

Albert Pike

"What we do for ourselves dies with us. What we do for others remains and is immortal."

touch

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Choosing Recovery

Recovery is a choice; a person has to choose to be willing to work on their own recovery and actively participate in determining what recovery means to them. Not only is recovery a choice, it is an ongoing choice that is deeply personal and one that a person has to keep choosing every day, even though it may be difficult at times.

IT IS A CHOICE
WORTH MAKING

At Crestwood Center at Napa Valley when a client is not ready to begin their journey of recovery, we let them know that we are here to help them when they decide they are ready. We are able to offer compassion, support and empathy in a non-judgmental manner. We offer a variety of opportunities they can participate in that will hopefully make their choice for recovery easier such as WRAP, DBT, working for Dreamcatchers Empowerment Network, art therapy, and various addiction-based recovery groups. Independent studies are also available for those not comfortable in groups.



Once one of our clients makes the decision to begin their journey of recovery, it then becomes an ongoing choice, a new habit and a new way of life for them. Eventually, choosing recovery for them becomes easier. Recovery may be difficult for so many reasons such as facing uncomfortable thoughts, doing things they may not want to do, and even things they may believe are unnecessary. Sometimes the process of recovery includes not having much power or control over one's own life for a time. So we try to provide our clients with tools, skills and plans they can use to gain empowerment and independence. Sometimes the realization of having to make the choice of recovery for the rest of their lives can be overwhelming, but we always remind them to take it one day at a time. We encourage them by letting them know that when recovery does become a habit, it stops being so daunting.

TO ACHIEVE
A SENSE OF BALANCE
AND FULFILLMENT



The work we do at Crestwood Center at Napa Valley can be frustrating at times because we cannot force a client to work on their recovery, as much as we want it for them. But more often than not, our work is very rewarding when we can help a client with their recovery. We can never give up hope and instead we can hold the hope for the hopeless and support their decisions. We can continue to help others discover their own path on the road to recovery by offering counseling, encouragement, our life experiences and our strengths. Our goal is to let our clients know that recovery is a choice that is worth making, so that they can maximize their life and achieve a sense of balance and fulfillment.

*Contributed by:
Cheri Tugmon, Service Coordinator
Crestwood Center at Napa Valley*



our spiritual path


When a person has no hope, no sense of self, no meaning in life, and when they feel that their purpose on this earth feels nonexistent, their dreams have evaporated and thoughts of tomorrow are too heavy a burden to carry - that person can start to drown in emptiness. It is at this time when they need that path to be opened – the path of connection, the path of light and a path that is uniquely theirs. It becomes the one place or thought that they can hold on to; this is their personal spiritual path. Spirituality is the connection to a greater power, others and self. It is the way to find meaning, hope, comfort and inner peace in life. Many people find spirituality through religion, music, art or a connection with nature, while others find it in their values and principles. At Crestwood Behavioral Health we hold spirituality as one of our core values for recovery.

The path can be dark at times. It can be difficult to find without a companion, a guide or simply someone who believes in you, who sees you and who can by a look, a touch or a word begin to open the door to your spiritual path. The door may be a prayer, a moment of tears, or even a moment of silence. It is a connection with a higher power, with nature, with something or someone greater than ourselves.

The door to your spiritual path may be opened in the simplest and most humble of settings or it may be in a mosque, temple or church. It may be sitting near water or may be by spending time in the outdoors. At times it's in silence or it can be brought on by a beautiful song.

It is the connection to a greater power, others and self. It is the way to find meaning, hope, comfort and inner peace in life.

Each person's spiritual path can be healing, centering, a moment of peace that is filled with acceptance and love. It is often what brings back hope, a sense of self, purpose and a meaning to life. It is and shall always be a core value to what we offer in our services for our clients at Crestwood.



*Contributed by:
Patty Blum, PhD
Crestwood Vice President*

finding meaning through loss

In just two years, three significant team members from Crestwood Eureka passed away—Jennifer Chaffin, Program Director of the MHRC (January 2013); Michael Floyd, Service Coordinator and Mental Health Rehabilitation Specialist of the MHRC (May 2015); and Morrigan Floyd, Admission/Discharge Coordinator (June 2015). All three were very special and well-loved by clients, co-workers and community partners and left this Earth in tragic and sudden ways. They left behind loved ones, dear friends, and the gut-wrenching unanswerable question of “why them?”



Jennifer Chaffin's memory is celebrated with a memorial mosaic and plaque at Crestwood Eureka.



Michael and Morrigan Floyds' memorial mosaic honors their service to Crestwood and the community.

After Jennifer's passing, Crestwood Eureka tried to get back to business with support from Patty Blum, the Home Office staff, and our Crestwood family. There were memorials for Jennifer and a lovely church service, but despite getting back to business, this loss still affected the facility throughout the next year. On the anniversary of Jennifer's passing, we decided to hold another memorial for her. This time we wanted to do something different – to create a mosaic. Greg Parnell, Assistant Program Director of the MHRC, and Cindy Verboon, Director of Recreation, got a concrete stepping stone kit and pieces of colored glass and ceramic to put into a concrete molded stepping stone. We gave all the staff and clients the opportunity to place pieces into the wet cement. An engraved plaque was also created with Jennifer's name. Scott Griswold, Director of Plant Services, helped us to reuse an old concrete ash collector in the staff patio to set the stepping stone in and painted around the newly established memorial stone. After the memorial, all the hurt, sadness and cloudiness that had fogged over the facility finally started to lift and dissipate. By remembering Jennifer in this way, it helped us to remember and appreciate the relationships we have around us right now.

Sadly, earlier this year, Crestwood Eureka once again experienced more loss with the passing of Michael and Morrigan Floyd, an incredible husband and wife team who brought such joy and camaraderie to work each day. Michael

passed away due to advancing cancer and his wife followed him just two weeks later. These sudden losses created a lot of sadness throughout the building, just as powerful as when Jennifer passed away. To deal with this new sadness head-on, so as not to let the facility be fogged over in grief for another year, we decided to hold two memorials for them, with all the rituals we could imagine. We invited staff, clients and community partners to attend. Nanette Dusi, Program Director of Courtyard Community, led drumming circles and also supplied sage for burning and smudging, a cleansing practice from Native American traditions. We put together another stepping stone memorial. We set the tone of the memorial to remember the lives and recovery legacies that Michael and Morrigan left us and to continue the work they both passionately believed in. We all shared funny and touching stories about them, and poems that reminded us of them. Our Bridge House Clinical Head of Service, Elizabeth Olson, held daily check-ins with staff for a whole week as an opportunity for safe emotional release and processing. By having such a variety of rituals and practices, everyone could find the one that meant the most to them to start the healing process. Also important was for the leadership team to radically accept and be sensitive to the fact that staff and clients all needed their own way to grieve. As a result, with all that we put forth as a campus, that fog of despair never fell on us.

In the end, the Universe never answered our question of “why them?” It is, of course, not something for us to know until our own time comes. What we can do, what solace we can find, is that while remembering our departed friends through meaningful rituals, we rediscover the relationships and love that we have around us every day.

Contributed by:
Robert Pitts, Administrator
Crestwood Behavioral Health Center Eureka Campus



ZUMBA'S SPARK IS ENERGIZING CRESTWOOD

One of the biggest challenges for both our clients and staff is finding the time and motivation to get adequate exercise. Greg Parnell, the Director of Education and Assistant Program Director at Crestwood Behavioral Health Center Eureka's campus, has been a licensed Zumba instructor for five years now, and to say he is passionate about Zumba, would be an enormous understatement. He teaches Zumba classes not only for the clients in the Eureka facility, but also in the community at recreation centers and schools.

Zumba was started in the 1990s blending aerobic exercise with infectious Latin dance music. It is now a worldwide phenomenon being done in 180 countries, with more than 15 million students taking classes. What Greg and many others that participate in Zumba have found is that it is an activity that sparks something deep inside your spirit. That spark energizes you, changes your mood, and changes your outlook on life. Not only does Zumba bring about physical changes in you, it brings about mental and spiritual changes as well. Zumba can be a spark that starts with a simple routine of fun exercise, which then progresses into wanting to eat better, feel better, present one's self better, and be more active in the world.

Crestwood has added Zumba to our Mind, Body, and Spirit Initiative. To get Zumba started in our facilities, Greg, along with Margaret McDonald, Crestwood's Director of Nutritional and Wellness Services, wrote a proposal for a Crestwood Zumba Program that has several components and was geared toward both clients and staff. Their first goal was to get one or two staff members at each facility to be trained as Zumba instructors. These staff members can then teach 3 to 5 classes a week for clients and staff at their facilities. The second component was the purchase of Zumba DVDs that could be used to do additional Zumba classes or while trained staff is away. And the third part was to reach out to local Zumba instructors and develop a mutually beneficial relationship with them, in which they would volunteer their time to do Zumba at our facilities, in exchange for directing staff toward their classes in the community. Greg, as Crestwood's in-house Zumba resource, will also travel to the facilities quarterly to reinvigorate the programs and troubleshoot any problems.



Crestwood's newly licensed Zumba instructors.



At the annual Zumba Convention that was held this past August in Orlando, Florida, Greg shared Crestwood's proposal for a Zumba program with Alberto Pearlman, the CEO of Zumba, who then shared it with conference Keynote speaker, actress and singer Ashley Judd, who lives her own recovery story of depression and wellness through Zumba. Ms. Judd and Mr. Pearlman were so fascinated by what Crestwood is doing with Zumba that they both decided they wanted to be involved. Mr. Pearlman graciously offered to train Crestwood staff to become licensed Zumba instructors. In early November, 11 Crestwood facilities, (Angwin, American River, Sacramento, Pleasant Hill, San Jose, Fresno, Bakersfield, Vallejo, Solano, San Diego, and Chula Vista) sent nineteen staff members to Cheryl Louie's Studio Z in Newark, California, where they were trained by Joy Smith, a Zumba Education Specialist, to become licensed Zumba instructors.

Since then, Greg and Margaret have been traveling to our facilities helping our licensed Zumba instructors plan their classes, help with choreography, and incorporate classes into program schedules. "The enthusiasm from staff and clients has been overwhelming, and the support from Administrators has been amazing. It is inspiring to see how many of our clients really get into the classes, the music, the movement, and just losing themselves into the rhythms," said Greg. "There are also stories of amazing transformations of our very quiet and soft-spoken clients who suddenly come alive when the Zumba class starts. They see and feel the energy around them and then want to join in." And then there are also staff members, who after just one of Greg's Zumba visits, are then inspired to want to do more, learn more, and become Zumba instructors themselves.

Greg and Margaret hope to measure the success of the program and the influence of Zumba on our clients and staff in several ways. They have developed a pre-survey to be used before Zumba is offered in the facility and a post-survey after Zumba has been added to the program schedule. These surveys will assess the number of days clients exercise, reported enjoyment of exercise, and reported barriers to exercise, such as feeling self-conscious or not enjoying exercise.

When the Zumba program is fully up and running in our Mental Health Rehabilitation Centers, Psychiatric Health Facilities, Adult Residential Facilities, and Social Rehabilitation facilities, they intend to bring Zumba Gold to our Skilled Nursing Facilities. Zumba Gold is a specialized form of Zumba for older adults. "We believe all of our clients and staff, no matter what age or ability level, will benefit physically, emotionally, and spiritually from participating in such an accessible and inspiring form of exercise," said Margaret. "We also would love to eventually have clients be trained to become Zumba instructors, giving them meaningful roles in the facilities and the potential for employment once they are back in their communities."

Zumba truly provides that amazing spark to energize the mind, body and spirit of those who experience and embrace it in their lives.

*Contributed by:
Margaret M. McDonald, M.S.
Director of Nutritional and Wellness Services
and
Robert Pitts, Campus Administrator
Crestwood Behavioral Health Center Eureka*

The family unit is one of the most important and influential social groups. At some point in each of our lives, we are part of a family. Today we have expanded our definition of family beyond the “nuclear” reference and many people have created their own meaningful definition of family in their own lives.

CRESTWOOD AMERICAN RIVER CAMPUS

Honoring one of Crestwood's Core Values

family

In serving people challenged by mental health issues, Crestwood recognizes how essential family can be to the process of recovery. One of Crestwood's Core Values is Family, which means our company is committed to providing safe, secure and responsive mental health services to the entire family. It is estimated that up to 70% of people living with mental health issues live with a family member.



Jamie and Denise getting ready for a meeting of the American River Family Support Group.

The needs of families for support, education, and information are evident. At Crestwood American River, we seek out and actively engage with the family members of our clients, and have become acutely aware of the stress and conflict they are experiencing. As a result, the American River campus offers a free-of-cost Family Support Group to help families navigate the systems designed to support their family member, provide an outlet for sharing, problem solving and processing of difficult feelings, and creating their own self-care plans.

Our Family Support Group was started in January 2015, and is led by Denise Thompson, MFTI, who is one of the Recovery Service Coordinators at the American River PHF. The group is a psycho-educational community support group and is open to all family members of past and present clients. The group is held bi-weekly without fail and members set the topics. It is a safe, confidential place to share their healing journeys. They share stories, learn coping skills and Dialectical Behavior Therapy (DBT) techniques, while connecting with each other. One member of the group, Jamie, is a key advocate for the creation of the group and has been regularly attending since it first began. When his family member was a client at Crestwood American River he asked for support, he asked for resources, and he volunteered to be a part of helping others in any way possible. “It is difficult to find the right words to describe the excruciating emotional pain created by seeing a loved one secluded in a mental health facility. It is difficult as well to describe the gratitude after finding the desperate relief through the sessions offered by Crestwood,” explained Jamie. “When my family member began in the rehabilitation program at American River, my family and I, at that time, did not have support or knowledge of where to go. All of this was done in order to make things easier for me, and to point us in the direction of the light at the end of the tunnel. Thank you for opening this door of opportunity and healing, which is a great step for me, and for giving me the strength to persist and succeed.”

At Crestwood American River we feel honored to support our clients and their families. We believe by providing support and education to the families and the community, it leads to inclusion and reduces stigma. **This is what living our Crestwood Values is all about.**

Contributed by:
Stacy Small, Clinical Director
Crestwood American River, PHF
and
Nancy Soncrant, Administrator
Crestwood American River Campus



At Crestwood Center San Jose we offer our clients a chance to participate in our pre-vocational training program. This program provides clients the chance to refine their vocational skills by engaging in various tasks and chores throughout the campus. The facility's pre-vocational program recently began incorporating more community outreach efforts as a way to provide assistance to the community, while also helping clients learn valuable skills. This past Veterans Day, six pre-vocational clients, along with two staff members and two Occupational Therapy interns, went to the InnVision Montgomery Street Inn homeless shelter in downtown San Jose to help with cooking and serving a meal to those in need, many of whom are military service veterans.

Serving up Kindness



The Crestwood Center San Jose's pre-vocational team getting ready to prepare and serve a meal at the InnVision Montgomery Street Inn homeless shelter.



The pre-vocational team is all smiles while assembling planners and pens for our Veterans.

“It felt good to serve and to make others happy.”

Upon arrival at the shelter, the Crestwood Center San Jose team immediately got to work. Three clients assisted with barbecuing and food preparation, while others assisted with kitchen clean-up and other duties. The pre-vocational team also did a wonderful job of decorating the shelter the day before to make it a more festive environment. The meal included hot dogs, hamburgers, mashed potatoes and mixed vegetables, along with fruit and iced tea. The team then dished out the hot meal to more than 60 hungry individuals.

After the meal and clean up, planners and pens were given out to those in attendance and they showed their heartfelt gratitude. It was a rewarding day for the pre-vocational team by working together to make a difference. One client said, **“It felt good to serve and to make others happy.”** Another client observed, **“It felt good all-around to help people out.”** The Crestwood Center San Jose pre-vocational program provided a valuable service to those in need on a day where we honor those that served our country. It was a memorable day for all.

Contributed by: Orawin Bennett, Activity Director
Crestwood Center San Jose



Crestwood Behavioral Health, Inc.

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



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spotlight

"I had to trust life and believe
that life loved the person
who dared to live it."

- Maya Angelou



accreditation

Crestwood Behavioral Health Inc. is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), which requires a higher standard of care than the licensing standards in California. Crestwood believes this accreditation demonstrates our unwavering commitment to achieving and maintaining the highest level of care and rehabilitation.

