



THE



COMPASS

GIVING DIRECTION TO RECOVERY

AUG. 2011

WELLNESS & RECOVERY

“What I like about myself”

“I like that I am creative. A concerned mother. Have faith in God. Have self respect. I like that I am persistent. I like my blonde hair and blue eyes. I like to be able to make jewelry.”.....Marina

“Don’t be a rascal or a superman. Keep your

humility. I like being human. I like myself for my achievements such as buying my own property with hard earned money, building a house on it and mastering my car. I feel I’m making progress and I like myself for that. I consider myself to be a man to be a man of principals, honesty and integrity.

The most important thing is to fear the lord and keep its commandments. I like myself because my wife loved me.”.....Nathan

“I like my health. I like being an athlete. I like my intelligence mathematically . I like how I feel when I am stable. I enjoy new faces and humorous conversations.”.....Chris B.

SPECIAL POINTS OF INTEREST:

- *Wellness & Recovery*
- *Stories of Life*
- *Pic of the Month*
- *Poetry Corner*
- *Spirituality*
- *New Dreamcatchers*

STORIES OF LIFE

“My favorite summer experience was at an art gallery called Pioneer Art Gallery that showed two of my paintings. There was a party going on on the entire street that was next to the gallery. They were serving wine and champagne. The paintings I showed one Marilyn Monroe and

another of Victorian women. It was very fun.”.....Michael
“I didn't do that well in college. All my life, until then, I did well at everything. But my college was beautiful, right near Haight St. and Golden Gate Park. I woke up one morning with a simple (cont.....)

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Stories of Life cont..

(cont) thought: I don't have to do anything, at least not because it's just "what need to be done. I ran around with homeless kids, experimented with drugs, played with my clothes and hair like every day was a piece of performing art. That may have been the only time I earned not just admiration, but love from friends and strangers alike. The doctors like to call it a manic episode. I think that if I only had remembered to eat and sleep a little which I never did as a young depressed over achiever. It would have been more or less just becoming normal.".....Sara

"I feel that what is misunderstood is my continuing love for people I met when I was on the streets moving between hotel rooms, grateful for everything I had (which was not much) and aided by a few people who made it their business to make sure I was alright. I feel their role in my life is misunderstood. We had our fights but largely my feelings are of love and gratitude."Kat

"I think others misunderstand me because I scream from voices that are tormenting me and they think I'm losing my temper at them. They ask me if I'm yelling at them and I say no, but they originally predicted I was yelling at them. I assume others in this facility might think the same thing. I hope someday I can announce at morning meeting that I'm not yelling at anyone that stays here.".....Michael

"The thing about myself that people don't understand is my family, at least my relatives don't understand why I'm here. I haven't completely lost it. It seems obvious that they don't want to talk to me because they see me as a person that's lost their marbles.".....Lucas

"I think about myself and an ex-user of meth and other drugs that I no longer use. For years how people have been getting me confused with someone else– someone who takes drugs and gets violent and crazy; that is not me or my attitude in life. I wish it was different– a realistic view on my life.".....Jimmy

"The happiest time I've ever had in my life was going to Disneyland with my parents. My favorite part was Fantasy Land. I also like Space Mountain and the Indiana Jones ride. The bumper cars were really fun as well. We stayed at a hotel close by and we took vans to where we wanted to go. I think I was about 14 or 15.".....Michael

"I never did much during the summer. The heat would make me sick & lazy. I lost interest in swimming for a while after a grueling 2 years on the local swim team. I used to go to the beach and boogie board until people started getting attacked there by sharks. One summer during high school some friends and I took a course at a local college in social psychology. They would pick me up each day and we drive over to the campus. We all went our separate directions after the summer.".....Kat

ARTIST OF THE MONTH

Recovery
Poster



“I don’t *have* to do anything.” At least not because it was “just what *needs* to be done.” I ran around with homeless kids, experimented with drugs, played with my clothes and hair like every day was a piece of performance art. That may have been the only time I earned not just admiration, but *love*, from my friends (and strangers alike). The doctors like to call it a manic episode. I think that if I only had remembered to eat and sleep a little (which I never did as a you depressed over achiever), it would have been more or less just becoming normal.”.....Sara M.

“The best time in my life was being emotionally happy in Elementary School. At recess, how I caught a football and ran to the goal line. I ran like a team player and ran towards the goal line. Two people attempted to block me but I made it. The sports game was called “two-handed touch football.” Another best time in my life was when I got my first dog named “Mudge.” He was smart and showed himself as a leader and a guard. He likes being tickled and never bit anyone, even when you pinch him. I also got two other dogs and he lead them in guarding the house. My other best time that made me happy that was going to Hawaii. I never seen my cousins since I was eight years old. We drove parts on the island and had barbeque and party nights with all relatives: cousins, uncles, aunts and friends. Right now I’m recovering from being hurtful to myself and taking and putting myself on the right medicine and dosage. The place that makes me happy is the theme park and movie theater.”.....Ryan

POETRY CORNER

Let me tell you something
Let me say it to you
straight
You can appeal the deci-
sion
Just go see the magistrate
Me, I’ll probably be here
A year or two from now

But you’ll get out and this is
how:
By getting a court date
I’ve been so glad to know ya
Just make sure, that you show
up
Cause they’ll issue bench war-
rants for ya\

If you turn up too
late.”.....Kat



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

“Lord make me an instrument of your peace. Where there is hatred let me see love, where there is injury, pardon, where there is doubt, earth despair, hope, darkness, light, sadness, joy, Oh divine master, grant that so much, seek to be consoled, as to console, to be loved as to love, to be understood, as to understand. For it is in giving that we receive pardoning, pardoned an dying,

born to eternal life.”.....Nathan
“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity: It can turn a meal into a feast, a chouse into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today; and creates a vision for tomorrow.”.....

“Gratitude helps you grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”.....

“Let’s choose today to quench our thirst for the “good life” we think others lead my acknowledging the good that already exists in our own lives. We can then offer the Universe the gift of our grateful hearts.”.....