



# Freise Hope House



**Crestwood Behavioral Health, Inc.**

## Old Welcomes the New

Freise Hope House has a nice warm welcoming feel to it. People like staying here because of it and many other reasons of course. Throughout the years we've had many staff come and go, but recently we've had some new faces arrive to the house.

The old staff of Freise Hope House would like to welcome the new staff as follows: Interim Administrator Rochelle. Shift Coordinators: Paola and Ramon and Recovery Coaches: Mason, Wes, Takaura, and Holonda and our Psych Tech.: Arnold.

As you can see we have a lot of new staff, but we still have some of the old staff as follows: In House Psychiatrist: Dr. Mendoza. Shift Coordinators: Frances, Teresa, Alicia, Andrea, Qiana, Crystal, and Luis. Recovery Coaches: Heather, Jarl, Annette, Celena, Devan, Jennifer, Belia, and Alisha. Housing Specialist: Elizabeth. Director of Admin. Services: Flora. Dietary Staff: Joshua and Chloe.

We at the Freise Hope House welcome old and new staff to unite and work together in caring for our guests. Freise has been

around for about 5 years, but our journey has just begun with Crestwood Behavioral Health. With our dedication and teamwork anything can be accomplished. Go team! Pictured below are only a few of our staff members.



Chloe

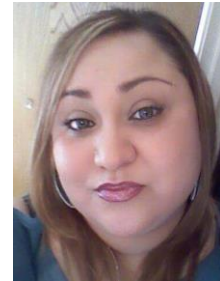
Josh



Crystal



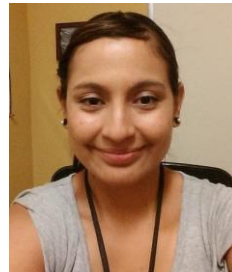
Alicia



Frances



Annette



Elizabeth



Rochelle and Dr. Mendoza



Teresa



Devan



Flora

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## A Trip to CALM

Once a month Freise Hope House Staff make a trip with our guest to CALM (California Living Museum). Freise Hope House staff and guests volunteer their time to help clean the park before it opens for business. Our guests enjoy this trip to CALM very much; some of our guests have never been to CALM. It also gives our guests an opportunity to experience something new. These outings help our guests learn how to contribute to the community and how to volunteer time. For many, it is a great opportunity to relax, enjoy nature and see most of the animals that are housed at CALM.

Our guests love outings and like any outing they get to interact with their peers and socialize with the community. Many enjoy this time as a therapeutic one because they're out in nature, they're outdoors, they're socializing and they're seeing animals. Overall, CALM is a great trip for the guests time and time again.



## New Additions to Our Home



Painting in hallway



TV Room



Painting in hallway



Welcome Room

Freise Hope House has a new look and we can't wait to see what else Crestwood has in store for us.

Recently Freise Hope House went under a major makeover. Crestwood made lots of changes. It all began with our interior design.

We start out with a new color throughout the house. We also have some beautiful new paintings, tiles, and artwork that accent the new color.

We have some new furniture in our TV, Reading/internet café, and welcome room. Our new comfy furniture is an inviting relaxing environment for staff, guests, and visitors.

We have a few more changes coming soon and we are excited about the changes that have already taken place and changes that are soon to come.



Tiles in hallway



Reading Room

# Cooking for Wellness with Chef Josh

## Tomato Soup



If you take the time to throw together a soup yourself you'll find it's surprisingly easy, tastier than anything store-bought, and is a relaxing meditative activity.

Before we get started you'll need some chicken stock, or the base to make it, an onion, some garlic and canned tomatoes. This is easier if you have access to a food processor or blender, but you can also do it the old fashioned way.

Ingredients:

- ½ cup Butter
- ½ cup Flour
- 1 Yellow Onion
- 2 cloves peeled Garlic
- 4 cups Chicken Stock
- 4 cups canned Tomatoes
- Seasonings to preference

### Step One: Roux

In a saucepan add about half a cup of butter over low heat until it melts. While that's happening dice a yellow onion. You can also use shallots here if you prefer a lighter flavor. Sauté the onion in the butter until it's translucent, about 15 minutes. Dice a few cloves of garlic very fine and add those to the onion.

When your onion and garlic seem ready, add half a cup of flour and stir well for a few minutes. This is the base of the soup and will serve as our thickening agent.

### Step Two: Soup

When your roux has cooked a few minutes add the chicken stock about a quarter at a time, stirring constantly.

To prep the tomatoes there's one of two ways we can go. Begin by draining them and drop them into a bowl. If you have a blender, crush them with your hands until they're fairly broken up but not too much as we're going to puree the soup later. If you don't have a blender we need to get them soup-able now, and that means dicing or crushing them as fine as possible until they're more of a paste.

Add the tomatoes to the soup, stir well, and you're nearly done. Let it cook for a while, and if you're on the blender plan you'll be able to use it to grind the soup thinner.

The ratio of roux-to-stock-to-tomatoes that you choose will result in either a thicker or thinner, more tomato-y or less tomato-y soup. I generally prefer a ratio of 1 part roux, 4 part stock, 4 part tomato; but that's me.

### Step Three: Seasoning

We've got a good solid base, now it's time to give it some flavor.

Salt and pepper is obligatory. I prefer thyme to bring out sweetness. Match that with a little bit of brown sugar or cumin for balance and you've got a decent bouquet going. The secret ingredient I like here is curry powder, which adds another layer of flavor beyond the initial sweet the taste buds at the front of your tongue will pounce on.

Don't be afraid to over-season. The soup should be able to handle it.

### Step Four: Other Options

If you want to develop diverse color in the soup you can add vegetables like celery or bell pepper. Garnishing with green onions or parsley can contribute to a nice presentation.

Milk, cream or cheddar cheese can add a desirable texture. If you plan to save and reheat later I recommend against adding dairy as it can curdle during that process.

The same recipe can be used with carrots or other vegetables in place of tomatoes, although you'll need to cook it longer until the carrots are soft. Curry powder shines in this version.

# PET Training Graduation



Over the course of the two weeks of training, we all developed generalized dialectic skills through repeated role playing scenarios that consistently shifted the parameters of our learned skills. The benefits of taking the training extended beyond the explicitly outlined text content, however. Trainees were encouraged to identify our own unique strengths and integrate them into the training material in a manner that allowed for comfort and clarity when discussing mental health challenges. As a result, I feel more competent and enthused in my pursuits in the field of mental health care. The PET training presented me with lessons, observations, and interactions that I continue to use while working for Crestwood Behavioral Health.

By Mason Walker

The PET (Peer Employment Training) course was a wonderful experience that provided me with insight into the plights and successes of others. Course instructor Markov instilled in his students an adaptable and goal-driven structure for dialogue with future clients.



We're on the Web!

[www.crestwoodbehavioralhealth.com](http://www.crestwoodbehavioralhealth.com)

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