

CRESTWOOD BAKERSFIELD

Celebrating The Daily Successes

Quarterly Newsletter **Spring 2014** Edition Volume 2, Issue 1

WE ARE RECOVERY...

I declare war...on your pennies

By Kathy Grooms-Poole

The First Annual Penny War Drive was a competition between Crestwood Bakersfield's departments: Administrative staff, maintenance department, dietary department and the three units; PHF, MHRC, and Bridge, to raise money to purchase books for the clients. This event was held in January and ran for one month. The campus-wide event was competitive and fun and brought camaraderie to the campus.

Thank you to all six teams for participating. We also thank the clients and community partners who were kind enough to donate their pennies to our cause.

First Place went to MHRC for collecting the *most money*.

First Place went to the Administrative Staff for raising the *highest percentage* of money between all six teams.

All together, we raised \$675.00!!!

So far, we have purchased over 100 books and five magazine subscriptions. Clients and staff have participated in the book and magazine selection.

Clients are allowed to keep the books or return them after reading.

Special thanks to Mike and Laura for their help with the behind-the-scenes work.

A posthumous thank you goes to my mother, Kathleen B. Grooms, for promoting reading and education.

As we encourage our clients to read, let us remember this 17th century quote, "Reading is to the mind what exercise is to the body."

****More benefits that resulted from the Penny War:**

Dreamcatchers Coordinator Patrick was at the right place, at the right time, and got 80 Bibles donated before we went shopping.

In the staff break room, we now have a book donation box, where staff can donate or take free books & magazines, to enhance their wellness.

Each program will have a designated quiet time for clients to be able to read.

As we remember all people matter and are able to recover, let us share our books, magazines and pennies to continually promote wellness for ourselves and others.

Start saving your pennies for The Second Annual Penny War drive to be held in January 2015!!!



In this issue:

We bring to you...

The Penny War!!!!

Dreamcatchers update, Seeking Safety, & PCC Updates...

Having Fun! 2

What we have celebrated... 2

Crestwood Bakersfield is going green!!!

We are happy to announce that we have implemented a recycling program that benefits our campus as well as our environment! Thank you, Julio, our MHRC staff member, for this amazing idea!

Dreamcatchers Empowerment Network update

Client update: Our campus is very proud to announce that one of our Dreamcatchers is making great strides in her goal towards independence by obtaining employment in the community!

As a team, the Dreamcatchers are currently creating a serenity garden at the Bridge facility. We are currently growing sunflowers, jalapeños, potatoes, onions, watermelon, blueberry's and grapevines. We are also working on a flower selection as well. Here are a few photos:



Updates on ...

Seeking Safety has arrived to our Campus! This curriculum is an integrative treatment approach developed specifically for PTSD and substance abuse. Individual, as well as group sessions, are now in effect at our MHRC and Bridge Programs.

Point Click Care (PCC) will be rolling out to our campus in the near future:

Clinical Visit will take place on July 16th, with roll out dates of 8/19 - 8/21 & 8/26 - 8/28/14.



HELLO FROM THE RECREATIONAL THERAPY DEPARTMENT OF CRESTWOOD BAKERSFIELD...WE HAVE BEEN VERY BUSY THIS YEAR PLANNING, ORGANIZING AND IMPLEMENTING FUN AND EXCITING EVENTS FOR OUR CLIENTS AND OUR STAFF. RECOVERY IS ALL ABOUT KEEPING YOURSELF WELL! AND HOW MUCH MORE REFRESHING IS IT TO STAY WELL IF YOU'RE HAVING FUN. YES, WE PLAY TOGETHER!!!

WE CELEBRATED THE SUPER BOWL IN JANUARY IN OUR OWN RECREATION ROOM WITH OUR NEW SMART BOARD TV. . . CLIENTS AND STAFF ENJOYED EATING NACHOS AND SOCIALIZING WITH ONE ANOTHER WHILE WATCHING THE BIG GAME ON THE BIG SCREEN.

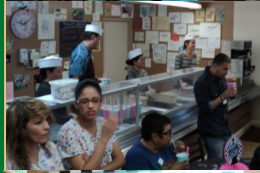
DURING THE MONTH OF FEBRUARY, WE TRANSFORMED THE RECREATION ROOM INTO A FULLY OPERATING CASINO. ALTHOUGH WE DIDN'T GAMBLE WITH REAL MONEY, WE HAD A WONDERFUL TIME ENJOYING CHEESE, CRACKERS AND ELEGANT SHIRLEY TEMPLES. . .EVERYONE CAME OUT A WINNER!

WE ROCKED THE MONTH OF MARCH WITH A 50's THROWBACK DAY; WE PLAYED IN OUR OWN CRESTWOOD 50's DINER AND ENJOYED ROOT BEER FLOATS, HULA HOOPING, CHEWING BUBBLE GUM AND DANCING TILL OUR FEET FELL OFF! YES, WE KNOW HOW TO PLAY AT CRESTWOOD BAKERFIELD!!!

AND STILL, OUR CRESTWOOD BAKERSFIELD CAMPUS CONTINUES TO MOVE AND SHAKE. THE MONTH OF MAY TOOK US ON OUR FIRST CRESTWOOD BON VOYAGE CRUISE. PASSPORTS WERE A MUST IF YOU WANTED TO CRUISE WITH US! WE ENJOYED EATING HOMEMADE CLAM CHOWDER, PREPARED BY OUR OWN FAMOUS CRESTWOOD CHEF, AND ENJOYED SIPPING ON FRESH LEMONADE. OUR BOAT WAS FILLED WITH CLIENTS AND STAFF...THIS ACTIVITY WAS THE BIGGEST TURNOUT OF ALL AND IT WAS SO EXCITING TO BE A PART OF AND WITNESS THE CELEBRATION!!

MY THOUGHT FOR THE DAY IS TO GO OUT AND PLAY...MAKE YOUR WORK DAY FUN...WE ARE!!

SUBMITTED BY LINDA JOHNSON, CTRS
CRESTWOOD BAKERSFIELD

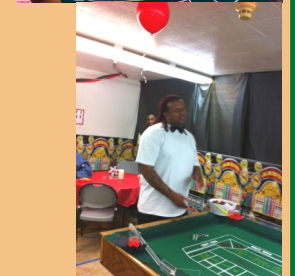


*This quarter we have celebrated our Medical Assistants with yummy cupcakes, our Social Workers/Service Coordinators with a Pen/Note Pad Set, our Nurses with "We are Recovery" T-Shirts, our Rehabilitation Assistants will be celebrated in June! Stay Tuned...

*We would like to take a moment to brag...our Restraint and Seclusion numbers are down throughout the campus! MHRC went almost the entire month of May with no hands-on incidents! We will be a Restraint and Seclusion free Campus in no time! Awesome Job Everyone!!!

*Our NEW Heart Healthy Diet is working, in the last 6 months, 24 clients lost a staggering 46.4 pounds overall!!!! Keep up the good work!

*Still to come Crestwood's Monthly DBT Skills Group...this group will be offered to our community partners as well as former clients...a drop in, one time a month skills class!



If you would like to see something featured or have questions, feel free to share your thoughts at pkwell@cbhi.net.