

# COMMUNITY ASSESSMENT AND SERVICES CENTER

## Table of Services: September 2020

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

SERVICE	DESCRIPTION	SCHEDULE
<i>America Works</i>	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)
<i>Anger Management*</i>	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>Tuesday: 2:00 pm- 3:00 pm</b> <b>Friday: 1:00pm-2:00pm</b> Clients can be referred at any time-this isn't 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>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)
<i>Benefits Assessments</i>	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
<i>CASC/Goodwill Employment Services:</i>	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)
<i>Changing Your Mind*</i>	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)
<i>Community Activities Group</i>	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)
<i>Emotion Regulation: A DBT Skills Group</i>	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)
<i>Five Keys Charter School</i>	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
<i>Harm Reduction Group</i>	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)
<i>Healthy Relationships</i>	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)
<i>Housing Resource Workshop</i>	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>Thursday: 10:30 am-12:00 pm</b> Contact: Ellen O'Donnell (Citywide)
<i>Housing Resource Workshop</i> 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)
<i>Human Services Agency</i>	HSA staff will assess eligibility and help enroll in CalFresh and Medi-Cal; they will also make referrals for initial appointments for CAAP, aka GA.	<b>Mon, Tues, Weds &amp; Friday: 9am-4:30pm (lunch 12-1pm)</b> <b>Thursday: 9:30am-11:30am</b> Located at the CASC Rm: 116 Contact: Abel Maldonado (HSA Senior Eligibility Worker)
<i>Job Club</i>	Job club is for individuals who are thinking about employment, actively seeking employment or just curious. We will discuss topics including: Ban the Box, professionalism, and communication in the work place through a hands on activity based approach to discussing the hard and soft skills needed for competitive employment. <b>ANY JUSTICE INVOLVED, OVER 18</b>	<b>Monday: 10:00 am-11:00 am</b> Contact: Tania Horne (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.  <i><b>*This is available for Adult Probation clients with a referral only. *</b></i>	<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-2:00 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>ANY JUSTICE INVOLVED, AGES 18-25</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.  <i><b>*This is available for Adult Probation clients with a referral only. *</b></i>	<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>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.  <i><b>*This is available for Adult Probation clients with a referral only. *</b></i>	<b>Tuesday &amp; Thursday: 12pm-1pm</b> Contact: Mike Pasley (SEOP)