

# CRESTWOOD BAKERSFIELD

Celebrating The Daily Successes

Semi-Annual Newsletter **Spring 2017 Edition**

Volume 5, Issue 1

## WE ARE RECOVERY...



**Welcome to our newest staff members...**Tara Mordis is our new PHF Director of Nursing. Tara gave birth to a beautiful baby boy in April! We welcome both of you to the Crestwood family!

Josh Martin, formerly the Chef at Friese Hope House, is now our Director of Dietary for our Bakersfield campus. Josh has graciously taken on helping at FHH in addition to his new duties here. Welcome Tara and Josh!



### In this issue: We bring to you...

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Just for today, I will turn my face to the sun and bask in its warmth.



### From our Kitchen to Yours...Jambalaya Freise Style

Ingredient List (serving 4 people): It's also easy to make, but takes a few hours to complete. Keep in mind that for this entire recipe you want to use fairly low heat.

- ½ cup butter or margarine
- 1 yellow onion
- ½ stalk celery
- 2 bell pepper
- 1 2-pound can of peeled tomatoes
- A few cloves garlic
- Protein of your choice – I prefer Andouille sausage and Shrimp
- 2 cups white rice
- 4 cups chicken broth

Dice the onion, celery and bell pepper. Melt the butter in a large pot. When the butter is ready add the onion, celery and bell pepper trinity. Sauté for 20 minutes, until onion is translucent. Drain the can of tomatoes and crush them well. Dice your garlic (a food processor or blender helps here). When the trinity is ready add the tomatoes and garlic and sauté for another 15 minutes.

Prepare your seasoning packet: 2.5 TBL paprika, 2 TBL salt, 2 TBL garlic powder, and 1 TBL each of pepper, onion powder, oregano, thyme. Add a dash of Worcestershire sauce and the spices, stir well. Add sausage and let this cook for another 10 minutes.

Add the rice and chicken stock and crank the heat to high until it starts to boil. Turn the heat back down and cover the pot completely – don't want any of the steam escaping. After 20 minutes check the rice. If it's done remove the cover and add the shrimp.

The shrimp will cook very quickly, about 10 minutes. Your dish is ready now, although it can simmer on the stove for as long as you need. Overall the process takes about two hours.

Instead of sausage and shrimp you can use chicken or anything else or omit the protein for a vegetarian option. Garnish with green onions and a pinch of paprika. Jambalaya is also very good reheated the next day. If you keep it refrigerated overnight, the ingredients will have time to meld flavors.

**Rec Department is always busy...**This quarter's focus has been on developing our WRAP (Wellness Recovery Action Plan) in practice program, as this is a vital part of the recovery process and for staying well. Linda Johnson, MHRC Recreation Director, has been creating activities and games for both our staff and clients. She has taken some of our old favorites and turned them into WRAP originals! *WRAP Family Feud*, *Jeopardy*, *Bingo*, *Old Maid*, *Candy Land* and *Sorry* are some of the new games that will be implemented into staff trainings and client activities. Linda said making up these new games has been an amazing experience for her. Linda will be presenting her creations at the WRAP Around the World Conference in Sacramento this June! The Copeland Center is very interested in seeing Linda present. We will support her in her endeavors! **PLAYING WELL KEEPS US WELL!**

"A flower does not think of competing with the flower next to it. It just blooms."



### Community Resiliency Model (CRM) by Trauma Resource Institute

As usual, our corporate office is always looking for new therapeutic approaches to bring to our campuses. The newest evidence informed intervention is being piloted at San Diego, Chula Vista and our Bakersfield campus! Jodi Frisson, Johnny Montalvo, Sarah Wilt and Tina Healy will soon be training our campus in CRM. This intervention was brought to us with the sole intention of focusing on our wellness and learning ways to increase our *resiliency zone* in order to stay well while we do the amazing work we do everyday with our clients! Look forward to seeing it on our training calendar very soon.

### Community Resource Corner:

Adults who are ready to open the door to their future come to the **Bakersfield Adult School (BAS)**. The Mission of BAS is to enrich the lives of students by providing opportunities for achieving personal and professional success. Classes are offered at the main campus, 501 South Mount Vernon Avenue, F Street campus, 2727 F Street, or at community sites in the greater Bakersfield area. Bakersfield Adult School has served our community since 1917. Today, BAS serves nearly 30,000 students that attend both day and evening classes at over 20 locations. BAS is the 8th largest adult school in California. Call 661-835-1855 for more information.



**Dreamcatchers update:** Charlie, Dreamcatcher coordinator, and a Dreamcatcher successfully completed the Peer Employment Training held by Recovery innovations at CFLC. Our Dreamcatcher was one of two people in the class who got 100% of the practical and written final. This Dreamcatcher learned the empowerment model and recovery principles taught in the class and is excited to share with her peers at the Bakersfield campus.

Dreamcatchers planted 20 tomato plants in the garden this season and submitted for county organic garden approval. Special thanks to Dietary Director Josh for contacting county officials and submitting the proper forms. We are hoping to be able to enjoy those tasty tomatoes in the dining room later this year. We also planted, lettuce, jalapenos, grapes, pomegranates, white nectarines and avocados. We planted some flowers to help with the declining bee population. The Dreamcatchers put in a drip watering system to ensure that our plants are healthy and growing. Our koi fish in the serenity garden are getting big and are very active this summer.

I will use my five senses to SELF-SOOTHE away my distress by looking at the beauty around me, smelling the roses, hearing the birds chirp, taste the rain and touch the new life that blooms this Spring!

**And the winner is...**

For the second year in a row, Kyle Mitchell has won the title, and bragging rights, to the annual Basketball competition. Proceeds for this fundraiser benefit the Rec department for all the events they host throughout the year. Congrats Kyle!!



**How does Crestwood Pay it Forward to our community?**

One way Crestwood pays it forward is by hosting workshops at CFLC. We currently host a Zumba class every Tuesday from 3-4pm. Our staff who lead the class are certified Zumba instructors. Our Dietary department hosts a monthly workshop called "In the Kitchen" and is held the 4th Friday of every month at 2pm. Finally, last month we began teaching a DBT Skills class from 11-12pm, the third Monday of every month, where our DBT Consult team members will highlight and coach a DBT skill.

The new CFLC facility is a beautiful facility where all are welcome to attend these classes! CFLC is now located at 2001 28th Street, here in Bakersfield.

**We appreciate our professionals:**

- \* Social Workers Month: March
- \* Administrative Professionals Day: April 26
- \* Nurses Week May 6-12

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Bloom where you are planted

**50 years of nursing!**

Coming this August, Candy Bunes celebrates her 50th year of nursing service! She has helped many humans and cats in that time! Thank you Candy!



**May is Mental Health Awareness Month**

Recovery is...

- "good times, happiness" -PHF client
- "getting better." -MHRC client
- "fantastic! Never ending." - Will, MHRC
- "possible." - Adriana, MHRC
- "never giving up." - Ilham, Bridge
- "family." Maria, front office
- "is a journey." Gina, PHF
- "a light at the end of the tunnel." Rudy, PHF
- "knowing it gets better." Erick & Sarah, PHF
- "The Bridge." Venesta, Bridge
- "getting over the hurts and hang-ups" Bridge client

**Certified HAZMAT Responders:**

Mike Landers and Sherri Jones have completed a decontamination HAZMAT training! They took a two day training for First Response Operations and Decontamination for Healthcare Providers!



Thank you, Jason Morris, for 15 years of service!



**Crestwood Scholarship 2017:**

Full time Crestwood staff are eligible to apply to the Crestwood scholarship program. Submit an application to Rhonda by end of May for June consideration! Upon selection for scholarship, you could get reimbursement toward tuition and other education related expenses. See front office for details and application.

**A little bit of Crestwood Campus life...**



If you would like to see something featured or have questions, feel free to email & share your thoughts: [thealy@cghi.net](mailto:thealy@cghi.net).