



# OWL in the Workplace

## Organizational Wellness Landscape

A Newsletter Supporting Staff Wellness at Crestwood

Feb  
20  
22

### Getting to Know You!

**Name / Campus / Years with Crestwood:**

Martha Crawford/Kingsburg Healing Center/18 years

**How does WRAP show up for you?**

WRAP shows up in the day to day functions I do throughout the day. I find that it is up to me to take personal responsibility on how I am feeling at the moment and utilize my wellness tools as needed to get me through the day.

**Why did you become an ALF and/or Facilitator?**

**Why do you remain one?** I have been using WRAP in my personal life for 14 years and found it to be beneficial. I wanted to share WRAP with others to see if it was something they could use for themselves. I became an ALF facilitator in 2009. I find WRAP to be very fulfilling in my life. I remain an ALF facilitator because it has been a pleasure meeting people who are working on their wellness.

**What are your top 5 favorite wellness tools?**

My top favorite wellness tools are: Listening to music, taking a drive to a nice scenic location, sitting in a quiet room (dim lighting), coloring or doodling, and talking with a supporter.

**Describe your most interesting or unusual wellness tool.**

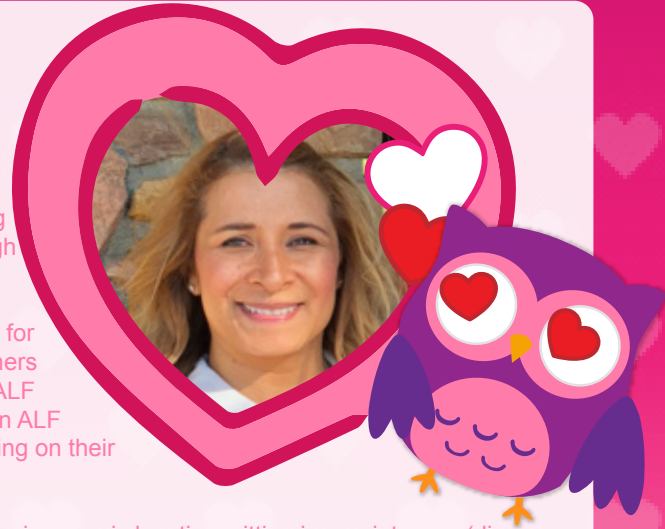
My most unusual wellness tool is the scented lotions. I enjoy shopping for different scents and sharing with others. It has become a soothing way to ground my racing thoughts.

**What are 4 to 6 manners in which your campus promotes the OWL?**

I enjoy working in a campus that promotes wellness. At KHC wellness is promoted in the following ways: celebrate employees' birthdays, super star of the month, Kudos board, activities for staff throughout the week, potlucks, suggestion box, office door decorating competitions, and addressing staff concerns promptly with follow-up with staff.

**Personal wellness story representing a key concept:**

Throughout these past years I've worked on my self-advocacy. Doing this I have found that I am able to support those around me with their self-advocacy as well. However, I have found it to be challenging at times to advocate for myself and the things that I need. In order to improve on this I have put my action plan into play. Once I realized it was affecting my wellness, a change had to take place in my life. This caused me to look at what my needs were and to find ways in which I was able to support myself throughout the day. This motivated me to learn to be a good self advocate by not only telling myself what my needs are, but also advocating for support when it is needed.



### WRAP Seminar II



2021 Sem II  
San Diego

2021 Sem II  
Lompoc



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## BLACK HISTORY MONTH

### WRAP Updates & Reminders

Thank you to campus **ALFs and WRAP Facilitator Leads** for completing the report. As a reminder, **the survey is due by the 15th of each month for the previous month's data.**



### New WRAP Material

- New slide deck for Seminar I
- Wellness guide to overcoming COVID-19
- Additional wellness recovery topics
- Being connected and staying connected
- WRAP orientation slides

New materials are located in the intranet.



## RECALL the WRAP Cohort Call

the results from the survey are in and it's 50/50. We have decided to keep the monthly calls.

### Upcoming WRAP Events

#### Seminar II

Location TBA April 4-8, 2022

Location TBA August 8-12, 2022

#### WRAP Refresher

Location TBA May 17-19, 2022

#### Seminar III - ALF Training

Capital Mall Jun 12-17, 2022

\*Dates are subject to change. If your campus is interested in signing up for a Seminar I or II, please contact Sam via email: [samantha.tatro@cbhi.net](mailto:samantha.tatro@cbhi.net)



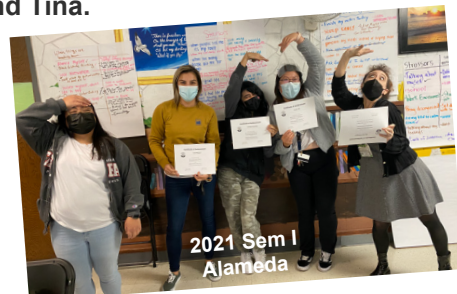
*"Faith is taking the first step even when you don't see the whole staircase."*

*-MLK*

### WRAP Committee

The WRAP Committee Terry, Sam, Martha, Greg, Jo, Robert, Shanel, and Vanny.

Fellow campus ALFs Amber, Shaniece, Anna, Ralph, Sarah, Maritza, James, Elliot, and Tina.



We have ALFs willing to come out to support Seminar I. Please send WRAP Sem I application to [samantha.tatro@cbhi.net](mailto:samantha.tatro@cbhi.net)