

Family Service Coordination

Buckelew Programs Sonoma

Buckelew Employment Services— Agency Highlight

April- June 2015
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Who are we and what do we do?

Buckelew Programs' services in Sonoma County are designed with the goal of assisting people with mental illness to live and work in the community as independently as possible. We strive to maintain a flexible and collaborative approach that is responsive to the needs and desires of all client members. Buckelew's Employment Services department was founded on the same principles and philosophy: we strive to provide a stigma-free, non-judgmental space for people to work through employment-related concerns – from scheduling and hygiene issues to job performance and skills. Services are provided in a way that teaches and enhances movement toward increased self-sufficiency with the goal of assisting clients in securing and maintaining competitive employment in the community. Buckelew Programs' Employment Services provides varied assessment/training programs, direct employment services, and on-the-job coaching.

Our training services have proven to be helpful for people who have not worked in some time, are uncertain about returning to work, and/or wish to improve particular skills before seeking employment.

Individuals receiving this service will be provided a one-on-one job coach for the duration of their training assessment – ranging from 2 weeks to 5 months and available in 12 distinct sites, focusing on many different fields. Buckelew Employment Services offers real-life training in Clerical, Janitorial, Retail, Restaurant (FOH, BOH, and café), Auto Detailing, Bike Repair, Wine Cellar, Horticulture and Landscaping and Fresh Cut Food Processing work. Our direct employment services assist individuals in building job search, interview, and retention skills as well as benefits planning and education on the laws governing human resources and employment.

We strive to provide a continuum of care to our members; individuals have an opportunity to work with different staff members but can also have the support of their job coach throughout the entire process.

Referrals to the Training/Assessment program come through the Department of Rehabilitation: (707) 576-2233; for direct employment services, referrals come through Sonoma County Behavioral Health: (707) 565-6900. For more information about qualifying disabilities, please call (707) 571-5581 M-F 9-5.

Join us at a Buckelew Employment Services Orientation!
Every Tuesday and Thursday, 2pm-3pm
144 South E Street Suite: 200, Santa Rosa CA

Buckelew Employment Services Expands into Mendocino County

In the summer of 2014, the Department of Rehabilitation's Ukiah branch, familiar with our programs in Sonoma County, requested that Buckelew Employment Services begin providing services in Mendocino County. Clerical and Janitorial training are

now available through a partnership with Manzanita Services, a 501(C) (3) peer support organization in downtown Ukiah (<http://manzanitaservices.org/>).

Direct Employment Services are also offered in Ukiah. Buckelew Programs is currently in the

process of hiring a Job Coach dedicated to that region so that we can expand these services to the greater Mendocino and Lake County areas. We are honored to have been asked to provide services based on our success and for the opportunity to serve more members of an historically underserved population.

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Upcoming Events:

- **May 24**
5:30-8:30pm:
Benefit Concert for Buckelew @ Rickey's in Novato
Info: 415.883.9477
- **June 20** 4-7pm:
Avente Spaghetti Dinner Fundraiser
Tickets:
707.869.8176
- **June 25-28:**
MarinScapes: Art fundraiser for Buckelew at Escalle Winery
Info: 415.491.5705



A Story of Hope! Michelle S., Buckelew Job Coach

Growing up in Hawaii was a difficult experience for me as I did not have the native roots of much of the population. I felt ungrounded and confused much of the time.

I came from a dysfunctional family, with both my parents being heavy drinkers and rough fighters to put it mildly. As a younger person, I went through life making mistakes and not knowing why. I vacillated through feeling disturbed or too excited or strongly lethargic without knowing why.

To protect myself I simply buried these feelings and would not deal with them.

This was not a good move because one's issues will usually creep up on a person over time, as they did to me.

Though I had experienced "smaller" crises in the past, I had finally hit a point where I would not leave the house for months. Thanks to the VA, at age 57, I was diagnosed with Bipolar disorder. I was lucky enough to receive help such as doctor care, workgroups and meds. In my quest to be more active in the community I was referred to the Department of Rehabilitation (DOR). With their recommendation I went to work with Buckelew Programs in my quest for employment. I went through their clerical training assessment program, which is a time limited job in a supportive setting

with a job coach to help you along. Once I graduated that program I went into employment services and was in job search mode. I found out there was an opening for a Job Coach at Buckelew and I applied for the position as I wanted to give back in the same way I had been helped. I was happily offered the job and began working promptly thereafter. I enjoy working for Buckelew and feel comfortable with myself in this role. This organization does not judge, they make me feel comfortable and at home. My point, folks, is if there is anything that bothers you or if you are worried about another person, please get help, for your self or for them.

There are presently over 43,000,000 people who are undiagnosed on this earth. Please do not wait as long as I did to reach out, you will be much happier for it.

May is Mental Health Awareness Month!



People can (and do) get better. Spread hope in your community.

70% TO 90% Percentage of individuals reporting improved quality of life after receiving support and treatment. Source: NAMI California

Join California's Mental Health Movement. Get involved today at EachMindMatters.org.

For more information on the involvement of Sonoma County in Each Mind Matters, California's Mental Health Movement, please visit the Behavioral Health Division website at <http://www.sonoma-county.org/health/about/behavioralhealth.aspx>

Events

May 14 4:00-5:30pm First Presbyterian Church

Short Film Showing: "The Shaken Tree" Families discuss their personal stories of coping with a loved one's mental illness.

May 15 7:00pm Copperfield's Montgomery Village

In Conversation with Erika Klohe, Buckelew Programs and Co-Author Mary Widdifield of *Behind the Wall: The True Story of Mental Illness as Told by Parents*

May 28 11:30am-2:00pm 1360 North McDowell Blvd

Petaluma Peer Recovery Center and Petaluma Community Mental Health Center BBQ, Speakers Panel and Grand Re-Opening of PPRP

May 29 5:30-8:00pm Community Baptist Church

Kevin Berthia on "The Impact of Listening"
1620 Sonoma Ave. Santa Rosa

Family Service Coordination Updates

FSC Volunteer Program

Family Service Coordination is happy to welcome two volunteers within our program, Kelsey Dean and Katie Swan!

Kelsey Dean will be volunteering as a part of the HOST Outreach Team;

Katie Swan will be a volunteer group co-facilitator with the new support group, *Mental Health & Family Dynamics*.

New Support Group!

Buckelew Programs Sonoma and the Russian River Empowerment Center are coming together to offer support in West County!

Mental Health & Family Dynamics is a free, on-going support group for both family members (friends, allies) and individuals directly affected by mental illness.

Join us in increasing our understanding of the nature of mental health and trauma, and the effect on family dynamics. Supportive dialogue will be facilitated around the impact of mental health and trauma in relationships, increasing the understanding of community resources, self-care and wellness while supporting our loved ones and ourselves.

Facilitators: Valerie Belote (Empowerment Center), Kelly Kanclerowicz & Katie Swan (Buckelew Programs)

Date: Beginning May 13th 2015 – This group will be held the 2nd Wednesday of each month

Time: 4:30pm – 6:30pm

Contact: (707) 583-5284 or kellyk@buckelew.org

Location: Russian River Empowerment Center
Guerneville Community Church, Birkhofer Hall



Buckelew Programs Sonoma
Family Service Coordination
144 South E Street, Suite 200
Santa Rosa, CA 95404

This newsletter will be issued on a quarterly basis, and will continually highlight an agency within Sonoma County as well as other supportive services for families and peers.

For more information on Buckelew Programs Sonoma, Family Service Coordination, including support group information and additional support, please contact us at (707) 571-8452.

www.buckelew.org

In addition to Family Service Coordination, Buckelew Programs offers a variety of supportive services for the mental health community in Sonoma County. Some of these services include: Independent Living Programs, Transitional Age Youth Programs, Employment Services and the Forensic Assertive Community Treatment Team. For more information on these services, feel free to contact us at (707) 571-5581, or join us at a weekly Resource Clinic held every Tuesday from 3p.m.-4:30p.m. at 144 South E Street, Suite 200 in Santa Rosa.

Enhancing the quality of life of individuals and families in our community by providing mental, emotional, behavioral health and addiction services that promote recovery, resilience and hope.



If you would like your agency to be highlighted in the Buckelew Programs Sonoma: Family Service Coordination quarterly newsletter, please contact:

*Kelly Kanclerowicz
Family Service Coordinator
Work: (707) 571-8452
Email: kellyk@buckelew.org*