



# 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

The Volunteer Senior Outreach Program is a collaborative effort between



## 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  
Melissa Gibson-Enciso  
661-868-1021



## 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.

