



# OWL in the Workplace

## Organizational Wellness Landscape

A Newsletter Supporting Staff Wellness at Crestwood

Nov  
20  
22

### Getting to know Shanel!

Hi! My name is Shanel Mayo and I am a member of the Recovery Education and Leadership team. I have been an Advanced Level WRAP facilitator since 2019 when I was the Director of Staff Development at the Chula Vista MHRC. I fell in love with WRAP during my orientation in 2015, though due to my overachieving nature, I had already become a member of DBT, ProACT instructor, Zumba Instructor, CRM instructor, Peer Support Specialist and a WRAP II Facilitator, so I was not able to add ALF to my plate.....I know many of you can relate to the struggle. 😊

I reached a point in my life and career where I knew something needed to change, and I knew that increasing my wellness both in and outside of the workplace was vital. When I finished my ALF training in 2019, I knew I made the right choice for myself and my campus. When Covid shut the world down in 2020, guest and staff wellness at my campus was at an all-time low. In response, our WRAP team rolled out the "Mushroom Squad: cause we're the fungus!" to support the OWL initiative and share wellness opportunities throughout the campus. We had staff wellness activities in shift reports (i.e. Dodgeball, candle making, jeopardy games, etc.), gratitude candy grams for staff and guests, and a campus-wide Harry Potter themed month long event to support teamwork and connection.



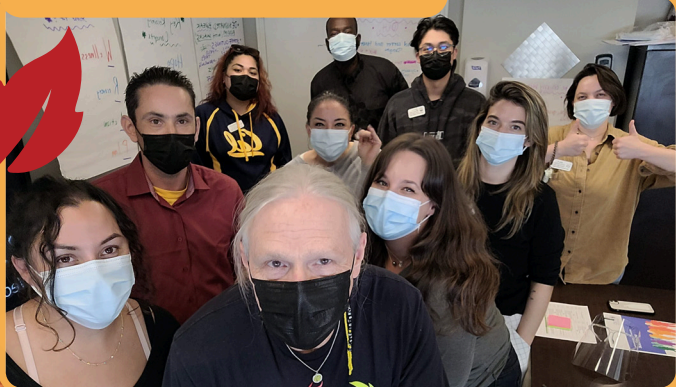
#### Wellness Tools

1. Music! - Music is a big wellness tool for me in my busy life. I enjoy all genres and usually have different types of music for different moods.
2. My husband - He is my biggest supporter and he supports me with my left brain thinking while I support him with the right.
3. Exercise - the "I" in my T.I.P. skill. Intense exercise really gives my brain the break it needs as well as the endorphins it wants.

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

WRAP shows up for me each and every day, whether I realize it or not. By building a WRAP plan and continuously reminding myself of my action plans, it has become a part of my everyday practice. It might look like taking that break when I need it, going to visit guests at a campus when I get overwhelmed with the zoom world, or enjoying that midday cup of coffee. Whatever is needed that day or that moment, WRAP has given me the ability to initiate my tools.

### San Francisco WRAP 1



### Chula Vista WRAP 1





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## Modesto WRAP 1



## Upcoming WRAP Events

### Annual ALF Meeting

November 7-8 - Sacramento HO

### Seminar II

November 14-18 - San Diego Campus

### Seminar III

May 7-12, 2023 - San Juan Bautista

### 2023 Training Calendar

Coming Soon!

\*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 during the Holidays

WRAP topics to think about to stay well during your holiday season...

- ❄️ how does the holiday bring me hope?
- ❄️ favorite wellness tools?
- ❄️ what I need to do to maintain my wellness during the holidays?
- ❄️ what are some of my holiday stressors and possible action plans to address them?
- ❄️ who are some of my supporters during the holidays?
- ❄️ things I might add to my wellness toolbox that I haven't tried out yet

## Winter is...

- ... the time to reflect on what has happened and what's to come.
- ... the understanding that silence possesses a kind of wisdom
- ... the bridge between letting go and embracing growth
- ... the knowledge that slowing down is necessary
- ... the belief that even the darkest of times will pass
- ... the season of rest, of making room for what will come

