, basketball, museums, parks, and cultural events. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Outing times vary throughout the month</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)