



OWL in the Workplace

Organizational Wellness Landscape

A Newsletter Supporting Staff Wellness at Crestwood

Sept
20
21

Getting to Know You!

Name / Campus / Years with Crestwood:

Vanny Pareno / Sac HO (formally from Stockton and Alameda campuses) / 12 years with Crestwood.

How does WRAP show up for you?

WRAP shows up for me on the daily. There is plenty of mindfulness throughout the day, a nice reminder to check in with myself and address any warning signs or even appreciate the wonders that life brings in the moment.

Why did you become an ALF and/or Facilitator? Why do you remain one?

I became an ALF because I saw the opportunity for personal growth. While I was working at Alameda, it gave me a reason to go off campus to travel for trainings, visit other campuses, and connect with amazing Crestwood family members all across California. It also means a lot to me when I am able to promote wellness for staff and the people we serve.

What are your top 5 favorite wellness tools?

1. Hair cuts - my hair plays a important role in my wellness, 2. Cleaning - it's a major stress reliever knowing that my environment is tidy, 3. Art - it's nice to focus on creating and let go of stress, 4. Music - gets me motivated and connects me with my emotions, and 5. Connecting with family and friends - I appreciate the mutual support and always feeling better after a conversation.

Describe your most interesting or unusual wellness tool?

I love collecting things of different colors. Whether it's different colored shoes, art supplies, pens, transformers, clothes, and even collecting colored things in video games... something about collecting similar items in different colors that I find so satisfying.

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

Working for Home Office for only a few months, I have not gotten the full OWL experience yet. From what I have experienced so far is supportive email shout outs for those in need of wellness support. We practice a lot of mindfulness exercises and share inspirational quotes. We are offering more trainings and resources to promote the wellness. We continue to think of innovative ways to support all campuses during these challenging times.

Personal wellness story representing a key concept:

Support: Last year I recognized how disconnected I was with family, especially with many of my cousins that I have not connected with for so many years! So I used WRAP facilitation as a foundation towards these weekly meetings and it became a great way to connect and support one another. Focusing on how we incorporate wellness into our lives and holding space to express ourselves without judgment. Some of the challenges that came up includes being consistent on holding the meetings, finding the right time to meet (across all time zones) and changing the mindset on "family drama" to something more strength base. Creating this WRAP group with my cousins has brought me so much closer to them even though we are miles apart.





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WRAP Updates & Reminders

Our Monthly Tracking Report is now being collected via **Survey Monkey!** This new process will be more efficient in collecting and tabulating data, and also responding to campus needs and requests. The information we collect is important for the **OWL Project**, and the home office will also be able to share the information with campuses on a regular basis.

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



New WRAP Material

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

New materials are located on the intranet.

Upcoming WRAP Events

- **Seminar I - 2021**
Lompoc **9/23-9/24**
- **Seminar II - 2021**
San Diego **9/27-10/1**
Lompoc/Santa Barbara **10/18-10/22**
Sacramento Region **November 2021**
- **Seminar II - 2022**
SF/Bay Area Region **January 2022**
Vallejo/Napa Region **February 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



*"We can't help everyone, but everyone can help someone."
-Ronald Reagan*

RECALL
the WRAP Cohort Call



surveymonkey.com/r/8CPGX8J



WRAP Committee

The WRAP Committee has grown this year. A warm welcome to: **Robert, Shanel, and Vanny.**

Other committee members include **Terry, Sam, Martha, Greg, and Jo.**

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

For any WRAP needs, feel free to reach out to any of us for support.

