

PRCS

AT A GLANCE

Annual

Statistics

Total Referrals
Received:

9171

Employment

Referrals:

4331

Housing

Referrals:

387

Daily

Active Participants

In March 2013:

Employment

Services

480

Housing Services

285

Employment

and Housing

Services

65



Post Release Community Supervision (PRCS)

The Positive



Volume 1, Issue 1

SPRING 2013

A 'POSITIVE' SPIRIT

Greetings from HealthRIGHT 360! Whether you are on AB 109 Post Release Community Supervision (PRCS) or are simply interested in learning more about PRCS, this newsletter is for you! The inspirational stories, artwork and information represent a personal and professional perspective and commitment to positive change. As we embarked on the PRCS project in January 2012, we didn't know how the project would evolve or the impact it would have on the people receiving services. *We knew what we wanted to happen*, which is for everyone on PRCS to successfully reenter their community of choice and go on to live healthy, productive and happy lives, never returning to jail or prison. This newsletter is designed to demonstrate that life outside the walls and bars can be good back here in the world! These stories are from and about those who have changed their lives for the better, in hopes that we can all see that change is possible if you 'See It Through!'

—Walter L. Taylor, Jr. Director

(Read the poem "See It Through" on the last page of The PRCS Positive)

Meet The HR 360 PRCS Staff !

The staff here at Health-RIGHT 360 work tirelessly to affect positive outcomes for the PRCS participants. We care! If you are PRCS, please know that if you want and need our help, we're going to be here for you! Whether it's Housing, Employment, Transportation, Bus Tokens, getting documents for identification, or more, we are going to help you to the best of our ability! All we ask is that you be willing and ready to follow through with us all the way.



HR 360 PRCS Staff

Left to right:

Front Row : Albert Jimenez, Danielle Simental, Walter L. Taylor Jr.
Back row: Tanesha Morrison, Roquel Washington, Jennifer Kranzer, Sheila Romero, Judy Marchese, Mayra Meza, Stephanie Sandoval, Suguey Zepeda

Missing: Gerry Zacharias and Leticia Guajardo - Transportation

The Positive is a newsletter devoted to helping brothers and sisters in the criminal justice system break free of their chains by sharing each other's power, wisdom and experience. It's content is from those who have "been there, done that" and have found their way back to the light. It's goal is to persuade you to continue in the recovery process for you are now at a crossroad and must make a critical decision: the positive or the negative? Therefore, we wish you the clarity, wisdom and strength to choose the positive so that, in the end, when all is said and done, the face in the mirror smiles back at you .

HealthRIGHT360 in the Community

BLESSING IN A BAG

Recently, the HealthRIGHT 360 staff had the opportunity to contribute to the "A Blessing In A Bag Foundation event, "Giving The Gift of Love III." The charity event was held on February 16, 2013 in the Downtown LA-Skid Row area. With our contributions, advocacy and help, the event organizers, Tanesha Morrison and Takisha Baylor, were able to feed 560 individuals on Skid Row. Additionally, the organization had a surplus of hygiene donations which will be used for a summer event entitled "Hope for Healthy Living" to be held on July 6, 2013.



THE GIFT OF SIGHT– Seeing is believing !



On December 11, 2012 the HR360 team joined with Life Corps partner, LENSRAFTERS to provide free vision examinations and free eyewear to 41 indigent participants from various programs subcontracted with HR 360. Several PRCS participants were able to receive free eye exams and eyewear. This year, for the first time the event was held at three different LENSRAFTERS stores; located in Redondo Beach, West Los Angeles and Montclair CA.

LENSRAFTERS staff, Vic Giacalone, Dr. Of Optometry and support staff members were extremely pleased with the turnout and efficiency of the event's coordination and have given a verbal commitment to engage in the event again next year.

WRAP AROUND THE HOMELESS– Warmth, Love, Respect and Care



In early December, HealthRight360, the L.A. County Sheriff, the L.A. Probation Department and the Universal Hilton Hotel partnered together to deliver over a thousand blankets and warm socks to the homeless population in Los Angeles' Skid Row and to City of Santa Monica.

Volunteers worked together to pass out blankets, hygiene items, jackets and other necessities donated by the Universal Hilton and HR360.

Representatives from HealthRight 360 interacted with those waiting to get their donations and asked them if they were interested in services such as substance abuse and mental health treatment, housing, and employment preparation and training. One person stated they have had all the "life beat out of them" and was ready to receive help. It is with certainty that all involved were grateful for this opportunity to give and to receive; all in the spirit of hope.

**health
RIGHT**
360

The best of Walden House and
Haight Ashbury Free Clinics

If you have stories, comments, or drawings you would like to submit, send them to: HealthRIGHT 360, 149 W. 22nd St. Los Angeles, Ca 90007 or fax to (213) 741-9916. Send Attention: PRCS/The Positive. Sending your original material gives us permission to publish them. Please know that, although we would love to use each and every one, it is not possible to do so nor can we return originals (copies will work).

The Results of Hard Work

I entered Jericho Training Center in June, 2012. I already had a mind set of what I wanted to do with my life, but Jericho assisted me with the order in which I should do it. My counselor explained to me that I should do one thing at a time. She guided me on getting my driver's license back, to get my mental health together, and registered me in the rehabilitation center. I went through the employment preparation classes and Jericho helped me with clothing and interview clothes for my first interview. I also got some work boots for my first job. My counselor even took me to one of my job interviews. She encouraged me to stay motivated and persistent—and I did! My long term vision is to run my own corporation and to bring good service to the community. Everything is happening for me now and my advice to others is to stick with your dreams, set and accomplish goals towards your future and work hard every day.

-Ellis Gillet PRCS

CREATIVE CORNER



Artwork by Julie Drew

NEW LIFE AFTER PRISON

I was released from Lynwood in June, 2012 under the ABI09 PRCS program and knew it was time to change my life. For four months I attempted to get into a residential drug treatment program, on my own, and was put on the waiting list at 6 different Los Angeles area rehabs. I was told that the average wait was 6 to 9 months. Feeling frustrated and defeated, I told my probation officer that I desperately wanted to change my life, but I did not feel I could wait any longer. He informed me that there was special funding for ABI09 and referred me to the CASC office in Hollywood. I went to the CASC the following day, for an evaluation, and within three days I was admitted to Cri-Help. Through ABI09 funding, I was approved for 90 days of residential treatment and 90 days of sober living. This program has completely changed my life by truly showing me a new way to live, and has taught me to live life on life's terms. I received an extension after my 90 days and completed a four month residential program, which gave me the opportunities to not only remove drugs from my life, but to build a solid foundation in recovery.

Through HR360 PRCS, I attended and completed an employment services program at the Center for Living and Learning focused on re-entering the work force. The employment program taught me the tools I needed to get hired and keep a job. I learned interview skills, how to write my resume, and was assisted with job searching. Upon completion of this program, I was fortunate to get hired at the Center for Living and Learning. Through ABI09 PRCS funding, I have been able to reenter society clean and back on my feet. I have succeeded in changing my life and am so grateful for the opportunity and assistance that has been given to me through ABI09.

Whitney Mullins PRCS Graduate



Whitney Mullins receiving her employment preparation services certificate from Center for Living and Learning.

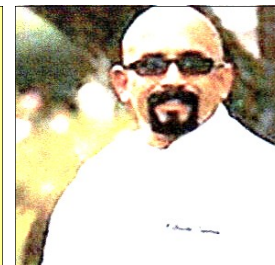
"I'm a great believer in luck and I find the harder I work, the more I have of it."

Thomas Jefferson

My name is Wilfredo Santos and I am a 33 year old drug and alcohol addict. On January 14, 2012, I got out of Chino State Prison (CIM) as a SAP grad. I immediately went to American Recovery Center for a 90 day residential program. This was my first time in prison and I knew I wasn't going back. I started to pay close attention to my counselors in SAP and my counselors at ARC. When I met with my HR 360 representative, he said to me, "If you are serious about changing your life, we are here to help you." So I did everything I was told. I started going to meetings, got a sponsor, and took my recovery very seriously. I started to work the 12 step program. I successfully completed ARC in 90 days.

I got into a sober living accommodation, in Los Angeles, called The Cavanaugh House. I got there on April 12, 2012. There was a mix up in the dates, so I had a problem getting in, but Mr. Robert Anderson, the house manager, made the appropriate phone calls and helped me within minutes. At that time, I knew I was in the right place. I started to do meetings and look for work. In just 36 days I got a job with the same company that I work for, today, as a chef. My sponsor suggested that I start to work my steps if I wanted to stay sober. I am doing exactly that. I am at the end of my 4th step. I also went back to school. I became certified last semester by the ACF (America Culinary Federation). It was very hard, working full-time, and going to school full time taking 12 units. There were nights when I did not get home until 11pm. Then I had to wake up at 4am and do it all over again. I did this for 4 months. I also drive the van for my church on Fridays and Saturdays. I go to American Recovery and pick up other addicts and bring them to church. I get a chance to talk to them and tell them how I have stayed sober one day at a time. On February 4, 2013, I went back to school to start a hospitality management course. I got promoted at work as the lead chef and I earned a pay increase.

I am so grateful to HR 360 and the Cavanaugh House for helping me put my life back in order. I have a small piece of advice for any addict who is under PRCS funding. Get a job, save your money, and get involved in recovery. Time flies! Don't waste it because if you do, you will regret it and the only one at fault will be you. Thank you and God bless you all.



"You've done it all before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination."

- Ralph Marston



Opportunity of a Lifetime

PRCS participant, Sara Madrid, enrolled into the PRCS Employment Services, at LA CADA, in Santa Fe Springs, in August, 2012. Upon completion of her employment preparation training, Ms. Madrid was presented with a great opportunity to intern in the office of Congress Woman Grace Napolitano, representing California's 38th Congressional District in the U.S. House of Representatives. Ms. Madrid went through an extensive interview process and was selected to fill one available opening. Ms. Madrid credits the tools she learned, through employment services training, with assisting her during the interview process. Since beginning her internship, Ms. Madrid has had the opportunity to sit in on conference calls from, Washington D.C, and listen in as staff members and legislative members, collaborate on various issues. She had the opportunity to work at an election poll, in November, and will be afforded the opportunity to attend other functions and events as they arise. Ms. Madrid has had the opportunity to meet Congress Women Napolitano, which she states was a, "happy and exciting moment."



Sara and Congresswoman Grace Napolitano



See It Through

When you're up against a trouble,
Meet it squarely, face to face;
Lift your chin and set your shoulders,
Plant your feet and take a brace.
When it's vain to try to dodge it,
Do the best that you can do;
You may fail, but you may conquer,
See it through!

Black may be the clouds about you
And your future may seem grim,
But don't let your nerve desert you;
Keep yourself in fighting trim.
If the worst is bound to happen,
Spite of all that you can do,
Running from it will not save you,
See it through!

Even hope may seem but futile,
When with troubles you're beset,
But remember you are facing
Just what other men have met.
You may fail, but fall still fighting;
Don't give up, whate'er you do;
Eyes front, head high to the finish.
See it through!

THE ONLY THING CONSTANT IS CHANGE!

Don't let your history dictate your future.....

Be the change that is possible within you and start today!

