

crestwood

# touch

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**Crestwood Center** at Napa Valley has been gifted with many staff members that are of the Hispanic culture. These staff members work at all levels of Napa Valley's program and are an asset to the team. Since English is a second language for many of them, they sometimes feel they aren't able to communicate as well as they would like to with the rest of the staff and clients. As a result, Crestwood Center at Napa Valley has hired a teacher from Napa Valley College to hold English as a second language class once a week at the facility for any staff members who wish to attend. This class has been a huge benefit to staff, clients and the facility. The Culinary Department is one of the departments in the facility that has benefited the most from the class by improving the staff's understanding and implementation of new recipes. Dolores Hernandez, a cook at the facility, remarked, "It is a beautiful class. It helps me a lot."

## Expanding Communication at Crestwood Center at Napa Valley

This class has become a win-win situation for Napa Valley as they improve communication in the facility. "It is so inspiring to see our employees studying and to observe them practicing their new skills amongst themselves. I am so proud to have these great employees working at our facility," said Pam Norris, Administrator. <

**Crestwood Treatment Center** in Fremont feels fortunate to have Reverend Karen Haughey, a non-denominational, ordained minister, who provides their clients with a variety of services such as motivational awareness classes, spiritual counseling, Reiki therapy, and expressive art. As an artist, author, Reiki Master, and certified-motivational counselor, Reverend Karen believes that kindness is her religion and says, “I have been teaching motivational awareness classes for the

past fourteen years and feel very proud and honored to have been given the opportunity to teach and assist the clients and staff at Crestwood Treatment Center.”

# Kindness is Her Religion

## at Crestwood Treatment Center in Fremont

The facility is able to integrate Reverend Karen’s training into many of their therapeutic recreation and Dream Team programs.

This spring, Reverend Karen facilitated two new Dream Team groups at the facility, “Inner U” and “Love & Healing.” These groups focus on healing oneself with class exercises such as This Thing Called You; My Unique Skills and Talents; Mirror Works; Positive/Negative Messages; Emotional Artwork; Positive Visualizations; and Support Groups. “I believe these peer groups are contributing to the emotional well-being of the clients, giving them a safe and unconditional environment to openly share their thoughts and aspirations regarding personal past experiences, and positive future-oriented goals,” explained Reverend Karen. “They are also absorbing new learning techniques that address love and respect for themselves, as well as for others in a nurturing atmosphere of self-awareness. My fondest desire and aspiration is to reach into each of our clients’ hearts and help them realize their full potential as creative and fulfilled individuals. I’m especially encouraging them to focus on their strengths, abilities and positive intentions.”

Crestwood Treatment Center is excited and looking forward to continuing the programs facilitated by Reverend Karen and the benefit they provide to their clients. Darlene LaBorde, Director of Recreation Therapy at the facility, remarked, “Karen’s involvement with the Dream Team has been a breath of fresh air and I know the clients will be challenged and given a new perspective on healing themselves.” ◀

**In an effort to help** their clients and staff create lifelong, healthy habits, in March the Neighborhood of Dreams at Crestwood Solano embarked on a two-month health challenge. The idea behind the challenge was to focus on small steps and sustainability, particularly in a time when often more is better, one fad diet replaces another and instant gratification is the only acceptable kind. Thirty-five participants signed up for the challenge and were encouraged to set their own short-term health goals by using practices that they believe can be replicated after the challenge has ended.

# Neighborhood of Dreams

## at Crestwood Solano

### *Springs into Health Challenge*

System and society-wide, there are certainly many obstacles to implementing more healthy practices into people's lifestyles. Diet and exercise and quitting smoking are generally go-to responses for healthcare practitioners. But what exactly does this mean for someone who is not yet ready to overhaul everything within their current comfort zone? Does it have to be all or nothing?

Taking on a diet is often looked at as applying a cure, although it is more likely a temporary fix for a long-term problem. Many people could probably go two weeks without eating ice cream, but how much Double Fudge Brownie are they going to eat on the day the diet is over? Digging deeper, why exactly is it that people feel a need to reward themselves and others with food? And in doing so, what habits are they creating and what coping skills are being taught?



Because of these issues surrounding implementing healthy practices into people's lifestyles, the Neighborhood of Dreams Spring Health Challenge takes on more of a harm reduction approach. Setting smaller achievable goals and achieving those goals can help a person gain hope that they can continue improving their health, and build self-esteem as a result of being able to take some control over their life. Goals set in this challenge have ranged from weight loss, to walking on a regular basis, to replacing coffee and soda with water.

All participants during the challenge have been working and learning together, encouraging each other to practice portion control, slow down eating during meals, and eat until no longer hungry, though not necessarily full. Interest in exercise has increased and emphasis is placed on making each person's exercise goal reasonable for that person. This challenge is not about eliminating everything that is deemed unhealthy in people's lives, such as deciding to never eat fast food again. Instead, it is about teaching an individual how not to go to the value menu as consolation after a rough day. The health challenge is about learning moderation and finding the right balance of what each person can achieve and implement into their own lifestyle.

By taking it slow, participants have seen positive results. The Neighborhood of Dreams team has tracked progress on a weekly basis, and some participants have lost weight, lowered blood pressure, began drinking more water, and even cut back on cigarette smoking. One participant went from smoking a pack of cigarettes a day, to half a pack a day over the course of three weeks and now feels that he is almost ready to quit. Another participant, Barbara W., has lost five pounds during the challenge and says, "I've been watching what I eat, how much I eat, and trying to exercise more and I think I can keep it going if I take it easy and don't overdo it."

While participants in this challenge know that they likely won't achieve their ideal health goals overnight, it has helped to show them that working toward a long-term goal is absolutely possible when the focus is on making small, achievable changes to existing practices in their lives. Neighborhood of Dreams at Crestwood Solano plans on offering the health challenge again this fall and hopes to inspire even more participants to join as a way to kick-off a healthy change in their lives. <



## Staff at Crestwood Pleasant Hill are

# Over the Rein



*Crestwood Pleasant Hill staff learning skill-building exercises at Over the Rainbow therapeutic horse riding facility.*

**On May 4th** staff from Crestwood Pleasant Hill participated in an all-day team-building event at Over the Rainbow, a therapeutic horse riding facility in Martinez. Over the Rainbow founder, Dr. Robyn Draper-Praetz, with support from her husband, Peter and assistant, Christine, led the group in a series of skill-building exercises at the facility's stable and corral.

The day began with Crestwood staff learning to practice being fully present in the environment and noticing what group behaviors the horses exhibited. They were encouraged to meet the horses on the horses' own terms by approaching them in a non-alarming way and mirroring the horses' body language, rather than attempting to give commands. The horses responded to this type of approach with interest and after awhile, with gestures of affection. Pathway Program Director, Sylvia Ward, was surprised and pleased when Bailey, a rescued mare, approached and gave her an equine kiss on the neck. As the day progressed, staff members learned that as they exhibited more calm and accepting body language, the horses noticed and became more interested in approaching and interacting with them. Eventually staff members formed teams and supported each other in taking on gentle leadership roles with the horses.

“As staff participants, we all got a great opportunity to see each other in different roles, outside of our usual milieu, and we learned positive lessons about acceptance and leadership with many applications for mental health professionals,” observed Edward Bachmann, a Service Coordinator at Pleasant Hill.





# bow

For the past two years, clients from Crestwood Pleasant Hill have participated in on-going therapeutic horse riding classes at Over the Rainbow. These classes focus on teaching clients social skills, non-judgmental stance and empowerment which helps them with their recovery. Pleasant Hill staff members were delighted to have the opportunity to experience for themselves the power that horses can have on wellness and recovery. Learning the value of skills such as observing and listening patiently in a non-judgmental, calm manner, and how to be fully present and have a calm approach, provides a benefit for both Pleasant Hill staff and their clients. ◀

**Crestwood Wellness & Recovery Center** in Redding has found a solution for the fear that many of their clients have regarding visiting the dentist by incorporating the use of a mobile dental hygienist into their Health Care Services. “A significant percentage of our clients have avoided visiting the dentist for years due to the fear of the potential pain and not knowing what the visit would entail,” explained Elaine Neil, RN, a Clinical Nurse at the facility.

Every three months Debbie, the mobile dental hygienist, sets up shop in the facility. She has a cheerful, approachable, calm and gentle personality that dispels clients’ anxiety about having an examination. For those clients who might still have some degree of hesitation about a dental exam, they are able to watch their peers (with their consent) receive their dental care, which often helps to alleviate their concerns.

After having a thorough and deep teeth cleaning, Joshua, a client at the facility, reported, “I haven’t had my teeth cleaned for more than 10 years. I never knew that my mouth could feel so good, and that taking care of my teeth even makes the food I eat taste better.”

After receiving the teeth cleaning procedure, many clients begin to realize that dental care isn’t too terrible and find the courage and desire to start the process of eradicating their cavities, and obtaining dentures and partial plates.

Since the facility has adopted this on-site dental hygiene program, it isn’t unusual to see clients showing off their polished teeth to each other. Many who have neglected self-care and were somewhat oblivious to external appearance, now experience an increase in self-esteem and a renewed interest in the brushing and flossing of their teeth.

The Mobile Dental Hygienist program offered at the Wellness & Recovery Center is just another example of how the facility is able to design treatment options, tailored to the special needs of the people that they serve. This type of program not only meets the clients’ needs, but allows them to shine while they travel on their journey to recovery. <

## *Taking the Fear Out of Dentistry at Crestwood Wellness & Recovery Center in Redding*



# Idylwood Care Center Leading the Way for New Practices for Occupational Therapists

**Last October,** the annual conference of the Occupational Therapy Association of California was the venue for a six-hour training

program organized by the staff of Idylwood Care Center. This training was part of the Continuing Education Program lecture series offered by Idylwood. Idylwood Care Center staff included Rashmi Rajadhyax, OTR/L, Pauline Wakeham, LCSW, and Gordon Muir Giles, PhD, OTR/L, FAOTA who provided training in non-aversive therapy based on the development of positive relationships. Participants learned new relational techniques to create a therapeutic environment for clients with chronic mental health and cognitive issues while supporting staff. During the presentation, the attending occupational therapists were provided with the opportunity to reflect on their own practice and think how they can improve the quality of life of the residents they work with based on positive relationships. ◀

**As part of Crestwood's** ongoing efforts to add tools to our clinical toolbox, Bruce Anderson of Community Activators was invited to provide training on the use of Core Gifts. Core Gifts provides a framework for enhancing an individual's motivation, ability and desire to change, while providing clarity of purpose when making personal choices. Staff from the Eureka, Redding, Napa Valley, Solano, Vallejo, Pleasant Hill, Idylwood, Fremont, Sacramento, American River, Modesto, Bakersfield, and Fresno facilities, as well as the Home Office, attended training sessions in November and April. The goal is to integrate Core Gifts into Crestwood's existing programs with other interventions such as Dialectical Behavior Therapy (DBT) and Wellness Recovery Action Plan (WRAP) to create a system of services that provides the needed tools for change that will enhance our clients' ability to succeed in their environments of choice.

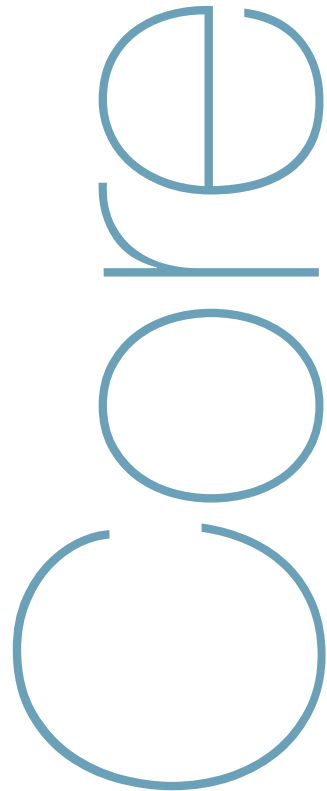
**What is a Core Gift and where does the idea come from?**

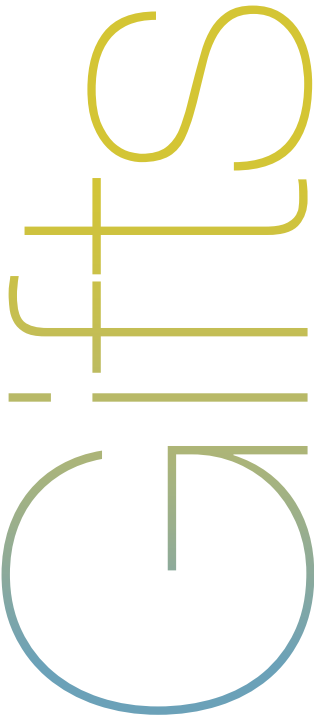
*Core Gifts is an old idea, rooted in cultures around the world, which says that each person comes into this world with the capacity and desire to make a certain kind of contribution to the world around him/her. This contribution is called a person's "gift." The idea of the gift includes the acknowledgment that, in addition*

*to this gift, each of us also has many other talents and skills. If we take the opportunity to identify this Core Gift, we will unlock significant authority and capacity for change inside of us and in the world around us. Old community language says that our Core Gift forms the most important seed from which our life unfolds.*

*In older times, elders in communities guided youth through initiation processes that were designed to help a young person name his/her gift. The public acknowledgment of the young person's gift then formed the basic relationship between that young person and the community around him/her. Throughout that person's life, they would be offered opportunities to give their gift, learn about how to use it wisely, and be mentored by others with a similar gift. As youth initiation processes began to disappear from many cultures, there began a slow decline in the understanding and usage of gifts as one of the most powerful and universal tools for personal and community growth and healing. In addition to the disappearance of youth initiation practices, the gradual breakdown of community life illustrated by the increasing isolation of neighbors from each other and the growing divide between the haves and the have nots, has further contributed to the disappearance of the idea of gifts from our modern life.*

*We are in a unique position now to reclaim this powerful idea and bring it back within the context of helping citizens who are in the margins of community to find acceptance and purpose, and heal the wounds that exist whenever broken relationships and broken dreams occur.*





***Much of the Recovery Movement has been focused on being strength-based and on an individual's skills and talents and abilities. How does Core Gifts differ from skills and talents?***

*tion to, most compelled to learn about, and eager to do. Your Core Gift is the primary gift which resulted from the most difficult situation you have encountered in your life.*

***So Core Gifts are really about understanding not just what someone is good at, but what they are motivated and committed to do?***

*Yes! As you move from skills to talents to gifts, your motivation increases. Core Gifts are more important than skills and strengths and talents, because knowing our Core Gift is more motivating than just being aware of skills and talents.*

## ***An Interview with Bruce Anderson***

***What are some of the benefits of knowing your Core Gift?***

*Knowing your Core Gift does the following for you: 1) It increases your confidence and gives you a greater feeling of self-worth. 2) It increases our desire to act and to share because we believe we have something of value and of worth to share. 3) It allows us to be seen for who we really are and provides an opportunity to be acknowledged and honored by others for our Core Gift. 4) It changes our focus from our troubles and trials and challenges or diagnosis to our gift. 5) Core Gifts can help us create strong bonds with others who have similar gifts. 6) When times do get tough, it gives you a point of security and comfort, a constant reference point to fall back on.*

Bruce Anderson is a nationally-recognized speaker, teacher and leadership coach. Offering his own Core Gift of helping people use their imagination to find a new hopefulness, Anderson uses a combination of straight-talk, compassionate humor, innovative research and street-smart experience to inspire teachers of all kinds. Anderson is also the co-manager of Community Activators, a company working to increase the authority and voice of individuals and groups who find themselves on the edges of communities. <

# Crestwood Behavioral Health, Inc.

Crestwood Behavioral Health, Inc. is proud to be California's leading provider of mental health services, assisting thousands of clients 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 clients' specific needs, and reinforcing a common set of values that guide our practices and policies.



## **Crestwood Behavioral Health, Inc.**

520 Capitol Mall, Suite 800  
Sacramento, CA 95814  
(916) 471-CBHI (2244)  
[crestwoodbehavioralhealth.com](http://crestwoodbehavioralhealth.com)

## **Spotlight**

“Recovery is much more than just healing; it is a transformation in the depths of an individual to transcend what they once knew of themselves, to become what they were created to be.”

- Pat Kearns RN-BC, Director of Nursing Services  
Crestwood Wellness & Recovery Center in Redding

