



THE



COMPASS

GIVING DIRECTION  
TO RECOVERY

JAN. 2011

Happy New Year

WELLNESS & RECOVERY

“What do we need to have to be successful off conservatorship?”

“There are three things you need to know or have to get off conservatorship. The first thing you need to have is a place to live. The second thing is to have meds to take and take them when you leave. The last thing you need to

have is food and clothing. If you can work this out then your home free.”.....Alex

“To get off conservatorship you definitely have to know your responsibilities, such as taking your meds, taking care of domestic responsibilities such as cooking, washing your clothes, paying the bills etc.... You have to be

consistent and stay out of the system. Keep track of Doctor appointments and not be in a cycle which results in relapse. Stay healthy, keep busy, better yourself, go back to school, get a job, do some hobbies and fill in your life. Love yourself and stay positive so you can never be on conservatorship again.”.....Shearse

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SPECIAL POINTS OF INTEREST:

- *Wellness & Recovery*
- *Celebrate Recovery*
- *Shared Stories*
- *New Year edition*
- *Stories of Inspiration*
- *Spirituality*

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STORIES OF LIFE

What it's like to be me?

“To be me is to have an ongoing battle to get out of the hospital. I do many drawings a day to try to impress the people that work here. I also attend many

groups a day. At the end of each week I have about 23 hrs of group. My conservator may have me out of here soon.”.....Michael

“With many talents I can dance, sing and I'm cont on page 3

## Stories of Life cont..

“Proof that I can clothe myself. Proof that I can feed myself. Proof that I can maintain myself on medications. Proof that I can maintain shelter for myself. Proof that I can provide shelter for myself and keep all appointments for your SSI, SSA, GA, VA etc...” .....Paul

“To get off conservatorship you need to learn not to be a harm to yourself or others. You need to not be suicidal, use drugs or get in fights. You need to not drink alcohol. You can have a bad temper, but not let them make you do something stupid like harm another person or property.” .....Michael

“A place to live, a lawyer and someone to look out for you. Stay out of trouble, take meds and see your doctor. Stay away from street drugs.” ....Andrew

“Call conservator, I’ve got her phone number in my purse. Go to court and ask conservator if I have been on conservatorship long enough to get off of it. I have to be on my best behavior and look good and participate in groups and be friendly around her and be good to the patients and the staff. Get a good reputation around here, but I don’t want to leave. Can I get off conservatorship and stay here?” .....Diane

“How to take meds. To have once a week therapy. To keep my friend Maureen, it’s therapy. I call her often.” .....Susan

“I think about being homeless when I didn't have anything. I came to Crestwood and I had everything I need. I can’t ever get anybody to take me on a shopping trip. I never told my case worker and now I can’t even get anybody to walk across the way. I think I’m using people but everybody thinks they are using me. If I want to I can provide everything I need, I have enough friends at the front desk, but nobody is bothering with it. I know you think I’m wearing the same old clothes but I can do better. I’m not thinking about these people because they listen to old age. I know what I know and the things I don’t know maybe I don’t need.” .....Joyce

# PICTURE OF THE MONTH



Flags of the World by.....Dennis

### Got a New Years Resolution ?

“Loose all my weight. Be discharged from here and go home. Go back to college in Antioch.”.....Guillermo

“I plan to do everything I know is right. All the things I’ve ever “heard” is right. To turn over a new leaf.”.....Dennis

“What I plan to do is to achieve my goals.”.....Joyce

## STORIES OF LIFE CONT...

very sensitive, yet confident. The down side of my personality is that I ruminate and I think about myself a lot. I got diagnosed with mental illness at age 12. It was a real struggle for me and more for my family. I’m really impulsive and I

do things on a whim. I’ve learned different aspects about myself.”.....Shearse

“To be me is not an experience easily worded. I am mostly just confused and wandering mentally at least. I approach each day with an

open heart and honest expectations. I have learned enough to keep myself safe for the most part though I still do a lot of stupid things and make poor choices. I do this practically by habit as a way to force myself to learn more about this wonderful life.”.....Jasper



## CRESTWOOD IN THE NAPA VALLEY

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GOT RECOVERY!



Bridge to recovery

### Crestwood Center in the Napa Valley

Crestwood Center in the Napa Valley, a mental health rehabilitation center licensed by the California Dept. of Mental Health, delivers treatment and care based on the premise that mental health recovery is not only possible, it is the Goal of our programs. The primary goal of this facility is to focus on stabilizing consumers and initiating their recovery process so that they may quickly move to a less intense level of care and expedite their return to their communities.



## SPIRITUALITY

“It’s only what you believe will happen and therefore do next that will release God’s power for you and bring about a life change”

“Lord, keep me safe from the pain and grief that sin brings. For the dangers that I can’t see, or the ones that I think I can risk because of

my experience (pride and carelessness), put up a supernatural barrier. Protect me, Father, by your power!”

“The most effective war against sin is to pray that we will not have to fight”

“You could call

God’s hand on you “the touch of Greatness.” You do not become great; He becomes great through you.”

“O God and King, please expand my opportunities and my impact in such a way that I touch more lives for your glory. Let me do more for you! “