



Freise Hope House



Crestwood Behavioral Health, Inc.

NAMI Walk



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI Walk in Support of Mental Health

Every year thousands of supporters of the National Alliance on Mental Illness (NAMI) come together to walk in more than 84 cities throughout the United States. The objective of the walk is to raise both funds and awareness for various mental illnesses and to focus on the need for improved treatment facilities for those suffering.

The money that is raised by each chapter of NAMI during their walk goes directly toward providing free resources, support and programs through NAMI to people in need. There is no fee to take part in the NAMI walk; walkers just need to fill in a registration form.

<http://www.exploringlifemysteries.com/nami-walk/>

Crestwood – Freise Hope House staff and guest participate in the walk every year. Guests and staff are able to experience the walk and visit with other facilities in Bakersfield. This gives staff and guests an opportunity to see the other facilities that are in the community and get information that may be helpful to current and future guests of the Freise Hope House. The NAMI walk is always a big success here in Bakersfield and we look forward to participating every year.

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Halloween Arts & Crafts

This time of the year tends to be busy with holidays. It is a very fun time in the year that brings nice warmth to the house. Staff and guest get into the holiday spirit and it spreads like a wild fire throughout the house. Halloween is a great holiday for our guests to decorate the house with their own creations. We start out with pumpkin decorations.



Holidays arts and crafts are a great way for our guest to express themselves. Holidays can be very difficult for our guests. We here at the Freise Hope House like to keep our guests minds and hands busy so they can stay active and stay away from the big feelings holidays may cause for them.

Freise Hope House staff have the guests choose from many different arts and crafts. Our Halloween day is filled with many groups that keep the guests involved and entertained.



Cooking for Wellness with Chef Josh



Homemade Granola

I've been making this recipe for more than 12 years. It's fun to make and is good to do with a group of people. Nutritionally it's packed with complex carbohydrates, and it is also luxurious enough that I've given bags of this granola as a holiday gift. Keep in mind that you can make as much or as little of this as you want, the quantities here simply serve to keep the ratios right.

The Base

1 cup brown sugar

1 cup Margarine or butter

1 cup honey

Place these together in a bowl or oven safe dish. Set the oven to 350 and cook this until the Margarine/butter is melted– maybe 15 minutes. When melted, remove and stir well.

To this mixture add: 8 cups rolled oats, 1 cup shredded coconut

Stir well and transfer to baking sheets (casserole dishes work well for this). Put the baking sheets back in the oven to cook.

Remove them and stir every 5 minutes or so. The granola will be ready when it turns a nice golden brown color, around 30 minutes. Remove the baking sheets of granola from the oven and stir them frequently as they cool to break up clumps. You're looking for little bite size chunks.

The Fun Stuff

Now you can add the flavorful bits– dried fruits work best. You can use any dried fruit you prefer. Some that I like are dried cherries, cranberries, mango, and golden raisins. Stir these into granola base and voila, you're done. Store granola in an air tight container. It'll be good for a few weeks so enjoy.

By Josh Martin



What Are You Thankful For?



I am thankful for having a job.

-Teresa, Shift Coordinator

I am thankful for life's beautiful memories and being able to spend it with the people I love.

-Elizabeth, Peer Support Housing Specialist

I am thankful for life experiences.

-Jarl, Peer Recovery Coach

I am thankful for pizza and the blue sky.

-Arnold, Psych Tech

I am thankful for life.

Devan, Peer Recovery Coach

I am thankful for the opportunity that God has given me to raise four beautiful children.

-Alisha, Peer Recovery Coach

I am thankful for my family.

Flora, Director of Administration Services

I am thankful for having a job that I enjoy.

-Josh, Director of Dietary Services



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We're on the Web!

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