Volunteer Senior Outreach Program

Building and maintaining relationships with family and friends is critical to a person’s overall well-being. However, this can be a challenge for some seniors due to isolation or limited support systems. That’s where the Volunteer Senior Outreach Program (VSOP) steps in.

How we help
VSOP recruits and trains volunteers to act as companions and advocates for adults over 60 who are housebound, have a limited support system and/or family support or have experienced a significant loss. Our volunteers can help seniors stay active, develop a purpose in life and maintain their mental stimulation.

Expected outcomes
▶ Increases socialization with others
▶ Connects to the appropriate level of care for health and mental health needs
▶ Helps to maintain independence
▶ Improves physical and mental wellness
▶ Increases and improves connection to the community
▶ Prevents suicidal ideations or attempts

Who to refer to VSOP
Persons must be 60 years or older AND
▶ Homebound or isolated
▶ In a fragile physical and/or mental state
▶ In need of social supports
▶ Experiencing the loss of loved one and/or grief
▶ Suicidal or depressed
▶ Having issues with alcohol and/or substance use
▶ Would benefit from a mental health screening or socialization with peers

To volunteer or to receive services:
▶ Bakersfield: Lourdes Garcia 661-868-5021
▶ Lake Isabella: Cindy Brown 760-379-3412
▶ Tehachapi/Desert: Kim McGee 661-822-8223
▶ Wasco/Shafter: Rebecca Abair 661-674-3384
▶ Kern County VSOP Project Coordinator  661-868-1021

The Volunteer Senior Outreach Program is a collaborative effort between

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.