

THE



COMPASS

GIVING DIRECTION
TO RECOVERY

JUNE 2014

SUMMER ISSUE (WHAT I VALUE)

“I value my family and their opinions on me and my goals, that include my family. I also value their judgment of me allowing caffeine. I value that because I’ve been criticized for drinking it. I believe I can moderate caffeine and my goals being worked on at the same time or else I probably wouldn’t be as sober

as I am.”Lisa
 “My grandkids and father. My love ones’ and a few church friends. My own personal car and house that I can buy in the future. Then about 2 to 3 years date a church going man and be happy. I want to read the Bible and lots of other books to make me happy.”Fredia

“When I arrived at the BHU, sad and depressed, coming down off Meth and heroin. Never in my life I would think I would be in this position again. Life is too precious to waste time, I told myself later. I found rehabilitation at Angwin and I’m beginning to gain optimism with positive people around supporting (cont.pg2

SPECIAL POINTS OF INTEREST:

- *Wellness & Recovery*
- *Stories of life*
- *Spirituality*
- *Poetry Corner*

INSIDE THIS ISSUE:		
SUMMER ISSUE		1
WHAT I VALUE		1
STORIES OF LIFE		1
ART OF MONTH		3
POETRY CORNER		3
GOT RECOVERY		4
GRATITUDE		4

STORIES OF LIFE

“Drugs don’t make you feel good when you come down. When you mix medicine and drugs/alcohol you become dual Dx. I was on some drugs for a hurt wrist and ended up mentally ill. I feel your belief system is what makes you feel good and what you do with it. I believe in

non-judgmentally care, no matter who you are. What matters is how you treat each other and how you treat yourself. Helping others by giving them a smile or using my recovery skills makes me keep going. I am grateful for my recovery today and everyday.”Lisa

Wellness & Recovery (cont'd)

Cont..pg1) me with the responsibility to stay clean. My wish is to stay clean and continue on my simple medication. Today life at Angwin is clearer and showing me a road to bliss.”.....Ananda

“I have found my DBT classes have helped me become more aware and I have to say the stories for anger management are no fun. I really cannot say where there has been lacking from staff, you have all been more than helpful when I needed it. I know your lives will be easier once you do the traqnsition to the computers and for all of us too. Still waiting to have our outing with others and myself. Thank you staff for all that you have done for me and to continue what you do.”....Kendall

“Most helpful to me is the classes I attended. They have helped me understand what I feel, and have helped me get through crisis, such as I would get nervous and anxious. I would start my breathing exercises and talk to someone and I would watch T.V. I have a plan and support when I get home.”.....Patricia

“The staff being honest with themselves, each other and the clients. Also good (not selfish) needs and motives. Doing the best they can to help the clients without unrealistic dreams, hopes and demands of making quick money.”.....John

“Helpful—I found WRAP, Duel DX and working is most helpful. I am taking my WRAP binder with me and utilizing it so I wont make some of the same mistakes I’ve made before. Dual Diag- nosis reminds me to keep my recovery going and making sure I can take my medication and stay sober and how important that is. Working helps me distract from others and times when I feel idol and I know how it would lead me backwards. That’s why when get out I am going to get a job through the dept. of rehab.”.....Lisa

“Staff help me to be better and help me to understand the need for help. My brain senses are not very good.”.....Charmarie

“Thinking of some of the things that would be satisfying with some of the present people would be having a soul.”.....Joyce

“The time is great, my mood is sunny. Just remember the breeze that the wind blows. Just re- member that you are your own self. Love is just a step away. Be true to the one who has the most blue berry. Just know you should have fun, with the smell of the flowers.”.....Knanisha

I’am Grateful for...

“Someone who loves you, brings you presents all the time, really tries to make you feel good, friends, heart shaped, good people, running, my ball, the playground & exercise, a new start, a appreciation of the good things you do & money.”.....Valerie

“A roof over my head, a bed & food.”.....Fredia

“For the rain, family, someone worried about me, hot shower, music, water, Nintendo.....”Trevor

PICTURES OF THE MONTH



Poetry Corner

**Mourning
in the Morning**

Can you see my pain?
Can you feel my sorrow?
Rivers flow from my eyes?
Tears of blood run from **my**
heart.
Just like my Heavenly son I
carry all the pain and sorrow

from this world. One day I will
suffer no more, of all this. I will
be gone like a feather in the
wind. All the children of the
world are mine and my heavenly
father shadows them under his
wing. But, can you feel my sor-
row? Rivers flow from my eyes,
tears of blood run from my
heart.....Linda

Morning Star

Brightly you shine in twilight,
when dawn greets dusk, beauti-
ful are you with twinkling stars
around you. When I see you
O'morning star I never feel
alone or unloved. You take away
all my sadness and moody
blues.".....Linda

Summer's Eve

The beauty of her lovers
face, shines on her. She is
overshadowed by his love
and light. Roses bloom in
his garden of paradise. She
dances in his garden with
the wind in her wings. Her
beauty is her own. Her se-
crets can never be told.

She flies away to another time,
leaving only the wind in her
memory.....Linda

Goddess Diana

Your beauty in the full moon,
so fair in my eyes, forever
shine in the night skies, the
wolf howls and owls hoot when
they see your face O' lovely
one,

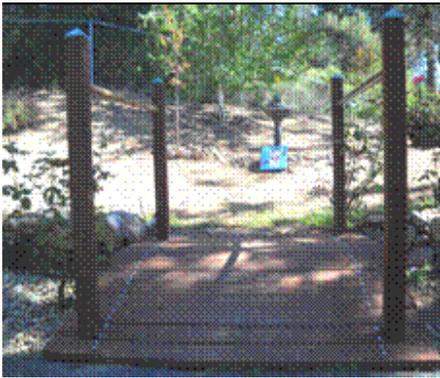
Mystery is you beyond the
sun, magic is your thresh-
ing floor, secrets you have
behind your door, fairies
dance in your glow, light is
upon you once more, shine
on me at dusk in winter
with the smell of roses and
Egyptian musk.

.....Linda

CRESTWOOD IN THE NAPA VALLEY

295 Pine Breeze Dr.
Angwin, CA 94508
Phone: (707)965-2461

GOT RECOVERY!



Join DBT!

Crestwood Center in the Napa Valley

Crestwood Center in the Napa Valley, a mental health rehabilitation center licensed by the California Dept. of Mental Health, delivers treatment and care based on the premise that mental health recovery is not only possible, it is the Goal of our programs. The primary goal of this facility is to focus on stabilizing consumers and initiating their recovery process so that they may quickly move to a less intense level of care and expedite their return to their communities.



GRADITUDE

I'm grateful for.....

- My guardian angel
- Someone looking after me
- Grateful for family
- A picnic
- A walk in the park
- A lot of little things
- Grateful for a roof over my head
- For all the churches
- a nice day •
- Rainy days •
- Swimming •
- Playing games •
- Talking to someone •
- Quiet time •
- A warm home •
- Good food •
- Cool air •
- a good drink •
- Love and understanding •



Charmarie and Patricia created our list of things to be grateful for.....