



crestwood

touch

winter 2011 | issue 05

in this issue

art therapy

Playing an Important Role
at Crestwood Vallejo **02**

Making a Difference with
Dialectical Behavior Therapy **04**

Providing Meaningful Roles for
Residents at American River
Residential Services **06**

Crestwood Pleasant Hill's Store
Helping Residents to Realize
Their Educational Dreams **08**

Fun-Filled Competition at the
3rd Annual Crestwood Olympics **10**

Yoga Providing Balance
at Crestwood Wellness &
Recovery Center, Redding **11**



Art Therapy Playing an Important Role at Crestwood Vallejo

Residents at the Crestwood Vallejo campus are getting a chance to express themselves through art. For the past two years, Charlie Aquilina has taught art classes twice a week at Crestwood Vallejo's Recovery and Rehabilitation Center program and Crestwood Manor's geriatric program. The classes are designed to provide art enrichment for the residents in a therapeutic environment. Charlie first started teaching art at the facility as a teacher from the Vallejo Adult School, where he teaches computer arts, design and graphics. When the school's contract ended with the facility, Administrator Minda Bunggay asked Charlie to continue teaching art at the facility because it provides such positive therapy benefits for the residents.

Charlie begins the art classes for the geriatric program residents by creating an ambiance with mood music such as jazz, which seems to get the residents in the right frame of mind for drawing. Many of the residents have difficulty expressing themselves verbally; however, with a pencil or marker, they now have an alternative communication mode. The results are often surprising, for example, a rather somber resident portrays an inner world of rainbows, flowers and birds in her drawings. Another resident, who has an advanced academic background, composes drawings entirely of words, sometimes written in German. "My philosophy regarding art lessons is that it is my job to provide the supplies and a peaceful environment so that the residents can bring their own ideas to the table and create whatever they want to," said Charlie.

Charlie's art classes are so popular with the Recovery and Rehabilitation program's residents that they often applaud him when he comes into the room to start the class. "He clearly has a way with our mental health residents, although he will be the first to say he is no art therapist," said Miriam Andrade, Program Director at Crestwood Manor Vallejo. "The fact that teaching art comes so naturally to Charlie is a testament to his openness and flexibility as a person. He has a big heart and the residents can feel it."

Residents' self-esteem is also positively influenced by having their drawings and paintings exhibited on the day room walls and on their own personal bulletin boards in their rooms. "It makes me feel good to see my picture hanging up," said one resident.

Crestwood Vallejo's goal is to improve the quality of life for their residents by providing a variety of activities and therapeutic groups. Charlie's art classes contribute to that goal by helping residents maintain their cognitive level, lifting their self-esteem, and providing a positive outlet for them to express themselves.

Dialectical Behavior Therapy

Making a Difference at Crestwood

It is impossible to describe the feeling of losing a client, a friend or family member to suicide. It rips you apart in unimaginable ways. You mourn the loss of life, the loss of dreams, the loss of hopes and the loss of adventures yet to come. You then spend your days questioning why you didn't see this, what did you miss, and why you couldn't prevent it. This great sense of loss and these deep heartfelt questions led Crestwood staff to look for a solution that would make a difference in preventing suicide. The solution was found in Dialectical Behavior Therapy (DBT), the only evidence-based practice to prevent suicide. DBT is a form of Cognitive Behavior Therapy (CBT), also an evidence-based practice, developed by Marsha M. Linehan Ph.D. at the University of Washington and is used to treat clients with Borderline Personality Disorder.

Crestwood began the four-part DBT training process in early 2009 with trainers Linda Dimeff and Cedar Koons from Behavioral Tech Inc., a company that is associated with Marsha Linehan. The first training session entailed a three-day introduction to DBT. The preparation for the training was to form facility-wide study groups to review the DBT textbook, workbook and a series of articles

on DBT. The second phase of training was a week-long intensive session for approximately 70 Crestwood staff from seven facilities: Bakersfield, Napa Valley, Pleasant Hill, Sacramento, Solano, San Jose and Vallejo. The training was intense and the homework and practice were challenging and inspiring. There was then a six-month period for trainees to learn, train and have experiential practice to start to hone their DBT skills. The third phase of training was another week-long intensive session and focused on presenting case studies and formal practice with direct clinical supervision. After this training session, the next five months included intensive practice, with each facility conducting full DBT which consists of skills training groups, individual therapy and DBT consultation teams, providing case presentations, and collecting outcomes data. In April 2010 the fourth phase of the DBT training concluded with a two-day final and graduation for the trainees.

Crestwood now has seven complete DBT teams in the programs at Bakersfield, Napa Valley, Pleasant Hill, Sacramento, Solano, San Jose and Vallejo. Crestwood clients are learning DBT skills to help them to regulate their emotional responses to situations that have previously led to self-destructive or aggressive behavior. DBT consists of individual weekly therapy sessions with an individual DBT therapist, diary and weekly skills training classes which focus on emotional regulation skills, mindfulness skills, interpersonal effectiveness skills, and distress tolerance skills.

Crestwood is just starting to collect data on the early effectiveness of this treatment and are finding a high-level of adherence to the process at most of the facilities. The relationship between the reduction of restraint and seclusion and DBT is also being analyzed. Patty Blum, Crestwood Vice President, said, "If we can prevent one client from suicide, then Crestwood's investment in DBT has been a success."

American River Residential Services Providing Meaningful Roles for Their Residents



At American River Residential Services (ARRS), they provide residents with community housing and support services in a welcoming and motivating atmosphere, with the goal for each resident to be able to live independently when they graduate from the program. One important part of ARRS' program in helping residents achieve their goal of independent living is Vocational Wellness. Vocational Wellness acknowledges the need for creating meaningful roles through personal satisfaction and enrichment in one's life, which is developed through learning job skills and building on positive activities.

Vocational Wellness at ARRS begins with an assessment, followed by providing residents with assistance in applying for an identification card, obtaining a social security card, and completing paperwork. ARRS' Program Director, Vernon Frayna, initiates the next step in the Vocational

Wellness program by encouraging residents to become a Dreamcatcher. A Dreamcatcher is a resident who, after having gone through the initial process of participating in the Vocational Wellness program, agrees to go through vocational training by working in a part-time job. Oftentimes when residents are first approached about becoming a Dreamcatcher their responses range from, "I can't work because I'm disabled," to "I can't do a job, it's too hard," and even "I receive an SSI check every month and I don't need a job, I'm fine." But with positive encouragement from the staff, these same residents often agree to participate in the Dreamcatchers' program and discover meaningful roles for themselves through the job experience. An example of this is Tamara who says, "I enjoy being a Dreamcatcher. I work three times a week and it's really fun. I have been working for a month now and would like to continue."

Dreamcatchers are assigned rewarding and positive work experiences in various job positions throughout the facility, such as kitchen assistants, housekeeping assistants, maintenance assistants, office assistants, recycling, and groundskeepers. Staff members, working in their respective departments, serve as mentors to the

Dreamcatchers.

The Dreamcatchers' program is very popular at ARRS, with at least half of their residents participating. The program's success is due to the direction and leadership of Administrator Patricia Charles-Heathers and the staff who have worked hard in evolving the culture of the facility to create an inspiring and supported atmosphere for residents.

ARRS' ultimate goal, by providing the resident Dreamcatchers with a simulated working environment within the facility, is that it will eventually help them transition into working in the community prior to graduating from the program. It is extremely rewarding for the staff mentors to see this whole transformation unfold before their eyes. "The experience of working with residents and seeing them succeed is simply amazing and enriching and it all begins with providing residents with meaningful roles," said Vernon.

Many Dreamcatcher residents love the fact that they receive a paycheck with their name on it every two weeks. "I work as an office assistant. My job is very fulfilling and I like working with the staff," said Traci, a Dreamcatcher. "I am excited about my paycheck every two weeks. And I look forward to a rewarding career as a full-time receptionist after I graduate from the program."

Meaningful roles created through learning job skills and working at a job gives the Dreamcatchers a reason to get up in the morning, smile, and keep up with their hygiene and grooming, and associating with others. Vernon observed, "Because they know that people believe in them, that makes them feel good about themselves."

The Dreamcatcher residents are thriving, feel empowered, supported and understood at American River Residential Services by being provided with meaningful roles. Vernon reflected, "One of the best compliments I have ever received from a Dreamcatcher at ARRS was, 'Thank you for letting me do a job and for giving me hope.'"

Crestwood Pleasant Hill

opened the Store in the fall of 2008 as a retail vocational training program that provides snacks, drinks, gently-used clothing and other items for residents to purchase at a low cost. So far more than 25 residents have worked in the Store learning important job skills. Recently one resident was able to get a job in a retail position in the community after working as a cashier in the Store for just a few months.

Crestwood Pleasant Hill's Store Helping Residents to Realize Their Educational Dreams

The Store has also become an important shopping place for residents. Although items are priced as low as possible to fit into the residents' budgets, the Store is so popular that it began making a small profit. Initially, the profit was put into expanding the inventory. But soon the Store reached its capacity for inventory, and had a good variety of items available. The staff realized that they now had to make a decision as to what should be done with the extra profit. One way the profit was first used was to buy a karaoke machine for the residents, but this was a one-time purchase and the staff knew that there must be other beneficial ways to use future profits.

During this time, residents were having an increasingly difficult time accessing educational and vocational services in the community due to the current economic recession. The staff found it frustrating trying to get funding for the residents for these services that are so beneficial to recovery. The local adult education

program used to waive class fees for residents, but could no longer do so due to lack of funding. The bus system used to be free for people who had disabled identification cards during certain hours of the day, but these free rides were discontinued and replaced by reduced fees. The Diablo Valley College EOPS program used to be able to purchase books for the residents who are college students, but budget cuts now made it almost impossible to get into the program. For Crestwood Pleasant Hill's residents, moving forward and realizing their educational and vocational dreams was costing money that their weekly allowances couldn't begin to cover.

The staff realized that this was the perfect solution on how to use the Store's extra profits and set up a scholarship program to assist residents with their vocational and educational costs. The scholarship program is made available to all residents at the Pleasant Hill campus. Residents just have to fill out an application stating their need and report on other efforts they have made to receive money. "I lost my way to get money for transportation to school in Oakland. The Store helps me keep going to school," said one resident about the scholarship program. The scholarship program has been a huge success, granting in 2010 \$1,531 from January 1st to September 30th. The scholarships have covered such things as paying for state ID cards, disabled bus passes, bus tickets, BART tickets, college books and class fees.

"The Store has opened up so many ways to help our residents," said Laurie Schnider, Vocational Coordinator at Crestwood Pleasant Hill. "It provides hands-on retail training, low-cost items for them to purchase and the best is the scholarship program. It has helped so many people and has become so much more successful than I ever anticipated."

As the staff prepares to celebrate the two-year anniversary of the Store's opening, they reflect on its success and the importance it plays in their resident's daily lives by promoting and demonstrating independence and accomplishment.

On September 25th Crestwood Solano hosted the 3rd annual Crestwood Olympics at Dan Foley Park in Vallejo. The event was another huge success with 50 clients participating from the Crestwood facilities of Solano, Sacramento, Vallejo, Pleasant Hill, San Jose, Napa Valley and American River.

Events at the Olympics included the javelin throw, relay races, discus toss and 50-yard dash. Lisa, a resident at Our House who practiced for weeks for the discus toss, said, "I really enjoyed competing, it was exhilarating."

Participants received a certificate to commemorate the day and were also treated to a picnic. Another participant, Steve B., said about the event, "We did well as a team, won lots of medals, and enjoyed the food and excitement of being part of the Crestwood Olympics."

Fun-Filled Competition at the 3rd Annual Crestwood Olympics

Some people may think that to participate in a Yoga class would require a certain physical aptitude, conditioning, and frame of mind. Yet, really the only requirement is being willing and able to stretch the mind and body. Through a structured and repetitive Yoga class routine, clients are learning just that at Crestwood Wellness & Recovery Center in Redding. The Yoga program, which was reinitiated a year ago, offers classes every Tuesday night for any clients who wish to participate. Deanna Voorhees, Wellness Manager at the facility, teaches the Yoga program. Deanna has studied and taught ballet, tap, jazz, modern dance and Yoga for more than 20 years. "Consistency is an important component of recovery," said Deanna. "And when a client consistently attends any group, it speaks to their ability to commit to something and hopefully that will carry over into their community living skills."

Yoga Providing Balance at Crestwood Wellness & Recovery Center in Redding

During the Yoga class, clients are taught to focus on deep breathing, range of motion, balance, and centeredness. The clients learn about their body's potential, rather than limitations. The class also helps clients to increase self-awareness, enhance physical and mental stamina, detoxify the body, find a new social circle, and connect

to their inner spirituality. Studies have shown that controlled breathing, which is an integral part of Yoga, provides relief for depression. Yoga also calms anxiety by reducing heart rate, lowering blood pressure, and easing respiration. Clients report feeling more rested, relaxed, and that they sleep much better. One client, Dan G., commented, "The Yoga class is relaxing and meditative. I feel better and can do it on my own."

The Wellness & Recovery Center's Yoga program has become so popular that there have been requests for an additional class. The program provides clients at the Center with a chance to experience and learn there is much to be gained mentally, physically, and spiritually through Yoga.

Crestwood Behavioral Health

Crestwood Behavioral Health is proud to be California's leading provider of mental health services, assisting thousands of consumers 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 consumers' specific needs, and reinforcing a common set of values that guide our practices and policies.



Crestwood Behavioral Health, Inc.

520 Capitol Mall, Suite 800
Sacramento, CA 95814
(916) 471-CBHI (2244)
crestwoodbehavioralhealth.com

Spotlight

“Crestwood is the only company I know that not only promotes wellness for the consumers we serve, but provides support for our own personal wellness.”

- Jeff Doiron
Pre-Vocational Co-Coordinator, Recovery Consultant
Crestwood Center at Napa Valley