



THE



GIVING DIRECTION  
TO RECOVERY

COMPASS

OCT. 2011

WELLNESS & RECOVERY



SPECIAL POINTS OF INTEREST:

“My biggest concern is because of my illness and how I can handle it when I go home with Abigail. I have to take care of myself if Abigail is working and have to take meds to get out of here and shower everyday and make my bed. Take a walk and go to groups, eat nutritional food 3 times a day and get

enough sleep.”.....Miriam  
 “My concern is to stay healthy. The intake nurse did a good job cleaning the bed. So far the groups seem warm and productive. The food seems really healthy. It was very fresh. There are a lot of friendly people here. I hope one day to visit the outskirts of this area. It seems

very beautiful. Outings seem encouraging. I hope there will be outings. The group leaders seem fair and open minded. I’m still getting to learn the programs so we will see how it goes.”.....Lynn  
 “My biggest problem here is people don’t understand me.”.....Diane

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- *Poetry Corner*
- *Spirituality*

STORIES OF LIFE

“I’m detained until trial. Other than that I go to all the groups, have good hygiene, keep my bed made, don’t bother anybody, keep myself positively occupied such as reading books and magazines. I need SSI, that’s another thing necessary for discharge to a board and care as a

foothold in the community. To do all the things I want and get the things I want, I will have to get a job.”.....Nathan  
 “The last time I stayed at Crestwood Angwin, it was an interesting Halloween story. I was picked up coming home (cont..Page 2)

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### Stories of Life cont..

Cont...page 1 from the Castro Halloween party in San Francisco. I was trying to dress like Eric Cartman of South Park, and I had a Kenny Dolls head on a stick. They took me to John George Hospital in San Leandro and from there I went to Crestwood in Vallejo. Then I spent 3 months in Crestwood Angwin. For Halloween the nurse leant me black angel wings. I was released the next day, exactly one year later.”.....Sarah

“My best qualities are that I'm funny, patient, kind, driven, smart and improving myself daily. Even before I got here I was on the move to beautifying myself inwardly and outwardly. I know that I want to get education by going to beauty school so I can work at beautifying children and adult males and females. I want to take on learning foreign languages, poetry, religious studies, basic first aide and music courses and dance studies at college. I want to get several degrees now. My greatest strength is I want a better, more beautiful world for everyone especially my family and who grew up in poverty.”.....Renita

“My best qualities are being patient.”.....Susan

“My best qualities” are “I work hard. I’m a slow reader but I keep trying. I’ve only read 3 books a year the last 10 years, but I keep reading. I’m a civil person. I take care of myself, my home and my car. I keep myself occupied with positive endeavors. Mind my own business and don't bother anybody. What more can you ask for?.....Nathan

“What my best qualities are. Nothing special. I am sort of a jack of all trades and a master of none.”.....Diane

“What I want for Halloween 2011 most of all is to see my sisters and their children, my nephew and nieces and I want to have a loud F.M. stereo receiving radio and my headphones already at my old housing address. I want a brand new T.V. antennae to go with my already purchased 13-inch quality color television set. I want to see and feel my loves physically, sexually and emotionally. I want to finish my brand new science-fiction movie script about bad sexually charged and knowledge restrictive aliens. I want to get 2 outfits from Ross in November. I want to eat Halloween cake and ice-cream. I want to see my family and friends and loved ones well. Happy Halloween yours truly.....Renita

“Halloween is a great holiday. These Americans celebrate every year. It is a wonderful and nice holiday. I like to see the pumpkin. The children can have candy and this is nice for the kids.....Tou

### ARTIST OF THE MONTH



“My most favorite Halloweens that I celebrated were in American Canyon. I, as a little kid, dressed up as a clown, Kermit the Frog and wore masks. I dressed up in San Pablo as a bum. I use to use a pillow case for candy. I would fill it to the top and I would have and extreme amount of candy. My favorite candy as a kid (and still is) is Snickers and Butterfingers. I love Snickers and Butterfingers. My mother would put my candy in the bottom of the fridge and we would eat it all the time. I use to love seeing house decorations, Jack-O-Lanterns. As a kid, my favorite scary movies were Nightmare on Elm Street and Friday the 13th. I, as a kid, went to see Pet Cemetery when I was six years old. I got nightmares.”..... Jeff

“I think my obstacle is going back to live with my mom. She wants me to be on medication and I have to be somewhere else for a while to have medication in me. I want to go to Crisis House and not to El Dorado because I like the people that work there better.”.....Starla

### POETRY CORNER

How are you doing? I'm doing fine. My latest thoughts are: Saying that smoking is bad for your lungs is like saying food is bad for your stomach. Saying that smoking causes lung cancer is like saying that food causes ulcers. I really believe this.

If this seems gone, that's how gone you are.”.....Nathan  
 “All Hallows Eve. I want to share with one another, our costumes and candied toys. Have we left our candied apples and cotton candy, welcomed to share with others.”.....Brian



## 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

“God I Love You” I need your help I’m an alcoholic with emotional and mental problems. I need to kick the habit I’m asking you to help me to never take another drink no matter how bad things get. I can/will withstand anything but I can’t drink because next time it will mean death. I’ve made so many bad decisions and judgments and choices and perceptions because of alcohol drunk

or sober it is not even funny. God, I put my faith in thee”.....Mandy  
““Halloween,” or All Hallows Eve is the Mardi-Gras of All-Saints Day. Just as the Mardi-Gras is the eve of Ash Wednesday, and Christmas Eve is the day before Christmas, Halloween is the evening before the Feast of All Saints, a tune if activism and sobriety, a holy day of obligation in the Catholic Church. Catholics are obligated to

go to church every Sunday pious six other holy days of obligation, including All-Saints Day.”.....Nathan