

crestwood

touch

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THE POWER OF

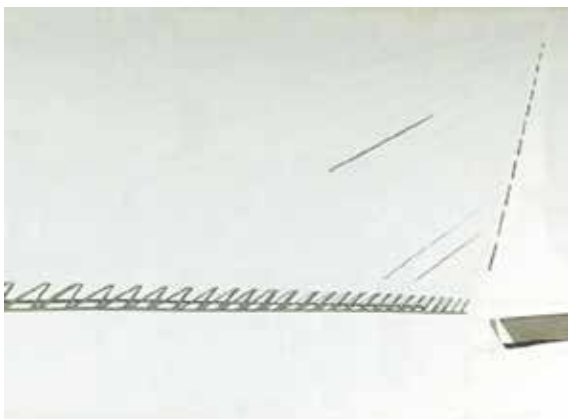
Art

Recently when planning improvements to the dining room at Crestwood Recovery & Wellness Center in Redding, Administrator Nicoletta Groff proposed creating a mural on one of its large walls as a way to provide beauty and inspiration for clients using the dining room. Clients and staff were asked for ideas on what the mural should be, and it was decided to paint an image of the local Sundial Bridge due to its spectacular appearance and how it celebrates human creativity and imagination with its use of glass, steel, and granite in its majestic span. “The Sundial Bridge evokes a sense of weightlessness, yet it is strong and secure and its translucent deck provides a spectacular view of the rushing water below, fostering a feeling of energy and life,” said Nicoletta.

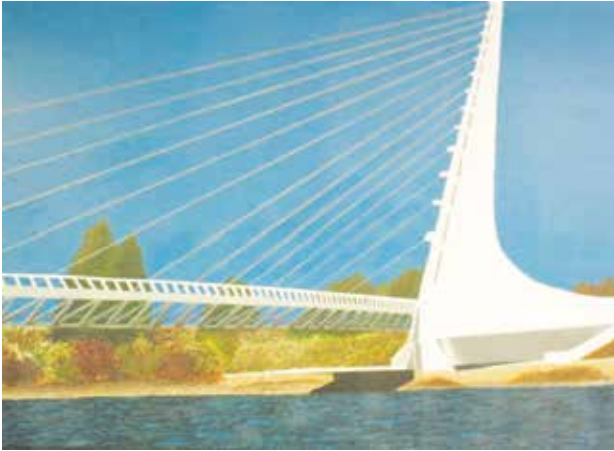
Christine Brunner, one of the facility’s Mental Health Counselors, was chosen to paint the mural. Christine is a gifted artist and has a Bachelor of Arts in Psychology. She was enthusiastic when approached with the vision of the mural and began the large-scale project in February 2012 by sketching the outline of the bridge onto the

dining room wall with the use of a computerized digital projector. Since the dining room is often in use for dining and group activities, she scheduled brief work periods, allowing for a slow, but steady, progression of the mural. The project was completed in January 2013.

Clients enjoyed watching how the wall was being transformed into a beautiful work of art as Christine worked week by week. In the early stages, it was unclear to clients and staff as to what the mural would eventually become. Many clients, using their imagination, would



Initial outline sketch of the mural.



The journey associated with the creation, determination, and daily work of the mural project inspired and assisted many clients with their own journey of recovery, repair, and health.

Completed Mural of Sundial Bridge by Christine Brunnemer.

often discuss amongst themselves their interpretation of the mural. There were many themes and possible guesses as to what the outcome might be. As Christine worked on the mural, she noticed that many of the clients that were normally less socially engaged were inspired to ask questions such as, “How long will it take you to complete it?” or “Where did you learn to paint?” The mural also inspired these clients to start attending the facility art groups and begin improving their own artistic skills.

Christine strongly believes that art is a useful tool in clients’ recovery processes and that it can increase clients’ self-awareness and helps them work through traumatic life experiences, as well as helping them to cope with their current symptomatology, by creating something with their hands. The journey associated with the creation, determination, and daily work of the mural project inspired and assisted many of their clients with their own journey of recovery, repair, and health. Realizing the power of art and artistic expression, as well as capturing and utilizing the gift within, the facility has now created a clinical position for Christine that will focus on a continuation of creating murals throughout the facility, while assisting clients to engage and participate in the creative arts.

Nicoletta has been collecting a variety of images and powerful quotes to be utilized for future additional murals throughout the facility. She remarked, “To quote Pablo Picasso, ‘Painting is just another way of keeping a diary.’” <

*Contributed by: Patrick Kearns, DNS,
Crestwood Wellness & Recovery Center, Redding*



dream big

The Dreamcatchers

Empowerment Network program at Crestwood Center Sacramento inspires clients to dream big. Although many clients who start participating in the Dreamcatchers' program are initially motivated to work because of the paycheck, they soon discover

that the benefits of these meaningful roles also provides a sense of pride and self-worth. The Dreamcatchers' clients are also inspired to pass along what they have learned from the program by becoming a mentor to their peers. They are often seen encouraging their peers to attend groups, to start making healthy life choices and to take a chance to try something new. They also help their peers make their beds, provide them with emotional support, and set an example on how to interact during groups.

The Dreamcatchers have become a close knit group at Crestwood Center Sacramento and have expanded their outreach into the community by volunteering to help feed the homeless at Loaves and Fishes, a local homeless shelter. The Loaves and Fishes' staff has been so impressed with the Dreamcatchers, that they recently asked them to increase their volunteer time and to participate in their annual fundraising parade.



ming

AT CRESTWOOD CENTER SACRAMENTO

It is not all work for the Dreamcatchers, they also participate in fun activities each month such as going on a special outing to the drive-in movies, planning a barbeque in the park or taking a hike at a nearby lake. Recently, the group even participated in the Consumer Speaks Conference in Sacramento, to learn more about how others with mental health issues have worked through their challenges and have gone on to have productive and meaningful lives.

The participants in the Dreamcatchers program at Crestwood Center Sacramento say that they feel very motivated to return to the community and are happy to be learning the skills and tools needed to make that happen. These individuals are shining stars who are not afraid to dream big so they can reach their goals. ◀

Becoming a Dreamcatcher for these clients goes beyond having a paycheck; it means having an honored position and feeling valued and proud.

*Contributed by:
Ellen Walker, Clinical Specialist,
Crestwood Center Sacramento*

Crestwood's Values Providing a Compass for

Growth

This year has offered many questions,

some threats and an overwhelming number of opportunities to examine and explore for a behavioral healthcare organization. There is the Affordable Care Act that will begin soon, as well as the Mental Health Parity Act that requires private health insurance plans to provide equal coverage for mental and physical health services. Also thanks to the Mental Health Services Act (MHSA), we have a unified voice providing mental health treatment, prevention and early intervention, education and training to Californians affected by mental illness. There is also the opportunity to eliminate a long standing discriminatory practice of the federal IMD exclusion, which is the practice of excluding Medicaid benefits to any client residing in and receiving treatment in an IMD (a 16-bed facility treating people with psychiatric disorders.) These all add up to an exciting time in behavioral healthcare.

*At Crestwood
we live these values
and use them as the
barometer for our success.*




At Crestwood Behavioral Health Inc., we are excited about these new opportunities. So as Crestwood continues to grow, we always use our corporate values as the lens for every decision and change in direction. Our values are our compass to move forward as an organization and are revisited frequently throughout the year and always when we are faced with new opportunities, threats or decisions. Our values are simple: Commitment, Enthusiasm, Flexibility, Integrity, Family, and Compassion. Each of these values holds its own set of principles and beliefs that act as a guiding force to us as a company internally, as well as externally in our relationships with stakeholders and partners.



Commitment is the glue that holds our organization together. It is the promise to follow through and to stay uncompromising to our vows and obligations. Commitment is what binds us together as a work force; it is the motivation to get up and be on time for work because you don't want to let your coworkers or clients down. It is the pledge to provide recovery-based, socially-responsible services for our clients.

Enthusiasm is exemplified in our tenure of excited and motivated employees. The average length of employment for Crestwood is seven years. Crestwood employees have a strong pride in themselves and a natural enthusiasm for the work they do. It is often seen in our facilities that staff members with 20 years of tenure are still as excited about what they do as our newest employees.

Flexibility is the hallmark of Crestwood. We continuously adjust and reinvent service models to utilize the most current research, evidenced-based practices and to meet the ever evolving needs of our communities. Flexibility allows us to provide our clients with the most appropriate programs and services. We understand—and strive to meet—the range and variety of mental health needs of our clients, their families and their communities. We provide innovative and effective programs and services that enhance our clients' wellness and promote their recovery.



Integrity/Ethics is the cornerstone for all we do. Ethics is defined as morals, beliefs, and principles that are a system or defense for right and wrong conduct. It seems simple, yet as we often read in news articles, hear at industry meetings, or observe in our own communities, it is often not so simple. Crestwood as an organization holds ethics as a core value. In all of our partnerships, integrity, trust, respect and dependability are all non-negotiable. We hold corporate responsibility at the highest level of commitment. Through our continuous quality improvement and our performance improvement process, we analyze and recommit to providing the most ethical and efficient services to all of our stakeholders.

Family is the foundation that Crestwood was built on. We have a rich background of being founded by a family who are committed to the operations. Our partnerships with clients, their families, our staff, the community, business associates and volunteers all comprise the Crestwood family. We focus on family involvement and education and make every attempt, where appropriate, to bring in families as a part of client care.

Compassion at Crestwood is demonstrated with warmth, kindness and caring in everything we do for our clients and staff. We seek compassionate employees in the recruitment process and we nurture compassion in the training, supervision and general operations. We honor the preservation of each client's self-respect and dignity.

At Crestwood we live these values and use them as the barometer for our success and view all of our corporate decisions through this lens. And with our values, Crestwood is excited to take on the challenges and opportunities that this new period in behavioral healthcare brings. <

*Contributed by: Patty Blum, PhD
Crestwood Vice President*

The Crestwood Bakersfield Campus has Much to

CELEBRATE!

Their Dreamcatchers Empowerment Network program at the facility is thriving. Recently the Dreamcatchers' clients planted a tree in celebration of Earth Day. At their MHRC program, staff and clients celebrated their many successes with a Greek barbeque. At the Bakersfield PHF program, staff members showed thoughtfulness and kindness by assisting and providing support for a client who was returning back to his home in Puerto Rico by driving him to the airport and remaining with him throughout the boarding process. At the Bakersfield Bridge program, one client was recommended for an award from their local Community Family Learning Center for excellent group facilitation, as well as client advocacy. Way to go Crestwood Bakersfield! ◀

*Contributed by: Rhonda Van Cleve,
Administrator, Crestwood Bakersfield Campus*

TOGETHER

The holidays are a time of giving and at Crestwood's Our House they have experienced a profound example of that for the past two seasons. Most of the Our House residents have very little money of their own. On the days when they get their little bit of spending money, everyone is excited to get their five, ten or possibly twenty dollars for the week. So when these residents had a chance to give back to the community with what little they have, it was inspiring and truly a gift from the heart.

It all began during the 2011 holiday season when Our House residents, who volunteer serving lunch at a local homeless shelter, noticed a need for an outdoor table for the children. The residents decided they wanted to raise the money to buy the children a table. As a way to raise those funds, a paper fireplace was constructed in the facility's dining room so that each time a donation was made for the children's table, a paper brick was added to the fireplace. Each week when the residents received their little bit of spending money, many of them would approach the staff to buy a brick to add to the fireplace. Residents and staff joined together and soon there was \$200 worth of bricks on the little paper fireplace, which was enough to buy the children their outdoor table. To this day, as Our House residents continue to volunteer at the homeless shelter, they see that table and they are reminded of what is possible and how by helping others, it made them feel very proud and happy.

During the holiday season of 2012, Our House residents once again stepped up to help those in need. One of the residents had gone to a local church and saw a flyer about a program called the Angel Tree Program that is sponsored by the Salvation Army. The Angel Tree Program provides needy children with new clothing, toys and gifts during the holiday season that they might otherwise not receive. An Angel Tree is decorated with Angel Tags and each of these tags represents a child and includes information about that child such as their first name, age, gender, and a gift wish. Angel Tree donors then take one or more tags from



the Angel Tree and purchase the appropriate gifts for the child they have “adopted.” After learning about the program, Our House residents and staff decided they would like to “adopt” some of the Angels and created their very own tree on the wall in their dining room and placed small paper angels on the tree for each dollar donated. Every payday, many of the residents would take one dollar or more from their small amount of spending money and purchase their own angel. Soon the tree was covered with angels!

It was in the giving, that they received a joy that could not be bought.

Through all these generous donations from Our House residents, staff and their families, more than \$350 was raised for the Angel Tree Program. The Our House community personally shopped for these special gifts. There was enough to purchase the wish list of toys and clothing for six children from the local community. The toys and clothing were packed and arranged in festive gift bags with the name of each child attached. The gifts were then delivered by Our House residents and staff to the Salvation Army. There were happy holiday smiles from the recipients of the gifts and even broader smiles from the residents, who truly knew that it was in the giving, that they received a joy that could not be bought. One of the residents, Rita, reflected, “I remember when I was four years old and firefighters brought me a brand new bike for Christmas. Helping these children this Christmas was my chance to give back.” Such is the joy for these Our House residents who have truly learned the gift of giving. ◀

*Contributed by:
Gail McDonald, Administrator, Our House
Michele Sheldon, Program Director, Our House
Debbie Allen, Activity Director, Our House*

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

“Faith is daring to put your dream to the test. It is better to try to do something and fail, than to do nothing at all.”

- Greg Parnell
Director of Education,
Assistant Program Director/MHRC
Crestwood Eureka



Touch Editor Kari Friesen