

crestwood

touch

spring 2009 | issue 02

in this issue

Crestwood Center at Napa Valley Staffer Receives Community Award **02**

Vallejo's Dreamcatchers Program Continues to Grow **03**

Eureka Showcases Art in Community Auction & Reception **06**

Crestwood Implementing Dialectical Behavior Therapy (DBT) **07**

Helping Clients to 'Just Breathe' **10**

STEPS in the Right Direction **11**

a stroll in the park

Crestwood's Wellness & Recovery Center in Redding Officially Adopts Graham Park **04**



Crestwood Center at Napa Valley Staffer Receives Napa Community Award

Peter Haines, a Certified Nursing Assistant and mental health counselor at Crestwood Center at Napa Valley, has been named Outstanding Healthcare Professional by the Napa Chamber Foundation and Mechanics Bank as a part of their third annual Community Awards. Peter was honored at a celebration in Napa on May 12 for his service. Please join Crestwood Behavioral Health in congratulating Peter on his tremendous accolade! <

To learn more, visit http://www.napachamber.org/businessfocus/display_article.html?ID=3332.

The Dreamcatchers program at Crestwood Recovery and Rehabilitation Center (CRRC) Vallejo is increasing the number of clients it serves, as well as its innovative activities.

This Spring, CRRC Vallejo has initiated monthly “Breakfast at Dreamcatchers” events, which allow clients, staff, and job coaches informal opportunities for interaction and support. CRRC also has kicked off Appreciation Award ceremonies for clients who maintain in-house jobs. In the months ahead, the program will open a client-run store to provide additional job training, financial management skills, shopping experiences, and engaging social interactions for all its clients. Vallejo Dreamcatchers are also active in the community -- from planting flowers and volunteering with clean-up programs, to visiting museums and science academies.

Dreamcatchers Empowerment Network is a not-for-profit program providing support to recovering mental health clients and people with physical disabilities as they transition to independent lives within their communities. Learn more at <http://www.dreamcatch.us> <

*Crestwood
Recovery &
Rehabilitation
Center Vallejo's
Dreamcatchers
Program
Continues
to Grow*

A long awaited dream for members of the Crestwood Wellness & Recovery Center in Redding has been realized—they have now officially adopted Graham Park, a public space adjacent to the Crestwood property. Graham Park is actively utilized by the Wellness & Recovery Center's clients, and it's a true oasis of peace. The adoption and care of the park will certainly expand its serenity.

adopting graham park

The Wellness & Recovery Center in Redding Officially Adopts Graham Park

To formally adopt Graham Park, the Wellness & Recovery Center submitted to the City of Redding several drafts of a beautification plan created by clients and staff, as well as a formal commitment to maintaining and improving the park. It was a long application process, but certainly worth the effort. The Wellness & Recovery Center marked the park adoption with an event on Earth Day 2009. The event kicked off an official park cleanup, coordinated with the City of Redding. Staff and clients began the first phase of the beautification project -- planting a perennial garden. Ongoing maintenance of the park will be incorporated into the Wellness & Recovery Center's program offerings. Visit Graham Park at 955 Hartnell Avenue in Redding to see the beautiful results. ◀



Staff and clients at Crestwood Recovery & Wellness Center, Redding planted more than 100 donated iris bulbs and sowed seeds for Earth Day 2009 at Graham Park.



Eureka's Bridge House Showcases Art in Community Auction & Reception

On March 25, the Bridge House held its second art show, Expressions of the Soul, and the community turned out to celebrate. More than 200 guests made their way through the two-hour show, taking in the works, socializing with the artists, and enjoying the appetizers. The exhibit showcased the creativity and talents of participants in the Colors of Recovery class, facilitated by Nanette Dusi, MA. Nanette believes that “when we see our dreams and visions in our artwork, it quickens us with excitement and triggers the memory of who we truly are.” She also feels that “creative interaction in a safe environment opens the heart, enhances self-esteem, facilitates healing, and allows us to be witness to one another’s unique gifts.” Bridge House embraces art as a spiritual activity.

Artwork showcased at the Expressions of the Soul auction Bridge House, Eureka (3/25/09)



Ninety pieces of art were sold by silent auction, with some artists earning more than \$300 for their collection of pieces. The event was a triumph in every way, and Bridge House is receiving warm praise from community members on the wonderful show. ◀



Crestwood Implementing Dialectical Behavior Therapy (DBT)

Dialectical behavior therapy

(DBT) is a modified cognitive-behavioral treatment that was originally developed to treat chronically suicidal adult women diagnosed with borderline personality disorder (BPD). Since its emergence in the early 1990s, DBT has been tested in 10 randomized controlled trials and adapted for clients whose problems appear to result from emotional dysregulation, such as adults diagnosed with drug dependence and BPD, adult women who binge eat, adolescents with depression and suicidality, and geriatric clients with recurrent depression. All findings suggest that DBT is more effective at targeting and reducing suicidal and non-suicidal self-injurious behavior, improved treatment retention, reduced medical lethality of suicide attempts, decrease in hospitalizations and ER visits. It was also effective at reducing therapist burnout and costs associated with treatment of multi-diagnostic clients. Further, while DBT was originally designed as an outpatient therapy, it is being applied and researched across the full spectrum of mental health services, including residential facilities, forensic settings, day and partial hospitals, inpatient units, and correctional facilities. *continued on page 8*

Crestwood Implementing Dialectical Behavior Therapy (DBT)

DBT is a highly structured and comprehensive treatment. Comprehensive treatments address all of the client's problems in a systematic way. They are highly organized and they must serve five critical functions: **1)** enhance a person's behavioral capabilities; **2)** help the client improve and maintain his or her motivation to change; **3)** assure that the client's new capabilities generalize to the natural environment; **4)** structure the treatment environment in the ways essential to support the client and therapist capabilities, and, **5)** enhance the therapists' capabilities and motivation to treat clients effectively. In standard DBT, these functions are divided among modes of service delivery, including individual psychotherapy, group skills training, phone consultation, and therapist consultation team.

The Project at Crestwood

The DBT implementation project at Crestwood kicked off with two days of training and one day of consultation on March 18th – 20th. Facility staff attended and are now hard at work following up. The next step will be the start of the ten day Intensive Training. The Intensive Training is two, five day sessions separated by six months. The first Intensive Training was conducted in May and the second session is scheduled for December. The focus of this training is to assist clinical teams with the implementation and development of full DBT programs. There will be one further training scheduled for April 2010 to bring all the teams back together to check in and update. *continued on page 9*

The training is being lead by Linda Dimeff, Ph.D. and Cedar Koons, CSW. Dr. Dimeff received her doctoral degree in clinical psychology from the University of Washington, where she specialized in prevention and treatment of addictive behaviors under the mentoring of G. Alan Marlatt, Ph.D., and in dialectical behavior therapy (DBT), with Marsha M. Linehan, Ph.D. She currently is the Chief Scientific Officer for Behavioral Tech Research, Inc., an organization devoted to the dissemination of evidence-based practices (EBPs). Dr. Dimeff has written numerous theoretical and empirical papers in the areas of addictive behaviors, DBT, and dissemination, and edited DBT in Clinical Practice, a collection of writings on adaptations of DBT to real world settings.

Cedar Koons received her M.S.W. from the University of North Carolina and founded the DBT program at the Women Veterans Comprehensive Health Center, the first DBT program to be established in a VA Medical Center. She currently is in private practice in Santa Fe, New Mexico where she provides DBT and other cognitive and behavioral treatments. She was principal investigator on a randomized controlled trial of DBT conducted at the VA Medical Center during 1996-1999. ◀





“Just Breathe”

Fremont's Neurobehavioral
Treatment Center Helps Clients

Yoga is a powerful element in personal healing, and Crestwood's Neurobehavioral Treatment Center in Fremont developed a yoga program called “Just Breathe” to bring the benefits of yoga to its clients and staff. “Just Breathe” groups are facilitated by certified yoga instructors, offered across a number of daily shifts, and designed for participants of all yoga experience and skill levels. The focus of the program is on wellness, mind-body health and connection, shared human experience, and creating, maintaining, and restoring balance. During each session, client and staff experience a variety of deep-breathing exercises. Participants work through static and dynamic poses, as well as guided visualization, and meditation. “Just Breathe” has become such a success that the Neurobehavioral Treatment Center is developing an expressive dance course. ◀

Crestwood Manor, Fremont is dedicated to supporting individuals dealing with substance abuse complicated by a diagnosis of mental illness. The Substance Abuse Treatment Education Program Support (STEPS) program is the next generation in services, offering a 13-week course to provide the time needed to establish a solid foundation on which to build a more manageable life. The program's goal is to help patients achieve and maintain abstinence, reclaim a sense of self worth, and learn to manage the stresses of an active life without returning to substance dependence. STEPS includes both intensive treatment and aftercare phases, and integrates the Wellness Recovery Action Plan (WRAP) model. To learn more about STEPS, contact Lee-Ann Labrie (lалabrie@cbhi.net) at Crestwood Manor, Fremont ◀



STEPS IN THE RIGHT DIRECTION

Crestwood Behavioral Health

Crestwood Behavioral Health is proud to be California's leading provider of mental health services, assisting thousands of consumers from across the state. Our focus is on creating strong relationships with counties in which we both have a financial commitment, providing the services which are tailored to meet consumers' specific needs, and reinforcing a common set of values that guide our practices and policies.



Crestwood Behavioral Health

520 Capitol Mall, Suite 800
Sacramento, CA 95814
(916) 471-CBHI (2244)
crestwoodbehavioralhealth.com

Spotlight

“The best gift in life is to help someone through a difficult time through support, compassion, teaching new skills and shared experience. To be able to give and receive this on a daily basis is a blessing. To work for a company that is always striving to do the best and meet all of the needs of the clients we serve and our counties, makes me very proud to come to work.”

- Pam Norris, Administrator
Crestwood Center at Napa Valley