



**Welcome!**

It is important that you understand how the County Plan works to get the care you need. The handbook will help explain your benefits, how to get care, as well as answer any questions that you may have.

Below are the instructions on how to locate your Kern County DMC-ODS Member Handbook online:

From your computer, tablet or Smartphone access the Kern Behavioral Health & Recovery Services website at:

<https://www.kernbhrs.org/>



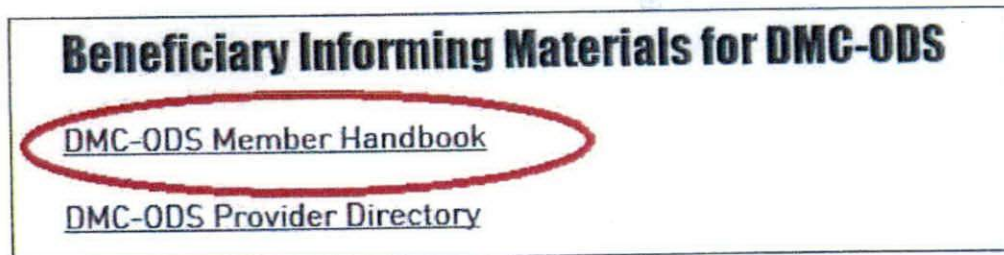
Once you are on the home screen, please click on the tab "Substance Use."



You are now viewing all the information related to Substance Use Treatment.

Please scroll down until you see "Beneficiary Informing Materials for DMC-ODS."

To access the Handbook, click on "DMC-ODS Member Handbook."



For a printed copy of the DMC-ODS Member Handbook, please request a copy from your provider.





¡Bienvenido!

Es importante que entienda cómo funciona el Plan del Condado para obtener la atención que necesita. El manual lo ayudará a explicar sus beneficios, cómo obtener atención médica y otras preguntas sobre el Plan del Condado.

A continuación, se encuentran las instrucciones sobre cómo ubicar el Manual Para Miembros de DMC-ODS del Condado de Kern por la internet:

1. Desde su computadora, tableta o teléfono inteligente acceda al sitio web de Kern Behavioral Health & Recovery Services: <https://www.kernbhhs.org/>
2. Una vez que esté en la pantalla de inicio, haga clic en la pestaña "Substance Use".



3. Aquí se ubica la información relacionada con el Tratamiento de Uso de Sustancias.
4. Desplácese hacia abajo hasta que vea "Beneficiary Informing Materials for DMC-ODS."
5. Para acceder al Manual, haga clic en "DMC-ODS Member Handbook."

### Beneficiary Informing Materials for DMC-ODS

[DMC-ODS Member Handbook - English](#)

[DMC-ODS Member Handbook - Spanish](#)

[DMC-ODS Provider Directory](#)

Para obtener una copia impresa del Manual Para Miembros de DMC-ODS del condado de Kern, solicite una copia a su proveedor.



<b>Month:</b>	<b>Year:</b>
---------------	--------------

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

<b>NOTES:</b>
---------------

Mes:

Año:

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO

NOTAS:

### **Residential Check List**

- Medical Card
- Identification Card/ Driver's License
- Physical Form (within 30 days)

### **Residential Check List**

- Medical Card
- Identification Card/ Driver's License
- Physical Form (within 30 days)

### **Residential Check List:**

- Medical Card
- Identification Card/ Driver's License
- Physical Form (within 30 days)



**Kern Family  
Health Care** <sup>TM</sup>

*The Friendly Face*  
Of Kern Health Systems

December 17, 2018

Within 20 mile(s) of a manually chosen location  
Specialties: General Practice

---

**Joo Kim**

2317 17th Street  
BAKERSFIELD, CA 93301  
661-323-5484

Monday: 09:00AM - 05:30PM

Tuesday: 09:00AM - 05:30PM

Wednesday: 09:00AM -

05:30PM Thursday: 09:00AM -

12:30PM Friday: 09:00AM -

12:30PM Saturday: Closed

Sunday: Closed

**Distance:** 1 mi.

**Specialties:** General Practice

**Gender:** Male

**Board Certifications:**

**Languages Spoken:** EnglishKorean

---

**Greg Baker**

1925 17th Street  
BAKERSFIELD, CA 93301  
661-323-2295

Monday: 08:00AM - 05:00PM

Tuesday: 07:00AM - 05:00PM

Wednesday: 08:00AM -

05:00PM Thursday: 06:00AM -

05:00PM Friday: 06:00AM -

04:00PM Saturday: Closed

Sunday: Closed

**Distance:** 2 mi.

**Specialties:** General Practice

**Gender:** Male

**Board Certifications:**

**Languages Spoken:** English

---

**Ronnie Claiborne**

1925 17th Street  
BAKERSFIELD, CA 93301  
661-323-2295

Monday: 08:00AM - 05:00PM

Tuesday: 07:00AM - 05:00PM

Wednesday: 08:00AM -

05:00PM Thursday: 06:00AM -

**Distance:** 2 mi.

**Specialties:** General Practice

**Gender:** Male

**Board Certifications:**

**Languages Spoken:** EnglishSpanish

05:00PM Friday: 06:00AM -  
04:00PM Saturday: Closed  
Sunday: Closed

---

**Harjeet Randhawa**  
4131 Ming Avenue  
BAKERSFIELD, CA 93309  
800-300-6664  
Monday: 08:00AM - 06:00PM  
Tuesday: 08:00AM - 05:00PM  
Wednesday: 08:00AM -  
05:00PM Thursday: 08:00AM -  
05:00PM Friday: 08:00AM -  
05:00PM Saturday: Closed  
Sunday: Closed

**Distance:** 2 mi.  
**Specialties:** General Practice  
**Gender:** Female  
**Board Certifications:**  
**Languages Spoken:** English Punjabi

---

**Roy Peterson**  
525 Roberts Lane Bldg A  
BAKERSFIELD, CA 93308  
800-300-6664  
Monday: 09:00AM - 06:00PM  
Tuesday: 09:00AM - 06:00PM  
Wednesday: 09:00AM -  
06:00PM Thursday: 09:00AM -  
06:00PM Friday: 08:00AM -  
05:00PM Saturday: 08:00AM -  
05:00PM Sunday: Closed

**Distance:** 3 mi.  
**Specialties:** General Practice  
**Gender:** Male  
**Board Certifications:**  
**Languages Spoken:** English Spanish

---

**Ruth Ogot**  
2000 Physicians Blvd  
BAKERSFIELD, CA 93301  
661-324-1455  
Monday: 08:30AM - 05:30PM  
Tuesday: 08:30AM - 05:30PM  
Wednesday: 08:30AM -  
05:30PM Thursday: 08:30AM -  
05:30PM Friday: 08:30AM -  
05:30PM Saturday: 08:30AM -  
05:30PM Sunday: Closed

**Distance:** 3 mi.  
**Specialties:** General Practice  
**Gender:** Female  
**Board Certifications:**  
**Languages Spoken:** English Spanish

---

**Rosa Luna**  
3940 San Dimas Street  
BAKERSFIELD, CA 93301  
661-322-2164  
Monday: 09:00AM - 06:00PM

**Distance:** 3 mi.  
**Specialties:** General Practice  
**Gender:** Female  
**Board Certifications:**  
**Languages Spoken:** English

Tuesday: 09:00AM - 06:00PM  
Wednesday: 09:00AM -  
06:00PM Thursday: 09:00AM -  
06:00PM Friday: 09:00AM -  
06:00PM Saturday: 09:00AM -  
01:00PM Sunday: Closed

---

Juan Corona  
3940 San Dimas Street  
BAKERSFIELD, CA 93301  
661-322-2164

Monday: 09:00AM - 06:00PM  
Tuesday: 09:00AM - 06:00PM  
Wednesday: 09:00AM -  
06:00PM Thursday: 09:00AM -  
06:00PM Friday: 09:00AM -  
06:00PM Saturday: 09:00AM -  
01:00PM Sunday: Closed

Distance: 3 mi.  
Specialties: General Practice  
Gender: Male  
Board Certifications:  
Languages Spoken: EnglishSpanish

---

Ronnie Claiborne  
3940 San Dimas Street  
BAKERSFIELD, CA 93301  
661-322-2164

Monday: 09:00AM - 06:00PM  
Tuesday: 09:00AM - 06:00PM  
Wednesday: 09:00AM -  
06:00PM Thursday: 09:00AM -  
06:00PM Friday: 09:00AM -  
06:00PM Saturday: 09:00AM -  
01:00PM Sunday: Closed

Distance: 3 mi.  
Specialties: General Practice  
Gender: Male  
Board Certifications:  
Languages Spoken: EnglishSpanish

---

Cristina Dulcich  
3409 Calloway Drive Bldg 300  
BAKERSFIELD, CA 93312  
800-300-6664

Monday: 08:00AM - 05:00PM  
Tuesday: 08:00AM - 05:00PM  
Wednesday: 08:00AM -  
05:00PM Thursday: 08:00AM -  
05:00PM Friday: 08:00AM -  
05:00PM Saturday: Closed  
Sunday: Closed

Distance: 4 mi.  
Specialties: General Practice  
Gender: Female  
Board Certifications:  
Languages Spoken: EnglishSpanish

---

Jot Preet Sahi  
815 Dr. Martin Luther King Jr.

Distance: 4 mi.  
Specialties: General Practice



Blvd  
BAKERSFIELD, CA 93307  
661-322-3905  
Monday: 08:00AM - 07:00PM  
Tuesday: 08:00AM - 07:00PM  
Wednesday: 08:00AM -  
07:00PM Thursday: 08:00AM -  
07:00PM Friday: 08:00AM -  
07:00PM Saturday: 08:00AM -  
07:00PM Sunday: Closed

Gender: Male  
Board Certifications:  
Languages Spoken: EnglishHindiPunjabi

---

Felicitation Morris  
1010 1/2 S Union Avenue  
BAKERSFIELD, CA 93307  
661-321-0234  
Monday: 08:00AM - 05:00PM  
Tuesday: 08:00AM - 05:00PM  
Wednesday: 08:00AM -  
05:00PM Thursday: 08:00AM -  
05:00PM Friday: 08:00AM -  
05:00PM Saturday: Closed  
Sunday: Closed

Distance: 4 mi.  
Specialties: General Practice  
Gender: Female  
Board Certifications:  
Languages Spoken: English

---

Harjeet Randhawa  
4151 Mexicali Drive  
BAKERSFIELD, CA 93313  
800-300-6664  
Monday: Closed Tuesday:  
08:00AM - 05:00PM  
Wednesday: Closed Thursday:  
Closed Friday: 08:00AM -  
05:00PM Saturday: Closed  
Sunday: Closed

Distance: 4 mi.  
Specialties: General Practice  
Gender: Female  
Board Certifications:  
Languages Spoken: EnglishPunjabi

---

Rosa Luna  
1491 White Lane  
BAKERSFIELD, CA 93307  
661-835-2600  
Monday: 07:00AM - 07:00PM  
Tuesday: 07:00AM - 07:00PM  
Wednesday: 07:00AM -  
07:00PM Thursday: 07:00AM -  
07:00PM Friday: 07:00AM -  
07:00PM Saturday: 07:00AM -  
05:00PM Sunday: Closed

Distance: 4 mi.  
Specialties: General Practice  
Gender: Female  
Board Certifications:  
Languages Spoken: English

---

Juan Corona  
1491 White Lane  
BAKERSFIELD, CA 93307  
661-835-2600  
Monday: 07:00AM - 07:00PM  
Tuesday: 07:00AM - 07:00PM  
Wednesday: 07:00AM -  
07:00PM Thursday: 07:00AM -  
07:00PM Friday: 07:00AM -  
07:00PM Saturday: 07:00AM -  
05:00PM Sunday: Closed

Distance: 4 mi.  
Specialties: General Practice  
Gender: Male  
Board Certifications:  
Languages Spoken: EnglishSpanish

---

Ronnie Claiborne  
1491 White Lane  
BAKERSFIELD, CA 93307  
661-835-2600  
Monday: 07:00AM - 07:00PM  
Tuesday: 07:00AM - 07:00PM  
Wednesday: 07:00AM -  
07:00PM Thursday: 07:00AM -  
07:00PM Friday: 07:00AM -  
07:00PM Saturday: 07:00AM -  
05:00PM Sunday: Closed

Distance: 4 mi.  
Specialties: General Practice  
Gender: Male  
Board Certifications:  
Languages Spoken: EnglishSpanish

---

Harjeet Singh  
2415 Niles Street  
BAKERSFIELD, CA 93306  
661-631-1591  
Monday: 08:30AM - 05:30PM  
Tuesday: 08:30AM - 05:30PM  
Wednesday: 08:30AM -  
05:30PM Thursday: 08:30AM -  
05:30PM Friday: 08:30AM -  
05:30PM Saturday: Closed  
Sunday: Closed

Distance: 5 mi.  
Specialties: General Practice  
Gender: Male  
Board Certifications:  
Languages Spoken: EnglishHindiPunjabiSpanish

---

Harjeet Randhawa  
4600 Panama Lane Ste. 102B  
BAKERSFIELD, CA 93313  
800-300-6664  
Monday: 08:00AM - 06:00PM  
Tuesday: 08:00AM - 05:00PM  
Wednesday: 08:00AM -  
05:00PM Thursday: 08:00AM -

Distance: 5 mi.  
Specialties: General Practice  
Gender: Female  
Board Certifications:  
Languages Spoken: EnglishPunjabi

05:00PM Friday: 08:00AM -  
05:00PM Saturday: Closed  
Sunday: Closed

---

Young Park  
4600 Panama Lane Ste. 102B  
BAKERSFIELD, CA 93313  
800-300-6664

Monday: 08:00AM - 06:00PM  
Tuesday: 08:00AM - 05:00PM  
Wednesday: 08:00AM -  
05:00PM Thursday: 08:00AM -  
05:00PM Friday: 08:00AM -  
05:00PM Saturday: Closed  
Sunday: Closed

**Distance:** 5 mi.  
**Specialties:** General Practice  
**Gender:** Male  
**Board Certifications:**  
**Languages Spoken:** EnglishKorean

---

Cheri Schnell  
8787 Hall Road  
LAMONT, CA 93241  
661-845-3731

Monday: 08:00AM - 07:00PM  
Tuesday: 08:00AM - 07:00PM  
Wednesday: 08:00AM -  
07:00PM Thursday: 08:00AM -  
07:00PM Friday: 08:00AM -  
07:00PM Saturday: 08:00AM -  
07:00PM Sunday: Closed

**Distance:** 11 mi.  
**Specialties:** General Practice  
**Gender:** Female  
**Board Certifications:**  
**Languages Spoken:** English

---

Jong Moon  
406 James Street  
SHAFTER, CA 93263  
661-746-5788

Monday: 08:00AM - 05:30PM  
Tuesday: 08:00AM - 05:30PM  
Wednesday: 08:00AM -  
05:30PM Thursday: 08:00AM -  
05:30PM Friday: 08:00AM -  
05:30PM Saturday: Closed  
Sunday: Closed

**Distance:** 16 mi.  
**Specialties:** General Practice  
**Gender:** Male  
**Board Certifications:**  
**Languages Spoken:** EnglishKoreanSpanish

---

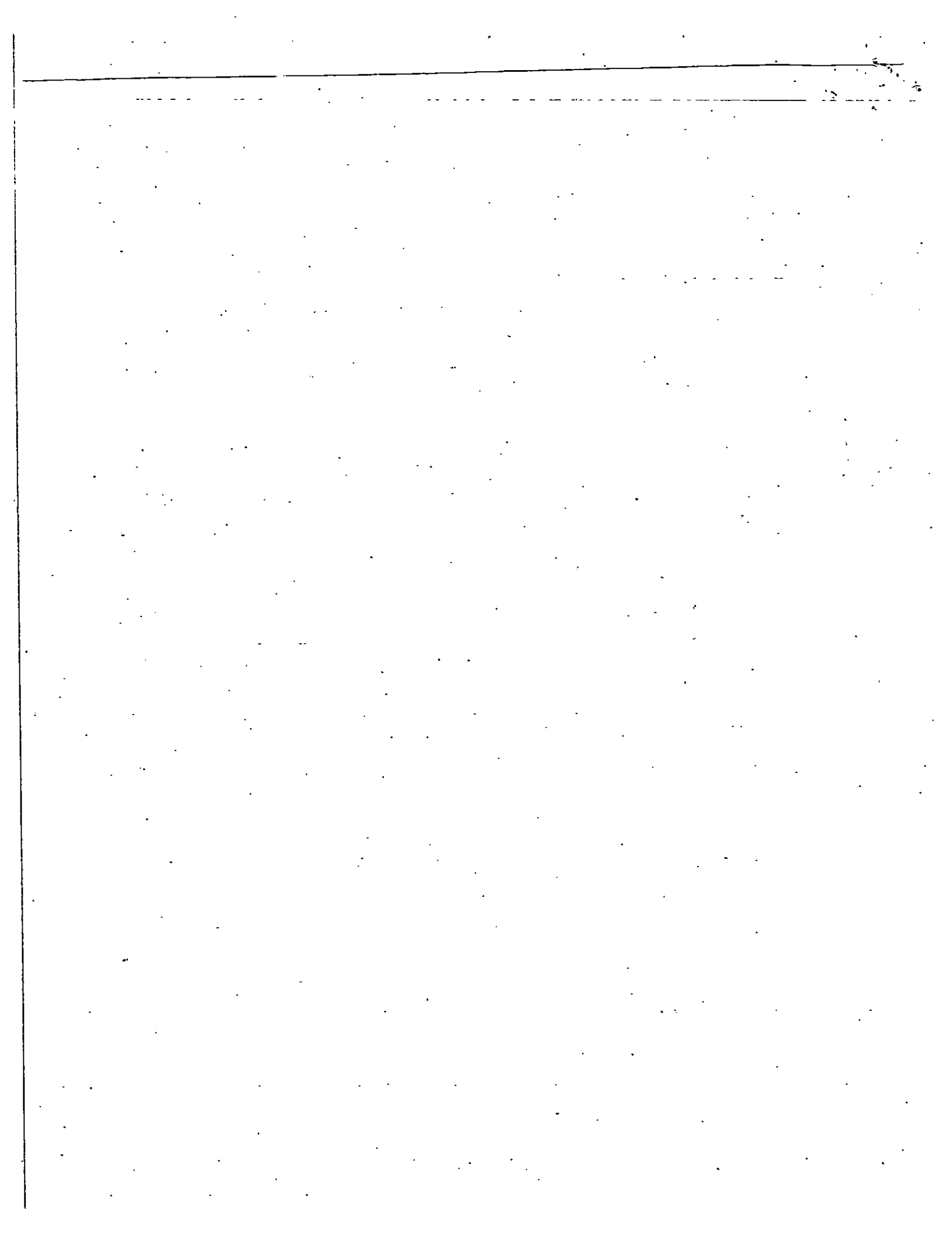
Shimeaka Hodges  
406 James Street  
SHAFTER, CA 93263  
661-746-5788

Monday: 08:00AM - 05:30PM

**Distance:** 16 mi.  
**Specialties:** General Practice  
**Gender:** Female  
**Board Certifications:**  
**Languages Spoken:** English

**Tuesday: 08:00AM - 05:30PM**  
**Wednesday: 08:00AM -**  
**05:30PM Thursday: 08:00AM -**  
**05:30PM Friday: 08:00AM -**  
**05:30PM Saturday: Closed**  
**Sunday: Closed**

---



# FAQs

**What if I missed my intake appointment?** You can reschedule with Gateway.

**What can RISE/START do for me?**

RISE provides case management services related to client's recovery. We focus mostly on linkage to Primary Care Provider, mental health services and Education/vocation services. We also provide case coordination to help with obtaining appropriate services.

START provides the same services but are located at different mental health teams within KBHRS, which allows for easier case coordination.

**What if I started treatment but**

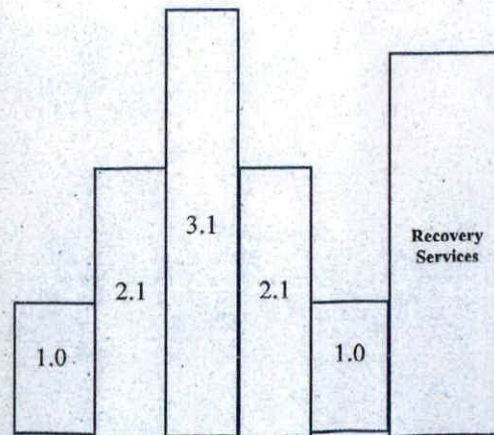
**stopped going?** RISE/START will make attempts to re-engage you in treatment. If RISE/START is unable to re-engage you, they may close your case to RISE/START.

**What if I wanted residential treatment but was given an**

**outpatient appointment?** If you request residential you may go on the waiting list but are required to attend outpatient appointments. In the interim to stay on the waiting list for a residential bed.

**How often do I update my information with my team?** Any time there is a change.

## SUD Continuim



# START HERE!

## Roadmap to SUD Services



## Substance Use Disorder Treatment

- Client will attend their SUD treatment appointments as schedule.
- RISE/START will check in with client throughout their treatment episode and assist with clients through the SUD treatment continuum.

## Recovery Services

- Recovery oriented activities
- Extra Support
- Voluntary

You will be inspired by others, You will inspire others

**CASE MANAGEMENT**  
**Recovery, Inspire, Support,**  
**Empower team (RISE team)**  
**(661) 868-6100**

**Substance Treatment and**  
**Recovery Team (START)**  
**(661) 868-0848**

- RISE TEAM or START TEAM
- Clients are transferred to RISE staff "Officer of the Day" for orientation
- RISE discusses services available to client and sets up an appointment to discuss further needs, recovery goals and to obtain Release of Informaion.
- If client is opened to mental health team within KernBHRS, they will be transferred to START who will provide the SUD case management.
- RISE/START assists with transportation so that client can make it to their first appointment.
- RISE/START will provide SUD related management for duration client is in SUD treatment and clinically needs that service.

## START HERE

**GATEWAY**  
**(866) 266-4898**

- Gateway is where clients start SUD services.
- They are screened and provided with an appointment for SUD treatment.
- Assigned to RISE Team (Recover, Inspire, Support, and Empower Team) or START (Substance Treatment And Recovery Team)

## Overdose is most common when:

- Your tolerance is down due to not using heroin or methadone - after incarceration, detox, or drug-free drug treatment.
- When drugs are mixed, especially, heroin with other downers, like alcohol or benzos.
- When using alone - nobody is around to respond if you get into trouble.

### Warning signs of heroin overdose:

- Can't be woken up by noise or pain (try yelling their name and rubbing your knuckles on their breastbone)
- Blue or ashy lips and fingernails
- Slow (less than 1 breath every 5 seconds) or shallow breathing
- Gaspings, gurgling, or snoring
- Vomiting

## Gateway Services

Are you ready to enter treatment?  
Do you need more information on  
where to seek treatment for  
substance use disorder?

### Phone Screening

Call the Gateway Phone Screen  
Line

**866-266-4898**

### In Person Screening

OC Sills - Window R8  
100 East California Ave  
Bakersfield, Ca  
Or

Mary K. Shell  
2151 College Ave  
Bakersfield, Ca

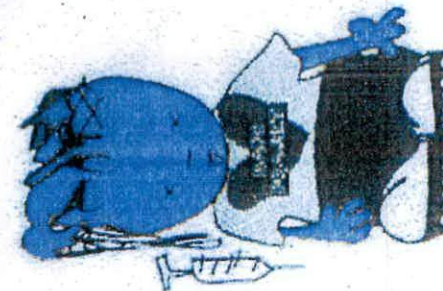
### Are you In Crisis?

Call 24 hours a day

**1-800-991-5272**

Visit [KERNRxReturn.org](http://KERNRxReturn.org) to  
learn how you can have  
Naloxone paid by Medi-Cal  
or at low cost.

# got naloxone?



# Opiate Overdose Prevention and Survival



# Emergency Response for Opioid Overdose

nasal naloxone



## Administer nasal naloxone

- Assemble nasal naloxone.
- Spray half up each nostril.
- Repeat after 2 to 5 minutes if still not conscious.



## Try to wake the person up

- Shake them and shout.
- If no response, grind your knuckles into their breast bone for 5 to 10 seconds.



## Check for breathing

Give CPR if you have been trained or do rescue breathing:

- Tilt the head back, open the mouth, and pinch the nose.
- Start with 2 breaths into the mouth. Then 1 breath every 5 seconds.



"Someone is unconscious and not breathing"

## Call 911

- If you must leave the person alone to make the call, put them in the recovery position
- Give address/location
- Say "the person is unconscious and not breathing"
- You do not have to say that any drugs are involved until the ambulance arrives



## Stay with the person

- Naloxone wears off in 30 to 90 minutes.
- When the person wakes up, explain what happened.
- If you need to leave, turn the person on his or her side to prevent choking.

## 18 month

### Christian Discipleship Programs for Unaccompanied Men & Women & Women with Children

- Abuse & Addiction Recovery
- Counseling Services
- Job Readiness
- Work Therapy
- Life Skills

### Next Steps Transitional Housing

Upon graduation from the 18 month Christian Discipleship Program, residents can move into our Transitional Housing as they make their "Next Steps" while living in a safe & sober environment:

- Resume Writing
- Job Placement
- Budgeting
- Transportation
- Continued church involvement
- Permanent Housing

*"For I know the plans I have for you,"  
declares the Lord, "plans to prosper  
you and not to harm you, plans to give  
you a hope and a future."  
Jeremiah 29:11*

## Learning Center

We offer a comprehensive multimedia facility with 15 computers, staffed by a fully credentialed instructor. The Learning Center is available to all of the Mission at Kern County's guests. We offer Microsoft Office, GED and CompTIA computer tech certifications.

In collaboration with other local agencies, we strive to provide trade support and other vocational training in order to help our guests achieve life success.



**The Mission**  
AT KERN COUNTY

Ph: (661) 325-0863

Fax: (661) 325-0777

821 East 21st Street  
Bakersfield, CA 93305

[themissionkc.org](http://themissionkc.org)



**The Mission**  
AT KERN COUNTY

Providing hope  
&  
a future to those  
in need since 1952

do you believe

**H.I.S.**  
**Homeless Intervention Services**

- Shelter
- 3 Meals per Day
- Case Management
- AA/NA
- Community Outreach
- Spiritual Guidance

**We have partnered with other agencies to offer:**

- Healthcare
- Legal Assistance
- Financial Accountability
- Mental Health Services
- Permanent Housing
- Job Readiness Training
- Employment

**Needs:**

- Non-perishable Food items
- Blankets
- Toiletries
- Towels
- Socks
- Shoes
- Clothing
- Twin Sheets
- Coffee Cups
- Thumb Drives

**The Mission**  
AT KERN COUNTY  
do you believe

**Encore Boutique**  
**Retail-Resale**

**Monday - Friday: 10:00 am - 6:00 pm**  
**Saturday: 10:00 am - 2:00 pm**

Encore Boutique provides job training for men & women going through our 18 month Discipleship Program. They are learning customer service, problem solving, and communication skills.

As they continue to gain experience at Encore, they are putting themselves in a good position to get hired in retail after they graduate.

We accept new and gently used women's, children's and men's apparel, household items, vintage clothing, jewelry...and more.

If you would like to shop, give or volunteer at Encore, please come visit us at:



1417 Eye Street

Dear Friend,

When a person comes to The Mission at Kern County after years or even decades of self-destructive behavior, they often believe they are hopeless. But we have a message for them . . .

Philippians 4:13 says: "I can do all things through Christ who strengthens me."

This is a foundational truth of victorious Christian living; one that's especially important for men and women recovering here. It's how they break addiction, overcome poverty, recover from abuse, and defeat any other struggle.

Not a day goes by that we don't see Jesus delivering on this promise. We hope you will prayerfully consider partnering with us to bring hope and help to our hurting brothers and sisters.

God Bless You,

Carlos Baldovinos  
Executive Director

# TOP 10 TIPS TO QUIT SMOKING

Quit Coaches from Kick It California provide their top 10 tips to quit for good.

**KICK IT**  
California

Enroll online at  
[www.kickitca.org](http://www.kickitca.org)

    @kickitca

This material made possible by the California Department of Public Health and First 5 California.

1.

## FIND A REASON TO QUIT

Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.

2.

## MAKE A PLAN

Think about what triggers you to smoke. Is it stress? Being around smokers? Alcohol? Or something else? Plan to get through those times without smoking. Keep your hands busy and your mind off cigarettes. Examples: drink water, wash the dishes, talk to a nonsmoker.

3.

## CALL 1-800-300-8086

People who call Kick It California are twice as likely to quit for good. A trained Quit Coach will help you make a personal plan and offer support along the way. It's free, and it works! Text QUIT SMOKING TO 66810

4.

## GET SUPPORT

Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.

5.

## USE A QUITTING AID

Quitting aids like nicotine patches, gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medi-Cal benefits may cover these products. Talk with your doctor about which quitting aids are right for you.

6.

## MAKE YOUR HOME & CAR SMOKE-FREE

Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!

7.

## SET A QUIT DATE

Choose a date when you will quit. This shows you're serious. And you're more likely to give it a try.

8.

## QUIT ON YOUR QUIT DATE

Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good, doing is even better.

9.

## PICTURE BEING A NONSMOKER

After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.

10.

## KEEP TRYING

Most people try several times before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

*If you keep trying, you will succeed!*

# LOS 10 MEJORES CONSEJOS PARA DEJAR DE FUMAR

Los asesores de  
Kick It California  
comparten consejos  
para dejar de fumar  
con éxito.

**KICK / T**  
California

Inscríbese en línea en  
[www.kickitca.org/es](http://www.kickitca.org/es)

    @kickitca

Material financiado por el Departamento de  
Salud Pública de California y por First 5 California.

- 1. ENCUENTRE UNA RAZÓN PARA DEJAR DE FUMAR**  
¿Quiere respirar mejor? ¿Vivir más años con su familia?  
¿Ahorrar dinero? Anote lo que le motiva. Encontrar una razón  
de peso puede ayudarle a empezar el proceso y a mantenerse  
sin fumar en los momentos difíciles.
- 2. HAGA UN PLAN**  
Piense en los detonantes que le provocan fumar: ¿El estrés? ¿Estar  
cerca de otros fumadores? ¿El alcohol? ¿Algo más? Planifique  
como mantenerse sin fumar en esos momentos. Mantenga las  
manos y la mente ocupadas para no pensar en el tabaco. Por  
ejemplo, tome agua, lave los platos, hable con personas que no fuman.
- 3. LLAME AL 1-800-600-8191**  
Las personas que llaman a Kick It California duplican sus  
posibilidades de dejar de fumar con éxito. Un asesor capacitado  
le ayudará a crear un plan personalizado para dejar de fumar y le  
brindará apoyo en su proceso por dejarlo. ¡Es gratis y funciona!
- 4. BUSQUE APOYO**  
Estudios científicos han demostrado que el apoyo de otras  
personas en el proceso por dejarlo funciona. Hable con su  
familia y amistades acerca de su plan para dejar de fumar.  
Hágales saber como pueden ayudarle.
- 5. USE UN PRODUCTO DE AYUDA PARA DEJAR DE FUMAR**  
Los productos para dejar de fumar, como los chicles, parches de  
nicotina y otros medicamentos aprobados por el Departamento  
de Control de Alimentos y Medicamentos (FDA) pueden ser de  
ayuda. Estos productos pueden reducir los síntomas de abstinencia  
y aumentan la probabilidad de dejar de fumar con éxito. Es posible  
que su seguro médico o Medi-Cal cubran el costo. Pregunte a su  
médico qué producto es el más adecuado para su situación.
- 6. CONVIERTA SU CASA Y AUTÓMOVIL EN ESPACIOS LIBRES  
DE HUMO**  
Los espacios libres de humo pueden ayudarle a dejar de fumar.  
Su familia y amigos también disfrutarán de un aire más limpio y  
de una vida más larga y feliz, ¡con su presencia!
- 7. MARQUE UNA FECHA PARA DEJAR DE FUMAR**  
Elija una fecha para dejar de fumar. Esto le hará sentir que su  
decisión es seria y eso le comprometerá a intentarlo.
- 8. DEJE DE FUMAR EN LA FECHA QUE ELIGIÓ**  
Fijar una fecha solo ayuda si realmente lo intenta. Planear es  
bueno, pero llevar a cabo una acción es aún mejor.
- 9. IMAGÍNESE COMO UNA PERSONA LIBRE DE HUMO**  
Después de dejar de fumar, decida: ¿es usted una persona  
fumadora que simplemente no fuma por ahora? o ¿es usted una  
persona libre del tabaco? Para las personas libres del tabaco, fumar  
no es una opción en ninguna circunstancia. Visualícese como una  
persona no fumadora.
- 10. SIGA INTENTÁNDOLO**  
La mayoría de las personas intentan dejar de fumar varias  
veces antes de tener éxito. Los tropiezos no tienen por que  
convertirse en recaídas, pero si esto sucediera, recuerde que  
cada intento le acerca más a su meta.

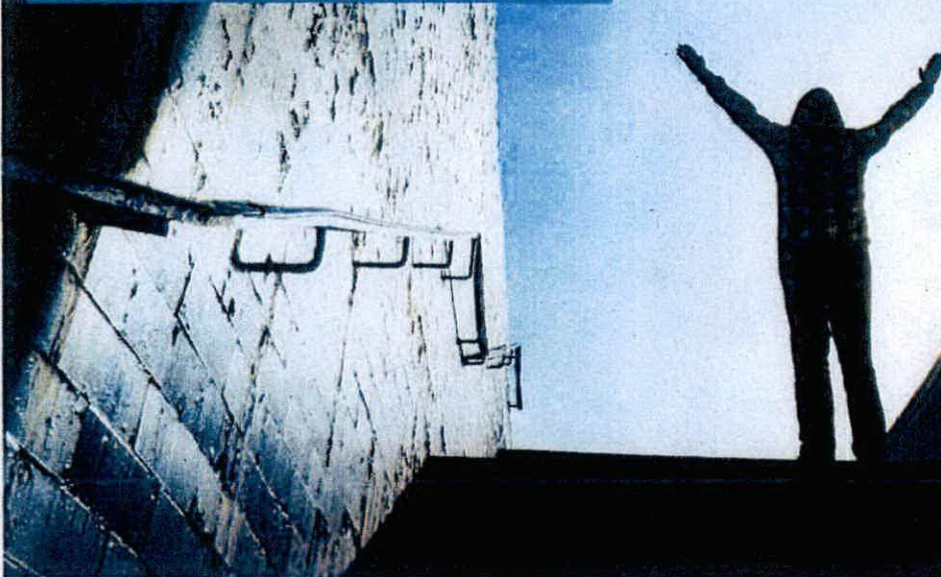
*¡Siga intentándolo y lo logrará!*

COMMUNITY RESOURCE DIRECTORY		COMMUNITY RESOURCE DIRECTORY	
<b>FOOD</b>		<b>EMERGENCY</b>	
Gleaners (661) 324-2767 1326 30 <sup>th</sup> St, Bakersfield, CA 93301		<b>CRISIS HOTLINE 24 Hours a Day 1-800-991-5272</b>	
Hope Center (661) 399-2119 3311 Manor St, Bakersfield, CA 93302		2151 College Ave, Bakersfield, CA 93305	
Kern County DHS (Cal Fresh) (661) 631-6000 100 E. California Ave, Bakersfield, CA 93301 CalFresh Healthy Living <a href="https://eatfresh.org/">https://eatfresh.org/</a>		CWIC Crisis Services 2151 College Ave, Bakersfield, CA 93305	(661) 868-8156
The Mission of Kern County (661) 325-0863 821 E. 21st Bakersfield, CA 93305		PEC – Psychiatric Evaluation Center 2151 College Ave, Bakersfield, CA 93305	(661) 868-8037
<b>EDUCATION</b>		<b>TRANSPORTATION SERVICES</b>	
Bakersfield Adult School (661) 835-1855 501 S Mt Vernon Ave, Bakersfield, Ca 93307		Kern Family Healthcare Transportation # 1-800-391-2000 Option #3	
Bakersfield College (661) 395-4011 1801 Panorama Drive, Bakersfield, CA 93305		Health-Net 1-866-779-5229	
DOR (Department of Rehabilitation) (661) 395-2525 4925 Commerce Dr Bakersfield, CA 93309		Golden Empire Transit (661) 869-2438	
<b>EMPLOYMENT</b>		<b>HEALTH</b>	
America's Job Center – EPIC (661) 868-0820 701 Beal Ave (Beal Library) 2 <sup>nd</sup> floor Bakersfield, CA 93301		Clinica Sierra Vista OMNI 1430 Truxtun Ave, 400 Bakersfield, CA 93301	(661) 324-1455
Employers Training Resource (661) 635-2600 1600 E. Belle Ter, Bakersfield, CA 93307		Kern County Public Health 1800 Mount Vernon Ave, Bakersfield, Ca 93306	(661) 321-3000
<b>SHELTER ASSISTANCE</b>		Whole Person Care 3551 Q St. (661) 326-5231	
Bethany Services (Homeless Shelter) (661) 322-9199 1600 Truxtun Ave Bakersfield, CA 93305		Kern County Mental Health Services (661) 868-8123	
Housing Authority of Kern County (661) 631-8500 601-24 <sup>th</sup> Street, Bakersfield, CA 93301		<b>24 Hour SUD Access Line</b>	
The Mission of Kern County (661) 325-0863 821 E. 21st Bakersfield, CA 93305		Gateway	1-866-266-4898
<b>SUPPORT</b>		<b>HELPLINES</b>	
CFLC Consumer Family Learning Center (661) 868-7550 2001 28 <sup>th</sup> St, South Tower, First floor Bakersfield, CA 93301		Bakersfield Police	(661) 327-7111
A.A. (661) 322-4025 1234 Chester Ave, Ste 101 Bakersfield, CA 93301		Kern County Sheriff	(661) 868-5547
N.A. 1-877-629-6759 P.O Box 40931 Bakersfield, CA		Kern County Help Line	211

3/22/2022



There is  
**HOPE**



## Are you ready to enter substance use disorder treatment?

It's scary to admit when you need help. The staff at Gateway understands that fear and will do everything to make your first steps as easy as possible.

Get started by calling Gateway's 24-hour SUD Access Line or visiting one of their four locations. In minutes, staff will assess your individual needs and connect you to one of our providers as well as other local resources.

**All screenings are FREE.**  
**Your information will remain private.**

Gateway also works closely with community providers, the courts, Kern County Probation Department and Kern County Department of Human Services.

## **GATEWAY**

KernBHRS  
Substance Use Disorder Division

**24-hour SUD Access Line**  
**866-266-4898**

### Screening Locations

**Kern County Superior Court**  
1415 Truxtun Ave., Fourth Floor

**Department of Human Services**  
Aisle L, Room 90, 100 E. California Ave.

**Mary K. Shell Mental Health Center**  
2125 College Ave.

**Kern County  
Juvenile Justice Center**  
2100 College Ave

### Important Numbers

**Crisis Hotline**  
1-800-991-5272

**Suicide Prevention Hotline**  
1-800-273-8255

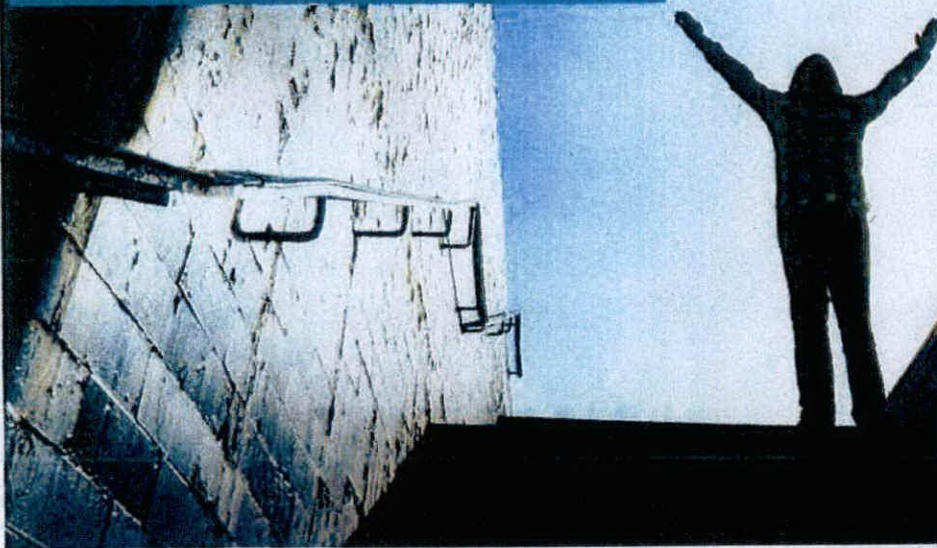


#### Commission Accreditation of Rehabilitation Facilities

Kern Behavioral Health & Recovery Services has been accredited by CARF for the following programs: Mental Health Programs-Case Management; Children and Adolescents-Case Management & Crisis Stabilization; Integrated Alcohol & Other Drug-Case Management & Children & Adolescents-Case Management; Employment Services-Community Employment Services.



# Hay **ESPERANZA**



## ¿Está listo para comenzar un tratamiento por trastorno de consumo de drogas?

Sabemos que le da miedo admitir que necesita ayuda. El personal de Gateway entiende ese temor y hará todo lo posible para que sus primeros pasos sean lo más fáciles posible.

Comience llamando a la línea de acceso de la SUD de Gateway, con servicio de 24 horas, o visitando uno de los cuatro centros. En minutos, el personal evaluará sus necesidades individuales y lo pondrá en contacto con uno de nuestros proveedores, así como con otros recursos locales.

**Todas las pruebas de detección son GRATIS.**  
**Su información se mantendrá privada.**

Gateway también trabaja en estrecha colaboración con los proveedores de la comunidad, los tribunales, el Departamento de Libertad Condicional del Condado de Kern y el Departamento de Servicios Humanos del Condado de Kern.



#### Comisión de Acreditación de Centros de Rehabilitación

Kern Behavioral Health & Recovery Services ha sido acreditado por la CARF para los siguientes programas: Programas de salud mental: administración de casos; administración de casos y estabilización en caso de crisis en niños y adolescentes; administración integrada de casos de consumo de alcohol y otras drogas y administración de casos de niños y adolescentes; servicios de empleo, servicios de empleo comunitario.

## **GATEWAY**

División de Trastornos por Consumo de Drogas de KernBHRS

Línea de acceso de la SUD  
las 24 horas  
866-266-4898

### Centros para pruebas de detección

**Kern County Superior Court**  
1415 Truxtun Ave., Fourth Floor

**Department of Human Services**  
Aisle L, Room 90, 100 E. California Ave.

**Mary K. Shell Mental Health Center**  
2125 College Ave.

**Kern County  
Juvenile Justice Center**  
2100 College Ave

### Números de teléfono importantes

**Crisis Hotline**  
1-800-991-5272

**Suicide Prevention Hotline**  
1-800-273-8255



## What are Recovery Services?

Recovery Services are after-care services to support recovery after completing Substance Use Disorder (SUD) Treatment.

## When do Recovery Services begin?

Within 30 days of a planned discharge from outpatient services and meeting medical necessity, beneficiary may be referred to recovery services.

## How can I enroll?

If you are interested in Recovery Services, ask your outpatient SUD counselor to do a treatment modification 30 days before completing outpatient SUD services.

## Who can help me enroll?

Your RISE/START worker or Outpatient counselor.

## How long will I be in Recovery Services?

It's up to the beneficiary to receive recovery services up to approximately 180 days or longer if medically necessary.

For more information, call  
661-868-6100

## Recovery Services consist of:

- Weekly recovery groups (optional)
- Case management services
- Extra support during recovery
- Linkage to educational/vocational resources
- Follow-up phone calls
- Peer assistance



BEHAVIORAL  
HEALTH & RECOVERY  
SERVICES

# Homeless Prevention



[www.bakhc.org/prevention](http://www.bakhc.org/prevention)  
[www.211kerncounty.org](http://www.211kerncounty.org)



[info@bakhc.org](mailto:info@bakhc.org)



1-800-273-2275 from Landline  
2-1-1 from Cell Phone

## RENT AND UTILITY ASSISTANCE

If you need financial help to stay in your home or to relocate from a temporary living situation, we are here for you. The Bakersfield Homeless Center Homeless Prevention Program works to keep individuals and families from becoming homeless by providing temporary financial assistance for things like rent, deposits, utility payments, and more.

### Am I Eligible?

If you are about to lose your home or temporary living situation because you are a low-income household who earns at or below 50% of the Area Median Income (AMI) for Kern County AND are experiencing housing instability brought on by a COVID-19 related hardship, you may qualify for assistance.

### How Do I Apply?

An initial screening is done through Kern 2-1-1 operated by CAPK. If they determine that you may qualify for financial housing assistance, they will send your information to the Bakersfield Homeless Center Homeless Prevention Services program.\*

Make sure to have: ID's for all adult household members, social security cards, birth certificates, lease agreement, notice to vacate if applicable, and proof of income for the past 30 days.

### How Does Bakersfield Homeless Center Help?

A Bakersfield Homeless Center Housing Navigator will contact you and work with you to stabilize your situation quickly as possible. They will help you develop a case plan to meet your needs, which may include: housing search and placement assistance, landlord mediation services, and connections to financial aid services.

A Housing Navigator will stay with you throughout the process. They can also help you secure required documentation, create budget/savings plans, and coordinate additional community referrals for other resources.

**CALL  
KERN 211  
FOR A REFERRAL**

**1-800-273-2275**  
from a landline

**2-1-1**  
from a mobile phone

*\*A referral DOES NOT GUARANTEE that you will receive assistance. Assistance MAY OR MAY NOT be provided depending upon household eligibility and availability of funding. Financial assistance is based on meeting eligibility requirements and funding availability. It is distributed on a first come, first served basis.*



# Prevención de Persona sin Hogar



[www.bakhc.org/prevention](http://www.bakhc.org/prevention)  
[www.211kerncounty.org](http://www.211kerncounty.org)



[info@bakhc.org](mailto:info@bakhc.org)



1-800-273-2275 desde un teléfono fijo  
2-1-1 desde un celular

## ASISTENCIA FINANCIERA

Si usted necesita ayuda financiera para permanecer en su hogar o para moverse de una situación de vivienda temporal, estamos aquí para ayudarlo. El programa de Prevención de Persona sin Hogar a través del Bakersfield Homeless Center trabaja para evitar que individuos y familias se queden sin hogar proporcionando asistencia financiera temporal para cosas como alquiler, depósitos, pagos de servicios públicos y más.

### ¿Soy Elegible para Recibir Asistencia?

Si está a punto de perder su hogar o su situación de vivienda temporal porque es un hogar de bajos ingresos que gana al 50% o menos del ingreso medio del área (AMI) para el Condado de Kern Y está experimentando viviendas inestabilidad provocada por una dificultad relacionada con COVID-19, puede usted calificar para recibir asistencia.

### ¿Cómo Puedo Aplicar por Asistencia?

Se hace una evaluación inicial a través de Kern 2-1-1 operado por CAPK. Si determinan que puede calificar para obtener asistencia financiera para la vivienda, Ellos enviarán su información al Bakersfield Homeless Center al programa de servicios de Prevención para Personas sin Hogar.\*

Asegúrese de tener: Identificación de todos los miembros adultos del hogar, tarjetas de seguro social, contrato de arrendamiento, aviso de desalojo si corresponde y prueba de ingresos con fecha de los últimos 30 días.

### ¿Cómo Ayuda Bakersfield Homeless Center?

Un Navegador de Vivienda del Bakersfield Homeless Center se comunicara con usted y trabajara con usted para estabilizar su situación lo más posible. Le ayudaran a desarrollar un plan de caso para satisfacer sus necesidades, que puede incluir: búsqueda de vivienda y asistencia para la colocación, servicios de mediación del propietario y conexiones servicios de ayuda financiera.

Un Navegador de Vivienda permanecerá con usted durante todo el proceso. También pueden ayudarlo a asegurar las documentaciones, crear presupuestos/planes de ahorro y coordinar referencias adicionales

**LLAMAR  
KERN 211**  
para un referencia

**1-800-273-2275**  
desde un teléfono fijo

**2-1-1**  
desde un celular

*Una referencia NO GARANTIZA que recibirá asistencia. La asistencia PUEDE O NO ser proporcionada según la elegibilidad del hogar y la disponibilidad de fondos. La asistencia financiera se basa en el cumplimiento de los requisitos de elegibilidad y la disponibilidad de fondos. Se distribuye por orden de llegada.*



# BAN THE BOX LAWS



Re-Entry Representative:

(661) 336-6903

EMPLOYERS'  
TRAINING  
RESOURCE

A PROUD PARTNER OF

America's **Job** Center

## You Have Rights!

An employer in California (\*with few exceptions) is not allowed to ask about your criminal history. On January 1, 2018 California enacted the Fair Chance Act which prohibits employers from asking if you have any felony convictions.

The only things that they are allowed to ask is if you can do the essential duties of the job for which you are applying.

*\*Exceptions are jobs that require background checks and certain law enforcement organizations.*

## Know Your Rights!

You do not have to give any information regarding your convictions when applying to work in California. If the question is on the application, do not answer because you do not have to. If asked about convictions during the interview you should respond with "I don't see what that has to do with whether or not I can do this job."

If pressed further, respond with "I thought you couldn't ask about convictions until you made a job offer, are you offering me a job?"

If they ask what you are talking about, tell them it is California's Fair Chance Act (Ban the Box law). Once they offer the job, then you should agree to any background checks required.

## Defend Your Rights!

Upon return of your background check, the employer is required to notify you by registered mail with their reasons and copies of your background report if they want to drop the job offer. If they just call and say you are out, call us for the best way to reply. background checks required.

[www.americasjobcenterofkern.com](http://www.americasjobcenterofkern.com)

AJCC & WIOA are an equal opportunity employer/program.  
Auxiliary aids and services are available upon request to individuals with disabilities.

# LEY DE OPORTUNIDAD JUSTA



Representante de Reingreso:  
**(661) 635-2619**

EMPLOYERS'  
TRAINING  
RESOURCE

A PROUD PARTNER OF

America's **Job**Center

## ¡Usted Tiene Derechos!

Los empleadores en California (\*con algunas excepciones) no pueden preguntar sobre su historia criminal. Comenzando el 1 de enero, 2018, California inicio la Ley de Oportunidad Justa que prohíbe a los empleadores preguntar si tiene condenas por delitos graves.

Lo único que pueden preguntar es si puede realizar los deberes esenciales del trabajo para el que está solicitando.

*\*Las excepciones son trabajos que requieren verificación de antecedentes y ciertas organizaciones encargadas de la ley.*

## ¡Conoce Sus Derechos!

No es necesario que brinde ninguna información sobre sus condenas cuando solicite trabajo en California. Si la pregunta está en la aplicación, no responda porque no es necesario. Si se le pregunta acerca de las condenas durante la entrevista, debe responder con "No veo qué tiene que ver eso con si puedo o no hacer este trabajo".

Si lo presionan más, responda con "Pensé que no podías preguntar sobre las condenas hasta que hizo una oferta de trabajo, ¿me estás ofreciendo un trabajo?"

Si le preguntan de qué estás hablando, díales que es la Ley de Oportunidad Justa (*Ban the Box law*). Una vez que ofrezcan el trabajo, debe aceptar cualquier verificación de antecedentes requerida.

## ¡Defiende Sus Derechos!

Al regresar su verificación de antecedentes, el empleador debe notificarle por correo certificado con sus razones y copias de su informe de antecedentes si desean retirar la oferta de trabajo. Si simplemente llaman y dicen que ya no quieren darle el trabajo, llámanos para conocer la mejor manera de responder.

[www.americasjobcenterofkern.com](http://www.americasjobcenterofkern.com)

AJCC & WIOA are an equal opportunity employer/program.  
Auxiliary aids and services are available upon request to individuals with disabilities.