

CRESTWOOD BAKERSFIELD

Celebrating The Daily Successes

Semi-Annual Newsletter Winter 2016

Volume 4, Issue 2

WE ARE RECOVERY...



Crestwood welcomes Friese Hope House into our system of care and new administrator, Rebecca Ollivier.

On July 1, Friese Hope House became Crestwood Friese Hope House! Our very own, Becca Ollivier, clinician on the PHF, was promoted to Administrator of the program. In addition, in May, Becca gave birth to a beautiful little baby girl! Congratulations Becca to you and to your family!!

Tis the season to do for others



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From our Kitchen to Yours...

CRANBERRY SAUCE WITH FIGS

This is a savory spin on a Classic Holiday side dish!!!

For Step 1 you will need:

- 1 1/2 cups Merlot
- 12 Dried Figs, cut into 1/4s
- 1-2 TBSP Balsamic Vinegar

Bring Wine to a boil for a good 5 minutes to cook off ALL the alcohol. Remove from heat and add the figs, let soak for about 30 minutes.

For Step 2 you will need:

- 2 TBSP Olive Oil
- 1 TBSP Fresh Grated Ginger
- 1 medium Shallot, Minced
- 1 TBSP minced Jalapeno (optional)
- 3/4 cup Brown Sugar
- 1/2 cup Honey
- 1/2 cup Sugar
- 1/4 cup Orange Juice
- 1 lb. Cranberries

Cook the first 3 ingredients about 3 minutes. Then add the sugars, honey jalapenos & Juice. Mix together then add the Cranberries and cook over medium heat for 5 to 10 minutes, or until the Cranberries have stopped "popping". Remove Figs from soaking liquid (reserve the liquid) and add the Figs to the Cranberries. Cook for an additional 1 minute. Remove from heat, add the vinegar and about half the wine, if desired. Pour into serving dish, cover and chill

Just for today, I will be thankful for the simple gifts of life.

Motivational Interviewing:

Crestwood continues to bring new and exciting training opportunities for our staff. In August, our corporate office provided a Motivational Interviewing 2-day training for interested staff. The training was presented by California Institute for Behavioral Health Solutions in Fairfield, California.

Crestwood PHF, MHRC, and the Bridge successfully completed another year of DHCS audits. The Bridge also completed their CCL audit. Thank you to everyone for doing a great job throughout the year to make these audits a success!



Zumba continues to thrive!!

We congratulate our newest Zumba certified instructor, Will Austin. Will and Maria Gonzales facilitate classes for the Bridge, MHRC and locally at Consumer Family Learning Center once a week. The clients love it and staff participates! Another successful Wellness Initiative.



Rec Department is always busy...

Continuing the motto of *Play Well, Stay Well*, the Rec dept. has been busy! This summer we hosted *Casino High Rollers Club*, we celebrated our 4th Annual MHRC Harvest Carnival and had a *Thankful Gathering* during the Thanksgiving holiday. All of our events include clients and staff participating together as one. We enjoy seeing the excitement and smiles radiating from the client's faces. Stay tuned to see what we come up with next!



Community Resource Corner:

In this issue, we once again feature a valuable Bakersfield resource: Alliance Against Family Violence and Sexual Assault. This agency serves domestic violence and sexual assault victims and their families with individual and group counseling, case management, and other free services. Please call them at 661-322-0931 or go in as a walk in to sign up for services at 1921 F St, 93301. They also host the only local emergency shelter for victims.



Dreamcatchers update: Dreamcatchers is growing rapidly. We have 18 active Dreamcatchers working in housekeeping, thrift store, recreation helpers, gardening, fitness, maintenance, and clerical on site. Offsite our clients are integrating into the community, working for The Honest Plumber, Fred's Barbershop, CALM and Valley Perforated Co. Our Dreamcatchers are breaking down stigma every day and living a life worth living. Two Dreamcatchers are going to college. One is living independently and six are no longer on conservatorship since joining our program. These 6 Dreamcatchers are using public transit to continue working in the program as they transition to community living. Each of the 6 is working in the community as well as providing peer mentoring and running groups on the Bakersfield campus for our clients. One peer is running a spirituality group each week at the MHRC. The Dreamcatchers program is giving our clients meaningful roles and we are excited to see where 2017 will take us!

KEEP CALM
IT'S
NEARLY
CHRISTMAS!



Another Crestwood Success Story:

Kenneth Perkins has officially discharged from our MHRC after 16 years!! He has successfully met his treatment goals and is moving on to his life worth living in a lower level of care.

"Mr. Perkins" is well known and well loved on the units by peers and staff alike. We bid him farewell and good luck as he leaves Crestwood and California to spend time with his family during a well deserved retirement.



NAMI Walk, October 2016

This year, Crestwood Bakersfield exceeded our monetary goal for this year's NAMI walk. We raised over \$1200 to support our local NAMI association. Both clients and staff joined the fun by hosting a booth, entering the T-shirt design competition and walking for the cause.

Contribution from a 5th grade child of a CW staff:

A Friendship Recipe
Created By Brian

Ingredients:

5 gallons of hugs	1/2 pint of respect
5 cups of loyalty	3/4 ounce of nice
10 teaspoon of fun	1/2 quart of likes

Directions:
First pre heat the oven to 350 degrees then put 5 gallons of hugs and add 10 cups of loyalty then put in 1/2 pint of respect and you can't forget to put in 3/4 ounce of nice then cook it for 30 min and then enjoy!

Yields:
2 friends

I will be MINDFUL and present as I engage in each activity I do today in order to be effective and participate fully in each moment!

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@cbhi.net.