



Freise Hope House



Crestwood Behavioral Health, Inc.

Employee of the Month for March



Freise Hope House wants to recognize our employee's dedication to the program and people we serve by doing an Employee of the Month recognition. For the month of March, Peer Recovery Coach, Celena Hernandez, was recognized for her awesome attitude and spirit that she brings every day to work. Celena is known to have a good heart and helps animals in the community. With that said, Celena brings that compassionate heart to work every day and helps many of our guests recover from the struggles they are going through. She always has a pleasant smile on her face and gets along well with others.

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Many seek Celena for support because of her positive attitude and because they feel comfortable talking to her. Celena is a great asset to our team and we don't know what we'd do without her. Thank you for all you do Celena and for being such a great team player!



Recovery Outing to Hart Park

Summer is on its way and what a great way to get it started by going on a recovery outing to Hart park.

This is a great way for everyone to get out of the house and enjoy nature. We were able to take a nature walk in the calm serene environment and work on some of our mindfulness skills as we observed to local animals. Along the way we fed some ducks, watched the squirrels and cats, and observed some people fishing in the lake. Another surprise was we were able to find the beautiful peacocks walking around and calling to one another.

It was a beautiful day and everyone really enjoyed themselves, so come on summer so we can continue to do more fun outdoors activities and enhance our recovery by connecting to nature.



Pot Roast



Add ½ cup of water. Cook in a crock pot for 4 -6 hours, or you can also cook it in the oven for 2 hours.

If you'd like, for a side dish you can add a salad or white rice. This meal feeds up to 8-10 people.

Ingredients

- 3Lbs. of Beef, London Broil, Chuck
- 1Lb Potatos, Red or Russet
- ½ Lb of Baby Carrots
- 1 Medium Onion Diced
- 1 Celery Stalk Diced
- 4 Pieces of Whole Peeled Garlic
Cloves Diced
- 2 Teaspoons of Salt
- 2 Teaspoons of Pepper
- 1 Teaspoon of Ground Cumin



Recognizing Social Workers for March

March is Social Work Month and the HOPE House had the great opportunity of honoring all of our shift coordinators for their incredible dedication to the guests we serve. Social workers stand up for people every day, promote social justice, enhance human well-being, and empower people to obtain their goals and dreams. Our shift coordinators are amazing people who provide support, guidance, and advocacy to our guests. They work tirelessly to coordinate needs for our guests and provide leadership on our shifts. Thank you for all your hard work and compassionate care. We appreciate you!

Teresa Moreno, MFT Intern; Frances Cazares, MFT Intern; Andrea Hawk, ASW;

Luis Gamino-Buzo, ASW; Qiana Roberts, MFT Intern; Alicia Aguirre, MFT

Intern; Paola Araiza, ASW; Ramon Audelo, ASW;

Cristina Moreno, MFT Intern.



Employee's Birthdays Celebrated in March

Freise Hope House is family oriented and we treat our employees like family. For the month of March, there were a few birthdays to celebrate. We celebrated with a delicious cake and birthday cheers! The following March birthdays were celebrated:

Flora Millican, Director of Administrative Services, **Alisha Garcia**, Peer Recovery Coach, **Mason Walker**, Peer Recovery Coach, **Paola Araiza**, Shift Coordinator, and **Teresa Moreno**, Shift Coordinator.

Freise Hope House wishes you all a very happy birthday with many more years to come! 😊



We're on the Web!
www.crestwoodbehavioralhealth.com

Crestwood- Freise Hope House

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