



Women's History Month



How long have you been with Crestwood?

8 years as a DON at Crestwood Center Sacramento.
Just started as Nurse Consultant in January 2023.

What is your greatest accomplishment (personal or professional)? Personally, being a mother of three children. Professionally, close to graduating (8/2023) with a master's degree in nursing; nurse educator track. My passion and admiration for the nursing profession.

What women have inspired you?

I was inspired by my mother, a strong and highly principled woman, who is also a nurse. She was, and still is very passionate about the growth, advancement and education of women. She never asked or told me to be a nurse, but her actions, her mentorship of her students and staff, and her advocacy of her patients shaped me into the woman I am today.

What is your advice to new staff at Crestwood?

New staff means a new addition to Crestwood and a new opportunity for growth and ways to learn something different. As new members of the team, I would encourage them to embrace their new positions and be confident that they bring something fresh to our Crestwood family. Be glad they have joined us, as it is always great to learn from others' experiences no matter how new they are.

What advice would you give to women who want to work in Behavioral Health?

Women in behavioral health can be highly influential, as they are passionate, nurturing, patient, and loyal. I would advise them not to be afraid to tap into that wealth of strength. I would advise them not to be afraid to voice their concerns or ideas. I advise them not to shy away from being the first to start something great that would benefit the behavioral health community. I would advise them to let their voices be heard as I believe women have a great deal to contribute.