



Breaking barriers

Job hunting is tough for anyone. Fortunately, CalWORKs is here to help.

Through behavioral health and substance use services, CalWORKs helps remove any barriers that keeps someone from finding and maintaining a job. KernBHRS and Kern County Department of Human Services have partnered together to help clients get back on their feet. KernBHRS provides key behavioral health services to help clients cope with their mental illness or substance use, while clients receive employment training and resources through DHS.

If you are experiencing any of the following symptoms, CalWORKs Behavioral Health can help you:

- ▶ Feeling sad most of the time
- ▶ Feeling anxious or nervous
- ▶ Experiencing grief
- ▶ Problems sleeping
- ▶ Recent or past trauma or violence
- ▶ Drinking or drug use
- ▶ Difficulty coping
- ▶ Anger issues

ELIGIBILITY

Referrals are made by our Department of Human Services worker. If you're interested in starting services with CalWORKs Behavioral Health, contact your case worker. There are no costs for CalWORKs Welfare-to-Work recipients.

Treatment priority is given to pregnant and/or parenting clients or applicants in the following order:

1. Pregnant injecting drug users;
2. Pregnant substance abusers;
3. Injecting drug users; and
4. All others

SERVICES

- ▶ Group and individual counseling
- ▶ Trauma and domestic violence counseling
- ▶ Substance use disorder counseling
- ▶ Life skills classes on topics like self-esteem building, stress management, coping skills and family issues
- ▶ Medication services
- ▶ Case management to offer support and connection to appropriate local resources

Crisis Hotline 1-800-991-5272
Suicide Prevention Hotline
1-800-273-8255

24-hr SUD Access Line 1-866-266-4898
Crisis Textline 741-741

For more information, contact your CalWORKs employment counselor, social services worker, human services technician or a provider listed below.

Bakersfield

KernBHRS
661-868-5134

5121 Stockdale Hwy., Ste. #150A

Delano

Clinica Sierra Vista
661-725-2788

Lake Isabella

College Community Services
760-379-3412

Lamont

Clinica Sierra Vista
661-845-3717

Mojave

College Community Services
661-824-5020

Ridgecrest

College Community Services
760-499-7406

Taft

College Community Services
661-765-7025

Tehachapi

College Community Services
661-822-8223

Wasco

College Community Services
661-674-3377



BEHAVIORAL
HEALTH & RECOVERY
SERVICES



Rompiendo barreras

La búsqueda laboral es dura para cualquier persona. Afortunadamente, CalWORKs está aquí para ayudar.

Mediante servicios de salud conductual y para el uso de sustancias, CalWORKs ayuda a eliminar los obstáculos que impiden que una persona encuentre y mantenga un empleo. KernBHRS y el Kern County Department of Human Services se asociaron para ayudar a que sus clientes puedan recuperarse. KernBHRS ofrece servicios fundamentales para la salud conductual para que sus clientes afronten su enfermedad mental o el uso de sustancias a la vez que reciben capacitación laboral y recursos a través del DHS.

Si tiene alguno de los siguientes síntomas, CalWORKs Behavioral Health puede ayudar:

- ▶ Se siente triste casi todo el tiempo
- ▶ Se siente ansioso o nervioso
- ▶ Siente pena
- ▶ Tiene problemas para dormir
- ▶ Trauma o violencia reciente o en el pasado
- ▶ Uso de drogas o alcohol
- ▶ Dificultad para enfrentar problemas
- ▶ Problemas de ira

ELEGIBILIDAD

Nuestro trabajador del Department of Human Services realiza las derivaciones. Si le interesa comenzar a recibir servicios de CalWORKs Behavioral Health, comuníquese con su trabajador social. Los servicios son sin costo para los receptores del programa Welfare-to-Work de CalWORKs.

Tienen prioridad de tratamiento las clientas o solicitantes embarazadas y/o los clientes o solicitantes con hijos.

SERVICIOS

- ▶ Terapia grupal e individual
- ▶ Asesoramiento sobre traumas y violencia doméstica
- ▶ Asesoramiento sobre trastornos por abuso de sustancias
- ▶ Clases de habilidades para la vida sobre temas como desarrollo de la autoestima, manejo del estrés, habilidades para enfrentar problemas y cuestiones familiares
- ▶ Servicios por medicamentos
- ▶ Administración de casos para brindar apoyo y conexión con recursos locales adecuados

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Para obtener más información, comuníquese con su consejero laboral de CalWORKs, trabajador de servicios sociales, técnico de servicios humanos o proveedor de la lista a continuación.

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