

crestwood

touch

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good vibrations

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Crestwood Healing Center

does go green

Crestwood Healing Center

was recently recognized by the City of Pleasant Hill for their strong commitment to recycling. The facility began their recycling efforts more than a year ago when the Center's staff, along with support from its resident council, decided to reduce the facility's carbon footprint by expanding their recycling efforts to include more than just recycling cardboard boxes. With the help of Allied Waste Recycling Services, they created a recycling plan for the Center. As part of the plan, staff and clients were educated about the importance of recycling and diverting material away from the landfill.

Some examples of their recycling efforts include a workshop on how to make jewelry from recycled items and planting a small garden to compost food waste. Clients have been empowered to spearhead much of the recycling efforts by continuing to encourage one another to recycle and even educating their families and other supporters who visit the facility on its importance.

The Center is now able to recycle many different types of materials. Staff and clients are left with a positive feeling knowing that they are helping to save natural resources and reduce pollution. "The result of our recycling has been impressive," said Cindy Mataraso, Administrator at Crestwood Healing Center. "With all of our efforts, we have seen our trash bill decrease by \$200 a month." By going green, Crestwood Healing Center has achieved a win for the environment and for themselves. <

Crestwood Receives CARF Accreditation for Continued Dedication and Achievement to Higher Standards

When an organization sets its goals to meet higher standards than is required by licensing agencies, payer sources, community stakeholders and industry standards, and then goes on to achieve those goals, it is a remarkable accomplishment. Crestwood Behavioral Health Inc. is proud to have achieved just that remarkable accomplishment. In March 2012, Crestwood received the highest level of Commission on Accreditation of Rehabilitation Facilities' (CARF) three-year accreditation of our 21 community programs, accounting office and corporate office. Crestwood's great efforts were recognized for our initiatives, including the high level of peer providers at both leadership and direct service; the resource manual for Recruitment and Retention of Employees; Wellness Recovery Action Plan (WRAP); reduction and elimination of seclusion and restraints; and culturally sensitive services.

Crestwood also achieved the rare CARF Exemplary Conformance recognition for our Health and Wellness Initiative, which focuses on improving the culinary experience, nutritional values, fitness, lab values, body weight, and other metabolic disorders, as well as smoking cessation in many of our programs. This Initiative also includes creating environments that foster physical, mental, and spiritual strength and wellness throughout the organization.

In the CARF survey results, Crestwood's professional and committed staff were recognized as those whose passion, strong vision and value-driven leadership far exceed expectations. Similarly acknowledged,



were the recovery-based services that focus on hope, empowerment, meaningful roles and spirituality as our hallmarks and for supporting the employment of our clients and individuals with disabilities through our alliance with Dreamcatchers Empowerment Network.

This is the fourth CARF Survey that Crestwood has participated in and is proud to receive once again the three-year CARF accreditation as an indication of our greatest level of commitment to quality improvement and demonstrates our extraordinary level of dedication to improving the quality of lives of the clients Crestwood serves. <

If you happen to be a client or staff member at Crestwood Wellness & Recovery Center in Redding during the past few months, you might have noticed a progressive transformation occurring that included the use of music.

It all began when

John Dalton, the Wellness and Recovery Center's Program Director, was reflecting on his bucket list and decided to launch his journey toward learning to play an instrument for the first time. After considerable thought and discernment, he settled on the ukulele, which he describes as a universally happy instrument with a unique sound.

John quickly found that by practicing the instrument and creating music, it not only affected him, but also had a profound affect on the clients at the facility. He noticed that when clients came into his office upset and on the verge of a crisis, if he picked up and played the tiny instrument, allowing music to fill the room, many of the clients became attentive, quickly regained their composure, and were distracted from the triggering force that only moments before had overtaken them. John identified the newly acquired skill as a tool useful in Dialectical Behavior Therapy (DBT) in regard to using mindfulness as a distraction technique.

The Power of Music

The music also serves as an example of modeling technique for clients. One client observed, "It has been wonderful watching John improve with his playing week by week and in a way it has helped me realize that with work and dedication, I can also get better, week by week." The example of modeling that John has given to many of the clients has also been reinforced in the idea that even when there appears to be huge obstacles and doubts in our own abilities, we can

often surprise ourselves with what we can accomplish, and the results can be beautiful. Similarly, another client reported that he had once been trained as a jazz pianist, but had not played in months due to his significant and debilitating depression. He shared that the wonderful music drifting down the halls had touched him deeply and had reawakened his inner spirit and motivated him to return to the piano. Now reunited with a passion he once held so dearly, this client has regained access to the wellness tool of music and uses it often in his recovery. He attributes this self-transformation solely to John and in witnessing the passion in John's playing and singing as the force that unshackled his locked away gift. The facility's Chef Curtis, inspired by the developing musical ability in John, now often joins him with his ukulele and the once solo performance has now turned into a duet. Their collaboration of heart-lifting music and humorous lyrics brings smiles and laughter to staff and clients.



Chef Curtis (Left) and John Dalton (Right) collaborating on a duet with their ukuleles.

In light of the impact that John and his musical quest has had upon the facility's culture, the facility is now sponsoring a new group of ukulele players that will be comprised of both clients and staff.

Administrator, Nicoletta Groff, reflected, "Often our own journey in life creates new wellness tools and these tools not only inspire, motivate, and nourish our spirit, but may also have life changing effects on those around us as well." <

Zumba has arrived at Crestwood

Manor in Fremont and it is creating quite a buzz. Zumba is an exercise class that involves dance and aerobic elements, and incorporates choreography such as hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. The Zumba classes at the facility are lead by a volunteer instructor named Marina, who has transformed traditional exercise into a party. Residents and staff have responded with great enthusiasm to this new activity. The salsa rhythms are infectious, as are the smiles on the faces of the residents. As one resident exclaimed, "The music is great!" Marina manages to even get sedentary residents up on their feet to participate in the moves and for those residents who are sitting, they are encouraged to do the arm movements.

zumba class transforming exercise into a party

The Zumba class is also popular with the staff at the facility. One nurse said, "Instead of sitting while I'm taking my break, I come here. It refreshes me, the music and the movement. Then I come back and I'm more awake and alert."

Residents say that they love the class and appreciate the fun they are having while exercising. One resident observed, "I'm sweating, so something's working." The class also helped another resident remember her love of dancing when she was complimented on her dance skills.

Marina is a big part of the success of the class, making an hour of serious physical activity seem like playtime. Her face radiates joy and fun and it's obvious that she loves what she is doing. When asked why she volunteered, she replied, "God put it in my heart to do this."

Zumba has made a big difference in the lives of the residents by providing a fun activity to look forward to, while getting them moving and exercising. Recently, after a class, a resident had tears of joy in her eyes and exclaimed, "Thank you so much for this!"

Crestwood Manor in Fremont is happy and grateful to be able to provide this positive experience for both their residents and staff. <



Marina (far left), leading residents in a Zumba class.

Crestwood held its annual Dietary Meeting

on April 24th for Dietary Supervisors and Administrators at US Foods in Livermore. Crestwood's Director of Culinary Services, Carleton Gillenwater, presented dietary information based on the Health and Wellness Initiative he has started at Crestwood. "Carleton has been a leading force in changing the traditional dietary system in our facilities to be more than just delivery of calories to our clients, but instead using it as another important tool in our clients' recovery," said Crestwood Vice President, John Suggs.



Attendees at the Crestwood Dietary Meeting.

Dietary Meeting Serving Up Healthy Nutrition Information

Attendees learned about the balance of wellness, including physical health, mental health, social health and fiscal sustainability through the new dietary program. Discussions included using whole grain foods, using less salt, sugar, and fat, and preparing foods from scratch, all of which are healthier for clients, lowers food costs and helps to combat diabetes, obesity, high blood pressure, high cholesterol and heart disease. Another important part of Crestwood's dietary program is to educate clients on sustainable healthy eating habits so that they can then use that information to live a healthier lifestyle. The one-day Dietary Meeting provided a wealth of ideas and inspiration on how to nourish our clients in a more healthy way with food that is not only nutritious, but delicious. <

A CALM & PEACEFUL SPACE

**Open House Celebrates
Crestwood's Newest Psychiatric
Health Facility**

On June 28th Crestwood Center Sacramento hosted an Open House for the newest Crestwood Behavioral Health Inc. recovery-oriented Psychiatric Health Facility (PHF). The Crestwood Center Sacramento PHF is now the fifth PHF in Crestwood's system of services.

Open House attendees were provided with tours of the PHF, which began in the hotel-like lobby and then proceeded to the welcoming room, serenity room, dining room, recreation room, group room, TV room and client rooms. Janet Vlavianos, Crestwood's Director of Accreditation and Corporate Initiatives, beautifully designed the PHF rooms based on Recovery Innnovations' Living Room model. All of the PHF rooms are decorated with soothing paint colors, beautiful art and soft, comfortable furniture, providing a calm and peaceful space for individuals who are in crisis to come to.



(Left) Uma Zykojsky, Sacramento County Chief, Adult Mental Health Services, Division of Behavioral Health and (Right) Cindy Mataraso, Crestwood Center Sacramento Campus Administrator



(Left) Patty Blum, Crestwood Vice President and (Right) Dorian Kittrell, Executive Director of Sacramento County Mental Health Treatment Center



(Left) George C. Lytal, Crestwood President and CEO, and (Right) Janet Vlavianos, Crestwood's Director of Accreditation and Corporate Initiatives



Yusef Abner, Crestwood's Director of Clinical Services



The Crestwood Center Sacramento PHF opened in early July and will ease the burden of Sacramento County's current community crisis of individuals who need psychiatric acute care, remaining at local hospital Emergency Departments for extended stays. It provides 16 additional acute psychiatric beds to the Sacramento County Mental Health system. "I am very pleased that we have the new Crestwood Center Sacramento PHF up and running," said Dorian Kittrell, Executive Director, Sacramento County, Division of Behavioral Health, Mental Health Treatment Center.

The Crestwood Center Sacramento PHF leadership team includes Administrator Cindy Mataraso, Psy.D; Medical Director, Dr. Yang; Clinical Director, Chandra Thomas, LMFT; psychiatrists from the UCD psychiatric team; Crestwood's Director of Recovery Services, Lynn Gurko, providing WRAP and recovery training; and a wide array of experienced health consultants and staff. <

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.



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Spotlight

“Courage – Fear transformed by faith, adversity reborn as strength.”

- George C. Lytal,
Crestwood President and CEO

