



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

A Message from Patty Blum

Our CRRS Value – Trust

Trust is one of our foundational values at Crestwood Recovery Resilience Solutions (CRRS) and it is at the very core of Peer Support. The relationship between a Peer Support Specialist and a peer is built on trust. Trust becomes the road map for traveling the journey together. The journey may be self-guided, but they are not alone. Trust provides peers with feeling supported, valued and safe. It is the ground that recovery is built on.

According to the June 2020 Harvard Business Review, trust is the basis for almost everything we do as a culture and community. They state trust is the reason we pledge our lives to another person in marriage, cast a ballot for someone who represents our interests, or work in an organization dedicated to a shared goal. Trust is earned, cultivated, and nurtured by honesty, transparency, consistency, and respect. Author Stephen Covey said, “Trust is the glue of life. It’s the most essential ingredient in effective communication. It’s the foundational principle that holds all relationships.”

At CRRS we lead and depend on trust as we work through any differences and lean into reconciliation as the healing force. Trust is our commitment to be honest, transparent, and reliable, which allows us to create a space where we use intentional mutuality and personal integrity to invest in the wellbeing of all. It is a lifelong practice and involves trusting our families and friends, employers, community, and partners. Ultimately, trust first starts and ends with trusting ourselves.

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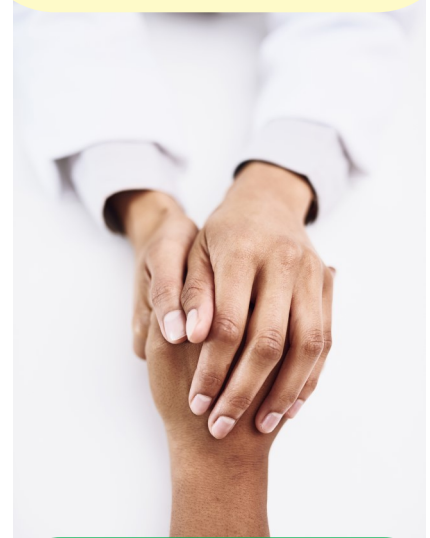
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CRRS Update



*“Trust first starts
and ends with
trusting ourselves.”*



By PSS Graduate, Stephanie Ehrlich

Throughout my short 39 years on this earth, I have had many challenges in life such as: challenges with homelessness, substance use, mental health, domestic violence, a few brushes with death, and sadly sexual abuse trauma. At the time of all of that, I had no hope, no dreams, no aspirations. I was living a life that felt like it wasn't mine. I always felt that something was missing, and I never really knew what it was.

When I hit my 25th birthday, I decided I'd had enough and I needed to make a change, not only for myself, but for my children. I had the realization that what I had been doing in my life wasn't working for me and I needed to do something about it.



From the day of my awakening, I had decided I was going to take back my life and live how I wanted to without the fear of dying. **And that day was the day I started my recovery journey.** Making the decision to start my recovery journey from drugs was the best thing I had ever done for myself. And the day I hit my 1 year in recovery, I was able to start healing from all the trauma I endured. I was able to love myself again, and for me that was a huge accomplishment. **I will always remember the day I chose myself and I will never look back.**

This year I was able to celebrate my 13th year in sobriety and I am now officially on track to become a Peer Support Specialist. I aspire to become a model to those who are secretly struggling and be the support they so need. I am excited about my newest journey and I'm ready to help those who are ready to start their own journey.



In closing I want to leave you all with a powerful quote that I have learned recently from not just this course but from our amazing facilitator Mike. I can see that he wholeheartedly lives by this quote (even if he doesn't realize it), and I hope it will stay with you all. And that is,

“Recovery is remembering who you are, and using your strengths to become everything you are meant to be!”

Feedback for our *Recovery Practices for Leaders* onsite training:

“The training was a fantastic experience! Not only did the Recovery Practices for Leaders training remind me of why I do what I do, it grounded my sense of purpose in leadership- to build my team up, highlight their strengths and empower them to do the same for the people they support. I highly recommend this training to anyone working in the Human Services field, whether public or private agency- your organization and employees will benefit from this training!!”

Kristen D.

CRRS Supports Recovery Transformation in the City of Angels

By Chris Martin



This is not a tale of heavenly harps and halos, but **it is an earthbound story of some amazing recovery responders who provide stellar support and service to the people of Los Angeles.** Not so long ago, the leaders of LA County Department of Mental Health (LACDMH) envisioned enjoining their psychiatric mobile crisis teams (PMRT's) with a clinical professional and a peer support specialist. Many counties in California have been doing this, but perhaps what makes LA County unique is they are doing it in critical mass and with significant preparation and training.

Presently there are 70 mobile teams with an expectation of ramping up to 100 teams throughout the next year. The teams are dispatched all over the city and in places where most angels would fear to tread. The calls they receive are often characterized by urgency, pathos, and human suffering. Recently, **CRRS team members were able to ride along on a few calls to experience the inspiring recovery work by the clinical and peer support specialist team members.** We saw how a distraught mother worried about her daughter's mental health condition was comforted by the team and provided with just-in-time resources. Another team provided some healing support and uplifting encouragement for a young boy who had contemplated taking his life. We also saw how a third team supported a previously upset and reluctant middle-aged man to voluntarily accept much needed hospital attention.

LACDMH also understands the important and substantial time investment needed to prepare and train their recovery workforce. All supervisors and managers have been attending **24 hours of leadership training** in the **Recovery Practices for LACDMH Leaders** and the **Resilient Culture Playbook Workshops**. All other direct service staff are attending the 8-hour **Recovery Practices for the LACDMH Organization**. CRRS is also providing other specialized training for peer support specialists, including **Peer Support Learning for the 21st Century** and **Suicide Peer-vention**.



The CRRS classes are integrated for LACDMH staff just like their mobile teams. The above participants in the Recovery Practices for Organizations Class are comprised of clinical psychologists, peer support specialists, nurses, counselors, and social workers.

It has been an honor and blessing to work with the incredible teams at LACDMH. You may not run into angels named Gabriel or Raphael, but you'll be sure to meet many others with names like Soot, Michelle, Ingrid, Joanna, Steve, and a whole host of others doing this sacred work.

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!





January and February have been energetic and engaging months for Crestwood's Recovery Resilience Solutions team. We have begun our contract work with both LA County Department of Mental Health (see Chris Martin's article in this issue); established our first contract on our project in Ukraine for our Peer Support Learning for the 21st Century program; provided and/or planned Recovery Culture Practices training to several Crestwood campus teams (including at CBHI sites in Solano, San Jose, and Angwin); and we continue our Peer

Personnel Training and Placement program with our agency partners across the State, through both onsite and online training programs, having trained 54 individuals so far, with another 55 calendared for training in March. We just completed our inaugural **CRRS Recovery Practices Bootcamp, March 6-8 in San Diego, CA**, which included a broad set of leaders from across the State that shared ideas, experiences, and engaged together to support the shift to that of a Recovery Culture. It was a great success! **CRRS is also preparing to submit another grant proposal through the Department of Health Care, Access and Information.** We extend our heartfelt gratitude to all our amazing agency partners throughout the State. We love working with you all and are inspired each day by the staff and individual participants in all our facilitated learning experiences.

- Jim Ritchie, CRRS Director of Operations

Recovery Practices for Leaders Bootcamp



Re-imagining Recovery Service Leadership for the 21st Century

Tuition: \$1,500 per person, or \$1,200 per person for agencies that register three or more people.

Join us in the near future for a fun, exciting, and engaging action packed three-day professional recovery leadership development workshop in beautiful San Diego, CA. Crestwood's Recovery Resilience Solutions Team ensures you will:

Restore, re-energize, and re-ignite the passion for your work as a recovery service leader.

Gain certification as a Resilient Culture Playbook Coach.

Receive confidential/ anonymous 180 feedback from your direct reporting staff on your recovery leadership skills.

17 Continuing Education (CE) units authorized by the National Association of Social Workers (NASW) and Board of Registered Nursing (BRN)

- Pre-workshop assignment to customize your learning experience
- Post-workshop technical support at 30, 60 and 90 days

When: Dates TBD | 8:30AM - 5:00PM

Where: The Peer Employment Learning Center at 4085 Colts Way, San Diego, CA 92115

Contact Us to Register

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RecoveryResilienceSolutions.com