



# OWL in the Workplace

## Organizational Wellness Landscape

A Newsletter Supporting Staff Wellness at Crestwood

Apr  
20  
22

### Getting to Know Sam Tatro!



#### Role – WRAP Administrative Lead

Hi everyone! My name is Sam Tatro. I work at the Sacramento Home Office and you may have seen my face on Zooms or my name thrown around lately, because I am the new WRAP Administrative Lead at Crestwood! You can come to me for all things WRAP Training and WRAP supplies support. If you have questions about how to bring more WRAP to your campus, you can send me an email and I can help find the right support for you (Samantha.tatro@cbhi.net). Look out for emails from me about new training opportunities and training updates.

#### Wellness tools

- 1. Concerts and music** – I love dancing (especially with my nephew) along to music around people who have similar music taste as me. It helps me to connect with the world around me and music is such a powerful, emotional tool.
- 2. The outdoors** – Hiking is a great stress reliever for me, even if it's a flat 2 mile walk. It helps me to slow down and enjoy the simple things. It's also so enriching to my life being able to see different landscapes and views.
- 3. Camping** – Along with the outdoors, everything about camping brings me back to childhood and feels so nostalgic to me. It's a way that I can connect with my inner child – having smores by the fire, running around in the dirt with my dog, and roughing it for a few days. My fiancé's and my favorite place to camp is Dillon's Beach.

#### Where does WRAP show up for you?

I find that WRAP shows up daily for me. Since starting at Crestwood and being involved in WRAP, I frequently check in with myself and intentionally maintain my wellness. Identifying my triggers has been so helpful for me, especially when I can catch the early warning signs. WRAP helps me to stay in control and create a harmonious balance between what life throws at me and inner strength.

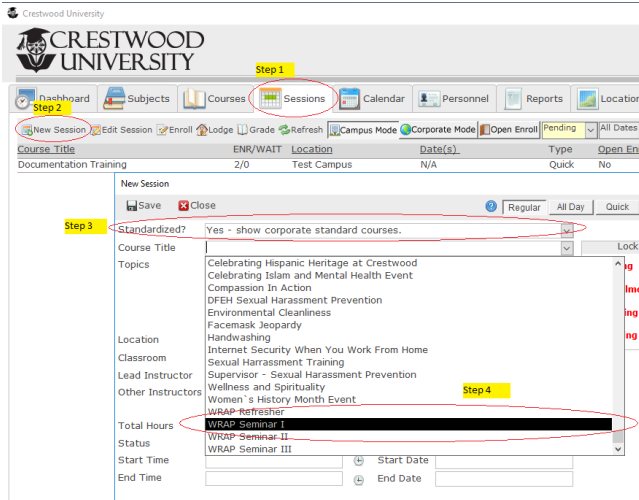




# OWL in the Workplace

## Crestwood University Support

If you are co-facilitating WRAP Seminar I's at your campus, please ensure that it is being entered and tracked in the education system, Crestwood University (CU). Moving forward, please use the standardized WRAP Seminar I Course for your campus. If you are not the individual at your campus who accesses CU, please get in touch with your Director of Education or Director of Staff Development to have them enter your WRAP Seminar I. Please provide them with a copy of the sign in sheet and agenda for their in-service records, as well. To add the standardized WRAP Seminar I in CU, please refer to the screen shot step by step.



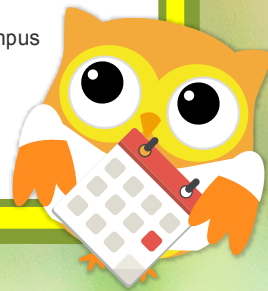
If you or your Crestwood University admin need support in adding the WRAP Seminar I, please reach out to Sarah Wood at [swilt@cbhi.net](mailto:swilt@cbhi.net)

## Upcoming WRAP Events Seminar II

August 8-12, 2022 - Location TBD

Seminar III - ALF Training  
June 12-17, 2022 - Capitol Mall

\*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)



## WRAP Updates & Reminders

CE Reporting Reminder: upon completion of a campus WRAP Seminar I, please submit the following information to [tpaterson@cbhi.net](mailto:tpaterson@cbhi.net):

- Agenda
- CE Sign-ins
- CE Evaluations
- Summary Evaluation Data Form

If you have any questions, please reach out to Terry.



*"Try to be a Rainbow in Someone's Cloud"*  
-Maya Angelou