

crestwood

touch

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Crestwood Marks its 40th Anniversary with a New Look

2008 is a special year for Crestwood Behavioral Health. Not only is the company expanding its 29 programs, creating stronger partnerships with county representatives, and helping hundreds of Californians move forward with mental health recovery, it is also celebrating its 40th anniversary. It's a notable milestone for a company founded in 1968 around convalescent care, which, over the years, has grown to be California's largest provider of residential mental health services. Under the leadership of President and CEO George Lytal, Crestwood is now nationally recognized as an innovator of mental health wellness and recovery.

As part of the anniversary, Crestwood is re-launching its web site at crestwoodbehavioralhealth.com. Inspired by calming colors and motifs from nature, the web site presents a holistic and dynamic view of the company, from its mission and values, history, recovery philosophy, and career opportunities, to an interactive map of facility locations, and in-depth program descriptions. Most importantly, Crestwood's new web site showcases photographs and real stories from consumers, staff, family members, county partners, and community leaders. These images and words capture the uniquely positive impact Crestwood continues to have on communities throughout California – and they are what the company is most proud of.

In concert with the web site launch, Crestwood has redesigned the Crestwood Touch newsletter, which will be available in print at all facilities, as well as online.

For more information about Crestwood's new look, or the company's other 40th anniversary celebrations, contact Patty Blum, Vice President, at pblum@cbhi.net. ◀



In 2007, Mertice “Gitane” Williams, Crestwood’s Vocational Wellness Educator, mentored a group of consumers from Alameda and Contra Costa counties, and she quickly recognized the need to include more diverse voices in California’s mental health dialogue. To bring these voices in the fold, Gitane focused on integrating storytelling, advocacy and cultural awareness into one educational tool. This vision, and Gitane’s partnership with Dan Fisher, Executive Director National Empowerment Center; and Lindford Gaye, Chairperson of The Mental Health Services Act (MHSA) Oversight and Accountability Committee, gave birth to the Alliance of Diverse Voices Advocating and Nurturing Cultural Empowerment (ADVANCE).

advancing all voices in mental health

Today, ADVANCE is a budding national movement dedicated to establishing cross-cultural learning environments which empowers individuals to connect and honor their shared humanities. The four primary tenets include: **1)** Learning to advocate and educate others from your cultural wisdom and experiences instead of being perceived as victim. **2)** Learning to identify and bridge the inter-generational misconceptions from cultural trauma in order to bring about empowerment with wisdom and compassion. **3)** Establishing new perspectives and compassion about our stories, embracing our cultural awareness, and ourselves and use our recovery with self-help so we can begin to have a shared understanding. **4)** By valuing our wisdom of self, and respecting our communities, we can raise awareness and reduce the stigma of our core issues in the public arena.

Crestwood is piloting ADVANCE in the Sacramento region and the company has taken the lead in developing programs and supporting consumer-provider materials. For Gitane, the beauty is that Crestwood “has taken a national platform and will integrate it locally as a vehicle for teaching people to advocate and talk about recovery”. Watch for ADVANCE programming in your area in 2008. <

**Dr. Gordon Giles
Supports U.S. Armed
Service Members**

Armed Services personnel are exposed to blast related Traumatic Brain Injury (TBI) from improvised explosive devices. In fact, sixty percent of all injured service people

returning from Iraq for treatment have had a TBI and forty percent of all front line service people have been exposed to blast TBI. Dr. Gordon Muir Giles of the Idylwood Care Center was recently invited to Washington, DC to assist in the selection of innovative research programs to be funded by the United States Department of Defense. Based on his research in TBI, Dr. Giles was invited to be on the scientific panel involved in deciding which of 36 multidisciplinary research consortium proposals were to be funded. The panel was international and included members of Walter Reed and premier national research institutions. The monies to be awarded are part of a congressionally-mandated research program and total \$150 million in 2008. <

“Got Recovery?”

Nothing is more central to Crestwood Behavioral Health’s mission than fostering mental health wellness and recovery. To reaffirm the company’s commitment, Crestwood hosted an annual Wellness and Recovery Seminar, and on April 23 of this year, more than 180 people attended the inspiring event in Sacramento. Participants ranged from Crestwood staff from the company’s facilities, county representatives from across California, members of the State Department of Mental Health

Licensing and Certification board, as well as pharmaceutical representatives. Patty Blum, Crestwood’s Vice President, reflected on the event’s success: “The seminar was an incredible day and I have seen the powerful results. There is now a greater dialogue between Crestwood and county representatives on recovery, a growth of vocational programs at numerous facilities, and an even more firm resolve to help make wellness and recovery a reality for all of our consumers. The seminar was even better than I could have imagined.”

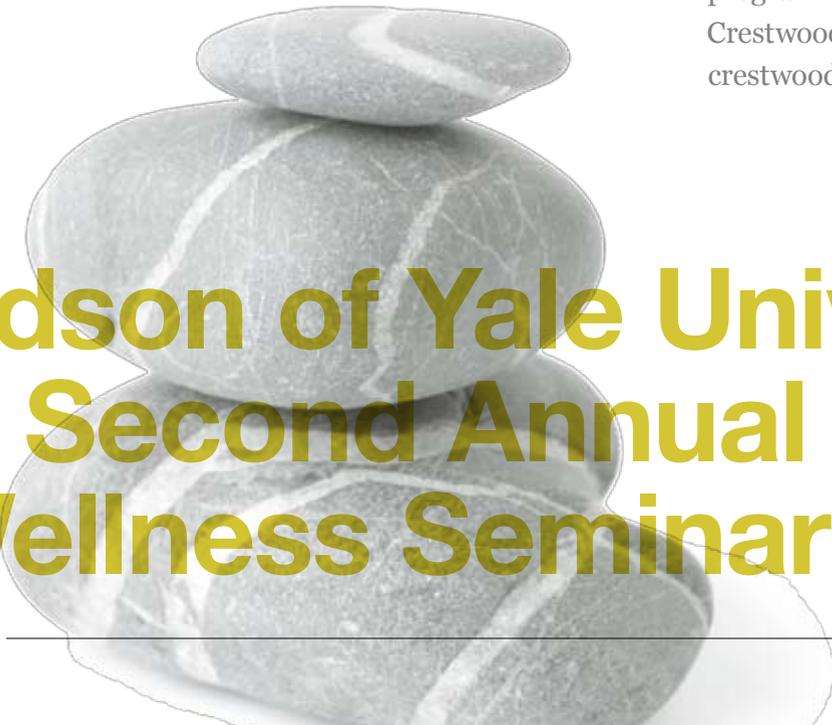
George Lytal, President & CEO of Crestwood Behavioral Health, opened the day with a powerful, ancient Sanskrit exercise bringing the participants together around the shared vision for mental health wellness and recovery. Then, Mr. Lytal introduced the seminar’s keynote speaker, Dr. Larry Davidson, an Associate Professor of Psychology in the Department of Psychiatry at Yale University, who is dedicated to exploring how membership in society impacts the degree of recovery in psychiatric and substance use disorders. Dr. Davidson reflected on Crestwood’s core values – hope, meaningful roles, empowerment, and spirituality – and how research has demonstrated that they have a significant, positive impact on recovery.

Further, he discussed how crucial it is for individuals facing mental health issues to engage in work to solidify the recovery process and highlighted the programs and accomplishments of the Dreamcatchers Empowerment Network. Dr. Davidson also mused on colorful bracelets and pens made for the seminar, which featured the words “Got recovery?” and “Crestwood”, showing his delight at how committed the company is to raising the visibility of mental health recovery.

For Travis Curran, Program Director for Neighborhood of Dreams in Solano, Dr. Davidson’s words were an important affirmation: “It’s inspiring to see that what we have been doing through Neighborhood of Dreams has been shown to make a difference.” Carleton Gillenwater, Director of Dietary Services of Crestwood Behavioral Health Center in Solano was moved by Dr. Davidson’s resolve for helping consumers live independent lives. “He was informative, inspirational, and motivating, and it was energizing to hear the key role independence plays in recovery.”

The Wellness and Recovery Seminar also featured exhibits from Crestwood’s facilities, showcasing various programs for empowering consumers. Displays ranged from food and nutrition, to arts and crafts, and aroma therapy. At the end of the seminar, Lynn Gurko, Crestwood’s Director of Recovery Services, moderated a panel of individuals telling their own, powerful stories of recovery. They discussed what helped and gave them hope during the process, how important it is to be surrounded by people who believe in you, and the integral role spirituality plays in recovery.

The seminar was organized by Crestwood’s Wellness & Recovery Taskforce, an interdisciplinary group formed in 2005 that meets regularly to discuss current recovery learnings and how they can be effectively integrated into Crestwood’s programming. For more information on Crestwood’s commitment on recovery, go to crestwoodbehavioralhealth.com/recovery. ◀



Dr. Larry Davidson of Yale University Keynotes The Second Annual Crestwood Recovery & Wellness Seminar

CRESTWOOD OPENS ITS FIRST PSYCHIATRIC HEALTH FACILITY (PHF)

Laura Collins and the Crestwood Bakersfield staff opened the company's first Psychiatric Health Facility (PHF) on April 21. It provides acute mental health services to individuals addressing situational crises, and, in the first two weeks of operation alone, it served more than 65 clients. Crestwood looks ahead to opening additional PHFs, as they are key features in the spectrum of care the company provides to communities across California. ◀



United Way of the Bay Area has announced a grant to support the Dreamcatchers Empowerment Network, a nonprofit, affiliate organization of Crestwood. The grant will fund a pilot employment training program creating safe spaces and healthy lifestyle options for ten emotionally-disabled youth over a 12-month program. Participants will benefit from paid training and employment experiences arranged

by the Disabilities Program of Solano Community College; counseling from Dreamcatchers staff; paid work experiences from the Dollar Store and Solano Community College Greenhouse; and a Wellness and Recovery Action Plan class focused on peer support. At the conclusion of the program, participants will be gainfully employed with a part-time position and receive a certificate of completion.

“It is our privilege to partner with your organization,” says Anne Wilson, Chief Executive Officer of United Way of the Bay Area. Patty Blum, a board member of Dreamcatchers and Vice President at Crest-

wood echoes the sentiments. “Dreamcatchers is thrilled for United Way of the Bay Area’s support of our pre-vocational programs for emancipating foster and transitional-aged youth facing emotional disability. With their generous assistance, we will empower these youth with the tools they need for recovery.” Watch for news of the grant’s impact in future editions of Crestwood Touch. ◀

Dreamcatchers Receives Grant from United Way of the Bay Area

The spirit of Crestwood's staff, consumers, and friends can be seen in Crestwood's newly redesigned website at www.crestwoodbehavioralhealth.com, thanks to vibrant photographs taken over the past year by Patrik Argast, a professional photographer from Northern California. So far, Patrik and his team have conducted photo sessions at Pleasant Hill, San Jose, Idylwood, Vacaville, Solano, Sacramento and Carmichael, and they are committed to visiting all of Crestwood's facilities in the months ahead.



The photo sessions have been a lively, engaging time for everyone involved. Staff and residents may appear shy at first, but after careful coaching from Argast, everyone's excitement to model for a camera is revealed. Dancing, singing, and hugs certainly occur. It has been a unique opportunity for facilities to come together and smile – and demonstrate the positive energy that is the foundation of Crestwood's programs.

Argast and his team also spend time walking the grounds of the facilities, capturing images of the natural surroundings or buildings that make each environment unique, such as a flower patch in Carmichael and the Recovery mural at Angwin. An engaging cooking class at Idylwood, led by Rachel Wilson, the Culinary Therapist, provided a chance for fun photographs of residents chopping vegetables and preparing an evening meal. Enjoy Patrik's photographs throughout Crestwood's website, upcoming Crestwood Touch newsletters, and other company marketing materials, and watch for new photo sessions at facilities in your area coming soon! ◀

Capturing the Spirit of Crestwood



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

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

Spotlight

“I’ve worked here for over 33 years and its been my pleasure to help hundreds of clients on their way to recovery. I love it.”

- Lynn Rubin, Director of Admissions
Crestwood Center, San Jose

