

## Show Me the Services!

*Lisa Berger, Development Director*

They're new, they're funded, and they're coming soon to L.A. CADA's service community! They are new services resulting from the agency's 2016 fund development efforts. Los Angeles Centers for Alcohol and Drug Abuse is proud to announce we have received diverse grants to create needed local programs for the agency's target group of underserved populations.

A grant received from the **Los Angeles County Department of Public Health** is set to create jail-based substance abuse treatment for incarcerated adults serving time in Men's Central Jail in Los Angeles. The program will deliver new treatment services specifically targeting gay and transgender men who are assessed with substance abuse problems. The grant was one of only four contracts awarded county-wide. L.A. CADA's program addresses the untreated mental health and substance use disorders that correlate with high rates of criminal recidivism, thus creating a burden for prisons, jails, and local communities due to repeat drug offenders. Jail-based treatment will be part of L.A. CADA's extensive criminal justice treatment division.

Another service in development at L.A. CADA is an **Offender Reentry Program** for adults. Funded by a grant from the **Federal Substance Abuse and Mental Health Services Administration**, the new program will work with young adults while they are still incarcerated in L.A. County jails. The "in-reach" effort intends to assess the inmates' substance abuse treatment needs and involve them in treatment at L.A. CADA's program immediately upon release from jail. Our innovative, evidence-based treatment curriculum will involve the inmates' family members in a culturally-focused holistic recovery program.

Despite the success of L.A. CADA's 2016 fund development program, much remains to be done. In 2017, the agency is working on grant applications to create a local detox program, establish a shelter for LGBT victims of sexual assault, violence, and stalking, and programs that can strengthen and expand L.A. CADA's youth department. A particular focus of fund development this year will be the identification of capital grants to convert office space in the agency's Santa Fe Springs facility to residential treatment for pregnant and parenting women and their small children. It's all in a year's work at L.A. CADA!



## Project Purple Spirit and Pride!

*John Gray*  
 Administrative Coordinator

**Project Purple**, the national anti-substance abuse initiative of **The Herren Project (THP)**, is a youth-targeted program launched to break the stigma of addiction, bring awareness to the dangers of substance abuse, and shed light on effective treatment practices.

We'd like to extend a special thank you to **Whittier Host Lions Club** for their generous donation to L.A. CADA Youth Services. They are helping support our goal to reach out and assist local youth with services like fun "substance-free" events.

The latest event was held during the week of January 30–February 3, 2017, when Project Purple joined with high schools in the **Whittier City School District** for the **Project Purple Balloon Release**.

In order to promote awareness of the dangers of substance abuse, youth participants were asked to fill out "I love myself so I will..." pledges and place them inside a balloon.

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**A message from  
Juan Navarro,  
L.A. CADA  
Executive Director**

Dear Friends,

2016 is well behind us and spring is nearly here. This is a very challenging and exciting time for those of us working in the healthcare field to further advance behavioral health services.

As you may know, Los Angeles County is a community in need of offender treatment and reentry support services. In 2011, the Supreme Court mandated California to reduce the state prison population by 30,000 inmates. As a result, nonviolent offenders were able to do their time in L.A. County jails, which resulted in overcrowding and, frequently, in early release. In 2014, California Proposition 47 reduced small-quantity drug possession to a misdemeanor, making probation rather than incarceration the norm for many offenders. Though a step in the right direction, both initiatives resulted in thousands of drug offenders returning to their families and communities with virtually no rehabilitation or recovery support. L.A. CADA is now able to provide urgently needed treatment to adults in L.A. County jails thanks to funding made available through Los Angeles County Department of Substance Abuse Prevention and Control and Substance Abuse and Mental Health Services Administration.

Despite these wonderful new opportunities, we face monumental challenges as the new Federal Administration reconsiders its funding priorities. The potential repeal of the Affordable Care Act may result in reduced access to addiction treatment for many individuals in our community. Once this is for certain, L.A. CADA will remain fiercely committed to ensuring access to comprehensive substance use treatment and mental health services for individuals and families here in Los Angeles County.

Sincerely,

Juan Navarro  
Executive Director

Los Angeles Centers for Alcohol and Drug Abuse



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FOR ALCOHOL AND DRUG ABUSE  
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**L.A. CADA Administrative  
Headquarters and Outpatient Services**

11015 Bloomfield Avenue  
Santa Fe Springs, CA 90670  
562.906.2676

**Downtown HIV Services Center**  
470 East 3rd Street, Suites A & B  
Los Angeles, CA 90013  
213.626.6411

**Downtown L.A. CADA Outpatient Services**  
470 East 3rd Street, Suites A & B  
Los Angeles, CA 90013  
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**Hollywood HIV Services Center**  
6838 Sunset Boulevard  
Los Angeles, CA 90028  
323.461.3161 ext 3818

**Custody to Community  
Transitional Reentry Program (CTRP)**  
11121 Bloomfield Avenue  
Santa Fe Springs, CA 90670  
562.236.9390

**Allen House Residential Treatment Center**  
10425 South Painter Avenue  
Santa Fe Springs, CA 90670  
562.906.2685

## Downtown Site Launches Holistic Workshop Series

Charles McWells, Program Manager, 3MV and Passport to Wellness

Can attending therapeutic or educational workshops reduce stress, lower the risk of substance use relapse or HIV infection, and increase a general sense of wellness? Scientific studies have produced mixed answers, but anecdotal evidence collected from L.A. CADA clients and staff suggests that these types of sessions may, in fact, be of significant benefit.

Beginning on October 13, and running through December 1, 2016, the Downtown L.A. CADA site offered holistic workshops with the belief that clients who learned stress reduction techniques and received education on how to improve their overall health had improved prospects of lowering relapse or HIV-infection risks. Workshops were open to agency clients and staff in the substance use outpatient treatment and HIV prevention departments. Topics ranged from yoga, arts and crafts, and hypnotherapy to hepatitis, testimonials from HIV-positive people, and HIV education sessions, and some were offered in Spanish. Future sessions will include nutrition, zumba, and PrEP, a medication to help prevent HIV infection in HIV-negative people.

Scheduling was a challenge as the first six sessions drew only a small number of SUD clients, so the sessions were moved to when they had their regularly scheduled outpatient groups. This resulted in more SUD client participation but triggered a significant drop in PtW clients, so staff included the workshops in their line-up of Passport activities.

Nine workshops were conducted and the 70 participants were surveyed at the conclusion of seven sessions (*see survey results below*). The holistic workshop series was considered a big success, with participants giving the sessions an average rating of 9.7 out of 10, and facilitators receiving a 9.4 average rating. Comments were overwhelmingly positive and most said that they would take the session again.

What's next for the holistic workshop series? Plans are underway to expand the range of workshop topics and to apply for mini-grants that can compensate workshop facilitators, purchase workshop materials such as yoga mats, arts and crafts supplies, and provide snacks for participants.

Date	Topic	Attendance				Ratings				Comments
		SUD Client	PtW Client	SUD Staff	PtW Staff	1-10: How liked	Take again	1-10: Rate facilitator		
10/13/16	HIV 101	0	2	0	1	No qualitative surveys collected				
10/27/16	HIV 101	0	0	3	3	No qualitative surveys collected				
11/03/16	Yoga	1	3	3	2	Avg.=10	Y=7/N=0	Avg.=10	Most relaxed I have been at work in a long time; Loved the experience; Very relaxing; Loved yoga, will try to get better.	
11/07/16	Arts and Crafts	0	1	0	0	Avg.=10	Y=1/N=0	Avg.=10	Would look forward to being in another workshop.	
11/10/16	HIV+ Stories	1	3	2	5	Avg.=10	Y=10/N=0	Avg.=9	Great workshop (needed for young adults aged 18-25); Insightful; Learned a lot; Great speakers.	
11/17/16	Hypnotherapy	4	7	0	2	Avg.=9	Y=9/N=0	Avg.=9	Would love to have class again; Learned how to meditate; Thanks for helping me with my stress management; Facilitator was professional, pleasant and very informative.	
11/21/16	Arts and Crafts	13	0	0	2	Avg.=9	Y=12/N=2	Avg.=8	Great time; Bring painting and drawing; Fantastic; Need more space; Loved it; Thank you!	
11/28/16	Yoga	7	1	0	0	Avg.=10	Y=7/?=1	Avg.=10	Good music and fun; Great and would take it again; Excellent; Had good time; Cool.	
12/01/16	HIV+ Stories	8	0	0	0	Avg.=10	Y=8/N=0	Avg.=10	Doing a great thing for the community; Did not realize the effect HIV has on people's lives... it was an eye-opener.	



## Healing with Crochet

Amy D., a CCTRP participant

This past Holiday season, we ladies here at CCTRP had the honor and pleasure of being part of a crochet project that benefitted **Helpline Youth Counseling, Inc.** in Whittier, CA. This project consisted of crocheting scarfs, beanies, and mittens to be distributed to the homeless families that Helpline Youth Counseling serves throughout the area.

When this project was presented to us, all hands were raised and we couldn't wait to get them busy on yarn and patterns; we were ready to start stitching away on our designs!

We also learned that "crochet" is a craft in which fabric is made by the interlocking of loops of yarn, thread, or strands of other materials using a crochet hook. Queen Victoria of England gave it her seal of approval and even learned to crochet herself, making scarfs for veterans of the South African War.

As with the queen—which all of us here at CCTRP feel we are—this art has such an amazingly peaceful effect. A sense of calm and relaxation overcomes us with this needlework. It serves as a way of meditation and allows us the quiet reflection time we need to heal from our pain and trauma.

After every mitten, hat, and scarf were stitched with love and gratitude—totaling 50 pieces in all—we felt a sense of accomplishment, excitement, and pure joy to be able to have this opportunity to give back and help those in need stay a little warmer during this time of the year.

# Motivational Interviewing Training: An Evidence-Based Practice

Sandra George, CATC, Allen House Assistant Director

L.A. CADA has been chosen to participate with other organizations in a year-long study to improve the implementation of evidence-based practices (EBP). This motivational interviewing training and research study, “**Leadership and Organizational Change for Implementation (LOCI)**” is being conducted by **Dr. Gregory Adams of University of California San Diego**, and includes several components occurring in-person and via phone.

Initially held in June 2016 at a Behavioral Health Facility, study participants received a comprehensive two-day training on Motivational Interviewing. The two-day LOCI training in which I participated was held in mid-July with didactic and interactive sessions. During this time, we discussed and practiced leadership behaviors to support Evidence-Based Practice of Motivational Interviewing and its implementation. LOCI also included two, one-day follow up trainings in which the leadership and EBP implementation principals were reviewed and practiced. The training is repeated four and eight months later in San Clemente.

There are weekly coaching calls to keep participants such as me on track with our goals and development plans. Once a month, the weekly coaching call is replaced with a group conference call facilitated by multiple leader trainees from different agencies located both here and in the San Diego area. I also receive six training sessions by phone facilitated by **Maurice Bulls of Behavior Change Consulting**. After a year, a graduation ceremony will be held where accomplishments will be celebrated, challenges processed, and future plans shared.

The participating counselors were issued a voice recorder and asked to get their clients’ consent to participate in the study by recording their individual sessions. The sessions are then uploaded to the research team without sharing any client’s personal identifying information. After the recordings are listened to and reviewed, a fidelity report is issued, allowing me to assist the counselors in improving their new skill sets. I meet with them as a group twice monthly, and individually as needed to provide coaching and to share the fidelity reports.

I feel fortunate that the Allen House was picked to participate in this unique, client-centered approach to training, as it truly enhances the counseling process and skill set.

There is nothing noble about being superior to some other man.  
The true nobility is in being superior to your previous self.  
HINDU PROVERB

## Beyond Gangs

Caryl Lark, M.S., IMFT,  
Clinical Supervisor

In December 2016, L.A. CADA’s **Youth Program** hosted students from five local high schools for a panel discussion led by three men and one woman from **Allen House**, our residential program. Speaking from their hearts, the panel members shared how they were drawn into gang life, the consequences they experienced, and how they have changed. Based on the participation of the youths during the question and answer phase, the event was illuminating, motivating, and very well received. Here are some of the comments:

*“You guys really opened up my eyes.”*

*“Now I know what steps not to follow.”*

*“It got me to think about the bad choices I’ve made as well.”*

*“Thank you for helping me to realize that drugs will not only get you into jail, but also into gangs.”*

*“All my family is gang-affiliated. I was selling bars (of Xanax). After I leave here, I’m flushing everything!”*

The panel members were equally moved by the experience. One speaker stated, “If I touched even one kid, I will feel my gang life wasn’t a total waste.”

We look forward to making this an annual event. Thanks to all the L.A. CADA staff who made this possible, and thank you **Desiree Garcia, Robert Bermudez, Rigo Contreras, and Oscar Zamorra**, our inspirational panel, for sharing their experiences, strength, and hope.



## – An Allen House Testimony –

*Gary Iannarelli, Program Director, Allen House Residential Treatment Center*

When **Kenneth K.** first arrived at the Allen House, he was partially clothed, wearing shoes without soles, and rocking back and forth as, in his words, he “talked to Jesus.” At the time, Kenneth was generally unaware of his mental illness and relied on meth, marijuana, and alcohol as a form of self-medicating. Given the severity of his mental illness, we first sought to stabilize Kenneth by getting him medical attention. Once this was accomplished, he immediately showed drastic physical, social, and intellectual improvement. His personal hygiene improved dramatically, he became very sociable, and his conversation skills improved significantly.

By working with licensed therapists and counselors during his time at the Allen House, Kenneth completed our Intensive Residential Treatment Program. He was able to fully participate in Relapse Prevention, Addiction Education, and Anger Management, plus various 12-Step activities. He learned and effectively deployed numerous skills to help him cope with his mental illness without resorting to drugs or alcohol, and was very cooperative and disciplined in his treatment. He came to be seen as a role model to peers and staff alike, successfully completing the program in a mere six months.

Since then, Kenneth has been taking classes at a community college where he’s experienced great academic success. From conversations with him, I understand he is currently maintaining a 4.0 GPA. Most importantly, since receiving proper medical treatment for his schizophrenia, he has maintained his sobriety without relapse, in large part due to his regular attendance at AA meetings. An additional source for successful maintenance is his participation in the **Allen House Alumni Association** where he often comes in order to be of service to others who are struggling with addiction and mental health concerns.

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## **DOWNTOWN NEWS**

*Charles McWells, Program Manager, 3MV and Passport to Wellness*

Downtown Outpatient Services has been fortunate to have an outpouring of support from the community through the donations of the **Low Rider Car Show and Toy Drive, Soroptimist International of Norwalk**, and the generosity of the **Tarkanian Family**. The arrival of the Holidays meant welcoming Santa Claus who was happy to take pictures with all the clients, giving them the euphoria of childhood again. Clients were able to take pictures and receive toys for their children. Everyone enjoyed the activities and a fun contest decorating doors, along with the delicious holiday pastries, hot chocolate and coffee. The celebration brought client and staff together in order to have a little fun and decompress with the laughter and joyous harmony of each other’s company.

A new endeavor for the L.A. CADA Downtown location is in working with **Food Finders** to locate donations to feed our clients. The concerns of having to miss a meal or participate in the program are a stress now in the past. We are extremely grateful for the hard work of Food Finders, making it their mission to find our organization donations to feed the hungry. **THANK YOU, EVERYONE!**



*Local car clubs proudly show off their immaculate rides at the car show fundraiser.*



*Santa Claus, Edgar Salas, is surrounded by his helpers who handed out toys and gift bags to clients. Shown left to right: Chris Wilson, Charolette McGrath, Bill Tarkanian, Kennan Wilson, and Tark McGrath.*

# Community Partner Spotlight: Strength for the Journey

*Charles McWells, Program Manager, 3MV and Passport to Wellness*

Now entering its 30th year, **Strength for the Journey** (SFTJ) is one of the community-based organizations with which L.A. CADA is proud to have forged a strong collaborative partnership.

SFTJ is an organization that provides supportive programming for HIV-positive adults. The focal point is the project's annual five-day wilderness retreat. For 2017, the retreat will take place from July 24-28 at Camp Colby in the Angeles National Forest. The retreat includes activities to nourish the mind, body and soul, so that participants may return home with renewed strength and spirit.

Founded in 1988 by the Reverend Bert All, a United Methodist minister who was himself living with AIDS, SFTJ was initially a hospice activity for people who were expected to die from AIDS. Rev. All had a vision of a place away from the city – away from the pressures of day-

to-day life – where these people could rest, relax, share, connect, play ... and gain the strength to make the journey from life to death. With the advent of lifesaving antiretroviral medications, HIV and AIDS changed from being a death sentence to becoming a



*Strength for The Journey staff.*

manageable chronic health condition. That evolution prompted SFTJ to change its mission: the retreat now became a springboard from which people could make personal changes that would enhance and empower their lives.

L.A. CADA has found a number of ways to support SFTJ. For the last six years, L.A. CADA's HIV Prevention Services Manager, **Charles McWells**, has been the project's Co-Dean, and HIV Prevention Services Manager, **Lawrence Fernandez**, and former L.A. CADA Executive Director, **Brenda Wiewel**, have served

as members of the Board of Directors. L.A. CADA has provided scholarships that have enabled a number of the agency's HIV-positive clients to attend past retreats. Over the years, five L.A. CADA staff have conducted empowerment workshops at camp. The agency has also assisted the project with printing campers' empowerment workshop booklets and camp registration brochures.

In recent years, SFTJ has expanded its scope of work. In 2014, L.A. CADA helped the organization design and conduct a depression study of campers. That study, in turn, led to a year-long, six-session

empower workshop series to address depression.

Last year, ten graduates from the depression reduction project were trained to be part of a speaker's bureau that is currently making 40 HIV-prevention presentations throughout L.A. County. A new

grant proposal is being prepared to fund a faith-based leader training series that will help local churches develop HIV prevention education projects.

For more information or to discover ways you can help support SFTJ, contact the **Cal-Pac Camping Office** at (626) 568-7333, Co-Dean **Rev. Paul A. Hill** at (323) 294-6653, or Spiritual Advisor **Rev. Ed Hansen** at (323)229-2020.

## Mission • Vision • Values

Los Angeles Centers for Alcohol and Drug Abuse serves the multicultural community of Santa Fe Springs, including cities throughout Los Angeles County.

**Our Mission** is saving lives, empowering individuals and families, and strengthening communities through innovative, client-centered, culturally sensitive substance use and behavioral health services.

**Our Vision** is to enhance the educational and economic well-being of the people we serve by means of direct human services, advocacy, and referrals.

**Our Values** embrace the empowerment of people through compassion, perseverance and respect. We are able to provide a wide range of services thanks to a collaborative approach compatible with healthy communities, dedicated partners, and unique foundations.

We will continue evolving to ensure our mission, vision, and values are never compromised.

## WHY TREAT CRIMINALS?

Lisa Berger, Development Director

At first glance, spending precious taxpayer dollars on repeat criminal offenders can seem like a waste of time and money. In our “throw-away or delete” society, incarcerated men, women, and youth are either material for a sixty-minute reality show or a commodity to be locked up and forgotten. But take a second look and these offenders may be different. They are someone’s neighbor, someone’s sweetheart, someone’s parent, and someone’s child. Their crimes are often serious acts that require incarceration, but is locking them up and throwing away the key the answer? Research says maybe not.

Any factors that can be changed or influenced through intervention are called “dynamic factors” or “criminogenic needs.” These crime-producing factors are strongly correlated with risk of arrest and incarceration. Studies reveal that persons involved in crime have a pattern of criminogenic risk factors, needs, and thought patterns that influence their behavior.

Studies by Andrews, Bonta, Gendreau, and others have identified the following six specific risk factors associated with criminal conduct:

- Antisocial and pro-criminal attitudes, values, and beliefs
- Pro-criminal associates
- Temperament and personality factors
- History of antisocial behavior
- Family factors
- Low levels of educational, vocational and/or financial achievement

These factors are comparable to a person’s risk for heart attack. Someone over 50, who is male, with a family history of heart problems, is overweight, smokes, eats fatty foods, and gets little exercise is a person at risk for a heart attack. Factors such as age and family history can’t be changed or influenced, yet, a healthy diet, a gym membership, and tobacco cessation can certainly decrease that person’s risk. The same is true for criminogenic needs.

Both criminogenic and cultural needs are assessed and targeted in L.A. CADA treatment programs to help individuals with a criminal history avoid substance abuse relapse and criminal recidivism. And recent studies show L.A. CADA is on the right track. We have a demonstrated strong history in the delivery of addiction treatment, mental healthcare, and supportive services for men, women, and youth involved in the criminal justice system. We create treatment services that assess and target the crime-producing needs of our program participants. Among these factors are anti-social attitudes, anti-social peer associations, substance abuse, lack of the empathy, lack of problem-solving, and self-control skills –all highly correlated with criminal conduct. Treatment also focuses on cultural

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## Employee Spotlight



**LISA LOZANO**

As Senior Finance Assistant in Administration (*Finance Department*), Lisa has been with L.A. CADA going on 14 years. She plays a major part in creating the agency’s financial statements, and budgets and reports for various meetings, including the monthly board of directors meeting.

You can see Lisa on any given day because she is rarely absent and always willing to help those who come seeking her advice or assistance.

Lisa works very hard in her office, but she has a warm side, too. She’s happily married, lives locally, and loves her German shepherd dog, “Maxie,” who she’s had for seven years.

Even though Lisa is of Indonesian descent and has been here for twenty years, she loves to cook Mexican food, and does so excellently. Two of her specialties are chile rellenos and tamales!

All of us who know Lisa appreciate her as a person and as an employee. We thank her for being such a great team player!



# HOW House Update

Mark Scott, Program Director

The staff at HOW House continues to provide quality housing, case management, and counseling services to its residents. Ninety percent of our residents are on the AB109 funding program. We attempt to keep a few beds for self-pay individuals, however those beds are often filled by residents whose AB109 funding has been exhausted, yet they still need supportive transitional housing until they can locate affordable housing to establish independent living.

Our treatment team is now more cohesive than ever thanks to the leadership of our program manager, **Michael Brollini**, and our clinical supervisor, **Bonita Wright-Scott**. We've moved from monthly to bi-weekly team meetings, with our team consisting of a program manager, case manager, and facilities manager, plus two MFT trainees and three AOD interns—all dedicated and conscientious. Our goal for 2017 is to improve the 30+ retention rate with our AB109 residents from last year's 24% to over 50% this year.

HOW House: H = honesty O = open-mindedness W = willingness

## A Success Story...

**Roy P.** is a 47-year-old male who, at age 17, started using methamphetamines that quickly became his drug of choice. He was first arrested at age 18 and spent time in county jail. He received his first prison term at age 26 and served over 25 years (nine terms) in custody.

Roy has been in recovery programs four times. In 2015, he completed "Positive Step," a six-month program, and transferred to HOW House as an AB109 client. He says that HOW House provided the stability he needed to move ahead in his life. He was able to resume contact with his daughter, attend out-patient treatment at L.A. CADA, find employment, and eventually buy a truck. On April 17, 2016, Roy was discharged off probation and became a self-pay resident. He planned to relocate to northern California to be near his daughter and her family, so before leaving HOW House, he successfully purchased a small plot of land near his daughter and moved in mid-September. Roy is now living in a two-bedroom trailer on his property, is employed, and enjoying newly forged relationships with family members.

Most "impossible" goals can be met simply by breaking them down into bite-size chunks, writing them down, believing them, and then going full speed ahead as if they were routine.

DON LANCASTER

## Employee Recognition 2017

*Marian Guerrero, Human Resources Director*

At L.A. CADA's Annual Christmas Party, employees were recognized for their years of service. This is done for every employee who reaches a five-year mark during their employment. Department directors handed gifts to employees etched with their full names and years of service. It was a special time for all and a moment to appreciate the loyal service of staff.

**Edward Gomez**

25 Years

*Administration*

*Assistant Finance Director*

**Toni Mosley**

15 Years

*Supervisor of Therapy Services  
and Clinical Training*

**Rachel Carrillo**

15 Years

*Community Services Manager*

**Silvia Fregoso**

10 Years

*Allen House*

*Administrative Coordinator*

**Charles McWells** - 5 Years

*Passport to Wellness Manager, MSM*

**Brenda Cain**

5 Years

*CCTRP Assistant Director*

**Pam Dunnington**

5 Years

*Allen House Intake Counselor*

**Isaac Alvara**

5 Years

*Allen House Certified Counselor*

**Elisa Sandoval**

5 Years

*Community Services*

*Administrative Assistant*



## A SPIRIT OF COMPASSION...

*Liana Sanchez, Outpatient and Community Services*

We all know that the holidays can be a rough time for the population that we serve at L.A. CADA. With that in mind, on November 20, L.A. CADA's outpatient program hosted a **Low Rider Car Show and Toy Drive**, organized by AB109/ORP Manager **Lucila Vega**. Santa Fe Springs and Los Angeles Outpatient personnel worked with the **Vega family** to raise funds and toys for Christmas giving. The community was invited to an awesome display of cool cars, delicious food and great music. Over 60 toys were collected and \$450 in cash was raised to support the Outpatient clients at Christmas. Everyone had a great time!

L.A. CADA is very fortunate to have a friend in **Soroptimist International of Norwalk (SIN)**. Five L.A. CADA employees are, in fact, members of this local service club and include **Liana** (Outpatient SFS), **Liliana, Lisa, Mary, and Brenda** (CCTRP). In October, L.A. CADA personnel and SIN members began collecting food, clothing, and hygiene essentials to fill "Hope Bags." In November, SIN members began stuffing



*Soroptimist Marilee Stefenhagen and L.A. CADA's Liana Sanchez with "Hope Bags."*

60 backpacks and 20 purses to be distributed to female clients at our Downtown Los Angeles Outpatient location. SIN aims to improve the lives of women and girls through programs leading to social and economic empowerment. It is the Soroptimist vision that women and girls have the resources and opportunities to reach their full potential and live their dreams.



*Highly pampered, cool cars of the past were on display and helped bring visitors and raise funds at the Low Rider Car Show and Toy Drive.*

L.A. CADA is also very grateful to have a friend in the Tarkanian family, who selflessly devote their time and financial support throughout the year. This holiday season was no different as **Bill Tarkanian**, Outpatient Director, and his lovely family that included **Mr. and Mrs. Tarkanian** and their **grandchildren**, stuffed another 60 backpacks filled with food, clothing, and hygiene essentials to distribute to male clients at our Outpatient Downtown Los Angeles location.

On December 23, I had the honor of handing out "Hope Bags" alongside my children, fellow co-workers, Soroptimist members, and the Tarkanian Family. It was a privilege to serve our Outpatient clients in Downtown Los Angeles. I have never been so proud to be a part of the great work that L.A. CADA is doing. I was reminded of the values and mission of L.A. CADA as I witnessed **Edgar Salas**, Outpatient Counselor, dressed as Santa Claus and kneeling down to feed a homeless woman a plate of food. Or as I watched Mrs. Tarkanian, accompanied by my children, remove the scarf from around her neck and place it around the neck of this woman.

The Outpatient staff at our Downtown location is a special group of individuals who fulfill their purpose by providing year round services to this population. They are changing lives daily through their education and dedication! L.A. CADA has embraced a spirit of compassion and demonstrated that human kindness and service is the foundation in which we have built our programs.

Hope is like the sun, which, as we journey toward it,  
casts the shadow of our burden behind us.

SAMUEL SMILES

## “Safe Fun is Good Fun!”

*John Gray, Administrative Coordinator*

The **Project STOP Marijuana, Alcohol, and Pharmaceutical Prevention Coalition** is a program of **Project Purple**, the national anti-substance abuse initiative of **The Herren Project (THP)**, with a mission to prevent and reduce marijuana use, drinking, and prescription drug misuse among youth, ages 12–20. This is being accomplished by reducing access and availability through local policy implementation, support from responsible retailers, and increased community awareness.

Recently, Project Stop has been busy holding monthly substance-free events to prove to the participating youth that “Good Fun can be Safe Fun!” Project STOP also holds seminars on the dangers of substance use, with an emphasis on the effects of extended use. Youth and parents are invited to learn about these effects in order to live a sober life.

Project Stop is currently in the fifth and final year of its first term. Our community partners, **SPIRITT Family Services, Whittier Police Department, and East Whittier School District**, are helping make this a great year and reaching a wide audience. L.A. CADA and Project Stop encourage everyone to join us in this very important prevention program.

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*Project Purple, continued from page 1*

Then they were asked to release their balloons in order to share their oath of abstinence with the world. . . a very moving and memorable moment!

## HOPWA Comes to HISTORIAS

*Lawrence Fernandez, Jr., Program Manager, HISTORIAS*

L.A. CADA’s HISTORIAS Program is growing! L.A. CADA, with the **Foothill AIDS Program (FAP)**, has been awarded a contract to provide **Housing Opportunities for Persons Living with AIDS (HOPWA)** to HIV+ individuals living in Service Planning Areas (SPAs) 3 and 7 of L.A. County. FAP will be responsible for serving the people of SPA 3 and, under the direct supervision of FAP, L.A. CADA’s HIV Program will provide HIV housing services in SPA 7.

Our HIV Program has been known for making every effort to educate and empower not just the contractual target group of non-gay identified latino males in SPAs 3 and 7 of L.A. County, but everybody and anybody who may be at risk for HIV.

The HISTORIAS Program continues to work its magic by linking any client coming through the doors who is HIV+ or just high-risk, and looking for the best resources/providers available to meet their needs. But now, our collaboration/partnership with FAP will help address the needs of hundreds more individuals living in SPA 7.

People are already referred to HISTORIAS for services knowing they won’t be turned away. “They will direct them to whatever agency is the best fit for meeting the needs of the client,” says **David Flores**, a longtime friend and supporter of the HISTORIAS Program. “And now, we’ll send our friends there for HIV Housing Assistance.”

The HISTORIAS Program has had a longstanding relationship with FAP that, for the last couple of years, has provided HIV housing services to L.A. CADA clients in need when there wasn’t another agency reaching out. FAP will be the “model” that the L.A. CADA HIV Program hopes to follow in order to be as great at delivering services to this underserved population in our own surrounding areas. Helping to address the needs of both the HIV+ population and the homeless has always been a longtime concern of L.A. CADA and a part of our mission.

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*Why Treat Criminals, continued from page 7*

risk and protective factors. Family acceptance of early alcohol use, corporal punishment of children, and children who are more involved in American culture than their parents or guardians (highly acculturated) can be risk factors for substance abuse. Cultural risk can be mitigated by cultural protective factors and include a large extended family to call on for support, the value of spirituality, and cultural pride. **The Division of Criminal Justice at the University of Cincinnati** showed that programs targeting at least four to six criminogenic needs reduced criminal recidivism by at least 30 percent. Yet, the most important result is the difference that treatment makes for a criminal offender who just happens to be your neighbor, sweetheart, parent, or child.

# Passport to Wellness: New Model for HIV Prevention

Charles McWells

Program Manager, 3MV and Passport to Wellness



What if an HIV prevention program adapted the sponsor-sponsee model that for over 80 years has been a key element in the success of 12 Step recovery programs? That is one of the questions that, in 2014, compelled L.A. CADA to engage upon its first multi-year clinical research project. Now in its third and final year, the **Passport to Wellness** (PtW) research project is a \$900,000 behavioral intervention being funded by the **California HIV Research Program**. Our supporting partners include **UCLA, USC, and Charles R. Drew University of Medicine and Science**.

By the end of the project, over 200 African American men who have had sex with men (MSM) will have completed a six-month intervention. A team of trained outreach workers identify men who meet the project's enrollment criteria. Those prospective participants are assessed for substance use disorders, mental health disorders, housing, food and transportation needs, and other service needs. Clients are randomized into one of two groups: one group receives a customized "Passport" and incentives for attending Passport activities; the other group receives a "Passport" and incentives and is also linked to a Peer Mentor. Like a 12 Step sponsor, a Peer Mentor is a man who has overcome some of the challenges that the participant (sponsee) is facing.

One of the objectives of the research project is to determine whether having a Peer Mentor in addition to the incentivized passport results in greater risk reduction than merely having the incentivized passport and incentives alone.

All of the participants will work with a project staff member to develop a HIV Risk-Reduction Passport – a customized, culturally-relevant, client-centered list of prevention service referrals that reflects the physical, emotional and spiritual needs of the participant. Passport activities can include getting an HIV or STD test, learning our pre-exposure prophylaxis (PrEP), having a session with a mental health counselor, attending a 12 Step meeting, participating in a holistic workshop, attending a social-educational field trip, etc. Each time the client attends one of the prevention activities listed in his Passport, he earns points that can be redeemed for Target gift cards.

Although the project will not begin data analysis until Fall 2017, preliminary findings suggest that the Passport/Peer Mentor hybrid results in significantly greater behavioral change than the results seen among participants who are not assigned a Peer Mentor. If this conclusion is affirmed in the comprehensive project analysis, L.A. CADA may have played a key role in developing an effective HIV prevention model that can be replicated in other localities throughout the nation.

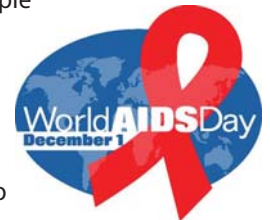
# L.A. CADA Celebrates WORLD AIDS Day

Lawrence Fernandez, Jr.,  
Program Manager, HISTORIAS

L.A. CADA's HIV/AIDS Education and Prevention Program, "HISTORIAS," celebrated **National World AIDS Day** by hosting a **Community Health and Resource Fair** on December 1, 2016. World AIDS Day is important because it reminds the public and the government that HIV has not gone away—there is still a vital need to raise money, increase awareness, fight prejudice and improve education. World AIDS Day is an opportunity to show support to and solidarity with the millions of people

living with HIV.

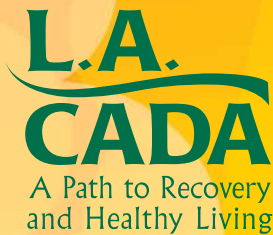
Wearing a red ribbon is one simple way to do this.



L.A. CADA's Community Health and Resource Fair incorporated approximately 20 local community service providers. Free HIV tests were available thanks to the **AltaMed Health Service** mobile testing unit, and at least 40 people in attendance left knowing their HIV status. **AIDS Healthcare Foundation** sponsored a fabulous "tacos galore" taco truck for the 250 people in attendance.

The HISTORIAS Program graciously acknowledged the community service providers present for their role in the battle against HIV and asked those in attendance to commit to share the message of the risks of HIV and recommend that everyone get tested for HIV at least once as part of routine health care.





Los Angeles Centers for Alcohol and Drug Abuse

# Conference 2017

## “RECOVERY: Healing through Evidence-Based Practices”

Conference 2017 is designed to bring together SUD and co-occurring counselors, clinicians, social workers and other behavioral health experts for a day focused on recovery and healing through evidence based and best emerging practices. Topics include culturally and linguistically appropriate services, trauma informed care, and recovery oriented systems of care.

### ... KEYNOTE SPEAKER ...

**Jerry Tello, M.A.,** “La Cultura Cura: Honoring the Spirit of the People We Serve”

### ... PRESENTERS ...

**Randolph Holmes, M.D.,** “Medication-Assisted Treatment”

**Debbie Murad, LCSW,** “Adverse Childhood Experiences”

**Bob Tyler, BA,** “Gorski Relapse Prevention”

### ... PANEL DISCUSSION ... with L.A. CADA Program Participants

Moderator: **Toni Mosley, MS, MFT**

“Trauma-Informed Care”

GOLD SPONSOR:



**THURSDAY, JUNE 8, 2017 • TOWN CENTER HALL**

11740 Telegraph Road, Santa Fe Springs, CA 90670

**Registration and Continental Breakfast 8:00 a.m.  
Conference Begins 8:45 a.m. • Ends 5:00 p.m.**

*Includes continental breakfast, lunch,  
and seven (7.0) continuing education credits.*



This conference meets the qualifications for the provision of seven (7.0) continuing education credits/contact hours (CEs/CEHs). UCLA Integrated Substance Abuse Programs (ISAP) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for this program/course and its content. UCLA ISAP is also an approved provider of continuing education for RADTs I/II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N-00-445-1117), CATCs (ACCBC/CAADE, #CP 20 872 C 0819), and CAODCs (CADTP, #151).

## Conference 2017 Registration

**\$95** Includes continental breakfast, lunch, and seven (7.0) continuing education credits.

**TO REGISTER ONLINE:** Please go to [www.lacada.com](http://www.lacada.com)

**TO REGISTER BY MAIL:** Please complete this form and mail with check or credit card information to:

L.A. CADA 11015 Bloomfield Avenue, Santa Fe Springs, CA 90670 Attn: Connie Reynosa

Mr.  Mrs.  Ms.  Dr.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Payment:  Check  Credit Card CC #: \_\_\_\_\_ Exp: \_\_\_\_\_ Code: \_\_\_\_\_

Name on Credit Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Type of CE Credit Needed:  CAADE  CCAPP  BBS  CADTP License / Certification # \_\_\_\_\_

**QUESTIONS:** Please contact Connie Reynosa at 562.906.2686 Ext. 105

**REGISTRATION DEADLINE: JUNE 1, 2017**