

COMMUNITY ASSESSMENT AND SERVICES CENTER

Table of Services: November 2018

Services for justice involved adults 18 years and older.

SERVICE	DESCRIPTION	SCHEDULE
America Works	Job placement and employment services for justice involved individuals. ANY JUSTICE INVOLVED, OVER 18	Monday–Friday: 10:00 am–4:00 pm Contact: Shona Pikula (America Works)
Anger Management*	Treatment model with a cognitive behavioral therapy approach that employs cognitive, communication, and relaxation skills. *This is available for Adult Probation clients with a referral only. *	Monday: 11:00 am-12:00 pm Wednesday: 3:00 pm- 4:00 pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
Art Club	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. ANY JUSTICE INVOLVED, OVER 18	Friday: 12:00 pm-1:00 pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
Benefits Assessments	An HSA staff member will assess eligibility and help clients enroll in CAAP, CalFresh, and Medi-Cal. ANY JUSTICE INVOLVED, OVER 18	Monday-Thursday: 9:00 am- 4:30 pm Friday: 9:00 am-12:00 pm Drop-in and by appointment. Contact: HSA staff
Breaking Barz	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), ANY JUSTICE INVOLVED, AGES 18-25	Thursday: 5:00 pm- 7:00 pm Contact: Ashley Smiley (Community Works West)
CASC/Goodwill Employment Services:	Employment program inclusive of job-readiness workshops, job search and placement services, and access to vocational training opportunities. ANY JUSTICE INVOLVED, OVER 18	Monday-Friday: 9:00 am- 4:30 pm Contact: Troy Henry (Goodwill)
Changing Your Mind*	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. *This is available for Adult Probation clients with a referral only. *	Mondays and Wednesdays: 9:30 am – 11:00am Tuesdays and Thursday: 2:30-4:00 pm This is a cohort based class please contact Alex Weil for information. Contact: Alex Weil (Citywide)
Client Planning Committee	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. ANY JUSTICE INVOLVED, OVER 18	Tuesday: 1:00 pm-2:00 pm Drop-in. All clients are encouraged to attend Contact: Alex Weil (Citywide)
Emotion Regulation: A DBT Skills Group	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. ANY JUSTICE INVOLVED, OVER 18	Monday: 1:00 pm -2:00 pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
Fathers Matter	Provides support, information, and motivation in life skills, parenthood, relationships, and health. PRIORITIZES SF PROBATIONERS – Case by case basis, any justice-involved	Tuesday: 1:00 pm-3:00 pm Contact: Victor Williams (SFAPD) <i>Next cohort starts July 31, 2018</i>
Five Keys Charter School	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. ANY JUSTICE INVOLVED, OVER 18	Monday – Friday: 9:00 am-4:00 pm Contact: Anthony Pereira
Healthy Relationships	Healthy Relationships group focuses on the importance of effective communication, the characteristics of unhealthy relationships, and factors that influence everything in between. ANY JUSTICE INVOLVED, OVER 18	Friday: 11:00 am-12:00 pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
Housing Resource Workshop Tenderloin Housing Clinic	Monthly workshop supplies information on housing resources. ANY JUSTICE INVOLVED, OVER 18	Last Tuesday of every month 12pm- 1:30pm Located at the Drake Hotel Contact: Alisea Wesley-Clark (THC)
Harm Reduction Group	Clients will be given the opportunity to compassionately explore stages of behavior change as it relates to high risk behaviors and addiction. ANY JUSTICE INVOLVED, OVER 18	Wednesday: 12:00 pm-1:00 pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)
LGBTQIA Support Group	This group aims at creating a safe space for individuals who identify as LGBTQIA folks. Resources, leadership, and support offered. ANY JUSTICE INVOLVED, OVER 18	Friday: 1:00 pm-2:00 pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)

<p>Manalive* Community Works West</p>	<p>Three-stage domestic violence curriculum designed to explore roots of violence and provide tools necessary to stop the cycle. *This is available for Adult Probation clients with a referral only. *</p>	<p>Wednesday: 1:00 pm-3:00 pm [SF Adult Probation Clients Only]</p>
<p>Mental Health Process Group</p>	<p>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. ANY JUSTICE INVOLVED, OVER 18</p>	<p>Wednesday: 1pm -2pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)</p>
<p>Raw Talk</p>	<p>Series of programs that address overcoming barriers that clients face during post-release transition back into society. ANY JUSTICE INVOLVED, OVER 18</p>	<p>Monday & Thursday: 11am-1pm Drop-in group. No referral necessary Contact: Eli Crawford/Sharmaine (Raw Talk)</p>
<p>Seeds</p>	<p>A post-release employment workshop hosted by Federal Probation ANY JUSTICE INVOLVED, OVER 18 – Space permitting</p>	<p>Thursday 1pm-3pm Contact: Michael McFarland (Federal Probation)</p>
<p>Seeking Safety</p>	<p>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. ANY JUSTICE INVOLVED, OVER 18</p>	<p>Thursday: 1pm-2:30 pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)</p>
<p>Sister's Circle</p>	<p>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. ANY JUSTICE INVOLVED CIS/TRANS WOMEN, OVER 18</p>	<p>Fridays: 2pm- 3pm Contact: Alex Weil (Citywide)</p>
<p>STOP*</p>	<p>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. *This is available for Adult Probation clients with a referral only. *</p>	<p>Monday-Friday 10:30am-12pm Contact: Alex Weil (Citywide)</p>
<p>Stress Reduction</p>	<p>The Stress Reduction group helps clients gain focus in their lives through a variety of techniques including meditation and guided imagery. ANY JUSTICE INVOLVED, OVER 18</p>	<p>Friday: 1pm -2pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)</p>
<p>TAY Group</p>	<p>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. ANY JUSTICE INVOLVED, AGES 18-25</p>	<p>Wednesday 2pm-3pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)</p>
<p>Transformative Life Coaching (TLC)</p>	<p>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. ANY JUSTICE INVOLVED MEN, OVER 18</p>	<p>Monday/Tuesday – 9-10:30am Contact: Joe Bluford (M3)</p>
<p>Thinking for a Change (T4C)*</p>	<p>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. *This is available for Adult Probation clients with a referral only. *</p>	<p>Tuesday & Thursday: 12pm-1pm Contact: Deborah Turner (SEOP)</p>
<p>Community Activities Group</p>	<p>Group that engages clients in physical movement and activities in the community such as hiking, basketball, museums, parks, and cultural events. ANY JUSTICE INVOLVED, OVER 18</p>	<p>Tuesday 12pm-1pm Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)</p>