



# Freise Hope House



**Crestwood Behavioral Health, Inc.**

## May Mental Health Awareness Month

**May 2017  
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Mental Health Awareness began in 1949. Mental Health America and other partners in the United States have observed it in the month of May since 1949. Many people every year are diagnosed with a mental illness or are treated for one. The statistics show that 9.8 million adults in the U.S. experience a mental illness in a year. Youth aged 13-18 years old, 21.4% have experienced a mental illness in a year.



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Everyone should become educated on mental health because of how many people it affects each year. This way as a nation we can help each other become stronger.

Here are a few quotes from our house guests. These are their thoughts about recovery and some of their stories.

“Freise has helped me because of the classes and helping me gain new coping skills. When I got here, I was shy and introverted, but now it’s flipped around and not as bad. I talk to people more now.”

“The coaches have taught me how to be mindful.”

“I was homeless for almost 3 years and I was put down by family because of my drug use. But I didn’t give up on my substance abuse class. Thanks to West Kern Team and Freise Hope House, I’ve been sober for 7 days. Now I have a home, feels like I have family, great coaches and I feel safe. I also feel grateful to the chefs who are feeding me good.”

# Community Outing to Bakersfield Museum of Art

In one of this month's community builders outing we were able to attend the Bakersfield Museum of Art. This is a great community resource where the first Friday of every month the admittance is free to the public, and is a fantastic way to spend an afternoon.

On this outing, our guests were able to interact with each other as they viewed the artworks of artists Steven Douglas, Marc Trujillo, and Bob Kolbrener.

This is a great way to practice mindfulness techniques and social skills in a relaxing, peaceful environment.



## Meatloaf



Mix all ingredients together. Spray a cooking pan with Pam, put all mixed ingredients in a pan. Then bake at 350 degrees for 1 hour. Serve with a salad, rice, or vegetables of your choice. Enjoy!!!

## Ingredients

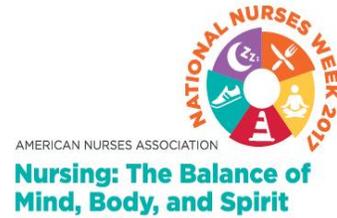
- 5 lbs. of ground beef, or ground turkey
- ½ Cup of diced celery, or diced carrots
- 4 Eggs
- 1 Cup of bread crumbs, or panko breading
- ½ Cup of diced onions
- 1 Tbl. Salt
- 1 Tbl. Pepper
- ½ Cup of beef or vegetable broth



# National Nurses Week May 6-12<sup>th</sup>

## Arnie Garcia, LPT

Arnie has been a part of the Freise team since August 2016 and we are so grateful to have his support. As a Licensed Psychiatric Technician, Arnie, brings a wealth of knowledge and expertise. Arnie helps all of our guests in support of their recovery. Thank you for everything you do, Arnie!



**National  
Nurses  
Week**  
May 6-12



## Employee of the Month for April

Belia Clouser, Peer Recovery Coach has worked for the Freise Hope House for about 3 years now and her dedication and hard work does not go unnoticed. She is diverse and has worked different shifts since she began here 3 years ago. Belia is very detail oriented and likes to be concise when completing her work. She is great on the floor when a crisis arises with deescalating guests and calming them. Belia has good rapport with the guests and empowers them to achieve their goals.

Overall, we thank Belia for all of her hard work and dedication. Thanks for being great with the guests and as well with your team members. Congratulations on receiving the employee of the month award for April.



# Employee's Birthdays Celebrated in April

Freise Hope House would like to celebrate April's birthdays. For the month of April, Freise Hope House had a couple of birthdays. The following birthdays were celebrated: **Celena Hernandez**, Peer Recovery Coach, **Jarl Johnson**, Peer Recovery Coach, and **Qiana Roberts**, Shift Coordinator. Freise Hope House wishes you all a very happy birthday and we hope you had a great day!



We're on the Web!  
[www.crestwoodbehavioralhealth.com](http://www.crestwoodbehavioralhealth.com)

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