



THE



COMPASS

GIVING DIRECTION TO RECOVERY

JUNE. 2011

WELLNESS & RECOVERY

Where do you want to be a year from now?

“I want to be living on my own after having completed a year at Reed College. I will have the support of Portland ILP in obtaining and paying for housing. Maybe I will live with my best friend Sasha. I will be on my summer break. I will either have a job

or be working on getting one. I will be preparing for my junior year of college and I will not be in California.”.....Connor
“A year from now I want to be in the community. I want to have my drivers license but the court doesn't want me to drive and have a license. I want to work to have a little money.

I want to go to church because I am Christian and I believe in god.”.....Tou
“A year from now I hope to be going to school part time, maybe a job. I'd like to be hanging out with people that care about me and spend more time outside.”Kat
“Years from now I want to be working in a clothing store....Alisha

SPECIAL POINTS OF INTEREST:

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

STORIES OF LIFE

“Where would I like to be a year from now is getting a GED and a stable job. Off SSI and on a medical plan like Kaiser for my meds. Living and making steps towards a self supported life. First step is getting my drivers license and getting over my phobia of cars and speeding.”.Jimmy

“I would just stay here and follow the program until discharge. I would work on home visits and outdoor recreation. Stay with family, do my deals and play my role in doing what I had to do in the past.”.....Ryan

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Stories of Life cont..

“How has your time changed you.”

I am even more of a scholar, and I’m not so focused on getting \$5 to spend on whatever I want on the street. I’ve decided not to use me feet, by kicking people. Instead I’m treating everyone as equals. I read John Muir. He got me not as focused on what I see in, but rather on the trees around me. I’ve learned how to achieve inner peace, by reading and behaving, so I can go back to Reed. I want not to follow but to lead others into obtaining knowledge. I don’t want to jump off a ledge. I’m proud to be me, so I’m shooting for the stars, not searching for love out on the pavement, but rather feeling lucky my life went the direction that it has, cuz my mom and my boyfriend don’t think I’m a bad person for being jjjjjjjjj. They help me not feel so much rage and fear caused by !!!! in the past, cuz what happened in the last month before I got to Crestwood it doesn't matter these days. What matters is that I keep my anger at bay and learn how to cope, while maintaining hope. That one day I’ll be as happy as can be because I’ll finally be free to go to Reed.”.....Connor

“I’ve gotten a year and a half older since I’ve been on the new medication Clozaril. I’ve not heard the overwhelming voices (audio hallucinations). The clozaril has some side effects, like loss of memory. I’m much happier since I’ve been at Crestwood, due to being allowed to smoke tobacco. When I first got here, I was allowed to go on outings, but only for a few months. I haven't been allowed to go an outing for over a year, so I feel a little cooped in. I should be able to go on outings since I’m LPS conserved, but the DR thinks I’m on a Murphy’s conservatorship. When I first went on outings, I wasn’t any trouble. Being on LPS means I’m not a danger to myself or others.....Nathan

“I don't even want to think about the days. Maybe it’s one of those money back guarantees; yes you will awake and eat a meal or two and be granted a few more for the living. Oh another day. Well maybe I just wont feel a part of it. Maybe I’ll just stay in bed and whisper softly to myself until I find something better, “Tomorrow is another day”.....Kat

PICTURES OF THE GARDEN PROJECT



POETRY CORNER

OH GOD

Oh God as I praise you
 I looked out the window
 And saw you shining down
 on me through the trees,
 Such a bright heavenly light.
 This morning you are with
 me that's what pleases me.

Oh God how I worship thee and
 I love when you reveal yourself to
 me and now I see the flowers of
 the air flying through your awe-
 some sky that you have made
 them fly.
 The sparrows the blue jays and a
 eagle to.

Oh God you have shown me
 that I am precious too.
 Oh God my soul ,
 Lord how I love you
Marni



CRESTWOOD IN THE NAPA VALLEY

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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.

GOT RECOVERY!



Bridge to recovery



SPIRITUALITY

“There is no greater friend or protector than God almighty. I have prayed for God to watch over me, to keep me safe and to carry me. There is only one dusty set of footprints on the concrete or on the floor. I will be okay: God will help me.....Linda

“Revive me Lord, my rock, who trains my heart. May I praise your name. May I stay humble that I may gain wis-

dom.”.....Marni

“Gratitude unlocks the fullness of life. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into 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.”.....

“Gratitude helps you grow and expand; gratitude brings joy and laughter into

your life and into the lives of all those around you.”.....

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

“Lets 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.”.....