



“Recovery and healing happen in relationship.” - PSL for the 21st Century

Welcome to Our First Edition of the **PEER REVIEW!**

We’re so excited to bring you our first edition of the monthly “Peer Review.” We promise this won’t be a sleepy scholarly journal. We can assure you, however, we’ll make every effort to awaken you to valuable information and resources, helping you promote peer support services, as well as recovery, resilience, and wellness outcomes in your organization and community.



Crestwood Recovery Resilience Solutions is a team of peer support professionals with an ITE credential. We’re sure you know that ITE stands for *I’m The Evidence* that recovery is real. Although some of us may have been to various schools of higher learning, we all share advanced degrees from the “school of hard knocks.”

In this edition and future ones, you’ll be hearing from some of our team members who include Patty Blum, Lori Ashcraft, Jim Ritchie, Chris W. Martin, Theresa Sorensen, Gloriana Hunter, Mike Zeeb, and Ryan Cooksey.

So please enjoy this edition, and feel free to reach out at crrs-emails@cbhi.net and let us know what you like and what you want to hear more about.

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Adding a New Playlist

Employing young adults as Peer Support Specialists was a hot topic 20 years ago. *It Still Is.*

-Gloriana Hunter

I recently found an old cassette tape mix of my favorite music. I was an early 20-something, working for my weekends, with nothing better to do than to make cassettes and take epic road trips. Seems every generation cherishes playlists that spark sing-along memories.

Our love-affair with playlists has grown into a big industry. Music streaming services capitalize on our cravings by popping out fabulous

playlists with fun titles, based on our search trends and age brackets. For example, a younger listener can find their new favorite playlist with a one word search.



So what's the most searched for word for Gen Z (ages 9-24)? Well, one term skyrocketed globally over the summer. A simple search on "sad" will give you playlist gems such as "Sad Crying Mix", "Sad Rap", and yes, even "Bummer Summer".

Of course, I don't know how many Gen-Zer's searching for playlists have the blues, but it made me pause long enough to research current stats.



In 2021, young adults 18-25 years had the highest prevalence of mental health conditions compared to all other adult age brackets, but the percentage of young adults who received mental health services was lower.¹

***Let's add a new playlist:
Invite more young adults into the
peer support career path.***

I know that my mental health struggles were in full bloom by my 20s. I often wonder how life would have been smoother if I had access to peer support.

How many young adults do I see in peer support trainings? It's uncomfortably sparse. Yet, I have met an array of young adults who are invested in their personal discovery, recovery, and resilience, and are passionate about lifting others up. They are perfect candidates for this sacred role.

1. U.S. Department of Health and Human Services. (n.d.). Mental illness. National Institute of Mental Health. <https://www.nimh.nih.gov/health/statistics/mental-illness>

Supporting Family Resilience

A dynamic, fun, skill-based, and highly interactive course!

This 40-hour training (32 CES) will equip you with the latest generation of knowledge, skills, and tools for providing, promoting, and empowering family resilience. *

* A CalMHSA approved CMPSS Specialization Training

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Viva la Evolution!

A new podcast on Growth, Resilience, and Transformation

- ◆ Promote the recovery process with individuals and teams.
- ◆ Shift your organization's culture to a recovery focus that builds resilience.
- ◆ Listen to interviews with important leaders in the recovery field and hear from people who are in recovery and how they got there.
- ◆ Discover unique ways peer support specialists can support your team and enhance recovery service outcomes.

Join The Conversation!



CRRS Presenting at...



September 14-16: The European Association of Centers of Medical Ethics (EACME) Annual Conference at the University of Warsaw, Poland.
Topic: Crestwood's Peer Employment Learning Center

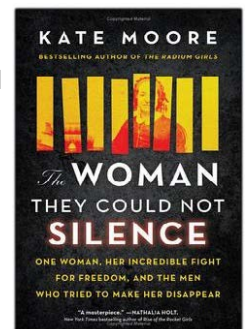
September 26-28: NYAPRS 2023 Conference in Callicoon, New York.
Topic: Workshop on Spirituality

October 17: Recovery Services Development Group Annual In-Service in Springfield, Illinois.
Topic: Crestwood's Peer Employment Learning Center

December 4 & 5: Chicago, Illinois.
Topic: Products offered by Crestwood's Recovery Resilience Solutions Team

Recovery Reads

The RRS team is currently reading *The Woman They Could Not Silence* by Kate Moore. This fascinating read is a gripping and thought-provoking account of real life hero Elizabeth Packard's fight for justice in a society that sought to silence her. Moore's meticulous research and engaging storytelling shed light on Packard's struggles and determination as she changed the laws that allowed women to be imprisoned in asylums based solely on the word of their husbands.



News Flash!

988 Mental Health Crisis Line Launches American Sign Language (ASL) Service!

Two ways to access ASL services:

- Click on the ASLNOW button on 988lifeline.org
- Call 800-273-TALK from a videophone (note: direct dialing 988 from a videophone will be available in the coming weeks.)

Recovery Practice For Leaders

Create and sustain a recovery and resilient-oriented service environment.

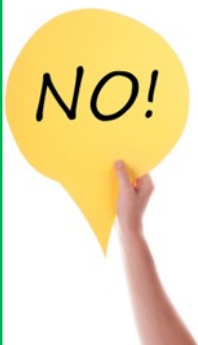
This 16-hour workshop (11.5 CES) provides leaders with the principles, practices, tools and strategies for leading and coaching peer support specialists as well every other professional staff member on their entire team.

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Why WAIT?

—Theresa Sorensen

I remember a time when I was working in a mental health center and one of our guests was experiencing a particularly difficult day, crying outside my office door. I opened my door and asked her if she'd like to talk. "No!", she yelled. "Can I get water or a snack for you?" Again, she yelled, "No!"



I couldn't think of anything else to offer. Then it occurred to me that those times in my life when I felt the greatest amount of pain, **all I wanted was someone there**; to listen if I wanted to talk; and just to be present with me. So the final thing I asked her was, "I'd like to sit here with you. Is that ok?" This time I got a "Yes."

So, I sat on the floor of the hallway with her, and her crying stopped shortly afterward. She took my hand, and we sat in silence together. People and time passed by, and when she was ready, she got up and walked away.

Sometimes it seems like we tend to get nervous when we're in a quiet situation with someone and so we fill the situation with words. Or sometimes we use words because we're uncomfortable with other's pain and suffering.

One of the truths I've learned is that sometimes it's better for the relationship with the person we're supporting that we just step back from trying to have a conversation and **W.A.I.T.**; that is, to consider "**Why Am I Talking?**"¹

It's okay not to "have the answers". In fact, our solutions may not actually help, because our solutions are not the person's solutions. When we W.A.I.T., we hold space for the deepening of relationship and for possibilities that emerge in the present moment.

So why W.A.I.T.? W.A.I.T. to give the gift of the real you. W.A.I.T. to receive the gift of others.

1. Martin, C., Ashcraft, L. (2019). Peer support for the 21st Century. Crestwood Behavioral Health, Inc. Sacramento, CA.

Transformational Trainings

Recovery Principles In Ethics And Law

This 6-hour interactive course provides participants with an understanding of how principles from the recovery movement became the foundation for peer support ethical codes and many laws regulating behavior healthcare and psychiatric treatment. Participants will apply ethical decision making in various peer support service scenarios. This course meets CalMHSA PSS certification law and ethics requirement.

Peer Support Learning For The 21st Century

Master peer support competencies in this 80-hour training course for individuals who have a lived personal and/or family member recovery experience from mental illness, addiction and/or trauma.*

*Approved Medi-Cal Peer Support Specialist Certification Training.

The Next 40 Days To A Resilient Journey of Meaning & Purpose

This fun, thought-provoking, and **FREE** 90-minute video course can be taken as an individual, or shared with your team, organization, or even with your family. Download your workbook and start today!

Recovery Practices for Organizations

Get your whole organization on board with recovery services. This 8-hour workshop will help your employees to examine how they presently view recovery and resilience while inspiring them to step up their practices. Participants will gain hands-on experience on how to apply recovery and resilience skills with the people they serve as well as their co-workers.

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