

# COMMUNITY ASSESSMENT AND SERVICES CENTER

## Table of Services: September 2018

*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>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>Wednesday: 3:00 pm- 4:00 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>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>Batterer Intervention Program (BIP)</b>	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)
<b>Benefits Assessments</b>	An HSA staff member will assess eligibility and help clients enroll in CAAP, CalFresh, and Medi-Cal.	<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: Sheree Miller (HSA)
<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>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>Tuesday: 1:00 pm-2:00 pm</b> Drop-in. All clients are encouraged to attend Contact: Alex Weil (Citywide)
<b>Department of Child Support Services</b> [DCSS]	Services pertaining to court-ordered child support.	<b>Wednesday: 9:00 am -11:00 am</b> Drop-in
<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>Monday: 1:00 pm -2:00 pm</b> This is not cohort based class, but clients must be referred by a case manager or a probation officer and be assessed by the facilitator prior to starting the group. Please contact Alex Weil for information.
<b>Fathers Matter</b>	Provides support, information, and motivation in life skills, parenthood, relationships, and health.	<b>Tuesday: 1:00 pm-3:00 pm</b> Contact: Victor Williams (SFAPD) <i>Next cohort starts July 31, 2018</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>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>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>Last Tuesday of every month 12pm- 1:30pm</b> Located at the Drake Hotel Contact: Alisea Wesley-Clark (THC)
<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>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)

<p><b>Manalive*</b> Community Works West</p>	<p>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></p>	<p><b>Wednesday: 1:00 pm-3:00 pm</b> [SF Adult Probation Clients Only]</p>
<p><b>Mental Health Process Group</b></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.</p>	<p><b>Wednesday: 1pm -2pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)</p>
<p><b>Raw Talk</b></p>	<p>Series of programs that address overcoming barriers that clients face during post-release transition back into society.</p>	<p><b>Monday &amp; Thursday: 11am-1pm</b> Drop-in group. No referral necessary Contact: Eli Crawford/Sharmaine (Raw Talk)</p>
<p><b>Rising Voices</b></p>	<p>Rising Voices is a writing and performance cohort that is part performance and part support group aimed to assist formerly incarcerated women ages 18-25 process various social and emotional obstacles through mindfulness, conversation, writing and public performances.</p>	<p><b>Monday: 5pm-7pm</b> Drop-in group. No referral necessary Contact: Ashley Smiley ( Starts 9/10/2018)</p>
<p><b>Seeds</b></p>	<p>A post-release employment workshop hosted by Federal Probation</p>	<p><b>Thursday 1pm-3pm</b> Contact: Michael McFarland (Federal Probation)</p>
<p><b>Seeking Safety</b></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.</p>	<p><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)</p>
<p><b>Sister's Circle</b></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.</p>	<p><b>Fridays: 2pm- 3pm</b> Contact: Alex Weil (Citywide)</p>
<p><b>STOP*</b></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. <b>*This is available for Adult Probation clients with a referral only. *</b></p>	<p><b>Monday-Friday 10:30am-12pm</b> Contact: Alex Weil (Citywide)</p>
<p><b>Stress Reduction</b></p>	<p>The Stress Reduction group helps clients gain focus in their lives through a variety of techniques including meditation and guided imagery.</p>	<p><b>Friday: 1pm -2pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)</p>
<p><b>TAY Group</b></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.</p>	<p><b>Wednesday 2pm-3pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)</p>
<p><b>Thinking for a Change (T4C)*</b></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. <b>*This is available for Adult Probation clients with a referral only. *</b></p>	<p><b>Tuesday &amp; Thursday: 12pm-1pm</b> Contact: Deborah Turner (SEOP)</p>
<p><b>Movement Group</b></p>	<p>Group that engages clients in physical movement activities including walks in community to practice awareness of the body as a strategy to manage stress and promote wellness</p>	<p><b>Tuesday 12pm-1pm</b> Clients can be referred at any time—this is not a cohort based class. Contact: Alex Weil (Citywide)</p>