



THE



COMPASS

GIVING DIRECTION TO RECOVERY

DEC. 2010

Happy Holidays

WELLNESS & RECOVERY

“What assistance or support might you need to help you stay med compliant and off street drugs?”

“The type of assistance that I might need would be self-motivation and freedom to get a job and a life. I need a change of scenery and a taste of the past in the present. Unfortunately

things that I were exposed to were at a young age. Nothing seriously addicting but extremely damaging. It’s only a matter of time that is crucial. I need to be less bored and winged off meds. That’s it!”.....Jeanette

“The support that I would need would be family support. Its their support that

Keeps me grounded. Only family knows what's best. They seen me through my ups and downs and my mishaps. My family goes through whatever I go through. I trust them and they warn me whenever I go off my medication.”.....Sharease

“I would talk to people in my board and care and family members. Also talk to my doctor.”.....Alisha

SPECIAL POINTS OF INTEREST:

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

INSIDE THIS ISSUE:

CHRISTMAS ISSUE	1
CELEBRATE	1
POETRY	3
STORIES OF LIFE	3
PIC OF MONTH	4
SPIRITUALITY	4
GOT RECOVERY	4

STORIES OF LIFE

“I need a stable case manager who will call me at least once every two weeks and that I keep my contract and talk to family. Concentrate on productive habits that I have planned for my self such as exercising,

model making and editing movies. I don’t go back to old habits such as cutting contact with case mgr. and family and choose to work through my illness (polysubstance) that has ruled my life for 30years. John

### Stories of Life cont..

“I will need to go to a psychiatrists to get medication that he or her thinks I need and prn’s also. I’ll need a monthly appointment and maybe need a therapists to help me get adjusted to being out of an institution. I’ll go to the support groups and the goal setting groups and the activity groups and play pool, cards, go to movies and go bowling and out for pizza. I’ll go to the groups for recovering alcohol and drug attacks. I’ll go to the women’s group and women’s depression group. I’ll get my bus pass monthly and my Social Security card and my ID and my medi-cal card. At home I will party with my ol’ man a little. I will shop and go eat and do house work and yard work and run the vacuum in the house and van.”.....Diane

“I recently spoke to my lawyer about the legal plan regarding my case of conservatorship. The idea of being housed in an apartment was introduced as part of my discharge plan to transition out of my current psychiatric hospitalization. I went through the same plan before in Yolo county about 2 1/2 years ago and was able to comply with their Mental Health program as a means to keep from being homeless and using street drugs. I use alcohol as permitted or affordable as I think I benefit from relief from PTSD when I self medicate in this way. The reason I slipped out of the last program was a deteriorating relationship and this time I wouldn't necessarily have that added influence. Getting along with my family and having personal property, boundaries respected also having a weighing influence on my outside success. After a few months in transitional housing I was told I would be able to contest my conservatorship, most likely with compliance with refraining from illicit drug use. Easy enough, I suppose.”.....Jasper

“I am able to take care of myself and not walk around with my mind so far away and not aware of what’s up. Just be my self and ignore stupidity and foul language because that’s not the way I grew up. With knowledge and understanding every move I would make. When I am sitting around doing nothing there is lots of things in my mind that make me feel more or less of a human. But I have everything a sensible person needs, who has everything top keep comfortable.”.....Joyce

## PICTURE OF THE MONTH



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 house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.....Happy holidays

## THE SIMPLE ABUNDANCE OF GRATITUDE

“Just to be is a blessing. Just to live is holy”

“Gratitude is our most direct line to God and the angels. If we take the time, not matter how crazy and troubled we feel, we can find something to be thankful for. The more we seek

gratitude, the more reasons the angels will give us for gratitude and joy to exist in our lives.”

“ Let’s choose today to quench our thirst for the “good life” we think others lead by acknowledging the

good that already exists in our own lives. We can then offer the Universe the gift of our grateful hearts.”

Love wholeheartedly, be surprised, give thanks and praise—You will discover the fullness of your life.



## CRESTWOOD IN THE NAPA VALLEY

295 Pine Breeze Dr.  
Angwin, CA 94508  
Phone: (707)965-2461

---

MERRY CHRISTMAS

---



### 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

### The Jabez Prayer

And Jabez called on the God of Israel saying,

“Oh, that you would bless me indeed, and enlarge my territory, that your hand would be with me, and that you would keep me from evil, that I may not cause pain!”

So God granted him what he requested.

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

“The only thing that can break the cycle of abundant living is sin. Sin breaks the flow of God’s power.”.....

“Father, it is your profound an immovable purpose that your Holy Spirit be here—is here now in our midst—moving already through the rows of gathering men. You have come here to work in a supernatural dimension that even we can barely comprehend, but which we earnestly anticipate. And at your name, Lord

Jesus, every other power on earth must bow or flee.”.....

“Lord, keep me safe from temptations that pull at my emotions and my physical needs, that call out to my sense of what I deserve, what I have the “right” to feel and enjoy. Because you are the true source of all that is really life, direct my steps away from all that is not of you.”.....