

Restorative Justice Partnership Menu of Options

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- * = Sacramento County
- ♦ = Students only
- Requires assignment verification form

Behavioral Health

1. Anger Management Workbook

A workbook containing exercises to help identify triggers, understand the impacts of anger, and apply anger management strategies.

Ask an RJP staff member for a copy.

2. Goal Directed Behavior Workbook

This workbook helps with taking responsibility for your behavior, realistically judging your self-worth, and setting personal goals. *Only assign if the participant can read and write at a high school level. Must be completed with 100% accuracy.

Ask an RJP staff member for a copy.

3. Davis Shambhala Meditation Center

Free mindfulness instruction and sitting meditation. One-hour sitting meditation practice in-person at the Center every Sunday morning at 9, and via Zoom. Weekdays at 7am they gather on Zoom, and on Tuesdays, Wednesdays, and Thursdays they also sit in-person in their shrine room.

Website: https://davis.shambhala.org/

Call: (530) 738-1117

Email: davis shambhala@pacbell.net

4. National Alliance on Mental Illness Sacramento

** 🖺

NAMI Sacramento support groups are free, peer-led, and offer participants an opportunity to share their experiences and gain support from other attendees. There are in person and Zoom groups available. Groups include: Connection Recovery Support Groups; Family Support Groups; Community Support Groups.

Website: https://namisacramento.org/support-and-education/support-groups/nami-connection/

5. National Alliance on Mental Illness Yolo

NAMI Yolo County support groups are free, led by trained family members and peers, offering participants an opportunity to share their experiences, learn about local resources and gain support from other attendees. There are in person and Zoom groups available. Groups include: Basics Support Group; Connection Recovery Support Groups; Family Support Groups; Young Adults Connection Support Group.

Website: www.namiyolo.org/support-and-education/nami-yolo-county-support-groups/

6. Stress Management Workbook

This workbook explains common causes of stress, helps to identify stressors and symptoms, and

assists in setting stress management goals. Ask an RJP staff member for a copy

7. SeniorLink

A free program for Sacramento County adults 55+ experiencing isolation, depression, or anxiety. Staff advocates on your behalf with health care providers, increases socialization, and provides transportation services for a year. You must not already be receiving services through Sacramento County's mental health plan or be enrolled in other case management. The frequency of services is tailored to the individual needs and preferences of the participant. Staff are available by phone or face-to-face as needed or requested by the participant. RJP staff will submit a referral on your behalf.

8. Yolo Hospice Support Groups

Colusa, Sacramento, Solano, Sutter, and Yolo County residents are welcome at these free support groups for adults, seniors, and caregivers. Groups include Anticipatory Loss; Spouse/Partner Loss; Child Loss; Adult Bereavement; along with a few other groups/workshops. You can attend in person at YoloCares – 1909 Galileo Ct, Davis, CA 95618 or via Zoom.

Call: (530) 758-5566 to register

9. Yolo County ACCESS Line

For Yolo County residents who receive Medi-Cal and are looking for mental health treatment services and drug and alcohol services. This line is 24/7 and they will complete an assessment before referring you to appropriate treatment options. (may

need an extended amount of time to complete verification form)

Call: 888-965-6647

Website: <u>yolocounty.org/government/general-government-departments/health-human-</u>services/mental-health/mental-health-services

10. CommuniCare Health Centers

Provides comprehensive behavioral health care for families, youth, substance use, and perinatal health. They also provide integrated behavioral health services where they serve the whole person and work directly with your medical and/or dental provider. They accept Medi-Cal and a sliding scale fee. Located in Woodland, West Sacramento, and Davis

Website: communicarehc.org/

11. Therapy

Psychology today offers a list of therapists in your area. You can filter the search based on type of therapy, insurance, and remote options. Fee is based on therapist and insurance accepted.

Website: psychologytoday.com/us

12. Better Help 🗎

Online therapy options with licensed therapists. Pay a low flat fee for live sessions and messaging with your chosen therapist. Fee is between \$70-\$100 per week and can cancel your membership at any time. They are HSA/FSA eligible. Website: betterhelp.com/

13. A Home Within

They provide open-ended, individual psychotherapy,

free of charge, to young people in foster care, or those who were previously in foster care.

Website: ahomewithin.org/clients/becoming-a-client/

14. Myndz Resource Foundation

Must live in Yolo County to receive services. Their mission is to empower disadvantaged communities and individuals by providing mental health support and financial services. Delivering positive impact and a tangible difference offering, Results Driven Service and support that reaches within the community to empower their lives and Mental Health Wellness.

Email: resources@myndzresources.org

Website: myndzresources.org

Substance Abuse

1. Alcoholics Anonymous 🖹

Meetings focus on achieving and maintaining sobriety while aiding in the recovery process. The only requirement for membership is a desire to stop drinking. Meetings are offered in person, online, and via phone call.

Meeting schedules: https://woodlandonlinegroup.org/
https://woodlandonlinegroup.org/www.aadavis.org/meetings/
https://woodlandonlinegroup.org/www.aadavis.org/meetings/
https://woodlandonlinegroup.org/www.aadavis.org/meetings/
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Ask an RJP staff member for a copy of the meeting schedule.

2. Al-Anon 🗎

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Sessions available for adults and teens. Meetings held in Davis and throughout Sacramento. Meeting schedules: www.al-anon.org/al-anon-meetings/

Ask an RJP staff member for a copy of the meeting schedule.

3. Freedom from Problem Gambling Workbook

A self-help workbook to help you figure out if your gambling is a problem, why you gamble, and how to stop or reduce gambling. Contains several exercises and takes at least a month to complete. Available in: English, Spanish, Chinese, Farsi, Hindi, Japanese, Korean, Laoatian, Lu Mien, Punjabi, Russian, Samoan, Tagalog, Thai, Ukranian, Vietnamese, Cambodian, Armenian, Arabic.

Website: http://www.uclagamblingprogram.org/treatm ent/workbook.php

Ask an RJP staff member for a copy.

4. LifeRing Secular Recovery Meetings 4

An abstinence-based group of individuals seeking to live in recovery from substance and alcohol addictions. LifeRing offers small groups that meet weekly to encourage personal growth and learning while discussing struggles and successes in sobriety. Meetings held daily online; no local inperson meetings are available.

Meeting schedule: www.lifering.org/online-meeting-schedule

Ask an RJP staff member for a copy of the meeting schedule.

5. Mothers Against Drunk Driving (MADD) Victim Impact Panel ♣ ■

MADD Victim Impact Panels (VIPs) in Sacramento provide a nonjudgmental forum for victims to speak to participants about the impact of their actions. VIP's have been used in prisons, with parolees, in youth education programs, and in treatment centers. Online victim impact panels available. Participants will have to enroll themselves at www.maddvip.org. Ask RJP staff for assistance.

6. Narcotics Anonymous

Narcotics Anonymous employs the traditional 12step program used by Alcoholics Anonymous with an emphasis on a wider variety of addictive substances, including prescription drugs and illicit drugs. They focus on the impacts of addiction on daily life. Virtual and in-person meetings available.

Meeting schedule: www.na.org/meetingsearch/ Ask an RJP staff member for a copy of the meeting schedule.

7. Rethinking Drinking

Rethinking Drinking is a short workbook which focuses on helping the participant to chart their drinking habits, understand emotional triggers, and learn the harms of overconsumption. The workbook promotes safe habits and challenges the individual to think about their alcohol consumption from all angles.

Ask an RJP staff member for a copy.

8. Smart Recovery Toolbox

The SMART Recovery Toolbox provides a variety of methods, worksheets, and exercises to help you self-manage your addiction recovery and your life. This workbook is based on developing cognitive thinking skills to support addiction recovery.

Ask an RJP staff member for a copy.

9. SMART Recovery Meetings

A safe, non-judgmental space for everyone. The meetings can be online for in person and follow several guiding principles to get the best out of the time for everyone. The meetings consist of checking-in, a discussion and/or working a SMART Recovery tool, and checkout. This is suitable for any addictive behavior. There is no cost associated with these meetings.

Website: smartrecovery.org/meeting

Employment

1. All Leaders Must Serve

ALMS is a mentor organization that empowers young adults ages 15-25 through character development, work ethic, and communication skills. This program lasts 7-10 weeks, once a week for 1 1/2 hours. A Zoom call or appointment will be set up for their convenience. This program is for young adults who desire a mentor with whom to process their life, work, and future. Its benefits include self-awareness, self-discipline, and personal development. A referral will be submitted by the RJP staff, but participants must call or text Jayne to set up an appointment. Jayne Williams: 916-769-5162

Website: https://www.allleadersmustserve.org/

2. Licensee Education on Alcohol and Drugs

The California Department of Alcoholic Beverage Control's LEAD Program is a free prevention and education program for retail licensees, their employees, and applicants. The program provides attendees with practical information on selling alcoholic beverages safely, responsibly, and legally, with emphasis on preventing sales to minors, sales to obviously intoxicated persons, and illicit drug activity at the licensed establishment. You can take the class online or in person.

Website: https://www.abc.ca.gov/education/lead-training/

3. RISE Inc

RISE, Inc. serves is a one-stop-shop for social services. They seek to provide services and connections to services for families in need to promote self-sufficiency and general well-being. Resources include food, clothing, housing

applications, STEAC, HEAP, Salvation Army, Legal Services and more. Only for residents located west of I-505.

Winters: Leticia@riseinc.org (530)794-6000 Esparto: Maribel@riseinc.org (530)787-4110 The RISE youth employment program serves out of school youth under the age of 25. Eligibility requires clients to be either low income, pregnant, parenting, a foster care child, or disabled. The program will provide job readiness and career exploration, paid work experience, help with school enrollment, etc. Available to youth in Capay Valley, Dunnigan, Esparto, Knights Landing, Winters, Woodland or Yolo areas

Call: Winters: (530)794-6000 Esparto: (530)787-4110 Woodland:(530)665-6730 Cell Phone (530)908-6147

OR Email: Kera@riseinc.org to contact an employment specialist and enquire about enrollment. Offices are open Monday-Friday 8:30am-4:00pm but with limited staff members inside the building. Face masks are required

4. WCC Career Center

The Woodland Community College career center is available to all students and community members who seek assistance in identifying career and personal goals, are interested in the career exploration process, and require tools for college major selection and/or resume and interviewing skill development. They offer free personality career assessments, access to a current library of occupation-specific references and resources, and career workshops/seminars. 2300 E Gibson Rd,

building 700, room 774. They offer one-on-one career counseling by appointment. Please call the Counseling Office to schedule your appointment. Call: (530) 661-5703

Career Center Drop ins: Zoom.us/join

Meeting ID: 851 3889 8969 Password: EuEW50

Every Wednesday and Thursday 12-1pm

5. Workforce Innovation and Opportunity Act Training Program □

Yolo county residents ages 18-24 can sign up for WIOA, which provides up to \$5,000 in tuition fees for in-demand short-term training schools from their approved list. WIOA also assists with job readiness, apprenticeships, and school visitation before enrollment. Males must be registered for the selective service to participate. Woodland: Contact Edith Soloranzo at (530) 661-2750 ext. 4029 to set up an informational appointment at the Yolo HHSA building.

West Sacramento: Contact Manjeet Sanghera at

(916) 375-6200 ext.9728

Website:

https://www.yoloworks.org/vosnet/default.aspx

6. YoloWorks!

YoloWorks! is a joint partnership of the Yolo County Workforce Innovation Board, Yolo County Health and Human Services, and the American Job Centers of California (YoloWorks! Career Centers). Interested job seekers can access the Virtual Employment Center on the YoloWorks! website to schedule virtual meetings with Employment Specialists to receive job search assistance, get information on training opportunities, job application assistance, interview skills, techniques, and help with building effective resumes, career planning, and training opportunities. Text: "Career" to 888777.

Website: https://www.yoloworks.org

Education

1. California Conservation Corps

The CCC offers a hybrid job skills training and adult education program. The program requires a 40 hour work week at minimum wage, and those without a high school diploma must earn one through CCC's partnership charter school. The CCC is open to individuals 18-25. 1719 24th St, Sacramento Call: (916) 341-3224 Website: www.ccc.ca.gov

2. Davis Adult and Community Education

DACE offers a state-approved course to earn a High School Diploma free of charge. To enroll, students must have a copy of their most recent transcript and must register in-person. Students may enroll at any time throughout the year by bringing a copy of their most recent transcript to the office and then attending the orientation series and taking the preassessment test. Lastly, they must schedule an advisory session with the principal. Classes meet Monday-Thursday. English as a Second Language at DACE provides students with a free opportunity to increase their use and understanding of the English language. Students must register in person at the office and then make an appointment to take the pretest. Classes are Mon/Weds or Tues/Thurs. 315 W. 14th St Davis CA. Call: (530) 757-5380

Website:https://dace.djusd.net/high_school_diploma

3. DriveSafely's Defensive Driving Skills Guide

A short 5 pg workbook about defensive driving practices focusing on eliminating distractions on the road, decreasing the chances of having an accident, and instilling personal habits to make the road a safer place for yourself and the drivers around you. Ask an RJP staff member for a copy.

4. Independent Living Skills Program

ILSP offers youth under twenty-one assistance in gaining life skills. This program is for those who are leaving or have already left the foster care system or were on probation and are in out-of-home placement. Participants will be taught things such as how to open a bank account, how to obtain a California ID, how to conduct a job search, how to research secondary education options, how to manage money, and much more. 25 N. Cottonwood St, Woodland

Ramiz Ali: (530) 681-9219

Virtual meetings offered via Zoom listed on calendar below.

https://www.yolocounty.gov/government/general-government-departments/health-human-services/children-youth/independent-living-skills-program

5. Northern California Construction TrainingNCCT is a job preparation program offered to men and women 16 and up. The six-month preapprenticeship program helps prepare individuals for entry into various construction trade apprenticeships. Tools are provided, as well as remedial education and GED preparation if necessary. Complete the Enrollment Form on online at https://ncct.ws/enrollment/. You will be emailed the Welcome Packet and Application. Complete your application and turn into the main office either via email or onsite at 10411 Old Placerville Rd. STE 205

Once you have turned in all your paperwork and required documents to NCCT office staff, you will receive a start date.

Sacramento, CA 95827. Office hours are typically M-

- West Sac location/contact info: 1290 Carrie St, West Sacramento / (916) 372-7422
- Sacramento location/contact info: 10170 Missile Way, Mather, CA 95655/ (916) 335-1223

6. Washington Adult School

F from 8:00AM-2:30PM

Washington Adult school offers a variety of free education & training opportunities for adults, including English Language (ESL), Citizenship, High School Diploma, High School Equivalency in English & Spanish, and Pre-Apprenticeship Construction training. There are no fees and students can enroll anytime at: https://was.asapconnected.com/ or by coming into the school office (call or email for office hours). Students can start class quickly after registering (high school diploma students should be ready to provide a copy of their high school transcript). Classes are held during the day and in the evening at three sites in West Sacramento. A counselor can help you in creating an education plan that is flexible to your needs and effective in helping you meet your educational goals. There is also a student center with information about current employment opportunities, college and training programs, and community resources. 919 Westacre Road. West Sacramento.

Email: adulted@wusd.k12.ca.us. Call: (916) 375-7740 and press 1

7. Woodland Adult Education

Woodland Adult Education offers free basic review courses designed to improve reading, writing, and math in preparation for the GED, HiSET, or a high school diploma. There are also free test preparation courses for the CBEST (teaching credential) and CODESP (human resources) exams.

- Students interested in pursuing a high school diploma or an equivalent certificate must attend orientation. Orientation is available weekly as follows by appointment only: Tuesday at 9:00 a.m. and Wednesday at 5:30 p.m. Classes are free, testing is not.
- Four levels of ESL classes are held Monday through Friday at the Adult Education main site, 575 Hays Street from 9:00 a.m. -1:00 p.m. Four levels of classes are held Monday through Thursday at the Adult Education main site, 575 Hays Street in the evening from 6:00-8:30 p.m.

Call: (530) 406-5908

Website: https://adulted.wjusd.org/

8. Woodland Community College

Through WCC's Admissions and Records office, students can obtain information regarding admission, enrollment, classes, placement testing, and various other processes. The Financial Aid office is available to assist students in bridging the gap between their own resources and the cost of attending college. They offer assistance with completing applications and can provide information about the **r**equirements of various financial aid programs. 2300 E Gibson Rd, building 700 Mon-Tues 9am-6pm Weds-Thurs 9am-5pm, Friday 9am-12pm

Admissions: (530) 661-5720 Financial Aid: (530) 661-7525

9. Woodland Public Library Literacy Services

English reading and writing skills are taught to adults by tutors. Turn in an application to be matched up based on availability. Tutors typically meet with students for 1-2 hours a week. 250 First Street, Woodland. Tutoring by appointment only, via Zoom, People can call or stop by to make appt. M-Th 9-3pm.Virtual learning and tutoring links are available on the website.

Call: (530) 661-5986

Email: trina.camping@cityofwoodland.org

Website:

https://woodlandpubliclibrary.com/QuickLinks.aspx? CID=12

10. Research Paper

Work with the panel to decide on official topic points for conducting research on the chosen topic. Example: Write about your understanding of the law/s you may have violated. What is the importance of this law in protecting your community? Does this new understanding of the law lead you to realize any other harms that may have occurred?

11. Grow with Google

YoloWorks!, Yolo County Workforce Innovation Board, and Yolo County Health and Human Services Agency have partnered with Coursera to provide free career-focused, online learning resources to Yolo County residents in IT Support, Data Analytics, Project Management, UX Design or Android professional certificate programs without the need of a college degree or prior experience. Google Career Certificates provide people with access to in demand jobs through rapid reskilling without the need for a college degree or prior experience in the fields of data analytics, IT support, project management or user experience design. Takes 3-6 months.

Website: https://yologrowwithgoogle.my.canva.site/

12. Yolo County Office of Education

The Office of Education provides free assistance to all individuals who wish to pursue a high school diploma through adult education programs, or who wish to explore options for higher education (community college, trade schools, 4- year universities, etc.). A dedicated client navigator meets 1-on-1 to discuss and develop strategies to help individuals overcome all forms of barriers that may prevent them from pursuing further education. 1280 Santa Anita Ct Suite 100, Woodland.

Eric Banuelos: (530) 406-5942

13. Yolo Reads Literacy Services

In partnership with local libraries, Yolo Reads offers free assistance at the learner's own pace. You can set personal reading and writing goals with your tutor and meet one-on-one once a week at the library for up to two hours. Some tutors can also meet at a coffeeshop, bookstore, or community center. Additionally, Yolo Reads offers free English conversation groups at the Davis library for limited English speakers during both day and evening hours. Yolo Reads is active at libraries in West Sacramento, Davis, Esparto, Clarksburg, Knights Landing, and Yolo.

14. Department of Rehabilitation (DOR)

The California Department of Rehabilitation (DOR) works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living, and equality for individuals with disabilities. DOR can provide services for finding work, enrolling in college, and tuition funding for college. Substance use disorder is a qualifying disability.

Candido Servera: (530) 668-3463 Email: candido.servera@dor.ca.gov

15. Emerge Career

Emerge Career provides free CDL truck driving training for people in California who have a criminal history. They cover all expenses/tuition for any participant across the state. Requirements: participants must live in CA, must have a driver's license (they will help pay fines/fees), no PENDING criminal charges, and must have been incarcerated for 1+ years within the past 5 years. Please apply at: https://tinyurl.com/EmergeFreeCDLSac

Email:elizabeth@emergecareer.com

16. Immigrant Integration and Citizenship Project

Provides education, outreach, and legal services to immigrants seeking to integrate and participate in civic and political society

Website:

https://law.ucdavis.edu/academics/clinics/contact-us Call: (530) 752-6942

17. Khan Academy – Financial Literacy

This free, 11-unit course is designed to help you better understand the financial world around you. The objectives of this course are to help you:

- understand basic financial concepts
- develop good budgeting habits
- know how to invest your money wisely
- feel confident in making informed financial decisions

No matter your age or background, there is always more to learn when it comes to money. This course will introduce you to a variety of topics, from budgeting to investing, and everything in between. Show proof of your Mastery Level which should be "Familiar" or above for each unit.

https://www.khanacademy.org/college-careersmore/financial-literacy

Economic Needs

1. California Alternate Rates for Energy Program

CARE program offers a 20-35% discount on your electric bill and a 20% discount on your natural gas bill for households of at least two people with a combined income equal to or less than twice the federal poverty limit. Apply online for PG&E customers:

https://www.pge.com/en_US/residential/saveenergy-money/help-paying-your-bill/longer-termassistance/care/care.page

2. Clearpoint Credit Counseling

ClearPoint offers free budget and credit counseling sessions over the phone, online, or face-to-face, along with foreclosure prevention and rental counseling. You can also request a free FICO credit score and report.

Website: https://www.clearpoint.org/

3. Food for Seniors *

Sacramento County seniors over sixty who face financial, medical, or mobility challenges can receive a box of food staples each month. To see if you qualify, bring your driver's license and a bill to verify your address to a distribution site. Medical waivers available for those unable to visit the distribution site in person.

Website: https://www.sacramentofoodbank.org/food-for-seniors.

Ask the RJP staff for a schedule of distribution locations.

4. Lifeline Phone Service

LifeLine provides a discounted phoneline for households receiving benefits if your service provider is an approved service. Once you notify your provider that you qualify, they submit your application and LifeLine mails you an enrollment form, which you must return with proof of benefits. English: 1-866-272-0357 Spanish: (866) 272-0350 https://www.californialifeline.com/

5. North Coast Energy Services Inc.

The Home Energy Assistance Program (HEAP) provides payment assistance for home energy bills once per calendar year. Households who have received a shut-off notice may receive immediate help by visiting the Woodland office.1250 Harter Avenue, Suite D, Woodland (530) 669-5700 or toll free at 1-800-233-4480.

6. Food Banks and Providers

Ask a RJP staff member for a calendar of food distributions in Davis, West Sac, or Woodland.

7. Yolo 211 Fresh Text

FreshText is a free service that sends you a text reminder twenty-four hours before the next free food distribution in your community. To opt-in to this service, text the keyword for your community to 888777:

Woodland: OLIVE | North Yolo: RICE | West Sac & Clarksburg: GRAPE | Davis: TOMATO | UC Davis (students only): AGGIES | Capay Valley: WALNUT | Winters: ALMOND

8. Sacramento Food Bank *

Ask an RJP staff member for this month's Produce for All calendar, which provides free fruits and vegetables at distribution sites with no eligibility requirements. To sign up for CalFresh, make an appointment or walk-in to the Sacramento Food Bank for help submitting an application. To find a food distribution near you, go to the website and search by zip code:

https://www.sacramentofoodbank.org/food 1951 Bell Avenue, Sacramento – (916) 925-3240 3333 Third Avenue, Sacramento – (916) 456-1980

9. Yolo Food Bank

Call the main office at (530) 668-0690 to learn how to access the dates/times/locations of any distributions as well as receive text updates. The Eat Well Yolo program provide families and individuals with healthy foods at weekly distributions. The Eat Home Yolo program provides food services directly to homebound individuals. Visit https://yolofoodbank.org/ to find out more on how to access food distribution sites.

Service Centers

1. Alta Regional All

Alta California Regional Center assists individuals with specific developmental disabilities and their families in accessing appropriate services. ACRC provides services to infants 0-36 months as part of an early start program, and 3 years and above. Call the intake line here: (916) 978-6317

Main office: 2241 Harvard Street, Suite 100

Sacramento CA 95815

2. CommuniCare

Health services where you are not required to have health insurance. Sliding Fee Discounts are available to all patients who meet family size and income requirements. If you do not have health insurance. Client Benefit Advocates at each CommuniCare location can help you apply for health insurance or programs including: Medi-Cal, County Medical Services Program, Path to Health, and CalFresh. Free medical and behavioral health services provided on campus during the school year to enrolled students at Woodland Community College, Cache Creek High School, and Martin Luther King, Jr. High School. https://communicarehc.org/

Davis: (530) 758-2060 Woodland: (530) 405-2800 West Sac: (916) 403-2900

3. Davis Community Meals Resource Center

Providing low-income and homeless individuals and families with housing, food, and human services. Their Resource Center and Day Shelter located at 1111 H Street, Davis, open Mon-Fri 8-4pm, also provides access to necessities such as food, showers, clothing, laundry facilities, personal hygiene products, and other basics. They can give referrals for utility shut-off prevention, rental assistance, health care, and counseling. Free meal program located at St. Martin's Episcopal Church, 640 Hawthorn Lane, Davis on Tuesday and Thursday evenings 5:45-6:30pm and lunch on Saturday from 11:30-12:15pm.

Call: (530) 753-9204

4. Empower Yolo 🖹

Free, confidential help with enrollment in public assistance programs, referrals to foodbanks and child development screenings. They have a clothing closet, tax assistance, hygiene products, a food shelf, and play school experience. Empower Yolo also has counseling for individuals who have been victims of domestic violence, stalking, human trafficking, sexual assault, and child abuse. All

services can be available in Spanish. To start, come to the Woodland office (Mon-Wednesday 8:30-4:30,

Thursday 10-4:30, Fri 8-4) 175 Walnut St, Woodland Phone: (530) 661-6336

24/7 Crisis Line: (530) 662-1133

5. Health and Human Services Agency

Programs you may be screened for include CalFresh, WIC, the Woodland Food Closet, Medi-Cal, Covered California, CalWORKs, General Assistance, SSI, Social Security Disability Income, Refugee Cash Assistance, the Child Care Subsidy Payment Program, the Alternative Childcare Payment Program, Step by Step Home Visiting. STEAC, and Suit up for Success. Eligibility depends on income.

25 N Cottonwood St, Woodland- 8am-5pm - (530) 661-2750

500 Jefferson Blvd, Suite A, West Sac-8am-4pm -(916) 375-6200

6. Legal Services of Northern California

(Spanish speaker friendly)

Free legal assistance for low-income or 60+ year old Yolo County residents. Services include but are not limited to: eviction defense or leasing/homeowner issues, county benefit appeals, EDD, and Social Security, health care insurance issues, education law, discrimination, and debt collection. Elder abuse prevention for power of attorney and restraining orders. They can also help with immigration, but clients must have a certain immigration status due to funding. Personal injury, criminal defense, and divorce/child custody cases are not eligible.

https://lsnc.net/

Woodland office: 619 North Street.

Phone: (530) 662-1065, contact (866) 815-5990 for

afterhours intakes.

Utilizing telehealth services, also text and chat functions are available online at the website below: https://www.plannedparenthood.org/

7. Shelter App - Sacramento County *

Shelter App, Inc. is an All-volunteer Non-Profit Organization whose mission is to help Homeless and low-income families connect to services and resources using web and mobile app platforms.

8. Yolo County Victim Services

If you are a victim in a RJP case and/or any other criminal matter in Yolo County and need assistance. please contact the RJP Victim advocate at 530-666-8371

9. Planned Parenthood

Affordable healthcare and sex education with or without insurance. Services include birth control, HIV testing, men and women's healthcare, pregnancy testing and services, emergency contraception (available anytime for walk-ins), or STD treatment, testing, or vaccines. Spanish interpreters available on request. Walk-ins accepted; appointments preferred. (877) 855-7526
Woodland office open Mon-Tues & Thurs-Fri, 8:30-

Woodland office open Mon-Tues & Thurs-Fri, 8:30-5pm, closed Sat/Sun/Wed.

10. Saint John's Program for Real Change as Saint John's Program for Real Change offers a safe

Saint John's Program for Real Change offers a safe place for women and children to break free from the cycles of homelessness and poverty. Through comprehensive services, they foster resilience, growth, and lasting transformation for families experiencing trauma, addiction, incarceration, and homelessness. This is a comprehensive 12-month residential program for women. Additionally, they have a 7-day respite center for women and children who are in immediate crisis.

Phone: 916-453-1482

For Sacramento residents, look here for a <u>list of services available at Francis House Center</u>. (https://www.nextmovesacramento.org/francis-house-center/)

Sacramento residents can also dial 2-1-1, which is a one-stop source of information for people looking for community services and resources.

Dependent Care/Emotional Support

1. Children's Home Society

A hotline for childcare referrals in your area along with info on upcoming workshops, knowledge on child development, assistance with employment, and additional resources.

Resource & Referral Hotline / Email: (530) 645-6265 / ReferralsYO@chs-ca.org

Woodland office located at 1100 Main Street, Suite 120, open Mon-Fri 8:30-5pm. They require appointments for in-person meetings. Apply online for childcare assistance: https://www.chs-ca.org/child-care-payment-program/eligibility-list-questionnaire

2. Collings Teen Center After-School Program

West Sac students can hang out for free in a supervised, relaxed environment. There is internet, pool tables, basketball, videogames, and a variety of scheduled activities year-round.

1541 Merkley Avenue, West Sac
Mon-Fri 2pm-6pm - (916) 375-0681

CTC@collingsteencenter.org

3. Yolo County Children's Alliance

Play School Experience, a bilingual early childhood education program, is offered two times a week in English and Spanish and twice a month in English and Russian. Children ages 0-5 learn school readiness while parents receive support. The YCCA also has English and non-English speakers to translate documents, fill out applications, receive developmental screenings, prepare taxes, or help to enroll you in in Medi-Cal, CalFresh, or free parenting workshops. Call ahead for an appointment.

Davis: (530) 757-5558 - 600 A Street, Suite Y, Mon-Fri 10-3pm

West Sac: (916) 572-0560 - West Sac Family Resource Center, 1200 Anna Street, Mon-Fri 8:30-4:30pm.

<u>Woodland</u>: (530) 661-2748 - Dept. of Employment and Social Services, 25 N. Cottonwood Street, Mon-Fri 9-4pm

Visit the link below for more information: https://www.yolokids.org/

4. Yolo Crisis Nursery

The Yolo Crisis Nursery offers care packages to any family in need with children ages 0-5 which include supplies such as diapers, wipes, baby formula, clothing, etc. Call the nursery weekdays 7am-7pm for this service. They also offer free crisis care, for when parents face an immediate challenge in providing a safe environment. Children can receive up to 30 days of care over a 6-month period. If you are experiencing a crisis, the Family Helpline is available 24/7, 365 days a year at (530) 758-6680 – info@yolocrisisnursery.org

5. Crime Victims Assistance Network 🗱

I-CAN provides survivors with emotional support, information, resources, and referrals. All their services are free of charge. To find out if you are eligible for free counseling or therapy, call (916) 273-3603. Located at: 1809 S Street, #101316, Sacramento, open Mon-Fri 9am-5pm - getinfo@icanfoundation.org

6. When Everyone Acts Violence Ends

WEAVE provides programs and services to those impacted by domestic violence, sexual assault, and sex-trafficking, whether the incident just occurred or happened years ago. Their 24/7 support and information line can link you to an emergency shelter, advocates who can accompany you to law and medical appointments, financial mentoring and education, and assistance in filling out paperwork to make your address confidential and unlisted. Appointments preferred; walk-ins welcome during business hours (Mon-Fri 8:30-6pm) 1900 K St #200, Sacramento - (916) 920-2952 WEAVEinc.org

Making Amends in the Community

Community service is appropriate when it is mutually agreed upon by the panelist and the participant. The work should not exceed twenty hours and must be performed in the community that was harmed by the offense. Assignment verification form required.

Woodland **Davis** West Sac **Empower Yolo Davis Cemetery and Arboretum** West Sacramento School

Help organize the clothing closet. Contact the volunteer coordinator. (530) 661-6336

Woodland Tree Foundation

Water and mulch trees during the summer and fall, plant trees in the winter and spring. Each event lasts 3-4 hours and is usually held on Saturday mornings. Volunteer coordinator: Ken Trott (530) 867-3130

Fourth & Hope

Help cook or serve meals, no experience necessary. Other opportunities include food prep, organizing the food pantry, and picking up food donations. volunteer@fourthandhope.org (530) 503-0550

Weeding, pruning, and physical labor. Mon-Fri 9am-4pm. Visit http://daviscemetery.org/becomea-volunteer/ or email iess@daviscemeterv.org.

Tree Davis

Plant and care for trees in Yolo County. Plantings occur October-May on weekends. If you are planning to participate, you must bring the following: work gloves, water, snacks, sun protection, wear closed-toed shoes. All volunteers will be asked to sign a waiver upon arrival. Sign up at www.treedavis.org/volunteer/

Village Harvest Davis

Harvest fruit trees for donations once to twice a week.

https://www.villageharvest.org/vol unteer-opportunities

Central Park Gardens

Gardening sessions every other Sunday morning year-round. Contact: centralparkgardens@gmail.com

Gardens

Assist with garden maintenance at River City High School. Volunteer Coordinator: Andrew Tait -Atait@wusd.k12.ca.us

Arthur F. Turner Community Library

Multiple volunteer opportunities including but not limited to; ESL tutor and reading tutor. (916) 375-6465

West Sacramento Mercy Coalition

Opportunities include preparing food for the community, deliver meal boxes and serve food. Emergency food bagging, and administrative help. https://wsmercycoalition.org/volunt

eering

ALL CITIES IN YOLO COUNTY

Yolo Food Bank

The Yolo Food Bank has many volunteer opportunities all over Yolo County. Help with sorting and packing food, distribution, and delivery. Sign up at yolofoodbank.org

Meals on Wheels

Fill out an interest form online at: https://www.mowyolo.org/volunteers Orientation is mandatory and is conducted in West Sacramento, Winters, Woodland, and Davis. Meet staff, volunteers, and have a site tour. Appointments are required. Email volunteer@mowyolo.org or call 530-662-7035.

Additional Volunteer Opportunities

https://www.volunteermatch.org/

Hands on Sacramento

https://www.volunteermatch.org/

Apology Letter

Letters of apology can help sort out your feelings and realize the consequences of your actions, as well as apologize formally. Agreements should specify the length of the letter by pages and the address of the recipients. Ask an RJP staff member for a copy of the guidelines.

Reflective Writing

This reflective writing is an opportunity for further reflection concerning the harms which may have been to others, as well as yourself. As you reflect, be sure to also indicate what it will take to restore balance and trust in the community after this incident. You will also be asked to evaluate the conference process and your assignments, and to describe what your life will look like following completion of the program. Topic points for this assignment should be written out in greater detail using the reflective writing guidelines as a reference, provided by the RJP staff.

Student Resources

1. Aggie Recover, Inspire, Support, and Empower 12-Step Meetings ♦ 🖹

Provides students who are struggling with addiction/dependency with a support system and a safe space to discuss personal issues. Group members strive for abstinence but welcome those in all stages of recovery. Thursdays 8 pm at the Putah Creek Riparian Reserve Fire Pit. (530) 752 6334 ZOOM meeting during COVID-19"Aggies for Recovery Group Meeting" on Thursdays at 6:30pm at link below:

https://shcs.ucdavis.edu/recovery_resources

2. Alcohol, Tobacco, and Other Drug (ATOD) ♦ Helping students make healthy choices with substances. Intervention Service Coordinators provide assessment and intervention services. Nouse or low-risk behaviors encouraged. Call (530) 752-6334 for an appointment and mention you are in Restorative Justice Partnership. Accepting clients virtually (both during school session and summer).

3. Sacramento City College West Sacramento Center ��

Students can receive assistance with financial aid forms, enrollment, and registration. There is a computer lab and a math lab with drop-in tutoring. There is also a writing center with tutoring for English and ESL classes. 1115 West Capitol Avenue, West Sac Mon-Fri 8:30am-5pm (916) 375-5511

4. UC Davis Counseling Services ♦ 🖹

Free counselors help students cope with issues such as ADHD, anxiety, substance abuse, conflict resolution, depression, eating disorders, family problems, personal development, sexual assault, and stress management. Appointments are located at North Hall; if long term services are needed a referral to a community professional will be made. If you are a med, veterinary, or law student, the location and referral process for counseling is different. (530) 752-2349 - Mon-Fri, 8-5 During COVID-19 video conference and telephone

counseling sessions are available. See the link below for more information:

https://shcs.ucdavis.edu/counseling-services

5. UC Davis Internship and Career Center♦ 🖹

UCD's Internship and Career Center is available to all students and graduates up to one year past graduation date. They offer assistance in obtaining internships, applying for jobs, post-grad education, joining the Peace Corps or military, and more. 15-minute career counseling sessions are available for walk-ins; thirty-minute follow-up sessions can be scheduled when necessary. The ICC also has career workshops and career/internship fairs. South Hall, Mon-Fri 10am—4pm (530) 752-2855.ICC services will continue to be virtual throughout summer 2021. Effective September 1, ICC services and advising appointments will be offered both virtually and in person. See link below for virtual services: https://icc.ucdavis.edu/services/available-remotely

6. UC Davis Transfer Reentry Veterans Center ♦ Helping all transfer students, veterans, dependents of veteran students, and reentry students to acclimate to life at UCDavis.1210 Dutton Hall, UC Davis9am-4pm – (530) 752-2200 https://opportunity.ucdavis.edu/centers/trc

7. Woodland Community College Counseling Office ♦ □

Counselors will help students develop an education plan to earn an Associate's degree, transfer to a university, or complete a certification program. They also offer academic success workshops. 2300 E Gibson Rd, #700, Woodland – (530) 661-5703 – By appointment only, online and in person.

8. UC Davis Safe Party Website

A website with tips for reducing the risks of alcohol and noise complaint problems, as well as party-throwing advice. https://safeparty.ucdavis.edu/

9. UC Davis Academic Assistance and Tutoring Centers ��

Academic support services including study skills workshops, advisement, ESL support, and drop-in tutoring. 111 South Hall, UC Davis Mon-Fri 9am-12pm and 1pm-4pm. (530)752-4475 –Staff are available by live Zoom at the virtual front desk to assist the campus community.

https://tutoring.ucdavis.edu/

10. Department of Supportive Programs and Services (DSPS) ♦ □

Available at all community colleges in the area. They offer specialized support services and accommodations to students who have verified disabilities. Contact the community college you are attending for more information.

11. Woodland Community College Extended Opportunity Program and Services (EOPS) ♦ □

The program's focus is to support our students' academic aspirations through equitable approaches. They can provide services including but not limited to; financial grants, school supplies, peer mentoring, textbook assistance, priority assistance, tutoring services, and school transfer assistance.

Website: wcc.yccd.edu/student/eops/

E-Learning

NASP Shoplifters Alternative Course – for Adults

• 3-4 hours

The Shoplifters Alternative Course is an interactive online program where participants are required to answer a series of questions after watching video scenarios, which are guided by a facilitator, along with others who have also been caught shoplifting, to take participants through an individualized journey of self-reflection and evaluation. After developing a better understanding of their behavior, participants will work to create a personal plan to stop shoplifting based on their own previously identified pressures and triggers.

ADVENT E-Learning Courses:

Advent delivers convenient, self-directed education for participants who want to demonstrate initiative in taking control of their lives and correcting their behaviors. Online courses allow you to stop during the program and resume where you left off, if using the same device.

- ★ There is a workbook version of the course available
- + There is a level two version (a longer course that includes elements of the corrective thinking course)

1. Alcohol Substance Abuse ★+

• Level 1: 2-4 hours, Level 2: 6-8 hours

This program teaches students the signs and science of alcohol and substance abuse, the impacts and consequences of substance use, and teaches techniques and resources available to students who have a substance abuse problem. The evidence-based coursework is appropriate for alcohol and other substance offenses and common sanction applications.

Good for: alcohol misdemeanors and violations; controlled substance misdemeanors; misdemeanor intoxication.

2. Anger Management ★+

• Level 1: 2-4 hours, Level 2: 6-8 hours

This program teaches students to understand their unhealthy approach to anger and learn techniques to change their response to frustrating situations. The evidence-based coursework is appropriate for a number of misdemeanor aggression offenses, family violence and abuse cases, and common sanction applications.

Good for: Misdemeanor assault and abuse; menacing and harassment; endangerment; stalking and protective order violations; resisting arrest; contempt of court.

3. Animal Care ★

• 2-4 hours

This program teaches the basics of animal law as it relates to proper care of pets and horses. The instructional coursework is appropriate for those charged with animal care and code violations. Good for: Animal Neglect, Abandonment and Cruelty offenses; local animal code violations.

4. Boating & Outdoor Safety

• 1 hour

Program was created to help students understand the general laws and regulations governing boating as well as how to conduct themselves in any wilderness excursions. Navigation rules are extensive and stringent because they are so important and, while boating laws will vary slightly from state to state, the program will give them a basic knowledge of some of the most important rules. The Boating & Outdoor Responsibility Program gives them practical direction for many aspects of water and wilderness recreation. They'll learn what is expected of them as a conscientious outdoor sports enthusiast.

Good for: Fishing, hunting, wildlife and boating violations and misdemeanors.

5. Corrective Thinking *

• 2-4 hours

This program teaches students to think about how they think, how they live, how they communicate, and how to make better choices in their lives. The evidence-based coursework is appropriate for wide variety of common misdemeanor offenses and common sanction applications.

Good for: Gang participation and recruitment; trespassing, mischief and littering; unlawful assembly and loitering; disorderly conduct; escape, resisting and fleeing arrest; perjury and contempt; prostitution; misdemeanor sexual abuse; indecent exposure.

6. Financial Crimes ★

• 2-4 hours

This program teaches students the individual and social consequences of financial crimes, the impacts of financial crimes on communities and families, and strategies students can use to avoid fraudulent behavior in the future.

The evidence-based coursework is appropriate for wide variety of common financial crimes, including: bankruptcy fraud, bribery/corruption, counterfeiting, credit card fraud, embezzlement, forgery, identity theft, insider trading, insurance fraud, mail/wire fraud, money laundering, mortgage fraud, securities/investment fraud, tax evasion/fraud, and writing bad checks/theft by deception.

7. Firearm Responsibility ★

• 2-4 hours

This program gives students information about firearm laws, teaches them how to safely handle and store firearms, and to recognize and change potential anger issues.

Good for: common misdemeanor firearm offenses, as well as in first time firearm diversion programs.

8. Harassment *

• 8 hours

This self-guided curriculum teaches adults about harassment in-person and online, how harassment can escalate into stalking or a hate crime, as well as the impact on victims for all of these forms of harm. This program covers in-person and online harassment, its relation to stalking and bias/hate crimes, victim impacts and steps to accountability. Good for: Harassment, online harassment, cyberstalking and related in-person and electronic offenses.

9. Hunting Responsibility

• 1 hour

This course helps students to understand how each state has its own set of laws governing hunting and their responsibility to know them. The Responsible Hunting Program gives them practical direction for all phases of hunting – before, during and after. They'll learn about landowners' rights, the proper way to transport the game they've hunted, how they should conduct themselves as a hunter and much more. Good for: Misdemeanor game & equipment violations; licensing violations.

10. Impaired Driving ★+

• Level 1: 2-4 hours. Level 2: 6-8 hours

This program gives students information about impaired driving and teaches them how to recognize and overcome alcohol and substance use and abuse issues. The evidence-based coursework is appropriate for wide variety of common misdemeanor alcohol and drug impaired and under the influence driving offenses and common probation applications.

Good for: Driving Under the Influence; Driving While Intoxicated; Driving While Impaired; Operating While Impaired; Driving Under the Influence of Drugs.

11. Life Skills (Remedial) ★

• 2-4 hours

This remedial program (6th grade education) teaches students to think about how they think, how they live, how they communicate, and how to make better choices in their lives. The evidence-based coursework is appropriate for wide variety of common misdemeanor offenses and common probation

applications.

Good for: A wide range of misdemeanor offenses and common probation applications

12. Marijuana Education ★十

• Level 1: 2-4 hours, Level 2: 6-8 hours

This program teaches students the physiological and social consequences of marijuana usage, provides an overview of marijuana laws, and teaches techniques students can use to stop using marijuana. The evidence-based coursework is appropriate for marijuana offenses and common sanction applications.

Good for: Misdemeanor marijuana and paraphernalia possession; misdemeanor cultivating and trafficking; possession violations; underage possession violations; DUI (marijuana).

13. Parenting ★ • 2-4 hours

This program teaches parenting best practices and styles, child development and temperament, caring for children's physical needs, the importance of structure and routine, and child discipline. The evidence-based coursework is appropriate for family/domestic issues, probation parent reentry, and as a companion course for our juvenile court programs. Good for: Misdemeanor abuse, neglect and endangerment; failure to report abuse and neglect; non-support; parental non-control (juvenile); family courts, reentry and sanctions.

14. Revenge Porn ★

• 2-4 hours

This program covers online sexual abuse, including nonconsensual sharing of sexual material, or Revenge Porn. This self-guided curriculum teaches adults about online abuse and revenge porn. The course covers the deeper issues behind these issues, including masculinity norms, consent, and objectification and encourages students to take accountability for their behaviors.

Good for: Adult Revenge Porn and related misdemeanors.

15. Shoplifting ★

• 2- 4 hours

Self-guided cognitive behavioral curriculum that allows students to learn about the personal and societal consequences of shoplifting and behavioral techniques to manage the behavior.

Good for: Retail theft

16. Theft ★+

• Level 1: 2-4 hours, Level 2: 6-8 hours

Self-guided cognitive-behavioral curriculum that allows students to learn more about different classifications and consequences of theft, the personal and societal impacts of these crimes, and how they can make changes in their lives to avoid committing these crimes in the future.

Good for: Theft of property & services; receiving stolen property; misdemeanor burglary; shoplifting.

17. Traffic Safety ★

• 1 hour

This program teaches students behavioral driving techniques to improve driving attitudes, avoid aggressive drivers, and improve driving performance in common scenarios such as distracted, inclement and other hazardous conditions.

Good for: Misdemeanor traffic offenses and violations

18. Underage Substance ★十

• Level 1: 2-4 hours, Level 2: 6-8 hours

This program teaches students the dangers of alcohol and substance abuse, anger and conflict factors, and suggests techniques for changing behavior. The coursework is appropriate for underage alcohol offenses and common juvenile sanction applications.

Good for: Juvenile alcohol and tobacco possession

19. Victim Impact Panel

• 2 hours

ONLINE VICTIM IMPACT PANEL FOR ALCOHOL AND SUBSTANCE ABUSE

This online Victim Impact Panel is developed around the film Impact: After the Crash, a documentary that explores the horrific Carrollton, Kentucky bus crash of May 14, 1988. The crash killed 27 people (mostly children) and injured nearly 35 others, still the worst drunk-driving related accident in U.S. history. The unit also includes a personal message to alcohol and substance offenders from the film's coproducer and a survivor of the crash. The film includes testimonials from survivors of the crash, families and loved ones of those who perished, law enforcement officers who worked the scene, and others in the community who were impacted. In addition to the documentary, students are required to provide essay format responses to questions about victims, offender accountability and future choices. Those answers are recorded for case worker review, and students are required to answer each in order to pass the course.

Good for: Exhibition of Speed, Hit and Run, &other traffic violations where a substance use may have been involved

E-Learning Evaluation

In addition to E-Learning, you can also write an honest evaluation on your experience with the course. Example: was this course helpful? Why or why not? What would you change about this course to make it helpful for others? What was your biggest takeaway from this course? Would you recommend this course to someone else going through something similar? There is no page limit, only honesty to help us improve for others.