

# CENTER LINE

*Newsletter*

A publication of Center for Human Services

MARCH 2018



*Second  
Chances*



**Center for  
Human Services**

changing lives building futures helping families

A nonprofit serving Stanislaus County since 1970



# Center for Human Services

changing lives building futures helping families

## CENTER LINE *Newsletter*

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Center Line is published by Center for Human Services' Development and Communications Department as part of an ongoing effort to inform and educate the public.

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Center for Human Services (CHS) is a nonprofit agency serving youth and families since 1970. Our mission is to change lives and build futures through programs that strengthen and support youth and families. We provide proven prevention, education, treatment, counseling and shelter services in Stanislaus County.

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# SECOND *Chances*

BY **Laura Espinoza**

*Patterson Workforce Development Program Specialist  
Center for Human Services*

**My name is Laura Espinoza.** I moved from the Bay Area to Patterson looking for a better and healthier environment to raise my kids and get my career back. I hoped to create a life here similar to the one I once had.

Now when I say, "I already once had," I mean I thought I had it all; a career I loved, home to call my own and my family well taken care of. In the blink of an eye, my job, then my home and then my rock - my mother figure for years - were all taken from me. I was lost, living paycheck to paycheck, not knowing where I was going to lay my head, let alone my kids' heads.

In 2015, I went to Center for Human Services (CHS) Patterson Workforce Development office - not because I wanted to, but because I needed the assistance. My mind was still all over the place. I can honestly say, "I lost it!" My motivation and my bubbly personality turned into misery and negativity towards myself and my family. So I left the program.

I got the phone calls of concern and home visits from CHS, but I just did not care. I told myself, "It's a small town. What can I possibly make of myself here?" Then one day I got out of bed and forced myself to go back to CHS' Workforce Development.

The first week was really tough. I had the pity-party and water works – and some not so pleasant words to say.

My Employment Specialist listened to it all and said, "*You are NOT your situation!*" And she was right. She helped me by giving me the tools to find acceptance with my situation. She taught me how I can get back to where I want to be and more.

CHS and Workforce Development are **awesome, amazing and supportive.** They have helped me get my motivation and passion for life back.

In July of 2017, I was hired to work at the Patterson Workforce Development office as a Program Assistant. I am the face the participants first see. It gives me great gratification knowing that I can use my story and knowledge I have gained at CHS to impact someone else's life.

If you were to ask me how I'm doing today, my answer would be, "*Amazing and full of life. I love going to work, coming home with a smile on my face, and ready for what the Universe has in store for me.*"

**Thank you, Center for Human Services family.** I look forward to continue growing with you all through the years to come.

*"It gives me great gratification knowing that I can use my story and knowledge I have gained at CHS to impact someone else's life." – LAURA*

For more information, visit  
[www.centerforhumanservices.org/workforcedevelopment](http://www.centerforhumanservices.org/workforcedevelopment)



## IN THE SPOTLIGHT:

*Q & A with*

VALRIE THOMPSON  
Hutton House Program Manager

This month, **Hutton House Program Manager Valrie Thompson** celebrates her 30-year anniversary working at Center for Human Services. We honor her as CHS' second-longest-serving employee and one of the most dedicated people you'll meet.

### **Q. What was your first job at CHS?**

A. I was the counselor at Hutton House as well as a supervisor in the Student Assistance Program (SAP). Later, I was the Program Manager of Pathways for its first couple of years.

### **Q. What was CHS like 30 years ago?**

A. There were 12 of us and SAP and Hutton House were really the whole agency at that time. It was quite different in those days – the executive director brought her dog to work, we wore jeans every day, and I believe that the agency budget was around \$600,000 a year (20 times less than it is now).

### **Q. Why did you want to work for CHS?**

A. I had just left six years of teaching high school, was working in private industry full time and attending school full time to get my Pupil Personnel Services credential to become a school counselor. I really missed the youth and knew that in six months I would need to do an internship

so I started looking around. As soon as I discovered Hutton House, I immediately got going as a volunteer.

### **Q. Why have you continued to work at CHS?**

A. The youth have stolen my heart. The agency has supported me in becoming a leader. I have loved the volunteers and staff that have passed through the doors. My supervisor has always encouraged, supported me and tolerated me; some days that is a lot to ask. I've been allowed to do good for others and learn something new every day – the two things I believe makes one happy and content.

### **Q. How does CHS offer second chances to the youth at Hutton House?**

A. We always say that you never know when someone is ready to change. They get as many chances as they are willing to take as long as we can provide the level of care that they need.

*“The youth have stolen my heart.” – VALRIE*

For more information, visit

[www.centerforhumanservices.org/huttonhouse](http://www.centerforhumanservices.org/huttonhouse)



## Getting Up and Giving Back

*“Thank you, CHS, for the opportunity to get the help I needed. My life has completely changed for the better.” - BERKELEY*

At 12 years old, Berkeley Wright was introduced to drugs and alcohol by friends and even her parents. When she became homeless during her teen years, Berkeley began using hard drugs.

By 25, she had three children and had been arrested five times. After the fifth and final arrest in 2015, she knew something had to change.

Once she got out of jail, Berkeley was referred to the Intensive Outpatient Treatment (IOT) Program at Center for Human Services. Ready for a serious change, she was now willing to turn to us for help.

The IOT Program provides group therapy for adults and adolescents 12-17 years old throughout Stanislaus County. Participants meet over a period of three months for 36 sessions.

Berkeley sought help at our Community Clinic in Modesto where she met her counselor, Austin Gunter.

“He accepted me and treated me no differently than anyone else. Austin inspired me to achieve anything I wanted in life, including breaking the

cycle for my children and the next generation to come,” Berkeley said.

Now, at the age of 28, Berkeley has been clean for more than two years, lives in an apartment in Modesto with her son, and is working on getting her daughter back. In 2017, she earned a certificate in substance abuse counseling and now works as a counselor so she can be for others what Austin was for her.

“I want to help people to build themselves up despite any past history or disparity, to educate them on how they can break the cycle for themselves, their family and children, and to help them know they are worth it.”

For more information, visit [www.centerforhumanservices.org/what-we-do/drug-alcohol-services](http://www.centerforhumanservices.org/what-we-do/drug-alcohol-services)

## A Guardian Angel

*“I have what I have and I am who I am today because of people like Tamberly. She’s never given up on me.” — NORMAN*

Norman, a CHS client, found his guardian angel in Tamberly Stone, Program Coordinator at CHS’ Oakdale Family Resource and Counseling Center.

“From the moment I met Tamberly, I could feel that she wanted to help me any way that she could,” Norman recalled.

In 2014, Norman felt hopeless and had been turned away from multiple shelters due to a medical condition and mental illness.

“Norman came to us in a dark time in his life, when he was in addiction and homeless,” Tamberly said. “He would yell and scream and lose his cool. Every time, I would encourage him and tell him I would be here next time. He captured my heart early on.”

Whether food, clothing, toiletries or friendly smiles, Norman finally found a place to turn and a source of support.

CHS also has Family Resource Centers (FRC) in Ceres, Patterson and Newman that offer the same kind of support and services for individuals and families.

Norman went on to live in a residential drug and alcohol treatment center where he overcame his addiction. He recently visited the Oakdale FRC and his transformation was remarkable.



“He beat the odds. He was clean and sober and I had never seen him looking so good. I was so fiercely proud of him,” Tamberly shared.

Since becoming sober in April of 2017, Norman now rents a room, is looking for a job, reconnected with family, and attends a church where he’s expanded his troop of guardian angels. But to Norman, Tamberly is the most faithful.

For more information, visit [www.centerforhumanservices.org/oakdalefrc](http://www.centerforhumanservices.org/oakdalefrc)



## What We Do

**Center for Human Services (CHS)** was established as a local 501(c)(3) nonprofit in 1970 to serve youth and families. Currently, CHS serves tens of thousands of children, individuals and families annually in Stanislaus County through **several core program areas**.

### Mental Health Services

**Community Counseling** - no or low cost counseling services

**Support Groups** - depression and anger management support groups

**Parent Mentor Program** - providing support services to parents

**LMFT & LCSW training site** - in association with local universities

### Substance Abuse Treatment

**Substance Abuse Treatment** - teen and adult drug and alcohol treatment

**First Step** - outpatient treatment for pregnant and parenting women with children 5 years of age and younger (A partnership with Sierra Vista Child & Family Services)

### Family Resource Centers

“One-stop shops” providing services and support to families

**Ceres Partnership**

**Oakdale Family Resource and Counseling Center**

**Patterson Family Resource Center**

**Newman Family Resource Center**

### Youth and School Based Services

**Friday Night Live** - youth development/ leadership training program

**Alcohol and Other Drugs** - prevention, intervention & education programs

**Community Youth Connection** - youth run, adult supported community service project operated by Hutton House

**Counseling Services** - youth, individual and family sessions

**Student Assistance Program** - education, prevention and intervention for students K-12

**Graduation Coach Program** - comprehensive student engagement program targeting 7th and 8th graders at risk of dropping out (A program led by United Way)

### Shelter Services

**Hutton House** - temporary shelter for 13-17 year old youth in crisis

**Pathways** - housing, life skills and employment support for 18-21 year olds experiencing homelessness

### Projects and Initiatives

**Father Involvement Learning Network** - a collaborative network to engage and serve fathers at risk of mental health problems in our community

**Love Modesto/Love Our Schools** - a partnership with our neighborhood school, Garrison Elementary, to improve educational outcomes and raise morale

**On My Shoulders** - a support group for non-custodial parents, primarily fathers, teaching skills, tools and strategies for more effective parenting (A partnership with Stanislaus County Department of Child Support Services)

**Workforce Development** - assisting welfare recipients to obtain or prepare for employment (A partnership with Stanislaus County Alliance Worknet and Community Services Agency)



Facebook.com/centerforhumanservices



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**SUPERHERO FUN RUN:  
FEBRUARY 10, 2018**

Our third annual SuperHero Fun Run presented by Dusty Bottoms Trail Runners gathered hundreds of Batmen, Wonder Women, Supermen and other heroes of all ages for a fun-filled Saturday morning! Thanks to all the participants for helping us raise money for our youth shelters, Hutton House and Pathways.



**PARENT CAFÉS:**

CHS is proud to host Parent Cafés at schools throughout Stanislaus County to give parents opportunities to have hot and hearty dinners with their families, build relationships with each other, and have meaningful conversations to strengthen their families.

**EDIBLE EXTRAVAGANZA:  
SEPTEMBER 7, 2017**

The 31st annual Edible Extravaganza gave food, drink and music lovers a fun and delicious evening showcasing 50 of the best restaurants, caterers, and drink vendors in the region, plus yard games and upbeat live music. Save the date for this year's event on September 6, 2018!



**SHARE THE LOVE: WINTER 2017**

For the fourth year in a row, Modesto Subaru selected CHS as their local charity for the Subaru Share the Love event. CHS and Subaru staff teamed up for a music video asking people to "put a little love in their hearts." Thank you to Modesto Subaru for their dedication and generosity, and for donating \$60,000 to CHS!





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changing lives building futures helping families

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Center for Human Services acknowledges the support of our funding partners who underwrite, in part, the quality services provided to children and families. Partners include but are not limited to: Stanislaus County Board of Supervisors, Behavioral Health & Recovery Services, Children and Families Commission, Community Services Agency, Probation, United Way, various school districts, foundations, Federal and State agencies. We are grateful to all of our funders for fostering the health and well-being of our communities through their support of Center for Human Services' shelter, prevention, intervention, treatment & counseling services.

# Support our Annual Campaign

GIVE THE GIFT OF  
A SECOND CHANCE



Visit [www.centerforhumanservices.org/annualgiving](http://www.centerforhumanservices.org/annualgiving)